The first Eurorando-trip at Zealand in Denmark took place 7. October north of Gyrstinge lake. Eurorando theme is energy, and today's trip theme was the burning off of energy in the form of calories.

An easy basic formula says that you burn the calories of which corresponds to one's weight pr walked km. So someone at 75 kg burns 75 calories per. passed kilometers. We were 14 people with an average weight of 75 kilograms that walked 17 km. So we burned 1,275 calories each and 17,850 in total. The daily intake of calories for an adult male is generally around 3,000.

As one participant said afterwards: "Now one can in good conscience pass by the bakery on the way home and buy a big cream cake".