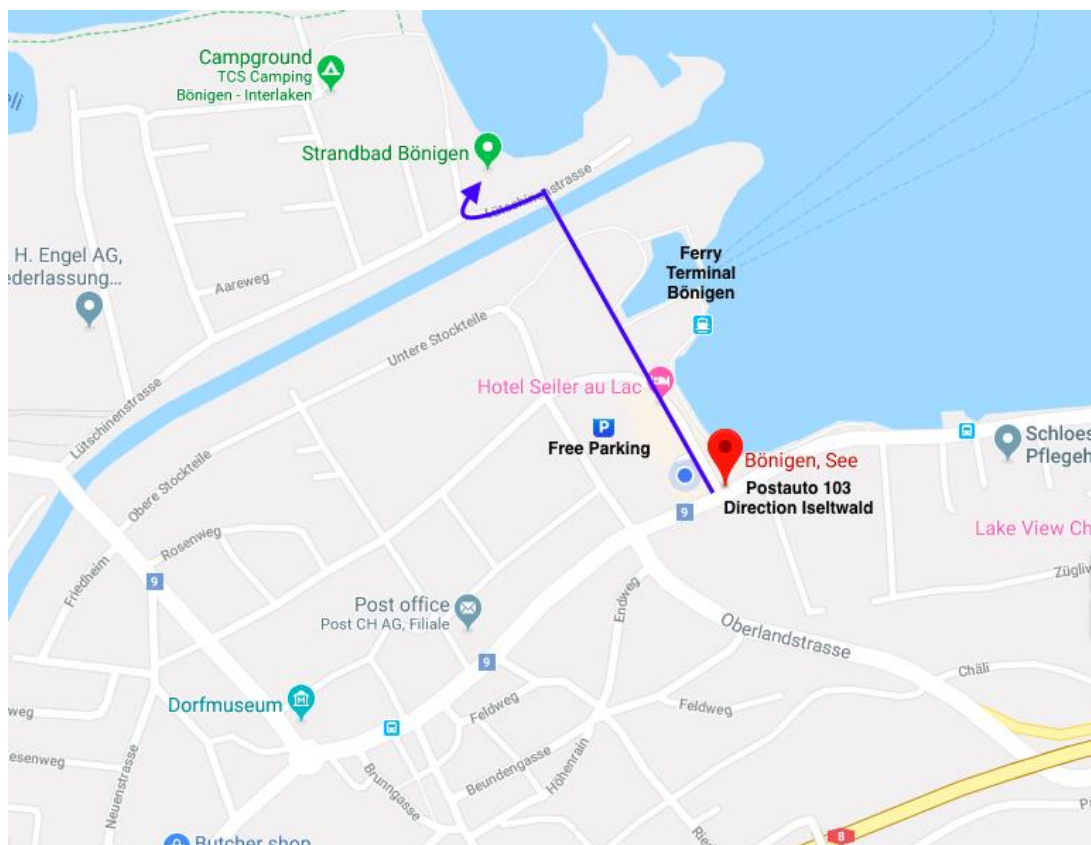


Pre-Course Information: Full Day Tours & Courses, Lake Brienz

Course Times: 09:15 - 16:15 Uhr

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



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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 taking 5 - 10mins
 - Check your times at <http://www.sbb.ch/fahrplan.html>
 - Short walk (3mins) from the Busstop to the Strandbad (see map above)

By Car:

- Take the **A8 to Interlaken** exit at Bönigen, turn left on to Hauptstrasse. At the roundabout take the first exit on to Interlakenstrasse. Turn right after the bridge in to 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 till the bridge, then turn left in to Lüttschinnenstrasse. 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
- Footwear that you can get wet (flipflops, crocs, watershoes, neoprene booties...)
- Thermal or sports top (not cotton)
- Change of clothes
- Sun protection (cream, sunglasses and hat)
- Packed Lunch
- Drinks & Snacks
- Any paddling gear you may have

If renting a drysuit:

Layer as you would for any other outdoor activity. Often a single lightweight or midweight base layer is sufficient, and you should only consider fleece layers if it's cold out. Be aware though that too many layers will result in overheating.

What we supply:

- Sea Kayak
- Paddle
- Buoyancy Aid
- Neoprene long john wetsuit (in cold temperatures)
- Drysuit

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+41 (0)79 906 0551
www.hightide.ch
info@hightide.ch

- Paddling jacket (in cold temperatures)
- All necessary safety equipment
- Dry bags / boxes

Wetsuits vs Drysuits

Wetsuits are not designed to keep you dry but will help to keep you warm if you become wet. Drysuits (available as an extra to rent and compulsory in winter) 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. Just call or email direct to reserve a room and say you're on a course with Hightide. Rates: high season B&B singles CHF75 per night, doubles CHF150 per night.

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 can be beautiful and dramatic. We pride ourselves on having top quality equipment, including Palm long john wetsuits and high end paddle jackets to ensure you're warm and happy whatever the weather. 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 with us on the lake.
Greetings
The Hightide-Team

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