

# Backpacking in Northern Norway

June 13 – June 25, 2019

*Five nights hotel, breakfasts, lunches, and dinners in Tromsø; ground transportation in Tromsø and Senja, ferry transportation to/from Senja; all trail meals, group equipment. \$1,985.00*



## Trip Overview-

Located approximately 200 miles into the Arctic Circle, Senja Island and Tromsø in Norway possess a dynamic natural environment as well as a dynamic local culture. Due to their high latitude, this region experiences the "Midnight Sun" and "Polar Night" each year where the sun doesn't set for three months and the sun doesn't rise for three months.

The group will first meet in Tromsø and spend a few days in the "Paris of the North." During this time, we will visit the world's northernmost university, the University of Tromsø, hike to the top of Fløya Mountain, and see some local flora and fauna. Then, we will take a ferry to the island of Senja and follow the Senja på langs trail from the northern end of the island to its southern point, passing through Ånderdalen National Park, one of the few remaining virgin forests in Norway. During this time, we will experience a diverse cross-section of Norway's environment—fields, fjords, and forests—all through the perpetual daylight of the Midnight Sun.

## General Schedule of Trip

**Wednesday, June 12th:** Depart independently to arrive in Tromsø, Norway on Thursday, June 13<sup>th</sup>.

**June 13th:** Arrive in Tromsø and catch a taxi or bus to Tromsø Lodge & Camping.

**June 14th-16th:** Visit Tromsø

**June 17th-23rd:** Take the Ferry to Senja and hike the Senja på langs trail!

**June 24th:** Take the ferry from Senja to Tromsø, final dinner in Tromsø

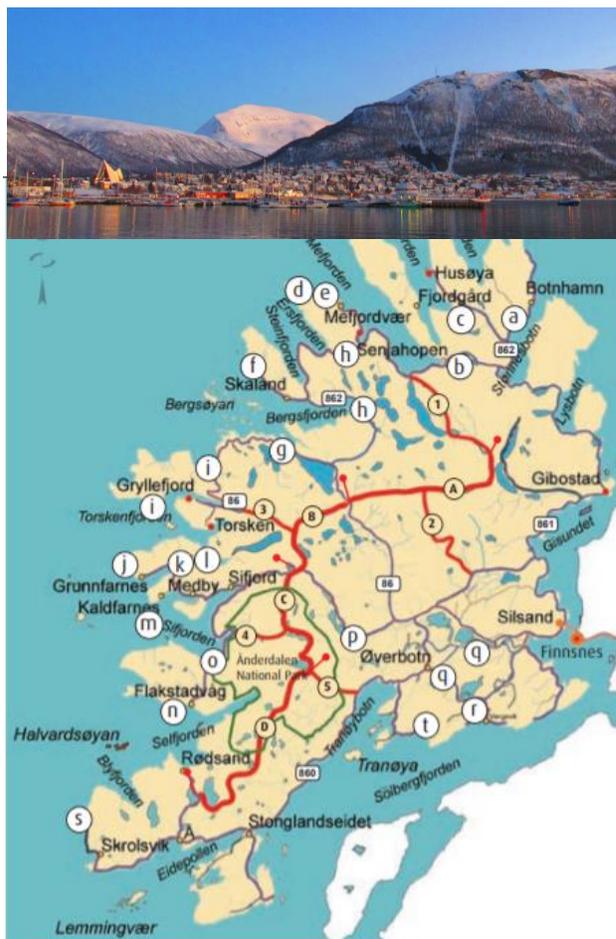
**Tuesday, June 25th:** Return home or continue traveling on your own.

## Facilitators

This program will be facilitated by Alex Darby '20, Taya LePrevost '21, and Kim Longfellow '16, Norway Student Exchange Coordinator at the Center for Global Education.

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**Registration and Payment:** Registration is at [www.gettysburg.edu/grab](http://www.gettysburg.edu/grab). A \$150 non-refundable deposit is due at time of registration to secure a place on the trip of your choice. We accept Visa, Mastercard, Discover, e-checks or cash. The final payment will be required at least 60 days prior the trip departure date. To register, please fill out the online form or call the Office of Experiential Education at 717.337.6319.

**Not Included in the Price:** Hospitalization, individual evacuation costs, insurance, meals in destination cities prior to and at the end of the trip, souvenirs, alcohol, excess baggage charges, or other personal expenses incurred outside the scope of the trip. We DO NOT include airfare in the pricing of our trips. We want to give participants the opportunity to have flexibility in their travel arrangements. Some people will have frequent flyer miles, many people will be traveling from various destinations, while others may already be at the site location or decide to extend their trip once our expedition has concluded.

**The Trek:** Trekking distances range from 5-11 miles a day. Average trekking time ranges from 3-6 hours per day, which includes stops for lunch & breaks, appreciating the sites, general conversation, and sometimes just figuring out the route. The trekking series expeditions are designed to accommodate those who enjoy trekking at a moderate pace but also enjoy taking numerous stops to enjoy the location.

**Group Size:** The trip consists of two GRAB staff members, the Norway Student Exchange Coordinator from the Center for Global Education, and up to ten participants from the Gettysburg College community; students, employees and their families, and alumni of the college are all welcome.

**Transportation:** You are responsible for your own flights to and from Tromsø Langnes Airport (TOS) and for your transportation from the airport to the hotel, and back to the airport at the end of the program. All other ground transportation will be arranged and provided. If you plan on traveling further following the trip, you are responsible for those logistics as well.

**Accommodations:** The program's accommodations will include four nights in a hotel in Tromsø and camping in undeveloped sites along the Senja på langs trail.

**Meals:** In Tromsø, the price of the program covers all breakfasts, lunches and dinners, excluding alcohol. On the trail, breakfast, lunch, and dinner will be provided each day. Participants will be responsible for any additional snacks or meals off the trail while traveling to and from Norway.

**Weather:** Tromsø and Senja are in the Arctic Circle, and June is still considered spring. Be prepared for balmy, sunny days as well as typical Norwegian clouds, mist, and rain. Average temperatures at this time of year range from 40 to 60 degrees Fahrenheit, but the higher elevations can bring more extreme weather and potentially lingering snow. Given the high latitude of Tromsø and Senja, the sun will never set during the entirety of the Expedition.

**Physical Preparation:** You do not need to be a top-notch athlete to participate on this program, but proper preparation will make the trip much more enjoyable. Exercising 3-5 days a week and walking with a 30 pound pack to get used to the weight are great ways to prepare. No prior experience hiking is required, and all backcountry skills and expectations will be covered during the trip.

**Health and Medical & Release of Liability:** We require each participant to fill out medical/liability forms for Gettysburg College and for any contracted services who request similar documentation. We can provide information on short-term insurance that covers baggage, accident/life, and trip cancellation, which is required for our international programs. Please contact us if you have any questions.

**Cancellation of Trips:** We reserve the right to cancel trips due to lack of participants, State Department warnings, or natural occurrences that may be potentially hazardous. If you cancel the trip more than 60 days before the departure date, you will receive a full refund minus the \$150 deposit. If cancellation occurs 45 -60 days prior to the departure date a 50% refund is available. If cancellation occurs 21 - 44 days prior to the trip a 25% refund will be available. There will be no refunds for cancellations made within 21 days of the expedition.