

Oppdal Ice Guide

Presentation

How to get there

Oppdal is located 420 km north of Oslo and 120 km south of Trondheim. The E6 goes through Oppdal center.

There are daily train and buses from Trondheim and Oslo.

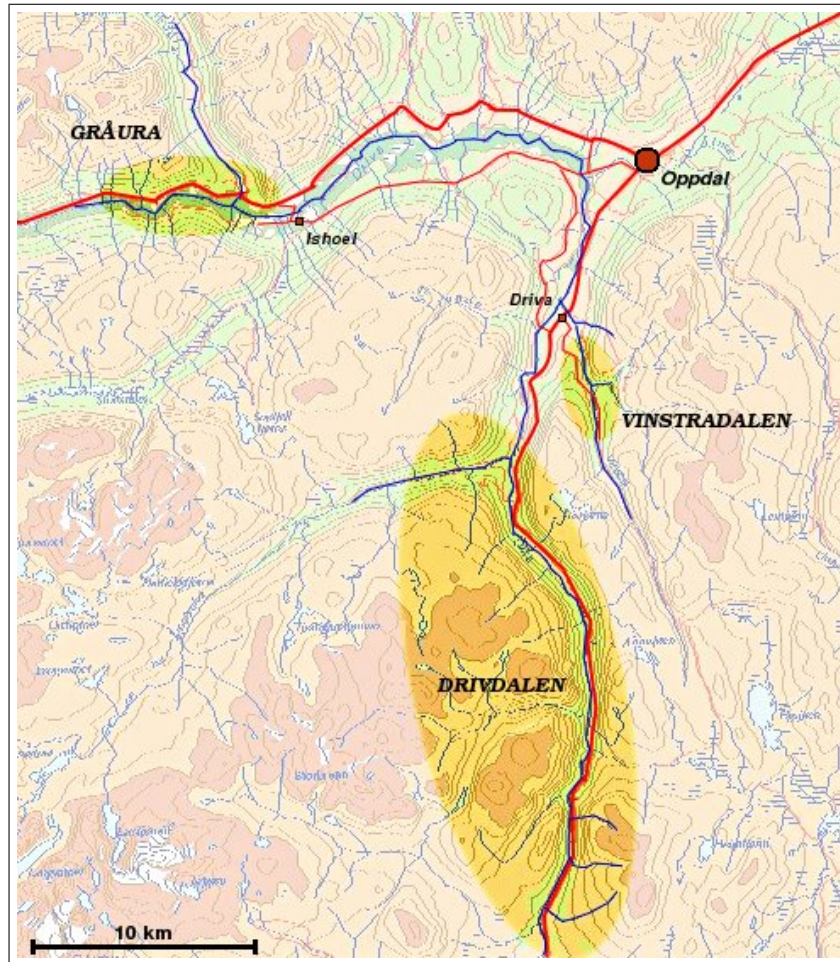
Accomodation, shop

To find information concerning accomodation <http://oppdal.com>

You can find a climbing shop in Oppdal called Vertical Playground. You can find more information at <http://vpg.no>

Concerning the climb

General map



Recommendations

Vinstradalen

Access: From Oppdal follow the E6 to the south until you come to a small place called Driva (8 km). Turn left and follow this road for approximately 2 minutes. You come to a private road. There is a small house and a barrier at the entrance of the private road. Anyway, during the ice climbing season there is snow on this road and you can't drive there. Walk on this road and leave it when you can descent to the left so as to get into the valley. You will see the icefalls from the beginning of the descent.

Map: 1519 IV

1 **Niggers** *WI5 70 m*

2 **Passop** *WI5 70 m*

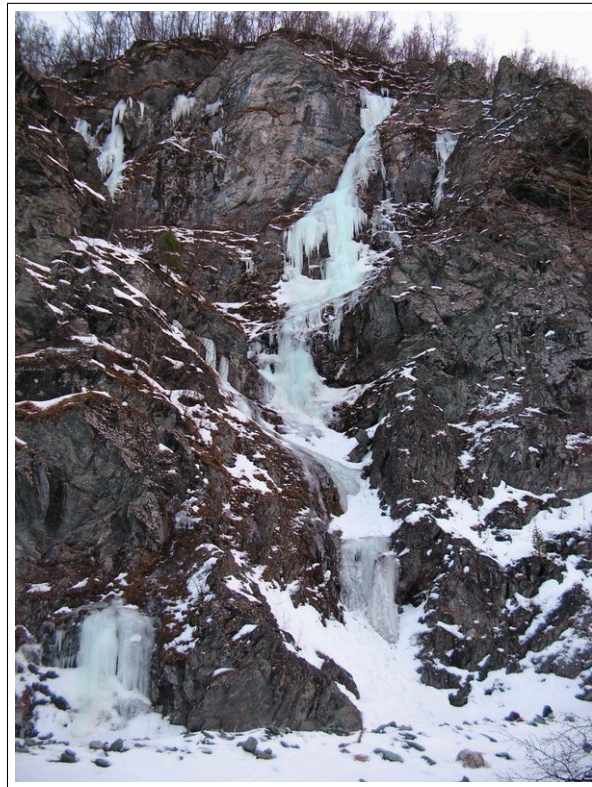
This is the classic of Vinstradalen



Passop

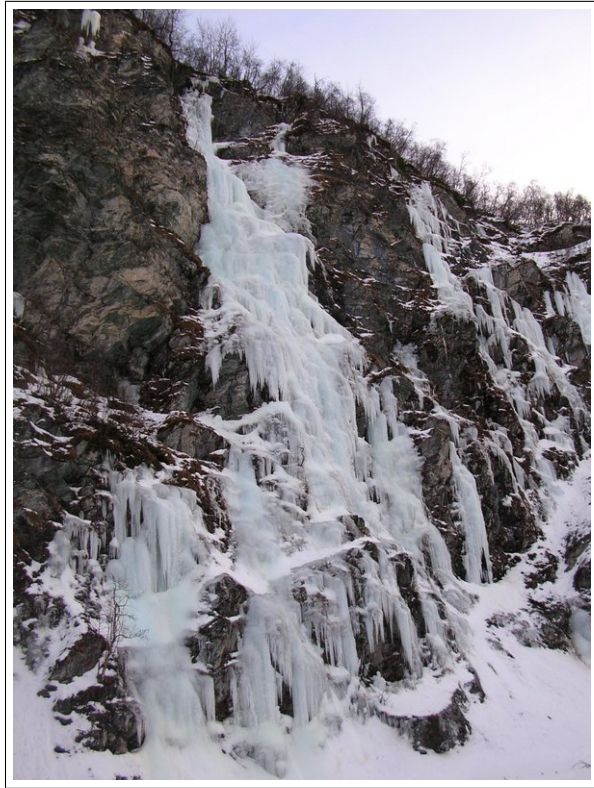
3 **Y** *WI3+ 70 m*

A short easy start followed by two possibilities.



The Y

- 4 **KKK** *WI₄ 100 m*
The longest route at Vinstradalen



KKK

Drivdalen

Map: 1519 IV

Steinbrudd

This place use to be a rock quarry (steinbrudd). The plate rocks extracted from there where used as a construction material for the houses. They have stopped the exploitation now and leave us a nice place to play with ice.

You can find 8 one pitch icefalls. The easy access and the proximity of the icefalls enable you to make really efficient climbing !

Access: Steinbrudd is located 18 km south of Oppdal center along the E6. When coming from Oppdal, you will see the icefalls on the left side of the road. You have to park on the right side of the E6.

1 **Alkymisten** *WI₄+ 45 m*

This pitch start with a steep 85° section of 20 m. The finish is easier. To return abseil on a tree.

2 **MiX** *WI₄+ / M5 70 m*

You have to climb 10 meters of rock to reach the ice. The dry section offers some nice placements for the blades. Take small ice screws and a set of small nuts. It is possible to climb a second pitch of 10 meters above this one. To return you can walk to the left (10 min) or abseil on trees.



Alskymisten (left) and MiX (right)

- 3 **The mad soloist** *WI4 70 m*
This is the biggest icefall at Steinbrudd. You can climb it on the left side or the right side and make a couple of variations.
- 4 **The pillar** *WI5 50 m*
This pitch starts with an easy ice slab. The hardest part is a freestanding of 10 m. To protect yourself you can use a sling around a piece of iron on the ledge just before starting the freestanding. You finish with 15 meters of easier climbing. To return abseil on a tree at the top.
- 5 **The corner** *WI4 45 m*
A nice one-pitch icefall where it is sometimes possible to use the rock for axe and foot placements.



The mad soloist



The pillar and the corner

South drivdalen

- 1 **Tøftfossen** *WI4 500 m*
TODO
- 2 **Kongsvollfossen** *WI4 500 m*
TODO
- 3 **Brudetrusa** *W? ? m*
TODO
- 4 **TV-fossene** *W? ? m*
TODO

Gråura

Map: 1520 III

Ishoel

There is a mix crag situated 20 km from Oppdal. The routes are short (10 m) and the grade goes from M4 to M9. You can climb both bolted and natural protected routes. Ishoel is a sport climbing crag during the summer season. The first bolt of the mixed routes have been painted in blue to distinguish them.

Access: From Oppdal center, follow the road 16 to the West (direction Sunndalsora). Turn left to Isholen after approximatively 20 km from Oppdal. Drive 1 km on this small road and park before the bridge on the right. The crag is located upstream just along the river. You can find a guide for this area on Internet <http://klatring.oppdal.com/miksforer.pdf>



Marius Grimsaeth climbing Tjuken (M9)

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