

# Traverse of the Jotunheimen

Trip Code: NOR

Version:



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Climb Kyrkja and Galdhopiggen (2472m), the highest peak in Norway
- The best mountain walking in Norway, including the iconic Besseggen Ridge scramble
- Includes a beginner's glacier skills day on the fairy-tale blue ice of Svellnosbreen
- Stay in cosy, well-equipped, mountain huts, with all meals included

## AT A GLANCE

- 8 days trekking
- Max altitude - 2472m
- Join at Otta

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

This is an exciting and challenging walking holiday, trekking in the Jotunheimen region of Norway. Known in Norse mythology as the Land of the Giants, the Jotunheimen is the biggest and most impressive mountain region in Norway. After transferring from Oslo, our first walking day is an acknowledged classic; trekking along the world famous Besseggen Ridge, which divides two lakes, one blue, the other green. This is probably the best mountain walking route in Norway. After a short boat ride we then walk through the Urdadalen Valley to reach Spiterstulen, our base for the next 3 nights. We then head for the summit of Galdhopiggen (2469m), the highest mountain in Norway, before spending a day roped up, practising our glacier skills on the splendid Svellnosbreen Glacier. We will also have the option to climb the striking peak of Kyrkja (the Church) (2032m), which rises up above our hut at Leirvassbu. Trekking out towards the west we'll through some of the wildest Jotunheimen landscapes. Large boulders, long ago deposited by melting glaciers, lay dotted across the valley floor. Nordic folklore tells that these boulders are trolls, turned to stone in the sunlight. Finally we walk out towards the roadhead via the magnificent valley of Utladalen with its 200m waterfall. Following a network of good paths throughout and utilising the Norwegian's excellent mountain huts, this is the perfect holiday for those looking to trek amongst dramatic peaks, glaciers and enjoy the finest mountain walking in Norway.

## Is this holiday for you?

This is a real mountain journey in Norway with significant amounts of ascent and descent on most days, particularly in the first few days of the holiday. The trails are predominantly good but there are sections of scree, bare rock, boulder fields and some easy scrambling, as well as patches of old snow and sections of glaciated terrain. The group will be roped-up whilst crossing glaciated ground, but there is nothing technically demanding about this holiday and previous experience of walking with crampons is not required. Typically, we will be walking for between 6 and 8 hours each day, with the occasional longer day of 9 or 10 hours. This trekking holiday is suitable for regular hillwalkers, looking for an excellent week of mountain walking. Throughout the holiday, you will carry your personal equipment. In practice, since sleeping bags and camping mats are not needed, so you should be able to keep the weight of your rucksack down to 10kgs. On the glacier day your crampons and ice axes are provided by the mountain hut, so minimal carrying of this equipment is required. These are not required on other days.

# Itinerary

---

Version:

## Holiday Information

---

### What's Included

- A professional and qualified tour leader/mountain guide
- Private transfer from Otta to Gjendesheim on arrival
- Transfer to Oslo city bus depo on departure
- 8 nights mountain refuge accommodation
- Meals as per the Meal Plan
- All specialist glacier equipment including ropes harnesses and crampons

### What's not Included

- Travel insurance
- Train from Oslo airport to Otta on arrival
- Train from Oslo city bus depo to Oslo airport on departure
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at Otta Railway Station. A single timed transfer from the station to the Gjendesheim Hut will be provided.

Contact details and an emergency number will be provided with your booking confirmation.

To get to Otta from Oslo Gardermoen Airport you can take a train departing at 1429 from the airport railway station (Oslo Lufthaven), which is just a 5 minute walk from Arrivals. Train tickets must be bought in advance from the Norwegian railway website ([www.vy.no](http://www.vy.no)), which is available in English. You only need to buy a one-way ticket. The cost should be around 300-500 NOK (approx £35), depending on when you book your ticket. Tickets only go on sale 3 - 4 months prior to travel. Once you have booked your ticket you only need the booking code/confirmation number to board the train. The train goes in the direction of Trondheim. Otta is about half way between Oslo Gardermoen Airport and Trondheim and the journey takes just over 3hrs.

If you are taking the train from downtown Oslo rather than the airport, the train leaves approx 40 mins earlier than the airport train.

On the last day of the holiday, the group will catch the 0930 bus from Ovre Ardal to Oslo, which arrives in Oslo downtown at 1455. From here, you will need to take the 20min express train to Oslo, Gardermoen Airport. These tickets do not need to be booked in advance. The trains operate every 10mins so you will be able to be at Oslo airport at around 1530. The cost of the train is around 170 NOK.

## Meal Plan

All meals are provided from dinner on day 1 to breakfast on day 9.

## Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Breakfasts are buffet style. They have an array of different foods including eggs, bread, cheeses, meat selection, fruit etc. At breakfast you will make up your packed lunch from the buffet. Lunch bags or paper to wrap sandwiches in are provided for the packed lunches, though we recommend bringing your own reusable lunch bag or container. Evening meals are also provided at our accommodation. These are 3-course dinners. Usually starting with a soup and then a big health meal course followed by dessert. Beer and wine is available at each of the refuges - at considerable cost. Beer is typically £6 for a small bottle.

## Accommodation

We spend 8 nights in mountain refuges. Some operated by the Norwegian Tourist Board (DNT) and some privately run.

The Norwegians know how to do mountain refuges; these are certainly not basic establishments. They are fully staffed and serviced mountain lodges, providing dormitory accommodation, restaurant facilities, bar, lounge, drying rooms and showers.

The dormitories are usually 4 berth, however it is possible that we will have to use 8 bed rooms at busy times. There are usually separate female and male dormitories; however, we cannot always guarantee this. Bedding is provided, but you should carry a cotton or silk sheet sleeping bag. Single accommodation is not available.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader/mountain guide.

## Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

## Spending Money

£100 (or equivalent in US dollars, Euros etc) should be sufficient to cover miscellaneous expenses, including bar bills and snack items, chocolate bars etc. This will also allow you to pay reasonable tips to the local guide. Credit/debit cards (VISA and Mastercard) are now the preferred form of payment at all Norwegian huts. If you prefer to travel with cash we recommend that you carry your travel money in the form of local currency (Norwegian Kroner) as there will not be any opportunity to change money once we leave Oslo Airport. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

## Baggage Allowance

Since you will be carrying all your personal equipment for all but 3 days of the trek, you should make every effort to keep the weight of your gear to a minimum. There are drying rooms at all of the mountain refuges, with a sink for hand-washing clothes when necessary. We recommend that you have a trial walk with your pack. With careful planning (and considering that you will not have to carry a sleeping bag or a camping mattress) it should be possible to keep the weight of your equipment down to between 8 and 10 kgs. We suggest that you also take a small bag/dry bag into which you can decant additional items you do not need on the Besseggen Ridge walk (Day 2), this bag will be sent to the Memurubu Refuge by boat meaning that you can walk with a lighter pack. For the two days walking from the Spiterstulen Hut you can leave excess equipment at the hut allowing you to again carry a relatively empty pack.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

---

## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

### **The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

You will need to complete a MIG form between 72 hours and 1 hour before departure. A visa is not required for stays up to 90 days, but this form will need to be completed.

For the most up to date information and a link to the MIG form, please visit the [UK Government website](#).

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Norway is the Norwegian Krone.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 8 to 9 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

## Climate

Despite its northerly location, the climate of central Norway is moderated by the Gulf Stream and is surprisingly mild. From June to early September, we can expect daytime temperatures of between 10°C / 50°F and 20°C / 68°F, depending on the altitude. At this season, night-time temperatures will fall to 5°C / 41°F at our highest overnight refuges. Sunny weather can be expected. However, the proximity of Norway's long Atlantic coastline means that the weather is unpredictable and you need to be prepared for some rain. Daylight hours are long, especially in July, when the summer sun is never far below the horizon.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.



## Books

- Walking in Norway. Connie Roos.

Cicerone Press: 20 walking and trekking routes in the main mountain areas. The book has detailed route descriptions, and fact panels provide information on level of difficulty, base, maps etc. Summary tables, maps and route profiles illustrate the routes.

- Norway. Lonely Planet.

## Maps

### Turkart Topographic Hiking Maps 1:50,000. Ugland IT Group (previously Statens Kartverk)

Maps at a good scale for walkers. Contours at 20m intervals. Shows footpaths, mountain huts etc. The maps have a UTM grid and margin ticks giving latitude and longitude. The map legend includes English. Additional tourist information is given on the reverse. To follow the route you will need two sheets: 2503 Jotunheimen Aust and 2505 Jotunheimen Vest

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

On this trip you will be carrying everything you need. Considering that you do not need to carry either a sleeping bag or a camping mattress, it should be possible to keep the weight of your pack to around 10kg.

As this holiday involves a long transfer to get to the start, we would advise bringing crucial items, such as boots and waterproofs, on to the plane as hand-luggage.

## You must bring the following items:

- Rucksack approx 40 - 50 litres capacity
- Walking/hiking boots (which are comfortable, waterproof, warm and sufficiently rigid to take a strap-on walking crampon on the glacier day)
- Trekking poles (x2)
- Gaiters
- Trainers / sandals to wear in the huts
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Baselayer - thermal leggings
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Warm hat

- Sunglasses
- Lightweight thermal gloves
- Warmer gloves or mittens
- Washbag and toiletries

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium),

- painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Antibacterial hand wash
- Small towel
- Sheet sleeping bag
- Sun protection (including for lips)
- Tupperware box (for packed lunches)

### **The following items are optional:**

- Swimwear
- Dry bag (see Baggage Allowance section)
- Earplugs (Especially if you are not the one snoring)
- Head torch
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)
- Pen-knife (must be packed in hold baggage during flights)

- Small thermos flask (0.5 litre) - can be filled with hot drinks at the huts

## Mountaineering Equipment (provided locally - see notes)

- Mountaineering harness
- Ice-axe (if required by the conditions)
- Crampons

### Notes:

- Appropriate mountaineering equipment including harness, crampons and ice-axe (if required), will be provided at the Spiterstulen Refuge to be used on Day 5 when on the Svellnosbreen Glacier. The crampons will fit to any hiking boot, a heel groove is not required.

- Please note: As you will not be returning to the start point after the trek, you will need to be able to get all of the above items into your backpack.

- Every hut has a drying room and sink for hand-washing items, so you may want to bring a small tub of washing powder. At a minimum, you will need one set of walking clothes and a separate set of clothes for the hut.

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Otta. Oslo, Gardermoen Airport is the most convenient for Otta. On arrival you will need to head to the airport train station and take the afternoon train to Otta. A single timed transfer from Otta Station to Gjendesheim is included. The holiday ends in Oslo. From where you will need to take the express shuttle train back to Gardermoen Airport.

## Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Gatwick to Oslo International airport Norwegian Airlines. Outbound flights will depart the UK in the morning, arriving lunchtime. Return flights will depart Oslo International airport in the evening of the last day of the itinerary, arriving in the UK later the same evening.

# Why Choose KE

## Why KE

This adventure in the 'Land of the Giants', which includes the Besseggen Ridge and Galdhopiggen, the highest peak in Norway, is unique to KE and an absolute classic!

**Please Note** This document was downloaded on 31/01/2025 and the trip is subject to change