

Snowshoeing in the Rondane & Winter Skills, Norway

Monday the 12th of March – Sunday the 18th of March 2012

At this time of year the Norwegian hills are enclosed in the crisp coldness of winter. However, in mid-March, the days are beginning to draw longer and the sun is reaching a little higher in the sky. We will visit the beautiful mountains of the Rondane National Park, the oldest national park in Norway and home to eight straight-forward 2000 metre summits. Snowshoeing day-tours on this trip will be combined with learning winter skills, such as avalanche awareness and the use of avalanche transceivers. For the duration of the trip, we will be based at the self-service lodge at Rondvassbu. The self-service lodge has 28 bed spaces, although there is a good chance that we will have the lodge and surrounding area to ourselves. Arrival day will involve a 12 km trek in to Rondvassbu, with all our gear and supplies, from the village of Mysusæter. On the trip you will have the opportunity to learn new skills or refresh your knowledge of the following areas:

- clothing and equipment
- use of snowshoes
- use of ice axe and crampons
- avalanche awareness and training with transceivers
- navigation
- winter weather
- trip planning





Rondvassbu (1170m) is situated on the edge of the frozen lake Rondvatnet and is ideally located in an open southerly location within close reach of the mountains, especially Storrenden (2138), Rondslottet (2178m), Veslesmeden (2015m) and Storsmeden (2016m). Also, only 500m from the lodge, is Jotulhogget – a deep narrow rocky canyon gouged out by melt water during the last

ice age. Inside the canyon the waters of Kaldbekken usually flow, but at this time of year the waters and the waterfall are frozen and this provides a good venue for some ice and mixed climbing.

At the self-service lodge, there are good cooking facilities, provisions and a wood burning stove. There are bunks with mattresses and bedding, although you will need a sleeping bag liner. We will all contribute to cooking and fetching snow to melt for water. Participants on the trip must have a reasonable fitness level and experience of summer hill walking. The necessary clothing and equipment is shown on the attached list. No previous winter experience is necessary.

The trip price is £730/€790/\$1040 per person. The price covers all transport from the port of Frederikshavn in Denmark, ferry transport to and from Oslo with cabin and all meals on-board, accommodation at the DNT self-service lodge, all food and drink, and guiding. It is also possible to join at Olso Gardermoen airport (pick-up Tuesday morning the 13th of March and drop-off Saturday afternoon the 17th). Technical equipment can be hired for an additional fee. Upon booking, the booking form should be returned and a deposit of £100/€110/\$150 paid. The remaining amount is due 8 weeks prior to departure. If you would like more information about the trip, 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 (minimum 2 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- Thermal underwear (preferably wicking)
- Fleece top/jacket or similar
- Fibre or down jacket
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Woolly hat
- Gloves (minimum 2 pairs, windproof and preferably one waterproof pair)
- Neck gaiter and/or a balaclava
- Robust walking boots (optimally B1 for crampon use)
- Hut sandals or light indoor trainers
- Ordinary underwear, clothing and shoes for travel

Equipment

- Rucksack (with plastic bag liner, 45-60 litre)
- Walking poles (preferably 2)
- Head torch and spare battery
- Sleeping bag liner
- Ski goggles
- Sunglasses
- Water bottle (0.75 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit (Lip balm, suncream, Compeed, painkillers etc.)
- A piece of sleeping mat to sit on
- Compass
- ☒ Helmet
- ☒ Crampons (in protective bag)
- ☒ Ice axe (for walking, minimum 58/66cm)
- ☒ A pair of snowshoes (recommended models are Tubbs *Flex Alp* or MSR *Evo Ascent* type snowshoes)

Other

- Passport
- Travel tickets
- Travel insurance
- Norwegian kroner (optional)
- Credit card
- Watch
- Camera with extra battery
- Basic toiletries and travel towel
- A book and/or diary

Other notes

Waterproof map excerpts and avalanche equipment including transceivers are provided for 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: **Snowshoeing in the Rondane & Winter Skills, Norway**

Dates: **12th - 18th March, 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)		
Helmet	Head measurement (around forehead)	cm / in	No Yes
Ice axe	Distance – floor to mid palm - when standing upright with arms by side	cm / in	No Yes
Snowshoes	Weight when clothed	kg / lbs	No Yes

This page can be scanned and returned by e-mail or alternatively by post to:

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