Norwegian summer
GUIDED TOURS 2016

GUIDED:
- HUT TO HUT HIKES
- KAYAK TOURS
- GLACIER WALKS
- BIKE TOURS

Experiencing nature – enrichment for life
www.dntoslo.no/english

Norwegian Trekking Association
GRADING OF GUIDED SUMMER TOURS

Our guided tours differ in grade based on type of terrain and tour length / duration. When you are going to choose a tour, it is important to join a tour that is suitable to your physical abilities. Our tour grading system is meant to give you an idea of the level of fitness and hiking-experience that is required for each tour. In general you should be able to hike in different types of terrain, from relatively flat and soft to more hilly and rocky, carrying a backpack (weighing up to 8 kilos), even in bad weather.

Our grading scale takes into consideration both tour length and type of terrain:

- **Easy**
  - Length: Day tours from the lodge / cabin or easy day events for everyone. The tour length can usually be adjusted to the skill level of the participants. Terrain: The tour is on relatively flat terrain. The planned route will mostly follow the waymarked tracks.

- **Medium**
  - Length: Day tours from lodge / cabin or day tours that are up to approximately 15 km. Tours are suitable for those who are used to hiking / skiing while carrying a backpack and are in normally good shape.
  - Terrain: The tour is in lightly varied terrain with smaller climbs and descends. The planned route will mostly follow the waymarked tracks.

- **Intermediate**
  - Length: Day tour stages are up to approximately 25 km. Tours are suitable for those with some mountain hiking / skiing experience and in good physical shape.
  - Terrain: The tour is in highly varied terrain with many climbs and descends. The planned route can be both on and off the waymarked tracks.

- **Advanced**
  - Length: Day tour stages are more than approximately 25 km. Tours are suitable for especially experienced mountain hikers / skiers who are in very good physical shape.
  - Terrain: The tour will for some parts be in very steep and uneven terrain. The planned route can be both on and off the waymarked tracks.

GENERAL FOR ALL GUIDED SUMMER TOURS

The tour participants carry their own backpacks (weighing up to 8 kilos). The tour will be in the outdoors all day. Average hiking speed is approximately 3 km per hour. Before booking, please read the tour descriptions on dntoslo.no carefully, including “important information for guided summer tours”. You should also study the area map before tour departure.

ADVISE ON FITNESS PREPARATIONS

It is advisable to start with your fitness preparations early. Remember that hiking in mountain terrain with a backpack weighing up to 8 kilos differs from regular exercise in urban terrain. If you are going on a cabin-to-cabin tour, we highly recommend that you do a couple of test hikes with the backpack you are going to use on the lake before you leave home.
The Jotunheimen National Park is one of the most magnificent mountain massifs in Norway and a popular mountain area for outdoor adventures. Here you will find sharp ridges, high plateaus, glaciers and frozen lakes. All of Norway’s summits over 2300 meters are located here, with Galdhøpiggen (2469 meters) and Glittertind (2452 meters) representing the two highest peaks of Norway. Nothing can match this landscape’s beauty on a sunny day! The trails are often covered with boulders and scree, it is therefore important to be sure-footed and in good physical shape.

Jotunheimen South
Tour 10955
6 days
Intermediate
Departure dates: 9/7, 30/7
We walk from the green Herredalen upwards the steep mountains to the cabin Tomashelleren, where you can enjoy a spectacular Jotunheimen view. We might even get to see some reindeers along the way. From easy terrain to steep ridges;

Jotunheimen west – Classic
Tour 10996
6 days
Intermediate
Departure dates: 26/7, 9/8
Wild and beautiful – screen and green nature. We experience the wonderful, diverse nature of Jotunheimen. We cross the glacier Fannaråkbreen and spend a night at Norway’s highest located staffed cabin, Fannaråkhytta (2065 m.a.s.l.). The trail down the valley Utladalen, will lead us to the wonderful cabin Skogadalsbu.

Jotunheimen west – Classic
Tour 10956
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Departure dates: 26/7, 9/8
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Lodges: Tomashelleren (self-service cabin) – Fondsbu (2n) – Gjendebu
Transport: Departure from/return to Oslo by bus.

Jotunheimen Classic
Tour 10952
8 days
Intermediate
Departure dates: 24/7, 7/8, 14/8
Without doubt one of our most traditional hikes. Visit the heart of Jotunheimen National Park and experience one of Norway’s highest summits; Glittertind. The scenic walk along the Besseggen ridge, is also a part of the program. This is a fantastic experience if your physical requirements are good. Accommodation in staffed lodges only.

Lodges: Gjendesheim – Glitterheim (2 n) – Spiterstulen – Leirvassbu – Gjendebu – Memurubu
Transport: Departure from/return to Oslo by bus.

Mountaineering Course
Level 1 – Jotunheimen
Tour 10994
7 days
Intermediate
Departure date: 1/7
Mountaineering course for those who thrive in the high mountains. The goal with this course is to give you an introduction in alpine mountain activities on glaciers, snow, ice and rock. On this Mountaineering course Level 1, you will learn the basic skills in glaciers, mountain climbing, tour planning, alpine dangers and more.

Lodges: Tomashelleren (self-service cabin) – Yksendalsbu (self-service cabin) – Fondsbu (2n) – Gjendebu
Transport: Departure from/return to Oslo by bus.

On the way!
Maybe you will meet reindeers and other wildlife in the mountains?

PHOTO: MARIUS DALSEG SÆTRE

More information about booking, guided tours and cabins at www.dntoslo.no/english

PHOTO: MARIUS DALSEG SÆTRE

Transport: You must arrange transport yourself to Sognefjellshytta.

More information about booking, guided tours and cabins at www.dntoslo.no/english
Summer 2016

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Lunch with a view of Aurlandsdalen!

PHOTO: ANDRÈ MARTON PEDERSEN

SKARVHEIMEN

Skarvheimen is where the east meets the west. With its broad valleys, wide plateaus and rugged peaks, this is a truly beautiful mountain area. The Aurlandsdalen valley, some people say, exceeds anything Norway can offer of unspoiled nature. This is known as Norway’s Grand Canyon and is one of the most popular trails of the country.

Skarvheimen Classic
Tour 10954 6 days  Medium
Departure dates: 6/8

Through the central parts of Skarvheimen, we walk from cabin to cabin, up and down trails and bridges and enjoy spectacular views towards Reinskarvet, Hallingskarvet and Hardangerjøkulen. The diverse terrain makes this hike an amazing experience you will never forget.

Lodges: Bjørdalshytta (self-service cabin) – Langdalslykta – Kongshelleren (self-service cabin)

Transport: Departure from Oslo by bus and return to Oslo by train.

Aurlandsdalen Classic
Tour 10948 5 days  Medium
Departure dates: 17/7, 24/7, 31/7

We travel from Finse towards Geiterygghytta to explore the beautiful view from Sankt Pål. Then through the deep valleys of Aurlanddalen, which is one of Norway’s most popular and mentioned hiking tours. We travel through cultural landscape, experience ancient forests, lodges and old abandoned farms. Norway in a nutshell!

Lodges: Finsehytta – Geiterygghytta (2-4) – Øvreheia Fjellhytte – Hjelte Pyntenjøtten (Films)

Transport: Departure from/return to Oslo by train.

Autumn in Skarvheimen
Tour 10916 4 days  Medium
Departure dates: 18/8, 25/8, 1/9, 8/9

Some say it is the greatest area in Skarvheimen – with colorful Aurlanddalen and Hallingskarvet as the nearest neighbor. We walk through rough and rocky mountain terrain, and experience the green valley in Langdalen. On our last day we depart Finse, with a little detour up Sankt Pål, where the spectacular view of Hardangerjøkulen awaits.

Lodges: Langdalslykta – Kongshelleren (self-service cabin) – Geiterygghytta

Transport: Departure from/return to Oslo by train.

Through Breheimen
Tour 10970 7 days  Intermediate
Departure dates: 23/7

The staffed lodge Sota Sæter, north in Breheimen is the perfect base for hiking in this grand mountain area. We walk south from Sota Sæter, towards Jotunheimen. We cross the glaciers Fortundalsbreen and Fannaråksbreen and spend a night at Norway’s highest staffed cabin, Fannaråkhytta (2065 m.a.s.l.). During the hike we will experience winter on the mountain tops, and summer in the valleys. Four seasons in one tour!

Lodges: Sota Sæter – Nørstedalseter (2n) – Stølsdalen (self-service cabin) – Turtagrø Hotel – Fannaråken

Transport: Departure from/return to Oslo by bus.

Cykling and hiking in Breheimen
Tour 11010 5 days  Intermediate
Departure dates: 20/7

Experience Norwegian nature at its best! This is a tour packed with diverse and beautiful adventures. From mountain climbing to hiking through valleys; this trip has it all. We bike towards the beautiful Lustrafjorden, and to Urnes stave church. Hiking from cabin to cabin in hilly terrain while watching the wonderful nature Breheimen has to offer.

Lodges: Nørstedalseter (3n) – Arentzbu (self-service cabin)

Transport: Departure from/return to Oslo by bus.

PHOTO: TINE MJØLNERUD

BREHEIMEN

The national park Breheimen is located west of Jotunheimen. It is a fascinating area with great variations. You can experience winter on its glaciers and peaks, spring on the slopes and summer in the valleys. Seven of Norway’s 20 largest glaciers are found here, and Jostedalsbreen is the largest glacier on mainland Europe. The trails are often covered with boulders and scree, it is therefore important to be in good physical shape.

PHOTO: TINE MJØLNERUD

SKARVHEIMEN – THE AURLANDSDALEN

Follow the red T’s.

PHOTO: TINE MJØLNERUD

Fannaråkhytta (2065 m.a.s.l.). During the hike we will experience winter on the mountain tops, and summer in the valleys. Four seasons in one tour!

Lodges: Sota Sæter – Nørstedalseter (2n) – Stølsdalen (self-service cabin) – Turtagrø Hotel – Fannaråken

Transport: Departure from/return to Oslo by bus.

PHOTO: TINE MJØLNERUD

Fannaråkhytta (2065 m.a.s.l.). During the hike we will experience winter on the mountain tops, and summer in the valleys. Four seasons in one tour!

Lodges: Sota Sæter – Nørstedalseter (2n) – Stølsdalen (self-service cabin) – Turtagrø Hotel – Fannaråken

Transport: Departure from/return to Oslo by bus.

PHOTO: TINE MJØLNERUD

Fannaråkhytta (2065 m.a.s.l.). During the hike we will experience winter on the mountain tops, and summer in the valleys. Four seasons in one tour!

Lodges: Sota Sæter – Nørstedalseter (2n) – Stølsdalen (self-service cabin) – Turtagrø Hotel – Fannaråken

Transport: Departure from/return to Oslo by bus.
**FEMUNDSMARKA**

This is a unique area of natural beauty, with great pine forest, rocky terrain and the occasional lone pine tree. If you are looking for soft landscape and the contrasts between friendly wilderness and cultural activities, this area is the best choice. The region is heavily influenced by the local history of the Røros copper works, founded 350 years ago. The town of Røros is one of the oldest towns of wooden buildings in Europe and has been found worthy of a place on UNESCO’s World Heritage list.

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**Femundsmarka Classic**

Tour 10903 6 days  Intermediate  
Departure dates: 4/7, 11/7  
Røros is our starting point, and upon arrival, we will have time to visit this unique little town among narrow streets with characteristic old wood houses. The next day we explore the deep forests of Femundsmarka by foot. Accommodation in charming self-service cabins and mountain farms. A ferry takes us across the lake Femund, a unique area of natural beauty. The terrain is without steep hills.  
Lodges:  
- Verdalseter Røros  
- Marenvollen (self-service cabin)  
- Ljøsvollen  
- Revollon (self-service cabin)  
- Svikuriset (1 n)  
Transport: Departure from Oslo by train, return to Oslo by bus.

PHOTO: EIVIND HAUGSTAD KLEIVEN

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**PHOTO: EIVIND HAUGSTAD KLEIVEN**

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**HARDANGERVIDDHA**

Hardangervidda is the biggest mountain plateau in Northern Europe, protected as a National Park since 1981. This is home to the largest wild reindeer herds in Europe. The central and eastern parts are an open and almost flat plateau, while in the south and west the terrain is broken up by high mountain ridges, reaching up to 1700 meters above sea level.

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**Hardangervidda Classic**

Tour 10889 6 days  Intermediate  
Departure date: 26/7  
Finse is a natural starting point when hiking across Hardangervidda. We will walk the eastern parts of Hardangervidda and enjoy the beautiful view it has to offer. During the hike we will pass several landmarks, such as Hardangerjøkulen, Hallingskarvet, Hårteigen and Gaustatoppen. The terrain is hilly without steep hills and no open sections. A ferry will take us across the Halsnøyfjorden. Accommodation will be in staffed lodges.  
Lodges:  
- Sigurgeir – Sandhaug  
- Lyrics (2 n)  
- Marenvollen (self-service cabin)  
- Ljøsnåvollen  
- Røvollen (self-service cabin)  
- Svukuriset (1 n)  
Transport: Departure from Oslo by train, return to Oslo by bus.

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**PHOTO: EIVIND HAUGSTAD KLEIVEN**

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- Marenvollen (self-service cabin)  
- Ljøsvollen  
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- Svikuriset (1 n)  
Transport: Departure from Oslo by train, return to Oslo by bus.

PHOTO: EIVIND HAUGSTAD KLEIVEN
**RONDALE AND DOVRE**

Rondane was the first area to be protected as a National Park in 1970. This area is still home to Norway’s last herd of wild reindeer. Several peaks reach above 2000 meters. Rondane is smaller than and not as wild as Jotunheimen. Nevertheless, with its range of peaks, valleys and mountain areas, it offers a challenge for those who love the untamed nature combined with the possibility of exploring peaceful moorland areas. Dovre has a diverse mountain flora. In contrast to Rondane, the bedrock in Dovre is high-nutrient, promoting the growth of lush vegetation and a diversity of plant and animal species. The muskox has made its home here, as well as the arctic fox.

**LANGSUA**

Langsua – the home of the fairies. Amidst spruce forests, pine moors, birch hillsides, stony plateaus and soft peaks you can feel the mystery of this area. Langsua became a National Park in 2011, located in the southeast of Jotunheimen. Few mountain areas in Norway can compare with this area in the lushness of high mountain vegetation. Here you will find small and cozy self-service cabins and short distances between the cabins.

**Jotunheimstien through Langsua**

**Tour 10902** 7 days  Intermediate

Departure dates: 3/7, 10/7

Jotunheimstien is the trail stretching from Oslo to Gjønnes. We have chosen the last and most spectacular part of this trail. Great variations and charming lodges are typical for this hike. Lømseter is the starting point. Along the route, we will stay in small, charming self-service cabins. Gjønnes is the final stop, where the view of the Jotunheimstien and the turquoise lake of Gjønnes will be enjoyed.

Lodges: 
- Studholmen (self-service cabin) 
- Storholmen (self-service cabin) 
- Gjønnes (self-service cabin) 
- Sikkilsøya

Transport: Departure from/return to Oslo by train.

**Crossing Dovre and Rondane**

**Tour 10901** 6 days  Intermediate

Departure date: 2/7

Experience the impressive Snøhetta massif, with beautiful mountain valleys, peaks and cozy cabins. The tour offers breathtaking mountain views of Dovre and Rondane. Wildlife is abundant, and you might encounter moose, reindeer and other beautiful animals.

**Lodges:**
- Studheia – Rondvassbu – Rondane Classic
- Dørålseter – Bjørnhollia – Rondvassbu

**Transport:** Departure from Oslo by train and return to Oslo by bus.

**Rondane Classic**

**Tour 10901** 5 days  Intermediate

Departure dates: 27/6, 11/7, 18/7, 29/8

This popular hike takes you through the heart of Rondane National Park in a few days. From north to south, visiting nice cabins. For those interested in geology, the nature shows how the landscape has been formed by the glaciers throughout history.

**Lodges:**
- Grytuleia – Rondvassbu
- Øvre Dølålseter – Bjørnhollia – Rondvassbu

**Transport:** Departure from/return to Oslo by train.

**The Old Kingsroad from Dovre**

**Tour 10901** 4 days  Intermediate

Departure dates: 18/7

Explore nature and culture while hiking in the historical mountain area Dovre. We will visit an old Kingsfarm, Tofte Kongsgård, where the Viking king, Harald Hårleagn, once reigned. In 1906, King Haakon VII, Queen Maud and Crown Prince Olav spent the night there, during their coronation process. This cabin to cabin tour is a beautiful and interesting hike.

**Lodges:**
- Toftefjellstue – Langsua
- Hageseter – Øvre Dølålseter – Bjørnhollia

**Transport:** Departure from/from Oslo by train.

**EQUIPMENT**

Proper equipment is essential for mountain hiking. The weather is changeable, so warm clothes, as well as rain gear and shorts is necessary. Mountain boots are recommended, and they should be well broken in. Bedding, dishes and cutlery are available at all lodges. All tours require a sleeping sack and a towel.

**CLOTHING**

- wool, part wool or synthetic underwear
- wool socks/stockings
- wind jacket/smock or all-weather jacket
- mountain trousers
- shirt or light sweater of wool or fleece
- boots
- rackack

**IN PACK OR POCKETS**

- rain jacket (if your jacket isn’t all-weather)
- rain trousers (if your trousers isn’t all-weather)
- cap/hat
- scarf/scarf
- gloves/mittens
- hat
- extra underwear (trousers, shirt, socks)
- extra in-door trousers (optional)
- toiletries
- towel
- toilet paper
- sunscreen
- sunglasses
- insect repellent
- map and compass
- map-case (with pencil and paper)
- knife
- headlamp/flashlight
- boot waterproofing
- lunch packet
- thermos or water bottle
- emergency rations
- money
- keys (cabin, car, home etc.)
- DNT membership card

Total weight: 7 – 12 kg.

you can leave out a thermos

- wool, part wool or synthetic
- first aid kit
- camper (if you travel in a camper)
- binoculars
- camera
- transport schedules
- glasses
- medicines
- tickets
- GPS
- book(s)
- candle
- fire/starter paper
- multi-purpose tool
- sitting pad

**FOR TENT CAMPING YOU ALSO NEED**

- sleeping bag
- sleeping pad
- cook set and fuel
- food
- cup
- plate and cutlery
- tent
- you can leave out a thermos

Luggage lockers: Lockers are available at the Oslo Airport Gardermoen, Oslo Central Station and Oslo Bus Terminal.

**more information about booking, guided tours and cabins at www.dntoslo.no/english**

PHOTO: LEELA GUENIN

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PHOTO: KARI MERETE HORNE

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PHOTO: LANGSUA

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ABOUT DNT

Since 1868 The Norwegian Trekking Association (DNT) has shown the way to the most magnificent experiences of Norwegian scenery. Our route network, with the trademark red Ts, invites you to enjoy experiences that leave footprints, not on the landscape, but on the soul. DNT is Norway’s biggest outdoor leisure organisation. Our organisation marks routes in the Norwegian mountains and operates the network of cabins, so that hikers can safely enjoy the wonderful scenery while staying cheaply at mountain cabins all over the country.

OUR ROUTES

The DNT’s routes have two purposes; they guide you safely through the landscape, usually the fastest route between two cabins. At the same time, the routes channel foot traffic with the effect of giving the animal life some peace and quiet and avoid unnecessary wear and tear on the vegetation.

OUR STAFFED LODGES AND SELF-SERVICE CABINS

The DNT offers its members budget accommodation in over 500 mountain cabins all over the country, as well as a discount in privately owned cabins and mountain lodges incorporated in our route network. The buildings vary from two-bunk self-service cabins to large staffed mountain lodges sleeping almost 200 people. For aesthetic reasons we do our best to make sure our cabins blend in with the surroundings. We strive to keep an environmentally friendly profile for our cabins and have guidelines for everything from waste disposal to transport of supplies and energy conservation.

STAFFED LODGES

The staffed lodges serve meals, usually breakfast buffet and 3-course dinner, and facilitates for making your own lunch pack and filling of thermos flask. Accommodation is in rooms with 2, 4 or more beds. Lodges have simple, but good facilities, including electricity, a drying room and WCs in the corridor or outdoors. Most lodges offer showers for a small fee and some have sauna.

SELF-SERVICE CABINS (PROVISIONED)

These are smaller cabins, with sleeping facilities of 5 to 25 persons. The cabins are unstaffed and often locked with the DNT standard key that all members can pay a deposit to borrow. The cabins are equipped with kitchen, cutlery, firewood and contains plentiful supplies of tinned and freeze-dried dinners, crisp-bread, spread etc. To get an overview of provisions in self-service cabins go to www.dntoslo.no/english/provisions. No electricity or shower-possibilities. Using a sheet sleeping bag is mandatory.

DNT TOUR INFORMATION CENTRE

If you have any questions concerning the tours in this program, feel free to contact us. Our DNT Tour Information Centre can also assist if you are planning an individual winter (or summer) tour.

Telephone +47 22 82 28 00,
Email: turinfo@dntoslo.no
Or drop by our information centre and shop in Storgata 3 in Oslo, where you in addition can sign up for DNT-membership, get maps for all mountain areas in Norway and purchase proper mountain equipment.