

# DAY BY DAY



# 16 participants maximum divided in 2 groups

Each group will have the opportunity to go hiking and canoeing. The canoe group will start with the canoeing part, and vice versa for the hiking group. The groups are formed and known before the departure time.



# The travel



## Day 1 : France – Strand Fjellstue

Flight to Oslo.

Transfer by train to Lillehammer station, where the team will meet the participants. Transfer by car from the train station to the mountain hotel. The first transfer takes place in the late afternoon. Your belongings can be kept by the team to allow you to visit the city of Lillehammer in the afternoon. The dinner is taken together at the hotel. Free evening.

During the evening, the team will distribute the personal equipment to each participant. We will also ask the participants to separate their equipment into two categories : one for the canoeing part and the other for the hiking part. This way, everyone can leave their belongings at the hotel and retrieve them during the canoeing/hiking transition.

**Accommodation** : Mountain hotel

**Transfer** : from Lillehammer to Espedalen by car (1h).

## Day 2 : Strand Fjellstue – Pettertjønn's lake

After breakfast at the hotel, a 5-minute car transfer will take you to the starting point of the trail. This day of hiking is the most challenging. We will ascend above the tree line to the alpine zone. You will have the opportunity to spend the first night in a tent by a mountain lake.

**Walking time** : 4 hours

**Distance covered** : 8km

**Elevation gain +** : 500m **Elevation loss -** : 100m

**Accommodation** : bivouac (tent)



# The travel

## Day 3 : Pettertjønn's lake - Storkvolvbua cabin

Hike to Storkvolvbua cabin with a stop along the way at Nordbua cabin. Upon arrival at the cabin, rooms will be assigned. Depending on weather conditions and individual motivation, optional activities may include hiking to a nearby summit and gathering plants to enhance the evening dinner, or bathing in the river.

Overnight at the mountain's cabin in dormitories or rooms with bunk beds.

**Walking time** : 5h

**Distance covered**: 9km

**Elevation gain +** : 250m **Elevation loss -** : 250m

**Accommodation** : Mountain cabin



## Day 4 : Storkvolvbua cabin - Venlisætra

The day starts with the descent into the Espedalen valley. It is the longest day in terms of kilometers covered.

**Walking time** : 5h30

**Distance covered** : 14 km

**Elevation gain +** : 275m **Elevation loss -** : 500m

**Accommodation** : bivouac (tent)



# The travel

## Day 5 : Venlisætra - Vollhaugen



Descent on foot for 3 km to Espedalen Lake. Transition from hiking to canoeing, distribution of canoeing equipment. We will start with an initiation's canoe, followed by the lunch next to the Espedalen Mountain Church. The journey continues on the lake by canoe. A stop will be made at Merosholmen islet to take a break in its charming "gapahuk" (typical Norwegian log shelter). Arrival at the camp along the shore by canoe and setting up of the lavoo (traditional Norwegian tepee).

**Walking time:** 1h

**Canoe time :** 3h

**Distance covered :** 3km hiking / 6km canoe

**Elevation loss - :** 225m

**Accommodation :** bivouac (lavoo)

## Day 6 : Espedalsvatnet - Strand Fjellstue

The journey continues by canoe on Espedalsvatnet Lake. After paddling to the southern shore of the lake, we will take a walk to reach Helvete, where we can visit this unique geological formation coming from to the last ice age. We will return to the canoes and enjoy our final moments of canoeing as we make our way to the mountain hotel's beach.

**Canoe time :** 5h

**Walking time :** 1h30

**Distance covered :** 10km canoe and 3,5km hiking

**Accommodation :** hotel

## Day 7 : Strand Fjellstue - Lillehammer - Oslo

Return to Lillehammer train station by car to catch the train to Oslo or to Oslo Airport.

