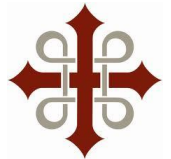


Pilgrim Tour – Oslo to Trondheim

Join us for a truly unique experience! Hike the old pilgrim trail in Norway, from Oslo to Trondheim, together with a small group from America and Norway. The group will arrive in Trondheim, which was a great centre for pilgrims in the medieval times, the day before St. Olav's Day, July 29. Maybe you have heard about the trail from Oslo to Trondheim? Or maybe you have seen the movie "The Way"? Or maybe you are in general interested in the revitalised pilgrimage movement in Europe? This could be your opportunity to realise your dream! Check out this itinerary and sign up for the tour!



*The symbol for
the Pilgrim Trail
in Norway*

July 18, 2013

Depart the USA on an overnight flight from your nearest airport.

July 19

Arrive Oslo Airport Gardermoen. A representative from Nor-Am Tours or Camino Walk will meet you at the airport. Transfer to the first accommodation, Granavolden Gjestgiveri. This bed and breakfast facility is situated near the Sister Churches on Gran, and is supposedly the place where St. Olav was born.

July 20

Our first hiking day! Transport to Dyste which is one of the biggest farms in the area. Pilgrims visited this farm even before St. Olav's time. Today's goal for the hike is Majer Gård, where we will stay overnight. This is one of the oldest farms in the region of Toten, and some of the buildings on the farm are from the 1600's.

Juli 21

Today's hiking takes us through some very interesting sites. One of them is Hof Church which has been in continuous use since the middle ages. In the afternoon we will arrive in Kapp on the shore of Lake Mjøsa, the biggest lake in Norway. Accommodation at Hekhusstrand Camping

Juli 22

Embark the historical paddle steamer Skibladner for a cruise on Lake Mjøsa. Skibladner is the world's oldest paddle steamer in scheduled service, and is one of Norway's most famous attractions. It has also been called "The White Swan". Transport to Fåvang, hiking to Ringebu Stave Church. Accommodation: Gildesvollen hostel.

July 23

We start the day with a hike to Frya, and then we will be transported to Sygard Grytting. We will have a short stop at Dale-Gudbrands Gard and hear the story about St. Olav. Accommodation at Sygard Grytting farm, which is one of the oldest wooden hotels in Norway. It has been in the same family for 700 years. A truly unique hotel!

July 24

The first part of the day will be a scenic drive north through Gudbrandsdalen to the little town of Dovre. From here there is an optional walk the last 4 km to Budsjord, where we will be staying overnight. Budsjord is a historical farm and is protected by law. Today it is used as a farm museum and for accommodation.

July 25

Today's hike will follow the Old Kings Road, and we will ascend up to the mountain. On our way the mountain we will pass The Prayer Altar, a half rounded stone with a place to kneel in front of it. This was a place of prayer to call for God's protection and the Lord's blessing before travelling across the mountain. The goal for the day is Hjelle Seter, our accommodation for the night.

July 26

We continue our hike on the beautiful Dovre Mountain. From Hageseter we will be transported to Dovrefjell Pilgrim Centre where we will have a short stop. Then our drive will continue over the mountain and down on the north side. Our accommodation for the night is Meslo in Rennebu, where we will stay at Meslo Farm. This is a busy dairy farm, and this will be another unique lodging experience!

July 27

Hiking to Rennebu Church, a unique Y-shaped church from 1669. We will have a short gathering in the church before transportation to Skaun. The last kilometers for the days will be hiking towards Buvika. We will see the first sight of the Trondheim fjord as we get to our accommodation for the night, Kleivan pilgrim refuge.

July 28

In the morning we will be transported to Sundet by the Trondheim fjord, before we hike the last few miles in to Trondheim and the goal for our pilgrimage: Nidaros Cathedral! On the night between July 28th and 29th, there is a midnight mass in the cathedral. We will be staying in a hotel just a few blocks from the cathedral the two nights we will stay in Trondheim.

July 29

We will take part in the St. Olav Festival (Olavsfestdagene) today. Enjoy all the activities in and around the cathedral, go to a concert or just relax and celebrate that you have accomplished hiking the pilgrim trail from Trondheim to Oslo, or as the official name states: "The Route of Saint Olav Ways". Tonight we will get together for a farewell dinner at the hotel or a nearby restaurant.



Nidaros Cathedral, Trondheim

July 30

Return to the USA from Trondheim Airport Værnes. Thank you for your stay in Norway, and welcome back! Velkommen tilbake!



This tour is a cooperation between Nor-Am Tours and CaminoWalks, Norway.

Practical information

On this trip you will have to bring your own bedding, preferably a light sleeping bag, rain clothes, good hiking shoes that can be wet, a back pack for your daily hike, wool underwear (it might be cold especially on the mountain). You will get a detailed equipment list closer to departure. It is required to purchase a travel insurance plan. We sell travel insurance through Travel Guard, but you are free to choose any travel insurance company.

Accommodation will be of various standards. Some places will have hotel standard, and other places will have bed and breakfast standard, and other places will have hostel standard. Some of the lodging facilities have rooms for more than 2 people, so you might have to share room with a group of people with the same gender. The tour price (next page) includes breakfast, lunch and dinner. Lunch will be the traditional Norwegian lunch: Bagged sandwiches that you make on your own at breakfast and that you carry in your back pack.

In the itinerary we have set up a plan for where we will hike and where we will drive. If you for some reason don't feel that you can hike one day, you are welcome to follow the van or the bus to the next lodging or meeting point. You will also have the possibility to do research and possibly trace your own ancestry along the way. We will try to accommodate those needs as much as we can.



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The tour includes:

- 12 day tour plan in Norway (13 days including an extra travel day from USA to Norway)
- All transportation according to the itinerary, including the sailing across Lake Mjøsa with Skibladner
- Professional English speaking tour leader that will be with the group at all times, and lead the hiking.
- A van or a mini bus with driver will follow the group during the hike for your luggage and transportation according to the itinerary.
- Breakfast, lunch (for the most part bagged lunch from breakfast) and dinner will be provided each day, except for the arriving day and the two days in Trondheim where lunch is on your own. Alcoholic beverages are not included.
- 12 nights lodging according to the itinerary

Tour price:

\$2995 per person

Single room can be purchased the last two nights in Trondheim for an additional \$100 (\$50 per night)

The tour price does not include airfare and travel insurance.

The tour price is based on a minimum of 8 people in the group. In order to fill the group, there might also be Norwegian participants.

The tour price is further based on an exchange rate of NOK/USD of minimum 5,50 (NOK 5,50 = \$1.00) If the exchange rate drops to under 5,50 by the time final payment is due, the price is subject to change.

Payment plan

To sign up for the tour, please fill in the registration form and enclose a check for \$500 per traveler to secure your spot. Remaining balance is due May 1, 2013.

Note: This itinerary is subject to change. We will try to follow this as much as possible, but things change and we might have to make some adjustments to the itinerary.

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