

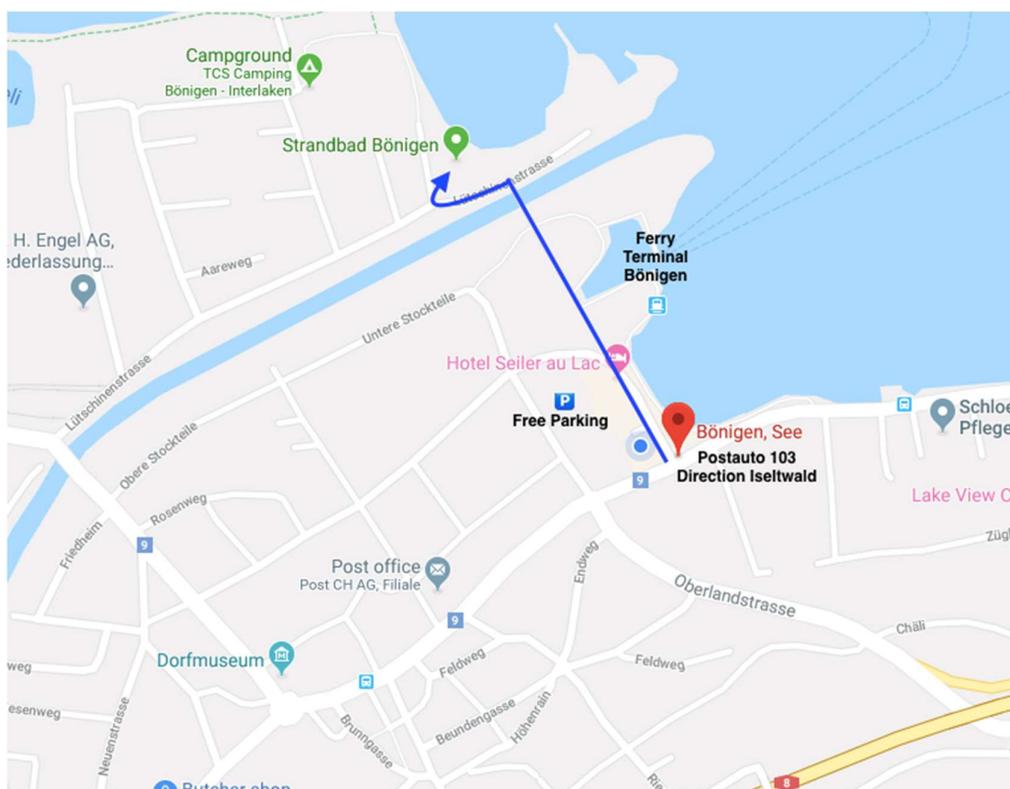


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Pre-Course Information: Full Day Tours & Courses, Lake Brienz

Course Times: 9:15am - 4:15pm

Meeting Points: **Hightide Kayak School**
Strandbad Bönigen
Lütschinenstrasse 24
3806 Bönigen
Switzerland



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Hightide Kayak School GmbH - Lütschinenstrasse 24, 3806 Bönigen, Switzerland

Getting to Us:

By Public Transport:

- Regular trains to **Interlaken Ost** train station
- **Bus 103** from Interlaken Ost to **Bönigen See** (direction Iseltwald)
 - Runs at :05 & :35 throughout the day and takes 5 – 10 minutes
 - Check your times at <http://www.sbb.ch/fahrplan.html>
 - Short walk (3 mins) from the busstop to the Strandbad (see map above).

By Car:

- Take the **A8 to Interlaken** exit at Bönigen, turn left into Hauptstrasse and take the first exit on the roundabout into Interlakenstrasse. Turn right after the bridge into Lüttschinnenstrasse. You will find a parking area at the end of the road.
- Take the **A8 towards Brienz**, exit at the A26 to Interlaken Ost / Bönigen and follow the signs towards Bönigen. Continue on the Untere Bönigenstrasse and turn left into Lüttschinnenstrasse just before the bridge. You will find a parking area at the end of the road.

On foot:

- From the train station Interlaken Ost follow the signs to the boats. Turn right and follow the trail to Bönigen. After the camping area turn right and follow the road to the Strandbad (around 35mins).

What to Bring Along:

- Swimming clothes & Towel
- Footwear that can get wet (flipflops, crocs, watershoes, neoprene booties...)
- Thermal or sports top (no cotton)
- Change of clothes
- Sun protection (cream, sunglasses and hat)
- Packed Lunch / Drinks & Snacks
- Any paddling gear you may have

If renting a drysuit:

Comfortable sportswear is the best to wear under the suit. Often a single lightweight or midweight base layer is sufficient and you should only consider fleece layers if it is really cold outside. Be aware though that too many layers will result in overheating.

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What we supply:

- Sea Kayak
- Paddle
- Buoyancy Aid
- Neoprene long john wetsuit (in cold temperatures)
- Paddling jacket (in cold temperatures)
- All necessary safety equipment
- Dry bags / boxes
- Free entrance in the Strandbad Bönigen

Wetsuits vs drysuits:

Wetsuits are not designed to keep you dry but will help to keep you warm if you become wet. Drysuits keep you warm and should keep you and your clothes completely dry on the inside, so are the best option when it is very cold.

Accommodation

Should you require any accommodation, we would recommend the Hotel Oberländerhof in Bönigen, situated on the lake front with stunning views.

Telephone: 0041 (0)338 22 17 25
Email: hotel@oberlaenderhof.ch
Web: <http://www.oberlaenderhof.ch>

Weather

Please note that our courses and tours run in all weather that is safe for us to paddle in. Often the weather is better than predicted and part of the charm of our sport is experiencing nature with all its faces and even on a rainy day the views and atmosphere are beautiful and dramatic. We pride ourselves on having top quality equipment, including Palm long john wetsuits and high-end paddle jackets to ensure you are warm and happy whatever the weather is like. If conditions are unsafe to paddle in, we will notify with as much notice as we can.

Insurance

Please note that bookings are subject to our terms and conditions and cancellation policy. We recommend that you have an insurance policy to cover the course costs in case of illness or medical problems.

We are looking forward to having you on the lake with us.
Greetings, The Hightide-Team

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