



**JOSTEDALEN BREFØRARLAG AS**  
**www.bfl.no**



## **BASIC GLACIER COURSE**

After completion of the glacier course, you should be competent enough to travel safely in a rope team over moderately demanding glaciers and icefalls.

| <b>Day</b>       | <b>Place</b>           | <b>Practice</b>                                                                        | <b>Theory</b>                                                           |
|------------------|------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Sunday</b>    | <b>Bretun</b><br>20:00 | Opening and introduction. Distribution and adjustment of equipment. Knots              | Next day                                                                |
| <b>Monday</b>    | <b>Vivakulen</b>       | Snow craft. Rope technique. Belaying methods, rope work. Visit of the glacier centre.  | Summing up glaciology. First aid. Rope work. Rescue operations Next day |
| <b>Tuesday</b>   | <b>Nigardsbreen</b>    | Ice axe and crampons techniques. Rope work on blue ice. Belaying methods. Glacier hike | Summing up. Crevasse rescue. Next day.                                  |
| <b>Wednesday</b> | <b>Nigardsbreen</b>    | Ice climbing. Crevasse rescue on ice.                                                  | Summing up. Tour-planning Alpine safety Next day.                       |
| <b>Thursday</b>  | <b>Tuftebreen</b>      | Climbing an ice outlet. Spending the night on the ice cap (cabins).                    | Summing up Outdoor life/mountaineering traditions. Next day.            |
| <b>Friday</b>    | <b>Jostedalsbreen</b>  | Crevasse rescue on snow. Navigation. Back to Bretun.                                   | Navigation (lunch break). Summing up the course.                        |
| <b>Saturday</b>  | <b>Bretun</b>          | Cleaning the lodge. Departure                                                          |                                                                         |

Weather- and glacier condition might change the programme.

Good physical condition and mountain experience is necessary for spending 6-7 hours on the glacier every day. We spend the nights together in our lodge Bretun, discussing aspects related to the course and other topics of mountaineering and outdoor life.

**WELCOME TO A FIVE DAYS BASIC GLACIER COURSE ON THE JOSTEDALBREEN GLACIER!**

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## **COURSE INFORMATION**

- START:** The course starts Sunday at 8 p.m. and is finished next Friday night.
- LOCATION:** Bretun lodge (a large red house), in Krundalen 2,5 km from the village-centre Gjerde. Turn westward (left) at Gjerde and follow the road towards Bergset (road sign). See enclosed map.  
Coordinates: **61.63474 / 7.22118**
- TIMETABLE BUS:** <https://www.skyss.no/>  
<https://www.nor-way.no> or <https://www.fjordnorway.com>.
- ACCOMMODATION:** There are no bedclothes in Bretun, bring your sleeping bag. Rooms with 4-8 bunks.
- FOOD:** The participants make their own food, which you can buy in the shop at Gjerde, the valley centre.
- CLOTHING:** Rain- and wind suit (jacket and trousers), woolen cap, mittens, warm pullover, wool underwear, gaiters and thick socks. Clothes for indoor use
- BOOTS:** Glacier boots (rigid), shoes for indoor use.
- DIVERSE:** Rucksack, sleeping bag, sleeping mat, compass, sunglasses, first aid kit, thermos bottle. All necessary maps are provided by Breførarlaget
- GLACIER EQUIPMENT:** Ice axe, crampons, a sit and chest harness, 4 sewn slings (2x120 cm and 2x60 cm), five karabiners incl. one screw (HMS) karabiner, one ice screw piton and a deadman (snow anchor).  
We have complete glacier equipment for hire.
- CHARGES:** Sit harness NOK 90 - Chest harness NOK 50 - Crampons (not aluminium) NOK 170 - Ice axe NOK 90 - Ice screw/piton (min. 20 cm) NOK 25 - Deadman NOK 25 – Karabiner per pic /NOK 25 - Helmet NOK 70. **Complete kr. 545.-** rope incl

**Jostedalens Breførarlag AS (Ltd) does not accept any responsibility for loss, damage or injury incurred. Assurance is the participant's own responsibility.**

**Responsibility for participation rests with the participant.**

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*Slik kjem du deg til Jostedalen :*

