

## Haraldvangen AS

### History:

As every fairy-tail starts with "Once upon a time", the story of Haraldvangen also starts with "Once upon a time" there was a man named Hans Høegh, and he had an idea, that all children should be able to participate in outdoor leisure activities. When he said ALL he wished that all children, independent of whether they were disabled or not, could participate.

At that time Hans Høegh was chairman in the Norwegian Red Cross Youth. He wanted to start collecting money for the purpose of a School-Camp. He went to the Norwegian Prince Harald with his idea, and the Prince liked the idea and gave it his approval. 250 000 Norwegian school-children drew pictures that they sold to their families. The money collected was enough to build the School-Camp. This is why Haraldvangen is named after the Norwegian King Harald. In September 1969 the school opened.

In the last 30 years Haraldvangen has developed to become more or less an activities center instead of a camp school. We can therefore offer you a professional "activity holiday" of a standard similar to a hotel.

### Location:

Haraldvangen is located near Hurdalssjøen, a beautiful lake 80 km. north of Oslo, and near the main airport, although positioned in nice, quiet surroundings. Both the lake and the forest are a central part of our activities program.

### Summer activities:

We use the lake in different ways, like sailing. We do two kinds of sailing-activities. One is social sailing where we concentrate on the social aspect of being together in a sailing-boat. The other one is more instructive sailing, where we use smaller sailing-boats, with room for two only.

We also have fishing. We fish with nets. This is very popular because we always get a lot of fish, which we prepare and then taste. Hurdalssjøen is one of the richest lakes in Norway regarding different kinds of fish.

Canoeing is another activity we have. Here we paddle in a very special area in the lake, a small sheltered bird-reservation. And we also go on beaver-safaris in the evening.

The most extremely popular activity at Haraldvangen is water-skiing. We cooperate with the local water-skiing club, and have done it for more than 15 years. The club has specialised in water-skiing for disabled youngsters. We have special equipment for the disabled to participate in this activity.

We also use the forest and mountains for outdoor leisure activities. We do go on hiking nature trails, daily and overnight tours in the mountains. We have social activities around over the campfire, sports and games, swimming, and competitions.

Of course everyone is on holiday so it is important to relax too. You are free to participate in whatever you like to do.

Late in summer evenings we gather around the campfire and sing.

### **Winter activities:**

The activities you have read about so far are representative for the summer season, from April to October. From late November to early April it is winter with a lot of snow.

Do you remember the Olympic Games in Lillehammer in '94?

Haraldvangen is close to this area, having a similar climate and nature.

We have a lot of winter activities where you can take part in ski-training and "fun in snow"- activities.

We can offer cross-country skiing, down hill-skiing, horse-riding and sledging, Dog sleighing, ice-fishing, elk-safari and snow rafting. Also in the winter season we go on hiking nature trails and tours in the mountains, and at night we gather in a tent called "lavvo".

### **Accommodation/food:**

Food is very important, and Haraldvangen provides you with plenty of good healthy food. We serve different diets for those who have different needs, for instance vegetarian food or allergies.

All guest accommodation and facilities are accessible for wheelchair users.

This is what we can offer you when you stay at Haraldvangen. We do our best to meet your requirements as a group or as an individual.

You may choose from a wide range of activities. We are certain you will find out more about yourself. Many of our guests have discovered abilities they did not know they had.

More information on [www.haraldvangen.no](http://www.haraldvangen.no)