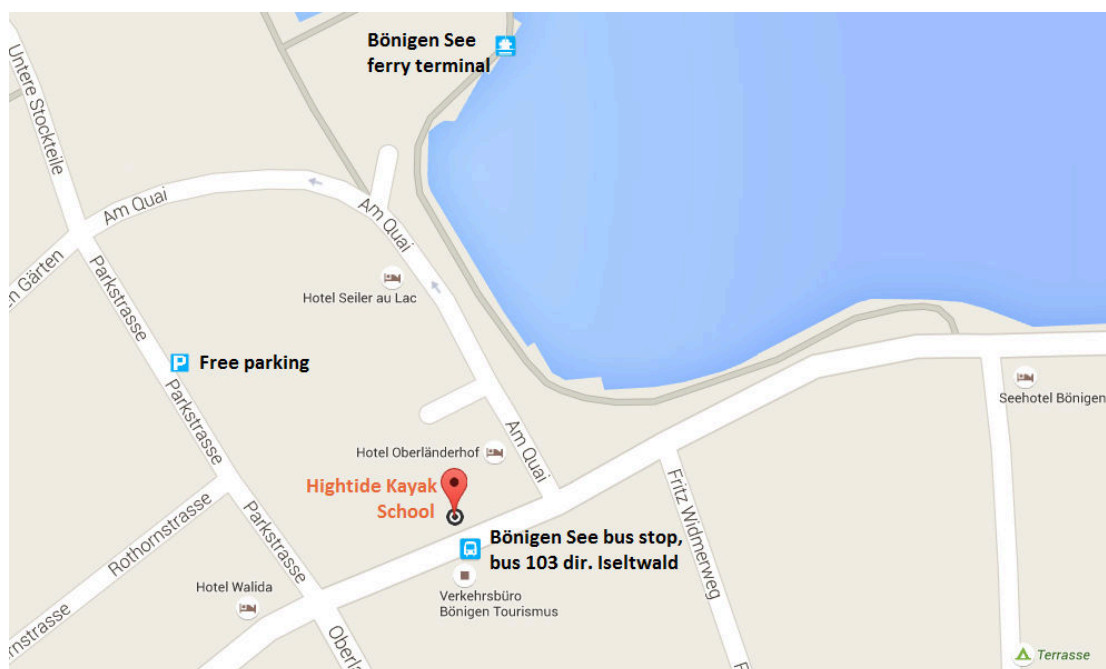


Pre Course Information

Half Day & Evening Tours & Courses, Lake Brienz

Course Times: 09:15 - 12:15 / 13:15 - 16:15 / 17:15 - 20:15

Meeting Points: Hightide Kayak School, Am Quai 1, 3806 Bönigen



Getting to Bönigen:

Our office is inside the **Oberländerhof Hotel**

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>

By Car:

- Take the A8 to Interlaken and the Bönigen exit, follow signs to Bönigen Tourist Information and continue until you reach the Lake. Am Quai is on the left

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- Free parking in the large public car park behind the Seiler au Lac hotel

On foot:

- A lovely walk along the banks of the River Aare and Lake Brienz (around 35mins)

What to Bring Along:

- Any paddling gear you may have
- 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)
- Drinks & Snacks

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 (available for rent)
- 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 the winter) should keep you and your clothes completely dry on the inside, so are the best option when it is very cold.

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

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.

COME AND EXPLORE