



## WalkingWomen the Magic of Norway - Hiking

**Duration:** 7 nights

**Goat guide:** 2 goats

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## About this trip

We return to the Dalseter Hotel in the beautiful hiking region of Espedalen to wander in the mountains-now without snow. The place where the moose roam and the days are long. Walking and many lakes to refresh with a thrilling dip. One guest said 'it is like the Lake District without the crowds' and another said " to walk here has been transformative " and another " a magical week with such an inspirational,heartwarming and supportive group"

WalkingWomen has had winter holidays here for the last few years. Now is the time to experience the wide open spaces, the uncrowded mountains and what Espedalen and the summer has to offer. It is said that there is nothing better than a summer holiday in the Norwegian mountains. We are usually the only ones walking in wonderful solitary landscapes – a very special experience.

The highest point is Ruben at 1517 m above sea level. We will hike here to see the fabulous mountain views across the Jotunheimen and Rondane National Parks.

The terrain is friendly and does not present any very high challenges. Walks will be from 3-7 hours a day with plenty of rests.

There are also opportunities to get closer to the lake and swim. To swim in the mountain lakes is exhilarating!

If you are a beer lover there is a local brewery in the neighbouring hotel. To sit and drink beer made of alpine herbs and mountain water is something that you cannot do anywhere else in the world. This beer is not exported so you can only drink it here.

## Trip Overview

**Guide:** Wenche B Løfsgaard our local guide

**Walking Grade:** 2 Goats with options of rest days and more stretching walks to climb the higher peaks to experience breathtaking views. Expect to walk 6-7 hours a day.

**Base:** Dalseter Mountain Hotel – 3.5 hours from Oslo Gardermoen Airport. Transport will be arranged or it is possible to travel by train from Oslo via Lillehammer and on to Dalseter.

**Arrival:** Our airport transfer will leave Oslo Gardermoen airport at 15.00 on Saturday 31st August . Please book flights to arrive by 14.00.

**Departure:** leave the hotel after breakfast on the 7th to arrive at the airport at 12 noon. Please book flights to depart after 14.00.

***We can recommend a stay in Oslo before or afterwards and if you are interested let us know and we can help arrange it and put people together in the same hotel.***

## Holiday Includes

- Ensuite accommodation with a view
- Breakfast and dinner at the hotel. Picnic lunches made by guests from breakfast. Please bring thermos flasks for tea/coffee/hot juice and sandwich wraps or boxes for salads, sandwiches ..
- Use of pool and sauna
- Local english speaking guiding
- Group Airport transfer by coach from Oslo

### **Not included:**

- Travel to Norway
- Additional drinks from the bar

# Itinerary

The itinerary is proposed walks and may change depending on the weather and at the discretion of our local guide. There are options to take rest days or to do shorter walks as we mostly walk from the door of the hotel.

## Day 1: Arrival and settle in

19.00 Dinner served.

This evening we will meet after dinner for the holiday briefing.

## Day 2: The peak of Rundho at 1268m 6-7 km total, 300m ascent and descent .

A gentle introduction through birch forest and easy mountain terrain.

Back at the hotel in good time for an afternoon swim or just relaxing in the lounge.

## Day 3: Bingsbu at 1152 m 11-12 km total, 200 – 400 m ascent and descent

To one of the winter warming huts the hotel runs together with their neighbour Ruten Mountain lodge.

There is an option to include the peak of Sprenpiggen (1329 m) before we return to the hotel

## Day 4: An option of a rest day or trip to Lillehammer

## Day 5: To Storhøliseter (970 m) 11 km total, 200 – 400 m ascent.

We will walk down to the Lake Breidsjøenhike and through the forest up to the old Fredrikseter summer farm. Beautiful scenic views as we pass the small lake at the top and head down to where we are collected with a minibus and transported back to the hotel (appr 45 minutes drive)

## Day 6: Historical walk 13 km total, 200 m ascent and descent

This day we mostly stay in the lower areas and hike around the lake Breidsjøen. We get closer to local history as we look at Verksodden, where we see Espedalen mountain church (1974) , the unique graveyard and the remains from the mining period. (1850 – 1870's). Before returning to Dalseter we will have a short visit to the "Elgtårn" – a unique accommodation tower in Espedalen.

## Day 7: The Ruten (1 517 m) massif 13 km total, 600 m ascent and descent

Located between Espedalen and Gudbrandsdalen, and is a popular beginner's peak hike for both adults and children – a great trip in summer as well as in autumn.

Beautiful views of 360 degrees when we reach the cairn at the top. We take another path back in beautiful landscape down to Bingsbu. Familiar hike from Bingsbu back to Dalseter as this is where we walked up on day 2.

Or Heidalsmuen (1 745 m ) 1 hour drive from Dalseter. A gentle walk through forests and open mountain.

## Day 8: Departure after breakfast



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