

# A Journey from Fjord to Summit



2<sup>nd</sup> to 9<sup>th</sup> of August 2026

**INVITATION TO ROTARY  
SUMMER CAMP**

**IN NORWAY - DISTRICT 2275**



KIMEN, "The SEED" - Stjørdal cultural center



Quality Airport Hotel - Accommodation in Stjørdal

Stjørdal RK, Verdal RK, Innherred Internasjonale RK and Åsen RK, in District 2275, invite **YOU** to Summer Camp, in the middle of Norway, for lots of fun and adventures.

## **A Journey from Fjord to Summit**

### **PROGRAM:**

**Arrival:** 2<sup>nd</sup> of August 2026 at Trondheim Airport (TRD)

**Departure:** 9<sup>th</sup> of August 2026 from Trondheim Airport (TRD)

**Participants:** 6 girls and 6 boys, maximum two from each country

**Age:** 16 - 17 years  
(not being 18 before end of camp)

**Accommodation:** Hotel, Red Cross facilities and school dormitory.

**Language:** English

**Costs:** EUR 495 and travel expenses to and from Norway + pocket money

**Clothing:** Summer clothes, but also warm clothes, wind jacket and good hiking shoes

**Food:** Traditional Norwegian food. Please inform us if you have any food restrictions. You will also be challenged making food from your own country for the other participants

**Insurance:** Participants must be insured against illness, accidents and third-party liabilities according to Rotary International recommendations

**Acceptance:** Applications will be considered in order of being received. Still the gender balance will be in focus

# Locations



# 1 2<sup>nd</sup> and 3<sup>rd</sup> of August



Sunday is arrival day. On arrival at Trondheim Airport, you will be welcomed to Norway by Rotarians and escorted to the hotel for check-in where you will be staying to nights. The rest of the day will be activities/games to get to know each other better. Monday, we continue with getting to know each other and we will also visit Stjørdal Golf Club and do some golfing at the driving range and the putter ground.



[Quality Airport Hotel - Stjørdal](#)  
[Stjørdal Golf Center](#)



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[Science Center](#)

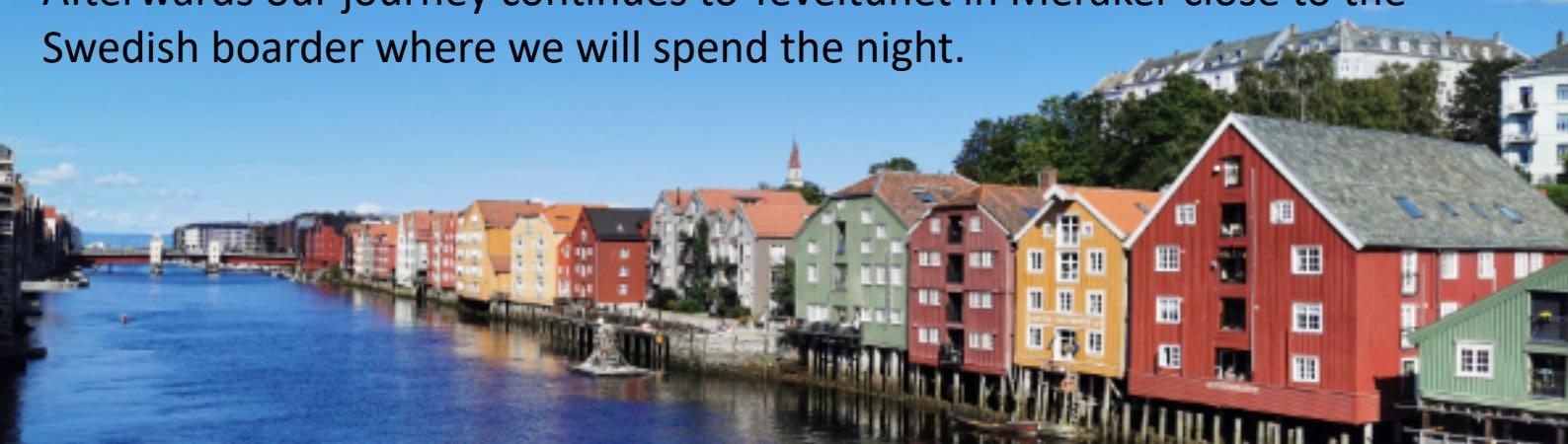


[Ringve Music Museum](#)

[Ringve Botanical Garden](#)

[Nidaros Cathedral](#)

On Tuesday we will travel by car to Trondheim, the third largest town and former capital of Norway to visit The Science Center, Ringve Music Museum, Ringve Botanical Garden and the beautiful Nidaros Cathedral. Afterwards our journey continues to Tevltunet in Meråker close to the Swedish boarder where we will spend the night.



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10:37  
**Tevetunet**

FJELLSTUE

# 5<sup>th</sup> of August



On Wednesday we go for an adventurous and action-filled day at Rypetoppen Adventurepark. This is one of the largest and safest climbing parks in Norway. Rypetoppen Adventurepark has a continuous safety line from start to end on all trails. Here you cannot disconnect until you are safe back on the ground again. This makes the security system unique, and Europe's best one. The climbing park is idyllically situated in scenic surroundings with forests, mountains and water on all sides. Here you will be able to hover in zip lines over the water while enjoying the beautiful Brudesløret waterfall. The climbing park has 22 climbing trails in trees and rocks, including 28 zip lines. The lengths of the zip lines varies from 30 to 320 meter.

Afterwards the journey continues to Frolfjellet in Levanger where we will spend 2 nights in a Red Cross mountain cabin or you will also be able to sleep in a tipi.



[Tevetunet](#)  
[Rypetoppen](#)  
[Adventure Park](#)

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# 6<sup>th</sup> and 7<sup>th</sup> of August



On Thursday we will enjoy everything the mountain can offer, like hiking, canoeing, swimming, campfire, singing and dancing. After spending two nights here, the journey continues Levanger where we are going swimming in an indoor swimming pool. Then we will visit The Falstad Center, a museum, memorial and human rights center. The Falstad Centre is an engaging meeting place with a powerful history.

Here, you can learn about the history of imprisonment during the Second World War, as well as about democracy, human rights, and current social issues. Visit our exhibitions and take part in meaningful conversations in thought-provoking surroundings. Our last stop for the day is Bakketun in Verdal where we will stay the two last days.



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# 6th and 7th of August

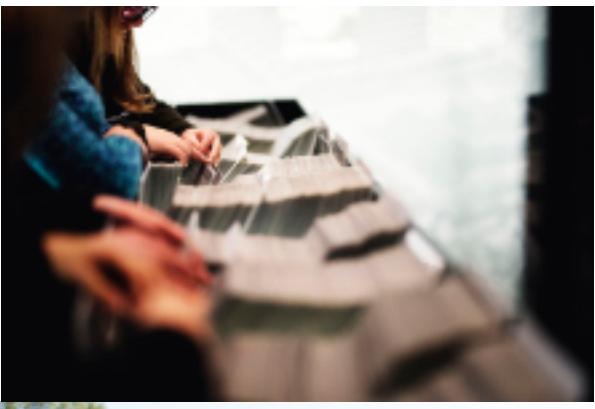


[Levanger Swimming Arena](#)



[The Falstad Center - museum](#)

5



6

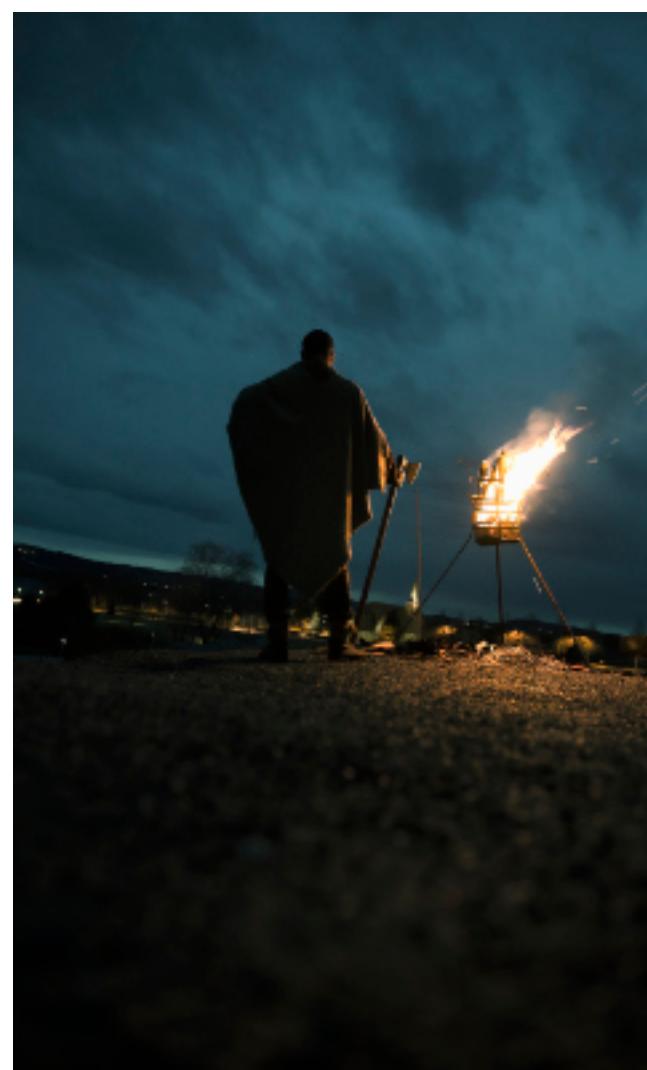
# 8<sup>th</sup> of August



On our first day in Verdal, we will have a lot of fun and games, like Volleyball, Kubb (an old Viking game), stilts etc. In the afternoon/evening, we will visit Stiklestad National Museum for a memorable experience as Vikings. You will be dressed up as a Viking, play more Viking games, visit an authentical Viking home and eat Viking food. Afterwards we will head back to Bakketun where we will spend the night.



[Stiklestad National Museum](#)



6

# 9th of August



[Bakketun](#)



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The next, and last day of the summercamp is departure day. You will say your goodbyes to everyone and transported to Trondheim Airport for your flight.



# Make life an adventure

**Does this sound like your type of summer fun? We hope to see you!**

We hope you would like to discover the real middle of Norway summer, with hiking, camp fire and inland tours to the mountains. There will also be plenty of time for exploring and joyful time together with new friends from all around the world.



**Please download your application form here:**

## [\*\*Application form\*\*](#)

Application deadline 1<sup>st</sup> of April 2026

Send to May-Lis Sjåstad at  
[step.inbound@rotary.no](mailto:step.inbound@rotary.no)

## **Contact information**

If you have any questions, big or small, - please get in touch.

Inger-Ruthgerda Wellendorf  
[ingerruthgerda@gmail.com](mailto:ingerruthgerda@gmail.com)



## [\*\*Explore Trøndelag\*\*](#)

## [\*\*Visit Norway\*\*](#)

**In the meantime, - take a look at some lovely pictures and information about our region, and Norway in total.**

In the middle of Norway, full of history, in the heart of the agricultural region, and a short distance from fjord to mountains.

In addition, you gain lifelong friendships, valuable experiences, and knowledge about this part of the world.