



20–22 march 2026 Norway

**Matsubayashi Gashuku –
30th Anniversary Invitation**

We are pleased to invite you to a social training weekend in Valdres, Fagernes. This will be a weekend of great training, friendship and celebration.

PROGRAM

Friday:

Arrival. Public bus from Oslo Airport ca 3 hours, accommodation Fagernes Hotel or Cabins on Fagernes Camping.

Saturday:

Training sessions 09:00–16:00 in Valdreshallen.
Lunch local food, training, demonstration.
Ice bath (optional), sauna, and at 19:00 celebration with 3 course dinner with local food by Fjordkafeen.

Sunday:

Training 09:30–11:15, goodbye and departure to Oslo airport with public transport.

PRACTICAL INFO

BUS TRANSPORT

Friday Bus transport Airport/Oslo–Fagernes

Direct from Airport to Fagernes (VY450): 16:45
Other times from Oslo Central Station (NW150):

09:00, 14:30, 16:15

From airport to Oslo Central station it is train, flytoget.no

**Registration before
January 15, 2026**

Fee

EUR 40, Training

EUR 50, Dinner

Total EUR 90,-

**Registration is
payment:**

Bank info

IBAN

NO 0321353023206

Bank

SpareBank 1 Hallingdal Valdres

Address: P.O.Box 173, 3571 Ål

BIC/SWIFT-code: SPTRNO22

**Add your name to your
payment and send mail**

with receipt to

Nicolay@mac.com

WELCOME!



Sunday Bus transport Fagernes–Airport/Oslo

Direct from Fagernes to Airport: (VY450) 11:45 (arrival 15:00)

Fagernes to Oslo : 11:15, 14:15, 17:15 ca 3 hours, pluss

Flytoget.no from Oslo Central station to the Airport (ca 20 min), departure every 10 min

Bus VY450: **www.vy.no** (price EUR 30–60,-)

Bus NW150: **www.nor-way.no** (price EUR 30–60,-)

Train between airport and Oslo Central Station: **Flytoget.no** (ca EUR 22)

ACCOMODATION

Scandic Fagernes hotel:

Doubleroom ca NOK 1390,- (EUR 120) pr. night inkl. Breakfast

Singleroom NOK 1090,- (EUR 95) pr. night inkl. Breakfast

Recomend to book online via <https://www.scandichotels.com>

Fagernes Camping:

Cabins, different size with and without bathroom, from

NOK 1590,- (EUR 140) for the weekend for 2–4 persons,

See webpage. <https://www.fagernescamping.no>

Prices and schedules are subject to change.

EXTEND YOUR STAY?

If you plan to extend your stay, possibly with family or friends,

you are welcome to join our regular training on Monday,

Wednesday, or Friday before or after the event.

Contact us for help with accommodation or local information.

For more info, see www.osil.no/karate

CONTACT INFO

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www.osil.no/karate





MAP OF THE AREA

