



































The board

Makes sure
that the boat
is floating
and that
there is wind
in the sails

Tripleaders

Arranges
trips, at most
levels

Trip leading -
not guiding!

The social committee

Arrange
social
happenings,
monthly
pubs and
semester

The cabin committee

Ensures that
our cabin has
as solid
foundation

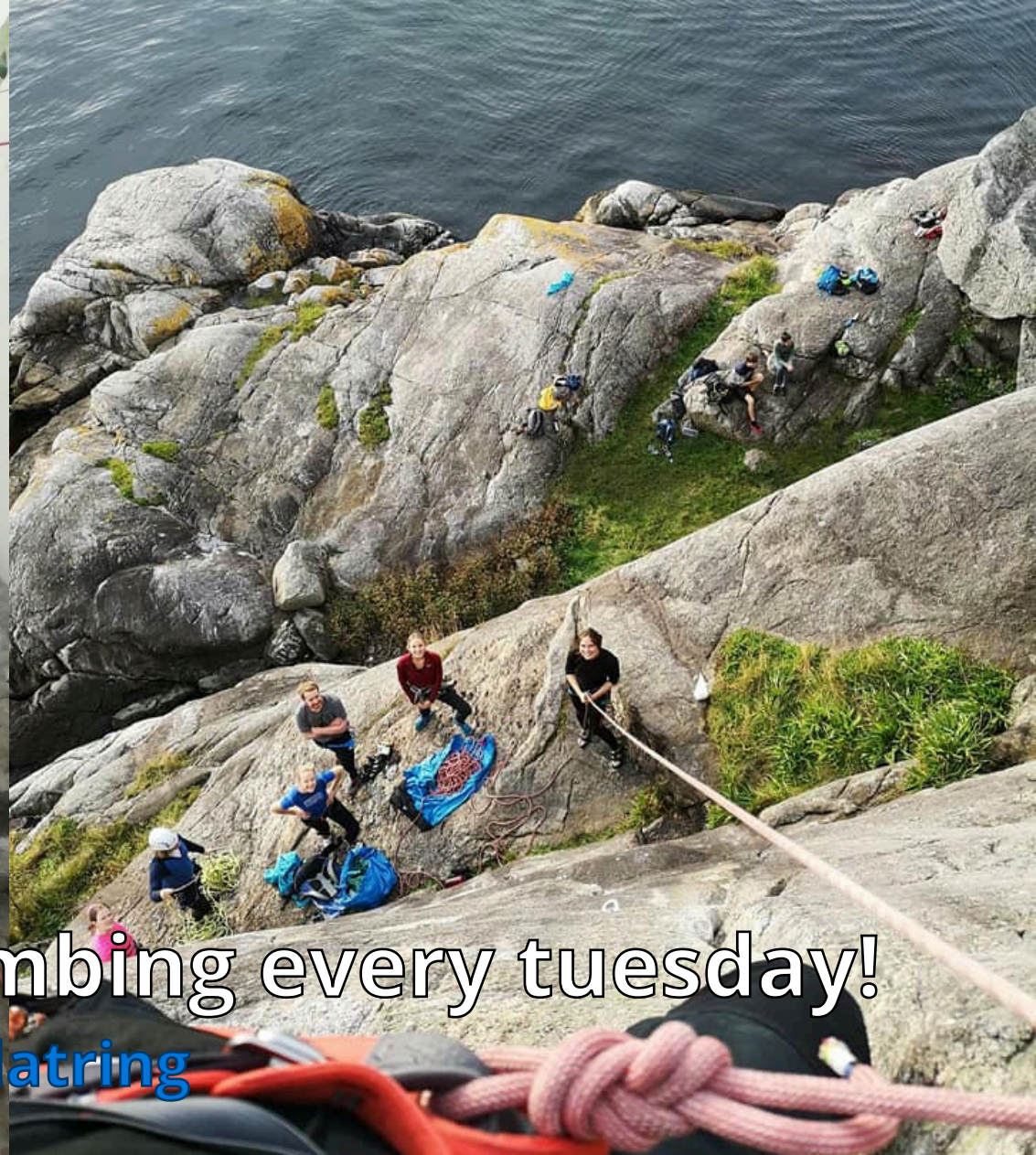
Our activities



Monday joggers - Running each monday!

FB-group: [bsi friluft - mandagsjoggarana](#)





Tuesday climbing - Climbing every tuesday!

FB-group: [BSI friluft - Tirsdagsklättring](#)

Monthly evening trip

One afternoon each month

From 2-hour trips to sleeping in tents

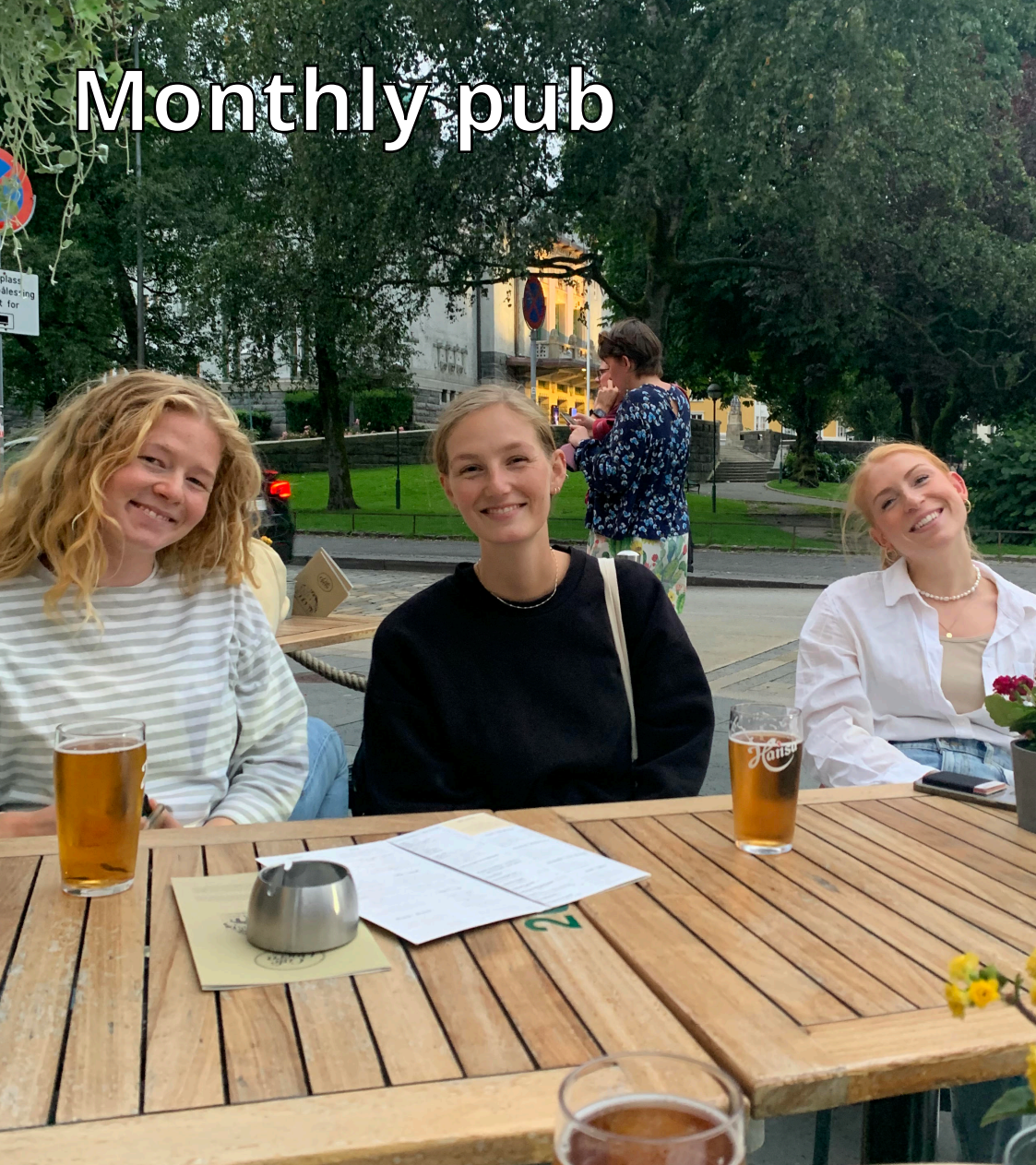


Fjellmøte

Monthly pub-lectures about everything from expeditions, outdoors-life and nature



Monthly pub



Social-committee



The equipment room

BSI Friluft has a solid equipment room, here you can rent everything from tents and pots to randonée-sets and mountain skis.

Wednesdays 18:00 - 18:30 for returning
18:30 - 19:00 for renting



Bjerkebu

Our very own cabin in Myrdal!

Can be booked for 100kr a night



The cabin committee



Join our weekend trips!

1. Become a member (200 kr) and sign up for our mailinglist at bsifriluft.no
2. The sunday before a trip there will be sendt out and email with sign-up
3. Be quick signing up! But remember to read the description first
4. Mandatory ferdaråd, usually at Wednesdays

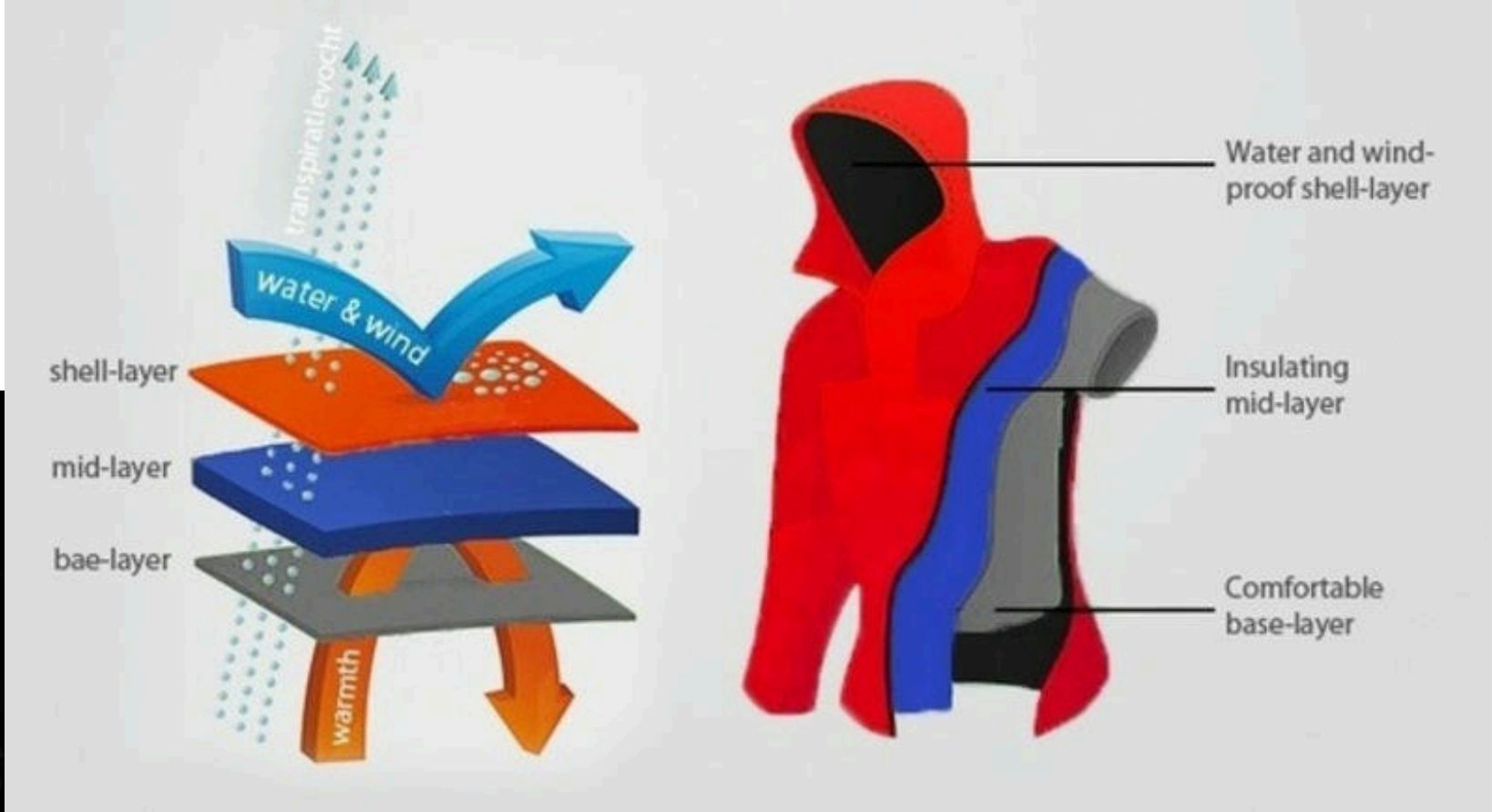


**We are not professional guides
- just (skilled) students**



**So it is very important that you
have the necessary experience
and physical shape, as well as
clothes and equipment.**

Clothing



Wool is worth it!

Outer clothing **must** be windproof (with a hood), and often waterproof as well.

Practical information

BSI Friluft is volunteer-based - except for your membership you only pay for food, cabins and transport on our trips.

Sign-up: via the mailing-list (see bsifriluft.no) - sendt out the weekend before a trip.

Alle trips will be published on Facebook as events.

Follow us on Facebook at [BSI Friluft](https://www.facebook.com/BSIFriluft)

Follow us at Instagram [@bsifriluft](https://www.instagram.com/bsifriluft)

Website: bsifriluft.no



KREKLINGSUS

29. AUGUST

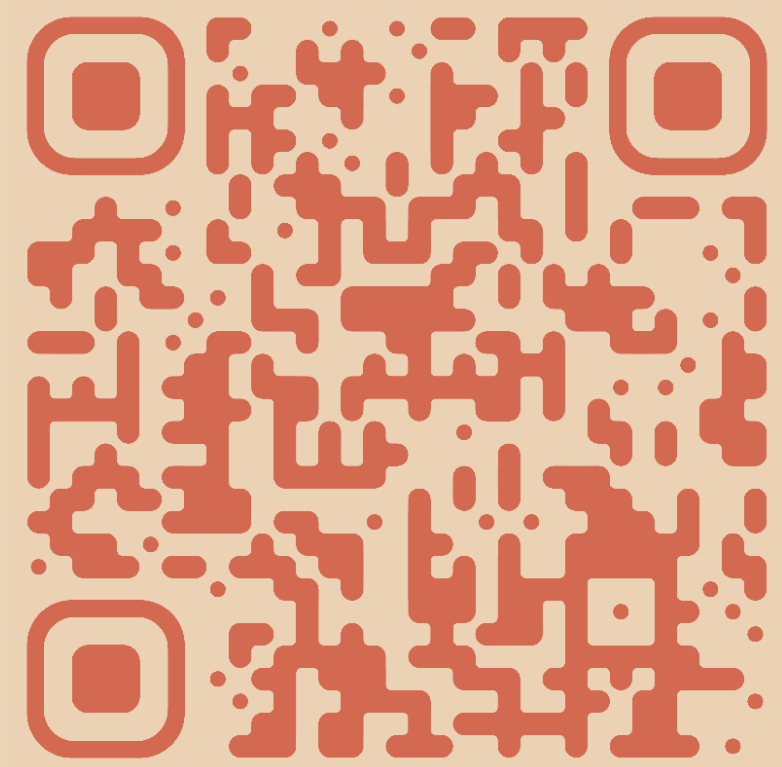
31. AUGUST

MOST LIKELY MARLIN

THE BUNDY BUNCH

SIMON OPITZ

Tickets



bsifriluft.ticketco.events



The trip program autumn 2025



Easy tour: No special training or equipment is necessary for this kind of tours. In the case of multi-day hikes the distances will be relatively short and the packs light.



Medium tour: On multi-day hikes the distances will be longer and the packs heavier. We will likely sleep in tents. Day-trip with this grading might feel challenging. You should have experience with trekking and sleeping in the outdoors.



Tough tour: We will have heavy packs and long distances to go. Participants need to be fit and solid outdoor experience is necessary.



Technical experience is necessary to participate in this trip. For example: Iceclimbing, kiting or glacier walking.



Trips will be in steep and exposed terrain. For hikes this implies scrambling and walking in steep/exposed terrain will occur, where roping up can be necessary. For Summit/Mountaineering trips this implies we will cross slopes steeper than 25 degrees.

Brebuss og Bølger – Eventyr ved Folgefonna

22. - 24. August



Trip leaders: Aslak og Patrick



Bjerkebu hyttedugnad

22. - 24. August



Trip leaders: Tore



Blåbærhyttetur

6. - 7. september

Trip leaders: Emma + Malene



Rallarvegen

5. - 7. September

HAUGASTØL 1000 m.o.h.



Trip leaders: Iris/Eivind/Yago



Wildvoss Bretur

5. - 7. September

Trip leaders: Sara



Long trail run

5. - 7. September

Trip leaders: Martin & Jørgen



Bretur Folgefonna

20. - 21. September



Trip leaders: Veslemøy & Endre

Wildvoss tradkurs

20. - 21. September

Trip leaders: Peter



Wildvoss kameratredning

26. - 28. September

Trip leaders: Samuel



Oselvar seile-og rotur til Herøy

26. - 28. September

Trip leaders: Emma & Endre



Fra fjord til fjord

September or October

Trip leaders: Yago & Peter



Turlederhelg

3. - 5. October

Trip leaders: Endre



Cozy cabin trip

11. - 12. October

Trip leaders: Iris & Marie



Trailrunning around Hardangerjøkulen

10. - 12. October

Trip leaders: Luca & Peter



Desperat skitur

17. - 19. October



Trip leaders: Birk & Tilde



Coastal cabin trip

17. - 19. October



Trip leaders: Christina



Fisketur i fjellheimen

18. - 19. October



Trip leaders: Lukas & Arne



Utforsking av Stølsheimens ytterkant

24. - 26. October

Trip leaders: Birk & Endre



Cozy cabin trip to Breidablikk

24. - 26. October



Trip leaders: Veslemøy & Frida



Bjerkebu fellesdugnad

31. October - 2. November



Trip leaders: Johannes



Majestetiske Grindaflethytta

7.-9. November

Trip leaders: Lukas & Endre



Surfetur til Hoddevik

14. - 16. November



Trip leaders: Sondre, Jasmin & Nanna



Fjelltur på senøsten

21. - 23. November



Trip leaders: Birk



Førjulstur til Bjerkbu

5. - 7. December

Trip leaders: Ingrid



Become a member!

1. Go to our website bsifriluft.no
2. Press **Bli medlem**
3. Register yourself at Norges Idrettsforbund
 - After you press “Jeg skal bli medlem” you can change the language
 - Press “I do not have a birth-/D-number” if you don’t know what that is
4. Remember to set place of study / or that you are not a student
5. Sign up for our mailinglist (step 5 on the website)

