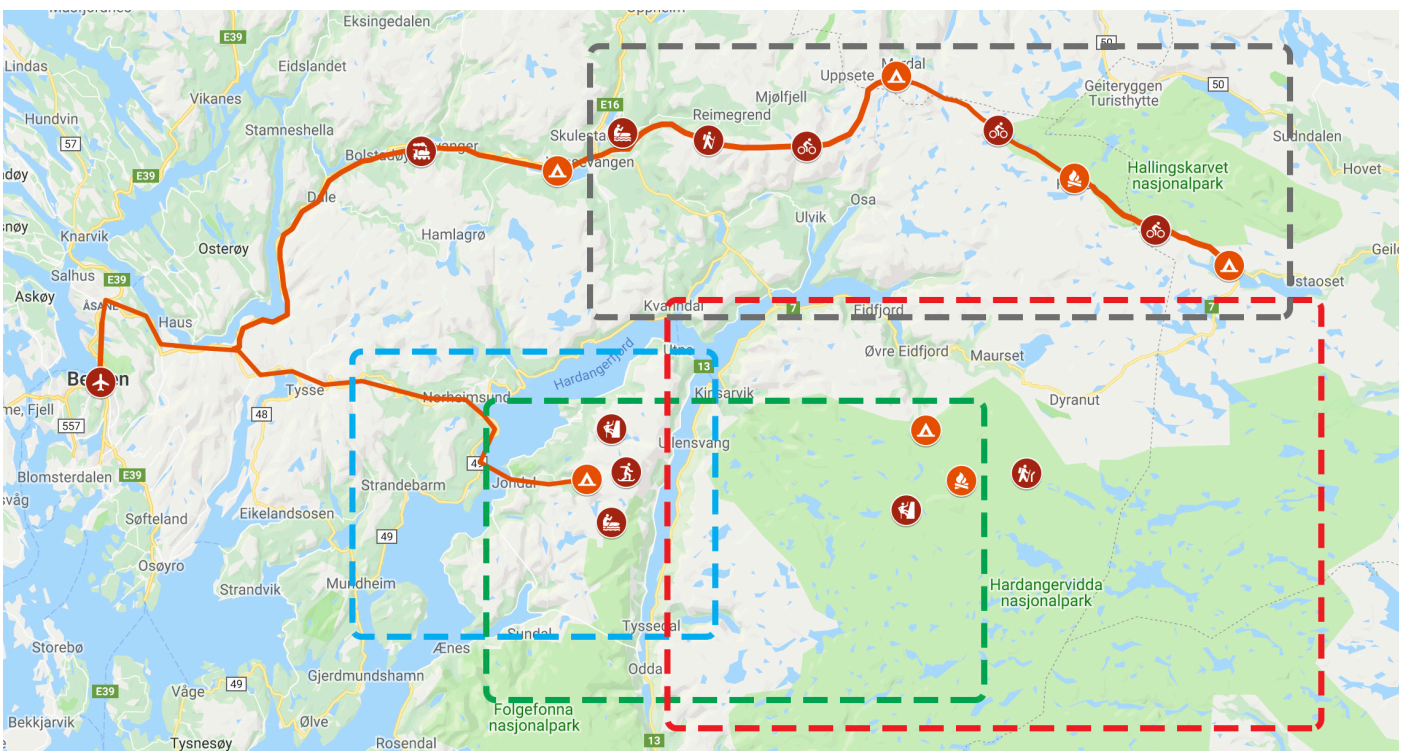
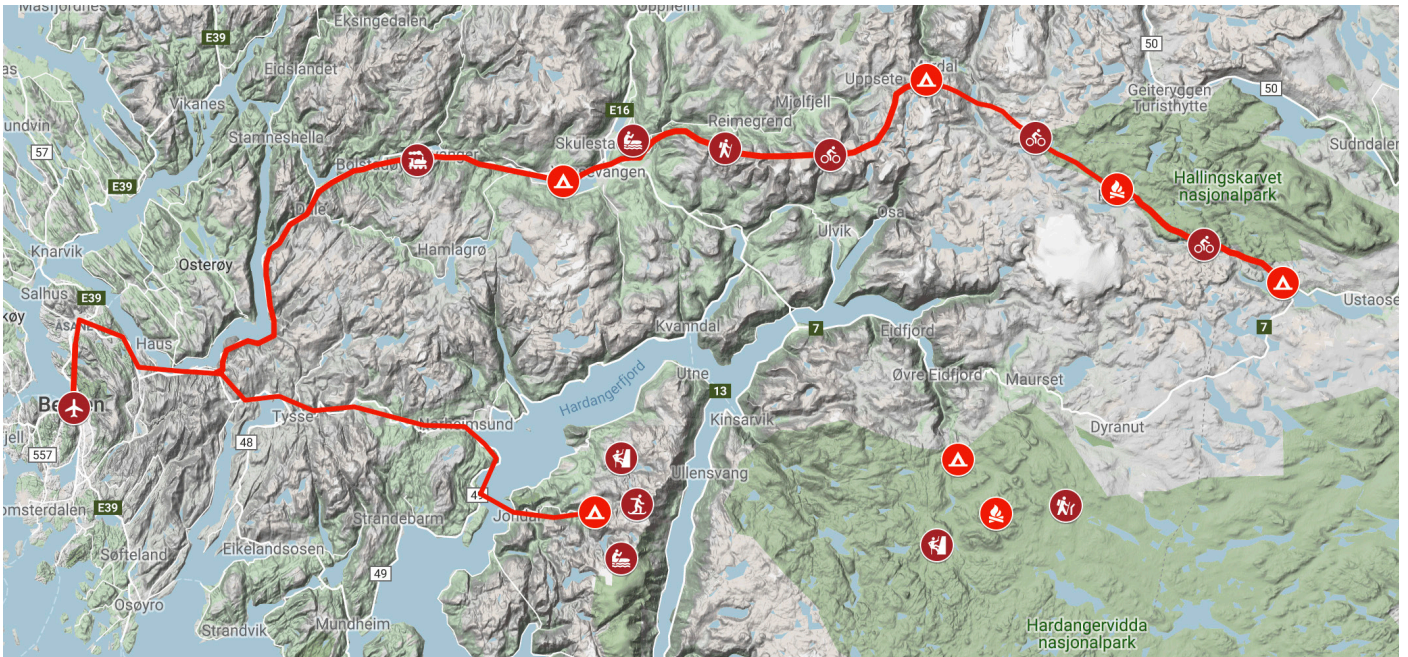


# ROUTE: HORDALAND

**Level 1** route in Hordaland is designed to give the participants a challenging and unforgettable nature experience by taking them through 3 national parks, from sea level to glaciers.

The route will be conquered by hiking, biking, climbing and kayaking through four sections we like to call: **Endurance, Wasteland, Mountains, Ice & Water.**



## Leg 1: Bergen City (Aug 2)

Each participant are responsible for their personal transport to our meeting point. We meet up at **Bergen Station** at **6pm**, just before departure with the spectacular **Bergensbanan**.

## Leg 2: Voss

We stay overnight in **Voss** and spend following day with theory and practical exercises with some of our partners. Preparing for upcoming water challenges, CPR, bushcraft and more. Next morning we hike to **Myrdal Mountain Station** to pick up our mountainbikes.

## Leg 3: Myrdal - Hallingskeid

ENDURANCE

The participants ride along **Rallarvegen** road, which is named as one of the most beautiful bike trails in the world. This is a demanding challenge in mountain environment on quite technical terrain. This is a leg where participants will start to struggle and glue together.

## Leg 4: Hallingskeid

ENDURANCE

**Hallingskeid** is a small and charming train station up in the mountains. The participants meet up with teachers from Adventure Academy to get feedback and further instructions.

## Leg 5: Hallingskeid - Finse

ENDURANCE

Once in **Finse**, which is one of our campsites, there will be theory and workshop with our partners. Evening is spent in front of the campfire where we will talk about navigating in different types of terrain. With other words, preparing for whats to come.

## Leg 6: Finse - Haugastöl

ENDURANCE

From **Finse** it is pretty much downhill until we get to **Haugastöl**, which is the gateway to the largest national park in Norway; **Hardangervidda**. In **Haugastöl** there are possibilities to use a restroom, take a dip in the lake, and get some rest...before the **Hell Hike**.

## **Leg 7: Hell Hike - Day 1**

WASTELANDS

No information. No information. No information.

## **Leg 8: Hell Hike - Day 2**

WASTELANDS MOUNTAINS

No information. No information. No information.

## **Leg 9: Hell Hike - Day 3**

WASTELANDS MOUNTAINS

No information. No information. No information.

**ANY INFORMATION YOU NEED TO KNOW REGARDING HELL HIKE,  
WILL BE GIVEN OUT IN HAUGASTÖL.**

## **Leg 10: Folgefonna**

ICE & WATER

With a very characteristic appearance with rolling mountains, steep rapids and turquoise lakes, Folgefonna is the largest summer ski resort in Europe, and the third largest glacier in Norway.

The participants get exposed to cold and wet conditions. Theory and practical exercises. Hypothermia, rescue in cold water, glacier know-how and more.

## **Leg 11: Folgefonna**

ICE & WATER

Last day will be devoted to recap of the week. Workshops. Presenting and/or planning each participants upcoming adventures.

Skiing if weather is stable. Swimming in some of the epic turquoise mountain lakes.

Evening is rounded off with dinner and festivities!!!

## **Leg 12: Transportation Jondal - Bergen (Aug 11)**

Departure from Jondal at 9am. Drop off in **Bergen City** and **Bergen Airport**.





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ADVENTURE  
ACADEMY

EST. 2011