



































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 committee

Arrange
social
happenings,
monthly
pubs and
semester

The cabin

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 - Tirsdagsklatring**

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





KREKLINGSUS

Join our weekend trips!

1. Become a member (300 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

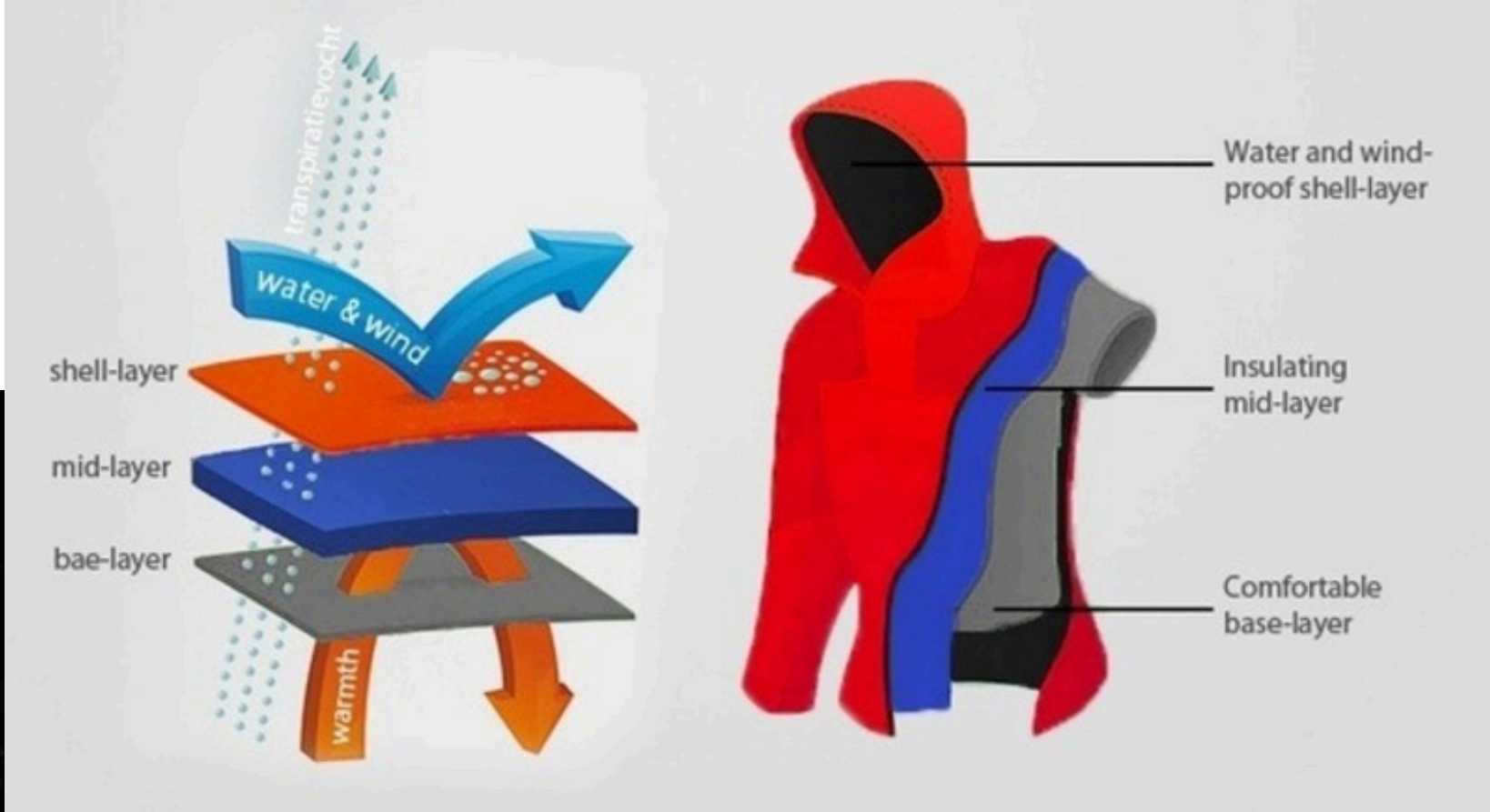


**We are not professional guides
- just (skilled) students**

A photograph of four skiers ascending a snowy mountain slope. The skiers are silhouetted against a bright, hazy sky. They are wearing backpacks and using ski poles. The terrain is covered in snow with some rocky outcrops visible in the distance.

**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



The trip program spring 2026





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.

Månedens kveldstur

31. January

Trip leaders: Øyvind og Mikkel



Videregående Skredkurs med WildVoss

6.-8. February

Trip leaders: Peter



Intro til Fjellski 1

6.-8. February



Trip leaders: Birk, Þorbjörg og Sverre



Intro til Fjellski 2

13.-15. February

Trip leaders: Malene og Veslemøy



Iglotur

13.-15. February

Trip leaders: Lukas og Yago



Telemarkøving i trekk

16. or 23. February

Trip leaders: Birk og Marie



Fjord til Fjord i Stølsheimen

20.-22. February

Trip leaders: Birk og Sverre



Snøhuletur til Hallingskeid

27. February - 1. March

Trip leaders: Patrick, Erling og Endre



Fjellski with tents in Stølsheimen

27. February - 1. March

Trip leaders: Eivind, Þorbjörg og Ingela



Turlederhelg

6.-8. March

Trip leaders: Endre



Hallingskarvet Wintercamping on Fjellski

13.-15. March

Trip leaders: Luca og Eivind



Myrkdalen skianlegg

14. March

Trip leaders: Pia



Topptur med WildVoss

20.-22. March

Trip leaders: Morgane



to



Dagstur i Raundalen

March or april

Trip leaders: Peter, Lukas og Veslemøy



Høgruta i Jotunheimen

March or april

Trip leaders: Yago



Cabin trip (2days 1night) Voss

area

17.-19. april

Trip leaders: Vanille og Johannes



Toppturhelg BT-Hytten

17. - 19. april



Trip leaders: Peter og Yago



Randohelg Jordalen

24.-26. april



Trip leaders: Lukas og Luca



Øystesefjello rundt

24.-26. april

Trip leaders: Emma og Sverre



Sea kayaking in Sognefjord

8.-10. May

Trip leaders: Patrick og Þorbjörg



Klatresamling Uskedalen

29.-31. May

Trip leaders: Frida og Emma



Vassfjøre ned

10.-12. april

Trip leaders: Birk og Endre



Surfing trip to Hoddevik

28.-31.May



Trip leaders: Arne og Ingrid



Hardangerjøkulen rundt tur

2.-5. July

Trip leaders: Patrick og Aslak



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)

