

Norway's West Coast Nordvestgaloppen gets a revamp



Even the Kids love to be in the mountains.

The Norwegians are keen to get more Brits racing in their fine terrain. Many Brits seem to hop over Norway as they head for Finland and Sweden. The long running Nordvestgaloppen is hoping to change this trend..

Let's admit it once and for all; yes, we know it's expensive over there, but let's have a look at the payback in terms of memories - for life!

During the week of 14th - 18th July 2010 Sogndal IL is holding 4 races, including a rest day. These races are widely known for their mixture of superb orienteering and 'exotic' countryside, held between beautiful mountains and fjords along the Western coast of Norway.

This year's event may even be an ideal stop on the way to the World Orienteering Championship (WOC) in Trondheim for quite a number of the competitors and spectators.



HodlekveutsnittA, 1:10000 - days 3&4

The four competitions will take place in a mixture of high speed runnable mountains, as well as forest dominated by highly runnable marsh terrain.

From Great Britain you may travel like this (suggestions only):

Aberdeen-Bergen, www.wideroe.no (price £120 both ways) and London-Bergen, www.gotogate.no (price under



The famous glacier Bøyabreen in Fjærland only half an hour from Day 3 and 4

£100 both ways) direct flights, (prices mentioned are valid in Dec. 2010), then 3 hours with a rental car to the event centre.

Near the event centre you will find different types of accommodation, ranging from schools, o-camp and friendly priced accommodation in a local colleges.

Attractions: In addition to the four races, we advice you to have a closer look at some of the attractions available. You will find more information following the links from our home page: www.nordvestgaloppen.no. Several types of attractions are available: from glacier walks to kayaking on the fjord.

Entry is already open; for best price, make sure to enter before 1st March!

(Source: Gunnar Gytri)



The view towards Day 1 & 2 Terrain.



Skiing on the glacier Jostedalbreen.



North American O Festival June 26 - July 17, 2010

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with

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