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GLACIER AND CLIMBING COURSES SINCE 1994

CLIMBING COURSE · JOTUNHEIMEN

Welcome to our Climbing Course in Jotunheimen

This document contains the information you need before the course begins. If you have any questions, feel free to contact us.

MEETING POINT	TIME	CAMP
Reception, Lom Camping	Monday 7 pm (19:00)	Lom Camping, then mountain camp

The course

The climbing course in Jotunheimen is designed for those who want to learn mountain climbing. Most participants have some indoor climbing experience, while others are more experienced. We work in small groups, making it easy to tailor the course to each individual's level, whether new or more experienced climbers.

Our climbing courses are initially based in Lom for the first few days due to the excellent training conditions at Tronoberget. Lom is also beautiful, with a stave church, a mountain museum, one of the country's best bakeries (www.bakerietilom.no), and a few sports and grocery stores. We stay at Lom Camping (lomcamping.no), which has access to toilets, showers, and cooking facilities.

When learning mountain climbing, we often move camp to the areas around Galdhøpiggen, Smørstabbtindane, or Hurrungane (all parts of Jotunheimen National Park). The mountain camp will be in the wilderness without access to buildings or toilets. In these places, we have a variety of peaks and ridges to choose from. The days in the high mountains will be memorable, whether you have climbed before or not. If the weather is uncertain, we stay at Lom Camping and drive to the climbing area daily.

Meeting point

The meeting time is Monday at 7 pm (19:00) in the reception at Lom Camping. You can find the campsite about 500 metres from Lom centre towards Sogndal. If you are arriving by bus, get off in Lom. The best overall bus and train planner is Entur (entur.no). Arriving in Norway, you will travel from Oslo Bus Station or Oslo Airport to Lom. The return is from Lom or Sognefjellshytta (in the national park). Bus connections are good from all parts of Norway.

Fitness

Good physical fitness is needed to handle the longer days in the mountains. The two high mountain climbing days will be the hardest, and all must expect to be

quite tired on return.

Accommodation

Accommodation is in your own tents. Lom Camping has some rooms for rent if you prefer to stay indoors. You can book rooms from Monday to Wednesday. After that, the weather and mountain conditions will determine whether we will stay longer in Lom or move into Jotunheimen National Park.

What to bring

You must bring at least the following personal equipment for the course week:

- [ ] Climbing shoes
- [ ] Sturdy hiking boots (in the high mountains, one climbs in hiking boots)
- [ ] Windproof jacket and pants, rain gear
- [ ] Wool underwear and long johns
- [ ] Warm sweater or similar
- [ ] Hat and mittens (gloves are also recommended)
- [ ] Sunglasses and high-factor sunscreen
- [ ] Daypack recommended at least 40 litres
- [ ] Tent and cooking equipment
- [ ] Sleeping bag and sleeping pad

Remember that parts of the course take place in the high mountains, so it's essential to have warm clothing and a relatively warm sleeping bag.

If you want to prepare for the climbing course, buy an introductory book.

Equipment we provide

The rental of all necessary climbing equipment is included in the course fee (except climbing shoes, which you must bring yourself). If you have your own climbing gear, we advise you to bring it; it's always best to use and become familiar with your gear. On a climbing course, each participant has the following equipment: climbing shoes, harness, helmet, three screw carabiners, eight regular carabiners, two 60 cm slings, two 120 cm slings, two prusiks, and a belay device with a guide function. In addition, we have the following shared equipment: quickdraws, dynamic full and half ropes, and natural protection devices.

Climbing shoes should not be too tight, despite what many stores may say. You should be able to wear climbing shoes for a while without discomfort. It's an advantage to have shoes with flat soles, and typically, outdoor climbing shoes have shoelaces. An example of such a shoe is La Sportiva Mythos. But if you already have climbing shoes, you do not need to buy new ones as long as they are reasonably comfortable.

Food

You need to bring your own food for the week. Bring dinner, breakfast, and a packed lunch for the first day. After that, you can buy food in Lom.

Payment and cancellation

Payment for the course must be made as soon as possible and before the deadline. If you need more time to pay, contact us before the deadline. If we don't

hear otherwise, a reminder will be sent for any outstanding payments. We will tell you as soon as the course is guaranteed to run, and if it is cancelled, you will get a full refund. Remember to book travel only after we have guaranteed the course as we will not cover this. You can always contact us to enquire about the status of the course.

If, for any reason, you decide not to participate, you will receive a full refund if you notify us before the course is guaranteed. If you withdraw after it is guaranteed to run, you are not entitled to a refund of the course fee. It's advisable to have travel insurance that covers the course fee in case of illness.

Transportation during the course is not covered by the course fee. Be prepared to pay for bus tickets or contribute to gas and toll expenses.

Course day by day

Monday	We meet at 7 pm in the reception at Lom Camping. The instruction begins after presenting the course schedule, participants, and instructors. We introduce the equipment we will use, demonstrate usage, practise knots, and provide a theoretical overview of the stresses our bodies and equipment may experience during falls, emphasising proper equipment use. We also discuss the lifespan of the equipment.
Tuesday	The entire day will be spent at the practice area near Tronoberget. We climb to learn equipment usage, practise movement, and belaying techniques, and work on rappelling. The teaching today covers the grading system and communication between climbers.
Wednesday	We stay at Tronoberget. Today, we will learn about the placement of protection devices, building anchors, climbing single-pitch routes, and practising rope team routines, anchor routines, and communication in rope teams. The teaching covers trip planning and alpine hazards.
Thursday	We venture into the mountains to climb. Possible destinations include Vesle Galdhøpiggen (2369 m), Skeia in Smørstabbtindane (2118 m), or Dyrhaugsryggen and Store Dyrhaugstind (2147 m). Route selection depends on weather and conditions, and there might be an alternative peak on some courses. Today, the teaching focuses on climbing history and ethics.
Friday	This day is spent on cliffs at Tronoberget or near Turtagrø. We practise simple techniques for partner rescue, and participants can place protection gear on a lead under the instructor's guidance. The teaching covers organised rescue services and relevant climbing accident first-aid.

Saturday	We climb in the high mountains again. Possible trips include Vesle Galdhøpiggen (2369 m), Store Dyrhaugstind (2147 m), Skeia (2118 m), or another peak in Jotunheimen. The choice of the trip depends on weather, mountain conditions, and participants' preferences.
Sunday	We pack up and leave in the morning. Sometimes, the course ends on Saturday evening, and occasionally in the mountain camp (Jotunheimen National Park). If you need to book your return journey, inform us early in the course and coordinate with the course leader. The course leader can book a night in Lom Camping from Saturday to Sunday for those who need it. Please talk with the course leader early in the course so this can be booked and transport to Lom planned if the course ends in the mountains. We do not preplan this because we want to be flexible based on the weather and conditions in the mountain.

The course schedule may vary beyond what is outlined here. The course leader may adjust topics and activities, especially if the weather is unpredictable, but this is the general plan for the course.

We emphasise that the course should be practical, focusing on hands-on exercises.

Contact details and address

Email and phone are preferred.

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