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**Dossier: NOR/Guided/Huts/11 days/2025**

## **Norway, Jotunheimen Circuit / Guided: 11 days**

*Trip starts: Day 1, Oslo hotel*

*Trip ends: Day 11, Oslo hotel*

We have put together a trekking circuit in the remote and wild Jotunheimen National Park in Southern Norway, also known in Norse mythology as the Home of the Giants. The Jotunheimen National Park covers an area of 2750 square metres and is where most of Norway's 268 peaks over 2000m are located. Only a 4-hour bus ride from Oslo this area is rich in mountains, glaciers, pale blue lakes and freely roaming reindeer. During this trek we will wander off the beaten path, to the corners of the park where few other hikers go. Among the highlights are vast open valleys, an optional summit of Norway's second highest peak Glittertinden (2452m) and the famous Besseggen ridge walk. The route takes you through the very heart of Jotunheimen's wild and beautiful wilderness, where we may very well encounter a herd of reindeer and taste fresh clean mountain water right from the source.

After a quick ferry ride over the picturesque colourful Gjende lake we start our trek from the Memurubu mountain hut and head into the wilderness. After 7 days we arrive back at the Gjendesheim mountain hut, from where we take a bus to Beitostolen for a well-earned sauna and dip in the pool. The following day we head back to Oslo. Throughout the trek we stay at well-equipped and cozy mountain huts in 2 or 4-bedded rooms, where all meals and packed lunches will be provided. There are also drying rooms for wet gear and it is possible to buy snacks and souvenirs along the way.



This trek will suit people who have comfortably completed the TMB or equivalent and who enjoy a journey with impressive mountain views. The Jotunheimen circuit can be a bit tough, as often the ground under foot can be rocky or wet. You should be happy covering 15- 21km (10-14 miles) each day, with a fair bit of ascent and descent. This is a very challenging trek and you should be confident of your fitness.

The trip will be led by an experienced and fully qualified International Mountain Leader (IML).



Salamander Adventures is the trading name for Salamander Treks Ltd is registered in England and Wales under company No 6060750.

## **ITINERARY: Jotunheimen circuit**

### **Day 1: Meet at our hotel in Oslo.**

Our hotel is easily accessed from the airport by the airport express train to Oslo S (Oslo Central Station) (20mins). The hotel is a 5 min walk from there.

**Hotel. Meals included: none**

### **Day 2: Morning bus from Oslo to Gjendesheim.**

Today we take a bus from Oslo to Gjendesheim which takes approximately 4 hours. In the afternoon we have time for a small hike around the hut and lakeside.

**Mountain hut. Meals included: breakfast, dinner**

### **Day 3: Ferry to Memurubu, trek to Gjendebu.**

We start our trek with a wonderful 30-minute ferry ride over the deep blue Gjende lake to reach Memurubu Mountain Station. From here we climb up and over Sjugurtinden: enroute we cross a high-altitude plateau and multiple alpine lakes. From here we can start to see the extensive glaciation of the area around us. We then descend steeply down to the lakeside and follow an often-wet singletrack to Gjendebu Mountain Station, where we spend the night. The characteristic light green colour of the Gjende lake is a result from glacial runoff containing clay and rock flour.

10.4km hike, 728m ascent.790m descent.

**Mountain hut. Meals included: breakfast, lunch, dinner**

### **Day 4: Trek from Gjendebu to Leirvassbu**

Following the wide Storådalen valley we trek beside a wide river and past four large glacial lakes. The trail is surrounded by beautiful mountains and cascading waterfalls. We then climb up to the Høgvaglen mountain pass and descend to our destination - the Leirvassbu Mountain Station, located by the beautiful Leirvatnet lake.

19km hike, 872m ascent. 710m descent.

**Mountain hut. Meals included: breakfast, lunch, dinner**

### **Day 5: Trek from Leirvassbu to Spiterstulen.**

After trekking past three alpine lakes, Leirvatnet, Panna and Troget, we descend down into the wild and often seemingly endless (25-kilometer long) Visdalen valley. Rocky trails follow a wild river until we reach the Spiterstulen Mountain Hut.

15km hike, 500m ascent. 810m descent.

**Mountain hut. Meals included: breakfast, lunch, dinner**



### **Day 6: Trek from Spiterstulen to Glitterheim.**

We slowly climb up to a higher valley, turning south. Behind us we will be able to see Norway's highest peak, the vastly glaciated Galdhøppigen and to our left, will be Norway's second highest peak, the often snow-capped Glittertinden. Further ahead of us we will be able to see the mountain pass that we need to cross on our way back to Memurubu. Just before we reach the Glitterheim Mountain Station, our valley turns eastwards as we hike along a wide glacier-fed river.

19.5km hike, 986m ascent. 480m descent.

**Mountain hut. Meals included: breakfast, lunch, dinner**

### **Day 7: Free day - optional hike to Glitterheim summit.**

This is your free day. If the weather allows, it is possible to do an optional hike up to the Glittertinden summit (2452m). This is a tough climb along rocky trails with the possibility of some snow on the top. It is possible to descend via another route, taking us past a lake and another smaller summit. The hike to Glittertinden is considered challenging due to its length and elevation gain, but it offers a unique opportunity to experience one of the most stunning views in the Norwegian mountain landscape. Historically, Glittertinden was once considered Norway's highest mountain, thanks to a glacier that crowned its summit. In the early 20th century, the glacier's peak was measured at 2,481 meters above sea level. However, significant melting over the past few decades has reduced its height, and in 2020, the peak was measured at 2,452 meters. By September 2023, the once proud glacier had completely melted away, marking a significant shift in the mountain's physical structure and ecosystem.

16km hike, 1300m ascent. 1350m descent

**Mountain hut. Meals included: breakfast, lunch, dinner**

### **Day 8: Trek from Glitterheim to Memurubu.**

We hike along well-trodden paths over a mountain pass to reach the vast and open Russvatnet lake. Here we will have views of Besshøe. The mountain lies right above Lake Bessvatnet. On the mountain's north-eastern side is a small glacier lake and it is surrounded by a large ice-core moraine, a relatively rare feature in Norway. From the far end of the lake we climb up to a mountain pass only to descend down to Memurubu Mountain Station, where we began our journey.

19km hike, 800m ascent. 1190m descent

**Mountain hut. Meals included: breakfast, lunch, dinner**

### **Day 9: Trek from Memurubu to Gjendesheim, bus to Beitostolen.**

Today we hike the Besseggen ridge. We head out to a ridge below Besshøe mountain and soon after we reach a narrow gap separating two lakes - one green and one blue - situated at



different altitudes. From here we start the rocky climb of the Besseggen ridge. One of the most famous hikes in Norway, this walk provides breathtaking views of Gjende and Bessvatnet lakes, and of the various waterfalls and glaciers around us. The legend says that this ridge was forged by Thor himself. National Geographic has listed Besseggen as one of the world's top 20 most exciting hikes. This climb requires a good head for heights and is exposed. Some parts are both steep and demanding, and the tour can be extra demanding in rain. After reaching the Veslfjellet summit we cross an open plateau and start our descent to Gjendesheim mountain hut. We then take the evening bus to Beitostolen for a well-deserved night at a hotel. The bus journey takes approximately 30 minutes.

14km hike, 1200m ascent. 1226m descent

**Hotel. Meals included: breakfast, lunch, dinner**

**Day 10: Early morning bus to Oslo. Free time to Explore the city.**

Early morning bus back to Oslo which takes approximately 4 hours. Free time to explore the city. You can buy food from the shop in Gjendesheim for the bus ride back to the capital city.

**Hotel. Meals included: breakfast**

**Day 11: Trip ends after breakfast.**

Make your own way by metro back to Oslo Airport.

**Meals included: breakfast**

*While our intention is to adhere to the day-by-day route as printed above, a degree of flexibility is built into the itinerary. Overnight stops may vary from those suggested. Occasionally, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintains the integrity of the original itinerary.*



## PRACTICAL INFORMATION

### Is it for me?

The route is approximately 115km/72 miles. This trip should appeal to you if you comfortably completed one of our other treks in recent years. However, this is the toughest trek we offer, because you must carry all your own gear for 6 days, whilst on trek. There is no need to carry bedding or hut shoes as these are provided. You should aim to keep your pack to under 7kg/15lbs. Additionally, as this part of Norway is at 60° North, the weather can be cold, even in the summer months. We normally hike for between 6 and 7 hours each day and be outdoors for 8 hours.

We generally follow good, well-travelled paths though there are sections when it is rocky underfoot and can be overgrown with grasses. There is one section which may not be suitable if you suffer from a severe fear of heights, when we traverse the Besseggen Ridge on day 9. The ridge is 1km long and approximately 20metres wide and feels exposed. It involves some scrambling so you will need to use your hands to steady yourself.



The highest altitude on the trek is 1740m, however if you choose the optional trek to the Glittertinden summit on day 7, you will trek to an altitude of 2452m.

If you have completed the Tour du Mont Blanc and/or the Dolomites Traverse comfortably, this trek should suit you. The terrain is not as challenging as the TMB or Dolomites Traverse, however, you must be comfortable carrying your own gear for 6 days and you must be happy in an exposed mountain environment where the weather can be unpredictable. This is why we have graded this trek as Grade 5 – tough. If you found yourself at your physical and mental limit hiking the TMB or Dolomites in fine weather you should not come on this trek.



### Group size

- Minimum 6, maximum 14.

### Price and what it includes

- Accommodation on a twin-share basis in hotels and 2 or 4 bedded rooms in huts.
- All local buses and ferries throughout when part of the organised trek.
- 10 breakfasts, 7 picnic lunches and 8 dinners.
- The trek is led by a qualified International Mountain Leader (IML).

### What is not included

- Drinks and snacks.
- Any excursions outside of the trek.
- Transfers to and from Oslo Airport.

### Accommodation and meals

We stay at comfortable 3 & 4-star hotels for three nights and Norwegian mountain huts for seven nights. Hotel rooms are on a twin-share basis in hotels. The rooms in the huts will either be 2 or 4 bed-rooms and some will have private bathrooms with hot showers, others shared bathroom facilities.

Dinners, when included, are normally three courses. Tea and coffee at dinner and all other drinks are not included.

Please note that, tap water is drinkable everywhere in Norway and at the huts. You do not need to buy mineral water. When on the trail you can fill up from the streams. We therefore advise you to bring water filter tablets or a water bottle with a built-in filter. There are no cafés or other huts to stop at during each day.

### Toilet Etiquette on trail

There are no toilets on the trails. Please follow the '**leave no trace**' policy:

1. Our preference is that you take **everything** away with you in a biodegradable bag and dispose of it when you reach your hut at night. This includes toilet paper and faeces.
2. If you do not want to take 'everything' away, please bring a small trowel so that you can bury faeces in the ground. Under NO CIRCUMSTANCES should you leave toilet paper behind – all toilet paper should be taken away with you, even if it's biodegradable.
3. Make sure you bring hand sanitiser.

### Typical meals

Breakfast: tea, coffee, juice, bread, butter, jam, porridge, ham, cheese.



Picnic lunch: Sliced bread, sandwich filling, fruit, cookie (the picnic choices vary from hut to hut). **Please note that the huts provide lunch food, including sliced bread and fillings, but you make up your own sandwiches at breakfast. Most also offer you the opportunity to fill up a thermos.**

Dinner: generally, a fixed menu with starter, main course and dessert.

The hotels and huts also sell soft drinks, beer, wine and mineral water. You can buy crisps, chocolate, energy bars, nuts and sometimes fruit and cinnamon rolls from the huts as well as basic first aid supplies such as plasters and tape.

If you chose not to take or eat any of the meals provided throughout this trip, there is no refund.

### **Luggage transfers**

There are no luggage transfers on this trek – you need to carry your own gear the whole time.

### **Airport transfers**

We have not included airport transfers on this trek, as our hotel in Oslo is easily accessible by train from the airport, and this allows more flexibility in arrival and departure times. Take the airport express train to Oslo S (Oslo Central Station) (20mins). The hotel is a 5 minute walk from there.

### **Transport during the tour**

All transfers to the walks are included in the price of the tour.

### **Staff**

Throughout the trip, you will be accompanied by a qualified International Mountain Leader (IML) who has a First Aid certificate and carries a First Aid Kit.

### **Weather**

In August, daytime temperatures can vary from 12-25°C. The days are long and the nights are short. The weather is most stable in the south of Norway (where we trek), however, in the mountains the weather can change quickly, so you need to be well prepared with the full kit list below. We pay special attention to the local weather forecasts and will adjust the itinerary if we feel it is necessary to get the best from your trek.

### **Clothing and equipment**

Waterproof hiking boots (with proper grip/sole tread)

Waterproof jacket and trousers (seam-sealed)

Warm fleece

Lightweight puffy jacket or gilet. Synthetic is better than down in case it gets wet.

Trousers/tights for hiking





Long-sleeved shirt for hiking  
Sunglasses  
Warm hat  
Warm gloves  
2 x T-shirt for evenings  
1 x casual trousers/skirt for evenings  
3-4 sets of underwear  
Set of long warm underwear (for sleeping in or as extra layer for cold weather)  
45-50 litre hiking backpack with hip-belt  
Backpack rain cover  
1-2 litre water bottle or water bladder  
Headlamp + charging cable or spare batteries  
Drybags (for waterproofing extra clothing in the pack)  
Blister kit + personal medicine  
Toothbrush & toothpaste  
Small bottle of shampoo  
Hand sanitiser  
Ziplock bag (for rubbish)  
Biodegradable bags for toilet waste (see toilet etiquette)  
Toilet paper (in a zip-lock bag)  
Small towel  
Phone + charging cables (EU socket)  
Sun cream

**Optional:**

Waterproof over mittens  
Gaiters  
Sitting pad  
Thermos  
Water filter or iodine/chlorine water tablets  
Hiking poles  
Small trowel (see toilet etiquette)

**Extra expenses & money**

You will need to use Norwegian Krone (kr / NOK). There are ATMs at the airport and in Oslo. There are no ATMs on trek! Most places take cards, but the huts prefer cash.

You will need extra money for drinks, snacks, lunches and evening meals which are not included. In addition, allow for postcards, souvenirs, snacks and excursions.



## Typical costs

These are approximate costs: you can spend more or less than indicated. At the time of writing (Sept 2024) £1 = 14kr / US\$1 = 10kr.

Dinners Allow 400-600kr per meal for the nights not included

Misc Wine (300-500kr), beer (80-100kr), soft drinks (45-60kr), cakes & snacks, coffee.

## Passports, visas and insurance

It is essential that you are in possession of an up to date and valid passport. You must check the visa and entry requirements of your chosen destination and any countries that you may be stopping off at en-route. Whilst we are able to offer general advice to British citizens, personal circumstances such as criminal records, may affect your eligibility to enter certain countries. It is therefore your responsibility to ensure that you have the correct documentation to gain entry into your chosen destination(s). For any further information, please consult the relevant embassy or for British residents visit: [Foreign, Commonwealth & Development Office](#)

Adequate and valid travel insurance is compulsory when you travel with us and it is a condition of accepting your booking that you agree you will have obtained adequate and valid travel insurance for your booking by the date of departure. We recommend that you take out insurance as soon as your booking is confirmed.

We recommend that your travel insurance includes repatriation, that you are covered for guided trekking in Norway up to 2452 metres, helicopter rescue, all the activities mentioned in this dossier and any optional activities you may take part in. You must check with your insurer that you have adequate and valid cover for your tour. Anyone who does not have insurance will not be allowed to take part in the tour until cover is arranged. This is part of our booking conditions.

*Please ensure that you have an up-to-date copy of this dossier immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from clients. You will be informed of any major changes to your trip but small changes may just be added to this dossier.*

