



# Camp Nyon & La Côte

## Week 1 — Explorers

Two weeks of adventure between Lake Geneva, forests and Vaud heritage

Territory discovery: lake, forest, heritage

### PICK-UP POINTS

<b>Nyon Station</b> CFF forecourt, bus side <b>08:15 · Return ~17:15</b>	<b>Gland</b> CFF station, north car park <b>08:25 · Return ~17:25</b>	<b>Rolle</b> CFF station, main forecourt <b>08:35 · Return ~17:35</b>	<b>Saint-Prex</b> CFF station square <b>08:45 · Return ~17:45</b>
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# 13

MONDAY

Welcome to Lake Geneva



08:30

### Welcome & camp introduction

Introductions, meet the team, camp rules, team assignment with animal totems (lynx, eagle, fox, badger). Camp journals distributed.

■ *KTS meeting point*

10:00

### Treasure hunt — Old Town Nyon

Team rally through Nyon's historic centre: castle, Roman Museum, ancient columns, fountains. Clues to complete in the camp journal.

■ *Old Town, Nyon*

12:30

### Lakeside picnic

Lunch on the shores of Lake Geneva with views of the Alps

■ *Parc de la Rive, Nyon*

14:00

### Stand-Up Paddle initiation & water games

First steps on a SUP board, balance games, water battle on inflatable kayaks. Life jackets mandatory.

■ *Nyon Beach*

17:00

### Daily recap & camp journal

Each child draws or writes their favourite moment of the day

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TUESDAY

Forests &amp; Secret Trails



09:00

**Hike through the Divonne–Nyon forest**

Guided 5–6 km walk. Flora observation, tree identification, nature treasure hunt.

■ *Tree Trail, Crans-près-Céligny*

11:00

**Survival skills workshop**

Building shelters from branches, compass navigation, scout knots, fire-starting with flint (supervised).

■ *Forest clearing*

12:30

**Nature lunch — sandwiches & fruit**

Forest picnic; each team sets up their own spot

14:00

**Tree climbing adventure course**

Multi-level course for ages 4–12: monkey bridges, zip line, nets. Equipment provided on site.

■ *Acrobranché Nyon or Parc Aventure Divonne*

17:00

**Return & camp journal**

Quiet time, team debrief

15

WEDNESDAY

Water Day &amp; Rolle



09:00

**Visit to Rolle's Peninsula**

Discovering the artificial island, harbour and fishermen's houses. Photo workshop: "Portrait of La Côte".

■ *Rolle, La Côte*

10:30

**Open swimming & water Olympics**

Team relay races, aquatic trampoline, kids' water polo, creative diving competition

■ *Rolle Beach*

12:30

**Lakeside BBQ & picnic**

Halloumi &amp; veggie skewers, merguez, grilled bread — prepared together by the children

■ *Lakeside picnic area*

14:30

**Land Art by the water**

Pebble mosaics, sand sculptures. Each team creates a collective artwork to be photographed for the camp journal.

■ *Rolle Beach*

17:00

**Return & camp film**

Quick edit of a short film from the day's photos and videos

**16****THURSDAY****Sports Challenge & Coppet****09:00****Land Olympics**

Inter-team tournament: football, volleyball, obstacle course, tug of war, long jump. Points tallied toward the camp cup.

■ *Sports ground, Nyon*

**12:00****Picnic & free rest time**

Lunch, reading, relaxation

**14:00****Visit to Château de Coppet**

Child-friendly guided tour of the 18th-century castle (Necker-de Staël residence). Workshop: "Life in a Castle" with costumes and role play.

■ *Château de Coppet*

**16:00****Ice cream & stroll through Coppet village**

Walk through the medieval arcades, photo mission: "Find 5 old stones"

■ *Village of Coppet*

**17****FRIDAY****Grand Finale & Certificate Ceremony****09:00****Mission Impossible — Final Treasure Hunt**

Multi-stage course across Nyon combining all skills from the week: navigation, nature, sport, culture.

■ *Nyon town centre & lakeside*

**12:30****Closing feast — Collective buffet**

Each child contributes something. One big shared table.

■ *Parc de la Rive, Nyon*

**14:30****Certificate & Trophy Ceremony**

KTS Explorer Certificate awarded to every participant, Olympics winners announced, group photo, camp film screening.

**17:00****Return to pick-up points**

Certificates and camp journals handed to children on the minibus to take home

PICK-UP POINTS	ESTIMATED RETURNS	SUPERVISION	EMERGENCY CONTACT
Nyon Station 08:15 Gland 08:25 Rolle 08:35 Saint-Prex 08:45	Nyon ~17:15 Gland ~17:25 Rolle ~17:35 Saint-Prex ~17:45	1 leader per 8 children All first-aid certified	+41 79 913 84 45 WhatsApp available



# Camp Nyon & La Côte

## Week 2 — Adventurers

Two weeks of adventure between Lake Geneva, forests and Vaud heritage

Pushing boundaries: heights, creativity, teamwork

### PICK-UP POINTS

Nyon Station	Gland	Rolle	Saint-Prex
CFF forecourt, bus side <b>08:15 · Return ~17:15</b>	CFF station, north car park <b>08:25 · Return ~17:25</b>	CFF station, main forecourt <b>08:35 · Return ~17:35</b>	CFF station square <b>08:45 · Return ~17:45</b>

# 20

MONDAY

## Vineyards & Heritage of La Côte

09:00

### Week 2 welcome & new teams

Ice-breaker games, team roles assigned (explorers, builders, guardians, hunters)

10:00

### Walk through the La Côte vineyards

Learning about grape varieties, the vine cycle and winemaking tools. Mini-geologist: soil identification.

■ *Vineyards of Gland / Tartegnin*

12:30

### Picnic among the vines

Artisan grape juice offered by a local winemaker (to be confirmed)

■ *Partner estate, La Côte*

14:00

### Pottery & natural clay workshop

Creating a team totem in clay. Coil and stamping techniques.

■ *Creative workshop, Nyon*

# 21

TUESDAY

## Climbing & Thrills

09:00

### Indoor climbing initiation

Working in pairs: climbing, belaying, abseiling. Routes from 4 to 6+ depending on level. Shoes and harnesses provided.

■ *Climbing wall, Nyon or Gland*

12:00

### Lunch break & recovery

Meal + fun group stretching, mid-camp check-in

13:30

### Junior Via Ferrata — Older group (9–12 yrs)

Via ferrata initiation on an adapted route with permanent safety cables. Panoramic views over Lake Geneva.

■ *Genolier or Begnins area*

13:30

### Ninja course & gentle sports — Younger group (4–8 yrs)

Ninja circuit, balance activities, low slackline, cooperative games

■ *Outdoor park*

**22**

WEDNESDAY

Expedition on the Lake



09:30

**Sailing & catamaran initiation**

Beginner sailing on Lake Geneva: Optimist or Laser 4.7 for older children, two-seat catamaran for younger ones. Certified instructors.

■ *Nyon or Rolle Sailing Club*

11:30

**Sea kayak exploration**

Paddling in convoy along the shore, stop at a secret beach, birdwatching (grebes, swans, herons).

■ *Lake Geneva shore, Nyon–Rolle*

13:00

**Lakeside picnic & rest**

Lunch on the beach, free swimming

15:00

**Fishing discovery & Lake Geneva ecology**

Beginner fishing with simple rods, species observation (perch, whitefish). Catch and release policy.

■ *Lake jetty or pier*

**23**

THURSDAY

Creativity &amp; Culture



09:00

**Lake Geneva Museum & Aquarium visit**

History of the lake, aquatic species, steamboats. Interactive workshop: "Lake Diver" with objects recovered from the lake floor.

■ *Musée du Léman, Nyon*

11:30

**Camp T-shirt workshop**

Each child personalises their KTS souvenir T-shirt: stamps, stencils, freehand designs.

■ *KTS workshop*

13:00

**Collective cooking lunch**

Composed salads, wraps, fruit smoothies — participatory cooking session

14:30

**Giant games tournament**

Giant chess, Jenga XXL, Molkky, Pétanque. Fun fair atmosphere.

■ *Outdoor park*

16:30

**Final show rehearsals**

Practice sessions: sketches, choreographies, team acts for tomorrow



09:00	<p><b>Ultimate Challenge — The 7 Trials</b></p> <p>Final course combining highlights from both weeks: mini sailing, climbing wall, express land art, Lake Geneva quiz, nature tasting...</p> <p>■ <i>Base camp + lakeside</i></p>
12:00	<p><b>Grand Closing Banquet</b></p> <p>Festive buffet: homemade pizza, skewers, smoothies, decorated KTS cake. Tables decorated by each team.</p>
14:00	<p><b>The Adventurers' Show</b></p> <p>Sketches, dances and the camp song — internal cabaret between children and leaders.</p>
15:30	<p><b>KTS 2025 Trophy Ceremony</b></p> <p>"Certified Adventurer KTS" diplomas, team trophies, special awards, official group photo, souvenir T-shirt.</p>
17:00	<p><b>Return to pick-up points</b></p> <p>Camp journals and creations handed to children on the minibus</p>

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