

Norway 2016

I didn't really know what to expect of Norway to start with, except that it must be amazing for my brother to have come back from the last trip, two years ago, saying that it had been the best holiday ever. We arrived at the Ski Hut in the evening, and the next day it was straight into training from the hut. It was the first time I'd orienteered in Scandinavia, and although the terrain was very tricky, I really liked it and enjoyed the training. The focus for the whole week was direction, and so we were really working on compass bearings, which I was happy about as I needed to become more confident in taking them.

The WOC spectator races were perfect for putting to use the skills we had practised in training; the courses were technical and required lots of compass. The races were also lots of fun, and we had beautiful weather for five days out of six. Watching WOC after our races was also really interesting and it was fantastic to meet some of the athletes on days when they weren't competing; lots of us got signatures off them.

The days that we weren't racing were also great – we trained for two of them and had a more restful day in between. The more restful day was my favourite of the none race days; we did a compass exercise in the morning, and then a short course in the afternoon, which included four controls on an island, meaning we had to jump in and swim to complete it, which I really enjoyed. The water wasn't too cold, and jumping in was loads of fun.

Norway has been one of the best weeks of my life, easily living up to my expectations. I learned lots (I am now much more confident using my compass), became closer friends with people, and had loads of fun; an amazing experience! Many thanks to everyone who helped to organise and run the tour, and also to everyone who so generously supported the trip and gave us all this wonderful opportunity. I can barely wait for the 2018 NWJS Norway tour...

By Rosie Spencer (W14 – WCOC)