# Experience Norway - From Mountains to Fjords

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| **Wednesday July 31st Airport pick-up**  Drive to Nesbyen. Assignment of cabins. Grilling/BBQ for the evening Accommodation [Bjørnerud Mountain Farm](https://trondrudmarka.no/)**Thursday August 1st Bjørnerud Mountain Farm.**  Get to know each other. Prepare equipment for mountain hike. A short trip to test equipment.**Friday 2nd Mountain tour.**  Mountain hike to Sletthallin (about 5 hrs) Set up lavo tent, Cook dinner over a fire, sleep in lavo.**Saturday 3rd Mountain tour.**  Hike to [Langedrag](https://www.langedrag.no/) Wildlife Park See 30 species of wildlife including wolves.**Sunday 4th Visit Nesbyen.**  Guided tour in [Gardnosbeksja](https://www.visitnesbyen.no/no/meteorittparken-gardnos/) Visit [Hallingdal Folk Museum](https://www.visitnorway.com/places-to-go/eastern-norway/hallingdal/listings-hallingdal/hallingal-museum/218088/). Visit [Trytetjern](https://www.visitnesbyen.no/no/trytetjern/) for swimming and volleyball.**Monday 5th Train trip to Myrdal - Flåm** [Bergensbanen](https://www.vy.no/trafikk-og-ruter/stasjoner-og-linjekart/bergensbanen) train to Myrdal [Flåmsbanen](https://www.norwaysbest.com/the-flam-railway/round-trip-with-the-flam-railway/) down the mountain to Flåm Ål Rotary Club meets at Flåm for local sightseeing.  Dinner in Flåm. Private transport back to Ål.  Accommodation [TopCamp](https://topcamp.no/topcamp-hallingdal) Hallingdal.**Tuesday 6th Visit Ål**  [Høyt & Lavt](https://hoytlavt.no/hallingdal/) Hallingdal Climbing Park Pizza will be served at Hesla farm for dinner. Accommodation [Hesla Farm](https://www.heslafarm.com/), Gol**Wednesday 7th Visit Gol** [Pers Hotel](https://pers.no/) Tropicana / Bowling [Kjersti`s food and wine house](https://www.visitgol.com/kjerstis/) for lunch Narum Farm serves traditional local food for dinner. Accommodation [Hesla Farm](https://www.heslafarm.com/).**Thursday 8th Visit Oslo** Transport to Oslo - Sightseeing Accommodation [Haraldsheimen](https://haraldsheim.no/)**Friday August 9th Departure**  Airport train to Gardermoen airport | A person on a zip line  Description automatically generatedA train on the tracks  Description automatically generatedA log cabin with a stone wall and a stone staircase  Description automatically generated with medium confidenceA group of people holding flags on a mountain  Description automatically generated |

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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](https://rye.rotary.no/file-manager/file/Sommerleirer%202024/STEP-Application%20Camp%202023-04-10.pdf?context=mosdoc) form](https://rye.rotary.no/file-manager/file/Sommerleirer%202024/STEP-Application%20Camp%202023-04-10.pdf?context=mosdoc) electronically. Print the result. Apply the necessary handwritten signatures and scan the result to pdf. Send completed application to step.inbound@rotary.no**Participants:**10 students, 5 girls and 5 boys aged 17 to 20. Max 2 from same country.Rotary Hosting ClubsThis 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 NarumÅl Rotary Club: Tore Arnegard**Oslo The Capital:**Oslo International Rotary Club: Irena Tenase |