



Day Timetable - AQUA X 6-10 July & 27-31 July 2026

	09:30 10:00		10:00 - 13:00	13:00-14:00	14:00 - 17:00	17:30 - 18:00	17:30 – 18:00
Monday - Introduction to Water Adventures	Registration for day campers		Group A: Canoeing basics (2-3 kids per canoe with instructor support). Group B: Archery & games Group C: Rafting introduction (gentle rapids on the Saane River).	Lunch break	Group A: Archery and games Group B: SUP yoga & strength session (core training, advanced poses). Group C: Surf bike	Shoutouts & info giving & Pick up	
Tuesday - Flow and Speed Theme: Exploring currents and building teamwork.	Drop off, games & equipment check	Group A: Zipline, monkey bridge and pétanque. Group B: Canyoning Group C: Canyoning La Tine	Lunch break	Group A: Canyoning Group B: Zipline, monkey bridge & slack line Group C: SUP yoga & strength session (core training, advanced poses).			
Wednesday: Theme: Local traditions and food from the lake		FULL DAY EXCURSION - LOCAL FISHING FARM & COOKING CLASS WITH THE CHEFS. Learn about trout & alpine aquaculture. All Groups: Cooking workshop with local chefs - prepare regional fish dishes (trout), bread, and mountain herbs.					
Thursday Adventure Challenge Day. Theme: Building skills through teamwork and navigation.		Group A: Rafting Gstaad-Rougemont Group B: Rafting Gstaad-Rougemont Group C: Rafting Saanen- Chateau d'Oex	Lunch break	Group A: Treasure hunt Group B: Treasure hunt Group C: Canyoning la Törnersesse			
Friday - Grand Finale: Water Olympics Theme: Fun competition, celebration.		Group A: Rafting race Group B: Challenge sportif - group competition: rafting, archery games Group C: Rafting competition (timed maneuvers, teamwork skills).	Lunch break	Group A: Challenge sportif - group competition: rafting, archery games Group B: Canoe race on the river Group C: Hydrospeed			
						Prize - Giving Ceremony & Apero for parents at Base Camp Saanen	

Groups

Group A (6–8 yrs) –

Gentle, fun, and fully supervised activities like canoeing basics, archery, and playful rafting on

Group B (9–11

ys) –Confidence-building challenges such as SUP yoga, canyoning, and team competitions.

Group C (12–16 yrs) –

technical, adventurous sessions including surf biking, advanced rafting, and hydrospeed.



Day Timetable - Summit Seekers. 13-17 July & 3-7 August 2026

	09:30 10:00		10:00 - 12:00	12:15 – 13:00	13:00 - 16:00	16:15 – 16:45	17:00 – 18:00
Monday	Registration for day campers		Discovery & safety (around Base camp): Group A: games on walking rhythm, “what to pack in a backpack”, staying together. Group B: how to adjust a backpack, pace management, trail rules. Group C: safety briefing, map intro, preparation for longer outings	Lunch break	Discovery hikes (around Base camp): Group A: 2-3 km nature walk with observation games. Group B: 5-6 km loop with breaks. Group C: 7-10 km with gentle climbs.	Shoutouts (acknowledgements to campers who demonstrated the goal for the day - i.e. teamwork)	
Tuesday	Drop off, games & equipment check	Observation & nature (around Wispile): "Group A: Morning: “Find the Gnome” treasure hunt using simple picture maps around camp base. Group B: Morning: Intro to topographic maps & compass basics; small loop hike near Saanen. Group C: Morning: Safety briefing (mountain weather, emergency calls), advanced compass & pacing exercise. "	Lunch break	Observation & nature (around Wispile): "Group A: Build mini “trail markers” (cairns, arrows) and learn about alpine plants (edelweiss, gentian Group B: “Compass relay” - teams race to find markers using bearings. Group C: Short navigation hike from Gstaad to a viewpoint (e.g. Wispile lower trails). Shout-out idea: “Trailblazer of the Day” badge for kids who showed teamwork. "			
Wednesday		FULL DAY EXCURSION - LOCAL BIO DYNAMIC FARM & COOKING CLASS WITH LOCAL PRODUCE					
Thursday		Endurance & challenge (around Horneggli) : Group A: hill games (walk up, controlled walk down). Group B: endurance relay (who manages steady pace?) Group C: physical challenge (timed uphill, pack carrying exercise).	Lunch break	Big hike (around Horneggli) : Group A: 4-5 km with storytelling along the way. Group B: 8-10 km loop with steady climbs. Group C: 12-15 km with significant elevation gain. Theme: Flowers, animals			
Friday		Final Challenge (around Eggli Saanen): Group A: fun games (obstacle course) Group B: team challenge (build a trail marker, find hidden object). Group C: Team expedition prep: map reading, dividing roles (navigator, pace setter, safety). Quick simulation on a short trail.	Lunch break	Final challenge (around Eggli Saanen): Group A: storytelling hike ending with picnic/good swiss chocolate. Group B: team treasure-hunt hike. Group C: 8-10 km hike partly self-led, with checkpoints where they must make decisions (choose route, manage time, ration breaks).	Prize - Giving Ceremony & Aperitivo for parents at Base Camp		



Day Timetable - GRAVITY TREKS 20-24 July & 10-14 August 2026

	09:30 10:00		10:00 - 12:00	12:15 – 13:00	13:00 - 16:00	16:15 – 16:45	17:00 – 18:00
Monday	Registration for day campers		Discovery, safety: Group A:balance games, braking, simple slaloms. Group B:reviewing basics, riding over small obstacles, progressive braking. Group C:technical workshops (climbs/descents, gear shifting, emergency braking). (Groups A&B Bike Park Schönried, Group C Schönried)	Lunch break	Discovery ride: Group A: 5-8 km on easy terrain. Group B: 10-15 km with some climbs. Group C: 15-20 km with easy single tracks (Groups A Bike Park Schönried, Groups B&C Schönried)	Shoutouts & info giving & Pick up	
Tuesday		Drop off, games & equipment check	Skills & technique: Group A:fun obstacle course (boards, small obstacles, hoops). Group B:intro to technical riding (roots, small slopes, off-camber turns). Group C: circuit training (cornering, sprinting, downhill sections). (Groups A Bike Park Schönried, Groups B&C Schönried)	Lunch break	Group rides: Group A: treasure hunt on bikes. Group B:loop ride with challenges (who clears which obstacle?). Group C:more demanding ride with elevation (Schönried-Saanenmöser)		
Wednesday			Orientation & autonomy: Group A:team relays, following marked trails. Group B:simplified map reading, marked course. Group C:intro to orientation (compass, map, simple roadbook) - Base Camp -Grund	Lunch break	Semi-autonomous ride: Group A: loop following signs on the ground. Group B: mini bike-orienteeing in pairs. Group C:orienteering raid with route choices. Base Camp -Grund		
Thursday			Technical challenges : Group A: fun timed course, small jumps (low planks). Group B: improving technical riding + sprint/acceleration drills. Group C:advanced skills (small jumps, bermed turns). Bike Park Schönried-Horneggli	Lunch break	Long ride: Group A: 8-10 km with playful stops. Group B: 15-20 km including technical sections. Group C: 25-30 km, challenging route with real obstacles. Schönried-Horneggli		
Friday			Technical Race day: Group A: playful timed course. Group B: relay + technical loop with small obstacles. Group C: short race, time trial, or team relay. Bike Park Schönried	Lunch break	Cool-Down Time: Celebration ride (adapted to each group with meeting points). Loop Horneggli		