

Spiritual Journey to Norway

Hiking the Pilgrim's Path to Nidaros

August 4-13, 2020



Photo credit: Visit Norway

Hosted by
The Rev Sonja Hagander
Augsburg University
Vice President,
Mission & Identity

Highlights & Inclusions

Experience spiritual enrichment and fellowship as part of a traveling community under the leadership, teaching and hospitality of The Rev. Sonja Hagander.

Be inspired hiking part of the Nidaros Pilgrimage route, the beautiful Gudbrandsdalen path, one of the eight St. Olav's Paths ending at Nidaros Cathedral in Trondheim.

Stay in select accommodations for nine nights, based on sharing a room in hotels and lodges described in the itinerary.

Journey throughout in a private, deluxe motorcoach from Lillehammer to Trondheim. Baggage along the hiking route is transported by the motorcoach daily.

Enjoy 21 meals including buffet breakfast, eight dinners and four boxed lunches.

Feel the ease and comfort of knowing activities described in itinerary are included along with the gratuities for guide, motorcoach driver and restaurant staff plus group travel insurance.

Attend the Peer Gynt Festival, one of Norway's leading cultural festivals. Ticket cost and English audio guide and booklet included.



The Rev. Sonja Hagander served as pastor at Augsburg University for 21 years and now leads a new Division of Mission & Identity. She led an interfaith group of students to Norway in 2017. Ever since serving as a Boundary Waters Canoe Area guide during college, she has been interested in the intersection between sacred texts, spirituality and the out-door world. Sonja recently experienced this pilgrim trail during a visit this past summer.

Pilgrimage Hike Physical and Gear Requirements

This travel program is for experienced hikers, preferably with mountain hiking. The amount of hiking is up to 12.5 miles during a day (see August 7) and at steep inclines of up to 1,000 feet during a day (see August 9). The hiking paths are unpaved and require surefootedness.

A good fitness level and proper gear is required to fully participate, including broken-in, ankle-supporting hiking boots. Upon tour departure, participants need to be able to hike 10 miles a day for consecutive days. Baggage is transported from hotel to hotel by motorcoach.

Augsburg University will require a signed waiver of responsibility and physical form from all participants.

Customized Program Itinerary

Special note: This travel program begins in Lillehammer on Tuesday, August 4 with a group dinner at the hotel and ends in Trondheim the morning of Thursday, August 13 after breakfast at the hotel. Flights are not included in program. Participants are encouraged to contact a travel agent for booking flights once registrations reach a group size of 16. Seminars International will advise registered participants when to proceed with making flight arrangements. For this reason, **registration no later than February 28** is very important and sooner is preferred. Airport transfers and luggage handling in and out of hotels are the responsibility of each participant. Individual flight schedules should be submitted to Seminars International by June 1.

Tuesday, August 4 ARRIVE LILLEHAMMER. Group program begins with dinner at hotel this evening. Hotel check-in time is 3:00 p.m. Earlier arrivals may drop baggage at hotel and inquire if an early check-in is available. Overnight in Lillehammer at [Clarion Hotel](#). (D)

Wednesday, August 5 LILLEHAMMER/GALA AREA. Explore Lillehammer with a local guide visiting the open-air folk museum [Maihaugen](#) and [Olympic ski jump](#). Discover the work of the [Nansen Center for Peace and Dialogue](#). Break for lunch on own. This afternoon travel to Gala, about a 1.5-hour drive, and arrive at the [Fefor Hotel](#) in Vinstra for a two-night stay. Dinner at hotel. (B,D)

Thursday, August 6 GALA. Morning at leisure at the hotel and group meeting. Early dinner at hotel followed by transfer to [Peer Gynt Festival](#) grounds for this evening's play performance at 7:30 p.m. The outdoor performance of Henrik Ibsen's Peer Gynt has been performed since 1989 by some of the best professional actors and musicians in Norway and is one of the most popular theater productions in Norway. The theater venue is by situated along Lake Gålåvatnet. The play is 3.5 hours including intermission and performed in Norwegian, with English introductions, summary booklets and audio guides. Late return to Fefor Hotel for overnight. (B,D)

Friday, August 7 GALA/DOBÅS. Travel by private touring motorcoach, just over one-hour drive, to Dovre Church and begin hike at Budsjord. Walk over the mountain to Dombås. Overnight at [Furuhaugli](#), a traditional mountain lodge. Dinner at lodge. (B,L-boxed, D)

Notes about hike today: This is an intense day in both distance and elevation. **Experience with mountain hiking is strongly advised and proper gear is critical.** Budsjord, where the hike begins, is a fantastic location with an old gjestetun (hotel with traditional buildings).

The hike over Dovrefjell starts with a steep climb over Hardbakken, where the hike goes from around 2,296 feet up to over 3,937 feet with beautiful landscape. On a clear day it is fantastic, however, there is no shield if there is wind or rain as it is open landscape. When going down from Dovrefjell towards Fukstugu, the terrain is again demanding, and hikers need to be prepared. Upon arrival in Fukstugu, the remainder of the hike is flatter and close to the road until the last elevation to Furuhaugli, which is over 650 feet. Total length of the hike today is over 12.5 miles.

Saturday, August 8 DOBÅS/DOVREFJELL NATIONAL PARK AREA. Leave Furuhaugli this morning for the hike to Hjerkin. Today's hike is just over 9 miles. Dinner and overnight at [Hjerkin Fjellstue og Fjellriding](#). (B,L-boxed, D)

Notes about hike today: Again, the hike today includes steep elevation and the route is up and down, but not as difficult as previous day.

Sunday, August 9 HJERKINN/KONGSVOLD/OPPDAL. Upward climb from Hjerkin to the highest point Hjerkinnhø, over 4,000 feet with a magnificent view of Rondane. Arrive in Kongsvold where the coach meets the group for the 30-minute drive to Oppdal. Dinner and overnight at [Oppdal Quality Hotel Skifer](#). (B,L-boxed, D)

Notes about hike today: This day starts with steep elevation, climbing upward from Hjerkin to the highest point of Hjerkinnhø, around 2,900 feet to over 4,200 feet, a total elevation of around 1,300 feet. After this route, the hike is downhill reaching an elevation of nearly 1,640 feet. Total length of hike today is around 7.5 miles.

Monday, August 10 OPPDAL/ORKANGER. This morning drive to Svorkmo at Hongslo, about a 1.5-hour drive. Hike to Skaun, approximately 12 miles. Visit Skaun Church hosted by a local resident (arrangements pending). Drive about 30 minutes for dinner and overnight at [Baardshaug Herregård](#). (B,D)

Notes about hike today: The pilgrim hike today goes through the forest with some elevation in a few places, but not especially demanding. Some of the stretches are over a swamp, so prepare for hiking boots to get wet.

Tuesday, August 11 ORKANGER/TRONDHEIM. Leave Orkanger traveling by motorcoach to Kastberga to start hike into [Trondheim](#). It is approximately 7.5 miles to [Nidarosdomen](#) from Kastberga. The path is around four miles through forest area and the last part is on asphalt road. Reception at the [Pilgrim Center](#) on the grounds of the cathedral. Arrangements to be met by Pilgrim Pastor pending. Overnight in Trondheim at [Quality Hotel Augustin](#). Dinner on own at one of the many nearby restaurants. (B,L-boxed)

Wednesday, August 12 TRONDHEIM. Free time for individual exploration of Trondheim today. Attend the evening Pilgrim Service (currently 6:00 p.m. daily except on Sunday and subject to change). Farewell dinner at hotel or a local restaurant. Overnight at Trondheim hotel. (B,D)

Thursday, August 13 DEPART TRONDHEIM OR EXTEND STAY. Breakfast at hotel. Group travel program ends with hotel check-out today. (B)

*Included meals: B=breakfast, L=boxed lunch, D=dinner
Itinerary subject to change due to local scheduling.
[Click hotel names or other sites in blue for website link.](#)*

Passport, Health, Insurance and Travel Information

U.S. citizens need a passport valid at least six months beyond the tour return date. Passport applications are available at the [U.S. Department of State website](#). No vaccination or visa requirements for U.S. citizens to enter Norway. Consult your physician and utilize information on the [Centers for Disease Control website](#) for precautions.

Non-U.S. citizens are responsible for their own passport and any visa requirements for the countries visited and must travel with a permanent resident card or other documentation to re-enter the U.S. Without proper documents, entry could be denied at participant's expense.

For international travel information, including country specific background, travel advisories and alerts [click here](#).

Cultural Insurance Services International (CISI) group insurance included in cost covers evacuation and major medical as described in Statement of Conditions. **Cancellation insurance and coverage for pre-existing medical conditions is not included and highly recommended for health situations that may prevent you from traveling or interrupt your travels.**

Travel Guard is recommended for travel cancellation insurance. Access insurance options using this link to [Travel Guard](#) and completing a worksheet. For coverage questions, call Travel Guard at 800-826-4919 and use Seminars International referral number 14847980. Thoroughly read the coverage to ensure it meets your needs. Purchasing travel insurance within 15 days of enrollment may waive pre-existing medical conditions.

Consult with Seminars International (SI) or tour host with questions about fitness required to fully participate on this hiking tour. SI, in consensus with tour hosts and destination partner, reserves the right to not accept or withdraw any participant whose ability to participate in the tour or whose conduct is incompatible with the operation of tour or the interests of the entire group.

For travel and destination information, click website link: [Norway](#) • [Pilegrimsleden](#)

Further Information

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Registration

To secure registration, you must complete the enrollment form **and** pay the required deposit. You need passport details (unless applying for a passport) and emergency contact information to properly fill out the enrollment form.

Step 1: \$750 deposit due immediately to secure registration. Make check payable and mail to Seminars International, 55 E. Monroe, Suite 2870, Chicago, IL 60603. Please add **Tour# 5286** to the memo portion of your check

Payment is available by credit card at <http://www.semint.com/payments.html> or by calling 800.541.7506. A 3% service fee is added to all credit card transactions.

Step 2: If this is an electronic brochure, click below to fill out one enrollment form per person. The **T# is 5286**. A printed copy of the enrollment form is also available by contacting Jeaneen Lincoln at 800-541-7506 or jeaneen@semint.com. Deposit payment must be received within 10 days of completing enrollment form to maintain your registration. **A letter of confirmation is emailed after receipt of both the deposit and the enrollment form.** If program is full upon submitting enrollment form, you will be notified.

Passport Name: Complete this form with your **full name exactly as it appears on your passport**. Include your middle name or initial plus any suffix (Jr., Sr., or III) exactly as printed on your passport. If you do not have a passport at this time, enter your name exactly as it will appear on the passport. There may be a fee for any name changes.

[If this is an electronic brochure, click here for link to enrollment form.](#)

Note: If you need an electronic brochure, email travel@semint.com and reference **T# 5286**.

Program Cost

\$3,265* Land-only tour

Supplement for single accommodations - \$785
Limited availability of single accommodations.

*Tour cost for registration after February 28 is \$3,365.

This land-only program cost includes gratuities and CISI group insurance (approx. \$75 value). Airfare, airport transfers and luggage handling at the hotels are not included and are the responsibility of each participant.

Program cost based on a group size of 22 and will increase if group size is smaller.

Statement of Conditions

Program cost and minimum number group size: \$3,265.00, based on a group size of 21/22 participants. \$3,595.00, based on a group size of 16-20 participants. Any registration after February 28 incurs a \$100 late fee. Program cost will increase if group size is smaller. *Program cost based on exchange rates and tariffs in effect as of September 2019 subject to change in the event that there is a fluctuation of more than 4%.*

Air transportation is not included in this land-only program.

Participants are on own to purchase air tickets to begin the tour at the Lillehammer hotel the evening of August 4 and return from Trondheim on August 13 or extend stay. Participants are encouraged to use a travel agent for booking flights once registrations reach a group size of 16. For this reason, registration by February 28 is very important. Seminars International will advise registered participants when to proceed with making flight arrangements. Flight schedules must be submitted to Seminars International no later than June 1, 2020.

Surface travel and transfers: By private, deluxe motorcoach for touring. Baggage handling in/out of hotels is the responsibility of each participant and not included in tour cost. Baggage is transported from one hotel to another in the motorcoach. Airport transfers are the responsibility of each participant.

Accommodations and meals: Shared occupancy at hotels listed in itinerary or similar as hotels subject to change due to unforeseen circumstances. Single accommodations supplement is \$785.00 and limited. Buffet breakfast daily, four boxed-lunches and eight dinners for a total of 21 meals as indicated in the itinerary. Upon request, Seminars International and sponsor/host(s) will try to pair participants traveling as a single with a roommate. There is no guarantee of a roommate and if one is not available, the single supplement is assessed at time of invoice. Some hotels provide a smaller room size for single occupancy.

Program arrangements: English-speaking professional guide throughout itinerary from evening of August 4 at Lillehammer hotel through breakfast at the Trondheim hotel on August 14. The guide will be experienced in the pilgrimage hike and manage the itinerary logistics throughout, inside visits described in itinerary include entrance fees or donations as needed; gratuities for tour guide, motorcoach driver and restaurant wait staff. Baggage handling at hotels to/from rooms is not included. The motorcoach transports baggage from one hotel to another. Note: Participants with special needs may incur surcharges for additional services. Accessibility for people with disabilities varies significantly from country to country. Be advised the Americans with Disabilities Act is inapplicable outside of the United States, and facilities outside the United States, such as ramps, elevators and hand railings may be limited. This itinerary is not wheelchair, scooter or walker accessible.

Deposit and payment schedule: \$750 per participant due to secure enrollment no later than **February 28, 2020 as long as space is available.** Any registration after February 28 incurs a \$100 late fee. A waiting list is maintained when registrations exceed 22. **Full payment due April 3, 2020.** Upon receipt of enrollment and deposit, a confirmation of registration is sent by Seminars International via email. Any payments by credit card incur an additional 3% to cover merchant fees. Invoices are sent in advance of final payment.

Group insurance: The following Cultural Insurance Services International (CISI) group insurance coverage is included for each participant. **This insurance does not include individual trip cancellation and pre-existing medical condition coverage, additional insurance is highly recommended.**

Schedule of Benefits Policy # GLM N0496486A

Coverage and Services Maximum Limits:

- Accidental Death and Dismemberment Per Insured Person \$10,000.
- Medical expenses (per Covered Accident or Sickness).
- Deductible zero.
- Basic Medical \$100,000 at 100%.
- Home Country Coverage Limit \$10,000.
- Emergency Medical Reunion \$3,000.
- Team Assist Plan (TAP): 24/7 medical, travel, technical assistance.
- Emergency Medical Evacuation 100% of Covered Expenses.
- Repatriation/Return of Mortal Remains 100% of Covered Expenses.
- Security Evacuation (Comprehensive) \$100,000.
- Trip delay of \$100 per day to a maximum of \$500/5 days if delayed more than 12 hours.

Click here to access further information on travel insurance.

Trip delay: In the unforeseen circumstance your program experiences travel delays and unexpected expenses are incurred, Seminars International will invoice participants for any additional costs associated with the delay minus the \$100 per day CISI trip delay coverage, if qualified. Obtaining additional travel insurance as recommended on page three may offset these expenses.

Cancellation and refund policy: Should cancellation occur prior to 120 days before departure, the initial deposit will be refunded less a \$200 fee per person; 120-90 days = full deposit is non-refundable; 89-46 days = 50% of program price is non-refundable; 45-31 days = recoverable costs only (possible forfeiture of entire program cost); **cancellations received 30 days or fewer from departure will receive no refund. Cancellations must be submitted in writing; the date such notification is received by Seminars International is the cancellation date. Trip cancellation insurance is strongly recommended.**

Leadership: The person(s) identified as the leader/host is subject to change in the event of unforeseen circumstances beyond the control of Seminars International. In the unlikely event of a change in leadership, a qualified replacement will be selected by the sponsoring organization or previous leader. Seminars International will operate the program as planned and is not responsible for the change in leadership. The cancellation and refund policy remain as stated.

Exclusions: Items not listed above, including but not limited to meals other than those indicated; beverages except at breakfast; air ticket; airport transfers; baggage handling at airport and in and out of hotels; optional entertainment and excursions; any baggage charges; all personal items, such as telephone calls, laundry expenses, individual room service; cancellation insurance; non-tour related gratuities; passport fees; increases in VAT or city/hotel taxes.

Management and responsibility: Seminars International (SI) acts only as an agent and neither SI nor any employee or appointee nor any other person, party or organization or agency collaborating with it is or shall be responsible or liable for any injury or loss, accident or damage, delay or deviation or curtailment, howsoever caused or arising or the consequences thereof, which may occur during any part of the travel or program or during such free time as the members may elect to spend independently on the program. The airlines or commercial carriers concerned are not to be held responsible for any acts, omissions, or events during the time the passengers are not on board their planes or conveyances. The passage contracts in use by the airlines concerned, when issued, will constitute the sole contract between the airlines and the purchaser of this program and/or passenger.

Deviations policy: Some participants may wish to arrive a night early in Lillehammer or extend their stay at the Trondheim hotel for one more night at end of group itinerary. **All requests for additional hotel nights must be submitted in writing by February 28, 2020 and a booking fee applies.** Once any additional hotel nights have been finalized, any changes may incur additional costs. No refund is granted to participants who wish to omit portions of the itinerary.

Seminars International

Seminars International, with fifty years of experience crafting faith-based, educational, performing arts and special interest programs on seven continents, is proud of a proven record in providing attention to detail, safety, security, creativity and value. Our services allow leaders to focus on the purpose and goals of their program while we take care of the travel logistics, providing peace of mind from beginning to end.

Custom Design - We design customized international programs sensitive to the needs and interests of a group while focusing on value and affordability.

Pre-Departure - Our services include customized travel e-packets and tour literature focusing on being prepared and responsible travelers.

While Abroad - Along with our Chicago-based team, our network of on-the-ground international partners and CISI Team Assist are prepared 24/7 to provide support and assistance, particularly with an emergency situation.

Program Evaluation - Upon return we invite you to complete an evaluation to share feedback on how we may enhance your experience in the future.