

Hærvejsvandringen 2009

A small guide to first time participators In the 37th hærvejsvandring from 5th of July to 11th of July 2009

Introduction

If you arrive to Slesvig with one of the busses from Fodslaw, you will be there early in the evening of Saturday the 4th of July. If you get to Slesvig on your own, you should be there sometime in the afternoon or evening. The accommodation place will be mentioned in the final instruction, which is send out approximately two weeks before the beginning of the walk. It is not possible to buy food Saturday evening at the accommodation place, however there is several eating places within walking distance. Are you arriving with one of the FODSLAW busses, it is possible to buy food at the border in Kruså.

The walk

Sunday morning everybody will be transported by bus from the accommodation place to SIF-Hallen, in Slesvig, where breakfast will be served, and where the walk will be opened at 7am. The distance of this day will be 49 km and ends at Grænsehallen in Kruså, where dinner will be served, and where we will accommodate for the night. The distance of the Monday tour will be 38 km and ends at Rødekro Skole. Dinner will be served at Rødekro Inn, which is located nearby. Tuesday the tour will be 48 km and ends at Jels Skole. Dinner is served at Jels Motel and Sportscenter. Wednesday we will walk 48 km, and we will end at Randbøl Kirke. From Randbøl Kirke we will be transported to Billundshallen, where we will have dinner and accommodate.

Thursday morning busses will take us back to Randbøl Kirke, and from there we will walk to Nørre Snede Skole – a distance of 46 km. Dinner is served in a tent next to the school. Friday the walk is 48 km and ends at Thorning Skole. There is dinner and blister party in Thorninghallen, which is located nearby. Saturday's walk firstly ends at Søndre Skole in Viborg – a distance of 21 km. There will be common influx through Viborg to the Town Hall, where you will receive the chain.

All the distances will be marked by FODSLAW arrows and bands, and maps containing information of resting places and sights will be handed out everyday. The distance between the resting places and opening hours will emerge from the maps as well. Apart from that a paper is published everyday, which contains practical information.

As it appears from the information above, it is fairly long day-distances. To gain from this walk and enjoy it, you should be fairly fit for long distance walking before the walk starts. It can be difficult to find a full weeks training tours, however 2-days walks of 40-50 km pre-training is recommended. If you have only been on a few walks of 20 km or less, you properly will get problems during the walk. Most participators, both new and experienced, will get tired, get sore muscles, maybe blisters or other minor injuries. Normally the injuries for well trained participators are not very big, and many returns to walk the walk again year after year.

It is different from person to person which footwear to wear on a walk of this distance. However, it is recommended to wear shoes or boots that has been broken in and which have not given any injuries or only minor injuries on long distance walks prior to the walk. Almost all of the walk will

take place on gravel roads or paved roads. Only in few occasions or on short distances moist or clayed path through the woods might appear. The footwear should therefore be suitable for hard foundations. I can recommend “Tips and tricks for long-distance walkers”, which you can find at www.fodslaw.dk.

On the walk there is joined start lead by national flags and tambourine girls every morning. The walk turns individual after approximately 0,5-1 km depending on local traffic. After that the resting places, controls and the end place scheduled in regards to walking speed between 3,5-4 km/hour and 7,5 km/hour. Every day the walk starts at 8am except for Sunday and Saturday where the walk starts at 7am. IVV cards are stamped everyday at the accommodation place, all other books are stamped in Thorning.

Food and resting places

Breakfast and dinner is inn-food, which is served partly as self-service. Food is included in the participator's fee. However, drinks for dinner are at ones owns cost and at the eating place's regular prices. Breakfast consists of coffee, tea, milk, porridge oats, brown bread, white bread and breakfast rolls. Toppings for breakfast consist of jam, liver pâté and cheese. Dinner consists of a meat dish with potatoes and salad. It is possible to get vegetarian food, if stated at the entry form.

There are 3-4 resting places every day – depending on the distance. Saturday only have 2 resting places. On the second resting place hot soup is served for free every day, and it is possible to by brown bread with warm Danish meat balls. At all the resting places drinks, lunch packages, sandwich buns, Danish pastry, sweets among other things can be bought at FODSLAW's normal prices. Between the resting areas there are places set up, where you can get water and fruit syrup with water for free.

Accommodation

Accommodation will take place in sports halls, gym halls, classrooms, common areas and hallways. You can use transportable mattresses and air mattresses as well as sleeping bags. Lounge beds cannot be used. Due to space issues single participants cannot use double air mattresses. Normally there are so many people in the rooms, that privacy is not possible during the time of the walk.

Those walkers, who have participated several times, are generally quick at securing a place to sleep, since they already know the accommodation place. Due to that special areas are reserved for first time participators. When you have arrived at the end place of the day and need to change your start card, you can get information about these areas. Everybody has to be quiet at 11pm in the sleeping areas so people can get a full night sleep if required.

The accommodation places are normally not used for the large amount of sleeping people. That can result in queues at the bathrooms especially in the morning. Therefore it might be necessary to get up earlier than calculated. It can also result in cold water in the showers. There are separated shower rooms for women and men. At the accommodation places it is possible to buy drinks, socks, t-shirts and so fort at FODSLAW prices.

Transportation of luggage

In Slesvig a bag will be given to you containing among other stuff labels with your start number on it. They are meant for your luggage (mattress, sleeping bag, extra clothes etc.). Every morning the luggage must be handed to the luggage truck. From there helpers will make sure, that the luggage is

transported to the next accommodation place. Therefore you only need to bring what you need during the day like rain clothes, spare socks and so forth on the individual walks of the week. Since you need to bring clothes for a whole week, it is recommended that you check the weather broadcast for Jutland before leaving to make sure, that the clothes you bring is compatible with the weather.

Sanitation

As prior mentioned a long distance walk like this walk can result in blisters, sore muscles and other minor injuries. There are helpers on Hærvejsvandringen, who have years of experience in walking injuries. Sanitation rooms are created at the accommodation places, which are open in the evening and in the morning. Apart from that sanitation helpers are found at all the resting places. The leader of the sanitation team is driving around on the route and can be summoned if necessary.

Remember this walk last for a whole week. Therefore there is no need to be tough and hope your blisters and other injuries will disappear on their own. It is better to get a little blister or minor injury attended to before it gets worse. Besides it is recommended to take your time, rest, enjoy the view and keep a sensible speed. Most days you have 13 hours to complete a distance of approximately 48 km. A speed of 5 km/hour or more will thereby give you at least 3 hours to rest during a day's walk.

If you are on medication, like insulin and so forth, you should speak to your physician to find out what dosages you need.

Helpers

To service the participators approximately 45 helpers are available, who are there as volunteers and will make sure that the walkers will have a great walk. The helpers come back year after year, because they like the solidarity and the mood that exists on the walk.

Ending

Hopefully, the above mentioned have not scared you away. For almost all participators the challenge, the enjoyment of being in the nature and the overall mood on the walk surpass the hardships. That makes many participators come back year after year. Out of 275-300 participators 10-15 do not complete the walk. The reasons for not completing the walk can be many different things, such as family issues unrelated to the walk, unexpected joint injuries, illness etc. Some have to give up due to lack of pre-training, which is very unfortunately, since that can easily be prevented.

Naturally we are interested in giving you a good walk and a great experience. And hopefully you will enjoy it enough to come back next year. In addition it can be mentioned that the writer of this text have participated the last 22 years and have also signed up for 2009.