

# Norway

## Guided Tour Hiking



## Walking in Reindeer Country!

Venabu Fjellhotell sits in the middle of the Venabygdsfjellet plateau at the southern edge of the Rondane National Park, 78kms north of Lillehammer. Owned and run by the Tvette family, the hotel has been welcoming guests since 1950 and has a well-earned reputation for friendly, attentive hospitality. Many guests return year after year, both in the summer and winter.

We have organized a guided hiking programme for the summer that will have something for everyone. Three departures of each category will start from the end of June to mid-September. We have three types of departures, moderate, intermediate and then for those who want to be challenged, we have a more strenuous tour.

The hotel has 56 comfortable en-suite rooms. The superb mountain views from the dining room and the open fire in the sitting room make this a wonderful place to relax. There is also a library, a television room, a yoga room and Wi-Fi throughout the hotel that is free to use, as are the saunas.

We believe good food is important! We serve daily buffets of high quality, homemade food and a variety of vegetarian dishes. Every Wednesday evening we serve our 'Norwegian Buffet' – a wide selection of traditional Norwegian food with an explanation of the traditions behind the food served.

## Fast Facts

- Hiking through the best of Norway on well-marked trails with qualified and certified guides
- Breakfast & dinner buffet, packed lunch
- All accommodations, park & museum fees, and transportation
- Transfers between Ringebu and hotel at the beginning and end of your trip
- Enjoy our renowned Norwegian Table served on Wednesday nights
- Discover Maihaugen an amazing open-air museum

## Tour Details 2020

### Dates:

#### Moderate tour:

June 13 August 2

#### Intermediate Tour:

June 13, July 25, August 16

Cost: \$2395 per person

#### Challenging Tour:

August 9, 29

Cost: \$2695 per person

Single Supplement: \$295

Length: 8 days / 7 nights

Grade: Moderate, Intermediate and Challenging

Starts / Ends: Venabu

## Step into Norwegian Culture

Discover one of the most beautiful countries on Earth. Enjoy the scenic landscape of Eastern Norway, best enjoyed on foot. Discover the rich Norwegian heritage that has grown out of this magnificent landscape. On this holiday we combine moderate walking in wild nature with fascinating cultural experiences. We use short transfers by bus to access the most beautiful areas and keep the walking at a grade to suit active travellers of a reasonable fitness level.

**Grade: Moderate** 8-16km walks, maximum 415m ascent  
Hiking on trails with some rocky paths & there can be some muddy areas.

### Day 1 Arrival to Venabu

Arrive in Venabu either by bus from airport or via Ringebu rail station. The afternoon is free for you to relax.

### Day 2 Pilgrim's Road and Ringebu Stavechurch 8 km

400m ascent and descent - all gradual. Paths and tracks with one short rocky step. Transfer times: thirty minutes.

Morning walk along St Olav's Pilgrim Road above the wide river valley of Gubrandsdalen. Views, visit the hillfort, hear about St Olav and the origins of Christianity in Norway. Guided tour to Ringebu Stavechurch, one of Norway's remaining 28 historic stavechurches followed by a visit to the Prestegard or vicarage with its garden and gallery.

### Day 3 Local peak Dynjefjellet 12 km

250m ascent – steady ascent, mountain paths. Transfer time: 10 min. A steady path leads to the summit of Dynjefjellet. The high peaks of the Rondane are visible to the north. The wild land of Venabygdsfjellet opens before us. Distant to the west are also the glaciated peaks of the Jotunheimen. Learn about the lives of the wild reindeer that migrated here as the last ice age ended and the glaciers retreated. Humans followed the reindeer 6000 years ago and we will see the marks they left behind.

### Day 4 Canyons and waterfalls: Dørfallet and Myfallet 12.5 km

300 ascent. Transfer time 5 minutes.

The highlight of today's hike is the walk to Dørfallet and Myfallet waterfalls. Experience for yourself the powerful force that carved this landscape. Moose Safari as an optional extra

### Day 5 Visit to Maihaugen Transfer times: 1 hour 15 min.

A change of pace today as we visit Maihaugen living museum in Lillehammer, one of Europe's largest and oldest open-air museums. The exhibitions and experiences illustrate village, rural and town life through the ages and give insights into the close relationship between people and nature. This evening we serve our Norwegian buffet.

### Day 6 Lykkesetra, hotel's farm with traditional lunch 12 km

270m ascent. Transfer time: 10 minutes. Hill paths and tracks today with a couple of rocky steps.

Another contrast again today as we visit the summer farm of Lykkesetra set in the meadows below Forbunds fjellet. The farmer will tell stories of the history and folklore surrounding summers spent in the mountains. In keeping with this we serve a lunch of local food.

### Day 7 Finnsjøvola 12 km

380m ascent. Transfer times: 30 min

Both tranquil and sublime Finnsjøvola offers us an easier yet spectacular day. We ascend steadily through delightful, pine forest to open land and sparkling lakes with views of the Rondane massif and east towards Sweden. As we walk and soak up the beautiful scenery we may be lucky enough to hear the cries of the golden plover.

### Day 8 Departure



## Wilderness Walking

**Grade: Intermediate** Typically 12-16km per day with two longer days, maximum 490m ascent in any one day. Longest day is 24km, with some rocky paths.

### Day 1 Arrival to Venabu

Arrive in Venabu either by bus from airport or via Ringebu rail station. The afternoon is free for you to relax.

### Day 2 Local peaks: Dynjefjellet and Svartfjell 13 km

Ascent: 420m Descent: 400m. Transfer time: 10 minutes  
The stunning 360° views from each of these peaks give us a taste of what lies ahead this week. The high peaks of the Rondane are visible to the north. The wild land of Venabygdsfjellet opens before us. Distant to the west are also the glaciated peaks of the Jotunheimen, home to Northern Europe's highest mountains. Learn about the lives of the wild reindeer that migrated here as the last ice age ended and the glaciers retreated. Humans followed the reindeer 6000 years ago and we will see the marks they left behind.

### Day 3 Rondane National Park: Store Ramshøgda 18 km

Ascent 460m, descent 620m. Transfer time: 15 minutes.  
Today's feature is a hike to the peak of Store Ramshøgda. We discover the Rondane, Norway's first National Park, created to protect the genetically unique, wild reindeer living here. Descending from our high point we explore an unfrequented valley where we may see merlin and rough legged buzzards, or fjellvåk, hunting.

### Day 4 Rondane National Park: Døralseter 24 km

400m ascent, 700m descent. Transfer time: 1hour 30 min.  
Today we take a transfer and hike into the sculpted, elemental landscape of the Rondane massif. We make a traverse through the heart of the park. Dramatic and imposing, the Rondane National Park is an ideal location to experience the high mountains of Norway. This is our longest day, 7-8 hours hiking.

### Day 5 Canyons and waterfalls: Dørfallet and Myfallet 15 km

300 ascent.  
The highlights of today's hike, direct from the hotel, are sure to be the waterfalls of Dørfallet and Myfallet. Experience for yourself the powerful force that carved this landscape. This evening we serve our Norwegian buffet.

### Day 6 Tour to Lykkesetra the hotel's Summer farm 16km

490m ascent  
Another contrast again today as we visit the summer farm of Lykkesetra set in the meadows below Forbunds fjellet. The farmer will tell stories of the history and folklore surrounding summers spent in the mountains. In keeping with this we serve a lunch of traditional, local foods.

### Day 7 Finnsjøvola 12 km

380m ascent. Transfer time: 30 minutes  
Both tranquil and sublime Finnsjøvola offers us an easier yet spectacular day. We ascend steadily through delightful, pine forest to open land and sparkling lakes with views of the Rondane massif and east towards Sweden. As we walk and soak up the beautiful scenery we may be lucky enough to hear the cries of the golden plover.

### Day 8 Transfer to train station



### Three National Parks Challenge

Challenge yourself on our most exciting adventure. Discover Norway's wilderness with a network of hiking trails leading to plunging waterfalls, glaciers and deep valleys. Hike far above blue lakes and enjoy vistas across the dark peaks of the Jotunheimen, home to Northern Europe's highest mountains. Explore deep into the remote rockiness of the Rondane and the dramatic landscape of Dovrefjell. From our base at Venabu Fjellhotell we use transfers to access some of the most famous hikes in Norway we discover the untamed, mythical landscapes and breathtaking trails that make Norway unique.

**Grade: Challenging** mountain hiking for fit, experienced hikers.

Up to 9h walking time; up to 1200m ascent; up to 24km though not on the same day. Remote, rocky paths, boulder field, scrambling, some exposure.

**Small Group size:** minimum 4 maximum 10

#### Day 1 Arrival to Venabu

Arrive in Venabu either by bus from airport or via Ringebu rail station.

#### Day 2 Rondane National Park: Store Ramshøgda 18km

Ascent 460m, descent 620m. Transfer: 15 min

We start our week with a hike to the peak of Store Ramshøgda. We discover the Rondane, Norway's first National Park, created to protect the genetically unique, wild reindeer living here. Descending from our high point we explore an unfrequented valley where we may see merlin and rough legged buzzards, or fjellvåk, hunting.

#### Day 3 Dovrefjell, Snøhetta 12 km

800m ascent. Transfer: 1hour 30 min; shuttle bus to Snøheim. There are few places on Earth where you can see musk oxen in the wild, none are as accessible as Dovrefjell National Park. Our hike to the summit of Snøhetta takes us through a land of rare arctic-alpine flora, wild reindeer and arctic foxes. The route is more challenging than the numbers would suggest as it climbs over bouldery terrain. On the summit we are above the dramatic cwm or 'botn' where Snøhetta's glacier sits. The rewards for the effort are stunning views stretching to each horizon.

#### Day 4 Jotunheimen: Besseggen 14 km

1100m ascent, 1000m descent. Transfer: 1 hour 45min

Justifiably one of Norway's most famous hikes with extraordinarily beautiful views. We take a boat along the lake Gjende to start the ascent. Our route takes us between the emerald green water of Gjende, high, dark peaks and the glacier blue water of Bessvatnet. Besseggen itself challenges us with straight-forward scrambling, on good quality rock and some exposure.

#### Day 5 Finnsjøvola and Pika 12 km

380m ascent. Transfer: 30 min

Both tranquil and sublime Finnsjøvola offers us an easier yet spectacular day to balance the week's adventures. We ascend steadily through delightful, pine forest to open land and sparkling lakes with views of the Rondane massif and east towards Sweden. As we walk and soak up the beautiful scenery we may be lucky enough to hear the cries of the golden plover.

#### Day 6 Rondane National Park: Døralseter 24 km

400m ascent, 700m descent. Transfer: 1 hour 30 min

Today we hike into the sculpted, elemental landscape of the Rondane massif. We make a traverse through the heart of the park, surrounded by its dramatic, imposing peaks.

#### Day 7 Gravskardhøgda 21 km

1200m ascent, 1000m descent. Transfer: 50 minutes

Our final ascent in Eastern Norway will not disappoint. Wild and stunning, we hike high above Atnasjøen. Gravskardhøgda's broad summit ridge provides outstanding 360\* views. On a clear day you can see all the way from the Rondane massif to Sweden in the east.

#### Day 8 Depart after breakfast



## What to Expect

### What will the weather be like?

The weather is hard to predict, so one must be very well prepared always with an extra layer of clothing. The area is protected by the high mountains of Rondane, in the summer there can be long periods of warm dry weather, as well as rainy periods.

### How many hours of hiking a day?

Be prepared to hike between 4 to 6 hours daily.

### How fit do I need to be?

The fitter the better, and some hiking experience is recommended and required. You may have the option of taking a day off and not hiking.

### What are the meals like?

Norway has one of the oldest cuisines in Europe and, because of its relative isolation, it is in many ways unchanged since Viking days. The centerpiece is the magnificent and generous Scandinavian buffet, with numerous hot and cold fish and meat dishes, surrounded by salads and fresh vegetables, with various barley and rye breads. Herbs especially dill, fruit, and cream are used liberally to create distinctive flavours, especially in marinated fish, game and meat dishes. Delicious desserts include waffles, piping hot griddlecakes, and an enormous variety of berries (cloudberries and cream is our favorite)!

### What are the accommodations like?

The hotel is built in several stages in Norwegian architectural style with light & airy rooms throughout. There are 56 bedrooms with private facilities. The dining room has a fantastic view towards the Rondane and over the local mountains. There are saunas, a solarium, meeting rooms, two TV lounges, table tennis table & pool table. There is live dance music 6 days a week in season and a fully licensed bar.



## Extra services

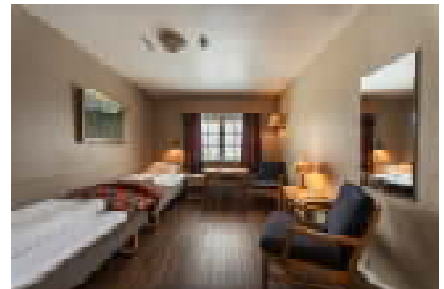
**TRANSFERS** can be arranged in advance.

**OTHER OPTIONS:** If you do not want to participate in the organized walks, you can stay back and relax. The hotel also has extensive stables. You can take an optional horseback ride through the area. This is not included in the tour cost, but many of our clients enjoy having a ride (day trip) halfway through the trip.

## Getting There

On Saturdays, there is a bus directly from the Oslo Gardermoen airport to the hotel in Venabu, leaving the airport at 14:00. It returns the following Saturday, departing Venabu at 09:30 and arriving at the airport at 13:00. Cost is approximately \$170 for the return trip (paid locally).

The express bus is definitely the best option for accessing the hotel, but if you prefer, we can arrange a transfer from the Ringebu rail station, if you're taking the train from Oslo, \$37 per person/per way.



## How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in the completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- A deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly from a travel insurance provider.
- Ensure that you are in proper health for the trip. Contact us for more information on vaccinations, inoculations, and fitness requirements.