

Day 4: 26. February

We got to school at 8:00 am. We took the bus to Junceda – Gerês. We took an hour and a half to get there. Before training we stopped to take a look at the lake. When we arrived there, we changed clothes and made pairs for the trainings. We walked to the start, where Tomás explained what the training would be like. (Thanks for the training). Then we warmed up and discovered the bushes. The training consisted in one person doing the course while the other one walked to the next start through the path, and then switching places. (Look at the map). Girls started at the mass start (and some boys played the “girl” role). While we were going up, the pairs started spreading out and at the top there was a “re-mass start” for the boys. Some pairs did all the controls and others turned around earlier. It was a difficult but fun and social training. The weather was really nice, maybe a little too nice since all the Norwegian got sunburnt. After the training we changed clothes, ate lunch, which we brought from home, and drank tons of water. Afterwards we took the bus and relaxed for three hours. After those three hours we started the trekking at “Fenda da Calcedónia”. We walked for some kilometres before we started to climb the rocks. It was a hard but really fun and adventurous. The view at the top was really nice and we took the time to take some pictures. Some boys climbed even higher, to the top, but the rest of the group just stayed in a lower place, in safety. Then we went back to the bus and went to the place where we would sleep, Pousada da Juventude. In each room there was four students, we showered and got ready for a team meeting. At the team meeting we drew the map for Thursday’s training. The outcome of the maps was not that good, I guess we were not born to be artists. At eight we went straight to the restaurant and got soup, rice with beans, and different types of meat. We ate dessert and then went to sleep. It was a fun day with an exciting training, nice weather and a challenging trekking.

