



kandersteg
international scout centre

adelboden - our chalet

Difficulty: Medium

UK Groups: Terrain 2

Time: 5 1/2 - 6 hours from Kandersteg to Adelboden. Transport back to Kandersteg takes about 1 hour.

Wander Rucksack: Bunderspitz (Gold)

Description:

A fantastic hike which takes you out of the Kander valley, over the towering Bunderspitz and into the neighbouring valley of Adelboden, home of Our Chalet which is a World Centre of the World Association of Girl Guides and Girl Scouts. This is a beautiful hike with stunning views for those looking for a challenging day out in the mountains.

Prices:

Cable car, Allmenalp, adult:	SFr. 9 -
Cable car, Allmenalp, child:	SFr. 5 -
Bus from Adelboden to Kandersteg, adult:	SFr. 22
Bus from Adelboden to Kandersteg, child:	SFr. 11



Follow the LNT principles to reduce your recreation impact.

- 1. Plan Ahead And Prepare**
- 2. Travel and Camp on Durable Surfaces**
- 3. Dispose of Waste Properly**
- 4. Leave What You Find**
- 5. Minimize Campfire Impacts**
- 6. Respect Wildlife**
- 7. Be Considerate of Other Visitors**

Please note that this route description is intended solely as an aid for planning your route. It is NOT a substitute for properly planning your route and having the necessary equipment, skills and knowledge.

The Centre accepts no responsibility for variations in the information given for whatever reason, including the route on the ground.



Route:

From KISC (1188m) walk along the path next to the river in the direction of the village. Turn left when you see a sign post to the Allmenalp cable car. Take the cable car up (1723m) and start hiking uphill following signs for Bunderस्पित् (route 43).

The route begins by following a path through a series of alpine meadows. As you get closer to the end of the valley the path becomes a series of steep zig-zags up to the Bundergrat. This is a good place to have a break and eat your lunch.

From here it is recommended that you take the right hand path and visit the top of Bunderस्पित् (2546m) where you can enjoy the wonderful view and sign the summit book. You can leave your bags down at Bundergrat as you will need to retrace your steps back to the Bundergrat and take the downhill path following signs to Adelboden. Be careful when starting your walk down as the path can be a little loose underfoot. Continue to follow the signs to Adelboden until you come to a crossroads (1800m, Bunder) where the path ends and you will need to start walking on the road. Continue until you see the next sign (1755m) for the walking path on your left. After this point the path crosses the road few times and you should continue downhill following the hiking paths and the road where necessary in the direction Adelboden (Oey) until you can see signs pointing to the left reading Our Chalet (1307m).

If you want a tour of Our Chalet, the cost is SFr. 5 per person. Please give them a call in advance. The phone number is +41 33 673 1226. The tours usually take place at 10am or 2pm so you will need to ask if they are prepared to offer a special time.

Once you have visited Our Chalet follow the road straight down to the centre of Adelboden. When you arrive at the roundabout, turn right and you will see the bus stop right next to you.

Transport from Adelboden back to Kandersteg:

After your visit of Our Chalet and Adelboden you can take the bus back to Kandersteg. It leaves every 54 minutes past the hour during the day. Best is to check www.sbb.ch for the actual timetable.

The bus takes about an hour to get to Kandersteg and arrives at the train station. From here you can walk back to the centre or wait on the village bus that leaves at 44 minutes past the hour during the day.

ROUTE CARD

GROUP NAME BOOKING NUMBER
CAMPSITE / ROOM NATIONALITY

MOBILE PHONE NO. (OPTIONAL)

DESTINATION AND ROUTE:

KISC - Allmenalp cable car - Route 43 -
Bundergrat - Our Chalet
Return Via Bus

WEATHER? ROUTE CONDITION? HUT? EQUIPMENT?

16 - MALE FEMALE TOTAL IN GROUP

16 +

DEPART DATE TIME CENTRE GUIDE

RETURN

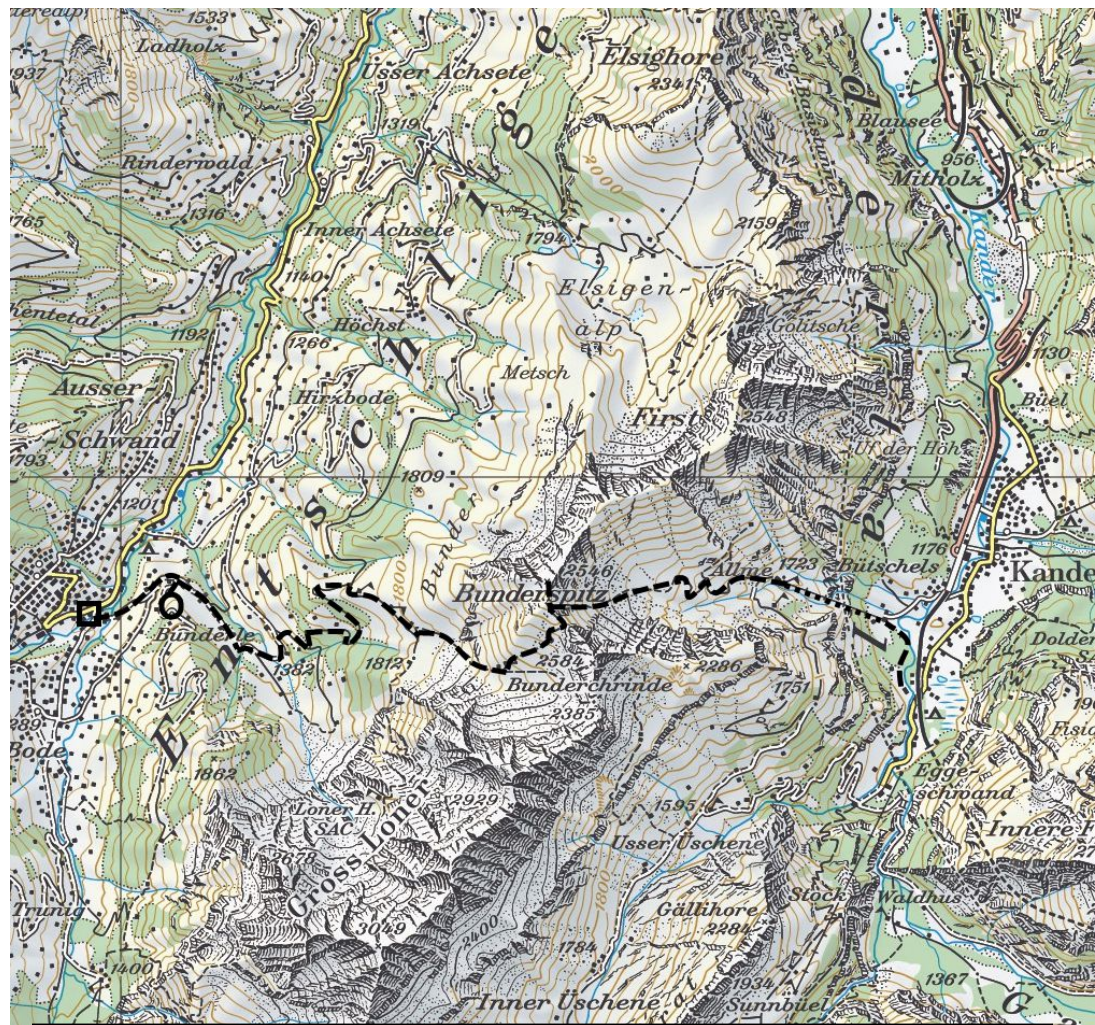
All groups leaving the valley on adventurous activities must complete a Route Card, whether accompanied by a Centre guide or not. All groups must report back to Reception immediately once the whole group is back at the Centre. Failure to report may mean that the Centre Staff start a search for the group.

The Group Leader is responsible for ensuring the route and the manner in which it is conducted adheres to their National Regulations.



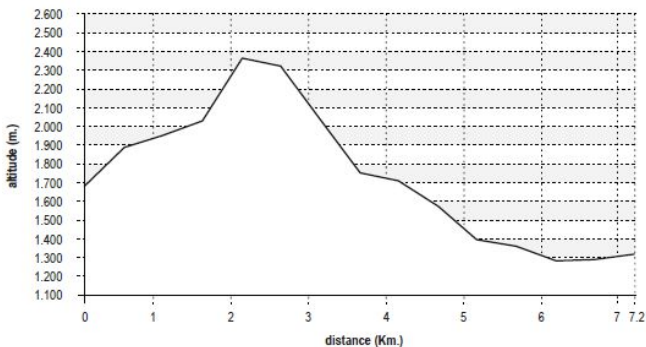
ENGLISH

CARD CHECKED STAFF GROUP RETURNED STAFF AT HRS



The circle marks Our Chalet. The Square marks the Oey bus stop. This map is only a guide. Please take a hiking map with you. They are available at Reception.

Altitude profile:



ADELBODEN - OUR CHALET

Safety Checklist

Terrain:

Bergweg

UK Groups:

Terrain 2

Specific activity information: Unguided hike on marked paths

Minimum Age: Recommended 14 years

Group Size: Maximum of 12 to 15 people
UK Groups to follow their own hike regulations

**** All groups going on a hike need to fill out a Route Card from the reception.***

Weather

Daily weather forecast to be consulted. The following conditions require attention:

- Daily weather forecast to be consulted. The following conditions require attention:
- Bad weather (e.g. thunder/storms/snow). Call local restaurants and mountain huts on the route you are taking for advice.
- Rainfall before or on the day.
- Hot weather - check you have enough water, plenty of sun block and have a cap or sun hat on. Keep an ongoing observation of your group

Hot Spots

- The zigzag path up on the way to Bunderspitz can become slippery in wet weather.
- In June/early July there can still be snowfields at the top section of the zigzags
- High exposure at the summit of Bunderspitz.
- After Bundergrat the path is very rocky.

Extra Guest Requirements

Confidence and previous hiking experience. Fill out a route card at Reception.

Special Equipment Needed

Refer to hiking equipment list as detailed in the KanderActive.

Cancellation Decision

- Weather conditions (as detailed above) should be taken in consideration.
- Inadequate equipment.
- Poor behaviour of the group.
- Poor leadership.
- Any member of the group suffering from health problems.
- Any situation which may jeopardise the safety of your group.

What do you need?

Rucksack
Boots (with ankle support)
Waterproof Jacket **AND** Trousers
Water Bottle (full, min 2 Litres)
Sun Hat
Sun Cream
Sun Glasses
Warm Hat

Gloves
Special Medication
Food (Packed Lunch)
First Aid Kit
Map, Compass & Whistle
Tickets
Mobile Phone
Money

In the event of an emergency:

Don't Panic!

Administer (basic) First Aid

Contact the Centre (0041 33 675 82 82) for advice and help in alerting the Emergency Services

