

ACTIVITY	TYPE	DESCRIPTION	AGE
Adventure Combo	Main Activity	Chaligang Via Ferrata and Adventure Park (High Ropes, Zip Lines etc)	12+
Simme River Rafting	Main Activity	A Perfect Introduction to White Water Rafting (Class 2-3 Rapids)	10+
Aare Tubing	Main Activity	Float Down the Aare River on Custom Designed River Tubes and Take in Views	14+
Adelboden Trotti Bikes	Main Activity	Scooters with Mountain Bike Sized Wheels	12+
Canyoning	Main Activity	Rappel, Slide and Jump Down Rocks and Waterfalls into the White Waters	12+
High Ropes Park	Secondary Activity	Over 100 Challenges High up in the Trees	8+
Winteregg Climbing	Secondary Activity	Ideal for Beginner-Intermediate Level Climbers	10+
Brigerbad Water Park	Secondary Activity	Lots of Swimming Pools and an Awesome Water Slide Down a Mountain	
Three Valley Hike n Climb	Secondary Activity	A Staff Favourite and a Great Way to Spend Two Days up in the Alps	14+
Ueschinen Hike n Climb	Secondary Activity	Experience a Night in a Mountain Hut and Go Climbing the Next Day	10+
Gfellalp Hike n Climb	Secondary Activity	Experience a Night in a Mountain Hut and Go Climbing the Next Day	10+
Snow and Ice Combo	Advanced Activity	Overnight in a Mountain Hut, Ice Climbing and Glacier Walking (£80 Extra)	14+
Messenger of Peace	Workshop	Learn the Messenger of Peace Initiative and Enjoy an Interactive Session	12+
Solar	Workshop	Use Solar Energy to Make Popcorn, Listen to Music, Make Art and More	
World Scout	Workshop	Fun and Interactive Giant Board Game and Meet International Scouts	
Alternative Energy	Workshop	Use your Creativity and Imagination to Solve Problems Economically	
UNESCO Project	Service Project	Spend a Day in Mountain Landscapes and help Conserve the Alps Heritage	14+
Blausee	Self-Guided Hike	Terrain 0 - Hike to a Small Blue Lake Surrounded by Idyllic Woods	
Allmenalp	Self-Guided Hike	Terrain 0 - A Gentle Walk that takes you through Forests to a High Alpine Meadow	
Gasterntal	Self-Guided Hike	Terrain 0 - Enjoy a Hike through Beautiful Valley and Absorb some Scenery	

Schwarenbach	Self-Guided Hike	Terrain 0 - Travel through Two Beautiful Alpine Valleys	
Bunderspitz	Guided Hike	Terrain 2 - Beautiful Scenery of Allmenalp and Hike between Two Large Valleys	14+
Doldenhorn	Guided Hike	Terrain 1 - Hike to a Special Local Hut and try some Alpine Cheeses and Hut Tea	10+
Cheesery	Guided Hike	Terrain 1 - A Popular Choice, Provides a View into Traditional Swiss Alpine Culture	10+
Lotschenpass	Guided Hike	Terrain 2 - A Stunning Trip across a Traditional Alpine Crossing	14+
Evolving Alps	Guided Hike	Terrain 0 - Educational Hike and Introduction to the Alps	10+