



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.

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



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.

TIMETABLE BUS:

Info about schedules for bus transportation to Jostedalen, see www.ruteinfo.net www.nor-way.no and www.sognefjord.no.

CAR:

Schedules for use of private car: <http://www.bfl.no/vegar-hit.html>

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 and one ice screw piton. We have complete glacier equipment and boots for hire.

CHARGES:

Glacier equipments without slyngs and shoes kr. 490.-

Jostedalen Breførarlag AS (Ltd) does not accept any responsibility for loss, damage or injury incurred. Assurance is the participant's own responsibility. Please reed our general terms at: <https://bfl.no/en/terms-en>



JOSTEDALEN BREFØRARLAG AS
www.bfl.no

