The Kingsroad companies

TAU OG TIND



About Tau og Tind

Tau & Tind offers guided mountain tours and mountain adventures on Filefjell both summer and winter.

Tau og Tind is the new bearer of the legacy of Tyin Aktiv – a company that has been creating genuine mountain experiences on Tyin–Filefjell for over 20 years. When we took over the business, the goal was to continue and further develop what Tyin Aktiv stood for: local knowledge, safety and passion for the mountains. Tyin Aktiv was known for solid kite courses, guided tours to classic peaks such as Uranostind and Falketind, and in recent years a growing offer of randoneé summit tours, avalanche courses and winter activities. This is now fully integrated into Tau og Tind.

What we offer

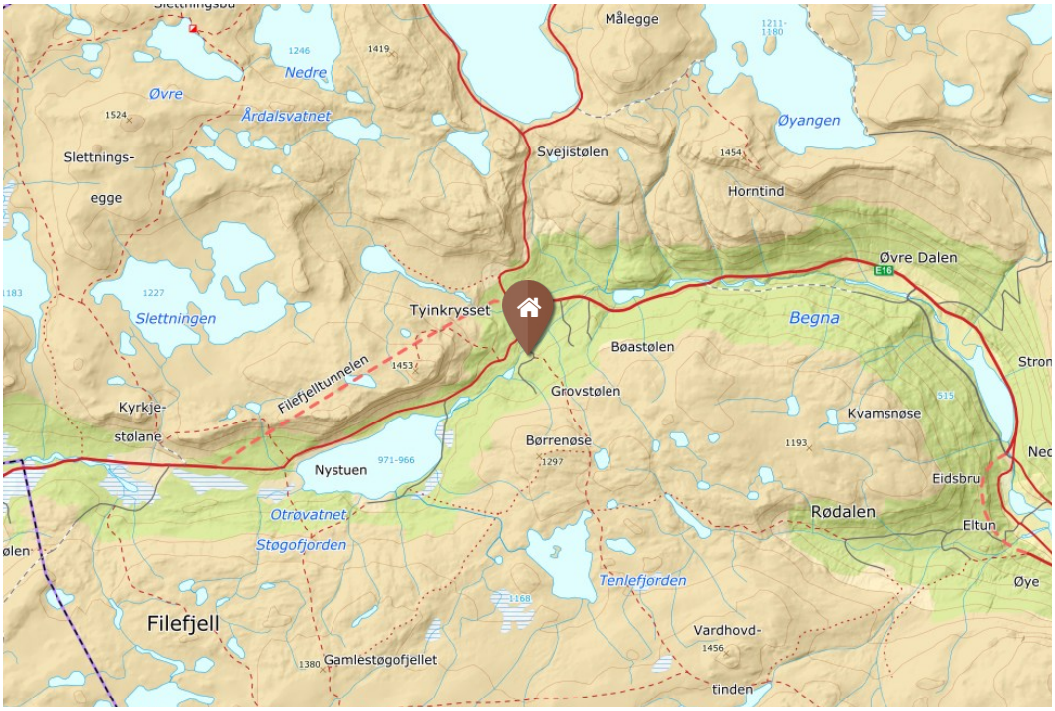
- Kite courses on snowy peaks
- Randoneé and summit courses
- Avalanche courses
- Guided summit tours to iconic mountains
- Snowshoe tours, hikes and tailored programs

Our team
Tau og Tind is led by Kjartan Bruvik, who has many years of experience as a guide and instructor. He and the other guides in the company will give you the best that we and Jotunheimen have to offer.

Why choose us?
Because we offer more than courses and guiding – we give you a real mountain experience shaped by people who know the area. We place great emphasis on safety and mastery, and we work to ensure that you return home with new skills and great memories in your luggage.

Kjartan Bruvik
(+47) 414 84 492

Homepage
Email



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