

Alpine Skills Course

~ Jotunheimen, Norway ~

Sunday 28th of June - Saturday the 4th of July 2020

This is a skills course for anyone who wishes to set foot on a glacier as part of their mountain walking or alpine climbing activities. Often people underestimate the skills required for safe glacier travel until it is too late. This course is a solid foundation for glacier and mountain travel in an alpine setting and covers all the skills needed.

Besides crevasse rescue techniques, the course covers knots, rope techniques and gear placement, abseiling, use of ice axe and crampons, snow and ice anchors, navigation, route choice, and alpine dangers. Participants will gain a solid fundament for making summit ascents on their own accord.

Norway is the country in the world with the greatest traditions for glacier travel, with tourists being guided onto the Jostedalsglacier (the largest glacier in Europe) in the 1820's. The first known English tourists visiting the glaciated mountains of Norway were John Campbell in 1860 and later William Slingsby. Slingsby pioneered many new routes and first ascents, especially in Jotunheimen. One of his famous quotes is that *"Snowcraft is still the highest branch of mountaineering"* and this is quite true even today. The first official glacier guides were certified in Norway in 1890 and the country's training and standards reflect over 100 years of experience.



The course programme for the week (weather permitting) is described briefly below:



Saturday evening	- Optional arrival, establish camp.
Sunday	- Welcoming session, general planning of ascents. - Equipment check, navigation to Langeskavltinden (12km, 750m asc). - Evening session on knots and tying-in.
Monday	- Use of ice axe and crampons, self-arrest, snow anchors. - Glacier trip to Mjølkedalspiggan and Sagi (16km, 900m asc). - Evening session on crevasse rescue on a dry glacier, use of ice screws.
Tuesday	- Crevasse rescue on ice and travel in complex terrain on Falkbreen. - Evening session on crevasse rescue on a wet glacier, prusik climbing
Wednesday	- Rope techniques on easier ground, placing gear on rock. - Ridge traverse of Uranostinden (14km, 1000m asc). - Evening session on abseil techniques.
Thursday	- Training of all-round skills on an ascent. - Falketind via Falkbreen and the route of 1 st ascent (10km, 800m asc). - Evening session on alpine dangers.
Friday	- Training of all-round skills on an ascent. - Traverse of Stølsnostinden via Stølsnosbreen (14km, 900m asc). - Evening course wrap-up and evaluation.
Saturday	- Departure after breakfast.

We will be based in tents close to our vehicles at the road head in Koldedalen in south Jotunheimen, 1250 metres above sea level (map reference MP551054). This means that we will be isolated in the mountains with regard to shops etc. and will need to be self-sufficient for the week. However, it is possible to visit the lodge at Fondsbu which lies 10 km away on the road. Participants must have a reasonable level of fitness and experience of mountain walking and wild camping. The required clothing and equipment is described on the attached list. Technical equipment can be borrowed. Even though the course is during the summer months, the conditions will be typical to these mountains meaning we can experience hot sunshine, wind, rain, snow showers and frosts.

The course price is £400/€440 (£290/€310 for students) per person which includes guiding/instruction. The price does not include transport to/from Jotunheimen or food/drink. For those travelling by public transport, there are busses to Fondsbu from Oslo and Gardermoen. Upon booking a deposit of £120/€130 is payable. See the terms and conditions on the website. If you have any questions, or would like to book a place, then contact me via e-mail guide@mountain-environment.com or call/text me on (+45) 20 61 29 24.



Clothing & equipment list

Clothing

- Walking socks (preferably 2-3 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- T-shirts (long & short sleeved, lightweight wicking)
- Thermal long johns
- Fleece top/jacket or similar
- Fibre or down jacket (recommended)
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Woolly hat
- Gloves (minimum 2 pairs, preferably wind and waterproof)
- Neck gaiter and/or a balaclava
- Walking boots (minimum B1 for crampon compatibility)
- Ordinary underwear, clothing and shoes for travel and evenings

Equipment

- Duffle bag to transport your gear
- Rucksack (with plastic bag liner and/or rain cover, 45-55 litre)
- Headtorch with extra batteries
- Sunglasses
- Drinking system or water bottle (≥ 0.75 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit including lip balm, sun cream, Compeed, painkillers etc.
- Piece of sleeping mat to sit on while on the hill
- Altimeter or GPS (optional)
- Compass

- Mountain tent (participants can get together and share tents)
- Sleeping mat (ideally cheap foam mat with inflatable mattress on top)
- Sleeping bag with optional liner
- Pillow
- Cup, bowl and cutlery
- Cooking gear with gas such as a Trangia set (participants can get together and share cooking gear)
- Food and drink (participants can get together and share cooking)

- ✕ Crampons (minimum C1, in protective bag)
- ✕ An ice axe (walking axe, typically 58/66cm, slightly bent shaft OK)
- ✕ Helmet
- ✕ A sit harness
- ✕ A chest harness
- ✕ A belay device and screw gate karabiner (*other karabiners, slings, prusiks, ice screws etc. will be supplied*)

Other

- | | |
|---|--|
| <input type="checkbox"/> Passport | <input type="checkbox"/> Travel tickets |
| <input type="checkbox"/> Travel insurance information | <input type="checkbox"/> Norwegian kroner |
| <input type="checkbox"/> Credit card | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Mobile phone with car charger |
| <input type="checkbox"/> Toiletries and travel towel | <input type="checkbox"/> A reading book |

Notes

- Waterproof map excerpts are supplied as part of the course.
- Technical equipment marked ✕ can be borrowed. Let me know your requirements in good time.

Booking form

Trip/course title: **Alpine Skills Course ~ Jotunheimen, Norway ~**

Dates: **28th of June - 4th of July 2020**

Please fill out the form with block capitals.

Full name (as stated in passport):	Date of birth (dd/mm/yy):
Address:	Nationality:
E-mail:	Telephone mobile (with international code):
Special dietary requirements:	
Handicap, illness or use of any prescribed medicine:	
Next of kin (name, address, telephone number & relation):	
Travel insurance details (company name, policy number & emergency contact telephone number):	
I have read, understood and accept the terms & conditions (signature):	Date (dd/mm/yy):

The following information is for the purpose of allocating the appropriate sized technical kit should this be required. If you answer NO in the right hand column, then fill out any required client information (such as boot size etc.).

Equipment	Information required	Client information	I will bring my own (circle your answer)
Crampons	Boot size (state which country sizing system)		No Yes
	Boot-crampon compatibility (B1/B2/B3)		
Ice axe	Distance floor to mid-palm when standing upright with arms by side	cm	No Yes
Helmet	Head size around forehead	cm	No Yes

This page should be filled out then scanned or photographed with a mobile phone and returned by e-mail.