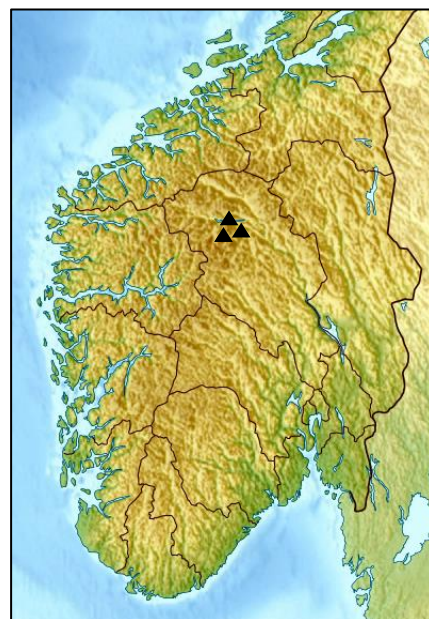


Walking in Rondane

~ Norway ~

Saturday the 10th to Saturday the 17th of October 2020

The Rondane National Park is the oldest national park in Norway, being established in 1962. Today the park covers an area of 963 square kilometres and includes 8 true summits over 2000m - the highest being Rondslottet at 2178m. The area is also home to a protected herd of wild reindeer. During this time of year the days are 10 hours long, it is autumn and snows will be dressing the mountains. This trip gives us the opportunity to enjoy the beautiful wilderness landscape and special wildlife during 6 fantastic days of valley and mountain walking including ascents of some of the classic peaks in the area.



Throughout the week, it will also be possible for participants to gain or refresh some mountain skills including navigation, geology, flora & fauna and route planning. Our accommodation will be shared between mountain huts and tents. Each of the six active days will include up to 12km of mountain walking and up to 1000m of ascent and descent. Therefore participants must be quite fit and should have some experience of mountain walking.





Each day will typically follow the routine where we have breakfast and prepare a packed lunch before enjoying a day on foot in the valleys and hills. Each evening, we will make dinner 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 in Mysusæter or at Otta station (connections with train and bus to Oslo and Oslo Gardermoen Airport) including; transfer from Otta station, accommodation in mountain huts and in tents, all food and drink and guiding. It is expected that the meeting time at Otta station will be around 2 pm on the 10th and participants will be back at the station by late morning on the 17th. 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 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- T-shirts (preferably long arms and wicking)
- Fleece top or similar second layer
- Fibre jacket or similar warm layer
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Hat
- Gloves
- Robust walking boots
- Ordinary underwear, clothing and shoes for travel and evenings

Equipment

- Rucksack (with waterproof liner and/or rain cover, ~45 litre)
- Walking poles (optional)
- Sunglasses
- Water bottle (≥ 0.75 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit including lip balm, sun cream, Compeed, painkillers etc.
- Sleeping bag
- Sleeping mat
- ☒ Good quality tent (option to share)
- ☒ Mug, bowl, and cutlery
- ☒ Cooking set such as a Trangia and fuel

Other

- Passport (for international travellers)
- Travel tickets
- Travel insurance documentation
- Cash (NOK, optional)
- Credit card
- Watch
- Camera, mobile and charger with mains adaptor
- Toiletries and towel
- A book



- Waterproof map excerpts of the area are provided. Equipment marked ☒ can be loaned.



Booking form

Trip/course title: **Walking in Rondane ~ Norway ~**

Dates: **10th to 17th of October 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, telephone & relation - by giving this information you agree that you have made the person aware of and have their accept for stating them as a contact person here):	
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):

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