



## SKI THE BIRKEBEINERRENNET 16 MARCH 2019 WITH US!

We invite you to an experience of pure nature in the Norwegian mountains.

The Birkebeiner is the world's largest cross-country ski race with its 17.000 participants. The 54 kilometer course is probably the most challenging long-distance cross-country ski race on the circuit. The race starts at Rena and we cross 2 mountains before the finish at the Birkebeineren Ski Stadium at Lillehammer.



All participants must carry a 3.5 kg backpack during the race. This is a symbol of the infant prince Haakon Haakonsson. He was carried by two warriors skiing from Lillehammer to Rena in 1206 to escape enemies of the King. The race commemorates that heroic journey.



Stay at the Radisson Blu Resort Trysil from Thursday to Sunday or Friday to Sunday. It is a four star hotel with a great breakfast buffet, fitness room, spa, pool and ski room. It also has 200 kilometers of ski trails for skating and classic style starting at the doorstep. The snow conditions are usually the same as what we will experience during the race.

A bus will take you from the airport to the hotel for the last preparations before the race. We will support you in every way, for you to experience a memorable trip across the mountains. This includes assisting you in preparing the skis and helping you to become mentally ready for the challenge.

From the hotel we will travel by bus to the start Saturday morning. We will be there for you all the time. Along the course there are six pit-stops with ample food and drink supplied by the organizers.

Age limit: 16 years

## PROGRAM

### Thursday March 14.

Bus from Gardermoen Airport, Oslo. The distance to Trysil is 160 kilometers. We arrive Trysil about 2, 5 hours later. We check inn at the Radisson Blu Resort Trysil. There will be time for some skiing and maybe some massage, before we eat a good dinner together. (It` s important to eat and drink well the last days before the race). After dinner we will have a meeting where we give you essential information.

### Friday March 15.

Breakfast. Information about today's program.

Today is a good day for a nice ski trip and testing skis.

After lunch we / you will prepare the skis for the big event, based on the latest information from Swix.

Information about the race.

I won the Birkebeiner 5 times. I am one of the fastest woman to cross the mountains, so I have a lot of experience to share with you.

In the afternoon you can relax in the spa or take a trip in to the center of Trysil. Maybe you want to visit to the ski museum. The evening is for dinner and relaxing.

### Saturday March 16.

Early breakfast. The bus leaves about 3 hours before the race start for the group. The trip takes about 1 hour. Depending on the weather conditions we may do a last rewax of the skis. We stay with you until the start. We take your bags with us at the bus and meet you again at the finish. After a nice and well deserved shower, we go for a meal together. Then the bus takes us back to Trysil, where we can have a good time together at the hotel.

### Sunday March 17.

Breakfast.

If you leave Sunday: The bus leaves for the airport. The trip takes 2, 5 hours.

If you stay longer: You can enjoy a relaxed morning with a long breakfast.

We can go alpine skiing, cross country skiing or just relax in the nice SPA.

Prices:

Friday-Sunday incl start, hotel in 3beds room, Transport, information and service: 6500 NOK.

Friday-Sunday incl start, hotel in dubbelroom, Transport, information and service: 6950 NOK.

Friday-Sunday incl start, hotel in singelroom, Transport, information and service: 9450 NOK

Thursday-Sunday incl start, hotel in 3beds room, Transport, information and service: 7200 NOK

Thursday-Sunday incl start, hotel in dubbelroom, Transport, information and service: 7800 NOK.

Thursday-Sunday incl start, hotel in singelroom, Transport, information and service: 10950 NOK.

For skipreparation from 450.-

Please contact us for booking or further information.

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