

ADVANCE PROGRAM/COURSE:

"Norwegen Hardangervid"

Short description/content	<p>Pure adventure – experience 7 to 8 days of wilderness</p> <p>Trekking in the majestic Hardangervidda is like a journey into the soul of nature. The endless expanses of the plateau stretch out in front of you as you feel the awe of this wild beauty. Silence becomes the only soundtrack, while the wind whispers the secrets of the mountains and clear lakes reflect the sky. In the middle of glaciers and valleys, you will feel small but alive.</p> <p>The trekking routes in Hardangervidda are not only physical challenges, but also a journey to yourself. You'll learn to appreciate life's simple pleasures: fresh water from mountain streams, camping in absolute tranquility, and feeling like you're part of a long history. The warmth of the sun on your skin and the cold wind around your nose can be felt. The crunch of gravel under your hiking boots and the sound of water in the distance create the perfect backdrop. Here at Hardangervidda you will experience liveliness, humility and gratitude for nature.</p>
Date/Time	21.07.2026 9.00 a.m. (Bakeri Haukeliseter Fjellstue)– 28.07.2026
Meeting place	<p>Bakeri (bakery) 9.00 a.m. Haukelister Mountain Lodge Pike Boat 2917 3895 Edland / Norwegen</p> <p>www.dnt.no/haukelister</p> <p>There is a direct bus from Oslo to Haukeliseter Fjellstue, travel time approx. 5.30 hrs.</p>
Expiration	<p>Welcome, presentation of the tour, material check. If something is missing, we can still go shopping in the next village about 20 km</p> <p>We walk off to our first overnight place on the same day. The first day will be a little shorter so that we can get used to the backpack.</p> <p>8 days/ 7 nights we are on the road through the Hardangervid. If the weather cooperates, our highlight is the ascent of the Harteigen.</p> <p>The destination is the Haukelister Fjellstue again after 8 days</p>
Requirements	Good fitness for up to 20 km with backpack
Material list	<p>Good hiking clothing Change of clothes Good rain jacket and pants Primaloft or light down jacket Gaiters Good hiking shoes Possibly light water shoes for crossing rivers Trekkingstöcke</p>

	<p> Hat and gloves First aid kit, blister plasters Awning Insect repellent Sleeping pad Tent Stove with eating utensils, Food for 8 days (trekking food) Small spade Toilet paper Headlamp Biodegradable soap, toothpaste, etc (we wash in the lake) Water bottle with filter Travel insurance Travel cancellation insurance (Recommended) </p> <p>Membership of the Norwegian Hiking Association DNT is recommended</p>
Rental	Hiking poles,
Included services	8 days trained guide, organization of the tour
Price	600 Euro/person from 4 participants