

# Briefing - Fjord Kayaking Expedition

6 February 2025



**Expedition  
Club**  
A London Business School  
Student Club

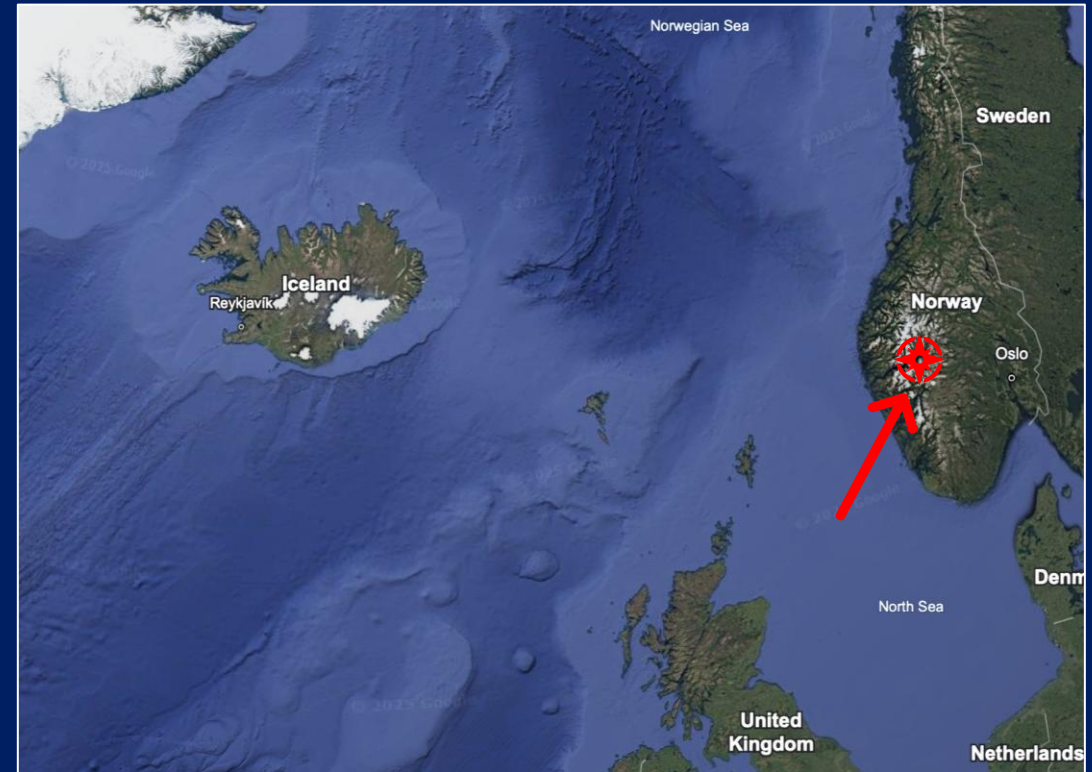




# Overview of expedition

## PRELIMINARY

Dimension	Detail
Location	Gudvangen, Norway via Bergen
Conditions	Long days (sunset 10pm) 11°C (high) and 2°C (low)
Dates and itinerary	22 <sup>nd</sup> May – 26 <sup>th</sup> May 2025
Fitness req.	<b>DIFFICULT</b> – requires competent swimming and handling of 25km of paddling and 10km hiking
Price	750 GBP, including flights



# Itinerary – expedition will be 5 days, inc. transfers

## PRELIMINARY

Day	Activity	Sleep	Coverage
22 <sup>nd</sup> May	Arrive in Bergen Transit to Gudvangen	Serviced apartments	
23 <sup>rd</sup> May	Paddle to Dyrdal Establish wild campsite	Tent	12-13 km paddle
24 <sup>th</sup> May	Hike from Dyrdal	Tent	10km distance and 1.2 km elevation hike
25 <sup>th</sup> May	Paddle to Undredal Return to Bergen	Serviced apartments	12-13 km paddle
26 <sup>th</sup> May	Spend morning in Bergen Depart for airport		





# We will start trek in Gudvangen and head into fjords...

PRELIMINARY

**Quaint village** located in Vestland County (Western Norway)

Located at the tip of **Nærøyfjord, a UNESCO World Heritage Site**



**Dramatic scenery** with 1500+ metre mountains surrounding the fjords



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# Before camping over night on the banks...

PRELIMINARY

**An idyllic night under the stars**  
after a long day on the water

**Food and drink** around the  
campfire

**The perfect base** for our expedition



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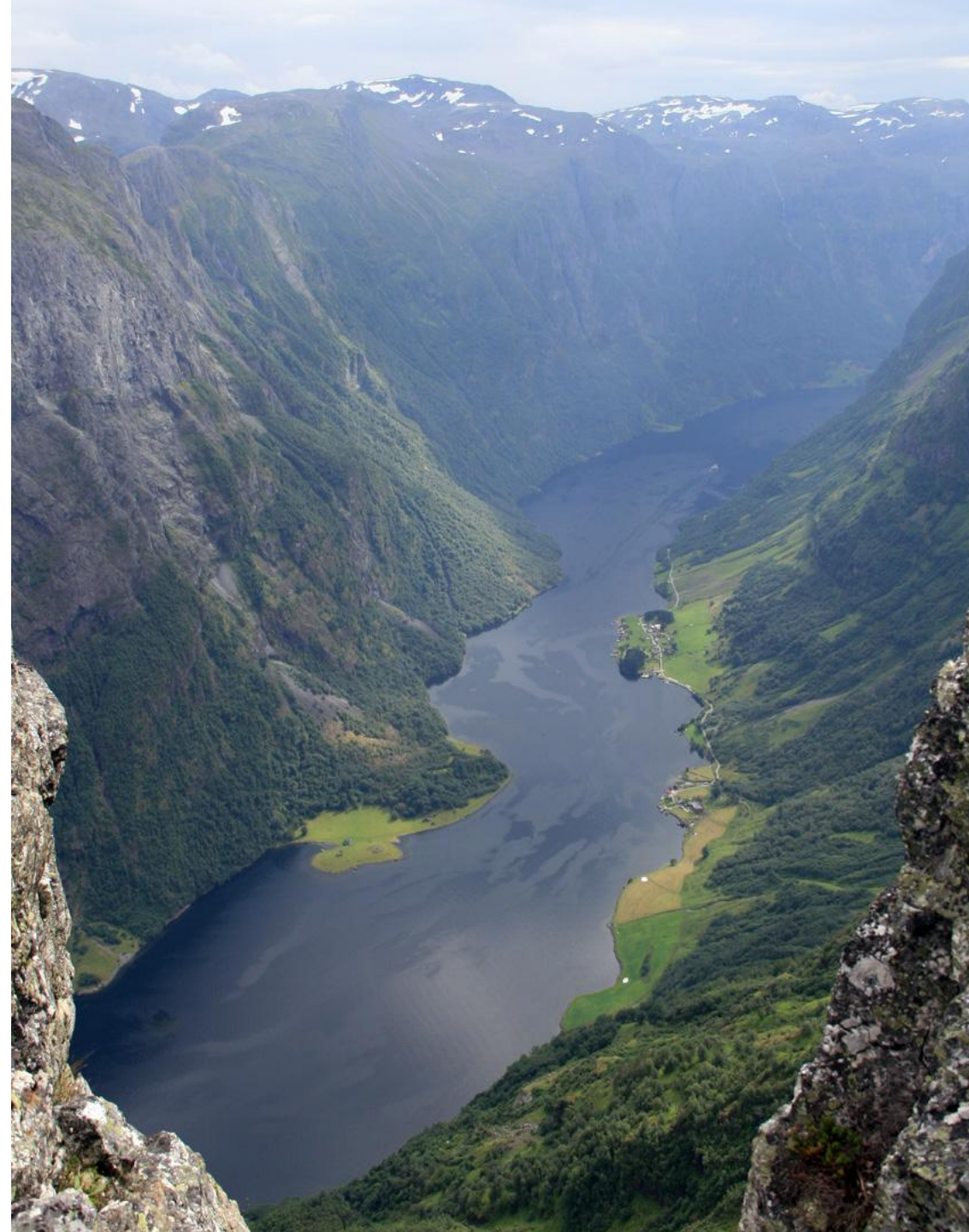
# Climbing to a nearby summit viewpoint...

PRELIMINARY

**10+ km hike** with 1200m of elevation gain

**Significant geographic features** on the way, including melt water lakes and waterfalls

**Spectacular views** of Nærøyfjord towards Bakkanosi



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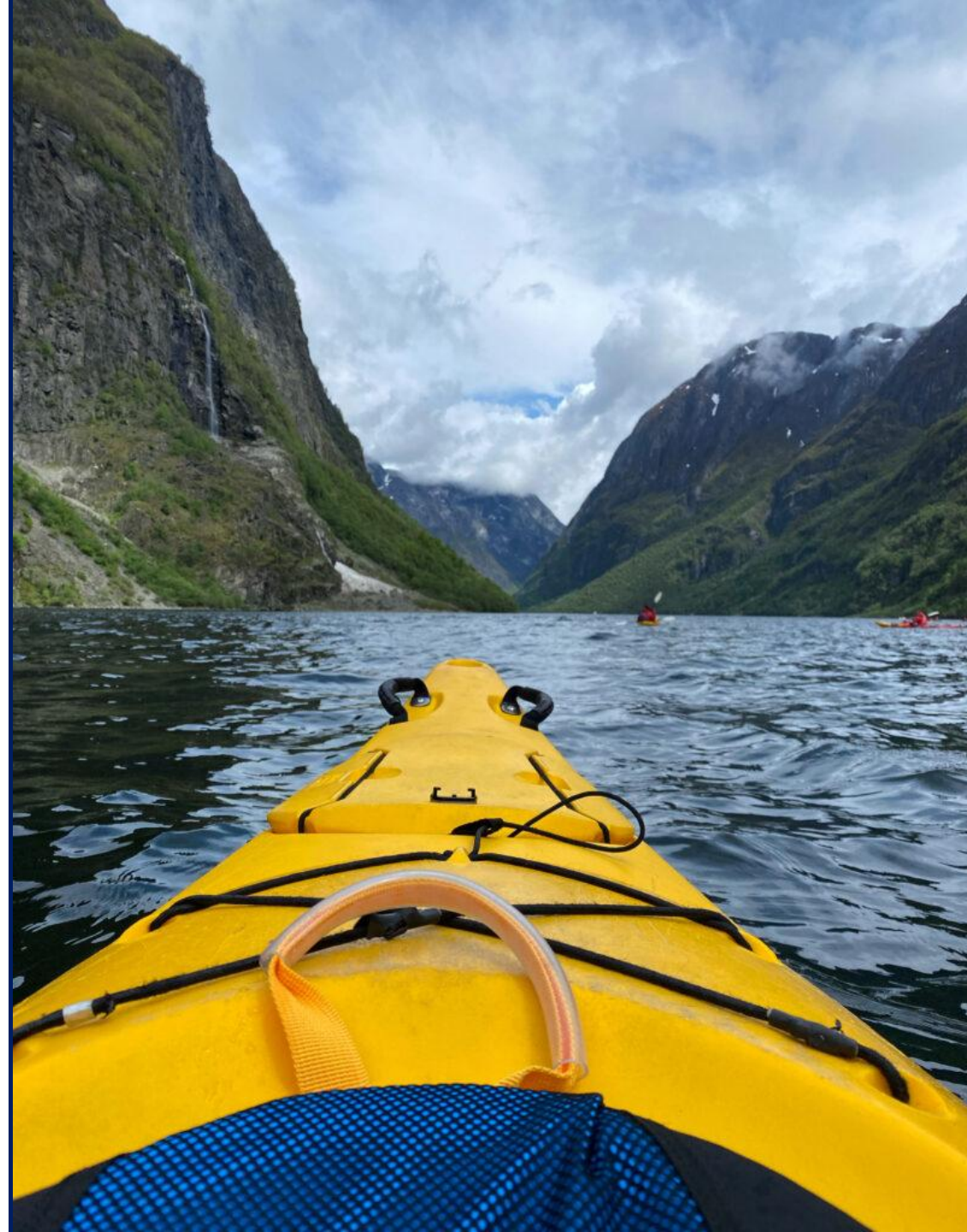
# And paddling to the finish the next day...

PRELIMINARY

**12+ km on the water**

**More stunning scenery:**  
magnificent cliff faces, majestic  
waterfalls, and maybe seals!

**Isolated and untouched nature**  
shared with friends



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# Overview of logistics

PRELIMINARY

## Meeting point and flights



### Flights:

- Departure (22<sup>nd</sup> May DY1317 – 0845 LGW-BGO)
- Return (26<sup>th</sup> May DY1314 – 1215 BGO-LGW)

**Meeting point** will be at **London Gatwick Airport**



## Food (veg/gluten free, etc. options)

### Included during expedition:

- Breakfast
- Lunch
- Dinner

Food **not included on first and final day** (transiting to Gudvangen and final day in Bergen)

## Accommodation (total 4 nights)



First and final night in **serviced apartments / AirBnB** (shared rooms)

Second and third nights in **shared tent** (two individuals per tent)



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# Cost of expedition

PRELIMINARY

## Payment



Full payment of **750 GBP** (inc. flights), to be launched mid-day 24<sup>th</sup> February 2025 (available till 3<sup>rd</sup> Mar)

**No refunds** but resale possible



## Included

**Transport to/from Gudvangen**

**Guides** (Experienced, local, and English-speaking)

**Accommodation** (2 nights in apartments + 2 nights in tents)

**Meals** (All meals during kayaking and hike parts of trip, prepared with guides)



## Not included

**Sleeping bag and pad**

**Travel insurance**

**Bus to airport on final morning** (from Bergen town centre to Bergen Airport)



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# Packing recommendations

PRELIMINARY

## Key items



- Sturdy boots / approach shoes
- Hiking trousers
- Warm jacket
- Waterproof jacket
- Gloves – water resistant
- Hats – warm & sun
- Buff / neck gaiter
- Water bottle
- Sleeping bag
- Sleeping mat / thermarest
- Head torch
- Personal med kit

## Extras to consider



- Dry bags
- Waterproof socks
- Waterproof trousers
- Gaiters
- Sleeping bag liner
- Camp shoes / flip flops
- Travel towel
- Walking poles
- Swimwear
- Power bank / solar charger

**These recommendations are non-exhaustive**  
**Full packing list and instructions will be shared after booking**



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# After tickets are purchased, we will...

## PRELIMINARY

- 1. Conduct kit check** to ensure participants have items needed
- 2. Test swimming capabilities of participants** to ensure safety on water
- 3. Run Kayak training** day to ensure participants are comfortable kayaking for long distances

**Dates TBC**



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**Tickets to be  
released mid-  
day 24<sup>th</sup> of  
February  
(available till  
3<sup>rd</sup> March)**



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