

Ski trips from hotel to hotel, for individuals and groups - with or without guide and luggage transport.

Gudbrandsdalen / Rondane / Lillehammer offer continuous ski trails, making it possible to ski from one destination to another. You rarely find a nicer area where the hotels are at a distance perfect for day trips and hotel-to-hotel skiing. The stages are not particularly strenuous but you should be fit and used to being in the mountains and have the right equipment.

The length of the day-trip varies from place to place. Some of the trails are prepared daily, others only prepared after heavy snowfall or heavy winds. You can choose whether to go the whole distance, only parts of it or you can spend your holiday based at one location.

The resorts have long traditions as tourist destinations and offer activities other than skiing, such as sleigh rides, dog-sleigh racing, ice fishing, sledding, guided ski tours and after-ski. The resorts also offer ski hire, ski instruction, alpine slopes and smaller ski lifts and tows for children. Everywhere you are guaranteed a hearty welcome, cosy atmosphere and a personal touch. You stay in traditional hotels, mountain lodges or cabins. After skiing you can enjoy a sauna or a swim, or unwind in front of an open fire or on the dance floor after dinner. (Not all resorts have swimming pools or live bands though). Everywhere you will encounter a distinctive friendly environment providing individual service. Food plays an important part of a successful holiday, and the overnight stay offers an extensive Norwegian breakfast, as well as good menus including Norwegian specialities.

Plenty of snow all winter!

We have plenty of snow from November and out through April. For skiers, the most important thing is having a stable inland climate with mostly sub-zero temperatures, which ensures dry snow. We recommend that you bring ski wax both for dry and wet snow.

Getting there:

We are not far away from anywhere when in southeast Norway, and you can get here from all corners of the world by car, train, bus or plane. The main road from the south, from Oslo is E6 through Lillehammer/ Gudbrandsdalen.

By rail direct from Oslo or Oslo Airport Gardermoen to Lillehammer and through the Gudbrandsdalen Vallev.

We organise the details for you!

All you need is to sign up by mail, fax or phone or contact your local travel agency. Read the information about the trip and start some ski training to be prepared for the ski trip. We have made all the arrangements for you ahead of time.

Included in the price are transfer from Oslo Gardermoen Airport to the starting point, accommodation in double or single rooms, 1/3 board (breakfast, self-made lunch packet, refill of thermos and dinner), luggage transport and some guiding. Ski rental is not included, but may be hired. For prices and dates see leaflet.



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PEER GYNT TRAIL

Espedalen – Fefor- Gålå - Skeikampen 7 days 80 Km ++

The Peer Gynt Trail passes through The Kingdom of Peer Gynt on the west side of the Gudbrandsdalen valley. Destinations along the trail include Espedalen, Fefor, Gålå, Kvittfjell and Skeikampen - all well known ski resorts with long traditions in winter tourism and some of the best cross-country skiing terrain in Norway. You stay in good hotels during the tour and we take care of the luggage.

The trip starts in Espedalen, 80 km northwest of Lillehammer and ends up in Skeikampen, 40 km north of Lillehammer. The Peer Gynt Trail passes through relatively level terrain, offering a magnificent view of the Jotunheimen and Rondane mountain ranges. During the tour you will stay one night in Kvittfjell, where the downhill competition in the Olympic games in 1994 was held. The trail is prepared regularly.

Program:

Day 1: Arrival Oslo Airport Gardermoen. Transfer by bus/train to Vinstra. Transfer to Espedalen. Dinner and accommodation at Dalseter Mountain Hotel.

Day 2: Espedalen - Fefor - 18 km. Average day-trip along the Peer Gynt Road between Espedalen and Fefor. Possible to do a longer trip to the top of Ruten (1517 m) – 22 km. Dinner and accommodation at Fefor.

Day 3: Fefor - Gålå / Wadahl - 14 km. Easy day trip along Lake Gålå to Destination Gålå. Dinner and accommodation at Gålå Mountain Hotel.

Day 4: Day of rest at Gålå. Choose from different tour alternatives or alpine skiing. Dinner and accommodation at Gålå.

Day 5: Gålå – Kvittfjell – 26 km.. Average day-trip. Dinner and accommodation at Kvittfjell Hotel.

Day 6: Kvittfjell – Skeikampen - 22 km. Average day trip. Dinner and accommodation at Skeikampen.

Day 7: Departure. Taxi to Lillehammer, + train to Oslo Airport Gardermoen.

Price incl.:

Accommodation 6 nights in double room with shower/ toilet

Board Basis: 6 x ¾-board (Breakfast, dinner, lunch-pack & thermos refills at each stop).

Transport incl. Day 1 Arrival: Train from Oslo Airport Gardermoen to Lillehammer or Vinstra + taxi to Espedalen.

Day 7 departure: Taxi to Lillehammer + train to Oslo Airport Gardermoen.

Luggage transport between the hotels.

Map and tour description.

Date and Prices 2009 (Sunday – Saturday)

Tour with luggage transport (without guide)

- 1) 08.03 – 14.03
- 2) 15.03 – 21.03
- 3) 22.03 – 28.03

Price NOK 9150 in double room

Single room supplement NOK 1495

Min 6 max 16 pax

Tour with luggage transport and guide

- 1) 29.03 – 04.04

Price NOK 10500

Single room supplement NOK 1495

Min 6 max 16 pax.

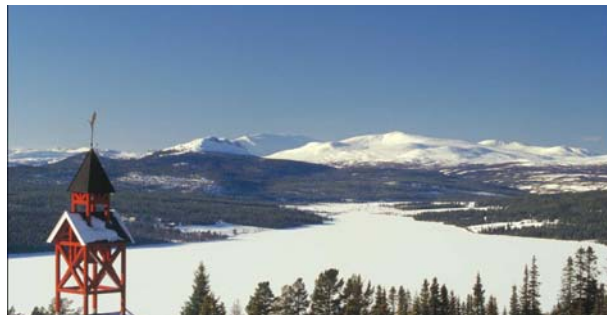
If you take the train from Oslo central station there will be an extra of + NOK 150 one way

Without return transportation and:

Prices without transport – NOK 7800 p.p .

Prices without luggage transport – NOK 6300 p.p.

Skirental: skis, shoes and poles – NOK 850



NATIONAL PARK RONDANE

Høvringen – Kvamsfjellet - Venabygdsfjellet / 63km ++

Ski tour through the gateway to the magnificent Rondane National Park 600–1000 m above sea level, with a fabulous view of the towering peaks of Rondane, among the highest mountains in Norway at 2000+ metres. You stay 2 – 3 nights at 3 different destinations, which gives you the best of the best; you can choose between different alternatives of short or longer day-trips on each destination. Between the destinations there are not always prepared trails, but on the destinations there are hundreds of km. with prepared trails. Some parts of the trail are prepared daily, while others are only prepared after heavy snowfall or heavy winds.

Programme

Day 1: Direct bus from Oslo Airport Gardermoen, 14.00 to Høvringen (Saturdays only). Accommodation 2 nights at Rondane Haukliseter Mountain Hotel.

Day 2: Day-trip in the area of Høvringen

Several alternatives 100 km prepared and marked routes.

Day 3: Høvringen – Kvamsfjellet - 30 km

Easy day-trip in high mountain terrain. Part of the trail is prepared, except for a short part through the Rondane National Park.

Accommodation 2 nights at Rondablikk Mountain Hotel and Cabins.

Day 4: Day-trip in Kvamsfjellet

Several alternatives in a varied and prepared grid of trails.

Day 5: Kvamsfjellet – Venabygdsfjellet – 33 km

Parts of the trail passes through high mountain terrain.

A slight upward climb the first part from Kvamsfjellet.

Only part of the trail is prepared. Can be tough if the weather is bad.

Accommodation 3 nights at Venabu Mountain Hotel.

Day 6 + 7: Day-trip in Venabygdsfjellet

Ski trips in varied high mountain terrain. Prepared trails – different alternatives for skiing/ possible with guided tours (register at the hotel reception on arrival).

Day 8: Departure. Transfer direct bus to Oslo Airport Gardermoen.

Dep. 09.30 hours, arr. 13.00 hours (Saturdays only).

The price includes:

Accommodation –7 nights in double room (with shower/toilet in the room or shared facilities in the hallway) or cabins.

Board Basis: 7 x ¾ board (Breakfast, dinner, lunch-pack & thermos refills at each stop).

Luggage transport between the hotels/destinations.

Map and tour description (1 set pr. 2 persons / extra set + NOK 150)

Transport incl.:

Day 1 Arrival: Direct bus at 14.00 hrs from Oslo Airport Gardermoen – Høvringen.

Day 8 Depart: Direct bus from Venabu at 09.30 hrs to Oslo Airport Gardermoen, arrival at 13.00 hrs.

Ski equipment: Not included.

Ski rental at Høvringen. (We recommend skis with half-edges)



Dates and prices 2009 (Saturday – Saturday)

All tours are without tour leader:

1) 28.02 – 07.03

14.03 – 21.03

28.03 – 04.04

Price NOK 8400 per person

Single room supplement NOK 1203

Min.4 – max 14 pax

Ski rental NOK 700 skis, shoes and ski poles Incl. return transport

TROLL TRAIL

Rondane - Lillehammer - 8 DAYS / appr. 170 KM

The Troll Trail offers excellent skiing terrain in magnificent surroundings.

The Troll Trail is a continuous marked ski trail, which passes through miles of untouched nature from Høvringen and the Rondane National Park in the north, via the mountains of Ringbu to Lillehammer – the Olympic City - in the south. The Troll Trail is a tour trail with a large degree of variation, ideally suited for those wanting either long or short trips. The Troll Trail is normally marked from 1 February until after Easter. On certain parts the trail is prepared daily, on others only when necessary (after heavy snowfall/heavy winds).

Day by day:

Day 1: Direct bus from Oslo Airport Gardermoen to Høvringen.

Accommodation Rondane Haukliseter Mountain Hotel.

Day 2: Høvringen - Kvamsfjellet - 30 km. Easy day-trip in high mountain terrain. A part of the trail is prepared, except for the trail in the Rondane National Park. Accommodation Rondablikk Mountain Hotel.

Day 3: Kvamsfjellet - Venabygdsfjellet – 33 km. Part of the trail pass through high mountain terrain. A slight upward climb the first part from Kvamsfjellet. Only part of the trail is prepared. Accommodation Venabu Mountain Hotel.

Day 4: Venabygdsfjellet to Øksendalen - 25 km. An easy trail in level and open terrain. Part of the trail is prepared. Accommodation Friisvegen Touristcentre in traditional cabins and rooms.

Day 5: Øksendalen - Vetåbu - 17 km. Easy day trip through open birch forest. Accommodation at Vetåbu, DNT- self-service cabin.

Day 6: Vetåbu to Hornsjø – 37 km. Varied trail in partly open woodland. Accommodation Hornsjø Mountain Hotel.

Day 7: Hornsjø - Nordseter – Lillehammer – 30 km. Easy trail in level and open terrain. Prepared tracks to Lillehammer. (via Sjusjøen + 5 km) Accommodation Lillehammer Hostel.

Day 8: Departure. Train to Oslo Airport Gardermoen.

The price incl.:

Accommodation: 7 nights in double room (with shower / toilet in the room or shared facilities in the corridor) or cabins. NB: Vetåbu is a cabin with dormitory without water and electricity).

Board Basis: 5 x ¾-board (Breakfast, dinner, lunch-pack & thermos refills at each stop). 1 night in DNT Hut incl. ingredients for ¾ - board, 1 x breakfast in Lillehammer (NB: no dinner in Lillehammer).

Luggage transport between the hotels. NB: 1 bag each.

Transfers incl.: Day 1 Arrival: Direct bus at 14.00 hrs from Oslo Airport Gardermoen to Høvringen. Train from Lillehammer to Oslo Airport Gardermoen day 8.

Map and tour description (1 set pr. 2 persons. Extra set NOK 100)

Ski equipment: Not included. (NB! Skis for mountain skiing – with half teal edges).



DATES AND PRICES 2009 (Saturday – Saturday)

Tour with luggage transport:

14.02 – 21.02 3) 21.03 – 28.03

07.03 – 14.03 4) 04.04 – 11.04

NOK 8150 per person

Supplement for single room NOK 1105

Min 6 pax.

Tour with guide and luggage transport

1) 21.02 – 28.02

NOK 9750 per person in double room

Supplement for single room NOK 1105

Min 6 pax.

Without guide and luggage transport:

NOK 6850 per person in double room

The prices are based on transfer from / to Oslo Airport Gardermoen.

Extra charge: Return to Oslo central station: NOK 150/ return Oslo:

NOK 300

Ski rental: NOK 700 (skis, shoes, poles)

PRACTICAL INFORMATION

BOOKING: You can book the trip directly through our office by fax, mail, phone or online: www.norske-bygdeopplevelser.no

1. WHAT IS INCLUDED IN THE PRICE?

See description and price for each tour.

For the tours without guide:

The prices include a trail description and maps of each tour / area. The trail description cannot be ordered separately.

For tours both with or without a tour guide:

It is incl. 1 set of map per 2 persons. If you want your own set of map, you must pay from NOK 50 - 150 extra, depending of which tour you choose.

SKI RENTAL is not included in the price but can be arranged through our office.

2. ACCOMMODATION

Most of the ski tours go through areas with limited numbers of accommodation facilities. This means there will be a variation in the standard of the rooms/ apartments. Some of the lodgings have joint bathrooms/ showers/toilets in the corridor or in the basement.

Prices for accommodation are based on the following: double rooms or apartments (min. 2 persons), made beds and towels included.

The DNT- self-service cabins do not have indoor showers or WC, you have to carry the cold water from outside and heat it. The huts are fully stocked with blankets and pillows but **you have to bring a sheet sleeping bag and towel**. Please follow the cabin rules, for instance signing the book upon arrival, and cleaning before leaving.

3. MEALS

The price includes full board, i.e. dinner or supper every evening, breakfast every morning, and "make-your-own" lunch pack and filling your thermos every day (Bring your own thermos).

NB: Dinner and lunch packet is not incl. in Lillehammer.

The DNT-self service cabins are equipped with all the basic requirements. Supplies consist of tinned food for dinner or supper, soup packets, oatmeal, coffee, tea, crisp bread, margarine etc. You have to prepare your own food and you also have to clean up before continuing the trip. You get coupons to be used as payment.

4. TRANSPORT

It is specified on the information sheet if the transport is included or not. The price includes basically transport from Oslo Airport Gardermoen and return.

Peer Gynt Trail: Train to Lillehammer or Vinstra and taxi to the hotel.

Rondane: Direct bus from Oslo Airport Gardermoen to Høvringen at 14.00, and direct bus from Venabu back to Oslo Airport Gardermoen at 09.45.

Troll Trail: Direct bus from Oslo Airport to Høvringen at 14.00, and train back from Lillehammer to Oslo Airport Gardermoen by train.

Own car: If you are driving your own car, please contact us for more information about parking etc.

Extra: for train to / from Oslo: + NOK 150,-

5. PERIOD / weather conditions.

The Troll Trail and The Peer Gynt Trail is normally marked from February 1. till after Easter.

February: Dry snow conditions / short days so it can be cold.

March and April: Can be both dry and wet snow conditions. Longer days, often sunny.

Please note that Norske Bygdeopplevelser is not responsible for the weather conditions. **It can happen that the weather conditions are so bad that it is not secure to ski to the next hotel. If you decide to go by car, you must cover these costs yourself!**

6. FOR WHOM?

The **Peer Gynt Trail** is suitable for average fit persons, with short day trips and **well-prepared trails**.

Troll-Trail: to ski the whole way from Høvringen to Lillehammer you have to be **VERY** fit, have mountain knowledge and mountain equipment. **The trail is not regularly prepared.**

Rondane has not always prepared trails, so you have to be a good skier, but the day trips are not strenuous and you stay 2 – 3 nights at each hotel.

For all tours you have to sign an agreement were you confirm that you ski the tour at your own risk. You need travel insurance covering every possible accident.

7. GROUPS

We organise trips for groups, tailor made to your wishes and requirements.

8. PAYMENT

When done booking – a confirmation and invoice for the whole trip will be sent you. The booking is binding when the invoice is paid. An unpaid invoice is not acceptable as a form of cancellation, cancellations must be made by telephone or preferably in writing. The final invoice is due 30 days before the beginning of the trip. When the booking is made less than 30 days before the trip, the order is binding from the time of the booking.

The customer must always check the received travel documents and invoice are in accordance with his/her booking.

In case of any mistakes, Norske Bygdeopplevelser must be contacted at the earliest possible date. See **cancellation**.

A fee of NOK 50 is added to each invoice.

Tickets, vouchers, maps and tour descriptions will be sent to you as soon as we have received full payment.

9. CANCELLATION

By cancelling more than 30 days before start of the trip, we charge an administration fee of NOK 500,-.

Cancellation between 30 and 15 days before the start of the trip, we retain the deposit of NOK 500 per person

Cancellation between 14 and 4 days before the start of the trip: 50% of the total price is charged.

Cancellation between 4 days and 0 days before the start of the trip, you have to pay the full amount (100%). **We recommend purchasing cancellation insurance in case of illness if possible.**

10. TRAVEL TERMS

These general terms are based on an agreement between The Norwegian Travel Trade Association and the ombudsman for Norwegian consumers as of August 1995. We reserve the right to alter the terms effected by new EU-directives on package trips. Norske Bygdeopplevelser as is not responsible for typographical errors in the programme, any changes in the terms nor prices due to changes in exchange rates, taxes or fees that may come about after having written this information.

Do not hesitate to ask for more information!



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