

Beausite Park Hotel

Spa Jungfrau  Wengen
Schweiz

Manual of hiking hotel



Hiking hotel

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1.1. Purchase/ Rental of the hiking equipment (10% Discount)



Rent Your Summer Equipment

Mountain & E Bikes (E-MTB ab 16 Jahre) (E-MTB from age 16)	Tage/ Days	Pro Tag/Per Day in CHF						
		½	1	2	3	4	5	6
Tennis	E- MTB	55	75	140	175	225	275	300
	Hardtail	30	40	75	105	135	165	190
	Junior - 12	22	30	55	80	95	105	115
Spass / Fun	Racket Erw.	8	12	15	18	20	22	24
	Racket Jun.	5	7	10	13	15	17	19
	Schuhe/ Shoes	6	11	15	18	21	24	27
Familie / Family	Skateboard	8	12	15	18	20	22	24
	Fussball/ Soccer ball	6	11	15	18	21	24	27
	Scooter	13	23	31	38	45	52	58
Wandern / Hiking	Kinderwagen/ Buggy		17	31	41	50	59	68
	Huckepack / Rucksack		13	23	31	38	45	52
Bekleidung / Clothing	Schuhe/ Boots		15	27	36	44	52	60
	Stöcke/ Sticks		9	16	21	26	31	36
Klettern / Climbing	Jacken/ Hosen Jacket/ Pants		21	31	41	50	59	68
	Handschuhe/ Gloves		6	11	15	18	21	24
Klettern / Climbing	Klettergurt/ Harness		13	23	31	38	45	52
	Helm/ Helmet		13	23	31	38	45	52
	Pickel/ Ice Axe		13	23	31	38	45	52
	Steigeisen/ Crampons		13	23	31	38	45	52
	Via Ferrata Set		29	52	69	84	99	114

Preisänderungen vorbehalten / prices subject to change

16.02.2020 14:37



Kontakt

Central-Sport
 Viktor Gertsch AG
 3823 Wengen
 Tel. +41 33 855 23 23
 Out of opening hours: +41 78 666 54 58

➔ Flyers with hiking and biking trails available at the reception of the hotel.

1.2. Do I have the proper equipment?

Check list

- Rucksack with hip belt (suitable for 1-2 days hiking tours. You need a rucksack with a capacity between 20-30 liters).
- Strong hiking shoes
- Equipment and clothing according to season: Rain cover, warm clothes and jacket, gloves etc.
- Sun protection: Sun glasses, Hut, Sunscreeb with high SPF
- An adequate amount of food and liquids
- A detailed hiking map
- Mobile telephone with all emergency numbers
- First aid kit (incl. personal medicines), survival blanket
- Pocket knife
- Clothing replacement if possible.

1.3. How to deal with accidents

In case of emergency

Keep calm and do the following:

- Protect the injured persons from and further danger, cold and other bad weather conditions.
- Provide first aid help.
- Call the rescue services and provide help. Never leave the injured person unattended.
- Never forget your own safety.

Important telephone numbers:

Xundheitszentrum Wengen (Doktor)+41 33 856 28 28

Emergency: 144

REGA (Helicopter Rescue) 1414

Fire department 118

Police 117

International emergency number 112

1.4. Weather forecast



Federal Office for Meteorology and climatology (MeteoSchweiz)

Operation Center 1

PO Box

8058 Zurich Airport

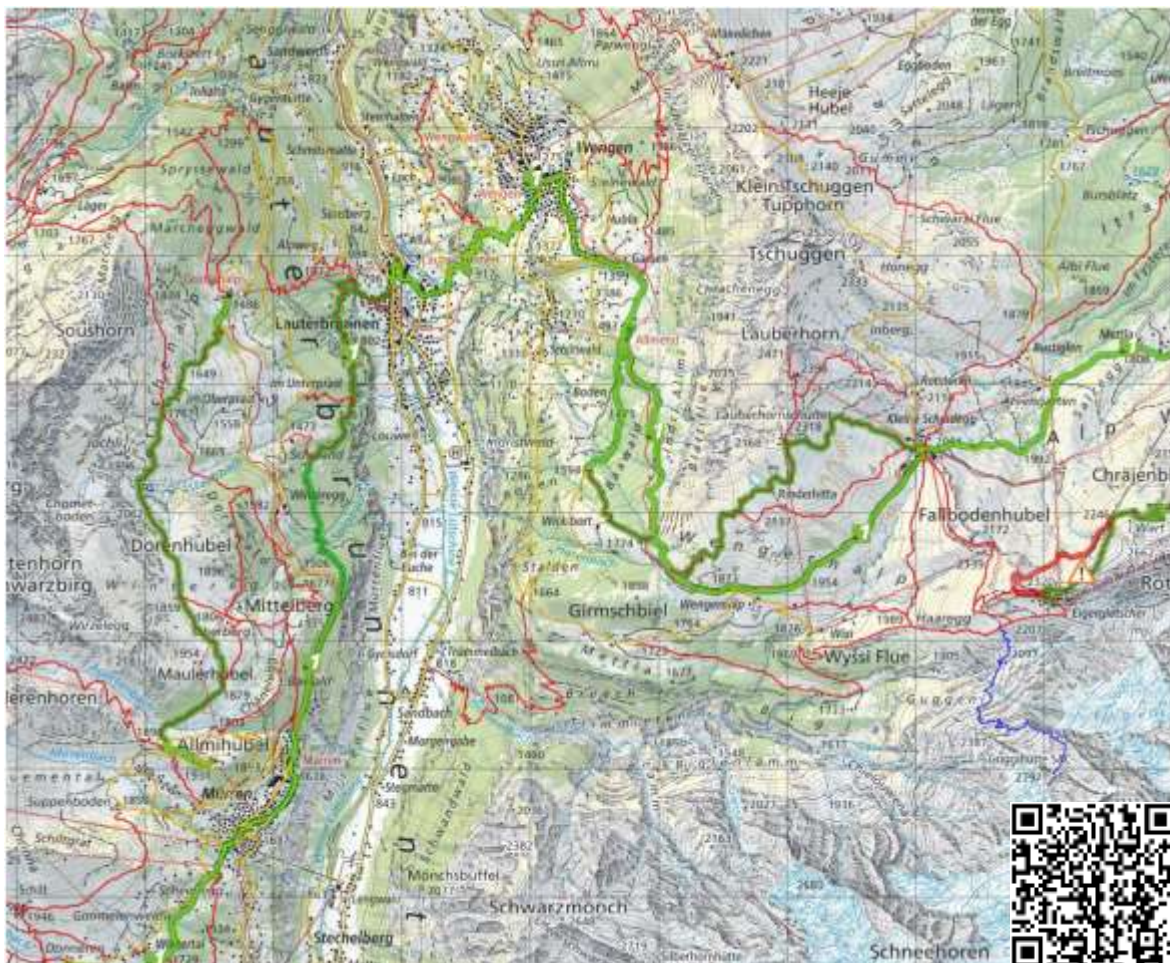
- ➔ **Weather forecast** +41 900 162 333
- ➔ **Website:** www.meteoschweiz.ch
- ➔ **Meteoblue weather forecast Wengen:**



1.5. Maps and hiking trails

➔ **Swisstopo topographic map: 1:25'000: «1228 Lauterbrunnen»**

➔ **Schweiz Mobil Online:**



1.6. Hiking boots- cleaning station and heating room

A hiking boots cleaning station is located on the left-hand-side of the entrance of the hotel, in front of the ski room with following amenities available:

- Shoe cleaner with grid
- Water tap
- Shoe cream
- Cleaning cloth
- Dry cloth
- Brushes

➔ **The hotel has a fixed shoe heating in the ski room.**

1.7. Laundry service

The hotel has a laundry- drying service for your hiking clothing.

Please give all your clothes before 18.00 pm, in order to have them back by next morning.

1.8. First aid kit

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- 1 respiratory mask
- 1 Tick card
- 4 cleaning
- 1 water resistant spray on plaster
- 2 sterile compresses
- 2 blister plaster
- 2 abrasion plaster
- 2 burn dressing
- 1 Patch case
- 1 cooling bandage «Coolfix»
- 1 bandage 6 cm x 3 m
- 1 finger bandage 4 cm x 50 cm
- 1 Set incl. Scissors, tweezers, safety pin
- 2 pairs of nitrile gloves
- 1 aluminium rescue cover
- 1 roll elastic fixation 2.5 cm x 5 m
- 1 Sun protection
- 1 box for medication

Replacement material

- Small material like laces or sunscreen are available at the reception desk.

1.9 Adjusted meal times

- The hotel is happy to adjust its service times for breakfast and dinner on request (24 h. in advance).

→ Meals can also be provided in the form of a **packed lunch to go**.

1.9. Guided Tours



Doris Hike, Lauterbrunnen

Member of ASAM (Association Suisse des Accompagnateurs en Montagne)

Doris Schmied leads her guests safely and eventful through the mountains. Her stories, anecdotes and knowledge add a new dimension to the landscape and make hiking an experience.

Kontakt

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Opening hours Front desk: 7:00 – 23:00

Please dial the number 11 on the phone in the room

Please note that from 23.00 hrs you will not be connected to the reception desk but to the emergency service of the hotel.

Beausite Park Hotel Wengen

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