

# Glacier & Alpine Skills Course - Jotunheimen, Norway -

Saturday the 7<sup>th</sup> of July - Friday the 13<sup>th</sup> of July 2012

This is an intensive training 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 all glacier travel.

The course follows the Norwegian national standard and covers all the techniques required for safe and efficient travel over wet and dry glaciers (glaciers with and without snow cover). Besides crevasse rescue techniques, the course covers rope work and knots, use of ice axe and crampons, snow and ice anchors, navigation, route selection and glaciology. There will also be mountain ascents.

Norway is the country in the world with the greatest traditions for glacier travel, with tourists being guided onto the Jostedalsglacier in the 1820's. Jostedalsglacier is the largest glacier in Europe. The first known English tourists visiting the glaciated mountains of Norway were John Campbell in 1860 and later William Cecil 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 or *patentfører* were certified in Norway in 1890 and the country's current best practise regarding glacier travel is based on over 100 years of experience.



The course programme for the week is described briefly below:



Saturday	<ul style="list-style-type: none"> <li>- Afternoon arrival at Krossbu and dinner.</li> <li>- Presentation of instructors, participants and course programme.</li> <li>- Equipment check and session on knots and tying-in.</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>- Training with ice axe, self-arrest and snow anchors.</li> <li>- Crampon technique and ice anchors.</li> <li>- Roped glacier travel over easy snow and ice terrain.</li> <li>- Evening session on crevasse rescue on ice.</li> </ul>
Monday	<ul style="list-style-type: none"> <li>- Crevasse rescue on ice and roped travel in more difficult ice.</li> <li>- Session on glaciology.</li> <li>- Evening session on crevasse rescue on snow, and self-rescue.</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>- Crevasse rescue on snow and rescue of an injured person.</li> <li>- Evening session on glacial navigation.</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>- Navigation and route selection, ice climbing and abseiling.</li> <li>- Evening session on trip planning and alpine dangers.</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>- A mountain day to a 2000 metre summit in the area utilising the alpine skills that we have learned – Storebjørn, Store Smørstabbtind, Sokse and Fannaråki are all possible objectives.</li> </ul>
Friday	<ul style="list-style-type: none"> <li>- Morning departure after breakfast.</li> </ul>

We will be based for 6 nights at the Krossbu mountain lodge, built in 1901. The lodge is only 40 minutes' walk from Jotunheimen's largest glacier Smørstabbreen. The lodge lies beside Sognefjellsveien, Norway's highest mountain pass, and is 46 km from the town of Lom. Krossbu is connected via the town of Otta with buses to Oslo Gardermoen airport and Oslo (departure Oslo Gardermoen 10:20, Saturday the 7<sup>th</sup> and arrival Gardermoen 17:30, Friday the 13<sup>th</sup>). Detailed travel information is available upon request. Participants on the trip must have a reasonable level of fitness and experience of mountain walking. Prior winter or glacial experience is not necessary. The required clothing and equipment are shown on the attached list. Technical gear can be hired. Although the course is in July, the conditions will be typical of a high mountain environment - from hot sunshine, to wind, to rain or snow showers. It is likely we will experience most of these!

The cost is £900/€975/\$1275 per person which covers accommodation with full board from the Saturday evening meal on arrival day to packed lunch on departure day, and all guiding/instruction.

The price does not include transport to/from Krossbu or alcoholic drinks. To book, return the booking form and pay the deposit of £100/€110/\$150. The balance is due 8 weeks prior to departure. If you have any questions or would like to book a place, then contact me via e-mail 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
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Woolly hat
- Gloves (minimum 2 pairs)
- Neck gaiter and/or a balaclava
- Walking boots (minimum B1 - optimally B2, e.g. Scarpa Manta)
- Ordinary underwear, clothing and shoes for travel and while in the hut

## Equipment

- Rucksack (with plastic bag liner and/or rain cover, 45-60 litre)
- Sunglasses
- Water bottle (0.75 or 1 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
- Sleeping bag liner for the hut
- Altimeter or GPS (optional)
- Compass
- Helmet
- Crampons (minimum C1, preferably C2, in protective bag)
- An ice axe (walking axe, typically 58/66cm, slightly bent shaft OK)
- A sit harness
- A chest harness
- One ice screw (minimum length 17cm)
- Two short prusik loops
- A Deadman
- A 120cm sling
- A belay device and screwgate karabiner
- Four karabiners (minimum two screwgates)

## Other

- Passport
- Travel tickets
- Travel insurance
- Norwegian kroner (spending money)
- Credit card
- Watch
- Camera with extra memory cards, charger and travel adapter
- Mobile phone with charger
- Toiletries and travel towel
- A book and/or diary

## Notes

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

# Terms & Conditions

## What is the guide/instructor responsible for?

1. The guide is responsible for coordinating the trip, booking of flights/ferry tickets or hire car and accommodation if applicable. Third party companies are responsible for any flights/ferry transport, hire cars and accommodation. Accommodation type is specified in the trip dossier and is standard for the location and trip type and is typically in tents or rooms for between 2 and 8 people or dormitories.
2. The guide plans routes and activities day for day and is the connection to the local people and the sirdar/porters where applicable.
3. The guide ensures client safety and guiding/instruction on courses/trips.

## What is the client responsible for?

4. The client must ensure they have the clothing and equipment listed.
5. The client is responsible for obtaining visas and getting vaccinations where applicable.
6. The client should prepare themselves physically for the nature of the course or trip to be undertaken.
7. The client must respect the conditions of travel when flying etc. (rules, baggage allowances, times etc.). Late check-in is at the clients' expense.
8. The client must ensure that they are covered by suitable cancellation, travel and accident insurance for the activities involved. Clients without suitable insurance cover will be refused participation.
9. Clients should be aware that mountain walking, abseiling, glacier travel, climbing and mountaineering are activities with a danger of personal injury or death. Clients should accept these risks and be responsible for their own actions and influence on their surroundings.

## General

10. The instruction or guiding ratio follows normal best practice for the activities involved and is typically 2-8 clients per instructor or guide.
11. The guide cannot be held responsible for changes resulting from involved third party companies, such as an airline.
12. If you choose to let the guide coordinate booking of flights/ferry tickets, to ensure that we travel together at the most appropriate times, then standard economy tickets will be chosen. These are cheapest and cannot be changed after the booking is made. Any request for other ticket types must be made in writing. Ticket conditions can be seen in full on the relevant airline or travel company website.
13. A deposit is payable upon booking. The full balance is due 8 weeks before the date of departure. Clients will be informed immediately prior to this 8-week deadline, should there be insufficient client numbers for the trip or course to proceed. Clients are therefore advised to check the trip or course status before buying travel tickets. The client must cover all bank charges, if applied, when making bank transfers.
14. Upon cancellation by the client latest 8 weeks before the trip or course start, the deposit plus any cancellation charges on travel tickets plus non-refundable permits or park fees will be retained. Upon cancellation by the client latest 4 weeks before the trip or course start, 50% of the paid amount plus any cancellation charges on travel tickets plus non-refundable permits or park fees will be retained. Upon cancellation within 4 weeks of the trip or course start, the paid amount will be retained in full. Cancellation must be made in writing.
15. Should the original guide be hindered due to unforeseen circumstances that the guide could not influence or predict, then a suitably qualified and experienced replacement guide will be provided.
16. The course or trip can be cancelled due to unforeseen circumstances that could not have been predicted. In such circumstances the paid amount will be refunded in full and clients cannot claim further compensation.
17. Possible court action against the guide must be processed through a Danish court of law. Any correspondence must be Danish or English.
18. Courses and trips are in collaboration with Vestjysk Climbing Club (*Vestjysk Klatreklub*), a member of the Danish Climbing Association (*Dansk Klatreforbund*) and the Danish Gymnastics & Sports Association (*DGI*).
19. Activities are subject to appropriate weather and conditions underfoot. The guides' judgement is final should activities be changed or cancelled.
20. Should a client decide to abort, or suffer slight injury or have aches and pains that make the client want to abort, a hut to hut or trekking trip, then the client is responsible for making arrangements to get to a suitable point of rendez-vous or pick-up. Expenses arising from this alternative route and transport are at the client's expense. The guide will be of assistance regarding alternative local routes and transport. Once a client has chosen to leave the group and make alternative arrangements, then they are no longer the responsibility of the guide.
21. The guide can choose to remove a client from guided activities if the client does not follow the guides' safety advice or best practice, or continually spoils the course or trip for other clients. The client in question does not have the possibility to claim compensation in this case.
22. Eventual complaints about any aspect of a trip or course must be made in writing within 28 days after a trip or course ends.
23. The right is reserved to use pictures and video taken during courses and trips in future Mountain Environment material or on the Mountain Environment website.

# Booking form

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

**Dates:** 7<sup>th</sup> – 13<sup>th</sup> July, 2012

The following information must be provided by each participant. All information provided is considered private and will not be disclosed to third parties. Only the information necessary for the booking of flight/ferry tickets, should this service be requested, will be passed on.

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

Equipment	Information required	Client information	I will bring my own (circle)
Crampons	Boot size (state which country sizing system)		No      Yes
	Boot type (B0 – B3)		
Harness	Waist measurement (when clothed)	cm /      in	No      Yes
Ice axe	Distance – floor to mid palm - when standing upright with arms by side	cm /      in	No      Yes
Other kit marked ☐	Do you need this supplied? (circle)	Yes      No	No      Yes

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