

## Three days pilgrimage along the Stråsjö route, combined with a tour to Trondheim

### Three days pilgrimage

You walk three days on the first stage on the Stråsjö route (same as the first three days of the 6 days pilgrimage) 31 of August -2 of September 2012 (bookings for other days only for groups).

**Price:** Pilgrimage on foot, with guide, baggage transport, all meals and lodging

230 Euro

After this pilgrimage on foot we recommend the guided tour by bus to Trondheim in Norway, city of Saint Olav (three days).

### Guided tour by bus

The tour starts close to the east coast of Sweden and takes you across the Scandinavian peninsula, across the high mountains to the coast of Norway, the Atlantic Ocean, with the city and Cathedral of Saint Olav. Going back we take another route where you will encounter the Saami traditions.

This tour is operated by a partner of Pilgrimstid. The guides from Pilgrimstid will be there to guide you and introduce you to persons and places of great interest and also to some breathtaking views of the Scandinavian landscape. 3-5 of September 2012 (bookings for other days only for groups).

**Price:** Guided tour to Trondheim (including the guided tour, lodging 2 nights and all meals in Sweden.

Not including meals in Norway

250 Euro

## Our guides for the pilgrimage on foot:

**Ulf Krantz** has many years' experience as a leader of hikes. He himself has gone by ski to Trondheim and of course on foot several times. He has also walked in other parts of the world and is a trained Pilgrims' guide. He is also the Chairman of "Pilgrimstid Sverige". [ulf@pilgrimstid.nu](mailto:ulf@pilgrimstid.nu)

**Mats Jäderberg** is a trained Pilgrims' guide and has often walked with groups on this pilgrim route.



### Walking in silence

During the hours that we walk in silence you may intensely enjoy the peace and quiet of the forests, this is the time for meditation and prayer.

### Walking and resting

We walk with the Pilgrim's key words: spirituality, silence, sharing, freedom



### Saint Olav routes;

European Cultural Route since 2010



## Contact information

Pilgrimstid Sweden, economic association

[www.pilgrimstid.nu](http://www.pilgrimstid.nu)

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Contact for booking and information

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Pilgrimstid