



*T H E*  
GLASGOW ACADEMY

Dear Parents

Norway Expedition: Ice Climbing and Nordic Skiing

As the date for our departure draws closer, I am sending you further logistical information, cost details and letting you know that there will be a Norway meeting on Tuesday 24th January at 7pm in the Library.

Nigel Williams, who has been on a number of The Glasgow Academys expeditions over many years will now be accompanying the group with Mr Horgan and myself. Nigel is Head of Training at the National Training Centre, Glenmore Lodge and holds qualifications in winter climbing, mountaineering (the Mountain Instructor Certificate) and skiing. He also has a great deal of experience of Norway and in Nordic skiing, including the hut to hut trip that we plan to do.

We fly with KLM. Our flight is at 1100 on Saturday 11th February from Glasgow International to Amsterdam at 1335, leaving there at 1705 and arriving in Oslo Gardermoen at 1855. Two members of staff (Nigel Williams and Mr Horgan) and Craig Taylor catch one flight earlier out of Amsterdam at 1420, arriving in Oslo at 1610. The wait in Amsterdam is not ideal, but it does avoid us arriving late at night in Norway.

KLM allows each person to take a bag of 23kg and one piece of hand luggage. Pupils will be given a few kg of group kit and should allow for this extra weight and space in their main bag. Group kit must go in their main bag as it will include items such as ice screws, ropes and the First Aid kit which will not be allowed as hand luggage. I strongly advise that they have a trial pack to check that they have sufficient room and weight. Group kit will be issued on the Friday before we leave and returned in school after we return.

We are hiring a 9-seater van and a normal car from Hertz which Mr Horgan and I will be insured to drive. We will be staying at Rjukan Hytteby (<http://rjukan-hytteby.no/en/index/>) from Saturday 11th to Wednesday 15th and doing daily, ice climbing trips. Everyone will be expected to participate in meal planning, shopping, cooking and cleaning up.

From Thursday 16th we will do three days ski touring in the Hovden area, west of Rjukan. We plan to stay in DNT mountain huts. If they have the room, pupils should bring snacks for the daytime whilst in the mountains - not sweets, but nutritionally useful food such as flapjacks, sports bars and dried fruit etc. I do this on trips away simply because I know what I like and what works well, and these are not easy to find in Norway. Return to Rjukan on evening of Friday 17th. We will stay at the Youth Hostel, Rjukan Gjestegard (<http://www.rjukangjestegard.no/>) in the centre of town where the pupils will share bunk

rooms and cook communally. We will then have a day off on Saturday, where the group can decide to relax in the local hot tub, ice climb or (at a cost) a day on the slopes.

On Sunday 19th we fly out of Oslo Gardermoen at 0630, arrive Amsterdam at 0835, leave 0930, arriving Glasgow at 1010. We will be leaving Rjukan very early in the morning.

I would like to help any pupils who are struggling for any of the items on the kit list. They only need to let me know and I will do my best to source items for them.

Would you please make the final payment of £349 for the trip at your earliest convenience. Due to a rise in the flight and vehicle hire costs, the price of the trip is £899. I apologise for any inconvenience this may cause.

You are invited to a meeting on Tuesday 24th January at 7pm at The Academy, where I will tell you about the trip and show you some pictures and footage of ice climbing and Nordic skiing. Mr Horgan and myself will be there to answer any questions you may have. There will be refreshments available. Please email myself or the Administration Centre to let us know whether or not you are planning to attend.

If you have any questions please do not hesitate to get in touch with me at [Norway@tga.org.uk](mailto:Norway@tga.org.uk)<<mailto:Norway@tga.org.uk>> or by telephone via the Administration Centre.

Yours sincerely

Miss R Goolden  
Head of Outdoor Education