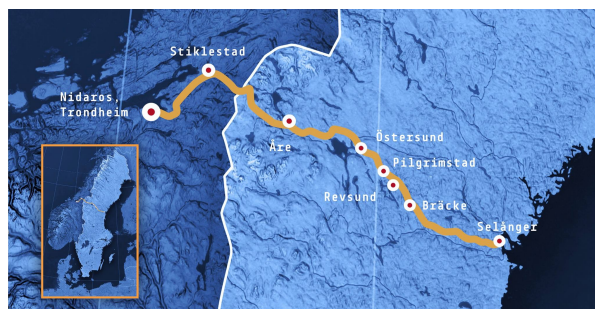


Musical Hiking - course along St Olavsleden Path Sweden, July 2017

www.stolavsleden.com/en

<http://www.mentha.se/vandringar/>



Walking, singing, talking, resting and making music together in the footsteps of St Olave.

Both for professionals and amateurs.

- Private lessons - feel and perform better with your body as your main instrument
- We rehearse and perform together

Course leaders:

Helle Axel-Nilsson: www.ergoakademin.se

Sofia Sahlin: <http://www.mentha.se/om-sofia/>
(use: translate.google.com)

Description:

The course is led through the beautiful landscape of Mid Sweden and we will explore both "bodyfullness" and your musical expression as well as playing music together. Bring the genre of your own and we will add local folk music and music from St Olavs mass from the 12th century.

The day-stage will be 8-17 km.

Start: **Stöde (Sundsvall)**

End: **Revsund (Gällö)**

Dates: 21 - 26 July 2017

Price 4 days hiking (5 nights)

10 000 Skr including:

- Course fee (3500 Skr)
- "In the Footsteps of St Olave" - a lecture/concert
- Participation in one performance
- B&B, all meals and transfer to/from public transports (6500 Skr)

Registration

E-mail:

sofia@mentha.se

Phone:

+4670 628 83 58

Organiser:

Ljungandalen Rest &
Development AB 559037-0887

Optional: The 26th of July you can take the train to Stiklestad and experience "The Saint Olav Drama" <http://stiklestad.no/english/the-saint-olav-festival/>

Price 2500 Skr including: train, hotel 26-27 July and concert ticket.

Option 2: Continue your trip to Trondheim and visit Nidarosdomen and the tremendous "St Olav Festival" 28 July - 5 August. Price on request.

<http://www.nidarosdomen.no/en/>

<http://www.olavsfestdagene.no/>

