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# GLACIER HIKE ON OKSTINDBREEN

## Seasonal Opening

November – May

## Capacity / number of guests

Minimum 4 guests

## Duration

6 hours

## Level

Grade 2/3

## Age limit

The recommended minimum age for children is 10 years

## Included

- Helmet
- Harness
- Crampons
- Ice axe
- Rope and ice screws

## Distance from town

81 km (Mo i Rana)

## Environmental certifications

ECO-lighthouse Certified



Eco-lighthouse®

## ABOUT

The Glacier Hike on Okstindbreen gives participants the chance to explore Austre Okstindbreen, one of Norway's oldest glaciers, estimated to be around 9,000 years old. The hike starts at Kjennsvatnet and ascends toward the glacier tongue, where participants are equipped with ropes, crampons, helmets, and ice axes before joining a rope team.

This guided trip requires no prior glacier experience but does call for normal good fitness. It is considered medium difficulty and typically lasts 6–12 hours, depending on weather and conditions. Along the way, hikers can experience dramatic views of the Okstindan massif and learn basic glacier techniques while navigating crevasses and ancient ice.

Tours run from July to late September, and guides may adjust or cancel the hike based on weather or equipment readiness. Participants must bring sturdy mountain boots, warm layers, windproof clothing, food, and plenty of water. Hi North provides all necessary glacier equipment.