

2025
TRIP GUIDE



NORWAY EXPEDITION

A 16-day adventure camp for 11th & 12th graders



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GRADES

11th - 12th*

TUITION

\$7,295

DATES

6/24 - 7/9
7/13 - 7/28

- **For the 2024-2025 school year**
 - *Students who have completed a gap year or one year of university are also welcome to apply (max age is 19).
- **Included in tuition:** Food, lodging, and airport pick-up and drop-off; group and technical equipment; guided activities.
- **Not included in tuition:** Program and travel insurance; personal clothing and items; transportation to and from the arrival and departure airports

Embark on an unforgettable outdoor adventure in Norway. Hike through Norway's breathtaking landscapes, traversing lush forests, pristine valleys, and majestic fjords. Challenge yourself with an exhilarating sea kayaking trip along the Norwegian fjords, gliding through glacier-fed waters surrounded by the soaring peaks of the Scandinavian mountain range. Then hike into the Førde valley, with views of glaciers, pine forests, huge rock faces, alpine lakes, and waterfalls literally EVERYWHERE you look. Enjoy a via ferrata traverse on Hornelen, Europe's highest sea cliff, before heading out for a multi-day trek on the ridgelines and in the valleys of Jotunheimen and a summit hike of the famous Galdhøpiggen! Offering a perfect blend of physical challenge, natural wonder, and outdoor fun, don't miss out on this action-packed itinerary and discover the magic of Norway's great outdoors!



Who is Adventure Treks?

We believe in creating remarkable, life-changing experiences for teenagers. Since 1993, we've guided thousands of students through spectacular outdoor adventures across North America and the world. Our multi-week camps go beyond experiencing awe in the outdoors: While students explore some of the world's breathtaking landscapes, they're also developing confidence, leadership, optimism, and resilience—essential character traits that will help them achieve incredible things as they face the world.

Adventure Treks is where teens break out of their comfort zones to discover their best selves, forge lifelong friendships, and grow into capable young adults in a supportive, technology-free environment.

Our program is defined by an unmatched commitment to safety, communities that have resulted in consistently high return rates, and a focus on transformative personal growth. With the industry's best student-to-instructor ratio and qualified, caring staff leading the way, we foster an environment where everyone feels valued and inspired.



To maintain physical and emotional safety as our top priority



To offer fun and exciting outdoor activities that help teens gain valuable life skills and a greater sense of self



To take a sincere interest in the growth and development of young people



To empower students to create an inclusive and reflective community that maintains a culture of kindness, sense of humor, and spirit of cooperation and volunteerism



To inspire young people to develop a lifelong love of the outdoors and conservation ethic



To be a sustainable and responsive business, with a focus on our families and the quality of our programs



We have the **best student-to-instructor ratio in the industry**, with 4 students to every 1 staff

High student &
staff return rate

More
experienced,
mature
instructors

All-inclusive
tuition

Our instructor-to-student ratio is the best in the industry. Most typical summer teen programs have a 6-7:1 ratio with only 2 staff; our programs maintain a 4:1 ratio with up to 5-6 staff. We also have:

- The highest student and instructor return rates in the industry (consistently between 50–85%);
- More experienced and qualified instructors with a broad range and depth of knowledge, skills, personality dynamics, and experience;
- All-inclusive tuition;
- And a hands-on director team!

NORWAY EXPEDITION 2025 >> AT vs other programs

It's important to know the specifics of the program you're choosing for your child. While every program operates a little differently, Adventure Treks' model is truly unique. We hire more instructors for each group with our 4:1 ratio and have the highest retention with student and staff.

We recruit more experienced instructors with higher certifications and pay them a better wage than our competitors, ensuring that we're attracting top talent.

| | Adventure Treks | Outward Bound | Moondance Adventures | Wilderness Adventures | Apogee Adventures |
|-------------------------------------|----------------------------|----------------------------|---|---|--|
| Student-to-staff ratio | 4:1 | 6:1 | 6:1 | 6-7:1 | 6:1 |
| Student return rate | Consistently 50 - 60% | * | * | * | * |
| Staff return rate | Consistently 60 - 85% | * | * | * | * |
| Group size | Max 20 - 24 | 12-13 | 12-13 | 12-13 | 12-13 |
| Extra fees and rental gear? | No. All-inclusive | All-inclusive | Must purchase/rent backpack, sleeping bag, & sleeping pad | Must purchase/rent backpack, sleeping bag, & sleeping pad | Must pay for bike rental, backpacks, sleeping bags, showers, & laundry |
| Director involvement on every trip? | Yes | No | No | No | No |
| Average staff age | Consistently 26 - 28 | * | * | * | * |
| Minimum medical certification** | Wilderness first responder | Wilderness first responder | Wilderness first aid | Wilderness first responder | CPR, wilderness first aid, lifeguard |

*Info not publicly available

**At minimum, Adventure Treks requires our instructors to be certified as wilderness first responders, which is an intensive 80-hour course that also includes CPR. Other companies only require wilderness first aid (16–20 hours) and CPR.

VIA FERRATA



SEA KAYAK



HIKE & MOUNTAIN SUMMIT



NORWAY EXPEDITION 2025 >> basic itinerary



| | | |
|-------------------|--|----------------------|
| Day 1 | Arrive in Bergen, Norway (BGO), and meet group | Youth hostel |
| Day 2 | Travel to kayak put-in and prep gear for next few days | Frontcountry camping |
| Days 3-4 | Sea kayak the Nordfjord | Backcountry camping |
| Days 4-6 | After finishing the kayak on day 4, begin 3-day backpack | Backcountry camping |
| Day 7 | Logistics (showers, laundry, organize gear) and rest day | Frontcountry camping |
| Day 8 | Hornelen via ferrata | Frontcountry camping |
| Day 9 | Transfer to Jotunheimen National Park | Mountain hut* |
| Day 10 | Summit day on Mt. Galdhøpiggen | Mountain hut* |
| Days 11-13 | Backpack in Jotunheimen National Park | Mountain hut* |
| Day 14 | Explore Gjendebu | Mountain hut* |
| Day 15 | Transfer to Oslo | Youth hostel |
| Day 16 | Depart from Oslo, Norway (OSL) | Back home! |

**Depending on weather, we may choose to tent camp.*

Each trip's order of activities may vary; enrolled families will have access to their child's specific daily itinerary.

DAYS 1-2

Fly into Bergen Airport (BGO) and meet your instructors and new friends at Adventure Treks! Once everyone has arrived, we'll head to the hostel for a delicious welcome dinner. On day 2, we'll take a ferry to day two's camp so we can prep for the next few days of sea kayaking and hiking.

DAYS 3-6

Spend two days gliding along the smooth green waters of the Nordfjord. Fed by glaciers and surrounded by craggy peaks soaring to 5,000 feet above sea level, carved by ice ages long ago. Tumbling waterfalls dot the sides of the cliffs, and we'll keep our eyes peeled for arctic foxes, puffins, whales, seals, otters, and maybe even reindeer! After parking our sea kayaks on the shores of the Ålfoten fjord on day four, we'll pick up our backpacks and hike up into the Førde valley for the next few days. Surrounded by more soaring peaks, alpine lakes and rivers, and pine forests, we'll set up camp right next to the river, with water so clean you could drink right out of it (though we will still purify it!).

DAY 7

Today, we'll take a well-earned rest day as we clean up, reorganize our gear for the next few days, and explore the small town of Davik. Perhaps we'll even have time to play sand volleyball with the locals!

DAY 8

Get ready to tackle Europe's highest sea cliff on the Hornelen via ferrata adventure! Hike up the mountainside before roping up to traverse and ascend the cliff faces. Need a breather? Take a break on a hanging bench and take in the views of the fjords, waterfalls, and surrounding villages. There are both beginner and intermediate options. Nowhere else in Europe will you find views and climbing like this!

**DAYS
9-10**

Welcome to one of Norway's most spectacular landscapes! Home to the country's highest peak, Galdhøpiggen (2469m), Jotunheimen offers some of the world's most incredible outdoor adventure. We'll take breaks during our drive to visit traditional Viking architecture and museums, and then set up camp in mountain cabins that night. The next day is our summit hike on Mt. Galdhøpiggen. Part hike, part technical trek (where we'll get to rope up and trek across the Styggebreen glacier), we'll make our way to its 2469m (8,100 feet) peak! Even though it's summer, it's not uncommon to have fresh powder on the mountain. Snowball fight in July?!

**DAYS
11-13**

During the next three days, we'll backpack through Jotunheimen's valleys and ridges, surrounded by emerald-colored lakes, mossy cliffsides, cascading waterfalls, and snow-capped peaks. This national park is truly magical; you'll feel like you're living in a blockbuster fantasy movie.

**DAY
14**

We've earned this rest day at Gjendebu. We'll explore the lands around Gjende Lake, marveling at the sheer brilliance of the turquoise-colored waters contrasting the green meadows and sharp peaks around us. Another round of beach volleyball awaits on our last day in the mountains.

**DAYS
15-16**

After packing up, we'll hop on the ferry, say farewell to our Norwegian mountain guides, and head back toward Oslo for our final evening together. We promise you this: You won't want to leave! Relive every memory the night before closing day with a celebratory dinner, and exchange contact info with all of your new best friends so you can stay in touch.



FUN & FRIENDSHIP

First and foremost, you'll have loads of fun. Our goal is for you to return home having made lifelong friendships, tried and succeeded at new and exciting activities, and had so much fun that you can't wait to do it all over again next summer with your new friends.

We get that you're trusting us with their summer, and we're going to help make it your **BEST SUMMER YET**. In fact, our students have such a great time that most of them return to us for multiple summers. We focus not only on fun, but also on building a safe, judgment-free zone where students feel free to be their true, authentic selves. You'll also come home with greater independence, resilience, optimism, and a newfound confidence that you can do **ANYTHING** you put your mind to.

IN NORWAY, EXPERIENCE IS RECOMMENDED

While our instructors are excited to teach new skills, we highly recommend that any new students applying to Norway Expedition have previous experience with multi-day, backcountry activities like backpacking. This is a physically and mentally challenging trip with the possibility of inclement weather. If you don't have this experience, feel free to give us a ring and we can chat through whether this trip would be a good fit!



“Simply put, AT was one of— if not the—most formative experiences of my life. I wouldn’t be the person I am today without the lessons I learned on those trips, and I’m still friends with folks I met 20 years ago.”

Brad Elkins, student from 2002–2006, currently a political consultant

21st CENTURY SKILLS

Adding to a fun summer, we strive for our Great 8 Outcomes (see next page) to be learned through new adventures, immersion in nature, and face-to-face interactions with peers and caring role models. Our model of using close-knit communities and exciting, appropriately challenging outdoor activities makes Adventure Treks the perfect place to improve the interpersonal skills young adults need to thrive in the 21st century.

SAFETY

Risk management is at the core of everything we do. Adolescents need reasonable risk as part of their normal growth and development, but from the moment your children leave home until they return to you, minimizing this risk is our foremost priority. As we consider ourselves partners in the parenting process, we make every decision as if you were looking over our shoulders, and we have extremely thorough policies and protocols for each activity. By teaching students about judgment, probability, and consequences, we build a safety-conscious mindset that helps them learn how to make good decisions and take intelligent risks—habits that will apply to the rest of their lives.

EXPEDITION MENTALITY

Strong, inclusive communities develop quickly when there is a sense of mutual respect and trust among all members. Students quickly grow to understand that a good community includes both physical and emotional safety, and they’ll discover how one’s actions can impact the group. We encourage teenagers to have fun, challenge themselves, try new things, pitch in on group tasks, and maintain a positive mental attitude no matter the circumstances. This is a core tenet of the Adventure Treks experience.

Adding to an insanely fun summer, we strive for our **Great 8 Outcomes** to be learned through adventure, immersion in an outdoor environment, and interaction with great role models—allowing students to improve non-cognitive, interpersonal skills needed to thrive in the 21st century.

- 1 Communication:** Few ideas are the product of a single mind, and being able to effectively communicate in a constantly changing world is a much-appreciated skill. Teammates need to be able to share ideas and build trust, empathy, and understanding.
- 2 Collaboration and social achievement:** The ability to work well with others is vital—even when your team is not of your choosing. Creating and maintaining fun, substantive social connections is a hallmark of success.
- 3 Creativity:** The ability to generate multiple ideas and think out of the box is engendered by a supportive and free-thinking community.
- 4 Critical thinking:** The world's problems don't have simple answers. These challenges require the ability to critically analyze a situation and formulate potential solutions that are not often obvious.
- 5 Leadership:** We solve problems in groups, which need leaders with heart that bring out the best in its members.
- 6 Self-management:** Lasting success requires the ability to postpone short-term gratification or personal needs in pursuit of important long-term goals.
- 7 Resilience:** Everyone encounters challenges and failures. Those who rebound from failure and see problems as opportunities will succeed when others give up.
- 8 Optimism:** An optimist believes that problems are temporary and that they has the ability through effort and persuasion to effect positive change.

MEALS AT ADVENTURE TREKS

Students are always impressed by the food! We will ensure there is plenty of food and plan balanced meals, and we eat family-style, sitting in circles so no one is excluded. There are always second portions (and usually thirds) available; meals include a good balance of protein and carbs; and we eat fresh fruits and vegetables often.

We can easily accommodate vegetarians and many food allergies, including peanuts, tree nuts, soy, dairy, sesame, and gluten. And we always have a wide variety of snacks available throughout the day. Adventure Treks may choose to operate a trip free of a particular food (e.g., peanuts) due to allergies.

CAMPING IN TENTS

We'll camp in different places throughout our trip. Most of our nights are frontcountry camping (developed campsites with amenities like running water and toilets) at a public or private campground. The other few nights will be spent backcountry camping in wilderness locations where we are most likely out of cell phone service and away from our vehicles, electricity, and other amenities. Multi-day activities like backpacking take place in the backcountry.



Norway has incredible camping and mountain huts with beautiful views of the national parks!

Adventure Treks was the most significant life experience of my adolescence. AT introduced me to a community of individuals who would go on to be friends and mentors for years to come. My love for the outdoors was born out of summers with AT, and so many choices I've made from where I've lived to what jobs I've taken... My path to a career in medicine was heavily influenced by AT experiences as an instructor. I simply can't imagine who I would be if I didn't spend summers with AT.

Lauren Liebling, student from 2004–2006, currently a physician assistant

GEAR

Adventure Treks provides most outdoor gear, including a sleeping bag and pad, tent, cooking gear, and all activity-specific technical gear. Students will bring a daypack and duffel bag; clothing, footwear, and toiletries; and a few pieces of outdoor gear.

Before opening day, students will pack all of their items in a daypack and duffel bag; the daypack can be a school backpack and will act as carry-on luggage, and students will use this often throughout the trip. The duffel will be checked luggage and will act as a “closet” while on the trip: Students will pull whatever items they need for the next activity out of their duffels and pack them in their daypacks.

TECH-FREE EXPLORATION

Our students have an unbelievable amount of fun—all without their cell phones. We unplug from technology so that we can connect with our natural surroundings and each other and build strong, inclusive, and kind communities. Upon arrival to Adventure Treks, students will call home and then turn their phone off to be stored throughout the trip (minus a few designated calls home). No time for Snapchat or TikTok at Adventure Treks, and best of all, students will quickly realize they don't even miss their phones.

Students are encouraged to bring a camera or GoPro for taking photos and videos!





GETTING TO ADVENTURE TREKS

Students will meet us at Bergen Airport (BGO) on opening day, and fly out of Oslo Airport (OSL) on closing day. Most of our students choose to fly by themselves (i.e., without their parents) as they see this as a great exercise in independence. Our instructors will be at the airport to greet our students as they arrive, and our office monitors all flights and is on hand to assist with delays and cancellations. Once your child meets their group, they'll call home to give a safe arrival notification.

While we provide travel guidelines and can help find flights that work, it is the family's responsibility to book travel. We will happily help coordinate travel for students traveling to and from the same home airports. For all students flying to Adventure Treks, we recommend purchasing refundable airfare and/or travel insurance.

Arrival/departure times

- Arrive in BGO on opening day between 10 am and 5 pm
- Depart from OSL on closing day between 8 am and 2:30 pm



COMMUNICATION DURING THE TRIP

Instructors will take photos and videos throughout the trip, which the office will provide to families. Because of the wilderness nature of our trips, there are limitations regarding the frequency of updates and the number and size of photos sent to the office. During multi-day backcountry activities, trip updates will not be available until the group comes back into cell service. Our goal is to provide at least one update per week on each trip.

Written updates will be emailed to families. Photos and videos will be uploaded directly to an online album, and we'll send your child's specific album link about a week before your child's trip starts. Additionally, you can expect one or two brief phone calls from your child during the trip.

Summer office hours are 8–6, but someone is always on call for after-hours emergencies. We'll provide a separate contact number parents can use for urgent or time-sensitive situations, such as canceled flights or family emergencies. If your child's trip begins or ends on a weekend, the office is open and happy to assist with travel.

“AT dramatically boosted my ability to adapt to new situations and go with the flow. It was also a great social environment, and I'm thrilled whenever I run into someone I know from AT (which last happened in January 2024). It was great to spend summer with other people excited to try out new things, have fun, and be silly. Most concretely, AT made me a lifelong lover of the outdoors and taught me the skills I needed to enjoy it fully.”

Grant Clovin, student from 2009–2011, currently a lawyer

Weather

Norway will have varied weather, with average highs in the 50s/60s and lows in the 40s/50s. We'll likely see a mix of sun and warmer temps, rain, and wind, especially at higher elevations in the national park. Students should be prepared to drink lots of water and use sunscreen (even if it's cloudy).



“My experience with AT gave me a love of the outdoors and being in nature. It helped me build resilience and trust in my own body and my ability to push through challenges and setbacks. It gave me a sense of belonging and community with my fellow AT friends, as well as several very close friendships that made me feel seen and loved. I still feel like it was one of my most formative, treasured experiences of my teen years.”

Zoe Fishman Sitrin, student from 2004–2007, currently in product marketing

Did you know?

- About 98 percent of Norway's electricity comes from hydroelectric power.
- Salmon sushi originated in Norway in the 80s/90s.
- Norwegian athletes have won more medals in the Winter Olympics than any other country.
- Europe's largest herd of wild reindeer lives in Norway.
- Norway is home to an actual knighted penguin: Major General Sir Nils Olav!



Ready to enroll? It's easy!

1

Complete our online application and submit a deposit to secure a space.

2

Submit admissions forms, including parent questionnaire, student questionnaire, health history, and character reference.

A \$1,000 deposit must accompany the application to secure your child's spot, which will be applied toward the full cost of tuition. In the event a student is not accepted to Adventure Treks, the deposit is fully refunded. Please visit adventuretreks.com/terms-conditions for more information regarding our cancellation and refund process, payment options, trip insurance, and more.