MOUNTAINEERING.NO
GLACIER AND CLIMBING COURSES SINCE 1994

MOUNTAINEERING COURSE · JOTUNHEIMEN

Welcome to our Mountaineering 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
Fantesteinen, Sognefjellsvegen	Monday 7 pm (19:00)	Own tents by Smørstabbreen

The course

The mountaineering course in Jotunheimen is for those who want to experience both mountain climbing and glacier travel. The course normally includes two days on the glacier, one day at a climbing crag and two days of mountain climbing.

The course starts on Smørstabbreen, where we have a permanent camp for our glacier courses. The glacier is well suited for learning about ice, rescue and steep snow. When we climb in the mountains, we go to Hurrungane or the area around Galdhøpiggen. Here we find long routes with different challenges, so you learn a lot in a few days.

In the camp, we stay in our own tents. Additionally, we have a large tent with an oven where we gather in the evenings if the weather is cold or wet. The camp is about 500–800 metres from the road. To avoid wear on one spot, we move the camp a little around the area. There is clean water by the camp.

Meeting point

The meeting point is Monday at 7 pm (19:00) at Fantesteinen, the highest point on Sognefjellsvegen, approximately 500 metres east of Sognefjellshytta along the road. If you come by bus, get off at Sognefjellshytta. If you have a car but trouble finding your way, contact us.

GPS: N61 33.956 E8 00.442 · Google Maps/Earth: 61°33'57.33"N 8°0'26.52"E

Fitness

Normal fitness is enough to handle the 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 all necessary glacier and climbing equipment is included in the course fee (except climbing shoes). However, if you have your own equipment, we advise you to bring it; it's always best to use and become familiar with your own gear. On a mountaineering course, each participant has the following equipment: helmet, sit harness, chest harness, crampons, ice axe, ice screw, snow anchor, two screw carabiners, eight regular carabiners, two 60 cm slings, two 120 cm slings, two prusiks and a belay device. In addition, we have shared equipment such as quickdraws and dynamic ropes.

What to bring

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

- [ ] Climbing shoes for the climbing crag (we do not have climbing shoes to lend)
- [ ] Sturdy hiking boots and gaiters
- [ ] Windproof jacket and pants
- [ ] Rain gear
- [ ] 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)
- [ ] Tent
- [ ] Cooking equipment, plate, cutlery, cup
- [ ] Sleeping bag and sleeping pad
- [ ] Water bottle and thermos

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

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. If you already have climbing shoes, you do not need to buy new ones as long as they are reasonably comfortable.

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.

Food

You need to bring your food for the week. We eat breakfast at the camp; usually, there are two lunches on the glacier. Bread and something warm in the thermos are convenient for the trip. We typically start dinner right after returning from the glacier. Bread can be purchased at Sognefjellshytta once during the course (collective order in the evening and pick up the next day). There will be no opportunity to buy other food during the course. Meat can be stored in a vacuum-sealed, waterproof bag placed under stones in the water. Remember to put all the

rocks back in place after use to avoid leaving traces in nature. The meat will keep better if it is cooked and seasoned in advance.

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 contribute to gas and toll expenses.

Day by day

The content of the course will vary somewhat depending on weather and conditions. The course leader determines this during the course. Below is a provisional overview of the days.

Monday	We meet at 7 pm and spend some time setting up the tent camp. Afterward, we will gather for introductions. Then, we will examine the equipment and practise knots. The instructors will also explain the plan and what we will do the next day.
Tuesday	We will spend this day on the glacier Smørstabbreen. We will practise tying into the rope team, walking techniques with and without a rope, and belaying the rope team. Participants will get to lead the rope team and place the protection themselves. At the end of the day, we will set up a belay station and do some basic climbing.
Wednesday	This day will also be spent on the glacier. We will practise belaying at the transition between snow and ice and perform a couple of companion rescues on snow. In the evening, we will prepare for the climbing part of the course.
Thursday	This day will be spent at a rock climbing site, either at Tronoberget in Lom or at Turtagrø. We will start with top-rope climbing to learn how to use the equipment and practise climbing techniques, rope team routines, and communication. Finally, we will cover rappelling.

Friday	We are planning a climbing trip to Saksa (2189 metres above sea level) via Bjørnebreen to combine glacier hiking and climbing, or a summit in Hurrungane such as Store Austabotntind (2204 metres above sea level). The participants' preferences, as well as the weather and conditions in the mountains, will determine the choice.
Saturday	This day we can do another summit with climbing, or we can spend a day at a climbing field. The choice is based on the conditions and weather in the mountains and the participants' wishes.
Sunday	We pack up and head home in 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 mountaineering course!

Contact details and address

Email and phone are preferred.

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