

GUIDED TOURS 2018

NORWEGIAN WINTER AND SUMMER



EXPERIENCING NATURE – ENRICHMENT FOR LIFE

dntoslo.no

Norwegian Trekking Association



DNT
150
1868–2018

WELCOME TO GUIDED TOURS 2018

The Norwegian Trekking Association (DNT Oslo og Omegn) organizes guided ski- and hiking tours. All tours include accommodation at staffed mountain lodges or self-service cabins, all meals, and tour guide. The guide is one of our experienced DNT summer- or winter tour leaders. We also offer transport from Oslo directly to the mountains. All tours presented here is led by English speaking tour leaders. For more details about the tours and online booking, please visit our website: dntoslo.no/english



PHOTO: SINDRE NIKOLAI AKER PHOTO COVER: MARIUS DALSEGG SETRE

Autumn in the mountains are breathtaking.

About our DNT tour leaders

All our tour guides have completed the DNT's special training course for summer- or/and winter tour leaders or other training of same standard and quality. Our tour leaders have experience with summer and ski tours, and show a high level of skill and expertise when it comes to touring the mountains. They lead the tours on a voluntary basis, motivated by their passion for the mountains, for different seasons, for being on tour with others who share the same interest, and for the DNT.

Important information before booking

Cabins/meals
The DNT cabins are known for their cosy and intimate atmosphere and friendly service. Three meals are included each day except the first and last. These are breakfast buffet, lunch pack with a filling for your own thermos flask and three-course dinner. The first meal is normally dinner on arrival at the

first lodge. Accommodation will be in four bedded rooms or larger. The lodges are open to everybody, so at busy times you need to be prepared to share rooms with people you do not know. If the cabins are very crowded, it may even be necessary to sleep on mattresses on the floor. In self service cabins, there is no reservation of beds. In these cabins, all participants must help with cooking, dishwashing, water supply, cleaning and general housekeeping. All necessary provision can be found in a stock room.

Prices and booking

Included in the price are English-speaking tour leader, visits, all meals and accommodation as specified in the program. Price alternatives are transport to/from Oslo; included or not included. Visit our website dntoslo.no/english for more information and booking. You can also contact our Tour Information Centre in Oslo, see last page for more information.

Explore more of Norway by extending your stay

How does staying a few extra days in the mountains sound?

You can book a tour without transport or with transport one way and have a longer stay in the first or last lodge of the tour. Alternatively, you can participate on two guided tours and get to explore different mountain areas. Please contact our Tour Information Centre (see last page for contact info) to get advice about which tours that can be combined.

INFORMATION FOR WINTER TOURS

Climate, weather and ski conditions

Norway shares the same latitude as Alaska, Greenland and Siberia, but compared to these areas, Norway has a more pleasant climate. However the winter can be quite stormy and the weather changeable. To prepare for this, please follow our recommended equipment list (p. 23). Winter temperatures in the mountains in the southern part of Norway vary from about 5 to -20°C. Windy weather lowers the temperature dramatically. The cabin to cabin tours follow waymarked routes, not prepared trails, and skiing is often in deep snow.

Physical requirements and fitness preparations

The tours differ in grade and length. It is important to choose a tour that is not too challenging. All tours are for skiers with previous experience with mountain skiing. You should be capable of skiing up and downhill in unprepared trails, carrying a backpack for 6-7 hours a day or more, even if weather and snow conditions are bad. It is highly recommended to undertake some training to build your fitness before the tour. If you are not sure which tour to choose we recommend to start with a tour graded Easy, with permanent stay at one of our lodges and day trips from there. As you get more experienced, you can increase the level of difficulty.

Ski gear and ski rentals

For mountain ski touring in unprepared trails, you will need broader skis with steel edge, more robust boots and bindings and stronger ski poles with larger baskets, than you might choose for skiing in prepared cross-country trails. Note that heavy slalom skis and randonné skis with continental boots are not appropriate, and must not be used. For more information about how to choose the proper touring skis see dntoslo.no/english/tips.

INFORMATION FOR SUMMER TOURS

Norway shares the same latitude as Alaska, Greenland and Siberia, but compared to these areas, Norway has a pleasant climate. However, the weather in the mountains is quite changeable, so it is important to be prepared for all kind of weather, even frost and snow. The Norwegian mountain terrain differs from green areas to places with less vegetation. In the high mountain areas of Jotunheimen, Breheimen, Rondane og Dovrefjell, boulders and scree make the access difficult at times. It is important to be sure-footed and in good physical shape for hiking in these areas. We recommend walkingsticks as it gives good support. The other mountain areas like Skarvheimen, Hardangervidda, Femundsmarka and Huldreheimen, have more vegetation and the trails are more accessible for averaged hikers.

GRADING OF GUIDED TOURS

Our guided tours differ in grade based on type of terrain and tour length / duration, summer or winter. When you are going to choose a tour, it is important to join a tour that is suitable to your physical abilities. Our tour grading system is meant to give you an idea of the level of fitness and hiking/skiing experience that is required for each tour. In general, you should be able to hike/ski in different types of terrain, from relatively flat and soft to more hilly and rocky, carrying a backpack, even in bad weather. Our grading scale takes into consideration both tour length and type of terrain:

● Easy

Length: Day tours from the lodge / cabin or easy day events for everyone. The tour length can usually be adjusted to the skill level of the participants.
Terrain: The tour is on relatively flat terrain. The planned route will mostly follow the waymarked route.

● Medium

Length: Day tours from lodge /cabin or day tour stages that are up to approximately 15 km. Tours are suitable for those who are used to hiking / skiing while carrying a backpack and are in normally good shape.
Terrain: The tour is in lightly varied terrain with smaller climbs and descends. The planned route will mostly follow the waymarked tracks.

● Demanding

Length: Day tour stages are up to approximately 25 km. Tours are suitable for those with some mountain hiking experience and in good physical shape.
Terrain: The tour is in highly varied terrain with many climbs and descends. The planned route can be both on and off the waymarked tracks.

● Advanced

Length: Day tour stages are more than approximately 25 km. Tours are suitable for especially experienced mountain hikers who are in very good physical shape. Terrain: The tour will in some parts be in very steep and uneven terrain. The planned route can be both on and can often be off the waymarked tracks.

General for all guided tours

The tour participants carry their own backpacks (weighing up to 8 kilos/summer and 12 kilos/ winter). The tour will be in the outdoors all day. Average hiking/skiing speed is approximately 3 km per hour. Before booking, please read the tour descriptions on dntoslo.no carefully, including "Terms and conditions". You should also study the area map before tour departure.

Advice on fitness preparations

It is advisable to start with your fitness preparations early. Remember that hiking/skiing in mountain terrain with a backpack weighing up to 8-12 kilos differs from regular exercise in urban terrain. If you are going on a cabin-to-cabin tour, we highly recommend that you do a couple of test hikes with the backpack you are going to use on the hike before you leave home.

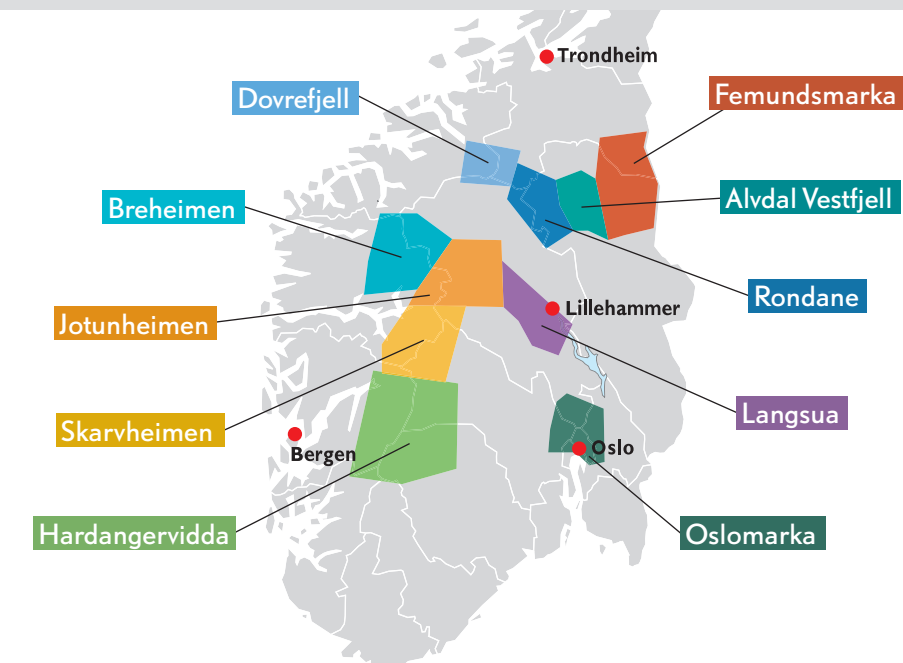




PHOTO: MARIUS DALSEG SÆTRE

The view from the self-service cabin Gråhøgdbu in Rondane.



PHOTO: MARIUS DALSEG SÆTRE

Beautiful surroundings near Rondvassbu.

RONDANE, DOVRE AND ALVDAL VESTFJELL

Rondane was declared a National Park in 1962, the first in the country. This area is still home to one of Norway's last herds of wild reindeer. Several peaks reach above 2000 meters. Rondane is smaller than, and not as wild as, Jotunheimen. Nevertheless, with its range of peaks, valleys and mountain areas, it offers a challenge for those who love the untamed nature combined with the possibility of exploring peaceful moorland areas. Dovre has a diverse mountain flora. In contrast to Rondane, the bedrock in Dovre is high-nutrient, promoting the growth of lush vegetation and a diversity of plant and animal species. The muskox has made its home here, as well as the arctic fox.

WINTER

THROUGH ALVDAL VESTFJELL

Tour 11558 4 days

Departure dates: Thur 1/3, Thur 15/3
Join us on tour to beautiful Alvdal-Vestfjell! In this mountain area you will find birchwood, nice mountains, and most likely, you won't meet many people. We will visit old mountain farms, overnight stay at our self-served cabins, and end the tour at the staffed cabin Breisjøster.

Lodges: Korsberghytta (self-service cabin)

- Storgrydalseter (self-service cabin)
- Breisjøseter

Transport: Departure from/return to Oslo by train.

MIDWINTER IN RONDANE

Tour 11593 7 days

Departure date: Mon 5/3
The tour is crossing Rondane from north to south, a classic route offering great variations in landscape. You can experience all from plunging

valleys to spectacular mountains and open plateaus. As we move southward the majestic range of peaks over 2000 meters will appear. On this tour we stay at the self-service-quarter on the huts, except Rondvassbu.

- Lodges:** Hageseter
- Grimsdalshytta
 - Øvre Døråseter
 - Rondvassbu
 - Bjørnhollia
 - Eldåbu (self-service cabin)

Transport: Departure from/return to Oslo/Oslo Airport Gardermoen by train.



Self-service cabins in breathtaking mountainviews.

HIGHLIGHTS OF RONDANE 55+

Tour 11555 7 days ●

Departure date: Mon 12/3

This tour starts at Høvingen in the western part of Rondane, continuing southwards and ending up in the Ringebu Mountains. Open plateaus, massive peaks, wilderness and magic light are all ingredients for a perfect winter tour. There are no steep ascents or descents unless you climb a peak when staying the extra night at Rondvassbu. Accommodation will be in DNT lodges, hotel and self service cabins.

Lodges: Smuksjøseter

- Rondvassbu (2 n)
- Bjørnhollia
- Eldåbu (self-service cabin)
- Venabu Fjellhotell

Transport: Departure from/return to Oslo/ Oslo Airport Gardermoen by train.

RONDANE CLASSIC TOUR

Tour 11556 7 days ●

Departure dates: Sat 17/3, Mon 26/3

The tour is crossing Rondane from north to south, a classic route offering great variations in landscape. You will experience plunging valleys and spectacular mountains and open plateaus. As we move southwards, a majestic range of peaks reaching 2000 meters above sea level will appear. When staying an extra night at Rondvassbu, you will have the opportunity to climb a peak.

Lodges: Hjerkin Fjellstue & Fjellridning

- Grimsdalshytta
- Øvre Dørålseter
- Rondvassbu (2 n)
- Bjørnhollia

Transport: Departure from/return to Oslo/ Oslo Airport Gardermoen by train.

SUMMER

CROSSING DOVRE AND RONDANE

Tour 11654 9 days ●

Departure date: Sun 1/7

Experience the impressive Snøhetta massif, with beautiful mountain valleys, peaks and cozy cabins. The tour offers breathtaking mountain views of Dovre and Rondane. Wildlife is abundant, and you might encounter musk, reindeer and other beautiful animals.

- Lodges:** Snøheim
- Reinheim (self-service cabin)
 - Kongsvold Fjeldstue
 - Hjerkin Fjellstue
 - Grimsdalshytta
 - Øvre Dørålseter
 - Bjørnhollia
 - Rondvassbu

Transport: Departure from/return to Oslo/ Oslo Airport Gardermoen by train.

ALVDAL VESTFJELL WITH A TOUCH OF RONDANE

Tour 11770 6 days ●

Departure date: Sun 8/7

Two mountain areas in one package! A good variety of beautiful forest and 2000-meters peaks. A very nice route!

- Lodges:** Storgrytdalseter (self-service cabin)
- Korsberghytta (self-service cabin)
 - Breisjøseter
 - Bjørnhollia
 - Rondvassbu

Transport: Train and bus from and to Oslo.

RONDANE CLASSIC

Tour 11655 6 days ●

Departure dates: Tues 17/7, Tues 24/7, Tues 4/9

This popular hike take you through the heart of Rondane National Park in a few days. From north to south, visiting nice cabins. For those interested in geology, the nature shows how the landscape has been formed by the glaciers throughout history.

Lodges: Hageseter

- Grimsdalshytta
- Øvre Dørålseter
- Bjørnhollia
- Rondvassbu

Transport: Departure from/return to Oslo/ Oslo Airport Gardermoen by train.

DOVRE CLASSIC

Tour 11663 4 days ●

Departure dates: Wed 18/7, Wed 8/8

The Dovrefjell plateau has one of the richest and unique flora and fauna in Northern-Europe. On this tour will hike up to Snøhetta (2286m.a.s.l.), one of Norway's most famous mountain. Maybe we will meet some musk oxes around Reinheim!

Lodges: Snøheim (2n)

- Reinheim(self-service cabin)

Transport: Departure from/return to Oslo by train.

IN THE MUSK'S KINGDOM – DOVREFJELL

Tour 11661 5 days ●

Departure date: Wed 15/8

On this tour we will visit the grand mountain plateau Dovrefjell. With its rich and unique flora and fauna, it is a really spectacular area. On the hike from Snøheim to Reinheim, we pass the majestic mountain Snøhetta(2286m.a.s.l.). And on the hike from Reinheim to Hageseter, we might meet some musk oxes.

Lodges: Snøheim

- Reinheim(self-service cabin)
- Hageseter
- Grimsdalshytta

Transport: Departure from/return to Oslo by train.



PHOTO: MARIUS DALESG SÆTRE



The staffed lodge Bjørnhollia in Rondane.



The self-service cabin Gråhøgdbu.

SAGA

SAGA is DNT's Oslo new long route from Lillehammer to Snøhetta. 230 km over Ringebufjellet, through Rondane and Dovrefjell. We follow DNT's waymarked routes, with accommodation in both staffed and self-service cabins. From the birkebeiners escape with Håkon Håkonsson south in Lillehammer, to the majestic Snøhetta in the north. Fairytales like Peer Gynt and Dovregubben in Rondeslottet. On this tour you are moving through historic and legendary grounds.

WINTER

SAGA I

Tour 11559 8 days ●

Departure date: Sat 10/3

This is the winter edition of SAGA, and is split up in two tours. This is SAGA I, and goes from Lillehammer to Bjørnhollia, through Ringebufjellet and Venabufjellet. This tour can be combined with SAGA II, from Bjørnhollia to Reinheim, departure 17/3, tournr 11560.

Lodges: Hornsjø Høyfjellshotell

- Djupslia (self-service cabin)
- Vetåbua (self-service cabin)
- Jammerdalsbu (self-service cabin)
- Gråhøgdbu (self-service cabin)
- Eldåbu (self-service cabin)
- Bjørnhollia

Transport: Departure from/return to Oslo/ Oslo Airport Gardermoen by train.



Easter near Eldåbu.

SAGA II

Tour 11560 8 days ●

Departure date: Sat 17/3

Saga is our new long route from Lillehammer to Snøhetta. This is the winter edition of SAGA, and is split up to two tours. This is SAGA II, and goes from Lillehammer to Bjørnhollia, through Rondane and Dovre. This tour can be combined with SAGA I, from Bjørnhollia to Reinheim, tour 11559, departing 10/3.

Lodges: Bjørnhollia

- Rondvassbu
- Øvre Dørålseter
- Grimsdalshytta
- Hjerkin Fjellstue
- Reinheim(2n) (self-service cabin)

Transport: Departure from/return to Oslo/ Oslo Airport Gardermoen by train.

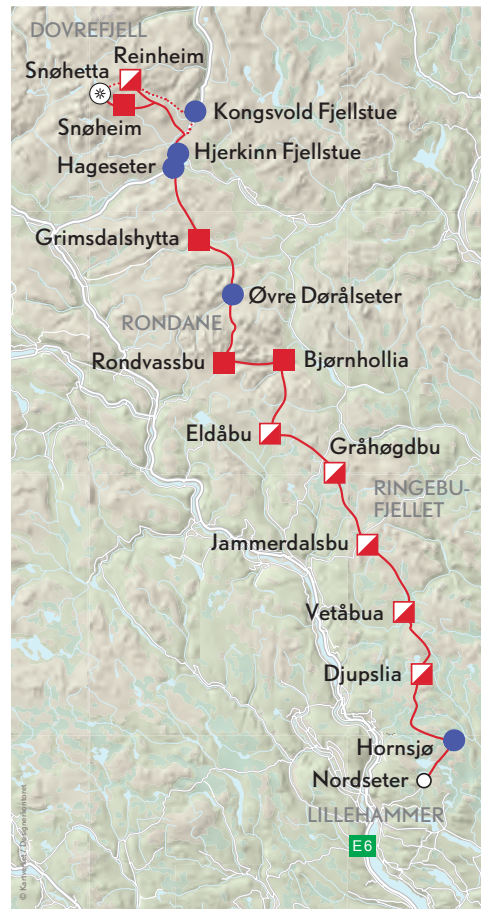


PHOTO: MARIUS DALSEG SÆTRE

Hikers in Rondane.

SUMMER

SAGA

Tour 11657 15 days

Departure date: Sat 30/6

SAGA is DNT's Oslo new long route from Lillehammer to Snøhetta. 220 km over Ringebyfjellet, through Rondane and Dovrefjell. We follow DNT's waymarked routes, with accommodation in both staffed and self-service cabins. From the birkebeiners escape with Håkon Håkonsson south in Lillehammer, to the majestic Snøhetta in the north. Fairytales like Peer Gynt and Dovregubben in Rondelottet. On this tour you are moving through historic and legendary grounds.

Lodges: Hornsjø Høyfjellshotell

- Djupslia (self-service cabin)
- Vetåbua (self-service cabin)
- Jammerdalsbu (self-service cabin)
- Gråhøgdbu (self-service cabin)
- Eldåbu (self-service cabin)
- Rondvassbu
- Bjørnhollia (2n)
- Øvre Dørålseter
- Grimsdalshytta
- Hjerkin Fjellstue
- Reinheim (self-service cabin)
- Snøheim

Transport: Departure from/return to Oslo/Oslo Airport Gardermoen by train.



PHOTO: MARIUS DALSEG SÆTRE

The staffed lodge Sota Sæter in Breheimen.

MASSIV

MASSIV – the whole route from Sota Sæter in Breheimen to Haukelisetter at Hardangervidda – is about 350 km long. DNT offer the MASSIV tour organized as three continuous separate tours; MASSIV I & II: Breheimen/Jotunheimen, MASSIV III: Skarvheimen and MASSIV IV: Hardangervidda.

WINTER

MASSIV I & II – BREHEIMEN / JOTUNHEIMEN

Tour 11595 7 days

Departure date: Sat 17/3

MASSIV – Breheimen / Jotunheimen are stage I and II of four stages in the route MASSIV. This tour takes you through Breheimen and Jotunheimen. Breheimen offers one of Norway's wildest mountain areas. We spend two nights at Skogadalsbøen, with the opportunity to ascend one of the mountaintops nearby. Reaching Tyin, we can be very pleased to have completed this bouncy and beautiful ski trip.

- Lodges:** Sota Sæter
- Nørstedalseter
 - Sognefjellshytta
 - Skogadalsbøen (2 n)
 - Fondsbu

Transport: Departure from Oslo by train and return to Oslo by bus.

MASSIV III – SKARVHEIMEN

Tour 11596 8 days

Departure date: Sat 10/3

MASSIV III Skarvheimen starts at Tyin, south of Jotunheimen, and follows the alpine route through Skarvheimen from north to south. The terrain is hilly, one of our most beautiful mountain areas. This trip combines self served cabins and staffed lodges, and is suitable for those who wants to ski long distances.

- Lodges:** Tyinstølen
- Slettingsbu (self-service cabin)
 - Sulebu (self-service cabin)
 - Bjordalsbu (self-service cabin)
 - Lungsdalshytta (2 n)
 - Geiterygghytta

Transport: Departure from Oslo by bus and return to Oslo by train. This tour can be combined with tour 11597 – MASSIV IV Hardangervidda.

MASSIV IV – HARDANGERVIDDA

Tour 11597 9 days

Departure date: Sat 17/3, Tues 20/3

Hardangervidda is perfect for those who want several days of skiing with the face towards the sun all the way. Cozy cabins and beautiful skiing terrain will make this an experience you will not forget.

Our tour guides are well prepared.

- Lodges:** Finsehytta
- Krækkja
 - Stigstuv
 - Sandhaug
 - Litlos (2 n)
 - Hellevassbu (self-service cabin)
 - Haukelisetter

Transport: Departure from Oslo by train and return to Oslo by bus. This tour can be combined with tour 11596 – MASSIV III Skarvheimen.



PHOTO: CHRISTOPHER TVEDT

Summer in Jotunheimen.

SUMMER

MASSIV I – BREHEIMEN

Tour 11670 6 days ●

Departure date: Fri 6/7

This is the first of four stages and starts in beautiful Breheimen. Green valleys and high mountains are typical for this area. The trails are often covered with boulders and scree, it is therefore important to be in good physical shape.

Lodges: Sota Sæter

- Sprongdalshytta (self-service cabin)
- Arentzbu (self-service cabin)
- Nørstedalseter
- Sognefjellshytta

Transport: Departure from/return to Oslo by bus.

MASSIV II – JOTUNHEIMEN

Tour 11669 5 days ●

Departure date: Tue 10/7

Stage two of four continues through Jotunheimen. It is the variations in the nature that makes this mountain area so unique. Crossing the glacier to get to Fannaråken, DNT's highest staffed mountain lodge. Then we hike down the green valley Utladalen, to the staffed lodge Skogadalsbøen.

Lodges: Sognefjellshytta

- Fannaråken
- Skogadalsbøen
- Fondsbu

Transport: Departure from/return to Oslo by bus.



MASSIV III – SKARVHEIMEN

Tour 11668 9 days ●

Departure date: Sat 14/7

Stage three of four on the longroute MASSIV. Skarvheimen offers hilly terrain, high mountains and deep valleys. This trip combines self-served cabins and staffed lodges, and is suitable for those who wants to hike long distances.

Lodges: Slettningsbu (self-service cabin)

- Sulebu (self-service cabin)
- Breistølen Fjellstue
- Bjordalsbu (self-service cabin)
- Iungsdalshytta (2n)
- Geiterygghytta
- Finsehytta

Transport: Departure from Oslo by bus, and return to Oslo by train.

MASSIV IV – HARDANGERVIDDA

Tour 11667 8 days ●

Departure date: Sat 21/7

The last stage of the long route MASSIV. Typical for this area is wide open mountain plateaus. We can see the mountain Hårteigen from afar towering over the landscape, guiding us over the plateau.

Lodges: Finsehytta

- Krækkja
- Stigstuv
- Sandhaug
- Litlos
- Hellevassbu (self-service cabin)
- Haukeliseter

Transport: Departure from Oslo by train/return to Oslo by bus.



PHOTO: ANNE STUBBEN/CONNEX

Hiking in Jotunheimen.



Helberghytta under the stars.

HARDANGERVIDDA

Hardangervidda is the biggest mountain plateau in Northern Europe, protected as a National Park since 1981. This is home to the largest wild reindeer herds in Europe. The central and eastern part of Hardangervidda is open and flat, while in the south and west the terrain is broken up by high mountain ridges, reaching up to 1700 meters above sea level.

WINTER

HARDANGERVIDDA WEST TO EAST FROM

Tour 11571 8 days ●

Departure date: Wed 14/3
 Fantastic western part of Hardangervidda in varied, very hilly terrain the first few days. The last days, on the east side of Hardangervidda, it will be more slower terrain. This skitour take us into one of the most amazing part of Hardangervidda. It will be long and demanding days in the mountain this week and you have to be an experienced mountain skier to join this ski trip.
Lodges: Haukelisetser
 – Middalsbu (self-service cabin)
 – Litlos
 – Sandhaug
 – Lågaros (self-service cabin)
 – Mårbu
 – Imingfjell Turistheim
Transport: Departure from/return to Oslo by bus.

HARDANGERVIDDA EAST CLASSIC

Tour 11551 8 days ●

Departure dates: Sat 10/3, Wed 14/3
 The tour starts northeast of the mountain plateau. This part of Hardangervidda is open and plain with soft hills. On the last part of the route, the terrain changes, to a more hilly landscape. For those who prefer shorter distances between the cabins, this tour is a good choice.
Lodges: Krækkja
 – Tuva
 – Rauhelleren (2 n)
 – Lågaros (self-service cabin)
 – Mårbu
 – Kalhovd
Transport: Departure from Oslo by train and return to Oslo by bus.

HARDANGERVIDDA ACCOMPANIED BY DOGSLED

Tour 11600 8 days ●

Departure date: Fri 16/3
 A team of huskies with an experienced dog sled driver accompanies the group. The dogs will pull up to four kilos of luggage per person, giving you the opportunity to ski with a lighter backpack. The dog sled team stays in touch with the group, but moves at its own pace. Throughout the tour, the beautiful sight of Hardangerjøkulen will stay with us as we follow the marked routes between the lodges.
Lodges: Finsehytta
 – Krækkja
 – Stigstuv
 – Sandhaug (2 n)
 – Rauhelleren
 – Heinseter
Transport: Departure from/return to Oslo by train.

SUMMER

HARDANGERVIDDA – MOUNTAINS AND FJORDS

Tour 11698 8 days ●

Departure dates: Sat 14/7, Sat 21/7, Sat 4/8
 This hike we consider as one of the “gems” in our program. There will be great variety in natural scenery; starting at the high mountain plateau, continuing through the broken western part and passing several waterfalls on the way down to the Hardangerfjord. The authentic Utne Hotel by the fjord gives the hike a historic ending. Ready for some spectacular, but long hikes of 8 hours and even more? Accommodation in staffed lodges and self-service cabins.

Lodges: Stigstuv
 – Sandhaug
 – Litlos (2n)
 – Torehytten (self-service cabin)
 – Stavali (partially staffed cabin)
 – Utne Hotel
Transport: Departure from/return to Oslo by train.

HARDANGERVIDDA AND TROLLTUNGA

Tour 11714 7 days ●

Departure date: Sun 29/7
 We start the hike at the western part of Hardangervidda in gentle terrain with broad and good trails. After a few days we turn west, towards more varied terrain, steep mountains and deep valleys. The last day we will reach Trolltunga. Trolltunga is one of the most spectacular scenic cliffs in Norway. Trolltunga is situated about 1100 meters above sea level, hovering 700 metres above the lake Ringedalvatnet. The view is breathtaking.

Lodges: Vivelid Fjellstove
 – Hadlaskard (self-service cabin)
 – Sandhaug
 – Litlos
 – Tyssevassbu (self-service cabin)
 – Hardanger Hotel
Transport: Departure from Oslo by train and return to Oslo by bus.



Kjeldebu, beautiful self-service cabins in Hardangervidda.

HARDANGERVIDDA CLASSIC

Tour 11712 6 days ●

Departure dates: Tue 24/7, Tue 7/8
 From highway RV 7 across Hardangervidda we will hike the eastern parts of Hardangervidda and enjoy the beautiful view it has to offer. During the hike we will pass several landmarks, such as Hardangerjøkulen, Hallingskarvet, Hårteigen and Gaustatoppen. The terrain is hilly without steep climbs and no open sections. A ferry will take us across the Halnefjorden. Accommodation will be in staffed lodges.
Lodges: Kjeldebu (self-service cabin)
 – Krækkja
 – Rauhelleren
 – Mårbu
 – Kalhovd
Transport: Departure from Oslo by train and return to Oslo by bus.

HARDANGERVIDDA LIGHT

Tour 11704 5 days ●

Departure dates: Sat 7/7, Sat 14/7, Sat 28/7, Sat 4/8
 A great trip for «the first time walkers» from cabin to cabin or for those who want shorter distance between the cabins. The second day we do the distance a little bit shorter and take the boat over the Halnefjord. During this days, if good weather, you will have a great view to Hallingskarvet, Hardangerjøkulen, Hårteigen and Gaustatoppen.
Lodges: Krækkja
 – Heinseter
 – Rauhelleren
 – Stigstuv
Transport: Departure from/return to Oslo by train.



Autumn at Hardangervidda.

AUTUMN AT HARDANGERVIDDA

Tour 11711 4 days ●

Departure dates: Thur 30/8
 Just a few days left to do the mountain hiking? Try this tour in the eastern part of Hardangervidda. Fantastic view, good path and staffed cabins. Autumn in the mountains is usually filled with beautiful autumn colors, cold nights and warm days. Sometimes it's possible to experience that it is snowing. Fantastic!
Lodges: Krækkja
 – Rauhelleren
 – Mårbu
Transport: Departure from Oslo by train and return to Oslo by bus.



Tomashelleren, a self-service cabin in Jotunheimen.

JOTUNHEIMEN AND BREHEIMEN

The Jotunheimen National Park is one of the most magnificent mountain massifs in Norway and a popular mountain area for outdoor adventures. Here you will find sharp ridges, high plateaus, glaciers and frozen lakes. All of Norway's summits over 2300 meters are located here, with Galdhøpiggen (2469 meters) and Glittertind (2452 meters) representing the two highest peaks of Norway. Nothing can match this landscape's beauty on a sunny day both winter and summer. Breheimen national park is located west of Jotunheimen. It is a fascinating area with great variations. You can experience winter on its glaciers and peaks, spring on the slopes and summer in the valleys.

WINTER

ACROSS JOTUNHEIMEN

Tour 11552 8 days ●

Departure dates: Sun 11/3, Mon 19/3, Sun 25/3
A beautiful ski tour in the midst of spectacular peaks in Jotunheimen. A snow weasel will take us to Fondsbu, a staffed lodge far from civilization. The first day, we will move even further into the National Park, surrounded by spectacular peaks. Steep upwards and great downhill skiing is

typical for this area. The tour includes 2 nights at Glitterheim, increasing the possibility to climb the second highest peak of Norway; Glittertind (2452 m.a.s.l.). We stay one night in the self service cabin Olavsbu, at the heart of Jotunheimen.

- Lodges:** Fondsbu
– Gjendebru
– Olavsbu (self-service cabin)
– Spiterstulen
– Glitterheim (2 n)
– Gjendesheim

Transport: Departure from Oslo by bus and return to Oslo by bus and train.



Easter at Fondsbu.

INTRODUCTORY CABIN TO CABIN SKI TOUR – JOTUNHEIMEN

Tour 11553 6 days ●

Departure date: Mon 12/3
Do you want to improve your mountain skiing skills, or is winter mountaineering new to you? This cabin to cabin ski tour starts with 2 nights at Gjendesheim, where we will establish the level of skiing skills within the group. Previous experience with mountain skiing and good physical shape is required. During the tour you will be trained in using a map, how to choose the best route, how to make a fire and how to dig a snow cave. We will stay one night at the self service cabin Olavsbu, where we will light a fire, collect drinking water.
Lodges: Gjendesheim (2 n)
– Gjendebru
– Olavsbu (self-service cabin)
– Fondsbu
Transport: Departure from Oslo/Oslo Airport by train, and return to Oslo by bus. Tips: This tour can be combined with Tour 11554, departing 17/3.

JOTUNHEIMEN – BEITOSTØLEN

Tour 11554 6 days ●

Departure date: Sat 17/3
A spectacular tour in untouched and greatly varied landscape. The staffed lodge Fondsbu is the starting point. After 2 nights, we move on to staying in charming self service cabins, far from civilization. The terrain is medium hilly and the landscape is rich in variation, from wild nature to a milder scenery. The last day, we will cross Valdresflye on our way to Beitostølen.
Lodges: Fondsbu (2 n)
– Yksendalsbu (self-service cabin)
– Tomashelleren (self-service cabin)
– Bygdin Fjellhotell
Transport: Departure from/return to Oslo by bus.

CROSSING BREHEIMEN

Tour 11565 6 days ●

Departure date: Wed 28/3
Breheimen can be described as diverse, exciting terrain, with high mountains and deep valleys. We start from Leirvassbu in the south, crossing the mountain area Breheimen, ending up in the north, Sota Sæter. Long legs and demanding terrain is guaranteed on this tour!
Lodges: Leirvassbu
– Sognefjellshytta
– Nørdstedalseter (2n)
– Sota Sæter
Transport: Departure from/return to Oslo/Oslo Airport Gardermoen by train and bus.



Lake Gjende.

Lodges: Gjendesheim
– Glitterheim (2n)
– Spiterstulen
– Leirvassbu
– Gjendebru
– Memurubu
Transport: Departure from/return to Oslo by bus.

BREHEIMEN CLASSIC

Tour 11652 5 days ●

Departure dates: Wed 25/7, Wed 1/8
The staffed lodge Sota Sæter, north in Breheimen is the perfect base for hiking in this grand mountain area. We walk west towards the self-served hut Sprongdalshytta. We continue through scree and hilly terrain, towards the self-served hut Arentzbu, located in the heart of Breheimen. More hilly terrain towards the staffed hut Nørdstedalseter, a wonderful cabin. During the hike, we will experience winter on the mountain tops, and summer in the valleys. Four seasons in one tour!
Lodges: Sota Sæter
– Sprongdalshytta
– Arentzbu
– Nørdstedalseter
Transport: Departure from Oslo/Oslo Airport Gardermoen by bus, return to Oslo/Oslo Airport Gardermoen by train.

SUMMER

THE HIGHLIGHTS OF JOTUNHEIMEN

Tour 11643 5 days ●

Departure dates: Wed 11/7, Wed 1/8
This tour is a must for experienced hikers who want to explore the highest mountain massif of Norway. The highlight of the tour can be ascending the two highest summits; Galdhøpiggen (2469 m.a.s.l.) and Glittertind (2452 m.a.s.l.). On the way to Galdhøpiggen, a guided glacier team takes us across Stygghøbreen. Finally, we ascend and walk along the Besseggen ridge, one of Norway's most popular hikes.
Lodges: Juvasshytta
– Spiterstulen
– Glitterheim
– Memurubu
Transport: Departure from/return to Oslo by bus.

JOTUNHEIMEN CLASSIC

Tour 11642 8 days ●

Departure dates: Tue 17/7, Tue 24/7
Without doubt one of our most traditional hikes. Visit the heart of Jotunheimen National Park and experience one of Norway's highest summits; Glittertind. The scenic walk along the Besseggen ridge, is also a part of the program. This is a fantastic experience if your physical requirements are good. Accommodation in staffed lodges only.

JOTUNHEIMEN WEST

Tour 11644 6 days ●

Departure dates: Wed 25/7, Wed 8/8
Wild and beautiful – screen and green nature. We experience the wonderful, diverse nature of Jotunheimen. We cross the glacier Fannaråkbreen and spend a night at Norway's highest located staffed cabin, Fannaråkhytta (2065 m.a.s.l.). The trail down the valley Utladalen, will lead us to the wonderful cabin Skogadalsbøen.
Lodges: Sognefjellshytta
– Fannaråken
– Skogadalsbøen
– Olavsbu (self-service cabin)
– Leirvassbu
Transport: Departure from/return to Oslo by bus.

JOTUNHEIMEN LIGHT

Tour 11647 5 days ●

Departure date: Sat 13/8
Experience the heart of Jotunheimen, on this tour! The trail goes through valleys, passing beautiful, high mountains. Hilly terrain, beautiful cabins, wonderful landscape sums up this tour. In just a few days you will experience the heart of Jotunheimen, and this will be a tour you won't forget.
Lodges: Leirvassbu
– Olavsbu (self-service cabin)
– Gjendebru (2n)
Transport: Departure from/return to Oslo by bus.



PHOTO: MARIUS DALSEG SVÆTRE

Perfect weather for skiing.

SKARVHEIMEN OG AURLANDSDALEN

Skarvheimen is where the east meets the west. With its broad valleys, wide plateaus and rugged peaks, this is a truly beautiful mountain area. Hardangerjøkulen is the sixth biggest glacier in Norway and situated in the southern part. Skarvheimen is a popular gateway for those who want to go from Jotunheimen to Hardangervidda. The Aurlandsdalen valley some people say, exceeds anything Norway can offer of unspoiled nature. It is known as Norway's Grand Canyon and is one of the most popular trails of the country.

WINTER

HIGHLIGHTS OF SKARVHEIMEN

Tour 11576 7 days ●

Departure dates: Sun 11/3, Sat 7/4
This ski tour starts at Finse, a small mountain village and the highest situated train station in Norway. The terrain of Skarvheimen offers a great combination of rolling hills and high mountain plateaus. At times the route is quite demanding, but with great rewards in spectacular view points. One night we stay at the cosy self service cabin Kongshelleren, where we cook and prepare our own meals.

Lodges: Finsehytta
– Geiterygghytta (2 n)
– Kongshelleren (self-service cabin)
– Iungsdalshytta (2 n)
Transport: Departure from/return to Oslo by train.

MASSIV III SKARVHEIMEN

Tour 11596 7 days ●

See the «Massive» section, page 11.



PHOTO: IDA AMELIE HELGENSEN

Kongshelleren, a self-service cabin in Skarvheimen.

SUMMER

AURLANDSDALEN CLASSIC

Tour 11735 6 days ●

Departure dates: Sun 15/7, Sun 22/7
We travel from Finse towards Geiterygghytta, to explore the beautiful view from Sankt Pål. Then through the deep valleys of Aurlandsdalen, which is one of Norway's most popular and mentioned hiking tours. We will travel through cultural landscape, experience ancient forests, ledges and old abandoned farms. Norway in a nutshell!

Lodges: Finsehytta
– Geiterygghytta (2n)
– Østerbø Turisthytte
– Heimly Pensjonat (Flåm)

Transport: Departure from/return to Oslo by train.

SKARVHEIMEN LIGHT

Tour 11734 4 days ●

Departure dates: Thu 26/7, Thu 23/8, Thu 30/8, Thu 6/9 8

We take just the best part south in the area of Skarvheimen. Enjoy it! From the green valley in Iungsdalen to more rocky plateau at Kongshelleren. It is relatively short distance between the cabins, so we will take it easy and spend the whole day out. The last day we perhaps take a trip up to St.Pål with a wonderful view against Hardangerjøkulen.

Lodges: Iungsdalshytta
– Kongshelleren (self-service cabin)
– Geiterygghytta

Transport: Departure from/to Oslo by train.

SKARVHEIMEN CLASSIC

Tour 11733 7 days ●

Departure date: Sat 11/8
Through the central parts of Skarvheimen, we walk from cabin to cabin, up and down trails, bridges and enjoy spectacular view towards Reineskarvet, Hallingskarvet and Hardangerjøkulen. It is the diverse terrain that makes this hike such an amazing experience, you won't forget.

Lodges: Breistølbu (self-service cabin)
– Bjordalsbu (self-service cabin)
– Iungsdalshytta
– Kongshelleren (self-service cabin)
– Geiterygghytta
– Finsehytta

Transport: Departure from Oslo by bus and return to Oslo by train.



PHOTO: MARIUS DALSEG SVÆTRE

Beautiful Aurlandsdalen.



Femundsmarka, a unique area of natural beauty.

FEMUNDSMARKA

This is a unique area of natural beauty, with great pine forest, rocky terrain and the occasional lone pine trees. If you are looking for soft landscape and the contrasts between friendly wilderness and cultural activities, this area is the best choice. The region is heavily influenced by the local history of the Røros' copper works, founded 350 years ago. Røros is one of the oldest towns of wooden buildings in Europe and on the UNESCO's World Heritage list.

WINTER

ACROSS FEMUNDSMARKA FROM RØROS

Tour 11582 7 days ●

Departure date: Mon 19/2
Magnificent ski tour through Femundsmarka from north to south, from Røros to Svukuriset, the delightful staffed DNT lodge known for its good atmosphere. We will join a guided historic tour and stay in Røros Hotel. Large part of Femundsmarka will not be marked during the wintertime, so you might learn more about the use of map and compass. It's not steep mountains in this area but it can still be challenging because of the weather and long days walk without tracks.

- Lodges:** Røros Hotel
– Marenvollen (self-service cabin)
– Langen
– Røvollen (self-service cabin)
– Svukuriset (2 n)

Transport: Departure from Oslo/Oslo Airport Gardermoen by train and return to Oslo/Oslo Airport Gardermoen by bus.

SUMMER

FEMUNDSMARKA CLASSIC

Tour 11709 6 days ●

Departure date: Mon 16/7
Røros is the starting point of this hike. On the arrival day we will have time to visit this unique little town, among narrow streets with

characteristic old wood houses. The next days we will explore the deep forest of Femundsmarka by foot. Accommodation in charming self service cabins and mountain farms. A ferry takes us across the lake Femund, a unique area of natural beauty. The terrain is without steep hills.

- Lodges:** Vertshuset Røros
– Marenvollen (self-service cabin)
– Ljosnåvollen
– Røvollen (self-service)
– Svukuriset

Transport: Departure from Oslo/Oslo Airport Gardermoen by train, return to Oslo/Oslo Airport Gardermoen by bus.



The staffed lodge, Liomseter under the breathtaking Aurora Borealis.

LANGSUA

Langsua national park – south east of Jotunheimen – the home of the fairies. Amidst spruce forests, pine moors, birch hillsides, stony plateaus and soft peaks you can feel the mystique of this area. Few mountain areas in Norway can compare with this area in the lushness of high mountain vegetation. Here you will find small and cosy self-service cabins and short distances between the cabins.

WINTER

MAGIC MID WINTER IN LANGSUA

Tour 11563 6 days ●

Departure dates: Mon 19/2, Mon 12/3
A perfect mid-winter mountain tour. The first four nights we stay in self service cabins, before we most likely will experience a touch of luxury when we arrive for an overnight stay in a staffed lodge, the last night.
Lodges: Storhøliseter (self service cabin)
– Oskampen (self-service cabin)
– Skriurusten (self-service cabin)
– Storkvelvbu (self-service cabin)
– Espedalen Sportell
Transport: Departure from/return to Oslo/Oslo Airport Gardermoen by train.

SUMMER

JOTUNHEIMSTIEN THROUGH LANGSUA

Tour 11701 7 days ●

Departure dates: Sun 1/7, Sun 8/7
Jotunheimstien is the trail going from Oslo to Gjendesheim. We have chosen the last and most spectacular part of this route. Great variations and charming lodges are distinctive for this hike. Along the route we will stay in small, charming self-service cabins.
Lodges: Liomseter
– Storkvelvbu (self-service cabin)
– Storhøliseter (self-service cabin)
– Oskampen (self-service cabin)
– Sikkilsdalseter
– Gjendesheim
Transport: Departure from Oslo/Oslo Airport Gardermoen by train and return Oslo by bus.

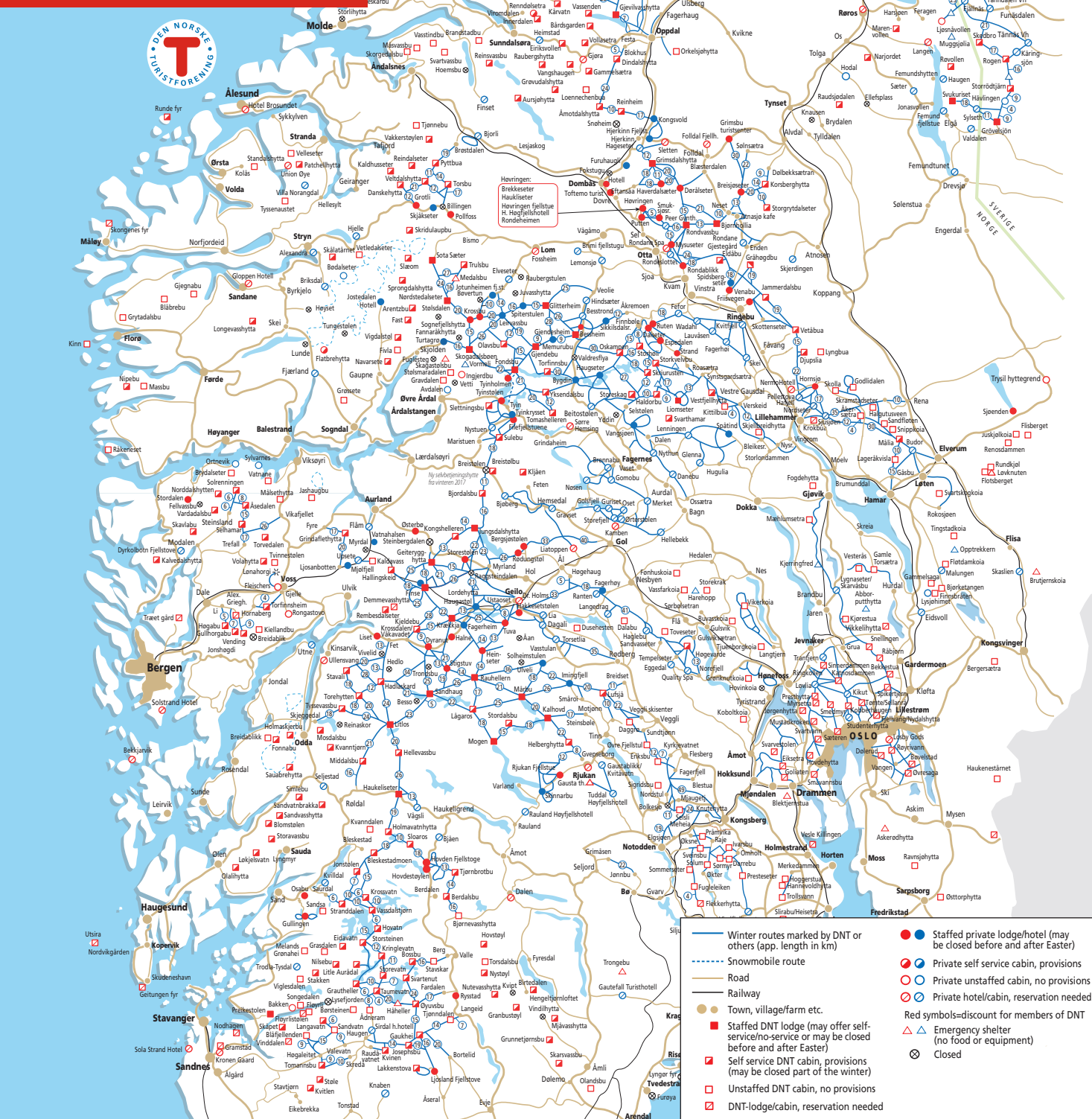
THROUGH BEAUTIFUL LANGSUA

Tour 11738 5 days ●

Departure date: Mon 16/7
Explore the gentle area that is Langsua. Open plateau, birchwood and gentle terrain. On this tour we go from the west to the east, along many self-served cabins. The last night we stay at the staffed DNT lodge Liomseter. Enjoy!
Lodges: Storeskag (self-service cabin)
– Skriurusten (self-service cabin)
– Storkvelvbu (self-service cabin)
– Liomseter
Transport: Departure from Oslo by bus, return to Oslo/Oslo Airport Gardermoen by train.

WAYMARKED SKI ROUTES MAP2017

This is the map of March 2017 showing the situation for the principal skiing season at Easter (Palm Saturday until Easter Monday). Before and after Easter less routes are marked, more cabins are closed and some may be unstaffed or only have a self service quarter. See dntoslo.no/english/ routes for the 2018 version of the map and seasonal opening hours for the cabins.



MAP: ELLEN JEPSON

EQUIPMENT AND PACK LIST

Proper equipment is essential for mountain hiking and mountain skiing.

Clothing

- wool, part wool or synthetic underwear
- wool socks/stockings
- wind jacket/anorak or all-weather jacket
- mountain trousers
- shirt or light sweater of wool or fleece
- boots
- rucksack

In pack or pockets

- rain jacket (if your jacket isn't all-weather)
- rain trousers (if your trousers isn't all-weather)
- cap/hat
- scarf/neckband
- gloves/mittens
- sweater/jacket, wool or fleece
- wool, part wool or synthetic long underwear
- shorts
- T-shirt
- sleeping bag/sleeping liner
- first aid kit
- indoor footwear
- extra underwear (trousers, shirt, socks)
- extra indoor trousers (optional)
- toiletries
- towel
- toilet paper
- sunscreen
- sunglasses
- insect repellent
- map and compass
- map case (with pencil and paper)
- knife
- headlamp/flashlight
- boot waterproofing
- lunch packet
- thermos or water bottle
- emergency rations
- money
- keys (cabins, car, home etc.)
- DNT membership card

Total weight: 7 – 12 kg.



PHOTO: MARIUS DALSEG SÆTNE

Other useful gear

- binoculars
- camera
- transport schedules
- glasses
- medicines
- tickets
- gps
- book(s)
- candle
- firestarter paper
- multi-purpose tool
- sitting pad

Extra – equipment winter tours

Proper equipment is essential for skiing in the mountains. Because of frequent change in temperature and weather conditions, it is necessary to bring warm and windproof clothing. Your backpack should not weigh more than 12 kilos. Heavy slalom skis and randonnée skis with continental boots are not appropriate for the conditions and must not be used for the tours listed in this brochure. The following list is a suggestion of what you should bring on an organized cabin-to-cabin mountain ski tour.

Please note that all participants on our winter ski tours have to bring their own sleeping bag, sleeping mat, windsack/emergency bivouac and shovel.

Emergency/equipment

- Windsack/emergency bivouac
- Shovel
- Sleeping bag
- Sleeping mat
- cup
- plate and cutlery
- skis and -equipment
- ski wax, scraper, skins
- nordic mountain skis (min. 50 mm, with metal edges)
- strong mountain ski poles with substantial baskets
- sturdy ski boots

Protection against weather

- winter-goggles
- extra pair of socks
- extra pair of gloves/mittens
- balaclava or turtleneck
- extra long underwear
- (down jacket)

Luggage lockers: Lockers available at the Oslo Airport Gardermoen, Oslo Central Station and Oslo Bus terminal.

ABOUT DNT

Since 1868 The Norwegian Trekking Association (DNT) has shown the way to the most magnificent experiences of Norwegian scenery. Our route network, with the trademark red Ts, invites you to enjoy experiences that leave footprints, not on the landscape, but on the soul. DNT is Norway's biggest outdoor leisure organisation. Our organisation marks/sticks routes in the Norwegian mountains and operates the network of cabins, so that hikers and skiers can safely enjoy the wonderful scenery while staying cheaply at mountain cabins all over the country.

In 2018 DNT is 150 years old!!

Our routes

The DNT's routes have two purposes; they guide you safely through the landscape, usually the fastest route between two cabins. At the same time, the routes channel foot traffic with the effect of giving the animal life some peace and quiet and avoid unnecessary wear and tear on the vegetation.

Our staffed lodges and self-service cabins

The DNT offers its members budget accommodation in over

500 mountain cabins all over the country, as well as a discount in privately owned cabins and mountain lodges incorporated in our route network. The buildings vary from two-bunk self-service cabins to large staffed mountain lodges sleeping almost 200 people. For aesthetic reasons we do our best to make sure our cabins blend in with the surroundings. We strive to keep an environmentally friendly profile for our cabins and have guidelines for everything from waste disposal to transport of supplies and energy conservation.

Staffed lodges

The staffed lodges serve meals, usually breakfast buffet and 3-course dinner, and facilitates for making your own lunch pack and filling of thermos flask. Accommodation is in rooms with 2, 4 or more beds. Lodges have simple, but good facilities, including electricity, a drying room and WCs in the corridor or outdoors. Most lodges offer showers for a small fee and some have sauna.

Self-service cabins (provisioned)

These are smaller cabins, with sleeping facilities of 5 to 25 persons. The cabins are unstaffed and often locked with the DNT standard key that all members

can pay a deposit to borrow. The cabins are equipped with kitchen, cutlery, firewood and contains plentiful supplies of tinned and freeze-dried dinners, crispbread, spread etc. To get an overview of provisions in self-service cabins go to www.dntoslo.no/english/provisions. No electricity or shower-possibilities. Using a sheet sleeping bag is mandatory.

DNT Tour Information Centre

If you have any questions concerning the tours in this program, feel free to contact us. Our DNT Tour Information Centre can also assist if you are planning an individual summer (or winter) tour.

Telephone +47 22 82 28 00,

Email: turinfo@dntoslo.no

Or drop by our information centre and shop in Storgata 3 in Oslo, where you in addition can sign up for DNT-membership, get maps for all mountain areas in Norway and purchase proper mountain equipment.



Fly in a climate neutral way and use MyClimate ticket! Order a ticket at myclimate.org



PHOTO: MARIUS DALSEG SETRE