



Travel Guide

THE GREAT EXHALE

Retreat

Welcome

Welcome, beautiful soul.

If you're considering flying in to join us for the Great Exhale Retreat, first of all: thank you. This space has been created with deep intention, and your presence is part of the magic.

To make your journey feel as easeful, grounded, and peaceful as possible, here are some travel tips, hotel recommendations, and local insights to help you prepare.

*Held by the forest.
Guided by your heart.*



Travel Options

Flying In: Oslo Gardermoen Airport (OSL) This is Norway's main international airport. If you arrive a day or more before the retreats starts and need recommendations on where to stay:

Option 1: Oslo (the capital)

If you want museums, restaurants, and a big-city experience, Oslo is south of the airport, it's vibrant but busier. It's not in the direction of the retreat, so it's a detour. Still doable, especially if you're extending your trip.

Option 2: Hamar (recommended)

Just north of the airport and directly on the way to the retreat, Hamar is a small, cozy town that's easy to navigate, peaceful, and perfect for soft landings or integration days.

Your Recommended Route

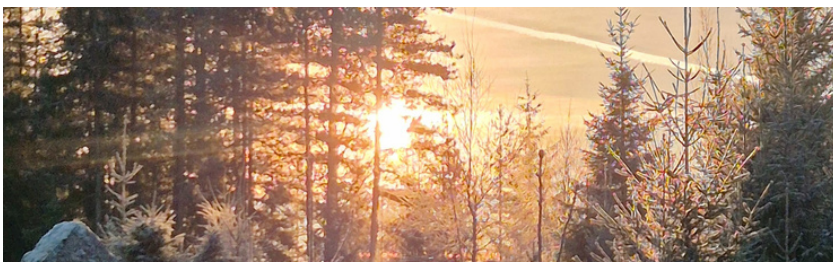
- At Oslo Gardermoen Airport, follow signs to the train station located inside the terminal.
- Take the direct train to Hamar Station (approx. 1 hr 15 mins).
- Download the Entur app (App Store or Google Play) to check schedules, book tickets, or receive live updates.

Driving to the Retreat?

If you're arriving by car, you can head directly to the retreat center.

Here's the address to use in Google Maps or your GPS:

Sørsætervegen 151, 2412 Sørskogbygda



Where to stay in Hamar

We recommend: ✨ Hotel Astoria – A charming, walkable hotel just a 2–3 minute stroll from the train station. [Book here](#)

From here, you're steps away from:

- A car-free shopping street with cozy cafés and local stores
- A peaceful walking path beside the lake
- Historic buildings and cultural spots

This is a gentle, beautiful place to arrive early or stay after the retreat before flying home.

Getting to the retreat

Our pickup point is in Elverum, about 30 minutes from Hamar. The retreat center arranges pickup from Elverum train station to the retreat site (deep in the forest, with no public transport or walking path in winter).

Pickup Booking Details:

- The pickup is an additional service provided by the retreat center (not Gro).
- It's best if it's booked when you register for your room (additional box to tick on the booking page) on their website, <https://www.sosetra.no/en>
- The cost is 200 NOK (approx. €20).
- Please ensure this is booked at least two weeks before the retreat so they can arrange the correct size vehicle.

💡 If you need transport but accidentally miss this option when booking you will need to contact the retreat centre directly as soon as possible to arrange it. E-mail: admin@sosetra.no

Retreat start and finish times

The retreat officially begins at 5pm on Tuesday 16th February (arrival from 4pm) when we shall meet to open the group field before our first evening meal together at 6pm. We will finish at 2pm on Saturday 20th February after our final fabulous lunch together.

We kindly request that your travel arrangements allow for arriving and leaving during the allotted timeframe to minimise disruption and maintain the group field.

That may necessitate arriving and / or departing the day before and / or after the retreat dates depending on available flights. If this is the case for you then enjoy the extra time that your nervous system is receiving for integration and recalibration.

There will be a single pick up time from Elverum station on 16th February to allow for arrival before 5pm. Likely to be 4pm (to be confirmed with the retreat venue).

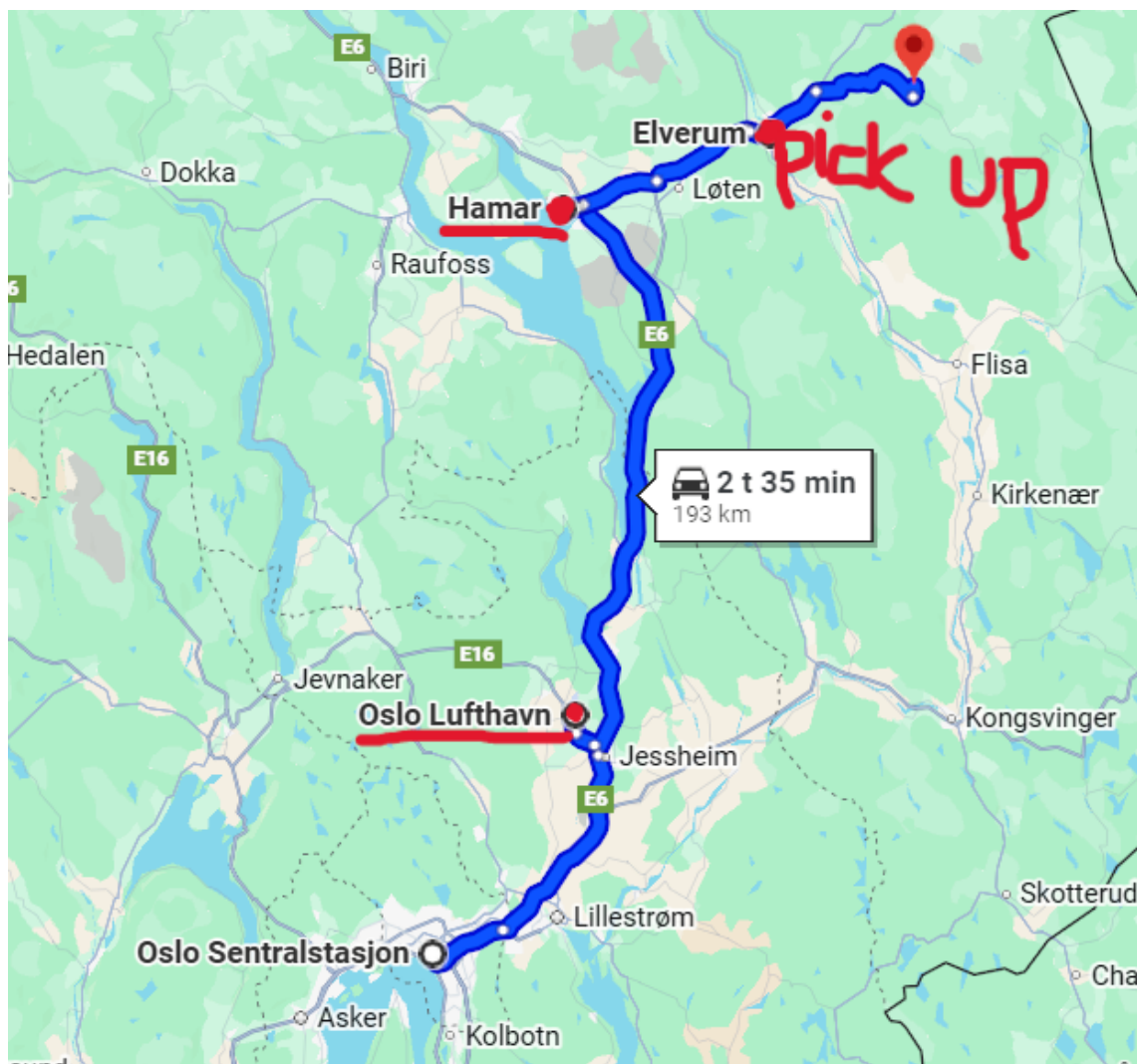
There are buses from Oslo airport that take approx 1 hour 15mins to get to Elverum station. You can use the EnTur app (link below) to check departure times.

Links and Maps

Helpful Links

- [Entur Train App](#)
- [Hotel Astoria Hamar](#)

I've created a visual overview, a custom Google Map, showing key points: the airport, Oslo, Hamar, and the retreat location in Elverum. (2 Hours and 35 minutes is the time it takes to drive by car the full distance from Oslo City to the Retreat Center.)





THANK YOU

For opening this guide and feeling into the journey that awaits.

Whether your heart is already whispering yes, or you're still exploring if this is the right retreat for you, know that your presence here means something.

I hope this has given you a sense of the peace, beauty, and nourishment that the Great Exhale Retreat holds.

If you have any questions or need support while planning, don't hesitate to reach out.

You can email me at gro@grotilperle.no - I'd love to connect.

And if the timing, place, and energy align...
We would be honoured to welcome you in person.

Warm love,

Gro & Claire