

5-9 JUNE 2024

RONDANE TRAIL TRIP



Trail trips with Lost Goats

Our recipe for a trail trip is:

1. Quality time in mountains - spend lots of time on trails, take it easy, stop and contemplate the view, have some fika.
2. Adventure - we allow it to happen every time there is opportunity
3. Simplicity and low cost - to make it affordable for the many runner
4. Relaxed and laid-back - no tight schedules. We adjust to situation and needs.
5. Connect with others - great opportunity to meet like-minded people
6. Flexibility - two tempo/distance group to fit all runners, also an option to go solo A-to-B



logistics:

05.06.2024

6:30-7am

**packing van/departure
Växjö**

7:30am

Alvesta

9:00

Halmstad Station

10:30-11

Gbg Central Station

16-17:00

Oslo (in needed)

20:00 ish

arrival!

09.06.2024

12:00-13:00

packing, departure



Pack-list

MUST

- own energy/snacks for the day
- running vest/backpack 10-20l
- waterproof running jacket
- extra wool/other warm long-sleeve
- running clothes acc. to weather (temp 0-10 degree)
- rescue blanket
- headlamp
- power bank
- first aid kit (only if you go Solo)

RECOMMENDED

- extra pair of trail shoes
- gloves
- soft roller if you have one
- buff x 2
- waterproof running pants
- windproof running jacket
- hiking poles
- Injinji socks
- blister patch



We will split into groups acc to running capabilities but every day you can swap to any other group:

- Fika-group - where we take it easy and do 10-20km/day
- Lost-goats-group - where we will move efficiently in mountains doing 30+km/day and lots of elevation.
- Solo - go A to B and be picked up or drive to B and run back by your own - only for experienced mountain runners

After long day of running we will do a rolling session with soft-roller so your muscles regenerate much faster for the next day.

For safety, we might require having STRAVA live beacon or WhatsApp location sharing so please have those 2 apps installed on your phone.

Price
6490kr
(including: transport, stuga, breakfast and dinner)

5990kr
(if you sign up before 30.1.2024)

+1000kr (if you want to have own room, first come first served)





Accomodation

4 NIGHTS IN CHARMING STUGA

- 170m2, 5 bedrooms, 2 bathrooms
- Sovrum nr. 1 Dubbelsäng (2 platser)
- Sovrum nr. 2 Våningssäng (2 platser)
- Sovrum nr. 3 Dubbelsäng (2 platser)
- Sovrum nr. 4 Enkelsäng + 2 Våningssängar (5 platser)
- Sovrum nr. 5 Enkelsäng + 2 Våningssängar (5 platser)



FOOD

Breakfast: oatmeal, chia pudding, eggs, bread etc
Dinners: vegetarian (e.g. pasta with pesto; burritos; rice and curry, burgers)

One day we can enjoy food in some local restaurant.

Please note that we are not providing snacks/energy for the day in mountains. Everyone needs something different and it would be not possible for us to meet all individual needs. We will not provide with any drinks.

