



TREK NORWAY

 **actionchallenge**  
challenge events worldwide

# ITINERARY – OUTLINE FOR BESPOKE TRIPS

The Jotunheimen National Park with its high peaks and glaciers is by far the most popular wilderness destination in Norway. More than 200 peaks rise above 1900 meters and the hiking possibilities are unlimited. Our challenge takes us from one of the Norwegian Mountain Lodges to the next, through an amazing landscape of lakes and mountains.

## DAY 1 NORWAY

We depart early, arriving into Oslo by midday and transferring 4hrs deep into the heart of the Jutenheimen National Park. Our destination tonight is the tiny outpost of Eidsbugarden on the westernmost reaches of Lake Bygdin. Our first night will be spent at the Fondsbu Lodge where we are able to relax and take in a little of this great scenery.

## DAY 2 GJENDEBU LODGE 17KM

After a good breakfast at our lodge, we make our packed lunches and then depart on our first day's challenge, a trek to the wild unspoilt outpost of Gjendebu. Springtime in the Jutenheimen comes quite late and if the surrounding valleys are covered in a carpet of flowers we are in for a real treat. We should arrive at Gjendebu by mid afternoon and this evening after a good supper we sit around a log fire for a briefing, before a good nights sleep.

## DAY 3 MEMURUBU 12KM

This morning we leave our mountain lodge and trek firstly along the lake and then 500m steeply up the side of the Memurutunga. This is a tough and challenging climb but one that is ultimately rewarding as we arrive on the high plateau looking down over the stunning views of lake Gjende. After lunch we descend to Memurubu where once back in the relative comfort of our lodge we have a great meal and a shot of warming Norwegian aquavit.

## DAY 4 GJENDESHEIM 15KM

For our last trekking day we climb almost 600m directly from our lodge to the highest point of the morning. After a few hours we are at the viewpoint overlooking the famous Bessegen ridge, the most famous walk in Norway, that is even mentioned in Ibsen's' Peer Gynt. Here a glacial blue lake rests alongside the emerald green rainwater's of Lake Gjende, separated only by a ridge walkway. Although this trek is walked by thousands of Norwegians during the summer months, it is not one for vertigo sufferers as we pick our way up the Bessegen ridge to 1750m, before descending to Gjendesheim lodge where a cool beer awaits. Tonight we celebrate our achievements in appropriate style well into the night.

## DAY 5 OSLO

We transfer back to Oslo Airport for our return flight to the UK.



LOGISTICS



## **COSTS OF CHALLENGE**

From £1,295 per person

For groups of less than 15, please get in touch

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Representative

Expedition Medic

English-speaking local guide

Luggage Transfer

All accommodation

All meals, except in free time

All transfers

## **NOT INCLUDED**

Travel insurance

Fuel supplement

Visas

Tips for staff

## **WEATHER**

The best season is late June to mid-September and either before or after this high season will avoid the crowds. Weather in the mountains is very unpredictable and proper equipment is necessary.

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **RATING**

Moderate

## **FITNESS**

This challenge requires a reasonable level of fitness to walk the route. There are some exposed ridges on this challenge and vertigo sufferers have found this difficult in the past. In this case alternative arrangements are possible to avoid certain sections.

## **TOTAL DISTANCE TREKKED**

Approximately 44km

## **FOOD**

All food will be hearty and appropriate for our walking days but be Norwegian influenced. Breakfasts each morning will be at the lodge, self made packed lunch will be taken en-route and evening meals will be at our next lodge.

## **ACCOMMODATION**

Our mountain lodges have rooms with dorm style beds. These accommodations are all in unique and beautiful locations. Participants will be expected to bring their own sleeping bag and luggage is transferred by boat and vehicle between accommodations.