

## Open Gold D of E Qualifying Expedition: 2020 Norway



### Key facts

- The International Expedition is based in Geilo and takes place in the nearby Hardangervidda National Park, situated between Oslo & Bergen.
- The Hardangervidda is the largest mountain plateau in Northern Europe. Its dramatic, rocky terrain has been shaped by glaciers and is an area of pristine wilderness.
- The plateau supports many species of arctic animals and plants found further south than anywhere else in Europe.
- It is a special, beautiful landscape and would guarantee you an amazing D of E experience.

### What to expect on your Expedition

- You'll cover distances of 18 – 20 km per day, making a route of around 80 km in total.
- You'll experience a wide, open mountain plateau with stunning scenery and be wild camping in remote terrain.
- The plateau ranges in height from 1000 m to 1300 m. Mountain weather can be changeable.
- There are manned huts located every 15 km, with marked paths in between.
- You'll have contact with your leader throughout, with instructors meeting, trailing or walking with groups on some stretches.

## **SUGGESTED ITINERARY**

### **Day 1: Travel to Oslo Airport**

- Meet fellow participants and BXMI leaders at UK Airport for flight to Oslo  
Travel from school or by parent drop-off
- Arrive at Oslo Airport and take transport to Geilo
- Settle into youth hostel cabin accommodation, check kit and routes

### **Day 2: Orientation day**

- After breakfast in the hostel, meet leaders to for an orientation walk up Prestholt, with great views from the summit (weather permitting!)
- Pack kit and attend safety briefing
- Prepare for expedition then relax and have dinner

### **Day 3 - 6: Expedition**

- After breakfast have final briefing with leader then take transport to start point
- Each day meet with leader at pre-arranged checkpoints, work on expedition aim and then wild camp
- On last day walk to finish and take transport back to Geilo
- Debrief, relax and have dinner at the hostel & stay overnight

### **Day 7: Relax and have fun with either an activity such as kayaking or a sightseeing tour**

- After breakfast prepare for pre-arranged activity – packed lunch provided.
- Present aim to other groups
- Stay overnight at hostel

### **Day 8: Travel to UK**

- After breakfast, clean room, pack kit and say goodbye to the Hardangervidda plateau
- *OPTIONAL EXTRA - Travel to Oslo for a few hours' sightseeing*
- Travel to Oslo airport for a late flight home to the UK
- Meet parents or travel back to school

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