



## **ICE CLIMBING AND ICE CLIMBING COURSES WITH AN IVBV/UIAGM/IFMGA INTERNATIONAL MOUNTAIN GUIDE NORWAY – RJUKAN WINTER 2013/2014**

We kindly invite you to participate in our ice climbing courses in Rjukan, Norway, by many regarded the Mecca of ice climbing. Over 200 icefalls are situated here and a long and stable winter season provides perfect ice climbing conditions for a few months.

Ice climbing and ice climbing courses are prepared and conducted by an IVBV/UIAGM/IFMGA licensed International Mountain Guide.

Dates and difficulty level are tailored to the individual needs of our customers.





## RJUKAN

Rjukan is a small town in Telemark county in Southern Norway, within 3 hours' drive from Oslo. Long, stable winter season and over 200 easy to access icefalls impress everyone who loves ice climbing. These are the reasons why it is considered the Mecca of ice climbing and a compulsory venue for all ice climbing enthusiasts.

As it is never too much of a good thing, the first in Europe, a 70 meter high, artificial, outdoor ice climbing wall was put up here.

An incredible diversity of icefall forms, their sizes and multitude of sectors, and in most cases easy access make Rjukan the world class centre for ice climbing. All those who value effective ice climbing won't regret coming to Norway. Beautiful landscapes and wild nature will add to the experience.

photo: Marcin Kin





## ICE CLIMBING

There are over 200 icefalls in Rjukan, which are very rich in forms, therefore it's impossible to get bored there. We can find both short routes, excellent for starting your adventure with ice climbing or perfecting the skills, as well as multi-pitch routes for participants of all levels of experience. Easy access to icefalls ensures effectively spent time thus long climbs and expected progress. The region is renowned for top class ice and mixed routes which are climbed by leading climbers from all over the world.

These icefalls include: Lipton and Jusvoyla in a beautiful gorge, Vemorkbrufoss Vest under a bridge leading to a former factory of "Heavy Water", Lucky Lisa within a sector of short but demanding routes - Krokan, Haugsfossen in an ice arena, and King Kong. Our targets have interesting locations – they are situated in dramatically deep canyons, beautiful ice amphitheatres which are often accessible only by rappel, in the industrial scenery of hydroelectric power station or above the picturesque town of Rjukan. Unforgettable views add to the quality of our climbs.

photo: Marcin Kin



## ICE CLIMBING COURSES

We offer Level 1 and Level 2 three-day courses, and climbing the icefalls of your dreams with mountain guide.

### LEVEL 1.

Beginners course for those wishing to start their ice climbing adventure or those who want to master their skills. The course programme includes learning to use ice climbing equipment, learning basic climbing techniques and top rope climbing.

### LEVEL 2.

This course is dedicated to climbers with the basic knowledge of ice climbing, who wish to enter the next level. The course programme consists of learning steep ice climbing techniques; learning to: lead, build anchor and abseil; and it also provides an introduction to multi-pitch climbing.

## ICE CLIMBING PROGRAMME

Our programmes are tailored to meet the requirements of both beginners and advanced participants. We wish to support the latter in realizing their dreams of covering long and demanding ice routes.

Our broad experience and knowledge of the terrain and conditions are a guarantee of effectively spent time while covering hundreds of meters of vertical ice.

The length of our climbs varies from a few single-pitch routes a day to multi-pitch whole day expeditions. Time spent climbing varies from 5 to 10 hours, depending on the target and participants' skills.







## REQUIRED LEVEL OF CLIMBING EXPERIENCE

For Level 1 courses we expect our customers to have basic skills in individual top rope artificial wall climbing, to be able to use belay device properly and to have a sufficient level of physical endurance.

For Level 2 courses we invite customers with basic experience in ice climbing and the ability to lead on artificial walls or natural rocks. Moreover we expect our customers to have an outstanding level of physical endurance.

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Privat guiding on multi-pitch routes is recommended for those with an experience in ice climbing, as required for level 2 courses, as well as an additional experience in mountain climbing and rope rappeling. Apart from having a sufficient physical endurance, a body condition training is required in order to endure prolonged strain.

photo: Marcin Kin



## SAFETY

To ensure maximum safety, each climb is guided by an IVBV/IFMGA/UIAGM licensed

International Mountain Guide

Paweł Karczmarczyk.

Paweł carefully chooses climbing targets according to weather conditions and participants' skills.

We work with groups of up to 4 people per one mountain guide (2:1 or 1:1 client guide ratio on more ambitious climbs). However, if a group turns out to be larger, we hire another IVBV/IFMGA/UIAGM licensed mountain guide. .

photo: Marcin Kin





## ACCOMMODATION AND REST DAYS

After an intensive and exciting climb it is important to rest. We recommend accommodation in Rjukan – either at Old School Hostel or Climb Inn, depending on the requirements and budget.

At the Old School Hostel guests have to prepare their own meals in the kitchen provided, while Climb Inn offers catering.

During the so called rest days (days intended for rest and regeneration) we encourage you to visit the Norwegian Industrial Workers Museum where you can find memorabilia from a series of actions undertaken by Norwegian saboteurs during World War II which prevented the Germans from producing nuclear weapons. For those who prefer other ways of spending leisure time we recommend cross-country skiing, a trip to Gaustatoppen summit (1886 m) or Krossobanen cable-car ride.

photo: Marcin Kin



## SUMMARY

### **Type of activity:**

Ice climbing with an IVBV/UIAGM/IFMGA  
International Mountain Guide

### **Location:**

Rjukan, Norway.

### **Available dates:**

1st December 2013 - 30th March 2014

### **Mountain guide fee per day:**

1 person - 3500 NOK (Norwegian Krone)

2 persons - 4000 NOK (Norwegian Krone)

3-4 persons - 4500 NOK (Norwegian Krone)

We offer discounts for groups taking part in 3-day courses  
and for individual multi-day programmes.

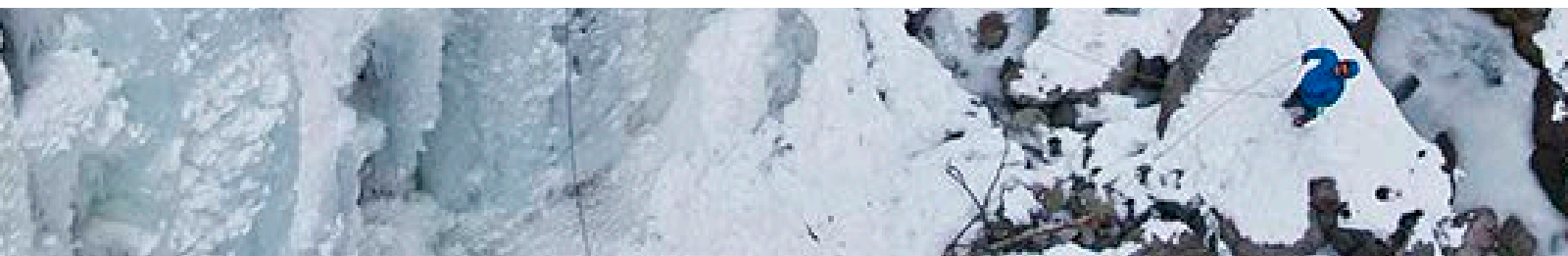
### **Accommodation and catering :**

Accommodation + catering - from 600 NOK  
(Norwegian Krone) per person per day

Accommodation without catering - 300 NOK  
(Norwegian Krone) per person per day

(participants cover mountain guide's accommodation  
and catering costs).

photo: Marcin Kin







## BOOKING

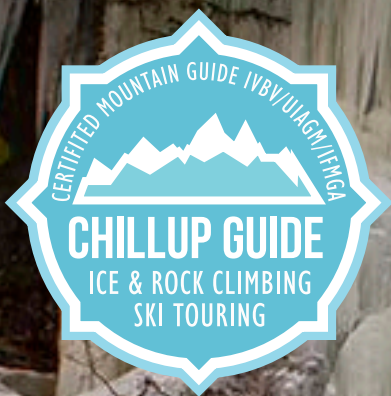
Please, book via e-mail:  
[chillup.guide@gmail.com](mailto:chillup.guide@gmail.com)

or by phone:  
0048 515548580  
0047 9669 3880  
0047 99876180

We will be more than glad to assist you and provide with further information regarding equipment, transport, available dates, and any other aspect of our tours.

photo: Marcin Kin





## CHILLUP GUIDE

[www.chillupguide.com](http://www.chillupguide.com)

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photo: Marcin Kin

See you in the mountains!

