

US Journalist Survives Six Days in Norwegian Wilderness

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A 38-year-old American journalist, Alec Luhn from Wisconsin, survived six days stranded in Norway's Folgefonna National Park after a solo hiking trip turned life-threatening. Luhn, who reports on international issues, set out in late July for a four-day trek across the glacier-covered terrain in southwest Norway.

The hike became perilous when Luhn slipped on a mountain ridge, tumbling down a cliff and sustaining a broken femur. Without a phone, limited food, or running water, he had to rely on survival skills to stay alive. He collected rainwater for hydration, ate small amounts of vegetation, and created a temporary shelter using his tent and rain jacket. In extreme necessity, he also drank his own urine to maintain fluid intake.

Authorities began a search after Luhn did not return for a scheduled flight on August 4. His wife, Veronika Silchenko, reported him missing, prompting Norwegian search and rescue teams to mobilize quickly. On August 6, Luhn was located and airlifted to Haukeland University Hospital in Bergen. He is currently recovering from his injuries, which also include frostbite.

Luhn described the experience as “surreal,” recalling the mental strain of isolation in harsh conditions. “I remember thinking, ‘This is really bad. This is the start of the disaster movie,’” he said. “This is that moment where everything goes really, really wrong.” His ordeal highlights the unpredictable dangers of remote solo hikes, even for experienced outdoors enthusiasts.

Norwegian authorities emphasized the importance of preparation and communication when hiking in remote areas. Luhn’s survival underscores both the risks and the potential for endurance under extreme conditions, as well as the critical role of rapid response from trained rescue teams.

The incident has drawn international attention, with experts noting that hikers in glacial and mountainous regions should carry communication devices, inform contacts of their route, and equip themselves with proper survival gear. Luhn’s story serves as a cautionary tale for solo adventurers, illustrating how quick thinking, resilience, and effective rescue operations can make the difference between life and death.

Luhn continues to recover under medical supervision and has expressed gratitude for the swift actions of the Norwegian search and rescue teams. The case remains a compelling example of human endurance and the challenges of navigating extreme wilderness environments safely.