



# Ice Climbing in Rjukan (Norway)

**Location** – Rjukan

**Price** – £750

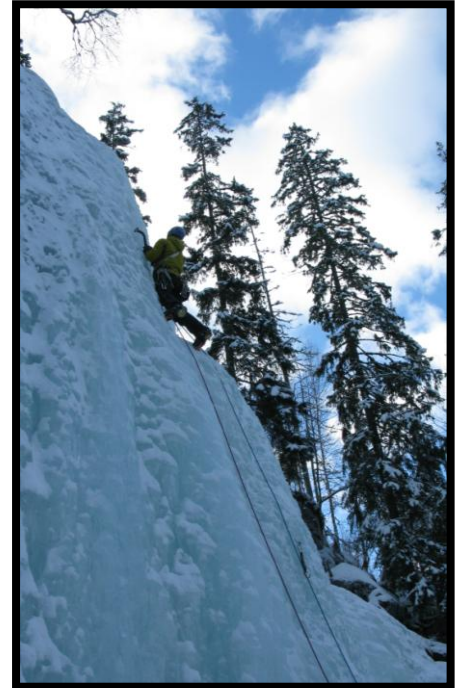
**Ratio** – 1:2

**Length** – 5 Days

**Dates** – 13<sup>th</sup> to 17<sup>th</sup> February 2012 (Travel out on the 12<sup>th</sup> and back on the evening of the 17<sup>th</sup>)

## Course Introduction

This is a week long course in the mecca of ice climbing that is Rjukan, Norway. Rjukan offers reliable ice climbs that are often only 5-10mins from the car. We fly out on Sunday night and have four and a half days climbing before flying home on Friday afternoon. There is the option for a half day or days skiing if your arms are too tired to climb!



## Who is the course suitable for?

Rjukan offers ice climbs from grade 2 (Scottish Grade III) upwards of all lengths from 1 pitch roadside outings to massive 15 pitch adventures. We will spend the week climbing a host of routes to suit your aspirations and abilities.

This course is for people who have already done some winter mountaineering or climbing and some rock climbing, and now want to tackle some steep ice and/or push their grade. The aim over the week is to tackle some of the best routes in the area with the possibility of getting you on the sharp end and doing some leading.

## What does the course cover?

- Four and half days instruction
- Equipment choice and use
- The use of two axes and movement skills on steep ice.
- Ice screw belays
- Efficient ice climbing ropework
- Descents from routes and crags
- All in-country organisation (pick up from the airport, accommodation booking and car hire etc) **NB. Accommodation, food and petrol for the car are additional to the course fee.**

[www.sandypaterson.co.uk](http://www.sandypaterson.co.uk)

[info@sandypaterson.co.uk](mailto:info@sandypaterson.co.uk)

Mob - 07789173840

## **General Information**

### **What about accommodation?**

We will rent an apartment for the week and share the costs. This will normally work out at about £250 - 300 per person.

### **Travel**

If you book early enough there are some very good flight deals with Ryan Air flying to Torp (the best airport to fly to). After this we will hire a car together (the cost of this is covered in the course fee) and share the cost of the fuel.

### **Previous Experience and Fitness**

To get the most out of this course you should have done around 5 days winter climbing and some rock climbing (this only needs to be seconding).

This is not like climbing in Scotland! The walk in will be shorter but the climbing is often more physical. You will need strong shoulders and arms for swinging those axes and strong calves for standing on your crampon points! If you would like to do some specific preparation just let me know and I will provide you with some ideas.

### **What is included?**

The course fee includes all instruction and the use of any specialist equipment. There is a downloadable winter kit list on the booking page of the website or I can e-mail you one. We have a limited range of ice axes and crampons that can be borrowed (free of charge) on a first come first served basis.