Traverse of the Jotunheimen

Trip Code: NOR

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		8



HIGHLIGHTS

- Climb Norway’s highest peak, Galdhopiggen (2469m)
- Scramble the Besseggen Ridge, an iconic part of the Jotunheimen Traverse
- Experience Norway's highest waterfall and finest alpine landscapes
- Stay in cosy, well-equipped mountain huts on this hut-to-hut journey via Glitterheim, with all meals included

AT A GLANCE

- 8 days trekking
- Max altitude - 2472m
- Join at Otta

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This is an exciting and challenging trekking holiday in the Jotunheimen region of Norway. Known in Norse mythology as the Land of the Giants, Jotunheimen is the largest and most dramatic mountain area in the country, home to Norway's highest peaks and some of its finest walking terrain.

After transferring from Oslo, the trek begins with one of Norway's most celebrated routes, the world-famous Besseggen Ridge, a spectacular scramble along a narrow ridge dividing two strikingly coloured lakes. From here, the route heads deeper into the heart of the mountains, following a superb high-mountain journey via Glitterheim and on to Spiterstulen, with long, rewarding days surrounded by classic alpine scenery.

A major highlight of the trip is the ascent of Galdhopiggen (2469m), the highest mountain in Norway, offering wide-ranging views across the surrounding peaks and high plateaus. The journey then continues westwards through increasingly remote landscapes, passing broad valleys, lakes and boulder-strewn terrain shaped by ancient glaciers.

The trek concludes with a beautiful walk out through the dramatic Utladalen Valley, home to one of Norway's highest waterfalls. Following a network of well-established mountain trails and staying in Norway's excellent mountain huts throughout, this is a superb hut-to-hut adventure for fit hillwalkers looking to experience the very best of Norwegian high-mountain trekking.

Is this holiday for you?

This is a demanding high-mountain trekking holiday in Norway, with significant ascent and descent on most days, particularly during the first half of the trip. The trails are generally well defined, but there are frequent sections of rocky and uneven terrain, including scree, bare rock, boulder fields and some easy scrambling, where good balance and confidence on rough ground are required.

Walking days are typically between 6 and 8 hours, with one or two longer days of up to around 9 hours. The holiday is best suited to regular hillwalkers with a good level of fitness who are comfortable with sustained days in mountainous terrain. Throughout the trip you will carry your own personal equipment between huts. As sleeping bags and camping mats are not required, it should be possible to keep your rucksack weight to around 10kg.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader/mountain guide
- Private transfer from Otta to Gjendesheim on arrival
- Transfer to Oslo city bus depo on departure
- 8 nights mountain refuge accommodation
- Meals as per the Meal Plan

What's not Included

- Travel insurance
- Train from Oslo airport to Otta on arrival
- Train from Oslo city bus depo to Oslo airport on departure
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at Otta Railway Station. A single timed transfer from the station to the Gjendesheim Hut will be provided.

Contact details and an emergency number will be provided with your booking confirmation.

To get to Otta from Oslo Gardermoen Airport you can take a train departing at 1429 from the airport railway station (Oslo Lufthaven), which is just a 5 minute walk from Arrivals. Train tickets must be bought well in advance from the Norwegian railway website (www.vy.no), which is available in English. You only need to buy a one-way ticket. The cost should be around 300-500 NOK (approx £35), depending on when you book your ticket. Tickets only go on sale 3 - 4 months prior to travel. We would recommend buying your tickets as soon as they become available to ensure a seat on the train. Trains will sell out if you leave it too close to the departure date. Once you have booked your ticket you only need the booking code/confirmation number to board the train. The train goes in the direction of Trondheim. Otta is about half way between Oslo Gardermoen Airport and Trondheim and the journey takes just over 3hrs.

If you are taking the train from downtown Oslo rather that the airport, the train leaves approx 40 mins earlier than the airport train.

On the last day of the holiday, the group will catch the 0930 bus from Ovre Ardal to Oslo, which arrives in Oslo downtown at 1455. From here, you will need to take the 20min express train to Oslo, Gardermoen Airport. These tickets do not need to be booked in advance. The trains operate every 10mins so you will be able to be at Oslo airport at around 1530. The cost of the train is around 170 NOK.

Meal Plan

All meals are provided from dinner on day 1 to breakfast on day 9.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Breakfasts are buffet style. They have an array of different foods including eggs, bread, cheeses, meat selection, fruit etc. At breakfast you will make up your packed lunch from the buffet. Lunch bags or paper to wrap sandwiches in are provided for the packed lunches, though we recommend bringing your own reusable lunch bag or container. Evening meals are also provided at our accommodation. These are 3-course dinners. Usually starting with a soup and then a big health meal course followed by dessert. Beer and wine is available at each of the refuges - at considerable cost. Beer is typically £6 for a small bottle.

Accommodation

We spend 8 nights in mountain refuges. Some operated by the Norwegian Tourist Board (DNT) and some privately run.

The Norwegians know how to do mountain refuges; these are certainly not basic establishments. They are fully staffed and serviced mountain lodges, providing dormitory accommodation, restaurant facilities, bar, lounge, drying rooms and showers.

The dormitories are usually 4 berth, however it is possible that we will have to use 8 bed rooms at busy times. There are usually separate female and male dormitories; however, we cannot always guarantee this. Bedding is provided, but you should carry a cotton or silk sheet sleeping bag. Single accommodation is not available.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader/mountain guide.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may ‘feel’ the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

£100 (or equivalent in US dollars, Euros etc) should be sufficient to cover miscellaneous expenses, including bar bills and snack items, chocolate bars etc. This will also allow you to pay reasonable tips to the local guide. Credit/debit cards (VISA and Mastercard) are now the preferred form of payment at all Norwegian huts. If you prefer to travel with cash we recommend that you carry your travel money in the form of local currency (Norwegian Kroner) as there will not be any opportunity to change money once we leave Oslo Airport. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Baggage Allowance

Since you will be carrying all your personal equipment for all but 2 days of the trek, you should make every effort to keep the weight of your gear to a minimum. There are drying rooms at all of the mountain refuges, with a sink for hand-washing clothes when necessary. We recommend that you have a trial walk with your pack. With careful planning (and considering that you will not have to carry a sleeping bag or a camping mattress) it should be possible to keep the weight of your equipment down to between 8 and 10 kgs. We suggest that you also take a small bag/dry bag into which you can decant additional items you do not need on the the Besseggen Ridge walk (Day 2), this bag will be sent to the Memurubu Refuge by boat meaning that you can walk with a lighter pack. For the one day walking from the Spiterstulen Hut you can leave excess equipment at the hut allowing you to again carry a relatively empty pack.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Norway is the Norwegian Krone.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 8 to 9 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

Despite its northerly location, the climate of central Norway is moderated by the Gulf Stream and is surprisingly mild. From June to early September, we can expect daytime temperatures of between 10°C / 50°F and 20°C / 68°F, depending on the altitude. At this season, night-time temperatures will fall to 5°C / 41°F at our highest overnight refuges. Sunny weather can be expected. However, the proximity of Norway's long Atlantic coastline means that the weather is unpredictable and you need to be prepared for some rain. Daylight hours are long, especially in July, when the summer sun is never far below the horizon.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Walking in Norway. Connie Roos.

- Cicerone Press: 20 walking and trekking routes in the main mountain areas. The book has detailed route descriptions, and fact panels provide information on level of difficulty, base, maps etc.Summary tables, maps and route profiles illustrate the routes.

- Norway. Lonely Planet.

Maps

Turkart Topographic Hiking Maps 1:50,000. Ugland IT Group (previously Statens Kartverk)

Maps at a good scale for walkers. Contours at 20m intervals. Shows footpaths, mountain huts etc. The maps have a UTM grid and margin ticks giving latitude and longitude. The map legend includes English. Additional tourist information is given on the reverse. To follow the route you will need two sheets: 2503 Jotunheimen Aust and 2505 Jotunheimen Vest

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

On this trip you will be carrying everything you need. Considering that you do not need to carry either a sleeping bag or a camping mattress, it should be possible to keep the weight of your pack to around

10kg.

As this holiday involves a long transfer to get to the start, we would advise bringing crucial items, such as boots and waterproofs, on to the plane as hand-luggage.

You must bring the following items:

- Rucksack approx 40 - 50 litres capacity
- Walking/hiking boots (which are comfortable, waterproof and warm)
- Trekking poles x2 (must be packed in hold baggage during flights)
- Gaiters
- Trainers / sandals to wear in the huts
- Socks
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Thermal baselayer shirts (1 short sleeve, 1 long sleeve)
- Baselayer - thermal leggings
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper

- Lightweight waterproof jacket
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Warmer gloves or mittens
- Washbag and toiletries
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Antibacterial hand wash
- Small towel
- Sheet sleeping bag
- Sun protection (including for lips)
- Tupperware box (for packed lunches)

The following items are optional:

- Swimwear
- Dry bag (see Baggage Allowance section)
- Earplugs (Especially if you are not the one snoring)

- Head torch
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)
- Pen-knife (must be packed in hold baggage during flights)
- Small thermos flask (0.5 litre) - can be filled with hot drinks at the huts

Note:

- Every hut has a drying room and sink for hand-washing items, so you may want to bring a small tub of washing powder. At a minimum, you will need one set of walking clothes and a separate set of clothes for the hut.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Otta. Oslo, Gardermoen Airport is the most convenient for Otta. On arrival you will need to head to the airport train station and take the afternoon train to Otta. A single timed transfer from Otta Station to Gjendesheim is included. The holiday ends in Oslo. From where you will need to take the express shuttle train back to Gardermoen Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Gatwick to Oslo International airport Norwegian Airlines. Outbound flights will depart the UK in the morning, arriving lunchtime. Return flights will depart Oslo International airport in the evening of the last day of the itinerary, arriving in the UK later the same evening.

Why Choose KE

Why KE

Designed by KE, this classic journey through Norway's 'Land of the Giants' combines the iconic Besseggen Ridge with the ascent of Galdhopiggen, Norway's highest mountain, in a superbly balanced hut-to-hut itinerary deep in the heart of Jotunheimen.

Please Note This document was downloaded on 21/11/2026 and the trip is subject to change