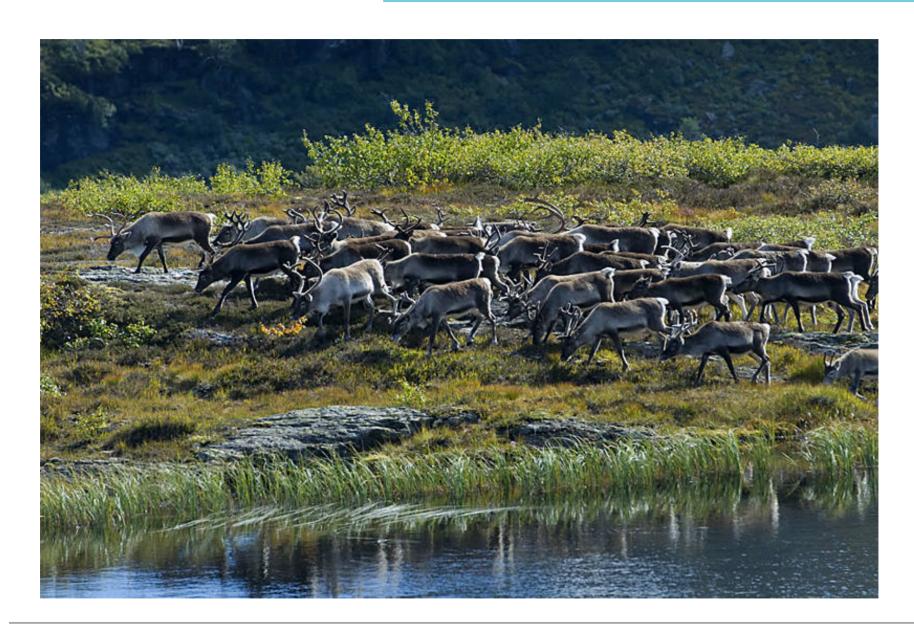


# **Expect a weekend filled with beautiful scenery\***

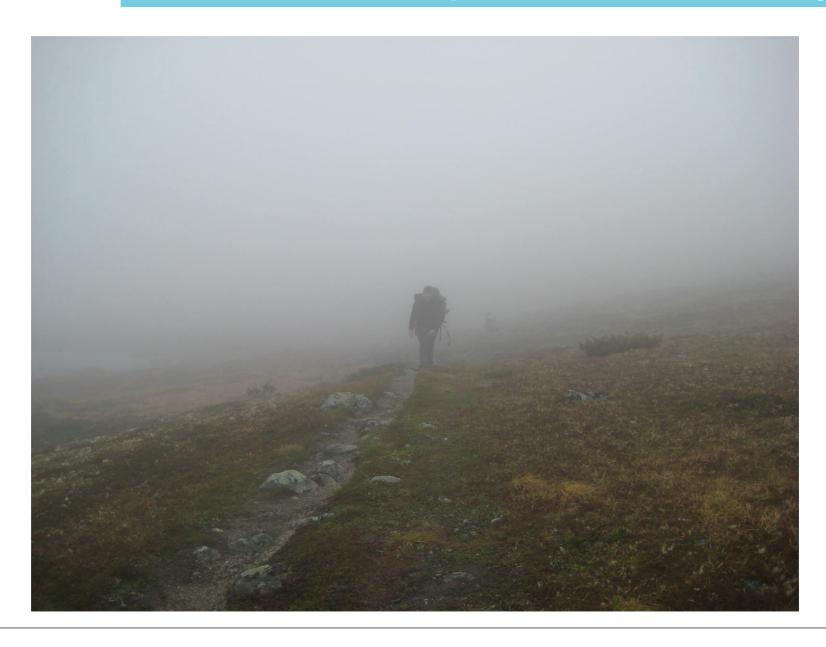


<sup>\*</sup> Conditional on weather ©

# If we're lucky well meet these guys



# Pack warm and waterproof clothes. It is Norway



# Traditional Norwegian dinners (made by you)



#### **Overview of trip**





#### 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 <u>Alexander</u> <u>Grieghytten</u>

Hike approximately 5km to the first <a href="mailto:cabin">cabin</a> /(should take about 3 hours)
<a href="http://www.ut.no/hytte/3.2031">http://www.ut.no/hytte/3.2031</a>

Free time and dinner.

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

#### Day 2 – Gullhorgabu (August 20<sup>th</sup>)



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

Price £ 150

# 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.



- 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.

# Other information 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