

[James](#)

1 contribution

[An incredible experience](#)

Aug 2022 • Couples

As the title suggests, this trip was truly incredible. My girlfriend and I did the 5 day trip at the beginning of August and I can honestly say it's one of the best trips I've ever done. This has to be the best way to see Norway and all its beauty, we were blown away by the landscape.

Our trip consisted of 3 days hiking and 2 days kayaking, which was one giant loop back to our starting point, so never crossing the same path twice. Our group was made up of a few couples and a handful of adventurous solo travellers all lead by Henry, who was an amazing guide with such a wealth of experience and knowledge, he really made the trip for us.

Our first day of hiking was intense, covering around 22km over 11 hours with some serious ascents. I haven't done a great deal of hiking myself so that's not essential, but I would suggest having a reasonable level of fitness and will to work hard for a few days. You'll definitely need good quality waterproofs and plenty of warm layers that can easily be taken on and off as the conditions change fairly rapidly and unpredictably. I'd recommend at least a 35L backpack as you'll be carrying food supplies for the trip as well as your personal gear. Good quality boots, warm under layers and gloves are highly recommended.

This is a must do if you want to see Norway in all its beauty and love the outdoors. You will not regret it.

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