

# Canford CCF

A person wearing a red jacket, black pants, a blue helmet, and goggles is standing on a snowy mountain slope. They are wearing a large black backpack and holding ski poles. The background shows a vast, snow-covered landscape under a blue sky with some clouds.

# Norway 2017

Jack Salmon



## **Feb 6th**

**Packing day:** About £3,000 of MOD kit—hard work to fit it all into a 15kg rucksack ...

... but nothing like what was to come.





## **11th Feb**

**Arrival in Hovden** — quite a journey — left Canford at 3:00am and arrived, via Oslo, at 8:00pm.

**Below:** Waxing our skis ready for the first day.





**12th-14th**  
**Feb**

**Expedition  
training —**

Learning to cross  
country ski. Every  
day the sun was  
shining although  
it went down to  
-25c at night.



**Downhill practice** — much easier without a rucksack!  
There were some big wipe outs to keep us entertained.



... and Adam  
held the record!







There were groups of 8 with each army instructor ...

... some tough map reading ...



... and about 15km per day.



**Practising  
emergency snow  
holes on the  
third day with  
only skis for  
shovels.**





Army Instructors:

Groups of 8 pupils for the training and 6 for the expedition.

Bill

Mac

Paul

Rick

Jim

and Jerry.





## **The expedition day 1**

**15th Feb**

7.5 km through so called  
'Narnia' learning to pull the  
pulk. Arrival at Berdalsbu  
hut by 2.00pm.





### **First camp at Berdalsbu**

Building snow holes. Limited snow and warm temperatures led to the collapse of the two pupil holes!

**Below** — Me in the snow hole after supper settling down to sleep just before we were evacuated from our snow hole as the roof was slowly falling in.





## **Day 2**

**16th Feb**

**Berdalsbu to Tjornbrotbu hut** — 14km of mostly uphill terrain (a climb of 500M) on our only cloudy day which was very tough going — lots of herringboning and side stepping.





**7 Hours** on the go with the odd stop for a bite to eat and a drink.

Pretty tired after 12km of skiing (with 500M climb), but we weren't giving up then.





### **Huts at Tjornbrotbu**

A relief to arrive at the huts at last. We tried to sleep in previously built quinceys (hollowed out snow mounds), a hard task with a 50cm thick seemingly unstable snow roof above you.

**Below** — Early next morning we ate breakfast in the huts.





### **Day 3**

**17th Feb** —We deserved the beautiful views from the huts and the mainly downhill run that greeted us that morning. We had many great crashes on our way down to Hovden. We walked into the hotel tired but with a smile on our faces and the great feeling of achievement.





**At the Fjellstoge,** which seemed like a palace after 3 days out skiing, we got some well earned rest.



**Evening review** by each group to share the highs, lows and lessons learned throughout the week.



Ice-skating and swimming as a final relaxing treat.

**The huts** we slept in were small for four but were warm and cosy.



**The Fejelstoge hotel** that we ate and rested in, a beautiful traditional Scandinavian building.





This was a great trip which I thoroughly enjoyed and I would so love to go back and do something like it again, especially the expedition which pushed me hard but was so fun to do even when at my most exhausted.



