

Norway Waterfall Ice

This Document gives an outline of what to expect. As the courses are tailored to the individual it is important that you contact Ken to discuss your requirement and previous experience.

What we provide

- Instruction and guiding, 1:2 ratio
- Accommodation
- In course travel
- Ropes, Ice protection.

What is not included

- Flights
- Food (the apartments are self catering and we normally share this. All the usual food outlets and stores are available in Rjukan)
- Travel to Rjukan (transfer can be arranged at small additional charge)

What we can arrange at small additional charge

- Airport to Rjukan transfer (£30 per person each way)
 - Technical equipment hire (C3 Crampons £10 per course, Ice tools £10 per course, Harness £5 per course, Helmet £5 per course)
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Course Description

Based in Rjukan, Norway. Europe's premier centre for ice climbing with reliable ice climbs within easy reach of the car. Your course will enable you to explore techniques and strategies in the vertical world of frozen water. Ken has over 15 year's experience of climbing ice in Norway.

This is a pure water ice course using routes from WI2 to WI6. The course will be tailored to your requirements whether you want to learn to lead or be guided up the classics.

Each day will be designed around your needs and wants and the prevailing conditions.

Sea Kayak Scotland - Undiscovered Country Adventure

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Travel

Please note that you are responsible for organising your own flights to Norway - the price for which is not included in the quoted price.

If you wish us to arrange transfer please notify Undiscovered Country Adventure of your arrival airport, flight times and flight numbers.

If making your own way to Rjukan please notify Undiscovered Country Adventure of your estimated time of arrival.

When booking flights please be aware that the main airport in Oslo is Gardermoen. Some of the budget airlines fly to Torp) near Sandefjord), (they sometimes give the impression that Torp is near Oslo)

Please be aware of baggage restrictions, including what you can carry on as hand baggage, Excess baggage charges can be expensive. If you think you need more allowance ask if your carrier allows sports bags – it might cost a few quid more (e.g. Ryan Air it is £50 return) but this means you do not have to worry about the weight of kit you are carrying.

Insurance

It is a condition of booking that adequate travel insurance cover is held by you. This **must** cover, as a minimum, cancellation and rescue/medical expenses including repatriation to the UK. I would strongly recommend that you also include equipment loss and personal accident cover, Many of the standard travel insurance policies do not cover Ice Climbing/Mountaineering activities, however cover can be obtained through a number of specialist companies including but not exclusive to :

British Mountaineering Council: 08700104878 www.thebmc.co.uk

Snowcard: 01327 262 805 www.snowcard.co.uk

Accommodation

The course will be based in self-catering communal accommodation in Rjukan, close to the town centre. The accommodation has good cooking facilities, shower and toilet, plus TV. There is also drying space. Bedding is charged extra so no need to bring a sleeping bag.

Food

Meals are not included in the cost of the course. (The apartments are self catering and we normally share this) Rjukan has a number of eating place including a burger bar and pizzeria Supplies can be bought reasonably cheaply at the local supermarket for breakfast and packed lunch.

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EQUIPMENT

If you have any questions about equipment please ask.

Having the right equipment and clothing is absolutely crucial to enjoying ice climbing. It makes it easier, gives you more freedom, and is comfortable and enjoyable. The following 5 items are probably essential to maximize comfort and enjoyment.

- Leash less bent shaft axes with finger ledges are a joy to use, they make the climbing easier, hands warmer and give a great freedom. (if you haven't used these before don't buy, try ours first – we use a system where you can switch in and out of leashes mid pitch if you like – no need to commit to one style or the other until you are happy with the benefits)
- Ski style fingered climbing gloves either very thin or with removable liners. It is important that when the fingers are curled into the axe holding position no resistance is met from the glove (the little bit extra strain this adds could really mount up on a 60m vertical pitch)
- Mountaineering mitts for belaying, cold starts and seconding.
- A large warm synthetic parka or Duvet that can be donned over shell clothing makes belays and early starts warm. (Often we will gear up in the apartment and drive the short distance to the climb and walk in wearing the harness.)
- A small rucksack to carry day food and water and Duvet or belay parka. (c 10l)

If you would like to use your own ice climbing equipment, such as tools and crampons, by all means do so. Just check that it is all very sharp.

Temperatures in Norway at this time of year can range from just above freezing to -20°C. Even at -20°C the steeper ice falls can be dripping wet, sometime it is like moving through a shower.

Some items can be borrowed from Undiscovered Country Adventure but please contact us as soon as possible if you do need to hire any kit. Undiscovered Country Adventure will supply all ropes.

PERSONAL EQUIPMENT

Suitable technical winter climbing boots plastic/leather

Gaiters or snow cuff built into the boot.

Climbing harness (to fit over winter clothing)

Belay plate & locking karabiner

Karabiner & 8ft sling

Spare locking karabiner

Prussic loop

Climbing helmet

Technical climbing crampons adjusted to climbing boots (Can be hired)

Technical ice tools (hammer & axe) with suitable and adjusted leashes (Can be hired)

Rucksack to carry all above (c 55L) Head torch + spare batteries

Bivvy / Poly Bag or Blizzard pack

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Water bottle or equivalent e.g. Platypus etc
Goggles
Sunglasses

PERSONAL CLOTHING

Shell clothing

Fleece

Thermals

A pair of socks for each days climbing

Duvet Jacket or Belay Parka

Casual clothing

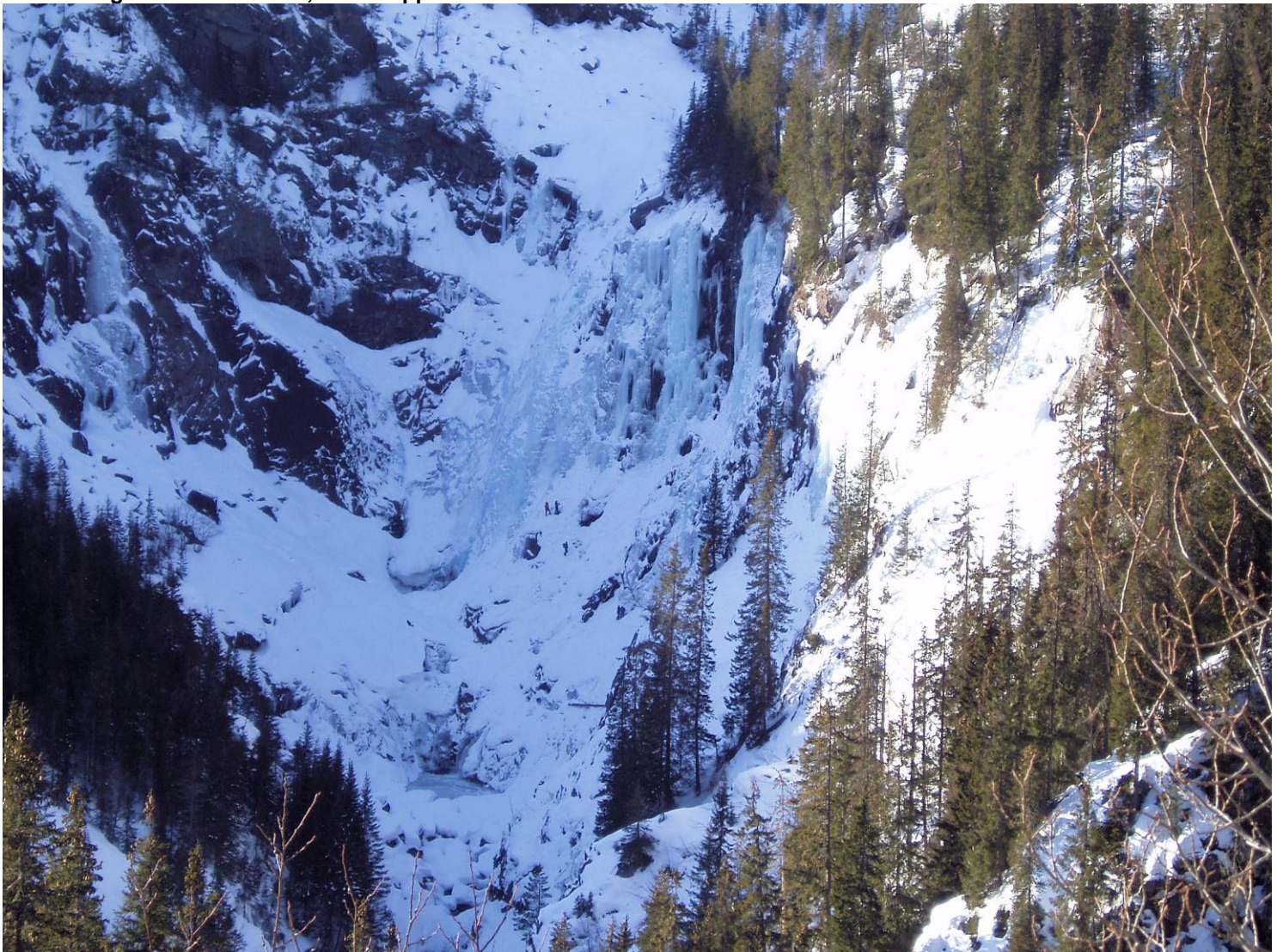
Hut shoes – flip flops/sandals or lightweight trainers.

Sun cream

Camera

Very small personal First Aid Kit (include blister stuff e.g. compeed; elastoplast tape, plasters, anti-inflammatory pills e.g. ibuprofen, and any personal medication). Passport and copy of Insurance documents.

Kong Vintner: WI 3- 5+, Abseil approach.



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