

# NORWAY



moondance  
ADVENTURES



*EXPLORE THE SNOW-CAPPED  
MOUNTAINS, DEEP BLUE FJORDS,  
AND THE SEASIDE NORDIC  
CULTURE*







## TRIP OVERVIEW

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Explore the snow-capped mountains, deep blue fjords, and the seaside Nordic culture of Norway on this 17-day leadership trip. Explore Norway's famous Jotunheimen National Park by foot, trekking from mountain hut to mountain hut around the green valleys, black mountains, and blue glaciers. You may even get the opportunity to summit the highest mountain in Norway, Galdhøpiggen. After trekking, take on the towering fjords carved into Norway's coast from your sea kayak. Camp along the beach as you explore these fjords from the sea and land. Appreciating the great outdoors is deeply ingrained in Norwegian culture. Finish your trip in Bergen, Norway's classic Scandinavian fishing town with a rich culture and history.





## EXPERIENCE HIGHLIGHTS

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Multi-day trekking through Jotunheimen National Park

Summit attempt of Galdhøpiggen, the highest mountain in Norway

Multi-day sea kayaking through the deep fjords of Norway, a UNESCO World Heritage site

Exploring the seaside fishing towns of Norway's west coast



## DAY 1-2

Travel across the Atlantic to Oslo, where you will make your way north to the “Land of the Giants,” Jotunheimen National Park. Make yourself at home among the peaks and valleys of this amazing place, and prepare for your trekking adventure.

## DAY 3-7

Spend six days hiking from mountain hut to mountain hut in Jotunheimen National Park, enjoying the jaw-dropping scenery of majestic peaks, crystal clear alpine lakes, and sparkling white glaciers along the way. Learn to navigate by map and compass as you plot your course across this unique terrain. The hikes won't always be easy, but every valley and mountain pass you find guarantees an incredible view and a once in a lifetime hiking experience.

## DAY 8-9

Complete your time in Jotunheimen National Park with a summit bid of Norway's highest peak, Galdhøpiggen. Follow your expert mountain guides across the glacier and tackle the rocky ridges as a team while you make your way to the best seat in the house - the 8,100 ft summit. From here, you can trace the route you hiked through the entire national park from a bird's-eye view. This is the perfect way to cap off the trekking section of your trip. Rest your weary legs and relax with a visit to the ancient Viking town of Lom.

*\*Itinerary and order of activities subject to variation.*







## DAY 10-12

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From the mountains to the sea, it's time to embark on your sea kayaking journey into Norway's famous fjords. Spend three days kayaking through these dramatic canyons, carved over thousands of years by Norway's massive glaciers. Camp in true backcountry style on the shore each night, cooking and enjoying time with each other under the stars. This is truly the best way to see Norway.

## DAY 13

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After a few days on the water, it's time to return to the mountains and learn to rock the rocks. Test your skills on one of Norway's famous fjords and climb a Via Ferrata in the Loen valley. Clipped into iron cables in the Italian climbing style, navigate the ridges and cliffs of this beautiful valley with your group as you scale the side of the mountain. Take a few moments at the top to enjoy the view before taking a cable car back down into the valley and head to your lakeside camp.

## DAY 14-15

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Spend your last few days in Norway seaside. Tap into Norway's ancient coastal culture as you swim and hike along the beaches, cliffs, and trails of this beautiful shoreline. Learn to fish in the true Norwegian style using rods and nets as you navigate the rich waters around Davik and Smørhamn.

## DAY 16-17

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Round out your Scandinavian odyssey in Bergen, one of Norway's most charming seaside cities! Explore these quaint streets and markets before enjoying a final meal together with your group. During your time in Bergen, you'll reflect on all you've seen and accomplished as a group before you grab a croissant and cafe au lait and head to the Bergen airport and fly back to the USA.







**“My biggest takeaway from this trip is that I can find happiness anywhere and anytime if I just look to live in the moment.”**

**» VIVIAN MORROW, NASHVILLE, TN**





# TRIP DETAILS

LENGTH	17 Days
GRADE FOR CURRENT SCHOOL YEAR	10th–12th
CHALLENGE LEVEL	Challenging
BEGINS/ENDS	Oslo, Norway (OSL) / Bergen, <i>Suggested flight details provided upon acceptance</i> Norway (BGO)
GROUP SIZE	12 Students
AVERAGE AIRFARE FROM EAST COAST	\$1,600

## WHAT'S INCLUDED

- Two dynamic trip leaders
- Professionally outfitted activities
  - Trekking/ mountaineering
  - Rock climbing
  - Sea kayaking
- Accommodations
  - Tents
  - Mountain huts
  - Hostels/ Hotels
- Private ground transportation
- All meals
- Photos taken during your trip

## WHAT'S NOT INCLUDED

- Airfare to and from Oslo/Bergen, Norway (OSL/BGO)
- Baggage fees
- Personal clothing + equipment
  - Full clothing + equipment list provided upon acceptance
- Personal spending money (\$150 recommended)
- Trip Insurance (Highly recommended)

## CONTACT

### ADMISSIONS

[admissions@moondanceadventures.com](mailto:admissions@moondanceadventures.com)



# EXPERIENCE MOONDANCE IN 2023