

Ski Norway 2010

One or Two Weeks - March 13-28, 2010

- **Mar 13-21: Sjusjøen - Norwegian Birkebeiner**
- **Mar 21-28 Ski Hut to Hut**
- **Pre Trip options: Depart on 3/11/10 and include two days in Oslo or Participate in the Inga Låmi Women's Race .**

Week 1-Sjusjøen

Depart the US on Sat. March 13, 2010. Upon arrival at Gardermoen airport we are transferred by a private Motor Coach to **Rustad Mountain Lodge** in **Sjusjøen**. Accommodations are in double rooms with private bathroom. Meals are big buffet style Norwegian breakfasts, trail lunches and three course evening dinners. The comfortable sitting areas feature two fire places and beautiful antique furniture – great areas for evening conversations, games or just curling up with a book. If that does not appeal to you there is always the well equipped indoor waxing room – also a good place for socializing - or the two saunas! Skiing is *right from the door*. A network of 300+ km of groomed trails offers unlimited possibilities for *all levels of skiers*. March is the best time for skiing in Norway. The days are longer and the sun warmer, yet the snow usually stay dry.

If you are interested in **Worldloppet Ski Race** www.worldloppet.com you will have the *option* of participating in: **The Norwegian Birkebeiner** www.birkebeiner.no on Saturday March 20, 2010.

Attention all Ladies!!!

Consider leaving two days early and participate in the **Inga Låmi Women's Race**: www.inga-laami.no.

The 15 or 30K classic style tour/race is held in Lillehammer on Sat. March 13, 2010

The 30k race is now a *worldloppet silver qualifier*.

Week 2: Ski "Hut to Hut"

We will organize a *guided* tour with the Norwegian Trekking Association in one of Norway's National Parks. Exact itinerary will be determined when we know the *interests* and *experience* of the participants. Most of the "Huts" are actually full service lodges. Accommodations are in 4-6 bedded bunk rooms and breakfast, trail lunch and dinners are provided at the huts. Ski trails are staked but not machine groomed. Participants should be able to ski all day in all kinds of weather carrying a 20lb pack.

Estimated Costs

Sjusjøen 3/13-3/21, 2010:

Approximately \$2,100-2200(+Airport taxes and fuel/security surcharges in effect at the time of ticketing).

Cost includes airfare, transfers and all meals while at Sjusjøen.

Hut to Hut 3/21-3/28, 2010

Additional cost will depend on final itinerary.

Pre Trip option: Additional cost will depend on choice of accommodations.

TO REGISTER Please mail Deposit \$300/person (**Payable to Solveig Olson**) with waiver to: **Solveig Olson, 1177 Cedar View Drive, Minneapolis MN 55405**

FFI and to request a complete trip description including terms and conditions please contact Solveig Olson 612-377-2483 or E-Mail: peergyntwv@aol.com