

## Experience Norway - From Mountains to Fjords

### Wednesday July 31<sup>st</sup> Airport pick-up

Drive to Nesbyen. Assignment of cabins.  
Grilling/BBQ for the evening  
Accommodation [Bjørnerud Mountain Farm](#)

### Thursday August 1<sup>st</sup> Bjørnerud Mountain Farm.

Get to know each other. Prepare equipment for mountain hike.  
A short trip to test equipment.

### Friday 2<sup>nd</sup> Mountain tour.

Mountain hike to Sletthallin (about 5 hrs)  
Set up lavo tent, Cook dinner over a fire, sleep in lavo.

### Saturday 3<sup>rd</sup> Mountain tour.

Hike to [Langedrag](#) Wildlife Park  
See 30 species of wildlife including wolves.

### Sunday 4<sup>th</sup> Visit Nesbyen.

Guided tour in [Gardnosbeksja](#)  
Visit [Hallingdal Folk Museum](#).  
Visit [Trytetjern](#) for swimming and volleyball.

### Monday 5<sup>th</sup> Train trip to Myrdal - Flåm

[Bergensbanen](#) train to Myrdal  
[Flåmsbanen](#) down the mountain to Flåm  
Ål Rotary Club meets at Flåm for local sightseeing.  
Dinner in Flåm. Private transport back to Ål.  
Accommodation [TopCamp](#) Hallingdal.

### Tuesday 6<sup>th</sup> Visit Ål

[Høyt & Lavt](#) Hallingdal Climbing Park  
Pizza will be served at Hesla farm for dinner.  
Accommodation [Hesla Farm](#), Gol

### Wednesday 7<sup>th</sup> Visit Gol

[Pers Hotel](#) Tropicana / Bowling  
[Kjersti`s food and wine house](#) for lunch  
Narum Farm serves traditional local food for dinner.  
Accommodation [Hesla Farm](#).

### Thursday 8<sup>th</sup> Visit Oslo

Transport to Oslo - Sightseeing  
Accommodation [Haraldsheimen](#)

### Friday August 9<sup>th</sup> Departure

Airport train to Gardermoen airport



<https://www.visitnesbyen.no/>

<https://www.visital.no/opplevelser/sommeroghost>

<https://www.golino.no/kategori/sommer/>

<https://www.heslafarm.com/>

<https://trondrudmarka.no/>

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### **Necessary Clothing and Equipment**

Shorts and swimwear. Solid hiking shoes. Small rucksack. Water bottle.  
Water-wind-proof jacket. Warm outer clothing. Fleece, sweater, and hat.

### **Costs:**

Participation Fee: EUR 500.

Airfares and spending money.

Insurance as per Rotary International requirements for youth exchange program.

Other costs are covered by D2310 and host clubs.

### **Applications:**

Applications will be considered in order of being received.

Please download and complete your [application form](#) electronically.

Print the result. Apply the necessary handwritten signatures and scan the result to pdf.

Send completed application to [step.inbound@rotary.no](mailto:step.inbound@rotary.no)

### **Participants:**

10 students, 5 girls and 5 boys aged 17 to 20. Max 2 from same country.

## Rotary Hosting Clubs

This Rotary Summer Camp is supported by passionate Rotarians who have dedicated their time and energy to provide you with the opportunity to experience the best of Central and Eastern Norway. The primary contact person for each of the participating clubs is listed below.

### **Buskerud Mountain Region:**

Nesbyen Rotary Club: Thomas Øye  
Gol Rotary Club: Aud Ingunn Narum  
Ål Rotary Club: Tore Arnegard

### **Oslo The Capital:**

Oslo International Rotary Club: Irena Tenase

<https://www.visitnesbyen.no/> <https://www.visital.no/opplevelser/sommeroghost>

<https://www.golinfo.no/kategori/sommer/> <https://www.heslafarm.com/> <https://trondrudmarka.no/>