

Hovinheia Kul Turstasjon  
 Martin Dietrichs  
 Bergskog  
 3652 Hovin i Telemark  
 Norge



**Mobil Martin:** +47 99 25 79 72  
**Mobil Anja:** +47 95 80 40 12  
**E-post:** [hovinheia@kulturstasjon.com](mailto:hovinheia@kulturstasjon.com)  
**Internett:** <http://www.kulturstasjon.com>  
**Girokonto:** 2620 40 32490

Org.nr.: 989 939 254 mva

## Ski touring on Nordmannslepe, 2-7 days (+optional course on Back country skiing) Guided skiing tour in Norway with touring skis / back country skis from hut to hut across Blefjell to Hardangervidda.



<b>What</b>	Guided skiing tour, optional skiing course
<b>When</b>	January-April; weeks 1, 7, 10 + 13. Monday 10 am - Sunday 3 pm. Arrival on previous Sunday or 2-4 days before for skiing course.
<b>Where</b>	Bergskog 3652 Hovin i Telemark Norway
<b>Name</b>	Hovinheia Kul Turstasjon Martin Dietrichs
<b>E-mail</b>	<a href="mailto:guide@kulturstasjon.com">guide@kulturstasjon.com</a>
<b>Phone</b>	0047 99 25 79 72 0049 5402 96 81 96-0
<b>Participants</b>	2-12 participants, disposing at least of average fitness, experience in cross-country skiing or ski touring respectively.

### Dates:

January – April in weeks 1, 7, 10 and 13 or on request. Departure on Mondays at 10 am, return on Sundays at 3 pm. Arrival on Sunday before departure or even 2-4 days before for those taking part in the preparatory skiing course (weeks 52, 6, 9 and 12). Please see page 3 for a course description.

### Description:



**The Store Nordmannslepe** is one of various old transport and trade routes that connected the flourishing west coast town of Bergen with the mining city of Kongsberg as per the 16th century. We follow this old route during a maximum of 7 touring days from Blefjell to Hardangervidda, enjoying the fantastic, untouched winter landscape with wonderful views of the surrounding mountains and mountain ranges. In the evenings we rest in cozy and partly rustic huts for self-catering and prepare our meals together. Our daily tours comprise between 12 and 18 km and take place in a mostly hilly/mountainous terrain that is somewhat steeper at Blefjell. The tour takes us through thin stocks of trees up to a height of 750 m and further up to gentle mountain ranges of approx. 1400 m a.s.l.

**Arrival:** Kul Turstasjon in Hovin i Telemark at Fv 364 is both our point of departure and destination. Participants can use the “Fjellheim hut” for accommodation on the day of arrival and in the night before departing again. These 2 overnight stays are included in the tour price. Those who wish to arrive several days before, take part in the refresher course or extend their stay can book the Fjellheim hut at additional costs or other hut accommodation through us in advance.

**Arriving by plane** to Oslo (Torp, Rygge or Gardermoen) and continuing to Kongsberg by bus/train, where you will be picked up at our pick-up rate, is also possible on request.

## Itinerary:

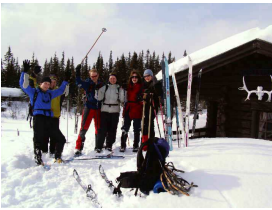
**Sunday:** Arrival to Hovin with overnight stay in Fjellheim hut (if requested arrival before Sunday for skiing course).



**Day 1, approx. 10 am:** We travel by car to „Nordstul“, which is our point of departure. It is located at a height of approx. 900 m at the bottom of Blefjell. From there we ascend to Sigridsbu hut (approx. 1200 m a.s.l.), which will take 2-3 hrs. in good weather. (Should the weather conditions be very difficult, we will follow Blefjell along the foot of the mountain to Eriksbu.)



**Day 2:** From Sigridsbu we depart for Bletoppen (1342 m a.s.l.), which we reach after approx. 1 h. From there our tour follows across the Blefjell mountain range and repeatedly includes speedy runs into the valley, making its way to Eriksbu hut, located at a height of approx. 1000 m.



**Day 3:** Today we descend from Blefjell. Through thin, snow-covered woods, hills and high moors we reach the old summer alpine hut of "Øvre Fjellstul Seter", dating back to 1820 and located at a height of 820 meters.

*(From this day, at the latest, it is possible to shorten the tour every day, ski down into the valley and have yourself picked up and brought back to Fjellheim hut or to depart respectively.)*



**Day 4:** From Seter we gradually ascend again via moors, small lakes and clear hills to Daggrø hut, crossing the tree line again and reaching approx. 1000 meters of height.



**Day 5:** After leaving Daggrø hut and making our first ascent of the day we hike with skis along gentle mountain ranges up to Lufsjå hut. Today or tomorrow respectively we get a chance to pass the highest point of our tour at more than 1400 metres of height.



**Day 6:** At Lufsjå we enjoy the magnificent view of the vast foothills of Hardangervidda. We now continue across gentle ranges of hills and gradually descend to Imingfjell Turistheim at a height of approx. 1100 metres. There we enjoy a tasty dinner from the mountain hut and the last night of our tour.

*(Depart from here or continue as described in day 7...)*



**Day 7:** After being served breakfast we will continue once again on a gentle ascent. We will then ski for 2-3 hours through a mostly flat terrain to our pickup point "Småroi". We will be picked up there around 2 pm and taken back to Fjellheim hut, where we will recall the tour on our last evening by looking at the pictures we took during the tour...

**Departure on Monday morning from Hovin;** alternatively already on Sunday morning from Imingfjell Turistheim or on Sunday afternoon from Småroi/Hovin. For shorter stays please ask



**Equipment:** cross-country, touring or Fjell skis with steel edges (skiing equipment can also be rented with us locally); touring packs (can be rented) with a minimum of 5 liters of free space for provisions; winter clothing for temperatures between -20°C and 0°C; sun protection, sunglasses/ski goggles; sleeping bag/bed clothes (can be rented). A packing list and a questionnaire on provisions are sent to all participants upon booking. We recommend contracting a travel health insurance.

## Tour price includes:

- overnight stay before departure and after return
- provisions for all meals, food served at Imingfjell Turistheim on day 7 of the tour
- overnight stays in floating huts or, if applicable, charge for tents
- local transfers/transfer costs to the tour's point of departure and from its point of arrival
- overnight stays in mountain huts
- locally experienced tour guide, equipped with emergency bivouac

## Maximum tour prices (see discount rules), Norwegian kroner:

Person	2 days of touring	3 days of touring	4 days of touring	5 days of touring	6 days of touring	7 days of touring
Teenagers/students 16-26 years	kr. 1720.00	kr. 2580.00	kr. 3340.00	kr. 4100.00	kr. 4860.00	kr. 5570.00
other adults	kr. 1840.00	kr. 2760.00	kr. 3580.00	kr. 4400.00	kr. 5220.00	kr. 5990.00
Families/children	prices on request					

1 Euro = kr. 8,- +/- 0,5 (kr. = Norwegian kroner) Other / current currency conversions may apply; please look on the internet.

**Discounts:** For all participants it is worth promoting the tour to friends and acquaintances as the following discount rules apply to the tour price:

**4 participants (part.) 5 % discount each (!); 5-6 part. 10%; 7-9 part. 15%; 10-12 part. 20% discount.** Members of the Norwegian Mountain Touring Association (DNT) get an extra discount on overnight stays; please contact us if this applies to you.

**Additional services** (please, see/ask for our price list, ski rental): renting out equipment (e.g. skis, sleeping bags, sleeping pads, etc.), please see price list "ski rental"; extra nights at Fjellheim hut excluding provisions at kr.100.00 per person and night; transfer of participants from/to Kongsverg for kr.1,-/km/person (Kongsberg-Hovin 70 km = kr.70,-/person).

**Preparatory skiing course & prices:** participation is optional; one or several days during weeks 6, 9 and 12. Wednesday, 12 am – 4 pm: Technical refreshing on cross-country skiing, followed by training. Thursday, 12 am – 4 pm: Going ski touring off cross-country skiing tracks located on mountains and in valleys, followed by training. Friday: time to take a break. Saturday, 12 am – 4 pm: ascents and descents and the technique of the Telemark turn, followed by training. Sunday: break and tour preparation. Arrival can be chosen according to desired no. of course days. Including overnight stays and food the following prices apply (in Norwegian kroner)

Person	Fri-Sun, single day course	Wed-Sun, two day course	Tues-Sun, three day course
Teenagers/students 16-26 years	kr. 860.00	kr. 1720.00	kr. 2330.00
other adults	kr. 980.00	kr. 1960.00	kr. 2690.00
Families/children	prices on request		

**Going on the tour and booking:** General terms and conditions of Hovinheia Kul Turstasjon apply. Booking a tour and / or an overnight stay as a new customer, you are required to pay 50% of the tour price in advance, which simultaneously constitutes your booking. The remaining maximum amount of 50% (depending on the discount or no. of participants respectively) is to be paid locally before the service commences. Cancellations can be made up to one week before the tour starts at a charge of 20% of the paid deposit. Easy booking by email: [guide@kulturstasjon.com](mailto:guide@kulturstasjon.com).

Wishing all participants an eventful and safe trip!

God tur!

Martin Dietrichs