ESHEP 2016 Excursion
Heidi Sandaker
Full day excursion - Jotunheimen Mountains

**Departure from the hotel: 08h00**

- We will take packed lunches. Each person is asked to prepare their own picnic from the breakfast buffet; carrier bags and bottles of water will be provided
- Bring plenty of water, especially if you are doing the long hike
- Bring warm/rainproof clothes, and hiking shoes if you have them. Suitable footwear is essential for the long hike.
- Expect some mud if it rains.

**Arrival at Gjendesheim: 10h00**

- Option A: Boat trip, then long hike back over Besseggen mountain
- Option B: Boat trip, then shorter hike back near the lake shore
- Option C: Boat trip back and forth along the lake
- Option D: Stay around Gjendesheim (possibility of a short hike, or just relax and enjoy the view)

**Departure of boats for option A, B, C: 10h00 and 10h15**

**Dinner at Gjendesheim at 19h00.**

- Three courses with coffee/tea

**Buses will leave Gjendesheim at 20h30, return at the hotel estimated to 22:30**
Weather forecast

Temperature:
- 50% probability
- 30% probability

Precipitation:
- 50% probability
- 30% probability
Full day excursion on June 21 – Hiking options

20 min **boat trip** to Memurubu,

- **~ 7-8 h hike** back to Gjendesheim **over the mountain** accompanied by a mountain guide.
- In places the path will be steep: Not suitable for people who suffer from vertigo
- A reasonable level of physical fitness necessary
- Suitable footwear is essential
- About ~13 km distance
- 1100 m of elevation gain in total

**Moderate difficulty for people used to mountain hiking.**

Full day excursion on June 21 – Hiking options

20 min boat trip to Memurubu,
• ~ 4 h walk back to Gjendesheim by the lake.
• Suitable footwear is necessary
• About ~10.5 km distance
• 260 m of elevation gain in total

Easier terrain than option 1.
Full day excursion on June 21 – Hiking options

20 min **boat trip** to Memurubu and back on the same boat
Full day excursion on June 21 – Hiking options

Explore surroundings of Gjendesheim

• Possibilities for a short hike to the top of the nearest mountain (Gjendeshøe).

• Vertical gain ~ 270 m.
Please register and specify the option you choose: A tick against your name for A or B or C or D before Sunday lunch

If you want to stay at the hotel please see Kate (otherwise you will not eat)