



Swiss Adventures

ITINERARY

DAY 1 Travel to the Alps

We fly from the UK to Geneva and from there travel 3 hours by coach to our hotel in the Swiss resort town of Boltigen, beautifully situated in the Simmental Valley, and close to the fashionable resorts of Gstaad and Chateau d'Oex, where David Niven made his home. Lunch on route. Arrive at our hotel in the late afternoon and meet with our local representative. Free time before evening meal taken in the hotel.

DAY 2 Rock Climbing Day

To commence our outdoor activity programme there will be an introductory rock climbing course based on a nearby valley crag. This will be led by fully qualified rock climbing instructors. Students will be taught the techniques of climbing and the relevant safety procedures used when climbing. There will also be the opportunity for all students to learn to abseil.

DAY 3 Rafting Day

Today we will have a half-day white water rafting trip down the beautiful Simmental Valley on moderate grade II ó III water. In the morning we drive to Gstaad and raft from there along the Simme river as far as Chateaux d'Oex. At the end of the rafting trip we will have a lunchtime barbeque. In the afternoon we can visit the indoor swimming pool in Gstaad before returning to our hotel in Boltigen.

DAY 4 Canyoning Day

Switzerland is renowned for the quality of its canyoning opportunities and the region near to Interlaken is one of the best in the country. Our choice of canyon will depend on the prevailing weather conditions and this day may need to be switched with another of our activity days in order to take advantage of suitable weather opportunities.

DAY 5 Hiking Day

There are numerous possibilities for mountain hikes of all grades, depending on the level of fitness of the group and the prevailing weather conditions. In addition it may also be possible to make a short hike across a glacier.

DAY 6 Mountain Biking Day

Today we will have a half-day mountain biking ride from our base at Boltigen. After lunch we can visit the fantastic medieval Thun Castle, built by the Dukes of Z hringen.

DAY 7 Return to the UK

After breakfast we travel to Geneva for the return flight back home.