

SHARE WITH THE BEAR

- A FOUR DAYS SLOW ADVENTURE AT BRATTVOLL FARM.



Lierne is located in the heart of Scandinavia. The area of over 3000 square km houses only 1400 inhabitants. Hunting moose and small game, trout fishing, gathering of mushrooms, wild berries and herbs is an important part of people's life. Old and quirky traditions of preservation and preparation of food has been passed down for generations and is a trademark of the local cuisine. Locals know the best cloudberry picking areas, and they know the ancient moose migration routes. *Lierne* is the most bear dense area in Norway, so the people here share the berries and game with the bear.

The farm *Brattvoll* has a breathtaking view into two large national parks. If you like you can take part in the farm work together with the owners, Gunn Anita and Steven. Join the gathering and processing of seasonal wild herbs and berries. This is an activity that really brings out the Stone Age man/woman in you. Back home a glass with your own self-picked cloudberry jam is sweet memory from the trip. Or how about a glass of self-picked and dried wilderness seasoning. Then memories from the trip show up every time you spice up your steak. When staying at *Brattvoll*, a taste of our various birch sap products is a must.

At *Brattvoll* you sleep in single - or double room in cozy high standard cabins located on the hillside above the farm, with stunning views of the lake *Sandsjøen* and *Lierne* National Park.

DAY 1

Arrive, check in, relax, enjoy yourself, go for a walk, try the fish in the lake, do what you feel like and find your inner peace... Dinner with samples and information about wild herbs.

DAY 2

Guided wandering. On this trip we bring baskets, bags, scissors and knives, and collect and learn about the wild and useful plants of the season.

Back at the cabins we will together create a multi-course dinner around the campfire. Some of the day's catch will be included in new and creative ways.

DAY 3

Guided bike trip in bear tracks. This tour starts from the farm and enters *Muru*, the kingdom of the Scandinavian brown bear. Although the Scandinavian bear is shy and prefer to hide when it senses you, you will on this trip really get to feel the bear's presence through all the fresh track and marks in the area.

In the evening a nice dinner will be served at *Lierne Gjestegård*, which is suitable walking distance from the cottage.

DAY 4

Return. But you are welcome to stay a day or two more and explore wild *Lierne* on your own, or enjoy the slow life at the farm.

All meals are included.

Transfer between airport (Værnes) and Brattvoll is not included, but if it is required we can arrange that

Price: Double room: 4690 NOK In single room: 5390 NOK
Children under 16 accompanied by adults: 2990 NOK

Group size: 4-10

Season: May – September

Booking and information:

Brattvoll Farm & Cabins.

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