

Høvringen Skisenter

Ski school and winter activities

12.02.18 to 23.03.18

Ski school 1: (Sunday + Monday) 4 to 6 participants per group. Price: NOK 80,-

Elementary ski school, which focuses on the techniques of classic Nordic skiing and is targeted beginners and intermediates. We practice balance, snowplow and carving techniques plus the fundamentals of diagonal technique. There is also a short introduction to ski waxing. Sign up in the ski shop or by SMS no later than at 18:00 the day before.

Ski school 2: (Sunday + Monday) 4 to 6 participant per group. Price: NOK 80,-

This course is targeted more advanced skiers, and our purpose is to optimize the individual participants' technical skills in classic Nordic skiing. We practice kick and gliding, and correct use of the ski poles. The goal is to save energy by improving the diagonal technique. Participants also have the opportunity to get personal advice on choosing ski equipment and tips about ski preparation by using glider. Sign up in the ski shop or by SMS no later than at 18:00 the day before.

Guided tour on ski (Tuesday) 8 to 14 participants. Price: NOK 125,-

A guided tour in the mountains, which follow one of our recommended ski tracks and takes about 6 hours. We walk in a moderate pace and take several breaks on the way. The participants must master the fundamental techniques of back country skiing and must be in a physical condition that allows walking about 20 km in the mountains. Nature, team spirit and a safe experience in Rondane National Park are the key words for this tour. Level of difficulty: Intermediary. Bring packed lunch, hot beverages and extra clothes. Sign up in the ski shop or by SMS no later than at 18:00 the day before.

Guided tour on ski (Thursday) 8 to 12 participants. Price: NOK 125,-

Guided mountain tour for advanced skiers where we, dependant on weather and skiing conditions, climb one or more summits in Rondane National Park. We will take a few detours from the ski tracks along the way and therefore we highly recommend using skis with minimum ½ steel edges and BC-bindings for this tour. The tour takes around 7 hours. Level of difficulty: Advanced. Bring packed lunch, hot beverages and extra clothes. Sign up in the ski shop or by SMS no later than at 18:00 the day before.

Mountain tour on your own to Mysusetter. (Wednesday or Friday) Price: NOK 125,-

Set out on a beautiful mountain tour on your own through the national park to Mysusetter. Follow "Troll-løjpen" from Høvringen to Peer Gynt hytta and continue to Mysusetter – a 20 km tour. You can extent the tour by going through the Glitter Valley, which will add another 10 km. We arrange a pick-up with bus on Wednesdays or Fridays depending on the weather. The buss departs precisely at 17:00 from the shop at Musyseter. You can buy tickets for the buss in the reception at your hotel or in the ski shop, no later than 10:00 at the day you head out for the tour.

Digging of snow caves. (Wednesday in week 7 and 8) Price: NOK 100,-

Digging of snow caves for children and youths in a snow valley near the ski shop. First we teach the group how to make a small snow cave/bivouac, and afterwards, the children dig their own caves. We finish off with a small barbeque where we roast sausages over an open fire. Remember warm clothes, extra mittens and a hot beverage like tea or cocoa. The activity starts at 10:00 o'clock outside the ski shop. Children below the age of 10 must be accompanied by an adult.

Sign up in the ski shop or by SMS no later than at 18:00 the day before.

Moonlight tour. (Wednesday in week 9 to 12) Price: NOK 80,-

Tour on ski in the area around Høvringen, where we experience the special ambiance of the winter landscape enlightened by the moon. The tour will be arranged on Wednesdays if the weather is quiet and the sky is clear. The tour departs at 20:30 from the ski shop and takes about an hour. We finish the tour with a hot blackcurrant beverage and cake.

Sign up on Wednesdays in the ski shop or by SMS no later than at 10:00

Sign up by SMS: (+45) 23 60 62 84 or (+47) 901 50 112

Rondane Skisenter, Høvringen v/Jørgen Kirk

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