

NORWAY TREK 2016

19th to 21st of August



Expect a weekend filled with beautiful scenery*



* Conditional on weather ☺

If we're lucky well meet these guys



Pack warm and waterproof clothes. It is Norway



Traditional Norwegian dinners (made by you)





Altitude profile



Day 1 – Vending Cabin (19th August)



Be in Bergen at 11 am on Friday morning. Please book flights accordingly – direct flight takes 2 hours.

We'll get some rental cars in Bergen and drive to [Alexander Grieghytten](#)

Hike approximately 5km to the first [cabin](#) /(should take about 3 hours)
<http://www.ut.no/hytte/3.2031>

Free time and dinner.

3 day hike : <https://www.ut.no/tur/2.8893/>

Day 2 – Gullhorgabu (August 20th)



Second day is more challenging, so expect to spend most of the day outside

We will cook food on a primus stove for lunch

The terrain will be varied :
Mountainous area above the tree limit with rivers, hills and lakes.

Day 3 – Back to London



Easy 9km hike back to the cars
before we head back to the airport

We will pass by Høgabu (picture)
on the way

Expect to take a flight around 7pm
from Bergen

For £ 150 you'll get an amazing trek with the following included :

- **Accommodation :**

- First night : Vending cabin <http://www.ut.no/hytte/3.2031/>
- Second night : Gullhorgabu cabin <http://www.ut.no/hytte/3.2431/>
- (you can change the language to English in the upper right corner (Google Chrome – 'velg språk')

- **Food**

- All food included, we'll buy groceries and all have to help prepare breakfast, lunch and dinners for the time we'll be in Norway.

- **Transport in Norway (rental cars)**

- We'll rent cars for a couple of hours drive on Friday and Sunday.
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What to bring

Packing List

- Use a **backpack** for your luggage and save some extra space for your share of groceries.
 - Hiking shoes. Hiking boots are recommended, but you can use other comfortable shoes if you don't have them.
 - Extra pair of comfortable trainers in case you get blisters/ first pair is wet
 - Linen or a sheet sleeping bag (from £ 6 + amazon). Pillows and duvets are provided in the cabins, but you need your own cover.
 - Comfortable clothes. Temperatures can be between 5 and 25 degrees. You should check the weather forecast before you pack
 - <http://www.yr.no/place/Norway/Hordaland/Kvam/Gullhorgabu/>
 - Waterproof jacket + pants, hiking pants, a warm sweater, thermal underwear (if the temperatures are in the low range). Make sure to have a extra dry set of clothes to change into.
 - Thermos + cup, swimming gear, big water bottle.
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And sign up instructions

Price : £ 150

- Sign-up : **Tuesday 14th June noon**. Payment link will appear on the Norway Trek 2016 campus group page - first come first serve
- Size : 15 people - First come first serve.
- Campus group info & sign-up link: <https://clubs.london.edu/nordic/rsvp?id=25176>

Instructions:

- If you re-sell your ticket or have any questions, please let us know :
bklungerbo.mba2017@london.edu or amannsaker.mba2017@gmail.com

Recommendations on flights (direct flight is 2 hours):

- Arrival in Bergen on Friday (19th) before 11 am
- Departure from Bergen (21st) after 7 pm.

Have a great summer and hope to see you in Norway in August.

Cheers

The Nordic and the Expedition Club
