



# JEcoach



## Night ultra week Norberg July 6-13, 2025



Join us for an unforgettable trip to Norberg, Sweden! This week combines adventure, culture, and the ultimate challenge: the Nordansjö Natt Ultra, where ultra runners embark on a unique 60-kilometer nighttime race under the stars. If 60 kilometers feels too ambitious, you can opt for one (or more) 12-kilometer loops to enjoy the nocturnal experience. Supporters are also warmly welcome!

This trip offers much more than just the race—whether you're an avid runner or simply looking for an inspiring getaway, there's something for everyone.

Throughout the week, we'll explore the best of the charming town of Norberg with fun excursions, cultural outings, and plenty of relaxation in tranquil Scandinavian nature.

Ready to discover Sweden in this unique way? Pack your bags, lace up your running or hiking shoes, and join us for this extraordinary adventure!

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## The ultra run

The Nordansjö Nattultra race is a unique event taking place for the first time in 2025. The main 60-kilometer race consists of 5 laps of 12 kilometers each. The route runs on gravel paths with 114 meters of elevation gain.

Since the race consists of laps, participants can decide how far they want to run, making it an excellent opportunity for less experienced ultrarunners to try a night race.

More information about the race can be found at:

<https://nordansjonattultra.se/>.



## Program

### Sunday, July 6, 2025: Arrival Day

At 6:30 PM, you will be expected at the accommodation. You'll meet your fellow travelers for the week. After a delicious evening meal, you'll receive all the information you need. In the evening, we'll take a walk in the nature reserve for those interested.

### Monday, July 7, 2025: Exploring Norberg



Today, we will walk to the center of Norberg, where you can see various historical buildings. How about the small huts at Nya Lapphyttan that transport you back to the Middle Ages?

We will also visit Elsa Anderson's konditori, a bakery renowned across Sweden for its delicious pastries.



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## Tuesday, July 8, 2025: Introduction to orienteering



Orienteering is a popular sport in Sweden, with clubs in almost every village. It's a challenging activity where the goal is to navigate through checkpoints as quickly as possible using a map and compass, even venturing off trails through forests.

In the morning, you'll get a workshop on map and compass skills.

In the afternoon, you can practice finding checkpoints in the surrounding area.

## Wednesday, July 9, 2025: Course exploration



Today, we will explore the course with a 12-kilometer run or walk, giving you a sense of how beautiful and challenging (or easy 😊) the Nordansjö Ultra course is.

In the afternoon, we will spend time on and near the water. We will paddle on Lake Gäsen using SUPs, canoes, or a mega-SUP (which holds about 8 people) to reach an island. There, we will grill marshmallows at a fire pit.

## Thursday, July 10, 2025:



We'll go on an excursion to Ängelsberg to visit the Engelsberg Ironworks, a UNESCO World Heritage Site. In the 18th and 19th centuries, this was one of Europe's most modern ironworks. You can visit the museum or stroll through the sculpture park.

We'll have lunch in the great outdoors.

In the afternoon, we'll visit Hälleskogsbrännan Nature Reserve, an area devastated by a fire in 2014. Here, you can observe how nature recovers and life returns

after such an event.





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## Friday, July 11, 2025: Preparation day



Today is all about preparation. Take it easy and rest your feet. You can relax by the lake, read a book, swim, paddle on the lake, bike, or simply do nothing to prepare for the upcoming night.

## Saturday, July 12, 2025: Nordansjö natt ultra



At exactly 12:00 AM, the Nordansjö Nattultra race will begin. You'll likely only run a short time in the dark as dawn arrives early. By early morning, you'll cross the finish line, tired but satisfied.

Spend the day recovering from your achievement. Perhaps treat yourself to a pastry at Elsa's konditori and bid farewell to the charming village of Norberg.

## Sunday, July 13, 2025: Departure day

After a week of enjoying the Swedish summer, it's time to head home after breakfast and a farewell fika. If you're traveling via Stockholm, you can extend your trip with a city visit.

## Destination

The trip takes place near Norberg, a charming village in the Bergslagen region, characterized by its varied natural landscapes of forests and lakes and cultural landmarks linked to its mining history.





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## Preparation

Want to prepare thoroughly for this ultra? Contact Jacomina (JE Coach) for a training plan for €75, including running and strength training schedules tailored to help you reach the starting line in optimal condition. Plans are available for beginners aiming for one lap and experienced runners targeting the full ultra distance.

For personalized coaching, contact Jacomina to discuss options. She has years of experience coaching endurance athletes and has completed ultra races like the Trans Alpine Run and the UTMB in Chamonix.

## Guidance

The trip will be guided by Jacomina Eijkelboom and Katja Kleinveld.



Jacomina loves ultra challenges and has completed numerous ultra runs and triathlons, including the Arch-2-Arc from London to Paris, which required swimming across the English Channel.

Last winter, she spent 10 weeks in Sweden completing a 1,300-kilometer ski tour.

Learn more about Jacomina at [www.jacomina-ultra-athlete.nl](http://www.jacomina-ultra-athlete.nl).



Katja is an enthusiastic outdoor adventurer and nature lover. Having lived in Norberg for several years, she knows the region inside out and loves sharing its secrets.

Be warned: she's known for turning even a seemingly dull walk into an adventure!

Learn more about Katja at [www.katjakleinveld.nl](http://www.katjakleinveld.nl) or [www.upptackk.se](http://www.upptackk.se).



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## Accommodation



The spacious house we've rented is located just outside the village, on the edge of a nature reserve overlooking Lake Noren. You can step directly from the backyard into the forest.

The house features 5 bedrooms (single, double, and triple rooms) with 3 shared toilets and 2 showers.

There's also a large kitchen where we can cook together. For more privacy, you can camp in your own tent.

## Getting there

Norberg is easily accessible from the Netherlands by train. Within 24 hours, you can travel from central Netherlands to Avesta Krylbo. From there, it's a 30-minute bus ride to Norberg. From Arlanda Airport, you can take a direct train to Avesta Krylbo in 1 hour and 15 minutes. Alternatively, you can rent a car at the airport and drive to Norberg in about 2 hours. If traveling by car, the journey from Utrecht is less than 950 kilometers if you take the Kiel-Göteborg ferry route.

## Prices

€ 895,- For bookings until February 28th, 2025

€ 995,- For bookings from March 1st, 2025

Single room supplement € 175,-

### Price includes:

- 7 nights' accommodation in shared rooms. Solo travelers will be paired with someone of the same gender unless they book a single room or choose to camp.
- Breakfast, lunch, and dinner from dinner on arrival day to breakfast on departure day, including coffee/tea.
- Use of bedding and towels.
- Online preparation meeting.
- Full program with guidance by experienced guides Jacomina and Katja in a small group (4-12 participants).
- Registration fee for Nordansjö Nattultra.
- Mediation costs.

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## Price excludes:

- Travel expenses to/from Norberg.
- Activities and transportation on preparation day.
- Training plan (€75) or coaching package (contact Jacomina for pricing).
- Drinks (other than coffee, tea, and water).
- Travel and cancellation insurance.

The trip will proceed with a minimum of 4 participants and a maximum of 12.

## FAQs

### ***Who is this trip suitable for?***

This trip is for adults over 18 with a basic fitness level. We'll take day trips that include walking. If you plan to participate in the night ultra, it's advisable to work on your running fitness, which Jacomina (JE Coach) can assist with.

### ***Can I join the trip without participating in the Nattultra?***

Yes, you can join without competing. You can also choose to run or walk a single 12-kilometer lap of the race.

### ***Is there time for personal activities?***

Yes, the program allows for free time, and you don't have to participate in every group activity.

### ***What's the weather like in July?***

Norberg has a continental climate with drier, sunnier summers and pleasant temperatures (20–25 °C), ideal for a holiday.

### ***What about mosquitoes?***

Mosquito activity varies greatly depending on weather and location. Often, they aren't an issue, and if they are, there are plenty of ways to manage them.

For more questions or to register, email: [jaco\\_mina@yahoo.com](mailto:jaco_mina@yahoo.com) or [katja@upptackk.se](mailto:katja@upptackk.se)