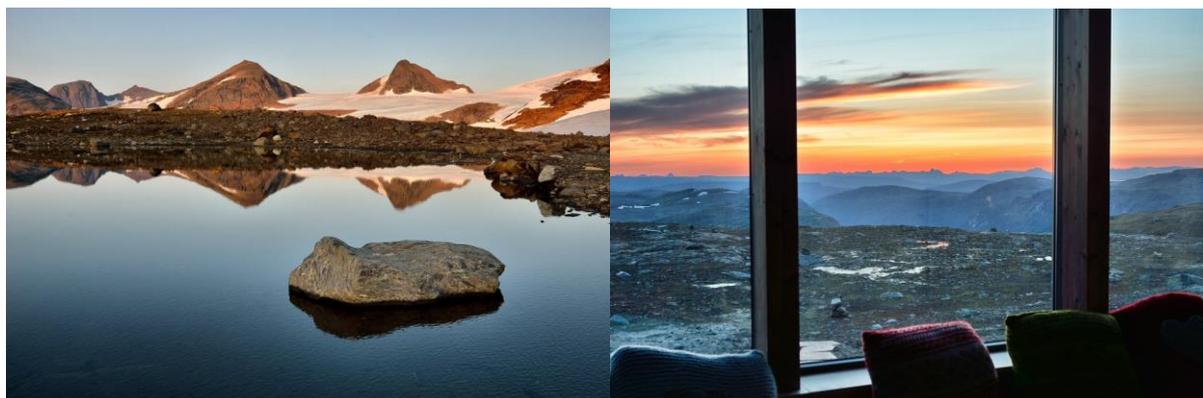


Okstindan and the Rabot Cabin

Into the undiscovered wilderness

This press trip takes you into a remote corner of Northern Norway with majestic peaks and glaciers. The grand finale, weather permitting, is Mount Oksskolten, at 1916 metres.



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An undiscovered trekking area

Norway's mountains come in many shapes. The range of Okstindan is among the least known and least visited of Norway's mountain wonders, a cluster of majestic peaks and extensive glaciers surrounded by lakes, forming part of the Scandinavian Keel Range. Mount Oksskolten at 1916 metres is the highest peak in Northern Norway, and constitutes this tour's grandest challenge.

Low key, but full of character

Since the area is little visited, the infrastructure is low-key and rustic. However, the Rabot Mountain Cabin is a striking piece of modern architecture in harmony with the wild scenery around. This is a traditional area for the Sami people, who speak the Southern Sami language. The Frenchman Charles Rabot was the first to climb Mt. Oksskolten along with his Sami mountain guide Klemet Persson in 1883.

Press trip off the beaten track

This press trip takes us around the Okstindan range, visiting four entry points to the mountains, to the Rabot Mountain Cabin and finally, weather permitting, to the roof of Northern Norway, the 1916 metres high Mount Oksskolten. Journalists writing for an outdoorsy audience will be able to cover a yet unknown area for their readers.

Day to day programme:

The programme can be modified depending on the weather and other conditions out of our control.

Thursday 3rd of September

17:00: Arrival in Mo i Rana. Bus, representative of Northern Norway Tourist Board and Helgeland Reiseliv will receive you at the airport.

60 minute drive to Brygjelldalen, a valley at the foot of the Okstindan. Inderdalen, the innermost of the farms here is an old traditional mountain farm with greying old farmhouses. The interior is a tasteful, modern interpretation of the old. Here we will see how the Kamkake, the local speciality, is baked. We'll have coffee and taste the kamkake, and enjoy the location at one of the entry points of the Okstindan mountain range.

Dinner and overnight in Korgen Camping. We stay in huts, with shared facilities.



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Friday 4th of September

Breakfast at Korgen Camping.

09:30: Drive to Stekvasselv (1 hour).

Stekvasselv is a small farm guesthouse at the Northern end of Lake Reevhtse/Røssvatn, Norway's second biggest lake. This is a recommended accommodation stop along the *Nordlandsruta*, a hiking trail following the Norwegian-Swedish border. We go for a hike in the remote birch forests overlooking the lake, with a full view of the Okstindan in the north. Lunch al fresco or indoor, depending on the weather.

14:00: Transport downriver to Korgen and then up the Leirskardalen Valley to the end of the road (80 min). We pack the clothes we need to hike to the Rabot Cabin, and the rest is transported to the Kjensvasshytta cabin.

Hike up to Rabothytta Mountain Refuge. The hike takes around 2 hours, is around 5 km and rises 500 metres, and is medium steep.

The Rabot Mountain Cabin is maybe the most striking of the more than 500 mountain cabins, refuges, of the Norwegian Trekking Association. Designed by Jarmund/Vignæs Arkitekter, it is uncompromisingly modern and adapted to harsh conditions on 1200 metres altitude. The Rabot Cabin and its striking architecture has caused considerable interest in international press. The hut is not on the power grid, so all power is provided by solar panels.

Rustic dinner at Rabothytta Mountain Cabin. We stay the night in 4-bed dorm rooms. There is no running water in the hut, and no showers.



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Saturday 5th of September

Breakfast

09:30: Glacier trekking on the glacier of Okstindbreen, about 4km return. Equipment is provided, and the tour is geared for beginners.

12:00: Lunch at the Rabot Mountain Cabin.

13:00: 10 km hike to the next cabin, Kjenssvasshytta, along the edge of the Okstindan Range. Varied mountain terrain with small uphill, but all together we descend around 700 metres in the course of the tour. 5 hours including coffee break and plenty of time to photograph.

18:00: (or whenever we get there) Arrival at Kjenssvasshytta. Kjenssvasshytta is another of the mountain cabins. Although architecturally less striking than the Rabot Cabin, it is a cosy place to stay the night.

Dinner and overnight in dorm-style bedrooms. Row boats available for tours on Lake Kjensvatnet. We get clean in the sauna, as there is no running water. An early night before the big hike tomorrow.

Sunday 6th of September

Today is consecrated to the effort of climbing Mount Oksskolten. Although not an extreme feat, it is a long hike that requires stamina.

Early breakfast

08:00: We start today's hike. At first we cross the Okstinden glacier. Equipment is provided. The hike up takes 5-6 hours, and almost the same down. Starting at 500 metres altitude, we have around 1400 metres to climb. The view from the top on a clear day ranges from the Tärna mountains in Sweden and all the way out to the Atlantic coast of Helgeland. We also look down on the glacier Charles Rabot, named after the French mountain explorer that made this area known.

NB! If the mist is low-hanging or the wind is too strong, we will cancel the tour and make an alternative programme.

Evening: 1,5 hours transport to Mo i Rana. Late dinner.

Overnight in Hotel Meyergården. Single rooms with ensuite. Pure luxury...



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Monday 7th of September

Breakfast and departure.

More information:

Fitness level:

This tour is for experienced hikers in good shape. Okstindan is a wild, remote area, and to hike here, one must be used to wilderness, rough terrain, scree and loose gravel underfoot as well as height differences exceeding 1000 metres (we will be going up 1400 metres up!).

That said; there is no mountain climbing with ropes, and there are no overly scary precipices, just a lot of varied terrain. If you have made prolonged treks in areas like Jotunheimen, Scotland and the Alps, you should be fine, also if you are 60+. The hikes on Friday and Saturday are easy, and act as a warm up for the arduous trek to Mt. Oksskolten on Sunday. The pace will be slow and steady, with all the necessary breaks.

Weather and equipment:

Early September can be wonderful, with autumn colours beginning at high altitudes and sunny, rather warm days. In fact, many consider late August and September their main hiking season, since the dreaded mosquitoes are gone. However, this is far from guaranteed. Rain, and snow at high altitudes, can make the hike less comfortable than we hope. Make sure that you have extra layers to put on on top of the mountains. It gets cold as one sits down.

To ensure a safe and comfortable hike, you should bring along:

- A wind-proof jacket
- A wind-proof pair of hiking trousers
- Long woollen underwear, both trousers and a shirt.
- 2 mid layers of wool and/or fleece
- Woollen socks, maybe a thin and a thick pair.
- Hiking shoes (low or high)
- A solid hat

- Mittens/gloves
- A mid-size backpack to carry extra clothes, drinks and your share of the food
- A headlamp
- A drinking bottle

Practicalities and general information:

- We will organise luggage transfer between the places we spend the nights (with the exception of the Rabot Mountain Cabins). We suggest you pack a regular suitcase, and then use a mid-size backpack/rucksack as hand luggage.
- Food will mostly be of the simple, rustic and filling kind, the one that is easy to organise when hiking. It will contain all food groups. Special dietary requests (vegetarians, allergies etc) must be made beforehand. We will also organise snacks like nuts, chocolate etc.
- All information on tour will be given in English. German, French and Norwegian/Scandinavian speaking personnel from Northern Norway Tourist Board and Helgeland Reiseliv will be available for quick translations and clarifications.
- The programme is subject to changes due to weather and other uncontrollable factors.
- Useful links include:
 - www.visithelgeland.com The Tourist Board of the Region Helgeland, the southernmost of the destinations in Northern Norway
 - www.nordnorge.com. The website of Northern Norway Tourist Board
 - www.rabothytta.no The new mountain cabin that has caused international attention (NB! Only Norwegian and French text so far)
 - www.stekvasselv.com The little mountain farm and hiker's refuge at the southern end of the Okstindan range.
 - www.korgen-camping.no The camp site where we spend the first night.

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