

NORWAY – MOUNTAINS & LAKES OF RONDANE NATIONAL PARK

8-day / 7-night one-hotel GUIDED walking tour based at Venabygd near Lillehammer



The pristine Scandinavian wilderness of the Rondane became Norway's first national park in 1962 and it's easy to see why: moss-covered mountain plateaus give way to deep valleys and plummeting waterfalls, while high peaks and lakes provide a scenic backdrop for hiking trails, and one of Norway's last remaining wild reindeer herds inhabits the region. For walkers seeking peace and tranquillity, few places can compare. Highlights of our guided walking holiday include a walk over Venabygdsfjellet for far-reaching views, and trekking a section of the Peer Gynt Trail to take in typical Norwegian farmsteads, forests, and lakes. We offer a choice of two guided walks each day and there is a free day midweek; perhaps visit Lillehammer, host of the 1994 Winter Olympics.

Cost from: **\$4415** per person (twin share) Single room supplement from \$375

Departures: 13, 27 June, 11 July, 15 August, 2025

Includes: 7 nights' accommodation, 7 breakfasts, 6 packed lunches, 7 evening meals, local transport to/from the walks, services of experienced walks leaders on 5 days.

Not Included: Meals and drinks not mentioned, personal expenses, transport and/or excursions on your free day. Airport transfers from Oslo (about 3 hours' drive from Venabygd) at set times can be pre-booked at extra cost – we recommend you take these, please ask for details.

Accommodation: The **Venabu Fjellhotell** in Venabygd is a family-run, rustic 'fjellhotell' offering a cosy stay on the edge of Rondane National Park. Guest rooms are simple and small but very comfortable. The hotel's spacious lounge area has an open fireplace, board games to borrow, and a library, making it the perfect place to socialise. Renowned for its excellent food, you can look forward to a set menu each evening, including a traditional 'Taste of Norway' dinner. *On occasion we may use a different property of a similar standard and location.*



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Trip Grading: Moderate to longer distances on good paths. Terrain may be boggy, wet or soft underfoot. Choice of easier walks of 8-13km with ascent up to 330m or harder walks of 15-17km with up to 410m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day

Plan to arrive at our hotel mid-afternoon. Join the group transfer at a set time from Oslo airport at extra cost, or the hotel may be able to arrange a transfer from Ringebu station if organised in advance.

Day 2: Venabygdsfjellet

We walk on Venabygdsfjellet plateau to orient ourselves and get our first views of Rondane National Park. The easier route departs from our hotel and heads to the dramatic canyon and waterfall Dørfallet, then over Veslefjellet, with views of over the plateau and surrounding hills. The harder route goes over the craggy peak of Svartfjellet for extensive views, then loops around alongside Flaksjøen, the largest lake in the area.

Day 3: Ringebufjellet

This expansive landscape is wild, rocky and covered in reindeer 'moss' – with luck we may see reindeer from afar. The easier walk takes in some of the small peaks above Ringebufjellet, with fantastic views to the north over the mountains and glaciers of the Jotunheimen. The harder walk follows a section of the long-distance Rondane Trail past the DNT (Norwegian Trekking Association) cabins and huts.

Day 4: Peer Gynt Country

The Peer Gynt Trail, named after the title character of an Ibsen play which was loosely inspired by a Norwegian fairy tale, is a long-distance cross-country ski trail winding through a gentle, open landscape dotted with summer farms. Walks on the Peer Gynt Trail feature peaceful lakes and small peaks with extensive views.

Day 5: Free day

No guided walks on this day. Perhaps visit Lillehammer, where the Olympic ski jump rises above the town; ride the chairlift to the top for views over the city and Lake Mjøsa, Norway's largest lake. Or visit Ringebu Stave Church, which dates to 1220, and is entirely dovetailed timber with no nails used in its construction.

Day 6: Rondane National Park

We walk through magnificent Scots pine forest, passing pretty lakes, and visit Sohlbergplassen, the classic viewpoint for the Rondane and the inspiration for one of Norway's most loved paintings, Harald Sohlberg's *Winter Night in the Rondane*. With luck we may see moose, which inhabit this area of the park.

Day 7: Svarthammaren & Flaksjølihøgda

We walk past remote farmhouses and small lakes and visit ancient reindeer traps, then walk to Svarthammaren offering spectacular views over the Rondane peaks. We ascend to the top of Flaksjølihøgda for views over the lake Flaksjøen. Walking over undulating terrain we spot Svartfjell and the Jotunheimen in the distance.

Day 8: Departure day

Tour ends after breakfast – transfer to Oslo airport is available at a set time at extra cost; please ask for details.



Contact Outdoor Travel for more details and reservations:

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