

## Summer Multi-activity Adventure Camp

*(Please note that the following itinerary is a suggestion only, based on a 2-week adventure camp for a large group of around 100 persons. We are happy to adapt the programme to best suit the needs, wishes and size of your group.)*

### Day 1:

Coach transfer from Oslo airport to base camp. Set up camp.

#### Base Camp:

- Large open area with sandy ground (resistant to rainfall), good location for tents/lean-tos. There is also an open gravel area which can be used for activities, etc.
- Stream for cooking water/bathing (drinking water will be provided).
- Large traditional building ("koja") with fireplace for social gatherings/storage. The building is 10m x 7m and also has sleeping benches on two levels along the walls which can sleep 40-60 persons if required. There is also an additional fireplace outside the koja, two Swedish dry toilets and an additional four portable toilets.
- No electricity.

### Day 2:

This day is reserved for settling in/organising camp.

In the evening there will be a welcome gathering with "Kolbullar" prepared for you outside the koja by Ekshärad Hembygdsföreningen (local cultural society). Kolbullar is a traditional meal of meat pancakes eaten in the past by the forest workers and timber rafters who used the koja.



### Day 3:

The group will be divided into three smaller groups. All activities are 6-8 hours in duration including transfers.

*Group 1:* Hike from base camp to location of adventure track (5km). Activities include zip wire over waterfall, rope bridges, abseiling.

*Group 2:* Transfer to start point for GPS orienteering exercise (around 1 hour's drive). Divide into 4 teams. Each team must navigate to a series of checkpoints with teambuilding exercises/tasks to complete at each point. Exercise ends with competition.

*Group 3:* Hiking in the surrounding area, from the river Klarälven over Gravolsättern and back to base camp. Around 8km through a beautiful area of forest on marked tracks with the last 5km on small gravel tracks. Around 13km in total (distance and route can be adapted to suit your requirements).

**Day 4:**

Groups rotate activities from day 3.



**Day 5:**

Groups rotate activities from day 3.

**Day 6:**

The group will be divided into two groups.

*Group 1:* Transfer to instruction point for timber rafting. Assemble in Gunnerud at 17.00 for instruction in timber raft construction (each team of up to 6 persons will construct a 3m x 6m raft using nothing but ropes and logs).

*Group 2:* Transfer to start of wilderness canoe tour on River Svartälven. Standard route is around 70km with optional extensions possible, using 2-person Canadian canoes. This is normally a 7-day route. In the event that the group does not complete the distance in the time available, an earlier pick up point is possible at no additional charge. (It is also possible for the canoe group to remain in base camp during the day and begin the tour on the morning of day 7).



**Days 7-9:**

Groups are out on respective activities.

**Day 10:**

*Group 1:* Reaches end point of timber rafting tour where rafts are dismantled. Transfer to base camp.

*Group 2:* Transfer from end point of canoe tour to begin timber rafting instruction at Gunnerud at 17.00.



**Day 11:**

*Group 1:* Transfer to start point of wilderness canoe tour on River Svartälven.

**Days 12-13:**

Groups are out on respective activities.

**Day 14:**

Pick-up from end point of timber rafting and canoe tours for transfer to base camp.

**Day 15:**

Rest day/own activities at base camp.

**Day 16:**

Coach transfer to Oslo airport for departure.



**Price:**

Please contact us to discuss your requirements and we will be happy to take forward a quotation for you.

**What is included:**

1. Return coach transfer between Oslo airport and base camp.
2. All local transfers for activities as outlined above.
3. Use of base camp facilities for 16 days including welcome evening on day 2, provision of additional toilet facilities, firewood and drinking water (participants to provide own tents, sleeping bags and cooking equipment).
4. Timber rafting: instruction and materials for raft building, Trangia-style cooking equipment including stove, fuel, cooking utensils and cutlery, life jackets, two canoes per group of 50-60 persons, food package for all meals during tour.
5. Wilderness canoeing: 2-person Canadian canoes, paddles, life jackets, Trangia-style cooking equipment including stove, fuel, cooking utensils and cutlery, food package for all meals during tour, 2 x sets of maps.
6. Adventure track: all equipment for activities including helmet and harness, services of local instructors/guides.
7. GPS orienteering: GPS equipment, services of local instructors/guides.
8. Hiking: 2 x maps of area.

**Optional extras:**

It is also possible to arrange the following additional activities (in small groups). Please contact us to discuss your requirements:

1. Climbing on natural rock (depending on weather conditions).
2. Whitewater canoeing.

If participants do not wish to use their own tents during timber rafting/canoeing activities, 3-4 person Hilleberg tents can be hired. 8-person tents are also available. Prices include tent hire for both activities.

Provisions for base camp can also be supplied if required. Please detail your requirements and we will be happy to take forward a quotation for you.

Bob Carter, Nature Travels (Groups)

Email: [groups@naturetravels.co.uk](mailto:groups@naturetravels.co.uk)

Tel: 01929 463774