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GLACIER AND CLIMBING COURSES SINCE 1994

GLACIER COURSE · JOSTEDALSBREEN

Welcome to our Glacier Course at the Jostedal Glacier (Jostedalsbreen)

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, Jostedal Camping	Monday 7 pm (19:00)	Own tents at Jostedal Camping

The course

The glacier course at Jostedalsbreen is at Jostedal Camping, with a grocery store nearby. Here, we reside close to several glaciers that we can explore, such as Nigardsbreen, Tuftebreen, and Fåbergstølsbreen. All courses cover at least two glaciers, with Nigardsbreen always included on some days.

In the camp, we stay in our own tents. Jostedal Camping has excellent facilities with toilets, showers, a kitchen, and a common area. Tent accommodation is included in the course fee. If you prefer to stay in a cabin, book directly with Jostedal Camping (www.jostedalcamping.no). If you wish to stay at the hotel 100 metres from the campsite, you can also book directly at www.jostedalhotel.no. The latter also has a cafe.

Meeting point

The meeting point is Monday at 7 pm (19:00) at the reception of Jostedal Camping. Buses run directly but relatively infrequently. The best overall bus and train planner is Entur (entur.no), and the destination is Gjerde in Jostedal (there are several places called Gjerde, so be sure it is in Jostedal). Sometimes, it is challenging to find buses all the way. If you can't find routes extending beyond Gaupne or Sogndal, please get in touch with us, and we will try to arrange transportation for the final stretch.

Fitness

Normal fitness is enough to handle a glacier course, but you should be used to hiking in the mountains with a backpack, and to long days out in shifting weather. Some days will be long, others short. In any case, you will have time to recover with good food and socialising in the evenings.

Equipment we provide

The rental of glacier equipment is included in the price. However, if you have your own equipment, we advise you to bring it. On a glacier course, each participant

has the following equipment: Helmet, chest harness, sit harness, crampons, ice axe, ice screw, snow anchor, 2 x carabiners, 2 x screw carabiners, prusik, 120 cm sling, tie-in rope. In addition, we have dynamic ropes that we tie into.

What to bring

For personal equipment, you must bring at least the following for the course week:

- [ ] Windproof jacket and pants
- [ ] Rain gear
- [ ] Sturdy hiking boots and gaiters
- [ ] Wool underwear
- [ ] Warm sweater or similar
- [ ] Hat and mittens (gloves are also recommended)
- [ ] Sunglasses that cover well and high-factor sunscreen
- [ ] Daypack recommended at least 40 litres
- [ ] Map (print from the document page at www.mountaineering.no)
- [ ] Map case and compass
- [ ] Tent
- [ ] Cooking equipment, plate, cutlery, cup
- [ ] Sleeping bag and sleeping pad
- [ ] Water bottle and thermos (if you want hot drinks on the glacier)

Glaciers in the summer can be both wet and dirty. It's wise to wear waterproof clothing, such as Gore-Tex. However, glacier dirt can be challenging to remove from clothes, so think twice before bringing your newest and finest Gore-Tex suit. Consider bringing an extra set of wool underwear and a warm sweater for use in the camp in the evening.

If you want to prepare before arrival, we can recommend the book *Glacier Mountaineering: An Illustrated Guide to Glacier Travel and Crevasse Rescue*. It is available at Amazon and bookshops, is easy to read, and has lots of fun and clarifying illustrations.

Food

You bring your own food for the week. We eat breakfast at the camp, while there are usually two lunches on the glacier. Bread and something hot in the thermos are suitable for the journey. We typically start dinner right after returning from the glacier. It will be possible to buy food at the store on certain days, but on some days, the store will close before we descend from the glacier. We will arrange this upon arrival at the course. The cafe at the hotel is open for a longer duration.

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.

The course may occasionally use different glaciers in the area. The course leader determines this based on snow and ice conditions and weather. The course fee does not cover transportation to other glaciers. Be prepared to contribute to gas and toll expenses.

Day by day

The content of the course has been the same for many years, but the sequence will vary somewhat between different courses depending on weather and snow conditions. The course leader determines this during the course. Below is a provisional overview of the days.

Monday	We meet at 7 pm at Jostedal Camping, and each set up their own tents. After presenting the course schedule and instructors, the instruction begins. We adapt equipment, learn its usage, and practise knots.
Tuesday	The entire day will be spent on blue ice. We will practise walking techniques with and without a rope, tying in, and route choices. Already on this day, participants lead the rope team themselves. In the evening, rescue techniques in blue ice will be presented.
Wednesday	The first part of the day is devoted to rescue on blue ice. Everyone will participate in the most critical positions in the rope team. After lunch, we will walk on easy and difficult ice, practising the placement of protections and route choices. There will be teaching about snow rescue, protection techniques, and route choices in difficult ice and snow in the evening.
Thursday	This day will focus on snow rescue until lunch. Afterward, we will navigate difficult ice and snow. We will teach glacier orientation, snow slope techniques, and alpine hazards in the evening.
Friday	This is the summit day. The course leader will determine the trip's goal based on weather and conditions. On the way, we will practise glacier orientation and snow slope techniques.
Saturday	This day is mainly tailored to individual preferences. We will navigate difficult ice, climb, and rappel. The difficulty level will be adjusted by redistributing the rope teams. In the evening, there will be a closing session with evaluations. We are socialising into the late hours.
Sunday	We pack up and leave individually throughout the morning.

We emphasise that the course should be practical, focusing on hands-on exercises. Teaching in the evenings will be limited, and much will occur outdoors in the terrain. In the evenings, there will be time for socialising.

Overall, we emphasise that everyone should be allowed to push their limits at their own pace, regardless of their level, before the course starts. The course requires no prior knowledge of glaciers or mountains.

Welcome to an enjoyable and exciting glacier course!

Contact details and address

Email and phone are preferred.

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