

# ESHEP 2016 Excursion

Heidi Sandaker

## **Full day excursion - Jotunheimen Mountains**

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### **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**

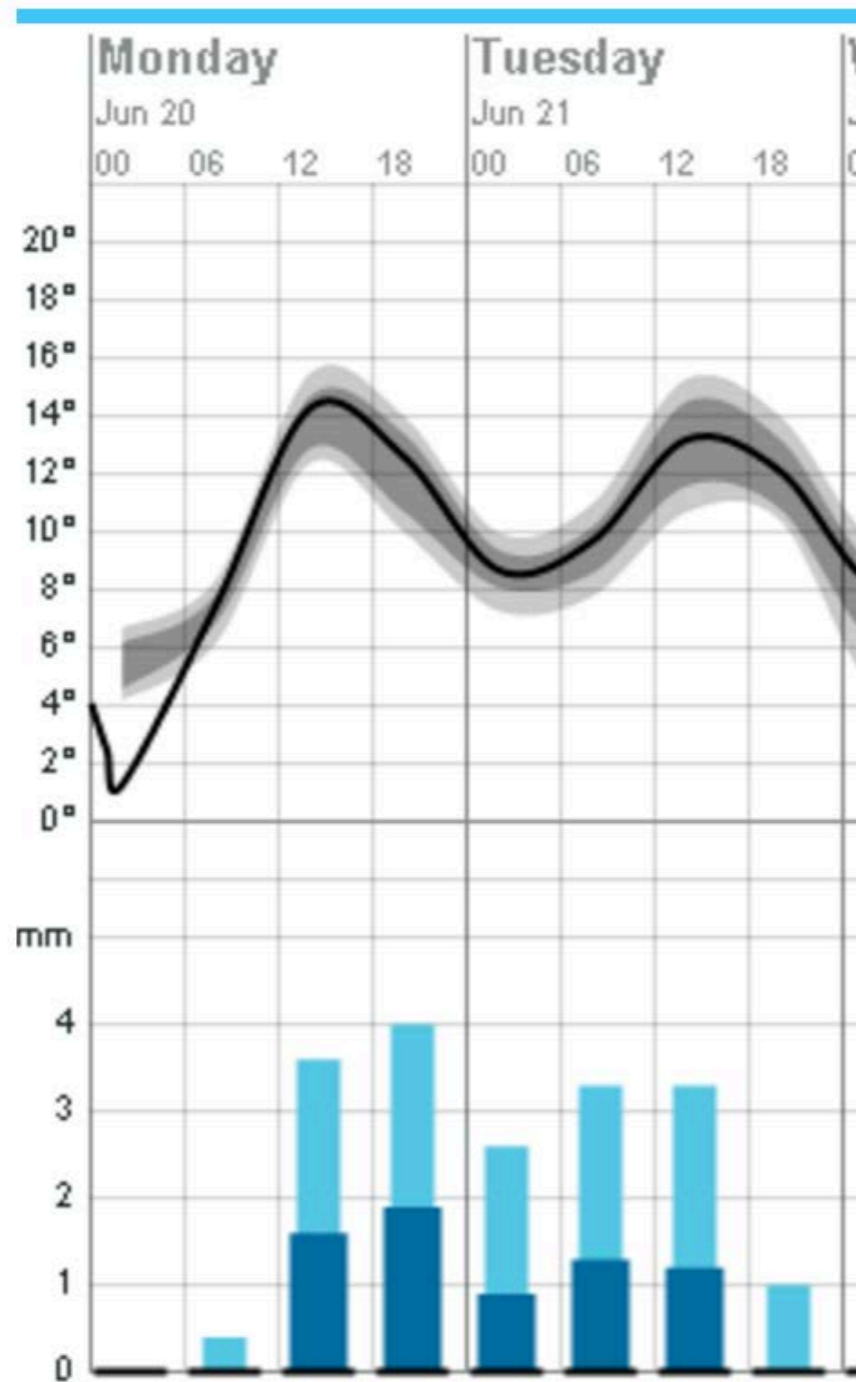
- Option A : Boat trip, then long hike back over Besseggen mountain
- Option B : Boat trip, then shorter hike back near the lake shore
- Option C : Boat trip back and forth along the lake
- Option D : Stay around Gjendesheim (possibility of a short hike, or just relax and enjoy the view)

### **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

# A

## 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.**

<http://www.roughguides.com/article/hiking-the-besseggen-ridge-norway/>



ELEVATION PROFILE



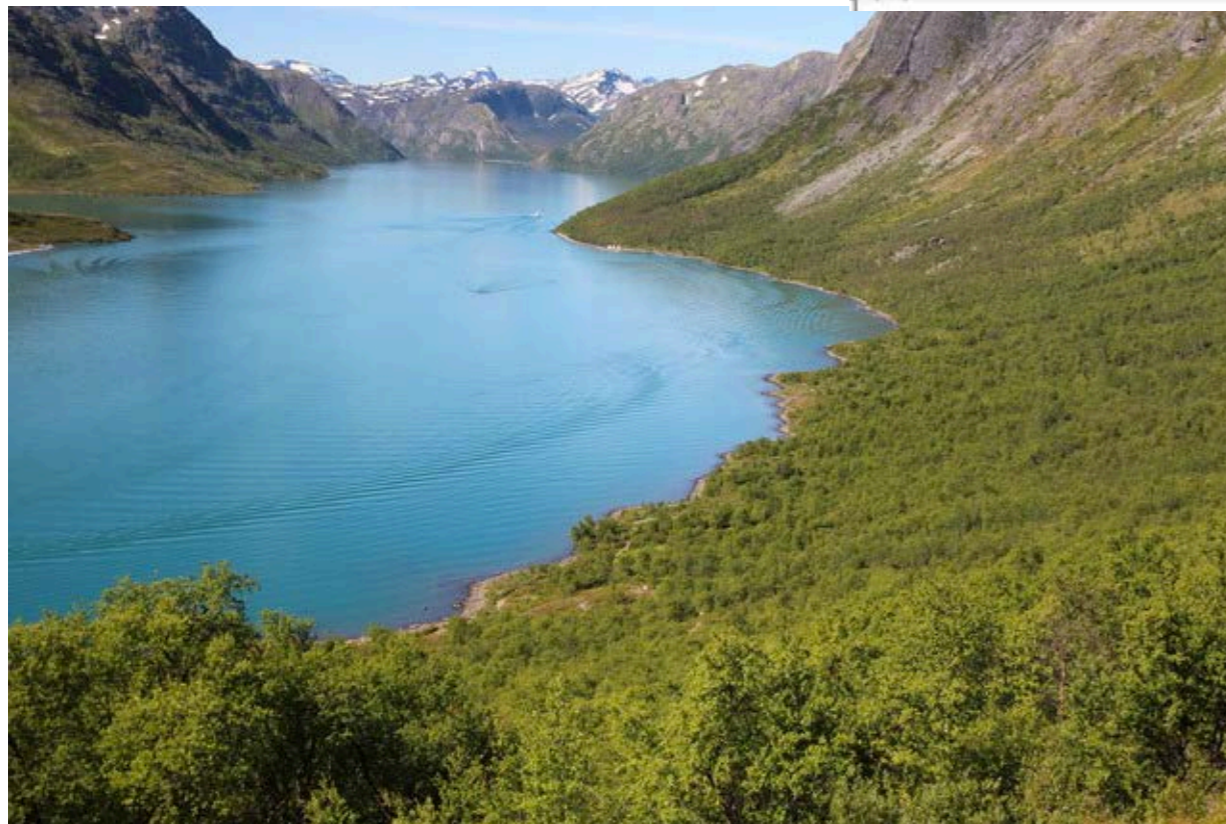
# B

## 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.**



# C

## Full day excursion on June 21 – Hiking options

20 min **boat trip** to Memurubu and back on the same boat



# D

## 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.



RVS1, Apr 19 2011, © Arnt Flatmo  
Gjendeshøe



**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)**