



Kandersteg 2011

*The CMC invite to you to
'live the dream'
in the heart of the Swiss alps!*

Over two weeks in August 2011 (6th – 20th) the District's Mountain Club will be running an expedition to the International Scout Centre, Kandersteg, in the Bernese Oberland.

The CMC have been running overseas expeditions every 4-5 years since being founded over 25 years ago and now it's your chance to take part!

During the expedition you will be able to experience hillwalking in the magnificent mountains that surround the centre, rock and ice climbing (from beginners to experts), hiking and climbing on a glacier, visiting beautiful Swiss villages and towns, meeting other Scouts from all over the world... the list goes on! It really will be an adventure to remember.

The expedition is open to those in the district who are:

- Scouts aged 12½ or over on the 1st of April 2011
- Explorer Scouts
- Network & Active Support members
- Leaders and sectional assistants from any section
- Group & District Executive Committee members who have joined the Scout Association

All participants must have taken part in at least one CMC trip by the end of June 2011 and be capable of enjoying the expedition programme.

Regular bulletins about the trip will be sent out with further information and payment reminders.

Please note that the club will organise trip insurance but this does not include personal items.

The outline cost of expedition will be £600 which includes; all travel costs (except journey from airport on return), food, indoor accommodation and planned activities. Any activities outside of the planned programme and spending money will be extra.

Due to any changes in the exchange rate a 'top-up' payment may be asked for to cover any increase in costs. To help spread the cost a payment plan has been set-up.

An initial non-returnable deposit of £50 is required to reach the club by the 30th of June 2010 to secure a place with payments scheduled at the end of each month thus:

30 th June 2010	£50 deposit
31 st July 2010	£50
31 st August 2010	£50
30 th September 2010	£50
31 st October 2010	£50
30 th November 2010	£50
December 2010	No payment
31 st January 2011	£50
28 th February 2011	£50
31 st March 2011	£50
30 th April 2011	£50
31 st May 2011	£50
30 th June 2011	£50

Cheques are to be made payable to 'Cromwell Mountain Club'. Alternatively bank details for standing order payments are available on request.

To apply for place on the Expedition, please send an application form and deposit cheque to Barry Sheard.

Postal address available on request to dc.cromwell@btinternet.com

Badges and awards

During the expedition you will have the chance to work towards a number of awards, including:



Taking part in the high adventure award encourages participants to experience and appreciate the Alpine environment.

There are a number of tasks to be completed such as; staying overnight in a mountain hut, swimming in an alpine lake and crossing a glacier.

The focus of many of the hikes during the expedition will be visiting the many mountain huts in the area. A Hüttentest card is available from the centre which is stamped at these huts. Depending on how many huts are visited a bronze, silver or gold badge is awarded.



Similar to the Hüttentest, the Wanderrucksack award is gained by visiting a number of points of interest around the mountains. The bronze award is obtained by walking up to 1889m, silver 2300m and gold 2548m.

Also available whilst at Kandersteg are the International Friendship Award, Eco-Adventure Award, the K.I.S.Challenge
...and more!

For more information about the International Scout Centre and the village of Kandersteg visit:

www.kisc.ch
and
www.kandersteg.ch

*CMC Kandersteg 2011
Application Form*

Name:

Address:

..... Postcode:

Home Tél:

Mobile Tél:

E-mail Address:

Date of birth:

Relationship to Scouting:

Scout Group / Unit:

Scout Leaders Name
(if applicable):

Scouting permits held (Nights Away, Hillwalking, etc.)
.....

Signature:

Date:

Parent / guardian (if under 18):

Signature:

Name: Date:

E-mail address: