

Destination Fact Sheet: Norway

Worldwide region:	Scandinavia
Capital City:	Oslo (GMT + 1-2hrs)
Environment:	Alpine, Fjords, Highland Plateaus
When to go:	June – August
Itineraries:	Base Camp, Adventure
Highlights:	Hardangarviddar National Park, Eidfjord
Essentially:	A clean, colourful, peaceful and picturesque country, providing the perfect outdoor adventure playground.



About the country

Norway occupies the western part of the Scandinavian peninsula, yet given its extreme northerly position, the climate is surprisingly mild and provides a pristine natural environment for groups to explore by land or water. Its main attractions are the Fjords, formed by glaciers and filled by sea to form gigantic steep-walled inlets, above which lie vast and impressive highland plateaus, prime for exploration and sustaining varied flora and fauna.

150km from Bergen, Eidfjord is Norway's innermost fjord and offers some of the country's most picturesque landscapes. Tucked beneath the enormous wilderness reserve of the Hardangarviddar National Park and surrounded by steep glacial walls, plunging into the Fjord, densely covered with lush and fertile forests, the areas contrast of cobalt blue skies, electric green forests and crystal clear waters are as colourful as they are dramatic.

Base Camp Programmes

Designed as an introduction of travelling to new countries, experiencing new cultures and learning new skills, our Norwegian base camp itineraries offer a range of activities for young groups to enjoy including rafting, kayaking, canoeing, trekking, climbing and abseiling. Best suited to a five day itinerary, activities can be adapted and incorporated according to the desires and ability of each group, to ensure maximum fun and personal discovery.

Adventure Programmes

Combining water activities on the fjord with a camping trek across the Hardangarviddar Plateau, you will start with a self sufficient and wild camping trek up and across the highland plateau before eventually descending to the shores of the fjord, where you will meet with sea kayakers and paddle your way to an overnight camp, catch your fish for supper then continue at dawn, paddling through the fjord mists to complete your wilderness adventure.

In summary

A natural wilderness for novices and experts, Norway is a superb country to learn new skills and experience a new environment. Groups must undergo a fitness programme in the UK, to be physically prepared for the itinerary.



To discuss the variety of options for tailor making a trip to Norway for your group, please telephone us on 0845 634 4670 or visit our website at www.schoolsworldwide.co.uk