

International mountain tour autumn in Norway!

Workshop/awareness gathering with 9 Life Energies.



This gathering of people is for you who want time and space to breathe out and learn about the 9 life energies in a fascinating mountain area dressed in vibrant autumn colours.

Our intention is to make the gathering even more colorful by inviting participants from several countries and cultures. We have learned that language and barriers disappear on the mountain and that people of all backgrounds come closer to each other when we put aside the everyday and are closer together. Yes, it is also so exciting to learn that deep down we are 9 different life energies regardless of where we come from and which mountain we walk on.

Our tour with 9 Life Energies gives a deep meaning and good experiences in a safe atmosphere. It feels caring, understandable and insightful. The inspiration lasts for many weeks afterwards.

In one with nature!

Nature has a common language. Humans have that too. In the deepest sense, we understand each other regardless of which country we come from, but even if we are all completely silent, our life energy will speak for itself. Time in nature with high mountains and deep valleys is good for the soul. Freshly called drinking water flowing from majestic mountain peaks tastes best just before it freezes into ice.

This is the best time of the year to sit down on a warm surface. Put on a warm sweater, mittens, hat and eat a delicious packed lunch with chocolate for dessert spiced with the smell of a campfire and freshly brewed coffee for you.

Come and join this colorful and spectacular gathering of 9 Life Energies in the heart of Rondane National Park. Most people know that we are different, but that we carry within us 9 fundamental differences - is new to many. We promise exciting learning in a safe environment so you can feel your energy and that of others.

Program.

Thursday 07/09/2023

Attendance at 10.30 a.m. at Oslo Central Station.

The bus leaves from central Oslo at 11.00 and arrives at Spranget, Otta at 4 p.m. From the bus stop, it is 2.5 km to the base camp. It is a visible and beautiful location with a view of the mountain. It is dinner at 18.00. We are served vegetable soup and rice. The food is vegetarian/gluten-free and meat/fish/chicken free.

Friday 08/09/2023

At 06.00 we get up and do some stretching before coffee/tea and breakfast with oatmeal. At 07.30 we will walk 2.5 km. with light bags to the boat at Rondvassbu. Equipment that is not needed is left at Rondvassbu. Boat takes us further over to the northern end of the water around 09.00. From here, we will walk on safe ground over the mountain to the gem of the mountain home Øvre Dørålseter, while we view the steep 2000-meter Rondslottet, Vinjeronden, Storrenden, Veslesmeden and Storesmeden. Once there, we accommodate 4-6 male rooms on Friday and Saturday. Community, a good atmosphere and cheerfulness will characterize the evening's dinner. We eat mountain trout, potatoes, vegetables, and a delicious dessert. After dinner we go up to the second floor and enjoy ourselves by the fireplace and share the day's experiences. One of our leaders reads in English some nice old stories from the mountains we travel in.

Saturday 09/09/2023

At 06.00 there is an optional swim in the stream before seated meditation outside. Starting at. At 08.00 there is a long and delicious breakfast. Then we will spend the day learning about the 9 Life Energies. It includes movement training and other physical exercises. Everyone also gets a 30-minute personal coaching/dialogue with managers to understand and learn about their own type. In the evening there is sour cream porridge (alternative salad) and dessert before a night off with coziness and the best of all, just being.

Sunday 10.09.2023

At 06.00 there is sitting meditation.

A good breakfast from 07.00 - 08.00 before we pack lunch and pack our bags. Today the trip goes over the mountain to <https://grimsdalshytta.dnt.no/>. The tour ends with tour leaders at 15.00 at Grimsdalshytta. There is service and the possibility to buy food/drinks/ice cream and chocolate. The bus to Oslo leaves at 16.00 and drives directly to the center of Oslo, arriving at approx. 21.00.

Price

NOK NOK 6,700 - from Oslo station/to Otta station round trip by bus.

Attendance at Spranget NOK. NOK 5,800 - Exit Grimsdalen before the bus drives to Oslo.

This includes: Accommodation, tour guides, bus from Oslo round trip, and all meals (breakfast, lunch/thermos and dinner).

Max number of participants: 38 (plus four tour guides)

Fits the trip for me

Rating of the trip: moderate

The walk is classified as Blue = medium and is suitable for all participants who have a basic normal physical condition. We walk slowly and calmly and stop often to sit down and enjoy ourselves. You do not need any hiking skills, we have enough leaders who take care of where we are going and that everyone is involved. The important thing is that you have walked for a few hours in the same shoes before your legs go hiking. We spend a few hours on the journey into the mountain home, so you need a rain or windproof jacket and a rucksack. We have chafing plasters, a map and a compass. In the mountains, the weather is always what it is, the nice thing about it is that it provides good conditions that are extra nice regardless of whether you get rain, sun, wind or snow in your face. We dry shoes and clothes that get wet in a dryer in the mountain lodge.

Accommodation

The participants live in 4-6-bed rooms. Bring a sheet bag. Sleeping bags must not be used in the beds. You have your own tent if you don't want to sleep with others in the base camp the first night, remember a sleeping mat, sleeping bag and warm clothes. It can be cold in the mountains at night.

With your own car from Oslo:

By car to Otta is possible to drive up to Spranget. There is free parking and bicycles can be hired if participants want to cycle to the starting point Rondvasbu.

Map and route information

Turkart Rondane nord 1:50 000. Check ut.no for updated map and route information. Maps can be purchased in our Tour Information or on the Online Shop

Tour leaders and the routes

Our tour guides have tour guide courses and have a lot of mountain experience. They speak English, Norwegian and Ukrainian. The tour guides carry out their tour guide assignments with great pleasure and willingly share their outdoor experience and joy with the participants.

Leadership.cbm. as is not responsible for changes/errors in the timetables. The participants themselves are responsible for checking whether the timetables are correct before signing up for the trip.

All time calculations are based on an average speed of approx. 2.5 km/h. Please note that breaks, weather and driving conditions etc. is not included in the time spent on the trip.

Nature has an enormous influence on us. When we step into it, something beautiful happens to us.

For more information: contact **Morten Nygård tel. 900 16 400**

To order, use the link: [Morten Nygård](#)



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