

ALPINE CLIMBING COURSE - DAY PROGRAM

The course is suitable for those who aim to travel safely in steep and alpine ground.

The course provides a basic introduction to mountain rock climbing and fits for people already have completed a basic glacier course or have similar experience in glacier hiking. While on ice you repeat hiking and belaying techniques, crevasse rescue methods and a longer glacier travel on Bøverbreen in the Jotunheimen NP. The rock climbing part provides a basic introduction to mountain rock climbing, incl. a summit climb to Store Austabotntind (2204) in Jotunheimen.

DAY	PLACE	PRACTICE	THEORY
Sunday	Bretun at 20:00	Opening and introduction. Distribution and adjustment of equipment.	Next day.
Monday	Nigardsbreen Glacier	Ice axe and crampons techniques. Use of ice pitons etc. Rope work on blue ice. Belaying techniques. Crevasse rescue methods. Glacier hike.	Summing up. Rope teams routines. Stands. (Climbing method). First aid info. Next day.
Tuesday	Climbing park	Introduction to rock climbing. Climbing techniques and rope routines. Belaying methods.	Summing up. Climbing techniques. Alpine hazards. Rescue operations. Next day.
Wednes- day	Rock climbing trip to Mt. Mannen in Jostedal	Rock slabs and mountain wall climbing, Norwegian grade 3-4. Climbing techniques and ropeteams/stand routines. Rapelling.	Summing up. Belaying techniques. Tour plan. Climbing traditions. Guide books. Next day.
Thursday	Bøverbreen Glacier on Sognefjellet Mountain	From tourist lodge Krossbu across Bøverbreen and further rock climb to the summit of Skeia (2118), grade 3+. Rapelling from the mountain ridge to Leirbreen Glacier and return to Krossbu via Leirbreen.	Summing up. Next day. Norwegian climbing history.
Friday	Summit climb to Store Austabotntind (2204)	Grade2-3. Hiking-/climbing method (running belays and regular stands). Rope teams routines and belaying techniques. Departure.	Summing up the course. Evaluation.

Weather- and glacier condition might change the program.

Good physical condition and mountain experience is necessary for spending 7-8 hours outdoor every day.

NB! The climbing section in the Alpine Course is similar to the content in the Mini-rock climbing course, part 1, and produces the similar competence.

**WELCOME TO A 5 DAYS ALPINE COURSE IN JOSTEDALBREEN GLACIER
NATIONAL PARK AND JOTUNHEIMEN NATIONAL PARK!**



JOSTEDALEN BREFØRARLAG AS
www.bfl.no



COURSE INFO – ALPINE COURSE

- START:** The course starts Sunday at 8 p.m. and is finished next Friday evening.
- 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). Coordinates: 61.63474 and 7.22118.
- ACCOMODATION:** 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 grocery shop 'Joker Jostedal' at Gjerde, the local community 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), rock climbing shoes and shoes for indoor use.
- DIVERSE:** Rucksack, sleeping bag, sleeping mat, compass, sunglasses, sunscreen, first aid kit, thermos bottle. All necessary maps are provided by us.
- EQUIPMENT:** Ice axe, crampons, helmet, a sit harness, 4 sewn slings (2x120 cm and 2x60 cm), preferably Polyamide (PA), 6 karabiners incl. two screw (HMS) karabiners, 2 ice screw pitons and 1 deadman (snow anchor). We have complete equipment for rent. Complete charge of gear: NOK 545.- for the entire Course.

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.