

Glacier & Alpine Skills

~ Jotunheimen, Norway ~

Sunday 4th of July - Saturday the 10th of July 2021

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 and conditions permitting) is described below:



Sunday afternoon	- Arrival, establish camp, introductions. - Equipment check, knots and tying-in.
Monday	- Glacier tour on Storbreen with glaciology and use of crampons. - Ascent of Store Smørstabstind (13km, 1000m ascent). - Evening session on crevasse rescue and pulley systems.
Tuesday	- Use of ice axe, self-arrest training and snow anchors. - Glacier tour on Bøverbreen (7km, 500m ascent) with crevasse rescue. - Evening session on prusiking, equipment training and pulleys.
Wednesday	- Move camp to Ringsdalen on Tindevegen in Hurrungane. - Walk to glacier front (4km) and investigation of crevassed areas. - Ascent of Austre Ringstind (11km, 900m ascent)
Thursday	- Ascent of Store Ringstind via glacier (15km, 1000m ascent). - Evening session on abseiling and rock anchors.
Friday	- Ascent of Dyrhaugstindane with ridge traverse (11km, 1000m ascent). - Final evening.
Saturday	- Breakfast and departure or walks/climbs on your own.

We will be based in tents close to our vehicles at Krossbu on Sognefjellsvegen during the first few days at 1200m above sea level (map reference MP488269). There are toilet and shower facilities at Krossbu. At our camp in Ringsdalen we need to be self-sufficient. It is possible to do some minor shopping for essentials at Krossbu, Sognefjellshytta and Turtagrø. 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 hired. 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 per person which includes guiding/instruction. The price does not include transport to/from Jotunheimen, food/drink or camping fee at Krossbu. For those travelling by public transport, there are busses to Krossbu via Otta and Lom from for example Oslo. 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 underwear
- 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, ideally B2)
- Ordinary underwear, clothing and shoes for travel and evenings

Equipment

- Duffle bag to transport your gear
- Rucksack (with plastic bag liner, 45-55 litre)
- Headtorch for evening reading
- Sunglasses
- Drinking system or water bottle (2 litres or more)
- 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 (that match your boots, in protective bag)
- ✕ An ice axe (walking axe, typically 58/66cm, slightly bent shaft OK)
- ✕ Climbing helmet
- ✕ A sit harness
- ✕ A chest harness
- ✕ 120cm sling on a screw gate karabiner
- ✕ A belay device such as an ATC on a screw gate karabiner
- ✕ Prusik loops on two screw gate karabiners (2 short about 30cm and one long about 70cm)

Other

- | | |
|---|--|
| <input type="checkbox"/> Passport | <input type="checkbox"/> Mobile phone |
| <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"/> Power bank with cables |
| <input type="checkbox"/> Toiletries and travel towel | <input type="checkbox"/> A reading book |

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

Booking form

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

Dates: **4th - 10th of July 2021**

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)		No Yes
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.