

Alpine Glacier Course

Upon completion of the Rocks & Rivers Glacier Course you will be equipped to navigate safely in a rope team over moderately demanding glacier and icefalls. You will learn how to use crampons, ice axe, rope and a variety of security devices for ice and snow. We have a lot of fun with these trips onto our nearby glacier, Svartisen, but you will also learn many things including various crevasse rescue techniques, ice climbing, and learn how to choose a safe route through the ever changing terrain that you will encounter on a glacier.

Suggested schedule

Mini-glacier course 1 (3 days)

“Blue ice section”

This course gives you an introduction to:

- Fundamentals of glacier travel techniques & equipment
- Route-finding
- Crevasse rescue response on the blue ice
- Principles of rope management and rope teams
- Setting up anchor systems

Theory in the evening includes practicing rescue techniques, discussion around equipment and practicing knots.

Mini-glacier course 2 (3 days)

“Snow section”

- Techniques of snow travel and climbing
- Route finding and detecting crevasses
- Snow rescue techniques
- Crossing a crevasse field
- Crevasse rescue response on snow-covered glacier
- Anchor systems in the snow

Level of difficulty

Fitness requirement: good physical shape and hiking experience.

What to bring

- Steady mountain hiking shoes
- Outdoor clothing, 2 layers minimum (waterproof clothing is only suitable if it rains)
- Gloves
- Sunglasses
- Daypack

- Food for the duration of the entire course
- Tent & cooking equipment (blue ice section)

Starting point

Holandsvika

Date: as a private course only

How to get there

Holandsvika is located 2-3 hours south of Bodø and 4-5 hours north of Mo i Rana. It is situated along the stunning coastal highway RV17.

GPS coordinates: **66°43'25.0"N 13°40'26.0"E**

Price

3 pers 3250 NOK pp

4-5 pers 2900 NOK pp

Transport not incl.

Return transport from Holandsvika to Engabreen us approx 230NOK

Reservation is binding. Our trips are not dependent on the weather. Bring waterproof clothing with you in case it rains.

Accommodation

We recommend to stay in a tent close to the glacier on the blue ice course. Contact us if you'd like help to find accommodation in a house or cabin nearby. On the snow section course we stay at the DNT cabin Tåkeheimen.

Reservation/contact

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