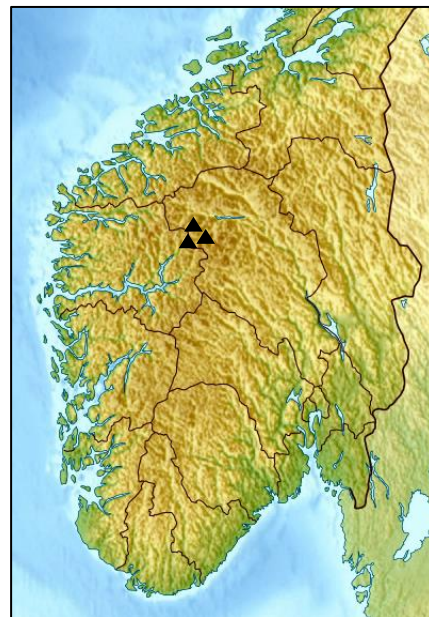


Ascents in the Gjende Alps

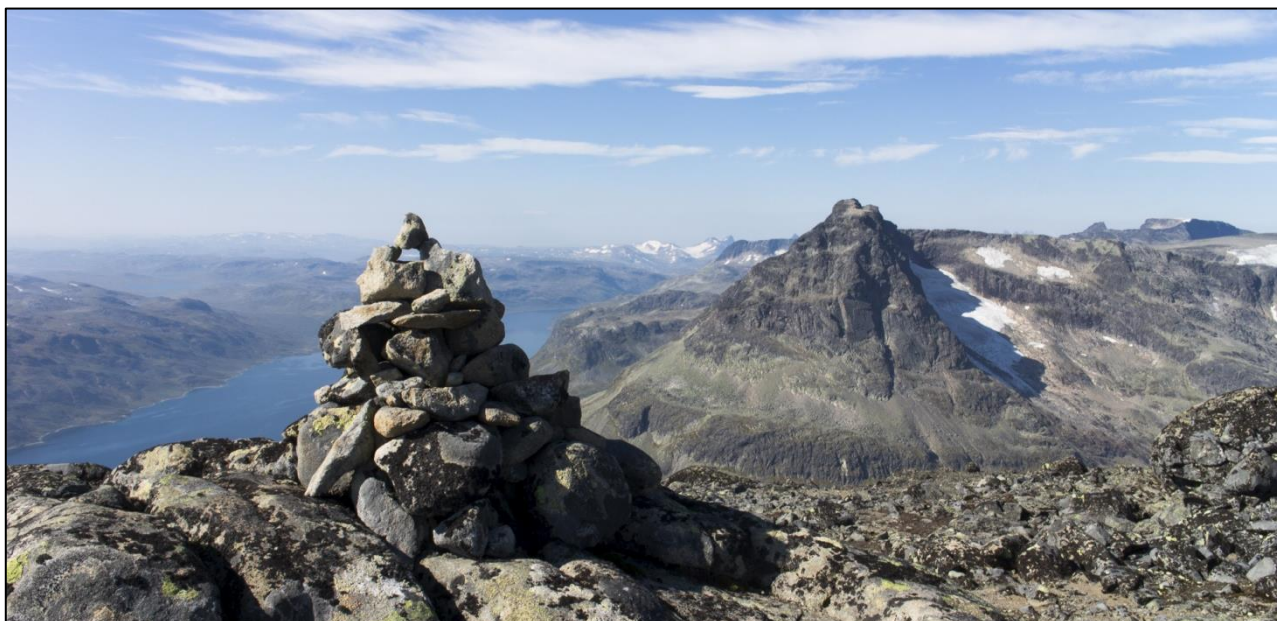
~ Norway ~

Saturday the 4th to Saturday the 11th of July 2020

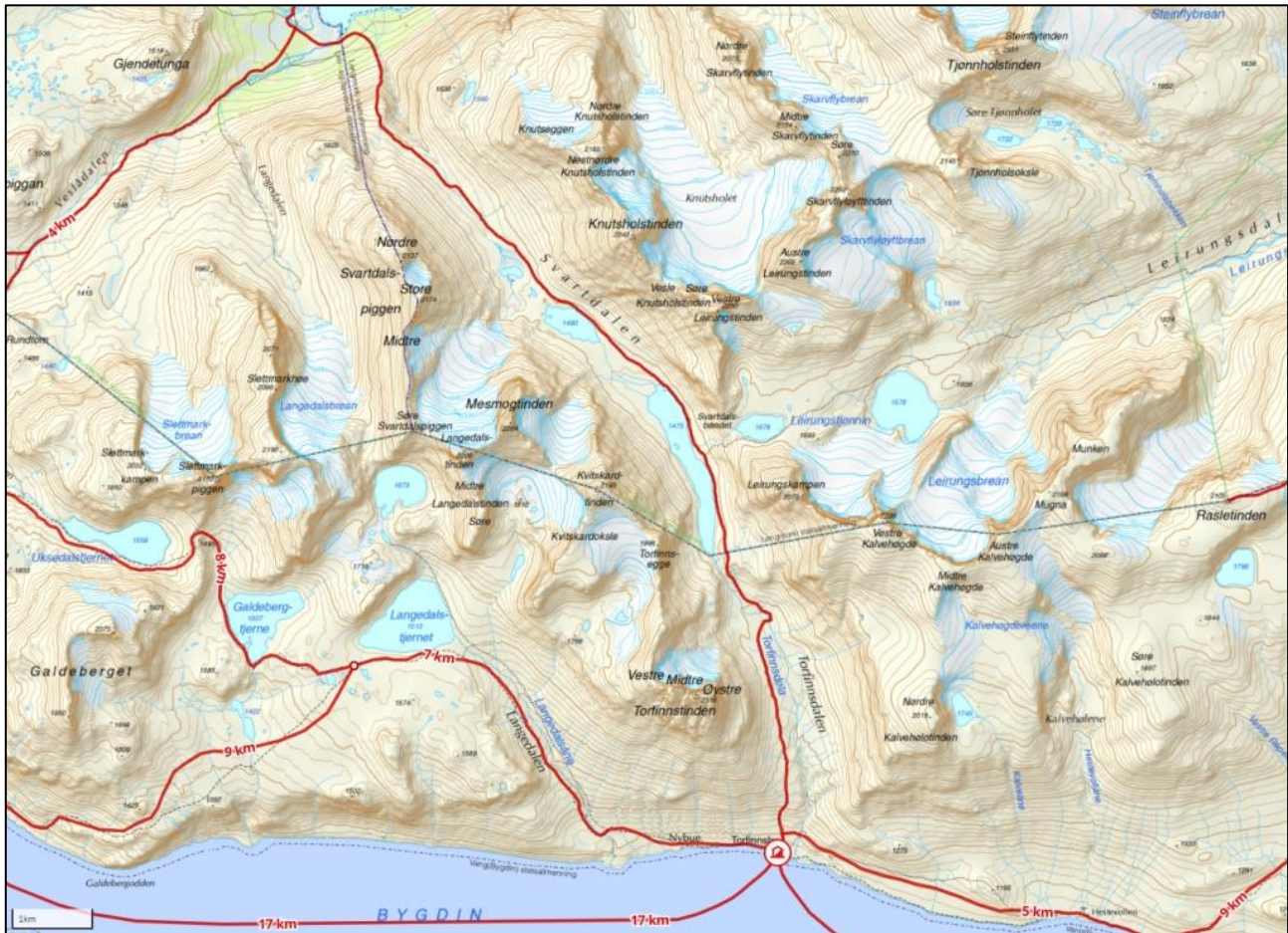
The Gjende Alps lie in the south east corner of the Jotunheimen National Park between the vast lakes of Gjende and Bygdin. The range includes some of the most rugged terrain in the area and 18 true summits over 2000m. During the week, we will make ascents of a number of these peaks where some include glacier travel and traverses of exciting ridge lines. Daylight will be in our favour with the days being 19 hours long. Throughout the week, it will also be possible for participants to gain or refresh some alpine mountain skills including navigation, route planning, glacier travel, ropework and alpine hazards. Our accommodation will be shared between mountain huts and tents.



Each of the six active days will include up to 20km of mountain walking and up to 1400m of ascent and descent. Therefore participants must be quite fit and should have experience of mountain walking in rugged terrain in summer conditions and wild camping.



Each day will typically follow the routine where we have breakfast and prepare a packed lunch before enjoying a day on foot in the mountains. Each evening, we will make dinner together before relaxing and charging our batteries for the next day. The necessary clothing and equipment is shown on the attached list. I can give advice if you are planning to buy kit for the trip.



The trip costs £710 / €770 / \$890 per person. Members of the Norwegian Tourist Association DNT achieve a discount of £60 / €65 / \$75 per person. The price covers all expenses after meeting up at Torfinnsbu mountain hut (ferry connections from Fondsbu and Bygdin to which there are bus connections from Oslo) including; accommodation in mountain huts and in tents, all food and drink and guiding. I will travel to Torfinnsbu from Fondsbu by ferry on the 4th and return on the 11th. Ferry information can be found here <https://jvb.no/en/m-b-bitihorn-2/timetable-and-tickets/>. To book a place please return the booking form attached. Upon receipt of your form, information will be sent to you regarding payment of a deposit of £180 / €195 / \$225. Once your deposit is received then your place on the trip is secured. See the terms and conditions on the website. The remaining balance is due 8 weeks prior to departure. If you would like to hear more about the trip, or would like to book a place, then contact me via e-mail guide@mountain-environment.com or call me on +45 20 61 29 24 (please leave a message if I don't pick up).

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 and painkillers
- Piece of sleeping mat to sit on while on the hill
- Altimeter or GPS (optional)
- Compass

- 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)

- ✕ Mountain tent (participants can get together and share tents)
- ✕ 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 (optional) |
| <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: **Ascents in the Gjende Alps ~ Norway ~**

Dates: **4th to 11th 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):
DNT membership number if you have one:	
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.