

The Troll's Trail

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£1130 or 1295 Euros
Intro/Intermediate

The Rondane is a mountain area of 2000m peaks lying east of the Jotunheim group, and north of Lillehammer. There lies a high plateau running between two parallel valleys; this natural route-way is taken by the 'Troll-løypa', a trail for walkers and mountain-bikers in the summer - and ski tourers in the winter. Skiers benefit from an ideal terrain of frozen lakes, rolling meadows, plateaux and forests, studded with some small, but shapely, hills, giving a perfect environment for a multi-day hut-to-hut tour.

Each day is never too long and there is always time to do some extra skiing at the end of the day or climb a local 'top' for the view and the ski down. On the otherhand you might want to simply relax and enjoy the surroundings of the night's accommodation!

- A delightful point-to-point tour over six days
- Experience the wide open spaces of this Arctic environment
- Ideal first hut-to-hut tour or for those who prefer a 'relaxed' approach to touring

[Departures](#) **Type of skiing - Nordic**

Day tours, coaching sessions or multi-day tours using cambered, metal-edged skis and leather or soft plastic touring boots. Waxes are usually used and skins only for bigger climbs. Terrain is gentle to moderate, depending on the week. Skiing is usually on way-marked routes but sometimes through untracked snow. Only the easiest tours have machine-prepared trails.

Level

Skiers should have some previous Nordic skiing experience, be able to travel over undulating terrain and be able to ski down moderate terrain in a variety of snow conditions. A confident snowplough turn and the ability to traverse are the minimum downhill technique requirements as well as being able to control speed and direction; skiers should also be capable of Nordic travelling techniques (i.e. not just using skins) and be able to maintain a reasonable pace. This tour does demand a degree of stamina in a relatively remote area, though the itinerary is designed to give plenty of time each day and over the week to complete the route. Typical daily distances are 12 - 22km and daily ascents between 50 & 100m.

Itinerary

Please note the following is intended as a guide only and route details are subject to confirmation.

Day 1 Arrival

Flight to Oslo Gardemoen airport (own arrangement). Train to Lillehammer; taxi minibus to a very

comfortable mountain hotel (dinner, B&B included)

Day 2

Our first day starts gently through scrub forest and across frozen lakes and marsh as we get our first views to the mountains beyond. From the 'self-service' hut there is short climb to the hill behind for a superb all-round panorama.

Day 3

We continue following a more undulating trail to our second night's lodge (self-service). There is a good optional route to-day, taking an 'off-track' route over one of the higher hills of the area for stunning views.

Day 4

The character of the landscape starts to change as we gradually travel nearer to the Rondane mountains; a few more ascents and descents but the outlook always makes it worthwhile!

Day 5

A bit more 'down' overall to-day as we ski into the snowy pine forests surrounding the well-earned luxuries of the Venabu Hoyfjellshotell.

Day 6

Northwards again to our last 'self-service' night, right on the tree-line and close under the mountains, with 'top' options on the way or once you have arrived at the lodge.

Day 7

Our final day's touring is gently downhill until we branch off the Troll-løypa and take an undulating route through the woods to Rondablikk. Great views of the Rondane as we settle in to the comforts, good food and drink (?) of the 'hoyfjellshotell', well-satisfied with a great journey completed.

Day 8 Departure

Minibus to Vinstra station and train Oslo Gardemoen airport.

Further Information

This programme is intended as a guide and many other options exist. We have to consider weather, snow conditions and the abilities and ambitions of all group members. Flexibility is essential when considering the safety & enjoyment of a group in the mountains & all participants should be aware that ski-touring is more serious & committing than skiing based at a resort. The final decision remains with the group leader, for the safety and enjoyment of all.

Leadership

The tour leader will hold a British Association of Snowsports Instructors Nordic qualification; (?Ski Instructor? at the least and may also be a BASI Telemark Instructor). She/he will hold the Winter Mountain Leader Award or have the ability and experience to navigate in winter conditions. Some coaching will be available along the way 'as necessary' or by request. Intensive input for improvement of Nordic travelling, downhill or telemarking is available on our various instructional courses.

Accommodation

Accommodation for seven nights will be at the well-known Den Norske Turistforening (DNT) 'huts' or privately run lodges of similar standard. The literal translation from the Norwegian 'hytte' really is a bit of a misnomer and the buildings are perfectly weatherproof, warm and dry! These staffed ?huts? or lodges are more like hotels. Sleeping is in shared rooms with bunks for 4 - 6 people. There are excellent drying rooms, hot showers (sometimes there is a small charge), a lounge, dining room and small shop & bar. All meals are provided and you make up your own packed lunch from the breakfast buffet. Accommodation for 4 nights will be at DNT ?self-service? lodges; these are excellent timber-built buildings set in remote surroundings, with bunk rooms, fully-equipped kitchens, wood-burning stoves, a stockpile of wood (ready for chopping), chemical toilets and food in store. As a group, we will share the tasks of wood-chopping, water collection, cooking, clearing up, etc.

The accommodation we use and the quality of the facilities at the lodges do mean that, when we are travelling from one to the next, we are carrying relatively ?minimalist? rucksacks ? good news! This also allows us to better focus on our ski technique and to enjoy the skiing more!

What to bring

Kit lists can be found on the Trip Info page and downloaded from Members Information. Generally, outdoor clothing, metal-edged Nordic touring skis, 75mm bindings, 75mm norm leather touring boots (with vibram soles) and touring poles are needed.

Owing to the point-to-point nature of this tour, it is not convenient to hire this equipment in Norway. Ski equipment can be hired in the UK from [Braemar Mountain Sports](#) courier service. Please contact us if you need advice.

Full package and travel arrangements

Full package includes rail travel to/from the touring area, taxi transfers to/from the touring area, dinner, full-board accommodation (7 nights) whilst on tour, all instruction & leadership, DNT annual membership. If you have your own DNT membership, save £50 on the tour cost, on production of a photocopy of your membership card.

Flights

- Flights need to be arranged with your own travel agent, ?cheap flights? companies or on the internet. Flights need to be to Oslo Gardermoen, recommended for convenience, or Oslo Torp ? Ryanair. Visit www.expedia.co.uk or www.ryanair.com for options.
- Flight arrival times on 28 February: recommend no later than 1 hour before the train departure at 16.33 from the Gardemoen airport train station. Return flight departure times on 7 March: recommend min. 1 hour after the 14.43 train arrival at the Gardemoen airport train station.
- Train times are from 2009, but 2010 likely to be similar. Please confirm these train times with us before booking your flight.
- **Flights should not be booked until this trip is guaranteed to run.**
- NB If using Oslo Torp airport than please allow considerably more time either way and contact us for rail links from Oslo city to meet the rest of the group.
- NB If you fly Ryanair beware of their skis-on-flight charges and separate ski checking in procedures!

Exchange and Finance

There are exchange facilities in Oslo Airport but it would be best to obtain Norwegian Kroner prior to your departure from the UK, to save time and for convenience once we are on tour away from banks! Not a great deal of extra money is required but allow for the following: personal expenditure on drinks, postcards, trolls, etc. Food or refreshments between Oslo and the touring area.

Insurance

A reminder that you need to arrange this independently at the time of booking; holiday insurance with special cover for touring is required. You need to be covered for ski touring and skiing on piste, in-track and on way marked trails. If you need more information, please contact us.

Minimum Numbers

This trip requires a minimum of five clients to book before it can be guaranteed to run. On instructional courses the maximum number is always 8.

These arrangements and services are provided by The Telemark Ski Company, our partners in Norway.

[Norway Trips](#)

No



Another blue sky day!