

In Slingsby's Footsteps - Major Summits in Jotunheimen -

Friday the 8th of July - Thursday the 14th of July 2011

This trip is your unique opportunity to follow in William Cecil Slingsby's footsteps through northern Europe's greatest mountain massif. Slingsby pioneered new routes through the area and made many first ascents in Jotunheimen in Norway in the period 1872 to after 1900. The massif has 96 true summits over 2000 metres, and is home to all of Norway's highest peaks over 2300 metres. The area is also spiced with 60 glaciers which become a natural part of most mountain ascents here. On the trip we will follow in Slingsby's footprints, ascent several of 'his' mountains and feel his great achievements, made over 110 years ago, on our own bodies.

The 6 nights on the trip will be spent at DNT and private mountain lodges in central Jotunheimen, for example at the beautiful Gjendebu lodge, which Slingsby visited when it was only a primitive hut, but a meeting point for the few like-minded mountain goers all the same. As we eat and sleep in lodges, we can make do with a smaller day pack. This is important as Slingsby's routes were often long and quite arduous.



Participants can expect impressive and challenging ascents with passages over glaciers and on rock with easier scrambling and sometimes short exposed sections. Possible summits include Norway's highest mountain Galdhøpiggen (2469m), also Memurutindan (2280m), Store Hellstugutinden



(2346m) and Mjølkedalstinden (2138m).

The days can be challenging with up to 20 kilometres of walking in a day. Therefore, participants must be in reasonable shape and have experience of summer mountain walking and the clothing and equipment shown on the attached list. The technical equipment marked can be hired.

The group will be limited to 8 participants. Priority will be given to participants on the glacier skills course immediately prior to this trip. As a participant you must find your own travel arrangements to Lom or to the lodge where the trip starts. There are several daily buses to Lom from Oslo and Oslo Gardermoen airport. Contact me for more detailed travel information. We will meet up on the Friday evening and depart Thursday morning with day trips Saturday through Wednesday.



The course costs £570/€620 per person which covers accommodation in rooms with 3-4 beds, full board from the evening meal Friday to breakfast Thursday, and guiding/instruction. The price does not include transport to/from the trip meeting point or drinks besides those served with the food. Upon booking, the booking form should be returned and a deposit of £100/€110 paid. See the attached terms and conditions. The balance is due 8 weeks prior to departure. If you would like to hear more about the course, or would like to book a place, then contact me via e-mail (see the website) or call me on +45 20 61 29 24 (leaving a message if I don't take the call).



Clothing & equipment list

Clothing

- Walking socks (preferably 3 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- T-shirts possibly long sleeved (lightweight wicking)
- Thermal underwear (preferably wicking)
- Fleece top/jacket or similar
- Fleece lined pertex trousers or similar (optional)
- Fibre or down jacket
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Woolly hat
- Gloves (minimum 2 pairs, warm and minimum one waterproof pair)
- 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, 45~60 litre)
- Sunglasses
- Water bottle (0.75 litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit (Lipsil with sun block, suncream, Compeed, painkillers etc.)
- Altimeter or GPS (optional)
- ✕ Compass
- ✕ Helmet
- ✕ Crampons (minimum C1, preferably C2, in protective bag)
- ✕ Ice axe (walking axe, typically 58/66cm, slightly bent shaft also OK)
- ✕ Sit harness
- ✕ Chest harness
- ✕ Ice screw (minimum 17cm)
- ✕ 30cm prussiks x2
- ✕ Deadman
- ✕ 120cm sling
- ✕ Belay device and screw karabiner
- ✕ Screw karabiners x2
- ✕ Snapgate karabiners x2

Other

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

Remember!

Waterproof map excerpts are supplied as part of the course (a section of Jotunheimen Vest 1:50000).
Technical equipment marked ✕ can be hired. Let me know your requirements in good time.

Terms & Conditions

What is the guide/instructor responsible for?

1. Coordinating the trip, booking of flights/ferry tickets or hire car and accommodation where appropriate. Third party companies are responsible for any flights/ferry transport, hire cars and accommodation. Accommodation is normally in rooms for 2-8 people or dormitories.
2. Planning routes and activities day for day and be the connection to the local people and the sirdar/porters.
3. 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 must respect the conditions of travel when flying etc. (rules, baggage allowances, times etc.). Late check-in is at the clients' expense.
6. 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.
7. 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

8. The instruction or guiding ratio follows normal best practice for the activities involved and is typically 2 to 8 clients per instructor or guide.
9. The guide cannot be held responsible for changes resulting from involved third party companies, such as an airline.
10. 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.
11. A deposit is payable upon booking. The full balance is due 8 weeks before date of departure.
12. Upon cancellation latest 8 weeks before trip or course start, the paid amount will be refunded less any paid non-refundable tickets.
13. Upon cancellation latest 4 weeks before trip or course start, 50% of the paid amount less any paid non-refundable tickets will be refunded.
14. Upon cancellation within 4 weeks of trip or course start, the paid amount will be retained in full.
15. The course or trip can be cancelled due to unforeseen circumstances that the guide could not influence or predict. In such circumstances the paid amount will be refunded and clients cannot claim further compensation.
16. Possible court action against the guide must be processed through a Danish court of law. Any correspondence must be Danish or English.
17. Courses and trips are in collaboration with Vestjysk Climbing Club (*Vestjysk Klatreklub*), a member of the Danish Climbing Federation (*Dansk Klatreforbund*) and the Danish Gymnastics & Sports Association (*DGI*).
18. Activities are subject to appropriate weather and conditions underfoot. The guides' judgement is final should activities be changed or cancelled.
19. The guide can choose to remove a client from guided activities if the client does not follow the guides' wishes 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.
20. Eventual complaints about any aspect of a trip or course must be made in writing within 28 days after a trip or course ends.
21. The right is reserved to use pictures and video taken during courses and trips in future material or on the Mountain Environment website.

Booking form – In Slingsby's Footsteps - Jotunheimen, Norway, 8th – 14th July, 2011

Full name (as stated in passport):	Telephone home:
Address:	Telephone mobile:
E-mail:	Date of birth:
Handicap, illness or use of any medication:	Special dietary requirements:
Next of kin (name, contact information and relation):	I wish to share a room with (names):
Travel insurance details (company name, policy number & emergency contact telephone number):	I accept the terms & conditions (signature & date):