

Steps of Wonder

a Hiking Retreat with Plum Village Monastics
in Rondane, Norway

June 25th - July 3rd
Application

Plum Village

About the retreat

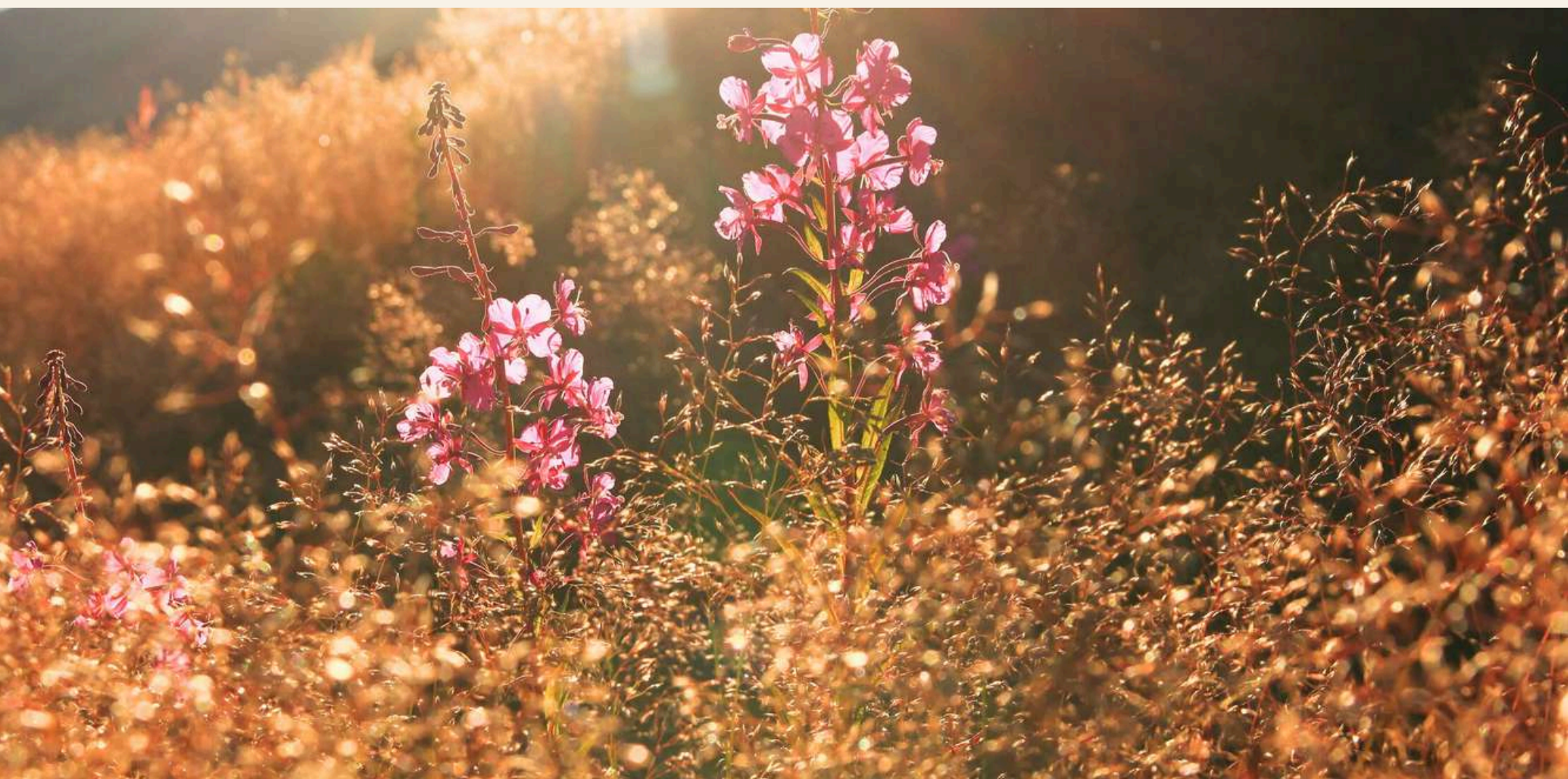
This retreat was born from a love for the incredible beauty of the Norwegian mountains and from the wish to share the mindfulness teachings of Thich Nhat Hanh in an embodied way.


We warmly invite you to join us on this 9-day hiking adventure. Moving through wide open landscapes, through changing weather and long walking days. We carry what we need and let the rhythm of walking shape our day, sharing the simple joy of spending time outdoors.

The guidance of the Plum Village monks weaves mindfulness gently into each day: through walking meditation, attentive breathing, and deep listening. Together, we form a kind of walking monastery, a temporary community where there is space to be real, to share honestly, and to support one another.

Something shifts when you walk like this for several days. The body grows stronger. The mind becomes clearer. The small worries of daily life begin to soften. What begins to emerge is a sense of connection - to the land, to each other, and to something essential within yourself.

You might notice, that somewhere along the way, you feel yourself landing more fully in your own life. A sense of alignment with what matters. A spark of aliveness that comes from walking close to the earth and close to yourself.



A scenic landscape featuring a wooden cabin on a hillside, mountains in the background, and pink flowers in the foreground. The sun is low in the sky, creating a warm, golden glow. The cabin is made of dark wood and has a corrugated metal roof. The foreground is filled with tall, thin stalks of pink flowers. The background shows rolling hills and mountains under a clear sky.

When you walk, arrive with each step.
Be fully there in the step, fully there in
the breath, fully there in the body.
In this way, walking can become
meditation, and each step can bring joy

~Thich Nhat Hanh

The Hike

We will stay in six traditional mountain cabins along the route, offering simple comfort, warmth, and hearty meals. The retreat includes a minimum of six full hiking days, with an optional seventh day for those who wish to join a summit hike.

This hike can be physically demanding and requires you to have a moderate level of endurance and stability.

We will cover approximately 88 km in total, with around 3,133 meters of ascent and 3,500 meters of descent. All practical details are taken care of, so you can fully relax into the journey and the beauty that surrounds you.

Some previous hiking experience is helpful, but it is not necessary. People of different ages enjoy hiking in these mountains and you do not need to be an expert to take part.

Please read the full [information document](#) before applying.





Rondane National Park

Rondane National Park was established in 1962 as Norway's first national park. It protects a unique mountain landscape of rounded peaks, high plateaus, and wide valleys shaped by ice and time. The park is home to one of Europe's last remaining wild reindeer populations, which have migrated across this region for 10.000 years.

The area is known for its round shaped peaks, open terrain and wide network of marked hiking trails and traditional cabins. Today, Rondane remains one of Norway's most iconic mountain regions, valued for both its natural heritage and its accessible wilderness.

The true miracle is not walking on
water or walking in air,
but simply walking on this earth.

~Thich Nhat Hanh




Who is this retreat for

The retreat may be for you:

- If you feel drawn to wide landscapes and the quiet strength of the mountains.
- If you appreciate simplicity and time away from distraction.
- If you feel nourished by being outdoors and walking for hours in remote nature.
- If you are comfortable sharing mountain cabins and living closely together for more than a week.
- If you value silence as well as genuine connection.
- If you are curious about or want to deepen your mindfulness practice in your daily life.
- If you like the idea of travelling lightly, with all that you need in a backpack.
- If you long for depth, simplicity and connection, with nature, with others and with yourself.

You do not need previous meditation experience. What matters most is openness, a reasonable level of physical readiness, and a willingness to be part of a small and caring walking community.



A vertical photograph of a mountain landscape. In the foreground, a single, vibrant flower with red and orange petals is in focus. The background shows a blurred mountain range under a clear sky.

The Journey

Silence

Parts of each day will be walked in silence so that we can listen more deeply.

Community care

We travel as a group. This means we look after one another, respect different paces and needs, and contribute to a supportive atmosphere.

Simplicity

Life on the trail is simple. We carry what we need and share cabins and meals in mindfulness.

Practice

Our main practice during this hike is mindfulness of walking and breathing. We will also practice sitting meditation, dharma sharing and singing.

Physical readiness

This is a multi-day mountain hike. A reasonable level of fitness and preparation is important so the group can move steadily and safely together.

Food

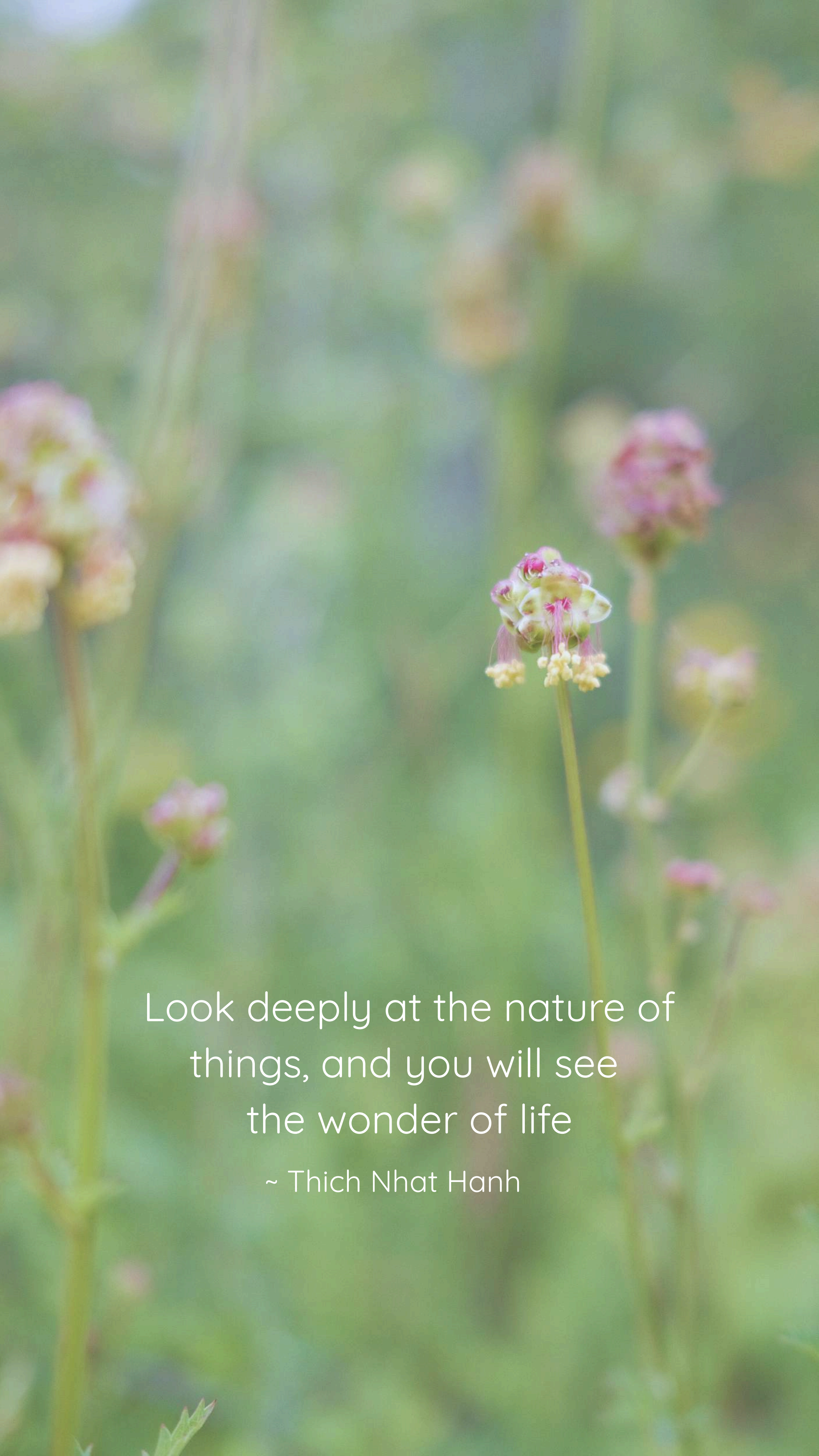
All meals are vegetarian at base, in alignment with the Plum Village tradition. Vegan food is optional.

Substances

The retreat is alcohol- and drug-free, supporting clarity and safety for everyone.

Phones

We encourage minimal phone use during the retreat. This time is an invitation to step away from digital distractions and be present with the mountains, the group, and yourself.



Look deeply at the nature of
things, and you will see
the wonder of life

~ Thich Nhat Hanh

Program

Day 1 - Arrival at Hjerkin
Fjellstue on June 25th.
Opening and welcoming circle.
Optional short hike to Snøhetta
viewpoint

Day 2 - Hike to Grimsdalshytta

Day 3 - Hike to Øvre Dørålseter

Day 4 - Hike to Bjørnhollia

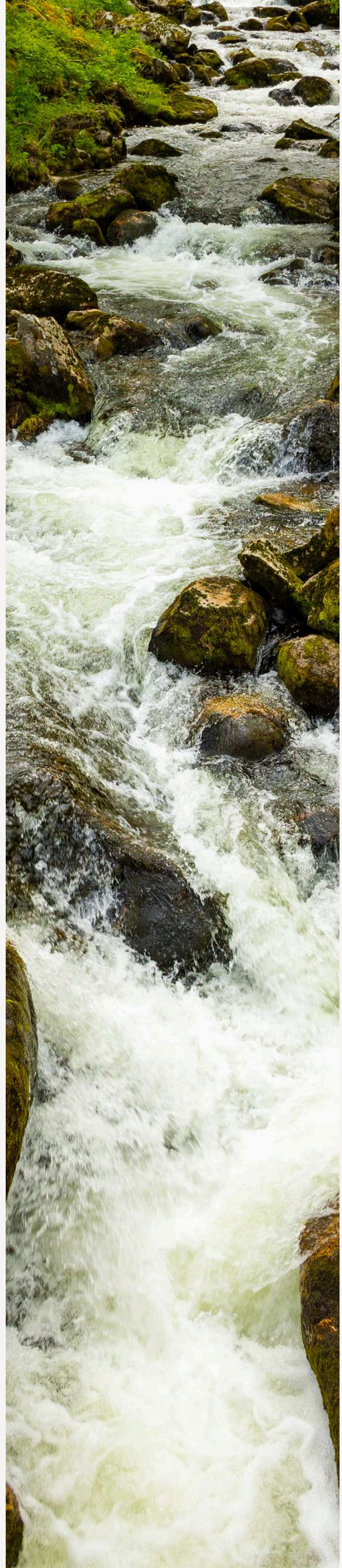
Day 5 - Rest day at Bjørnhollia

Day 6 - Hike to Rondvassbu

Day 7 - Optional summit day,
climbing Veslesmeden peak

day 8 - Hike to Brekkeseter

day 9 - Closing circle.
Departing after breakfast
on July 3rd.



Practical information

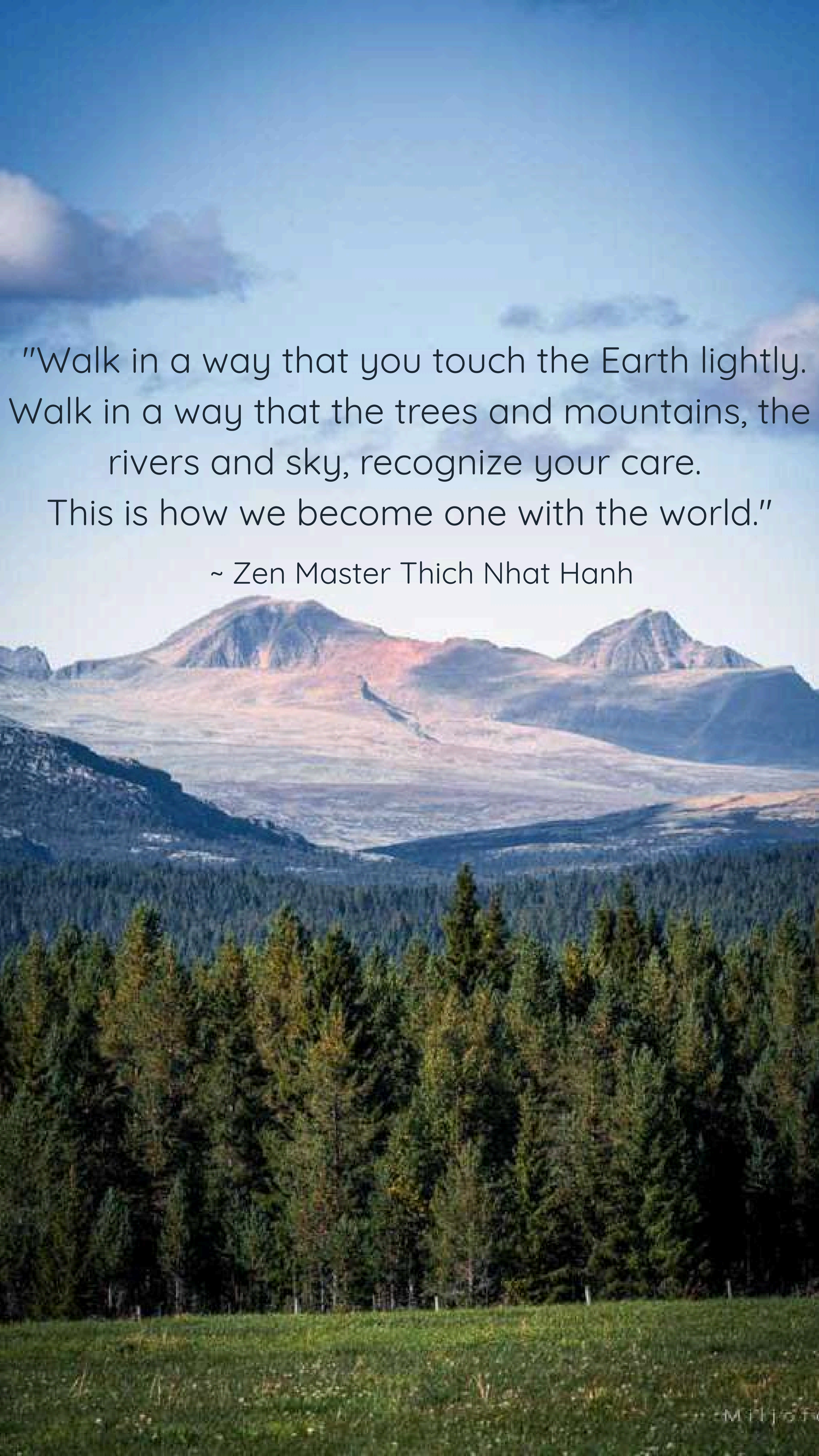
What's included

- 8 nights of accommodation, in your preferred sleeping arrangement. Either a 2-person room or in a dormitory-style room. Bathrooms are shared.
- Duvets and pillows.
- Dinner all evenings from June 25th.
- Breakfast all mornings from June 26th.
- Opportunity to prepare a packed lunch.
- One refill of a thermo flask per day (hot water/coffee/tea)
- Access to showers.
- Guidance from 3 Plum Village monastics.
- A qualified and experienced nature guide.

What's not included

- Flights to and from Norway.
- Train Tickets and (optional) taxi to Hjerkinn Fjellstue.
- Lunch on arrival day June 25th.
- DNT membership.
- Duvetcovers, pillowcovers and bedsheets at accommodations (Available for rent at each cabin for additional cost).
- Insurance coverage.
- Luggage transportation. (Can be added for extra cost on day 1 and 2)
- Bus or taxi from Brekkeseter to Otta on departure day.

[More Information here](#)



"Walk in a way that you touch the Earth lightly.
Walk in a way that the trees and mountains, the
rivers and sky, recognize your care.
This is how we become one with the world."

~ Zen Master Thich Nhat Hanh

Costs & Dana (generosity)

The participation fee depends on the type of accommodation and on your ability to support the retreat, based on your actual financial situation. You may choose between the reduced, sustaining, or supporting fee.

REDUCED: covering the essential costs of your retreat. We offer this rate to make our retreats accessible to as many as possible.

SUSTAINING: this rate fully covers your retreat costs and contributes towards monastic training and facility maintenance of Plum Village.

SUPPORTING: your generous contribution helps provide scholarships for retreats, healthcare for monastics, fund essential projects, and maintain Plum Village as a welcoming refuge for all.

All rates also contain a small contribution for essential hiking gear for the monastics.

	Reduced	Sustaining	Supporting
Shared dormitory (8-16 bed, mix gender)	€1770	€1870	€2170
Shared 2 bedroom (same-gender or couple)	€1960	€2070	€2370

Scholarship

We understand that retreat costs can be a barrier for many practitioners and hope to make this retreat accessible to those that have lower financial capacity. Depending on how many participants choose to give generously (dana), we may be able to offer a limited number of scholarship spots, of which you get a reduced price. If you feel you would need this support in order to participate, you may choose the scholarship option in the registration form.

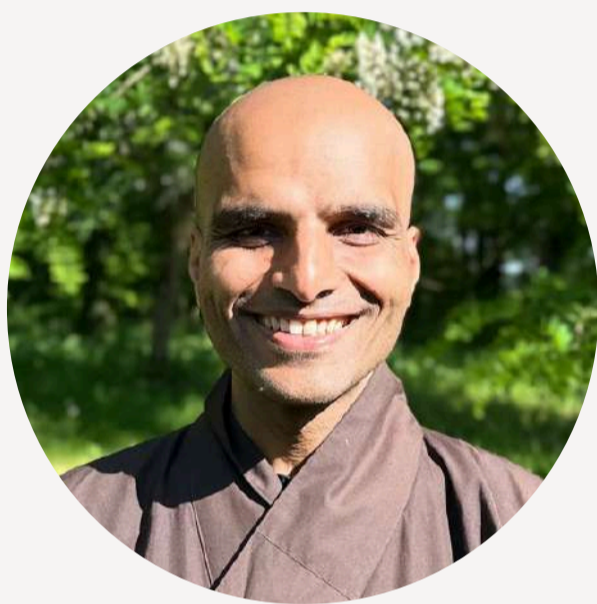
After reviewing applications we will get back to you on whether we are able to offer it.



Guides & Facilitators

Our Plum Village Monastic guides

Three brothers from Plum Village will accompany us on the journey, offering daily mindfulness practices and spiritual guidance. Their presence and teachings create a beautiful opportunity to experience walking meditation, mindful breathing, and deep listening in the spirit of peace, compassion, and joy.



Brother Bảo Tích (Br Jewel)

Brother Jewel enjoys hiking, reading and drinking tea.

Brother Đức Phổ (Br Cosmos)

Brother Cosmos finds joy in sitting meditation, walks in nature, playing music, and sharing the practice with people of all ages.



Brother Thiên Ý (Br True Mind)

Brother True Mind grew up by the Mediterranean Sea and loves hiphop beats, a room full of houseplants and the sound of ocean waves.



Guides & Facilitators

Isabelle Ehegötz - Our Nature Guide


Isabelle has guided outdoor journeys since 2016 across landscapes from New Zealand to Norway. She brings expertise in multi-day hikes and a deep love for sharing the beauty of nature with groups of all sizes.

Martine Setsaas & Maaïke Schotanus - The facilitators

Martine grew up at Brekkeseter Fjellhotell, where the hike will end. She feels a deep bond to these mountains and finds it to be a great gift to walk together through Rondane - in wonder to the miracle of life.

Maaïke has spent a lot of time in both Norway and at Plum Village the past years. To bring these worlds together, feels like a dream coming true.

They will join the whole journey, hold the overall structure of the days, take care of practical matters and will be present with a listening ear to anyone who needs.



The mountains are calling
and I must go!

~John Muir

Join us on these steps of wonder
[Apply here](#)

Phum Village