

VIRTUAL PILGRIMAGE

Sons of Norway is excited to announce a new member benefit, a Virtual Pilgrimage on Norway's historic Kongsveien or Old Kings' Way. The Sons of Norway Virtual Pilgrimage is a window into the experience of the pilgrims in Norway who walk a network of routes called St. Olav's Ways. This network is named after King Olav Harraldson (995-1030) who trekked these trails converting pagan Norway to Christianity. The Gudbrandsdalen route, upon which the Sons of Norway Virtual Pilgrimage is based, is the most popular section for pilgrims along the King's Way. Members will keep track of their mileage and track their journey at home while following along with the journey in Norway.

By visiting sonsofnorway.com/pilgrimage members will learn about historic landmarks and tourist destinations in Norway along the route. Simply by getting out and walking at home and following the journey online, members have a chance to transform into a pilgrim on a virtual journey in Norway. After 387 miles of walking, the journey finishes at Nidaros Cathedral in Trondheim, Norway. Members will receive recognition for their hard work from the Sons of Norway Headquarters.

HISTORY

King Olav (995-1030) was born a Viking and became a King with hopes of spreading Christianity across Norway. His death during the battle of Stiklestad in the year 1030 was followed by mysterious events near his grave. Soon after he was honored as a saint king and acknowledged as St. Olaf. Since then people have been making pilgrimages to his burial site at Nidaros Cathedral in Trondheim. During the Middle Ages people flocked to follow in St. Olav's footsteps. The networks of St. Olav's Ways consist of 5,000 km of trails that pass by historical landmarks that were once built or inspired by St. Olav himself.

DO NOT SEND RECORD CARDS TO SONS OF NORWAY HEADQUARTERS

NOTE: All strenuous sports activities should not be attempted without consulting your doctor first. Participation in the program may involve the risk of injury.

"The Participant (or the legal representative) agrees that he/she understand and voluntarily accepts this risk and agrees that Sons of Norway will not be liable for any injury, including and without limitation, personal, bodily, or mental injury, economic loss, etc."

NAME: _____

ADDRESS: _____

DISTRICT/LODGE: _____

MEMBER #: _____

Signature of Participant

Signature of Lodge Sports Director

Date of completion: _____

Sports Medal Program

The Pilgrimage program is an extension of the Sons of Norway Sports Medal Program. Members have the ability to earn Gangmerke and Idrettsmerke sports medals while participating in the Pilgrimage. Be sure to track your mileage separately on a Gangmerke or Idrettsmerke record card. Only walking, hiking or running can be counted towards the Pilgrimage mileage. All record cards must be turned in to your lodge Sports Director in order to receive recognition from Sons of Norway Headquarters.



REQUIREMENTS FOR THE VIRTUAL PILGRIMAGE

Oslo ⇨ Trondheim 623 km (387 mi)

- Go for a walk around your neighborhood, park, gym or shopping mall.
- Write down the date and track your mileage.
- Visit www.sonsofnorway.com/pilgrimage to learn more about the pilgrim's journey in Norway.
- Send completed record cards to your lodge Sports Director to receive recognition.

Date	Today's Distance	Total
Subtotal		

Date	Today's Distance	Total
Subtotal		

Date	Today's Distance	Total
Subtotal		

VIRTUAL PILGRIMAGE CHECKPOINTS TRACK YOUR PROGRESS AT WWW.SONSOFNORWAY.COM/PILGRIMAGE

Leg A:

Skjetten 20 km/12.4 mi
Kløfta 21 km/13 mi
Dal 24 km/15 mi
Eidsvoll 13 km/8.1 mi

Leg B:

Finnsbråten 19 km/11.8 mi
Espa 19 km/11.8 mi
Stange 20 km/12.4 mi
Hamar 13 km/8.1 mi

Leg C:

Gjøvik-Biri 20 km/12.4 mi
Birstrand 15 km/9.3 mi
Lillehammer 12 km/7.5 mi

Leg D:

Skaaden 23 km/14.3 mi
Tretten 15 km/9.3 mi
Ringebu 27 km/16.7 mi
Hundorp 16 km/10 mi

Leg E:

Harpefoss 6 km/3.7 mi
Kvam 27 km/16.7 mi
Sjoa 16 km/10 mi
Otta 9 km/5.6 mi

Leg F:

Nord-Sel 14 km/8.7 mi
Vollheim 15 km/9.3 mi
Budsjord 13 km/8.1 mi
Fokstugu 12 km/7.5 mi
Dovregubben 12km/7.5 mi

Leg G:

Hjerkinn 10 km/6.2 mi
Kongsvold 14 km/8.7 mi
Ryphusan 20 km/12.4 mi
Smegarden 16 km/10 mi
Oppdal 11 km/6.8 mi

Leg H:

Hæverstølen 24 km/15 mi
Meslo 20 km/12.4 mi
Segard Hoel 22 km/13.6 mi

Leg I:

Meldal 7 km/4.3 mi
Svorkmo 20 km/12.4 mi
Skaun 20 km/12.4 mi
Sundet 17 km/10.5 mi
Trondheim 20 km/12.4 mi