



S U M M I T

**Program
Pamphlet**

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Summit Program

Recommended for:

- Older Scouts from First Class to Eagle Scout
- Physically fit Scouts
- Adrenaline-seekers
- Minimum age is 14 for High Adventure
- Minimum age is 16 for Trek

Overview

Summit is the high-adventure program offered at Camp Alpine. This program is designed for Scouts and Venturers who want to push their boundaries and experience adventure through awesome activities in the Swiss Alps and surrounding areas.

To participate in Summit, Scouts/Venturers need the following:

- Approval from the unit leader to participate.
- Be at least 14 years old for High Adventure and 16 years old for Trek.
- Earned First Class Rank.

Summit is much more physically demanding than other Camp Alpine programs. Scouts need to be aware that it is hard work and pre-camp preparation is required. Make sure you are ready to take on the challenge. This year we have two offerings available: **High Adventure** and **Trek**.

Choose Your Adventure

High Adventure Program participants will have a choice between two different groups of activities on Monday and Tuesday. Each group will have one water sport activity and one COPE/climbing activity. Activities are split into different difficulties.

All High Adventure participants will participate in a combined hike and group overnight on days 3 and 4. Scouts will hike up to the Gfellalphütte, which is operated by KISC, cook a meal together, and have a night of camaraderie. The following morning, they can watch the sunrise over the mountain. In the late morning and afternoon, participants will hike to a beautiful waterfall before hiking back down to camp to join their troops for dinner and the Closing Campfire.

Trek Program participants will depart Monday morning for a 4-day, 3-night adventure which will lead them through some of the most scenic vistas in Switzerland, stopping in different alpine lodging locations each night.

On Free-Day Friday, all Summit participants (both High Adventure and Trek) are free to join their units or participate in one of Summit's Friday offerings. We are currently planning a day hike, most likely including a mountain summit, and another activity determined by Scout interest and participation in unit-level activities.

IMPORTANT NOTE: The planning of Summit activities is a dynamic process subject to scheduling constraints, trail conditions, transportation providers, and weather limitations. The plan included in this pamphlet will likely change between now and the beginning of Camp. All Summit Participants and Leaders will be encouraged to join online forums and communication channels to ensure everyone's expectations are met and we all are properly prepared to enjoy a safe and minimal-risk adventure program.

Class Sizes

Class sizes are limited in Summit for the safety of all participants and staff and to meet National Camp standards. Each High Adventure activity is limited to 15 participants. Trek requires a minimum of 4 participants and is limited to a maximum of 10 participants.

Offsite Trips

All Summit activities require participants to leave the Scout Centre Property and are led by Summit Staff. Some trips will leave directly from the KISC property, but others will require the use of public transportation.

Transportation

Summit participants may be required to travel via Bus, Train, and Cable Car depending on the activity.

Adult Volunteers

The Camp Staff may need to enlist the help of Adult Leaders to accompany these classes, support our staff, and ensure that we maintain 2-deep Adult Leadership. We will solicit for adult volunteers during our pre-camp forums, via email requests, and each morning during the Commissioner's Coffee to ensure we can execute a safe and quality program for the Scouts.

Recommendations

Some recommendations and tips from our Summit Staff:

- Have a high fitness level. Be able to hike at least 6+ miles in hilly/mountainous terrain.
- Must be a strong swimmer!
- Should be comfortable with heights.
- Bring a couple of swimsuits as they won't dry overnight.
- Bring a good backpack suitable for overnights, as well as a day pack.
- Plan to carry at least 2 liters of water with you, you'll need it!
- Always wear sunscreen! The Alpine sun is more intense than you think.
- Have reliable, broken in/worn in hiking boots.
- Have good waterproof rain gear.
- MUST HAVE - a sense of adventure!

Summit – High Adventure Group A

DAY 1	DAY 2	DAY 3 *	DAY 4 *	DAY 5
High Ropes Interlaken Type: COPE Guide: Summit Max: 15 Difficulty: ●●○○○	Simme River Rafting Type: WATER Guide: KISC Max: 15 Difficulty: ●●●○○	Gfellalphütte Overnight Type: HIKING Guide: Summit Max: 30 Difficulty: ●●●○○	Waterfall Hike & Return to KISC Type: HIKING Guide: Summit Max: 30 Difficulty: ●●●○○	TBD **

Summit – High Adventure Group B

DAY 1	DAY 2	DAY 3 *	DAY 4 *	DAY 5
Canyoning Interlaken Type: WATER Guide: Interlaken Max: 15 Difficulty: ●●●○○	Chälligang Via Ferrata Type: CLIMBING Guide: Summit Max: 15 Difficulty: ●●●○○	Gfellalphütte Overnight Type: HIKING Guide: Summit Max: 30 Difficulty: ●●●○○	Waterfall Hike and Return to KISC Type: HIKING Guide: Summit Max: 30 Difficulty: ●●●○○	TBD **

Summit – Trek

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<ul style="list-style-type: none"> Depart Camp Summit Gällihorn Hike the ridgeline Overnight at Berghotel Schwarenbach Min: 4, Max: 10 Difficulty: ●●●○○	<ul style="list-style-type: none"> Depart Berghotel Schwarenbach Hike to Lämmerenhütte Overnight at Lämmerenhütte Min: 4, Max: 10 Difficulty: ●●●○○	<ul style="list-style-type: none"> Depart Lämmerenhütte Hike to Ueschinenhütte Overnight at Ueschinenhütte Min: 4, Max: 10 Difficulty: ●●●○○	<ul style="list-style-type: none"> Depart Ueschinenhütte Return to Camp Min: 4, Max: 10 Difficulty: ●●○○○	TBD **

Notes:

* Day 3 and 4 is a combined Gfellalphütte Overnight with both Group A and Group B participants

** An additional activity will be offered on Day 5 for both High Adventure and Trek participants to be determined based on demand and Scout participation in unit-level Free-Day Friday activities.

All activity schedules are subject to change. Many activities are weather-dependent and may be changed if conditions warrant.

Summit Activity Descriptions

High Ropes Interlaken - The Ropes Park in Interlaken is a forest playground with wooden bridges, Tarzan swings and zip lines. The ropes park offers both beginners and adrenaline seekers an exciting day. The park is ideal for individuals, a group of friends or the whole family. You will be provided with everything you need and you will receive safety instructions before you set off into the trees.

Simme River Rafting - The Simme is a scenic class II-III river located in the idyllic Simmental. This fun, easy rafting tour opens the challenges of whitewater to nearly everyone and is ideal for school groups, families, and companies. The Simme trip is available with departures from Interlaken and Därstetten. Important Notice: For [safety reasons](#), bringing personal cameras is not allowed on this trip.

Canyoning Interlaken - The local canyon covers every aspect of the sport and makes a great introduction to canyoning. Travel through tall, narrow gorges and get up close and personal with nature. Short and sweet, this half-day canyon will whet your appetite for more and it is only a ten-minute drive from our base. Important Notice: For [safety reasons](#), bringing personal cameras is not allowed on this trip.

Chäligang Via Ferrata - Near the 1,951.5 m Engstligenalp the Via ferrata, at the back of the valley, leads through a 500-meter-high wall, over which the Engstligen waterfall ... falls. This industrial 'stairway to heaven', following a natural ramp "the Chäligang" had previously been equipped with a dodgy set of rusty chains, but has now been made into a proper via ferrata: beautiful next to the roaring water and the blossoming Edelweiss, straightforward but not altogether easy. Ideal for beginners, young and old, the climb takes two and a half hours. And to descend? For those who got too much sun on the wall and are now suffering from dehydration and heatstroke, there is the cable car. For those who carried enough water and still have energy, there is the winding Alpweg (path), which the cows use in autumn to return to the valley.

Summit Alpine Lodging (Hütte)

Gfellalpütte (KISC) - Sleep overnight in the Scout Centre's very own mountain hut at 1,854 m! We recommend beginning this hike from the centre at lunchtime, hiking to the small village of Selden in the Gasterntal. From here, venture up to the top of the valley, and up towards our hut, Gfellalp, in time for dinner. This is a perfect spot for stargazing or simply enjoying a nice campfire outside! The hike down in the morning takes in the rest of the spectacular Gasterntal valley, descending through a gorge with incredible views across Kandersteg and down the Kandertal.

Berghotel Schwarenbach (SAC) - A historic 120-room accommodation, located at 2,030 m, built in 1742, adjoining the Gemmipass path, located in the canton of Valais.

Lämmerenhütte (SAC) - A stately mountain hut at 2,507 m in a sublime location above the Gemmi Pass, on the eastern side of the Wildstrubel massif, flanked by mighty towering rock faces, yet offering unobstructed views of the Balmhorn/Altels and the Bietschhorn.

Ueschinenhütte (KISC) - The Ueschinenhütte is another Scout Centre hut at 1,890 m. Traversing into the Ueschinen Valley with breathtaking views of the village and surrounding area, it's a steady but easy climb to the Ueschinenhütte, passing through traditional high alpine farms.

Note: Alpine lodging locations maintained and operated by either the Kandersteg International Scout Centre (KISC) or the Schweizer Alpen Club / Swiss Alpine Club (SAC).

Daily Schedule (Notional)

Times	Base Camp	Ascent	Summit
06:00 - 08:00	Breakfast Time		
08:00 - 08:15	<i>Transition to Assembly Area</i>		
08:15 - 08:45	Morning Flag Ceremony		
08:45 - 09:00	<i>Transition to Program Areas</i>		High Adventure Activities
09:00 - 10:45	Block A – Base Camp Program	Block A – Ascent Program	
10:45 - 11:00	<i>Transition Between Program Areas</i>		
11:00 - 12:45	Block B – Base Camp Program	Block B – Ascent Program	
12:45 - 14:00	Lunch (<i>in campsite</i>)		
14:00 - 15:45	Block C – Base Camp Program	Block C – Ascent Program	
15:45 - 16:00	<i>Transition from Program Areas</i>		
16:00 - 17:00	Block D - Troop Time, Additional Program Time, Service Opportunities, etc.		
17:00 - 17:15	Evening Flag Ceremony		
17:15 - 19:30	Dinner Time		
19:30 - Finish	Evening Program Opportunities		
22:00	Quiet Time and Lights out		

NOTE: This schedule is subject to change prior to the start of your session. A finalized copy will be available in your check-in packet.

Trek Program Specifics

Trek Physical Preparedness

It is crucial to successful individual and crew experiences that hikers are in strong physical condition for their Alpine trek. In order to get into physical shape that is appropriate for a trek, crew members need to start exercising at least 4 months in advance. The most important aspects to focus on are aerobic/cardiovascular and lower body strength. Here are some activity suggestions for getting in shape:

- Go to your local football stadium and run/walk up the bleachers for an hour-long session twice a week. Turn it into a crew experience and have every crew member join, ensuring that everyone is in great shape. Once this activity becomes easy for you, bring your fully loaded backpack with you to get an idea of how your pack will feel, allowing you to tinker with your pack and figure out which settings work best.
- Go cycling twice a week. The distance is up to you: the leg workout combined with the cardiovascular aspect makes cycling a great preparation activity for backpacking.
- Another way to prepare for your trip is to create a workout plan with your Leader or fellow Scouts. You should start this workout plan as early as possible before your trip. An example workout plan could be:
 - Go for a run at least 3 times per week, working your way up to running 8 miles. Try to run inclines if possible. If this becomes easy try bringing your backpack that you will be taking on your Trek. Start with the bag empty and gradually add weight as you feel comfortable.
 - Do a core work out of at least 30 minutes 4 days per week.
 - Stretch! Stretch anytime you can! When you wake up, before bed, but most importantly before and after you run.
- Keep track of your exercises by keeping a logbook and posting the activities you did over the past week on a crew wide board at each troop meeting. This will let others know how dedicated you are to your trek and your crew, and it will keep everyone accountable for getting into shape. In addition to physical activity, eating right will go a long way in helping you get in shape for your Alpine Trek. A balanced diet is essential to healthy living and as Scouts we have all pledged to keep ourselves physically strong. It is crucial that all crew members – Youth and Leaders – be in excellent physical condition for their trek. The hard work put into exercising now will pay off tenfold by the time of your trek.

Pre-Trek Activity Requirements

Before you attend Camp Alpine you must:

- Complete a 10-mile hike without an overnight
- Complete each 15-mile hike without an overnight
- Hike for a minimum of 3 days, 15 miles each day, with 2 different overnight campsite stops

If possible, hike in elevated areas to simulate the elevation gain that may be encountered near Kandersteg and on similar terrain which we will be hiking!