

Ruten Fjellstue and Dalseter Høyfjellshotell are situated at the top of the valley of Espedalen, right beneath timberline, with a beautiful view of the valley and in towards the mountains of Jotunheimen national park. With its inviting and beautiful natural surroundings, Espedalen is the ideal place for a family vacation.

Both Dalseter and Ruten are family-owned and managed tourist establishments where third generation owners/hosts welcome you to a relaxing vacation in the mountains.

In addition to all of the things you can do on your own, we collaborate on a wide program of activities and experiences for young and old.

We extend you a hearty welcome to "Our Warm-Hearted Wilderness" in picturesque surroundings and an inviting, informal atmosphere.

Kind regards,  
Host families and all the employees  
of  
Ruten Fjellstue and  
Dalseter Høyfjellshotell



"Berit from Ruten" - know the tracks from childhood...

# VELKOMMEN TIL FJELLS!



**ESPEDALEN**  
NATUR - KULTUR - TRADISJON

*Welcome to Winter in the Mountains!*



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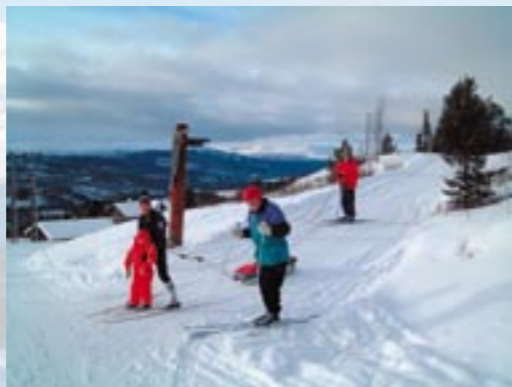


## HISTORY & TRADITION

Tourism has been a way of life in this little mountain valley since the first tourists on their way to Jotunheimen stopped in Espedalen more than a century ago. Local residents had already been portrayed, albeit in a slightly odd way, in the book "Three in Norway by Two of Them" a humorous and roguish travelogue of three Englishmen who journeyed in Norway from Christiania (now Oslo) in the south to Lillehammer, and then through Espedalen, on their way to Jotunheimen.

Espedalen was a natural traffic artery for travelers on their way to Jotunheimen, and like several places in Gudbrandsdalen, more and more of the valley's summer farms took on lodgers. Cabins and houses were gradually set up especially for the travelers, as Espedalen welcomed these visitors.

We have received travelers in Dalseter Mountain hotel since the end of the 1800s, while Ruten Mountain Lodge has received guests since 1939. As time has gone by, we have developed and adjusted our offerings to the wishes and needs of modern travelers.



## OUR WARM-HEARTED WILDERNESS

Espedalen, with the nickname "Our Warm-Hearted Wilderness", is one of Gudbrandsdalen's most beautiful mountain regions with Ruten (1,517 meters above sea level) as its highest point. On a clear day, from the top of Ruten, you get a wonderful view of the mountains of both Jotunheimen and Rondane national parks.

With beautiful natural surroundings, good inland climate and plenty of snow, Espedalen can offer most of what one would want from a real Norwegian ski and snow vacation. Magical winter landscapes cast a spell on us; frozen lakes, deep woods with snow-covered trees provide good shelter, and the high country above the tree line provides fantastic

views. Up here, you have time to be at peace.

## GONE SKIING

In Espedalen, there are approximately 220 km of marked and groomed runs, and as part of Peer Gynt Ski Region, we offer a total of 630 km of cross-country runs that range from easy wood trails at the base of the valley through the woods to more extreme trails in the high country.

We want to provide all of our guests a good skiing experience, whether they are beginners or advanced, and we put a great deal of time and effort into grooming the slopes into different types of terrain so everyone has great ski days.

A stable inland climate ensures good snow conditions throughout the winter so we can give you groomed ski trails from December to April. You choose between machine groomed internationally recognized double tracks at the base of the valley and more simple snowmobile tracks in the high country.

Espedalen is primarily a cross-country area, but there is also a small alpine hill, well-suited to beginners and children. Dalseter Ski Lift is located right next to Dalseter Høyfjellshotell - appr. 500 m from Ruten Fjellstue - easily accessible from both establishments. The descent is appr. 750 m long and the hill has an altitude change of 140 m.



## ACTIVITIES

Throughout the winter we offer organized activities in our beautiful outdoors with a varied weekly program: beginner course in all ski disciplines; sleigh rides; canyoneering at "Hell"; northern Europe's largest giant cauldron/ravine; riding in the winter woods - day or night - snowshoe excursions to various destinations; Wilderness Club for Kids, etc.

During the week of Easter, there are individual programs that include a snowman competition, pancake fest, lunch barbecue at the Bingsbu warming hut for Good Friday, costumed ski runs, and more.

## SKI SCHOOL & SKI RENTALS

The ski school offers instruction every week throughout the winter in cross-country, slalom, telemark and snowboarding - and runs classes for beginners and advanced.

The instructors are well-qualified and well familiar with skis, snow, trails and, not least, ski waxing.

Ski Rental offers equipment for cross-country, telemark/back-country and alpine skiing, snowboarding, sleighing and snowshoeing. There are also toboggans, sleds and kick-sledges to borrow. Purchase ski waxing and maps at the reception desk where you are staying.



## WARMING HUTS

We pride ourselves on our warming huts: Bingsbu and Tonebu are located centrally within the trail network. They are open to our guests free of charge, and during the season the warming huts will also be heated 2-7 days a week; there will also be hot drinks for those who would like them. This is a popular destination where tourists meet day after day for a cozy chat over hot black currant toddy.

You will also find a shelter and a lavvo (a Norwegian version of a teepee) for free use, both centrally located between to Dalseter and Ruten.

## GROUPS

Both Ruten Mountain Lodge and Dalseter Mountain Hotel arrange stays for large and small groups for weekends or longer periods. We also organize private activities for groups on request.

