

DIRT, DUST AND TRUE

# GRIT

A GRAVELBIKE BONANZA

# Embrace the now.

A solo bikepacking adventure through 3 national parks;  
Rondane National Park  
Dovre National Park  
Dovrefjell-Sunndalsfjella National Park.

A journey through holy epicness, next to iconic mountains and  
one of the world's most beautiful farm valleys; Grimsdalen.

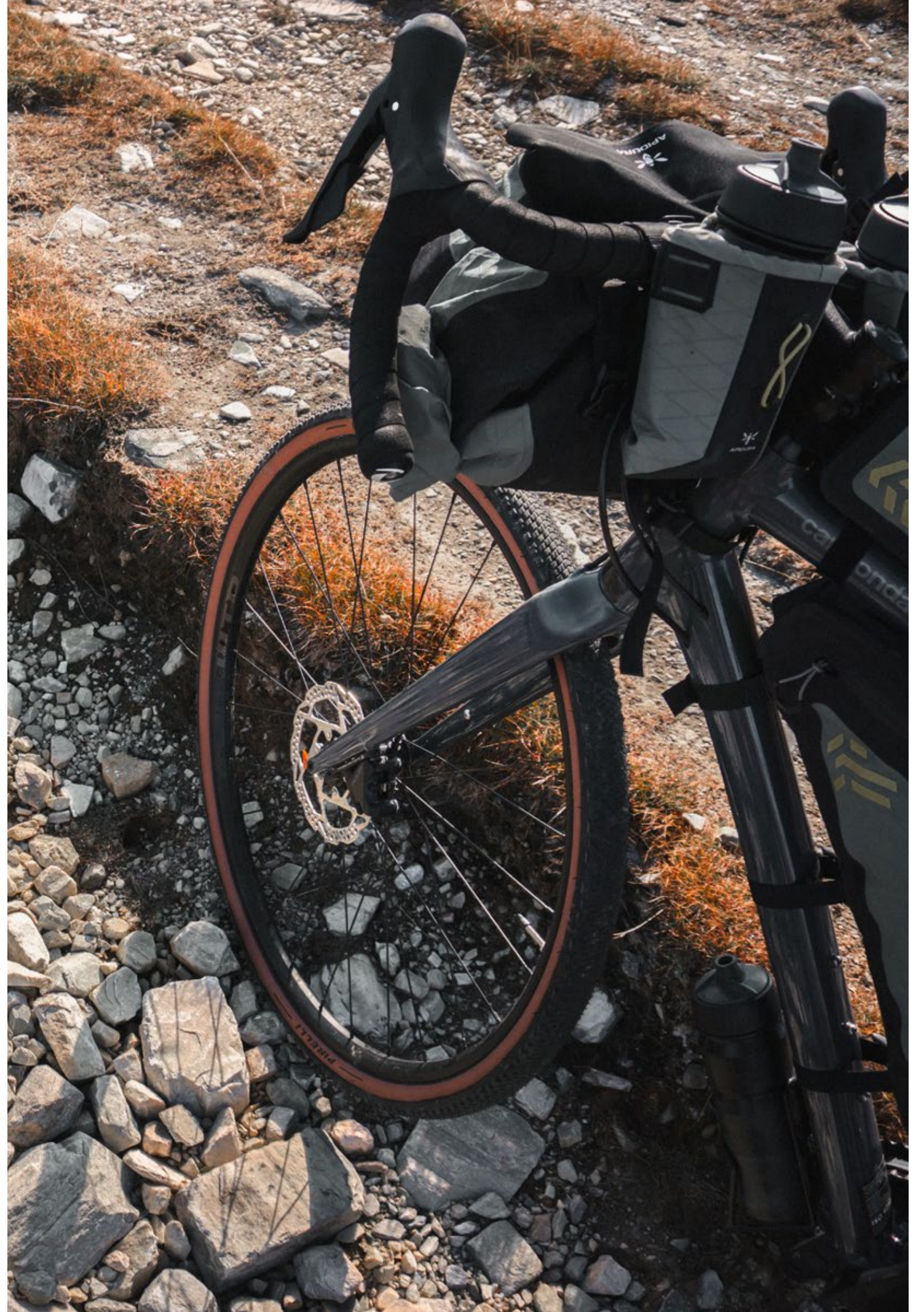
This is a short summary presented with random images of a bike  
in scenic landscapes. If that's your cup of tea I'm sure you will  
enjoy whats coming next.







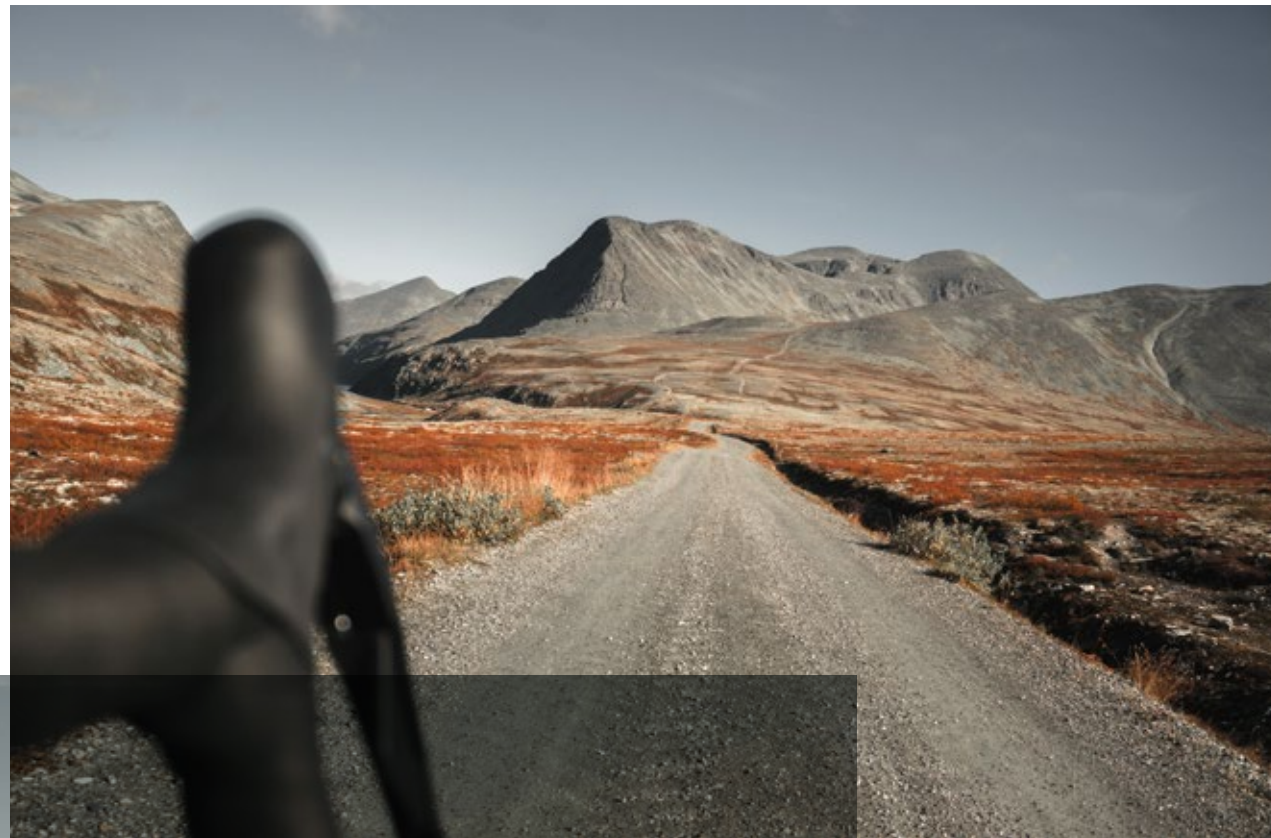




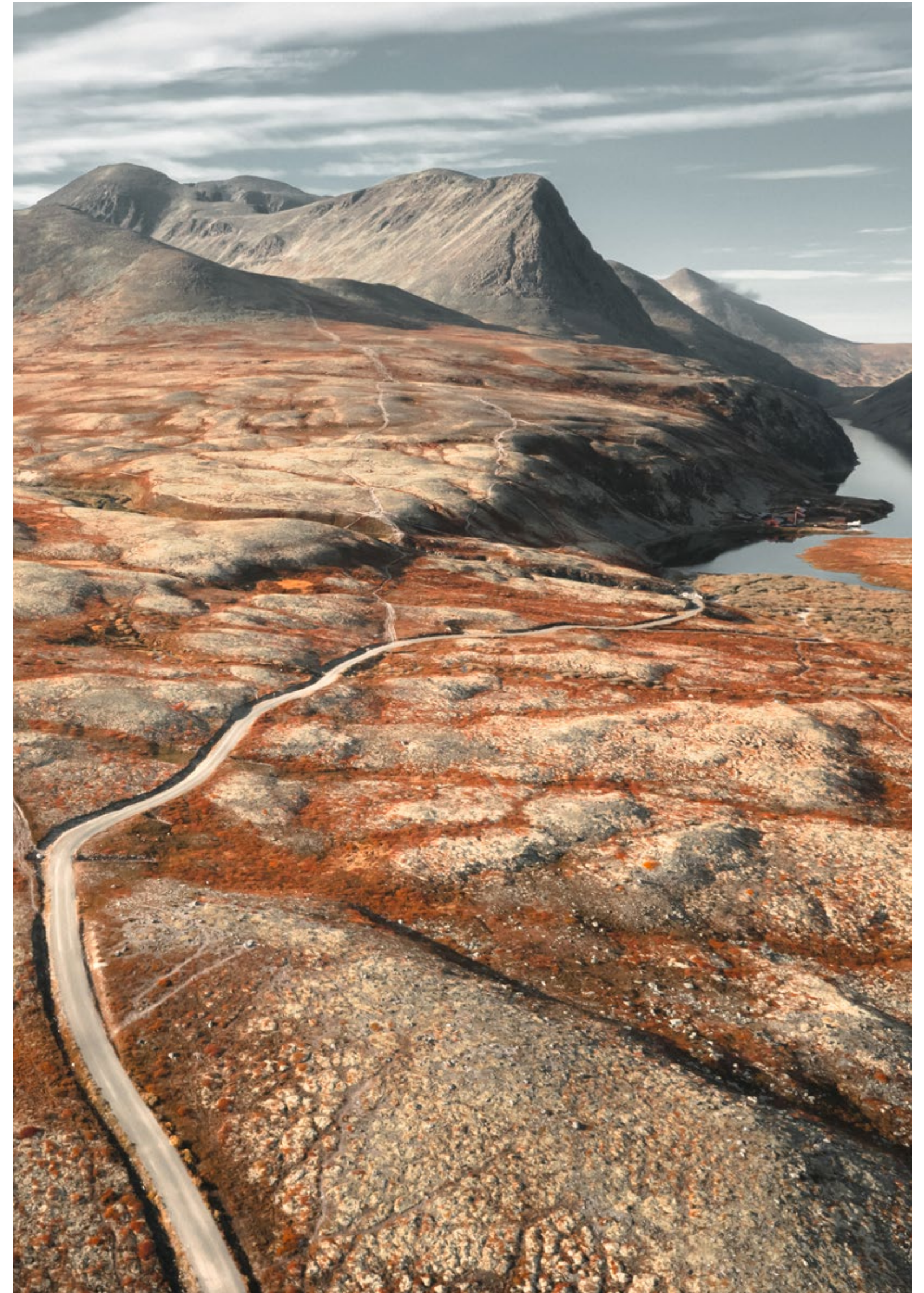








*"I'm here and elsewhere,  
far away in the imagination."*







Mud.











# FACTS

The landscape features in these national parks were formed during the last ice age. U-shaped, rounded valleys were formed by the ice grinding away at the mountains beneath the glaciers, and sharp v-shaped valleys were created by the great rivers of glacial meltwater. As the ice melted, the highest mountains emerged from the sheets of ice. On the peaks of the Rondane Mountain Massif, we find ancient layers of sandstone that are hundreds of millions of years old.

The national parks are also the habitat for one of the last tribes of wild mountain reindeer. The herds came to these areas when the ice melted after the last ice age. Humans followed and exploited the wild reindeer as a resource.

## **Rondane National Park**

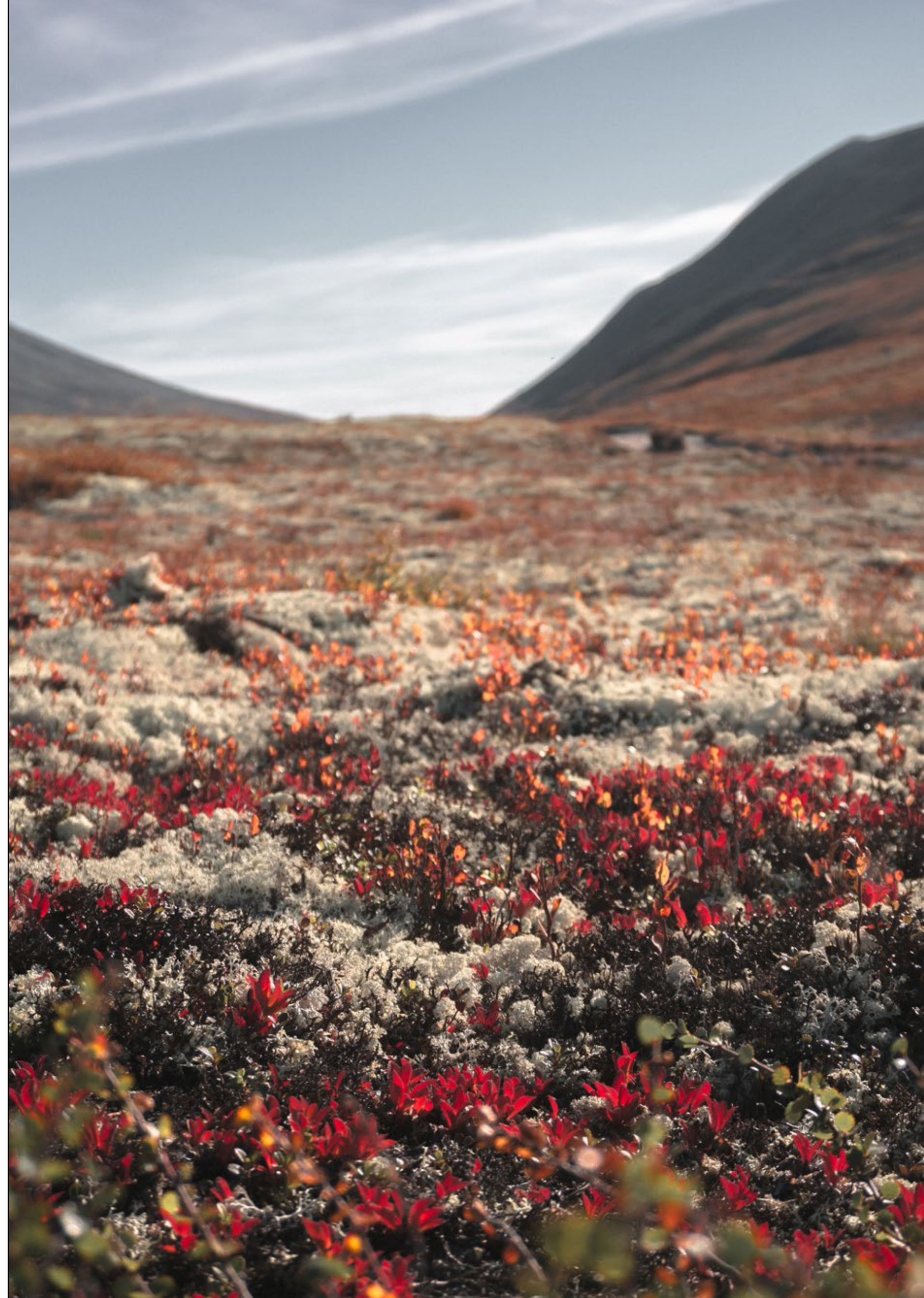
In the oldest national park in Norway the terrain varies from mountain forest to airy ridges and mountain peaks. As many as 9 of the peaks in Rondane rise more than 2000 meters above sea level. There is a well-developed network of marked trails, and the area offers a variety of cycling opportunities from simple day trips to several days of riding.

## **Dovre and Dovrefjell National Parks**

Dovrefjell-Sunndalsfjella National Park is one of the largest contiguous protected areas in mainland Norway. Coming from the west you will meet steep, sharp mountains and deep valleys. Further east, the landscape forms become softer and the climate drier.

### **RONDANE NATIONAL PARK**

In the oldest national park in Norway the terrain varies from mountain forest to airy ridges and mountain peaks. As many as 9 of the peaks in Rondane rise more than 2000 meters above sea level. There is a well-developed network of marked trails, and the area offers a variety of cycling opportunities from simple day trips to several days of riding.





# Peer Gynt Hytta

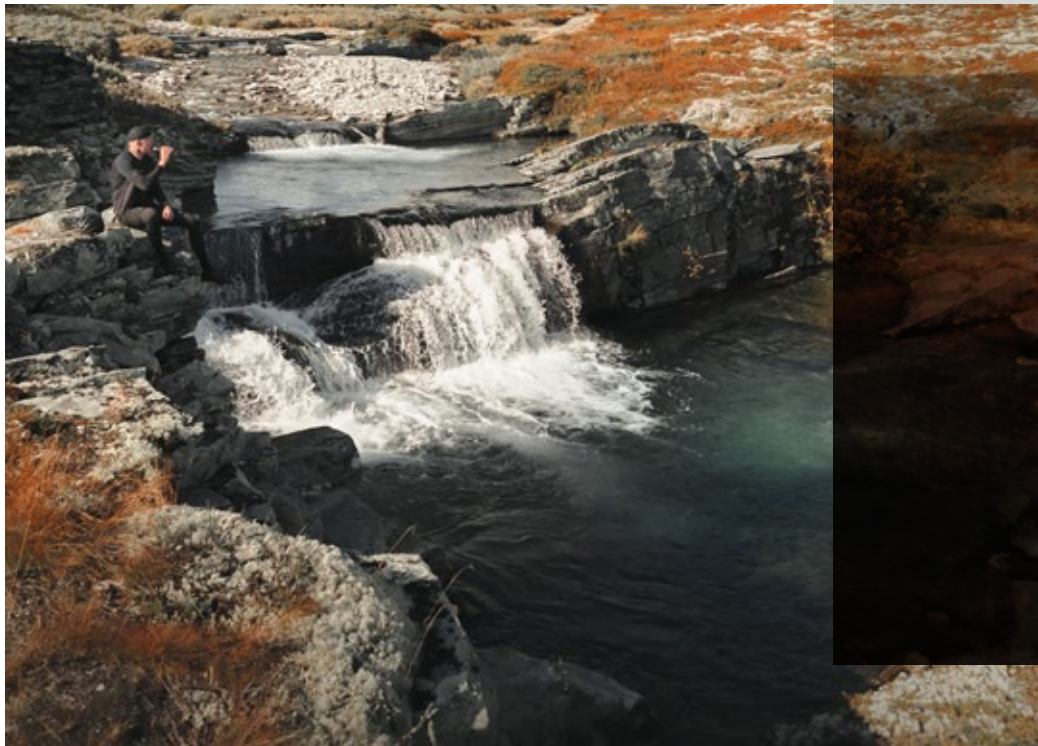
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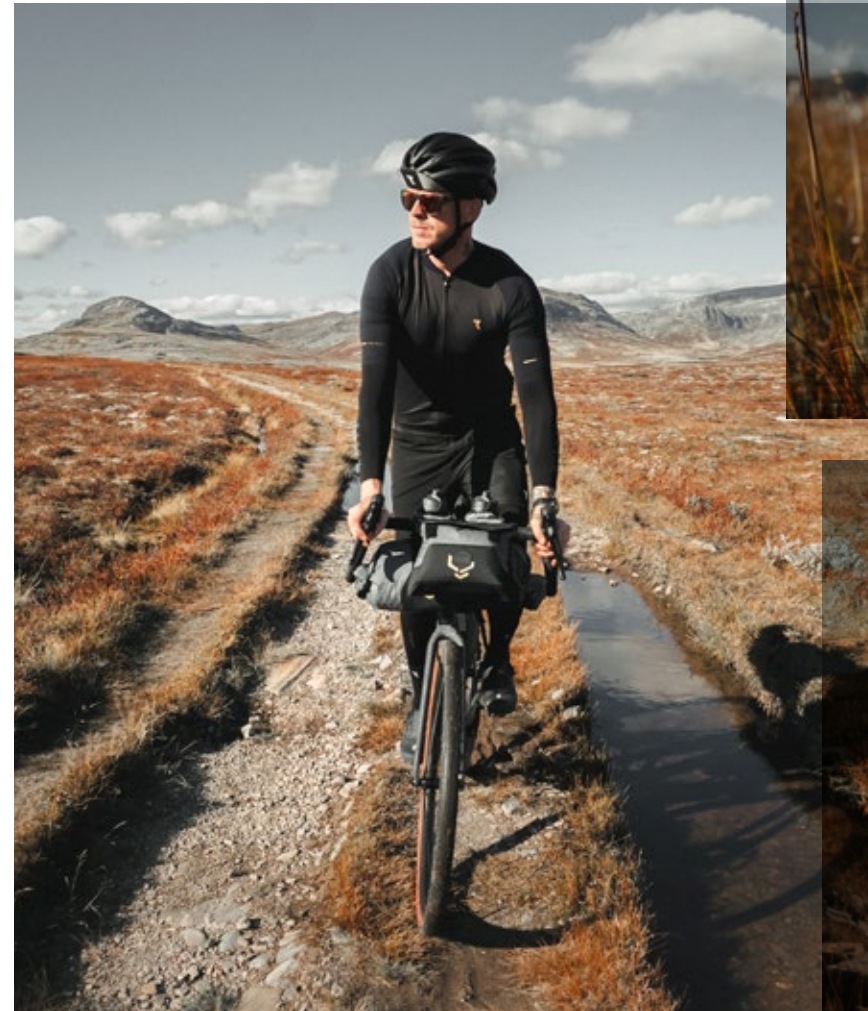








# Dust.







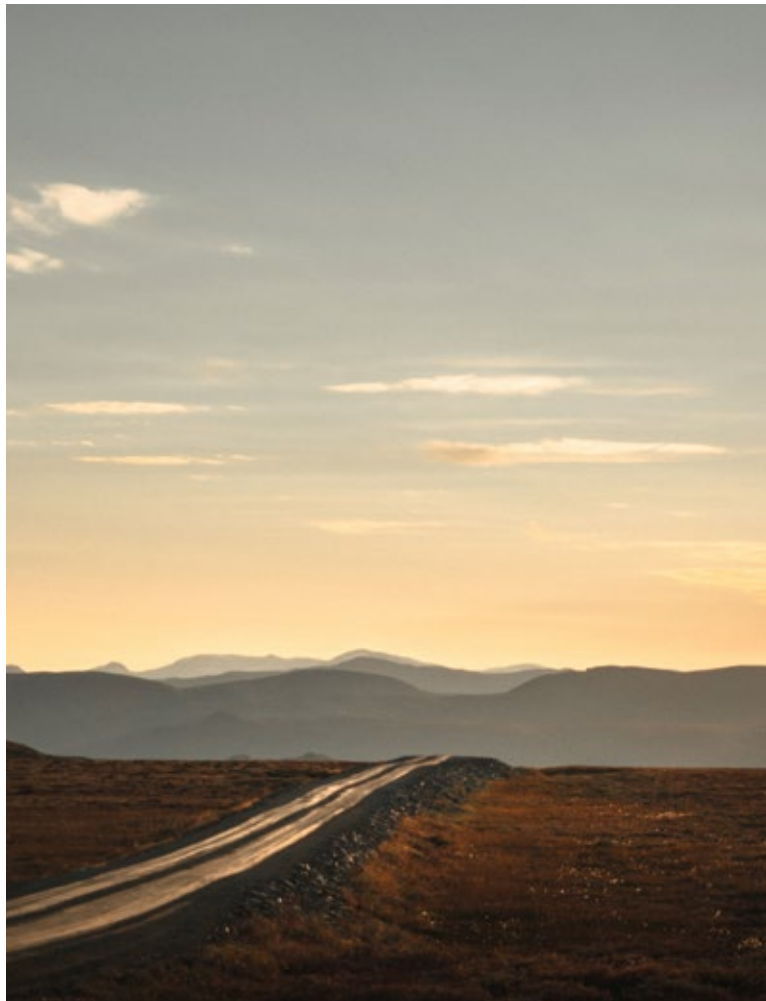














A high-angle, wide shot of a two-lane asphalt road that curves through a desolate, mountainous landscape. The terrain is covered in low-lying, brownish-orange vegetation and scattered grey rocks. The sky is a uniform, heavy grey, suggesting a thick mist or fog that obscures the distant peaks. The overall mood is one of isolation and resilience.

Grit.





*"The ability to be in the present moment is a  
major component of mental wellness.  
Each moment is all we need, not more."*

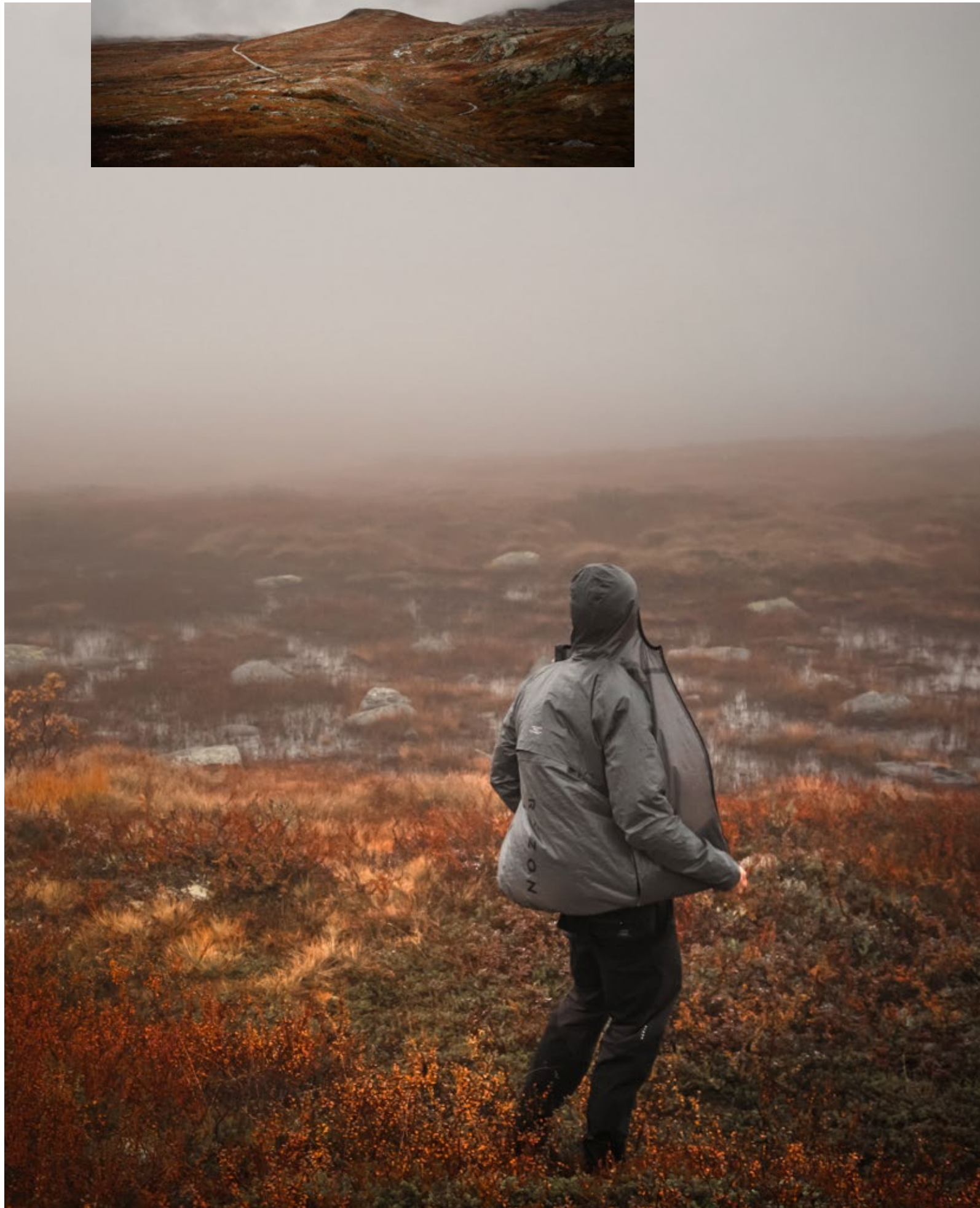


















*"Time isn't precious at all, because it is an illusion. What you perceive as precious is not time, but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time - past and future - the more you miss the Now, the most precious thing there is."*

Eckhart Tolle





















**“Dude, don't live the  
same year 90 times  
and call it a life.”**







Until the next one...