



En introduksjon til Summits On The Air (SOTA)

LA40 – 12.oktober 2022

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Kortversjonen av SOTA 😊

- **Activator** (de som går på fjelltoppene):
 - Bær opp radioutstyret til en utvalgt fjelltopp
 - Sett opp utstyret
 - Snakk med minst 4 stykker hvor som helst i verden
 - Pakk ned, gå til neste topp eller reis hjem igjen
- **Chaser** (de som jakter på de som er på fjelltoppene):
 - Få tak i de som er på fjelltoppene
- Resten av foredraget er detaljer...





Agenda

Activator:

- Hvilke fjelltopper er godkjent,- og hvordan finne disse ?
- Planlegge turen
- Hvilket radioutstyr kan brukes ?
- Til toppen og på toppen
 - Finne toppen (activation zone)
 - Sette opp utstyr
 - Sende spot
 - QSO'er/Logging på stedet
- Laste opp loggen
- Andre tips og råd før/under/etter turen

Chaser:

- Hvordan lykkes som chaser
- SOTA-watch
- HamAlert
- Konkurrer med deg selv (og andre 😊...)





Hvilke fjelltopper...

- 150 meters regelen - Primærfaktor
 - defined as a prominence of at least 150 metres

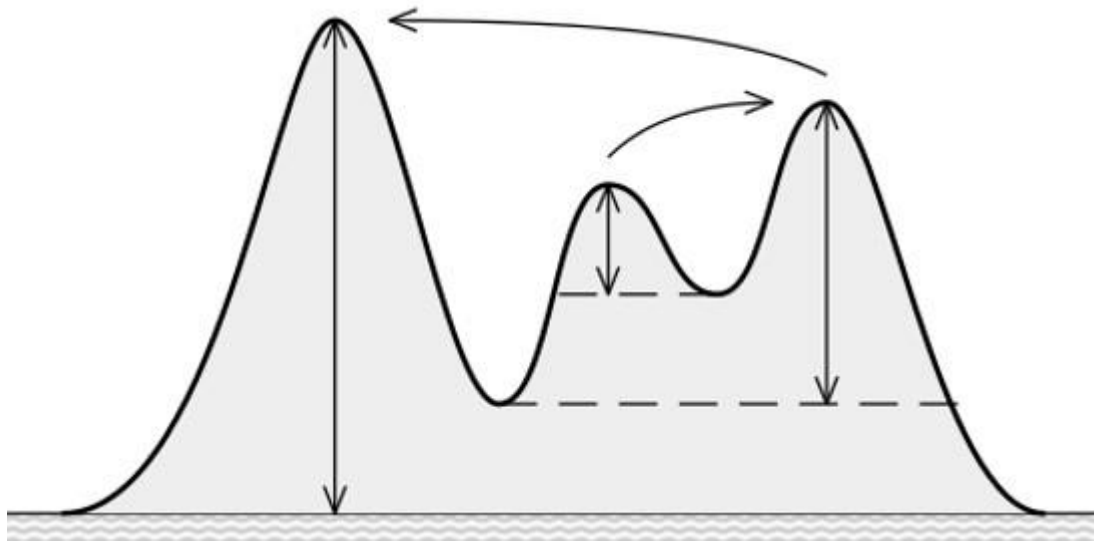


Figure 1. Vertical arrows show the topographic prominence of three peaks on an island. The dashed horizontal lines show the lowest contours that do not encircle higher peaks. Curved arrows point from a peak to its parent



LA/HM-109 Tannvola - <https://sotl.as/summits/LA/HM-109>

De 3 Sølen-summits i bakgrunnen:

LA/HM-007 - <https://sotl.as/summits/LA/HM-007>

LA/HM-005 - <https://sotl.as/summits/LA/HM-005>

LA/HM-008 - <https://sotl.as/summits/LA/HM-008>

I NORGE ER VI HELDIGE!

- 6504 FORSKJELLIGE TOPPER ER GODKJENT!



SOTLAS

🕒 12:34z

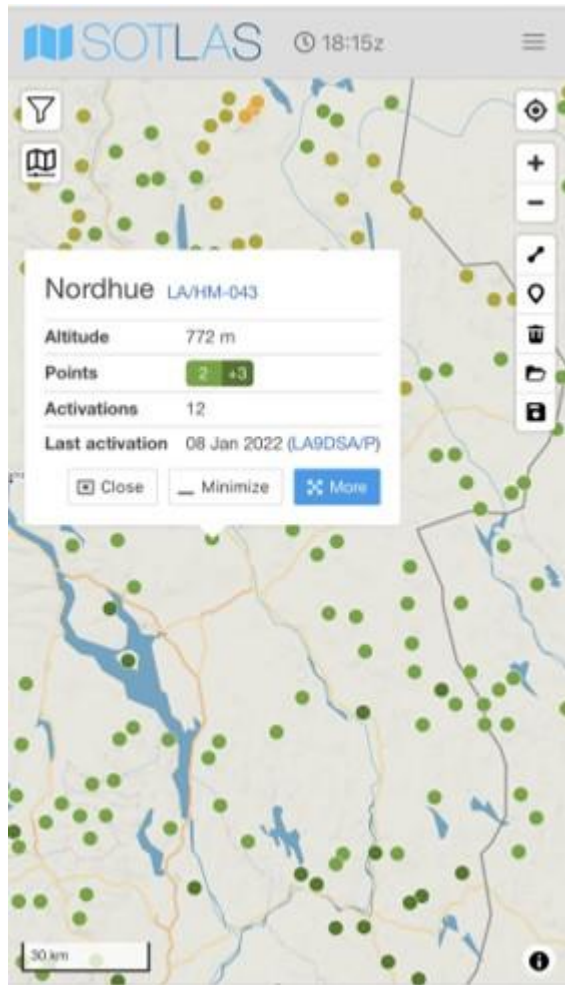
🔍 Sumr

Code ↑	Name	Summits
AA	Aust-Agder	126
AH	Akershus	19
BU	Buskerud	161
FM	Finnmark	425
HE	Helgeland	509
HL	Hordaland	430
HM	Hedmark	257
MR	Møre og Romsdal	760
NL	Nordland North	531
NT	Nord-Trøndelag	32
OF	Østfold	2
OL	Oppland	361
OS	Oslo	4
RL	Rogaland	308
SA	Salten	333
SF	Sogn og Fjordane	599
ST	Sør-Trøndelag	324
TM	Telemark	307
TN	Troms North	473
TR	Troms South	415
VA	Vest-Agder	110
VF	Vestfold	18

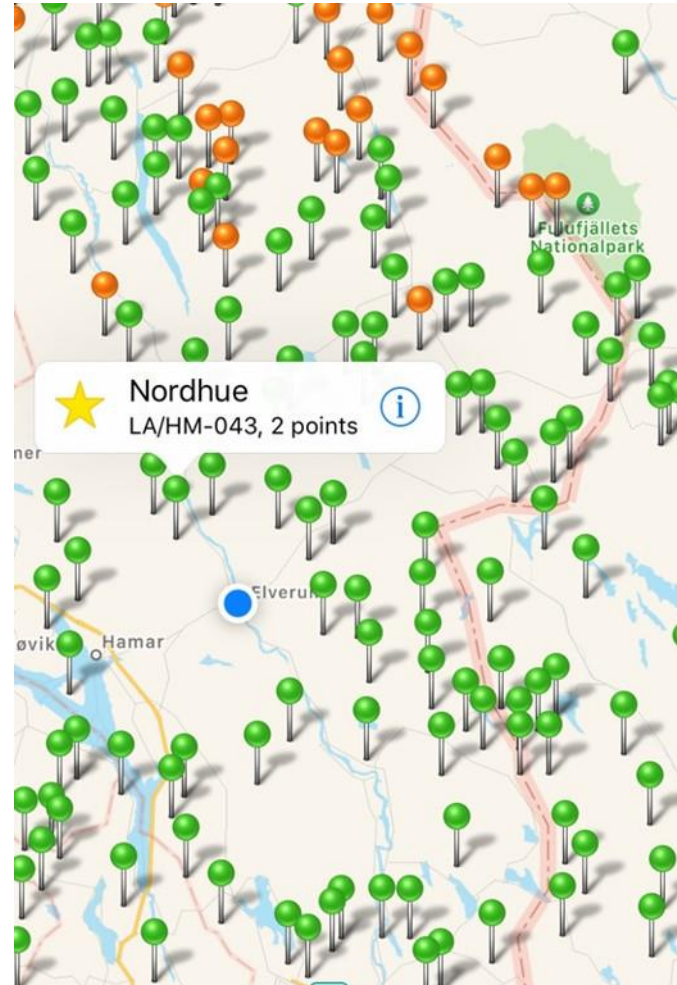


Hvor finner jeg hvilke fjell som er godkjent?

4 alternative måter (min prioriterte rekkefølge)



1) SOTLAS Webside (www.sotl.as) eller «app»



2) App for iphone: SOTA Goat

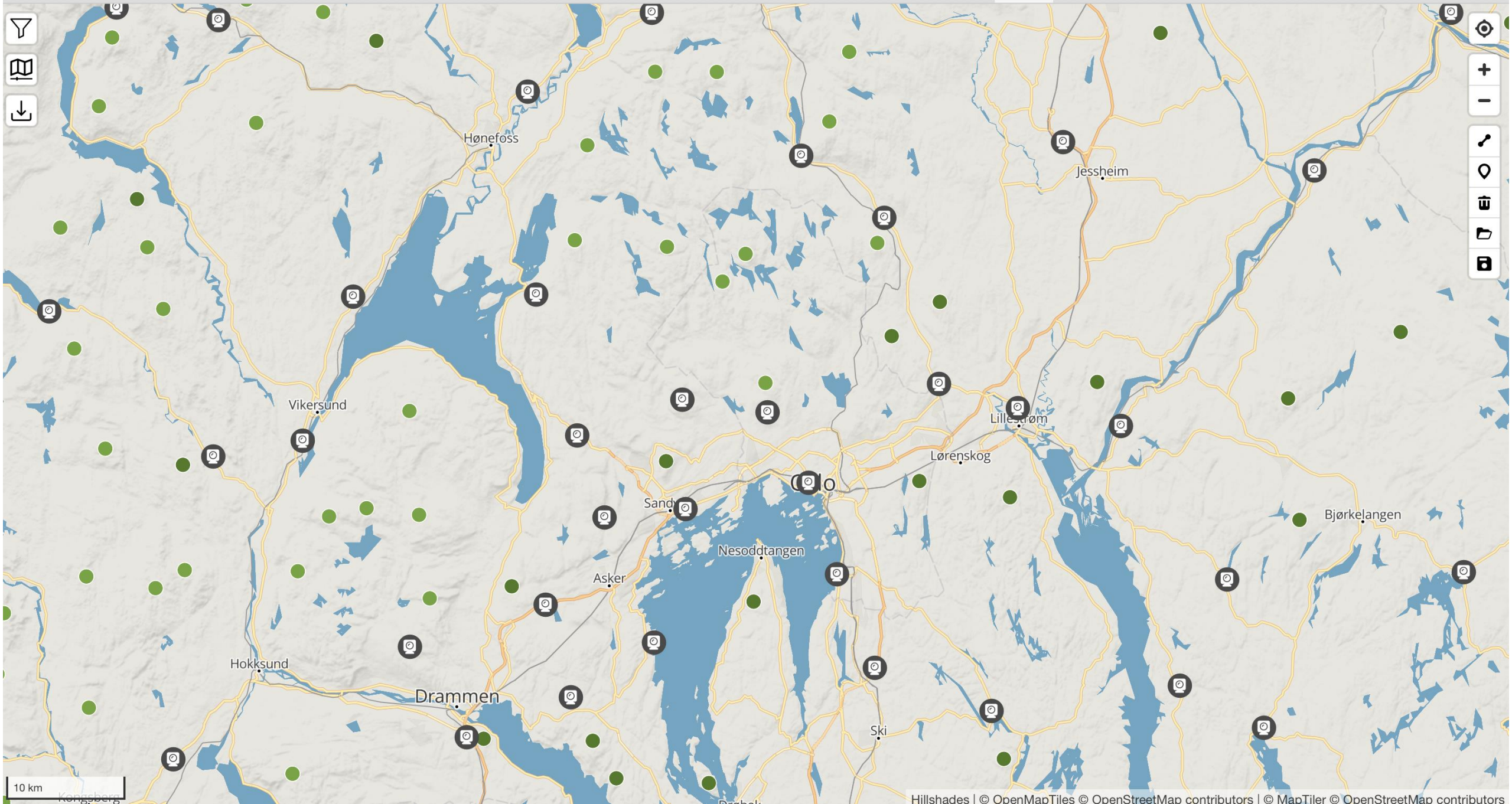
<https://apps.apple.com/us/app/sota-goat/id590206108>



3) <https://www.sotamaps.org/>



4) <http://www.sotadata.org.uk/summits.aspx>



Tryvannshøgda

[+ Alert](#) [+ Spot](#)

🇳🇴 LA Norway / OS Oslo – 003

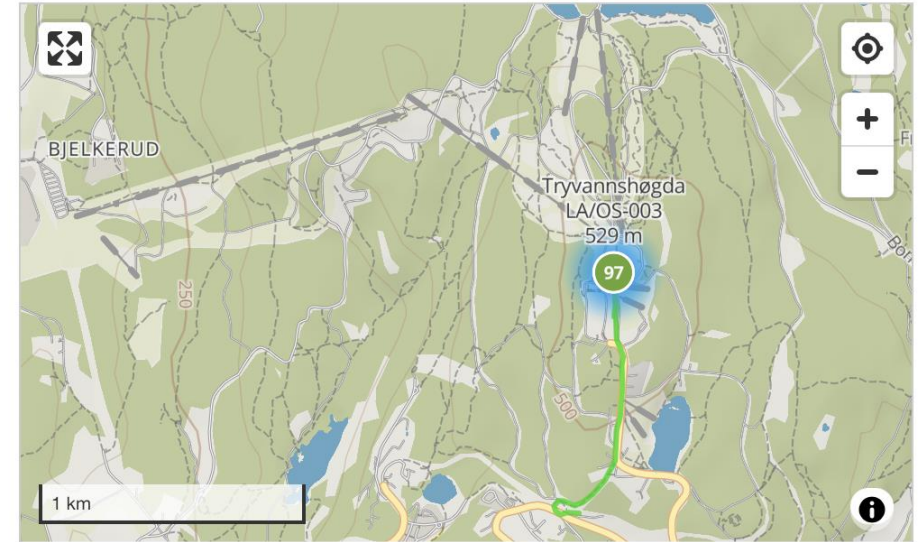
LA/OS-003 | 529 m | **2** **+3** points | 📍 97 activations (3 by me)

Tryvann Tower, February, 2010

Thomas Berglund [CC BY 3.0]

Coordinates: **59.9881, 10.6681**[Open ▾](#) [Copy](#)Locator: **JO59ix**Distance/Bearing: Set home QTH in [your account](#)First activation: **LB1GB/P** on 01 May 2008

Resources


[W](#) Wikipedia: [Tryvannstårnet](#)[G](#) Google: [Tryvannshøgda](#)[🔗](#) [MAP over summit](#) (by LA1KHA on 29 Jul 2017)

Routes

Title	Difficulty	Ascent	Distance	Duration
➤ From Oslo with public transport 📍		79 m (*)	1.4 km	

(*) Difference between highest and lowest elevation, excluding counter-ascents

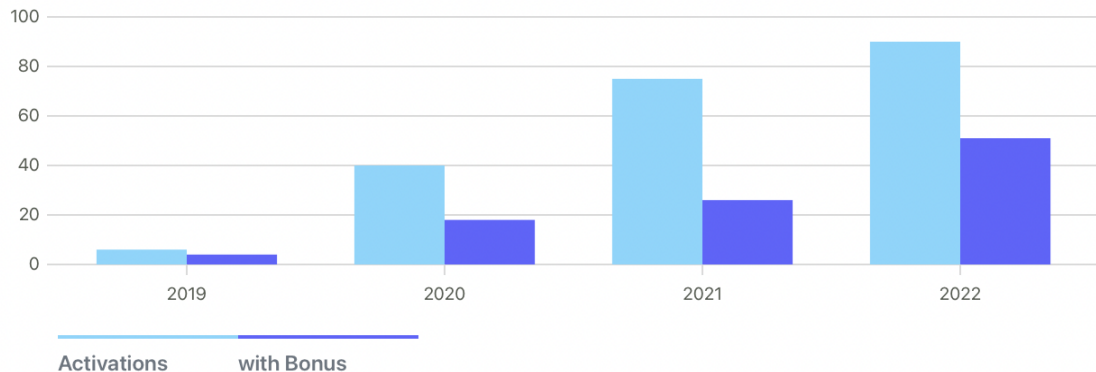
LB7PC

 Callbooks ▾

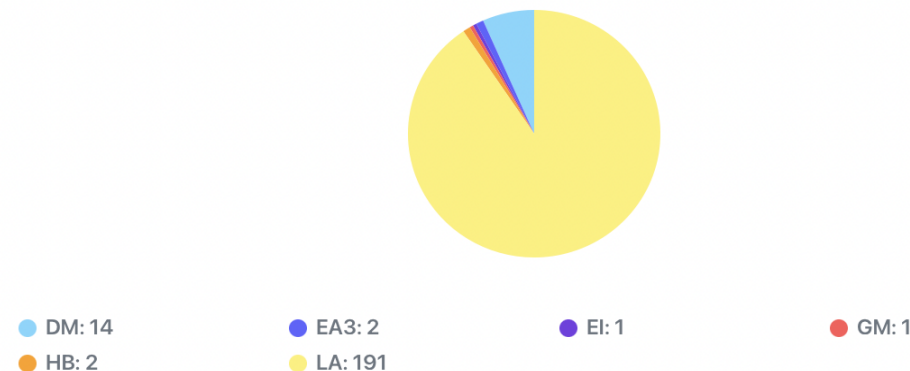
1008 points (297 bonus) | 🏹 x 1

🕒 211 activations (90 this year) | 🏔️ 151 unique (55 this year) | ↔️ 1745 QSOs | 🌐 6 associations | 🕒 2 years, 11 months

Activations per year



Activations per association



 More stats

Logged activations

 Show Map

🔍 Filter

Date ↓	Summit	Name	Altitude	Points	Activations	Callsign used	QSOs
02 Oct 2022	 LA/TM-143	Storefiell	1115 m	4	1	LB7PC/P	17

Poeng...

Poeng vs høydemetre for Norge Sommer/vinter

Kilde: <https://summits.sota.org.uk/association/LA>



- **Summit operation criteria vertically of the summit** **Operation must be within 25m**
- **Band 1, score 1 point** **<500m ASL**
- **Band 2, score 2 points** **>=500m ASL, <1000m ASL**
- **Band 3, score 4 points** **>=1000m ASL, <1500m ASL**
- **Band 4, score 6 points** **>=1500m ASL, <2000m ASL**
- **Band 5, score 8 points** **>=2000m ASL, <2200m ASL**
- **Band 6, score 10 points** **>=2200m**
- **Seasonal bonus** **Yes**
- **Bonus rationale** **Winter period with highest probability of sub-zero temperatures and deep snow**
- **Min. height for bonus** **3 Points for activations >=500m ASL**
- **Bonus period dates** **1 December to 31 March inclusive**



Toppen er aktivert med én QSO, men du får først poeng ved 4 QSO'er
Samme topp gir poeng kun én gang pr kalenderår.

Date	Own Callsign	Summit	QSOs	Points	Bonus Points	Total	Show Log	Delete	Download
2022-01-16	LA9DSA/P	LA/HM-188 (Grimsåsen)	22	2	3	5	Show Log	Delete	Download
2022-01-15	LA9DSA/P	LA/HM-247 (Volgnollen)	14	2	3	10	Show Log	Delete	Download
2022-01-09	LA9DSA/P	LA/HM-240 (Veslbyringen)	21	2	3	15	Show Log	Delete	Download
2022-01-08	LA9DSA/P	LA/HM-043 (Nordhue)	6	2	3	20	Show Log	Delete	Download
2022-01-02	LA9DSA/P	LA/HM-125 (Skarvberget)	20	2	3	25	Show Log	Delete	Download
2021-12-31	LA9DSA/P	LA/HM-183 (Storberget)	32	2	3	30	Show Log	Delete	Download
2021-12-28	LA9DSA/P	LA/HM-177 (Ulvsjøberget)	25	2	3	35	Show Log	Delete	Download
2021-12-12	LA9DSA/P	LA/ST-176 (Svartfjellet)	23	2	3	40	Show Log	Delete	Download
2021-11-27	LA9DSA/P	LA/HM-181 (Munksjøberget, nordre)	23	2	0	42	Show Log	Delete	Download
2021-11-14	LA9DSA/P	LA/MR-655 (Hennafjellet)	18	2	0	44	Show Log	Delete	Download
2021-10-31	LA9DSA/P	LA/HM-143 (Lyngkampen)	18	4	0	48	Show Log	Delete	Download
2021-10-24	LA9DSA/P	LA/OS-003 (Tryvannshøgda)	12	2	0	50	Show Log	Delete	Download
2021-10-22	LA9DSA/P	LA/AH-013 (Varingskollen)	18	2	0	52	Show Log	Delete	Download
2021-10-09	LA9DSA/P	LA/HM-035 (Urds kardampen)	19	4	0	56	Show Log	Delete	Download

- *At least one QSO must be made from the Summit to qualify it as an activation. In order for the activation to qualify for the points attributed to that Summit, a minimum of four QSOs must be made, each of which must be with a different station. QSOs must comprise an exchange of callsigns and signal reports, it is strongly recommended that the summit identifier be given during each contact. ...*

Hvorfor SOTA?:

Besøke fjelltopper og områder jeg aldri hadde trodd at jeg skulle til...

- Var aktiv radioamatør fra jeg var 14 år. (Lisens i 1986)
- «Interessen dabbet av etterhvert» Alt utstyret lå på loftet.
- For 3 år siden hadde jeg ikke hørt om SOTA...
- Fikk høre om SOTA helt tilfeldig og fikk fullstendig dilla!
- Fin rekruttering for å få «gamle amatører» tilbake til hobbyen??





Med SOTA kan man utforske verden!



Eller overnatte i nærområdet...

- Et skikkelig påskudd til å komme seg ut!





Lette og vanskelige tilgjengelige topper

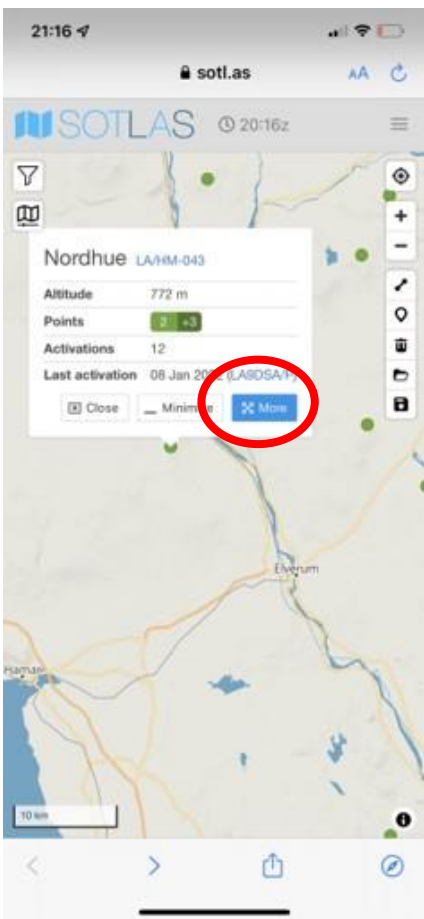


LA/OS-003 Tryvannshøgda - <https://sotl.as/summits/LA/OS-003>

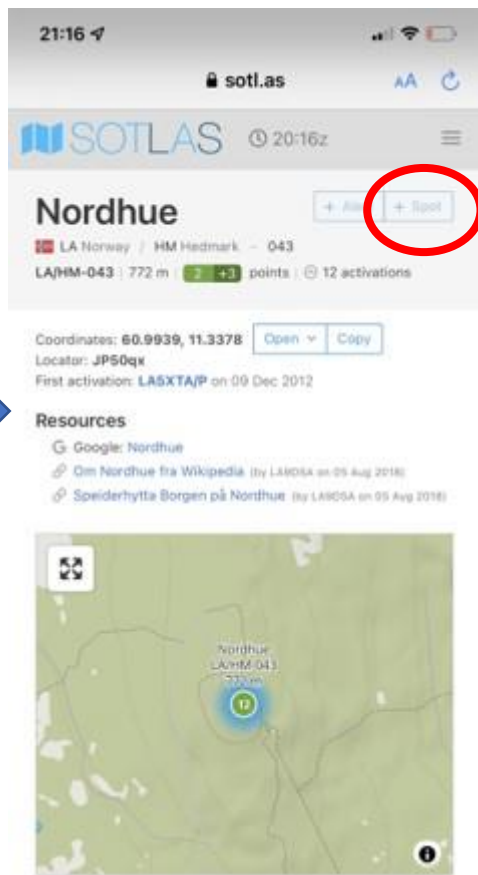


LA/HM-240 Veslbyringen - <https://sotl.as/summits/LA/HM-240>
13 km delvis ubrøytet skogsbilvei med bil, ca 3 km med truger i 20-30 cm snø,- og så blir det mørkt...

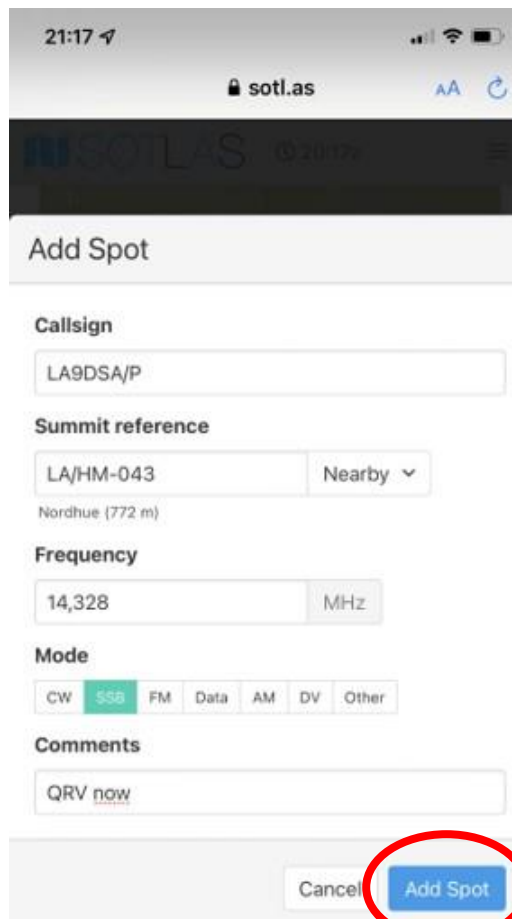
Selvspotting på 1-2-3 (selv-varsling med SOTLAS)



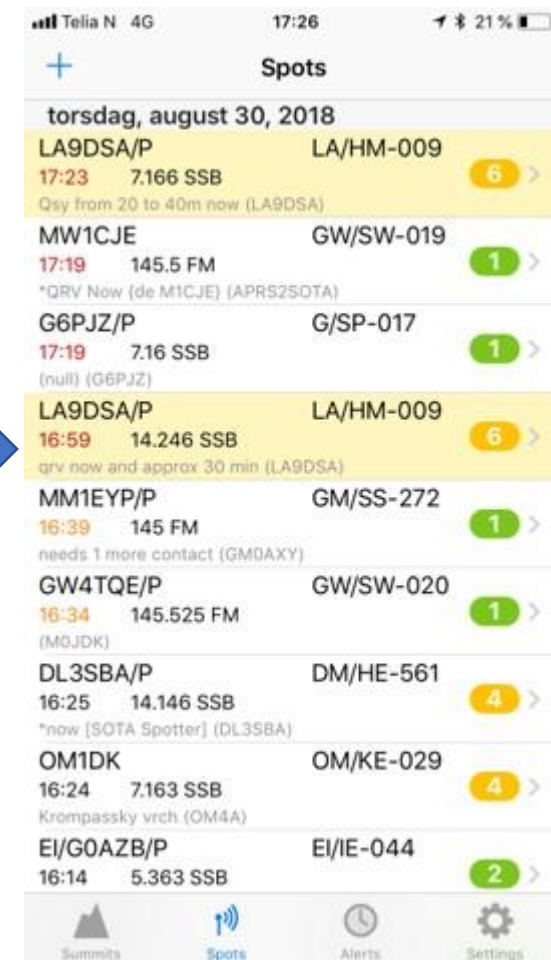
1) Finn toppen på kartet, eller søk den opp



2) Velg knappen spot, NB! Du må være innlogget



3) Legg inn data som mangler, dobbeltkontroller at det er riktig, send



Se SOTA spots i en app eller på <https://sotawatch.sota.org.uk/en/>



Hvis du ønsker er det muligheter for forhåndsvarsling av aktiveringene (alerts) <http://www.sotawatch.org/alerts.php>

 **SOTAwatch2** Login: Callsign Password

[SW Home](#) | [Reflector](#) | [SOTA Home](#) | [Summits](#) | [Recent Summit Info](#) | [Database](#)
| [Video](#) | [Photos](#) | [Shop](#) | [Mapping](#) | [Facebook](#) | [Contact SOTA](#)
This page refreshes every 5 minutes. Last updated 20:38:09 UTC.

Upcoming Activations

Sunday 9th September 2018

15:00	SQ9OZM/P on SP/B5-019 Pse QRS (Posted by SQ9OZM)	10.118-cw,14.062-cw,145.550-fm
15:15	KR7RK on W7A/AP-027 1st of 3, one hour qrv planned. Will also have VHF gear (Posted by KR7RK)	28-cw,24-cw,21-cw,14-cw,7-cw
15:15	W5ODS on W5O/OU-017 +/- qrm (Posted by W5ODS)	7.061-cw,10.111-cw,14.063-cw
15:30	N0XDW on W0C/FR-004 just a guess at time allowing for possible shuttle to the parking. Also plan HF SSB (Posted by N0XDW)	50.130-ssb
15:30	F/DK6HS/P on FL/VO-138 KX2 10W and 2 Wire 3.Summit of 3 (Posted by DK6HS)	7-ssb;14-ssb
15:30	KB9ILT on W4C/CM-023 (Posted by KB9ILT)	7-cw,10-cw,14-cw,21-cw
16:00	AC7MA on W7W/KG-035 S+5 , with WU7H (Posted by AC7MA)	14.062-cw
16:00	K7ODX on W7U/SP-005 First activation of this summit (Posted by K7ODX)	7.033-cw,10.110-cw,14.062-cw
16:30	N0TA on W0C/FR-064 With KXOR (Posted by N0TA)	14.063-cw,7.033-cw,10.113-cw
16:30	KXOR on W0C/FR-064 ETA approx - looking for S2S - bands may vary (Posted by KXOR)	7.033-cw,10.113-cw,14.063-cw
16:45	K1TNT on W1/GM-002	14.061-cw



Etter du har spot'et deg selv, blir det ofte «pile-up»...

- CQ CQ this is LA9DSA/P, Summit on the air station (evt også: at SOTA Reference LA/HM-043) listening for any call....
- Før loggen din fortløpende
- Få unna de kraftigste stasjonene først, ellers hører du ingen ting...
- Hører du «summit til summit»(S2S), si gjerne «summit til summit ONLY please»,
- «Gentlemand-regel» blant chasere: Hører de S2S blir de (oftest) stille
- Husk å skriv med den andres SOTA-stasjonen sin SOTA-referanse i loggen din (f.eks DM/HE-561)





Summit to Summit (S2S)

- Mellom to samtidige SOTA -aktiveringer (fjelltopp til fjelltopp)



SOTA Results and Summits Database

Summit to Summit Results

SOTA is not inherently a competitive activity, it's about individual aspirations and working towards a goal at your own pace. However, it can be fun to see how your progress compares with that of others, hence we publish our Honour Roll on the internet. Please help us to keep this page up-to-date by regularly submitting your SOTA logs.

Association: **LA - Norway** Year: **- All Years -** Band: **- All Bands -** Mode: **- All Modes -** [Show](#)

Position	Caller Callsign	Summit to Summit Contacts	Points	View Log
1	LA8BCA	643	3903	View
2	LA1ENA	718	3475	View
3	LA5WNA	376	2256	View
4	LA9XGA	336	2067	View
5	LA3NDA	330	1650	View
6	LA1KPA	344	1511	View
7	LB1DH	219	1479	View
8	LB4PH	323	1476	View
9	LA90SA	160	906	View
10	LA1EBA	132	792	View
11	LA3BD	123	650	View
12	LA1RO	99	316	View
13	LB8CG	63	309	View
14	LB1LO	47	167	View
15	LB7PC	24	151	View
16	LB7KI	26	147	View
17	LA9PJA	21	142	View
18	LA1TPA	22	126	View
19	LB9HG	27	94	View
20	LA5VX	9	84	View
21	LB4MI	10	76	View
22	LA4TTA	11	67	View
23	LA2HLA	11	55	View

Unique Summits Activated

SOTA is not inherently a competitive activity, it's about individual aspirations and working towards a goal at your own pace. However, it can be fun to see how your progress compares with that of others, hence we publish our Honour Roll on the internet.

Please help us to keep this page up-to-date by regularly submitting your SOTA logs.

Association	Year	Band	Modes	Show
LA - Norway	▼ - All Years -	▼ -All Bands-	▼ -All Modes-	:

Position	Callsign	Unique Summits	Total Summits	Percent Unique	View Log
1	LA1ENA	360	725	49.66	View
2	LB1DH	201	223	90.13	View
3	LA9DSA	181	222	81.53	View
4	LA9XGA	157	286	54.90	View
5	LB7PC	151	211	71.56	View
6	LB4FH	140	258	54.26	View
7	LB8CG	127	230	55.22	View
8	LA5XTA	119	152	78.29	View
9	LA1TPA	108	277	38.99	View
10	LA8NHA	104	248	41.94	View
11	LA1KHA	92	921	9.99	View
12	LB1RH	71	96	73.96	View
13	LA9PJA	64	80	80.00	View
14	LB7FA	62	62	100.00	View
15	LA1EBA	60	142	42.25	View
16	LB0OG	57	85	67.06	View
17	LA3BO	52	56	92.86	View
18	LA1DNA	50	107	46.73	View

Bruk det utstyret du har. Ønsker du lavere vekt ? Her er eksempler på lett radioutstyr med lav sendereffekt: 5 - 20W



- Yaesu 817
- <https://www.aham.net/reviews/view-product?id=1184>



- Xiegu g90
- <https://www.aham.net/reviews/view-product?id=14255>



- Icom 703
- <https://www.aham.net/reviews/view-product?id=4521>



- Elecraft KX2
- <https://www.aham.net/reviews/view-product?id=12852>



- Yaesu 818
- <https://www.aham.net/reviews/view-product?id=13928>



- Xiegu X5105
- <https://www.aham.net/reviews/view-product?id=13557>



- Icom 705
- <https://www.aham.net/reviews/view-product?id=14776>



- Elecraft KX3
- <https://www.aham.net/reviews/view-pr>



Det er ikke noe problem å benytte en vanlig 100W sender, bare husk å skru ned sendereffekten, ellers går du fort tom for strøm...



Noen få eksempler på antenner – det er 100vis av muligheter

Kjøp eller bygg selv... (Det er like mange meninger om gode antenner som radioamatører)

- SOTA-beams bandhopper, f.eks satt opp som inverted V
- https://christech.no/prestashop/search?controller=search&orderby=position&orderway=desc&search_query=sotabeams&submit_search=S%C3%B8k



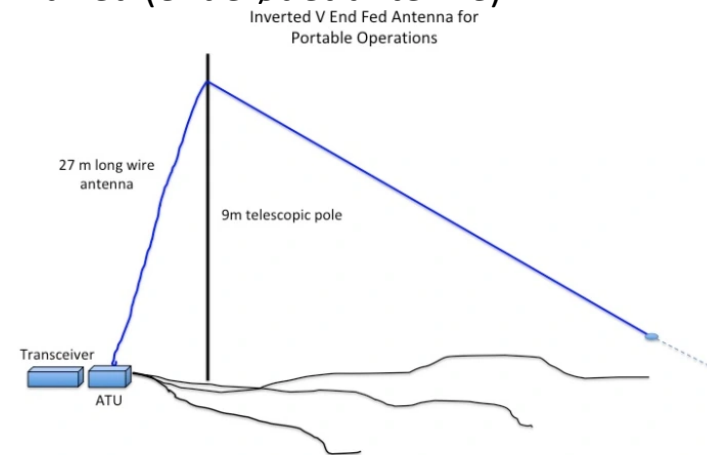
Band Hopper IV show for illustration only.

Dipole centre

	Link 1	Link 2	Link 3
20m	Open	Open	Open
30m	Closed	Open	Open
40m	Closed	Closed	Open
80m	Closed	Closed	Closed

Notes: your antenna may cover different bands but the principle is the same. Open means the croc clips hang down. Closed means the croc clips are attached to each other.

- End-fed (endefødet antenne)



VK1AD Dec 2018

Kilde: <https://vk1nam.wordpress.com/2018/12/23/sota-end-fed-long-wire-antenna-results/>

- AX1 fra Elecraft



Elecraft's AX1, KX3 and AXB1 (all sold separately)

- Andre:
 - $\frac{1}{4}$ bølgelengde vertikal, etc etc, etc



Tillatte strømkilder

- *All equipment must be operated from a portable power source (batteries, solar cells, etc). Operation is expressly forbidden using permanently installed power sources or fossil-fuel generators of any kind.*
- «Den store pågående batteri-diskusjonen» 😊
 - Se innlegg på LA-SOTA(norsk facebookgruppe) 4. mai 2019 med 50 kommentarer eller søk på ordet «batteri» i samme gruppe
- **Eksempel:** Biltema 37-910

<https://www.biltema.no/bil--mc/elektrisk-anlegg/starthjelp/kompakt-starthjelppowerpack-2000035586>



LA/OL-044 - Brandbukampen - <https://sotl.as/summits/LA/OL-044>

Planlegge turen – anbefalinger:

Display all tracks in Region



1) <https://ut.no/>



3) <https://www.sotamaps.org/tracks>

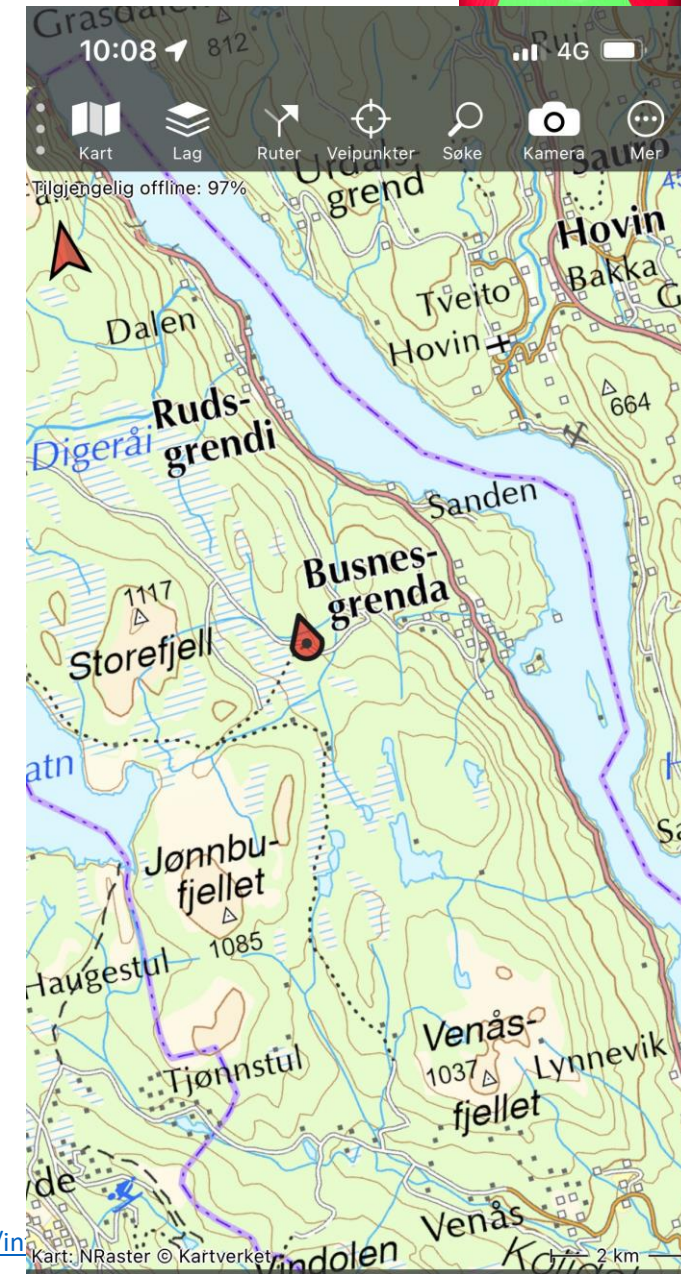
PS! Dersom noen har lagt inn GPS-sporet i SOTA-maps, synes de også i SOTLAS-kartet. I SOTLAS-kartet klikker du på summit-navnet, så kommer GPS-sporet frem



2) <https://peakbook.org/>



4) <https://skisporet.no/>



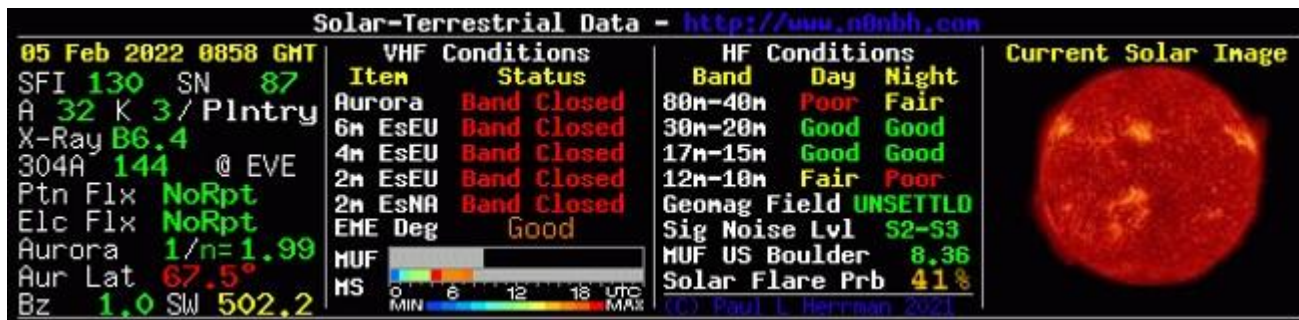
5) Lokale turlag, eksempler:

a) Google fjelltoppens navn: «Kviknebruna», scroll, se detaljert tekstbeskrivelse under Tynset turlag, b) Ti på Topp <https://www.tipatopp.no/>, c) Trimpoeng <https://in>

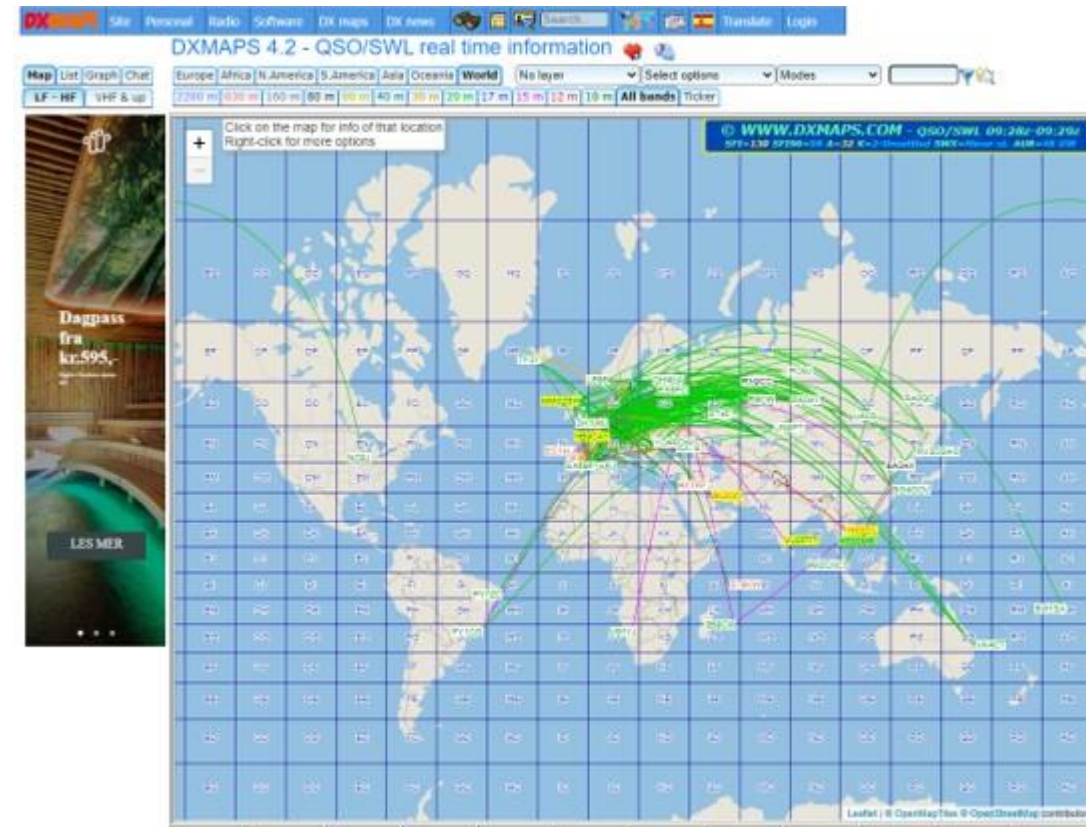


Det aller beste SOTA-rådet jeg har fått...

- Ikke sjekk propagasjonsvarslet/propagasjon før du reiser,- fordi da reiser du sannsynligvis ikke ut på tur...



Kilde: <https://www.hamqsl.com/>



Kilde: <https://www.dxmaps.com/spots/mapg.php>



Hvordan komme deg til toppen?

- Gå
 - Sykle
 - Bil
 - Truger
 - Ski
 - etc
-
- PS!
Det er skikkelig dumt å kjøre igjennom bom som står åpen på private veier!





Vær og vind...(og egen sikkerhet)

- Vanlig turutstyr, avhengig av årstid, avstand og vanskelighetsgrad



LA/OL-163 Læshøi - <https://sotl.as/summits/LA/OL-163>



I/PM-387 Poggio Croce - <https://sotl.as/summits/I/PM-387>



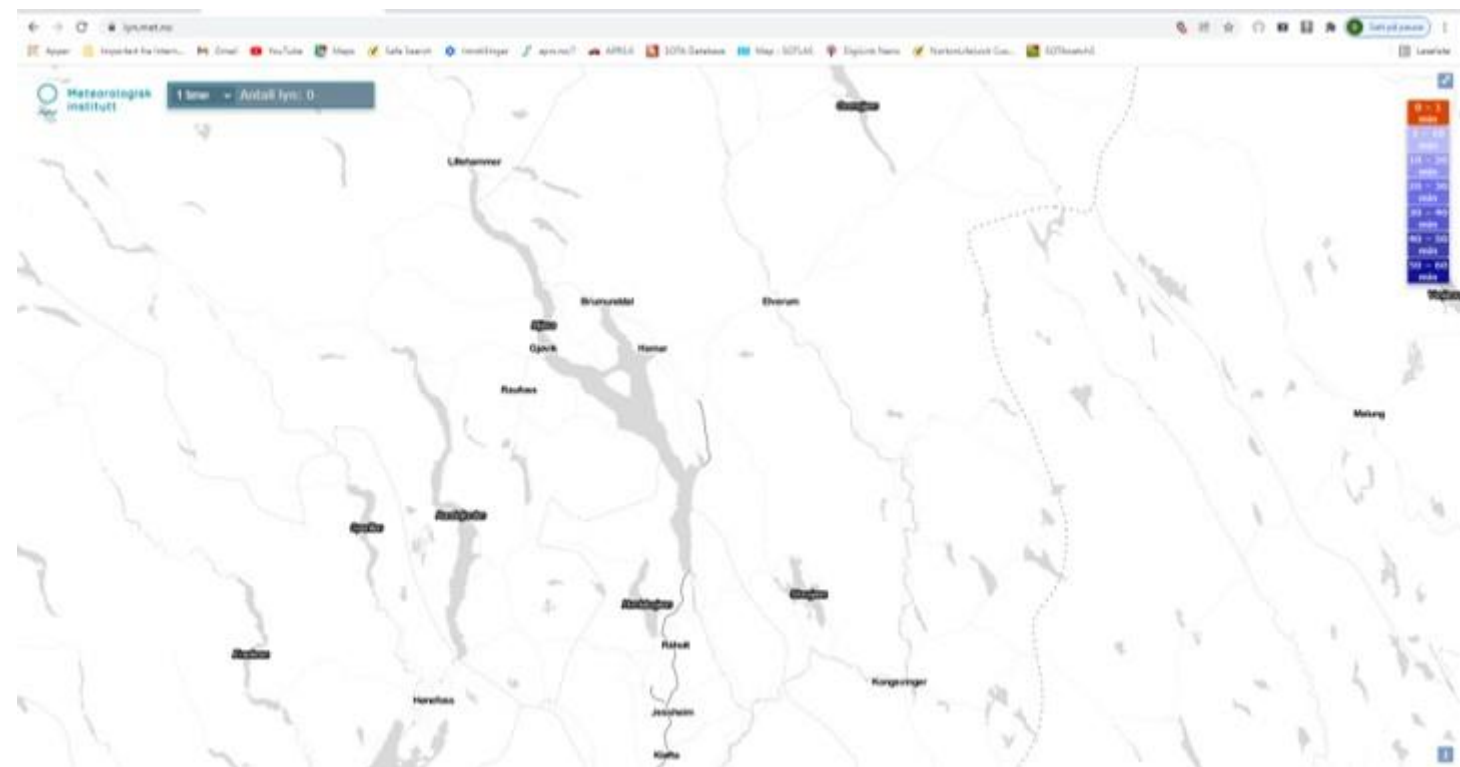
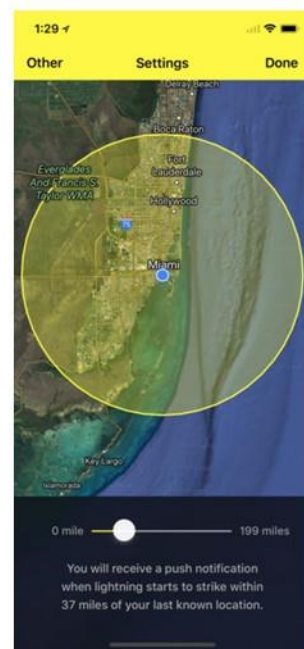
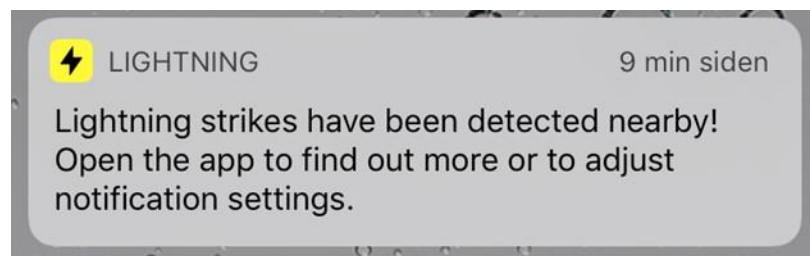
LA/HM-119 Renåfjellet - <https://sotl.as/summits/LA/HM-119>



LA/HM-174 Skagsvola - <https://sotl.as/summits/LA/HM-174>



I tordenvær-sesongen: Bruk en varslingsapp (ja, det lynner på vinteren også)



...men det mest nøyaktig resultat får du fra Meteorologisk institutt, men denne gir ikke varsel: <https://lyn.met.no/>

<https://play.google.com/store/apps/details?id=com.jrustonapps.mylightningtracker&hl=no&gl=US>

Eller

<https://apps.apple.com/us/app/my-lightning-tracker-alerts/id1175031987>



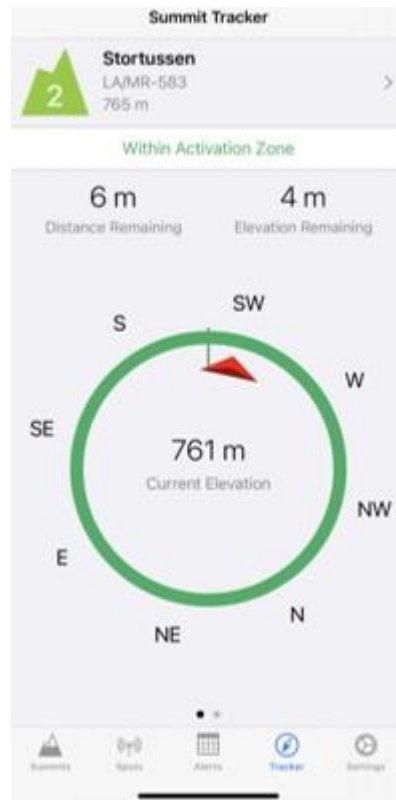
Activation Zone: Innenfor 25 høydemeter fra toppen

*The Operating Position must be within the **Activation Zone**. The operating position must lie within a closed contour line at the permitted maximum Vertical Distance below the summit. (Typically the contour line is **25 metres below peak height of the summit**). The Operating Position is taken to be the **position of the operator**.*

Bruk GPS eller f.eks

App for iPhone:

SOTA Goat 





Ikke i tilknyttet bil, men kjøre opp er ok

- *Operations must **not be in, or in the close vicinity of, a motor vehicle.** No part of the station may be connected in any way with the motor vehicle. However, the use of a bike (non-motorized) or animals to enter the Activation Zone is permitted.*



LA/HM-147 Storhorta- <https://sotl.as/summits/LA/HM-147>



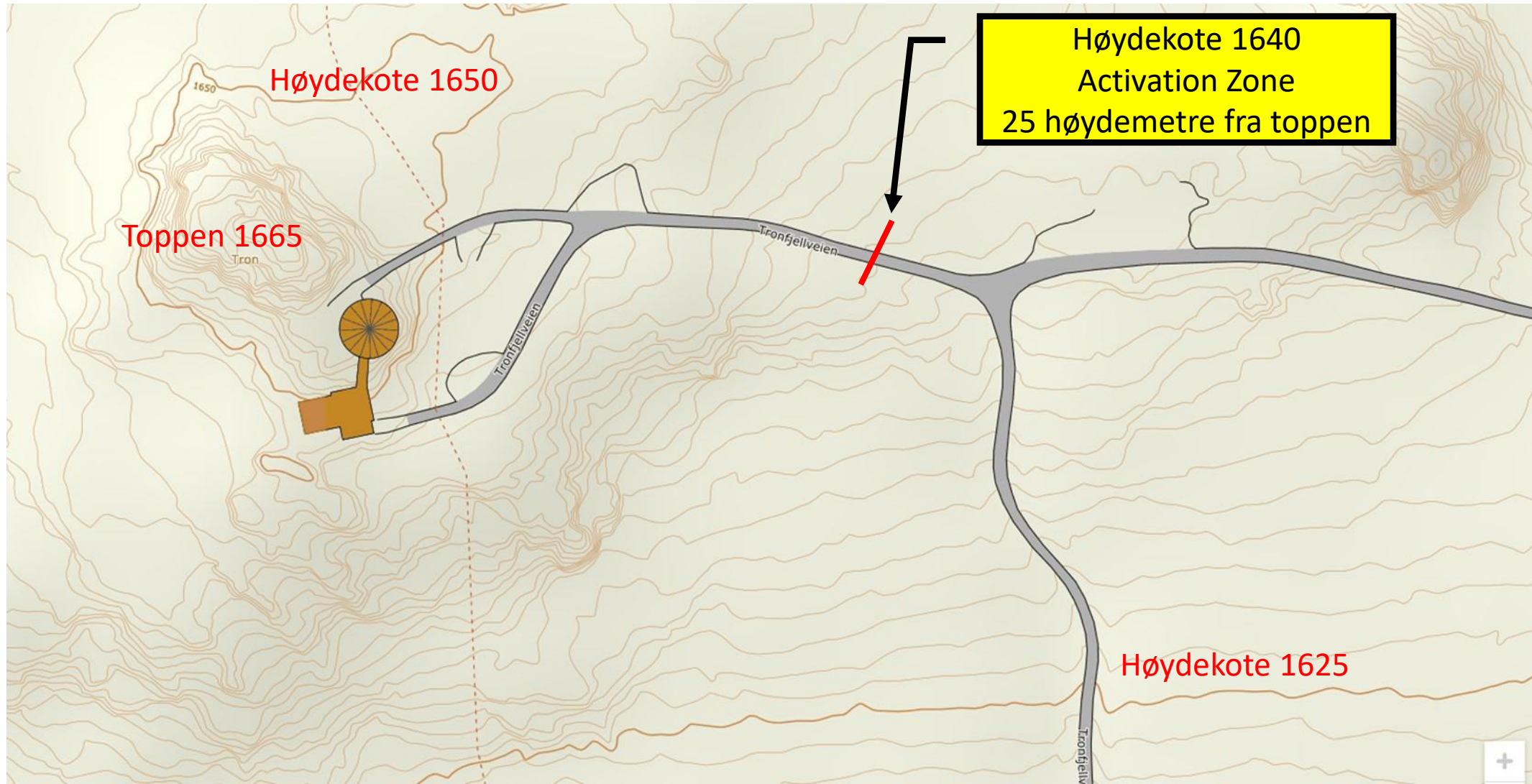
LA/HM-043 Nordhue – <https://sotl.as/summits/LA/HM-043>



LA/HM-009 Tron – <https://sotl.as/summits/LA/HM-009>



Tips: Med bil - kjør til aktiverings-sona, bær utstyret over sonegrensa. Eksemplet er fra LA/HM-009 Tron





Hvilke frekvenser og mode ?

- HF - alle mode og bånd
- Ingen spesielle frekvenser for SOTA
- Tips: Se SOTAwach hvor de andre ligger. Legg deg 5-10-15 (tilsv.) over eller under disse
- Det er anbefalt å unngå de dedikerte QRP-frekvensene, fordi det da vil bli kraftige sendere fra chasere på disse frekvensene.
- Også VHF/UHF(men IKKE via repeatere), men lite benyttet i Norge (mest HF her)

Activator QSOs by Band

7MHZ :	2818790
14MHZ :	1890058
144MHZ :	1362219
10MHZ :	601052
5MHZ :	163948
433MHZ :	148915
18MHZ :	122608
3.5MHZ :	85776
21MHZ :	69756
24MHZ :	67890
28MHZ :	57344
50MHZ :	56114
1240MHZ :	15838
70MHZ :	11513
1.8MHZ :	3288
2.3GHZ :	2571
220MHz :	1374
10GHZ :	1367
VLF :	1320
5.6GHZ :	541
Microwave :	380
900MHz :	270
24GHZ :	193
3.4GHz :	144
UNKNOWN :	128

Activator QSOs by Mode

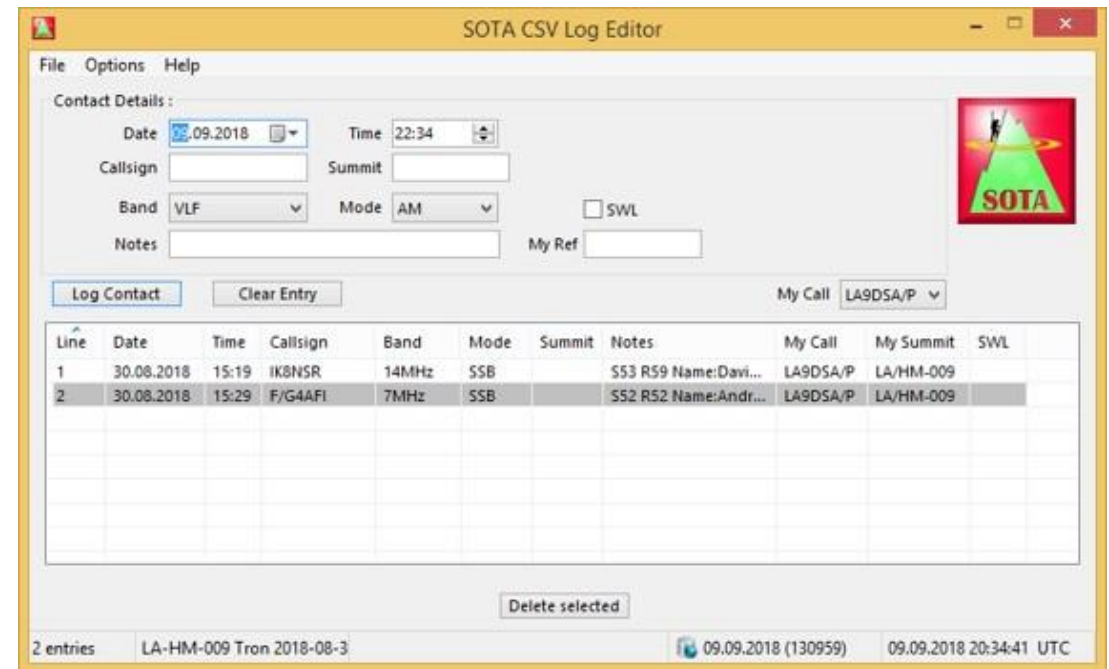
CW :	3321250
SSB :	2761690
FM :	1357705
Data :	35957
DV :	2564
AM :	2274
Other :	1957

Kilde: <https://www.sotadata.org.uk/en/factsAndFigures>



Logg: Jeg skriver oftest med blyant på papir i felt og legger inn i denne når jeg kommer hjem (kan evt logges elektronisk på summit)

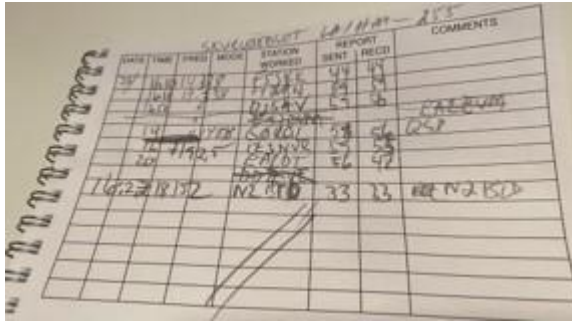
- Dette blir da en elektronisk logg som kan sendes direkte inn i SOTA-databasen i etterkant
- Jeg bruker også samme fil til å oppdatere min egen logg (hjemmelogg kan f.eks være LOG4OM, Ham Radio Deluxe etc)
- SOTA (Summits-On-The-Air) CSV Log Editor for Windows
- Nedlasting:
https://www.g0lgs.co.uk/soft_info.php?AppName=sotacsveditor



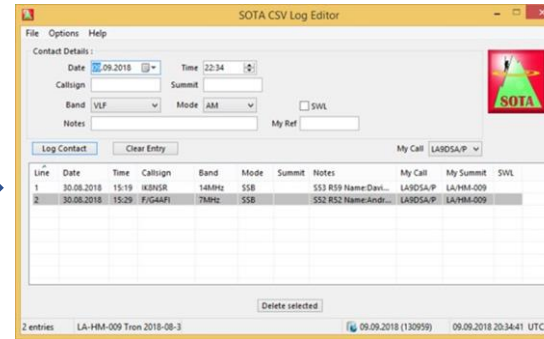


Alternativer for logging

Alternativ 1:



1) Manuelt i felt



2) SOTA CSV Log Editor

https://www.g0lgs.co.uk/soft_info.php?AppName=sotacsveditor



3) Opplasting til SOTA-databasen: <https://www.sotadata.org.uk/en/>

Alternativ 2:

Elektronisk i felt ved bruk av loggeverktøy

Eksempler

a) HAMRS

<https://hamrs.app/>

b) Outd log

Android: <https://play.google.com/store/apps/details?id=bz.ziegler.portableLog&hl=no&gl=US>

Iphone: <https://apps.apple.com/outd-log/id1436648720>

c) VK port-a-log

Android: <http://vk3zpf.com/vk-port-a-log>

eller andre



2) Opplasting til SOTA-databasen: <https://www.sotadata.org.uk/en/>



Last opp logg til SOTA-databasen

<http://www.sotadata.org.uk/ActivatorCSV.aspx>

Home | Login/Logout | View Results | Summits | Submit Log | FAQ

Welcome, LARSÅ

Upload Activator CSV/TSV File

You can use this page to perform a bulk upload of many Activator Entries at once. This page is intended for more experienced users only.

If you have a large number of log entries you want to claim, this may be the fastest way of recording them.

If however you only have a dozen or less entries, it will probably be easier to use the normal [Add Activation](#) web page.

Instructions

- Create a CSV or TSV file containing all your entries. These can be for any number of activations. The file can be generated using a text editor such as NOTEPAD, or can be exported from many other programs, such as Microsoft Excel. The format of this file is critical to ensure that correct log entries are recorded. Click [here](#) for details of the format of the CSV file that we require.
- If you are unsure what a CSV or TSV file is, please use the [normal](#) data entry page instead.
- Press the Browse button below and select the CSV or TSV file on your hard drive.
- Press the Upload File button on the bottom of this screen to transfer the file to our server and begin processing it. This may take a few seconds. Please be patient!

Select CSV File:



Når du har lastet opp loggen kan du også se hvem som har logget at de har chaset deg..

SOTA Results and Summits Database

LA9DSA

[Return to activator log](#)

The following QSOs were logged for LA9DSA/Pon16/Jan/2022

Time	Chaser Callsign	Activator Callsign	Summit Ref	Summit Name	Band	Mode
12:16	F4WBN	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:18	SQ9MDF	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:18	SQ9NOT	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:20	DJ5AV	LA9DSA/p	LA/HM-188	Grimsåsen	14MHz	SSB
12:20	HB9BHW	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:20	G0RQL	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:24	SP9BIJ/P	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:26	HB9MKV	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:27	EA2DT	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:28	EA5K	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:30	M0WBG	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:53	LA5WNA	LA9DSA/P	LA/HM-188	Grimsåsen	3.5MHz	SSB
12:55	LA6FTA	LA9DSA/P	LA/HM-188	Grimsåsen	3.5MHz	SSB
12:56	SA4BLM	LA9DSA/P	LA/HM-188	Grimsåsen	3.5MHz	SSB

The following QSOs were logged for LA/HM-188 (Grimsåsen) on 16/Jan/2022

Time	Chaser Callsign	Activator Callsign	Summit Ref	Summit Name	Band	Mode
12:16	F4WBN	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:18	SQ9MDF	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:18	SQ9NOT	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:20	DJ5AV	LA9DSA/p	LA/HM-188	Grimsåsen	14MHz	SSB
12:20	HB9BHW	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:20	G0RQL	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:24	SP9BIJ/P	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:26	HB9MKV	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:27	EA2DT	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB
12:28	EA5K	LA9DSA/P	LA/HM-188	Grimsåsen	14MHz	SSB



Diplomer, roll of honour...

- **Certificates and Trophies**

- Certificates are available for gaining 100, 250, 500, 1000 points (Activators and Chasers). These handsome certificates are printed in colour and are personally signed by a member of the SOTA Management Team. Each certificate is individually numbered and printed with your own callsign or SWL number. Endorsements such as "All CW" or "VHF" can be added on request at no extra charge. The certificates are posted to you in a board-backed envelope to ensure that they arrive in good condition. For those with boundless energy and enthusiasm there are additional certificates for 2,500, 5,000, and 10,000, and even higher points



- **Shack Sloth and Mountain Goat**

- At 1,000 points Activators achieve "Mountain Goat" status and Chasers/SWLs are "Shack Sloths". Achieving "Mountain Goat" and "Shack Sloth" status requires considerable dedication and effort and so, trophies can be claimed to mark this significant milestone. Each 9cm x 9cm "Ice block" is made entirely by hand in the Scottish Highlands. Craftsmen create a unique "running scallop" along each edge of the raw glass so each trophy will be unique. The trophy will be individually engraved with your callsign and the year in which you reached 1,000 points. Endorsements like "All CW" or "VHF" can also be engraved for a small additional charge



Kilde: <https://www.sota.org.uk/Joining-In/Awards>

Kun 7 Mountain Goats i Norge (pr 12.10 - 2022)

Menu

SOTA Results and Summits Database

Welcome, lb7pc | Logout

Activator Roll of Honour

SOTA is not inherently a competitive activity, it's about individual aspirations and working towards a goal at your own pace. However, it can be fun to see how your progress compares with that of others, hence we publish our Honour Roll on the internet.

Please help us to keep this page up-to-date by regularly submitting your SOTA logs.

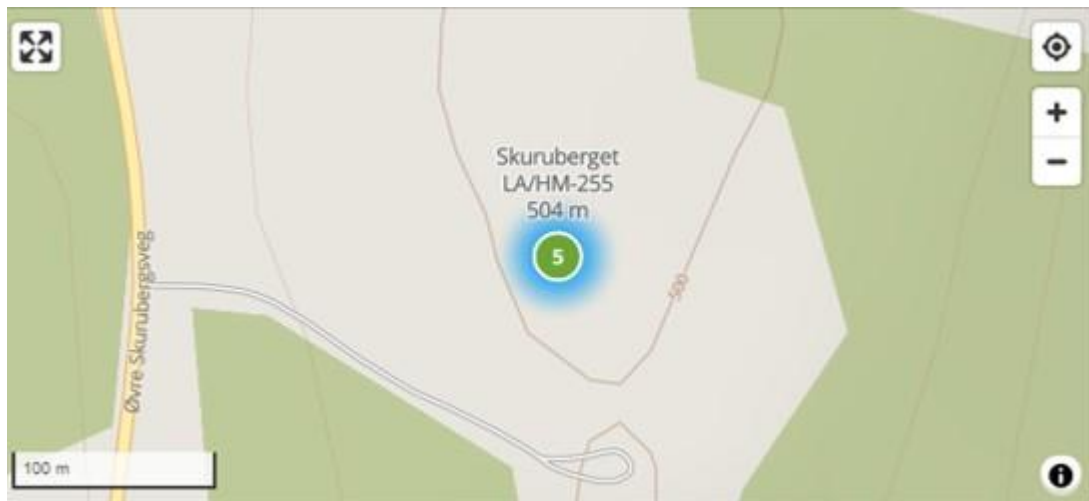
Association: LA - Norway Year: - All Years - Band: - All Bands - Modes: - All Modes - Show

Position	Activator Callsign	Summits	Points	Bonus Points	Total Points	Average	View Log
1	LA1ENA	725	1380	300	1680	2.32	View
2	LA9XGA	286	1314	261	1575	5.51	View
3	LB1DH	223	1216	129	1345	6.03	View
4	LA8BCA	274	1098	0	1098	4.01	View
5	LB8CG	230	817	249	1066	4.63	View
6	LA8NHA	248	590	441	1031	4.16	View
7	LB7PC	211	711	297	1008	4.78	View



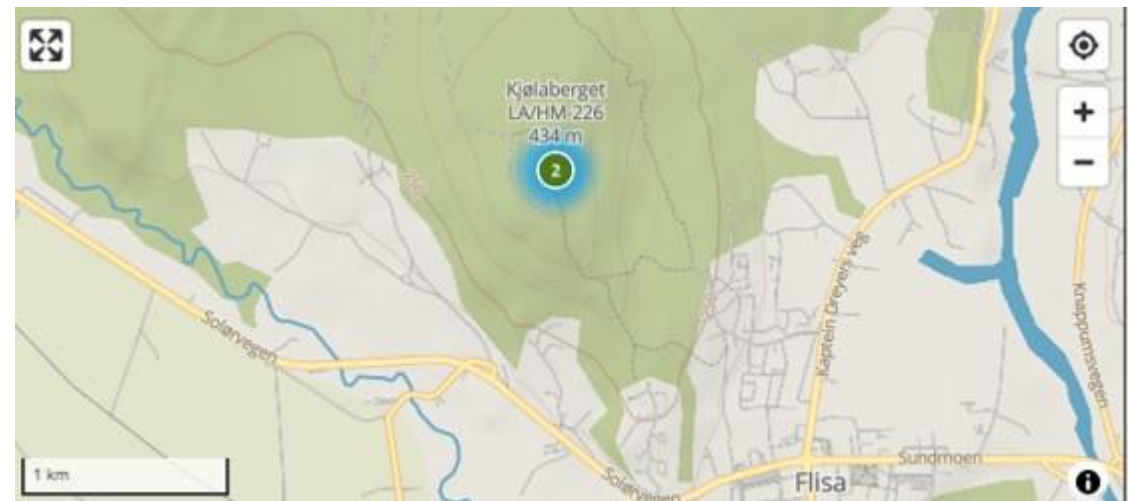
Tips: La selve turen være mindre viktig de første turer som activator, -sørg for at radioutstyret (alltid) virker...

- Eksempel 1:
Skuruberget - 300 meter å gå...



<https://sotl.as/summits/LA/HM-255>

- Eksempel 2:
Kjølaberget - bilvei helt opp om sommeren



<https://sotl.as/summits/LA/HM-226>



Tips:

Bruk av APRS gjør at chasere ser sporet ditt og hvor du «ligger i løypa»...

Sende APRS

Via VHF-radio, eksempler:

- AnyTone AT-D878UV
- Yaesu - FT5DE
- Kenwood TH-D72A




- Mobiltelefon (en APRS-app), f.eks:



iPhone: aprs.fi



Android:APRSdroid

Husk å bruke -symbol på APRS-håndapparatet. APRS stasjoner i bevegelse, vil gjøre at nærliggende SOTA-topper vises som kryss eller SOTA-symbol på kartet.

Mer info:

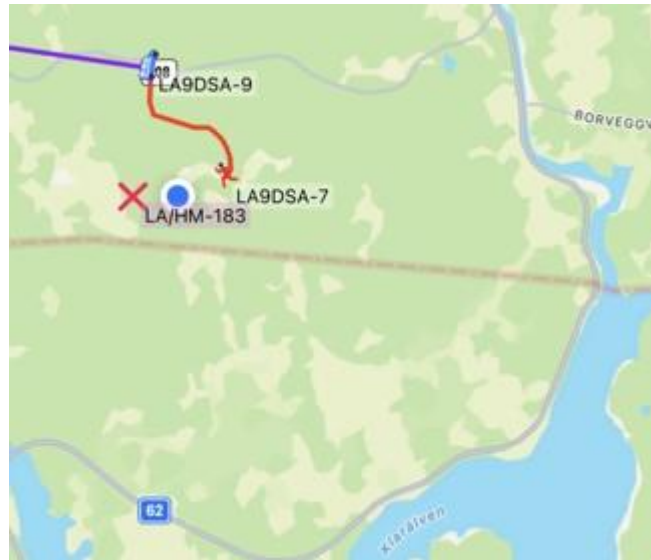
<https://www.on6zq.be/w/index.php/SOTA/SOTA2APRS>



Tips:

Eksempel på to forskjellige APRS-kart, og med og uten aktiv bruk av APRS

APRS-kart: www.aprs.fi

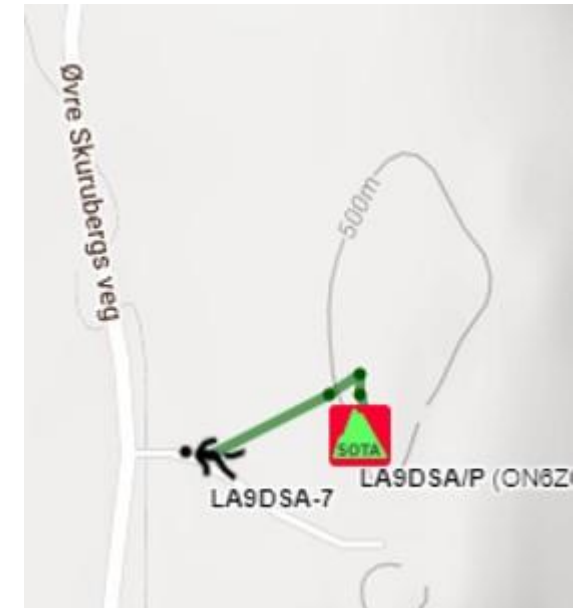


LA9DSA-9 (bil) og LA9DSA-7(HT) bruker APRS



LB7PC/P bruker ikke APRS, men fordi det ligger et aktivt spot på SOTA-watch, blir SOTA-toppen allikevel aktiv i kartet og angir kallesignal for den som har aktivert toppen samt frekvensen

APRS-kart: <https://www.aprsdirect.com/>





Hvor mange activatorer er det i Norge?

- Fra 2008 er det 103 norske personer som har lastet opp logg til «activator»-SOTA databasen

Menu

SOTA Results and Summits Database

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Association: LA - Norway Year: - All Years - Band: - All Bands - Modes: - All Modes - Show

Position	Activator Callsign	Summits	Points	Bonus Points	Total Points	Average	View Log
1	LA1ENA	715	1358	300	1658	2.32	View
2	LB1DH	202	1124	114	1238	6.13	View
3	LA9XGA	224	1006	198	1204	5.38	View
4	LABBCA	266	1066	0	1066	4.01	View
5	LA8NHA	227	542	396	938	4.13	View
6	LB8CG	181	536	213	749	4.14	View
7	LA5WNA	190	650	27	677	3.56	View
8	LA1TPA	270	502	81	583	2.16	View
9	LA9DSA	170	476	93	569	3.35	View
10	LB7PC	135	375	186	561	4.16	View
11	LA5XTA	152	412	126	538	3.54	View
12	LA1EBA	135	337	69	406	3.01	View
13	LB1RH	72	263	81	344	4.78	View
14	LA1KHA	857	303	33	336	0.39	View
15	LB4FH	211	273	33	306	1.45	View
16	LA9PJA	59	142	6	148	2.51	View
17	LA1DNA	107	122	9	131	1.22	View
18	LA3BO	54	106	6	112	2.07	View
19	LB4MI	35	97	12	109	3.11	View
20	LA1RQ	39	85	0	85	2.18	View
21	LB7KJ	44	63	21	84	1.91	View
22	LA5VX	26	80	0	80	3.08	View
23	LB0OG	49	60	18	78	1.59	View

Kilde: <https://www.sotadata.org.uk/en/roll/activator>



Activator: Vær praktisk og mentalt forberedt på...



At utstyret går i stykker...



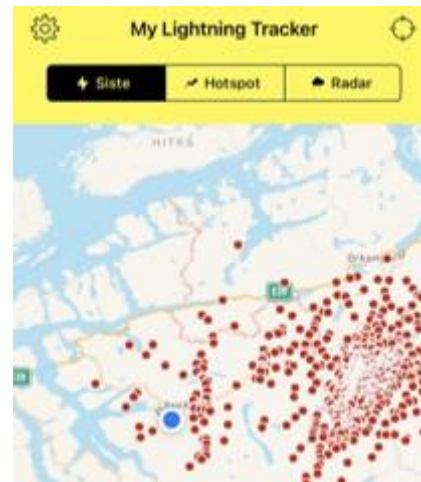
At sola går ned mye fortere enn du trodde, og det blir veldig mørkt på turen hjem



Litt regn, blir ikke bare litt...



Å gjemme seg under et steinutstpring, pga et kraftig tordenvær som ikke var meldt,



ELLER at turen blir perfekt!



Activator: Oppsummert

- Bruk SOTAwatch hjemme, hør på hvordan det foregår, vær gjerne chaser
- Planlegg hvilket radioutstyr du skal bruke, - og test ut hjemme før første tur
- Planlegg selve turen (husk riktig turutstyr og sjekk værmelding)
- På toppen må du være ikke mer enn 25 høydemetre under toppunktet
- Rigg opp utstyret og sjekk at det virker
- Send spot til SOTAwatch via en app f.eks SOTLAS
- Logg alle kontakter, husk den andre sin SOTA referanse ved S2S-QSO'er
- Når du kommer hjem, last opp loggen til SOTA-databasen
- Skriv gjerne litt om turen og del dine erfaringer på norsk eller internasjonal FB-gruppe, -eller i SOTA reflector





Chaser:

Hvordan lykkes som chaser ?



SOTA chasing fra JW5E-shack'n



Sotawach er «master», andre web-sider/programmer som viser SOTA-aktiveringer kan være noe tidsforsinket

SOTAwatch3

30 Jan 2022 10:38 UTC 11:38 local

filter SPOTS ALERTS

Showing ssb spots in last 72 hrs.

Time	Call	Location	Mode	Summit	Spots
10:38	EA4FUA	EA4/MD-028	SSB		14.312
10:28	EC2AG	EA2/BI-066	SSB		21.285
10:25	GM4JXP/P	GM/ES-075	SSB		14.293
10:19	F4JCF/P	F/AM-675	SSB		14.300
10:14	G0WPO/P	G/SP-001	SSB		3.763
10:10	EA4FUA	EA4/MD-028	SSB		7.136
10:07	EA2AQ/P	EA2/NV-050	SSB		7.112
10:02	SV2RUJ/P	SV/MC-075	SSB		14.310
10:01	EC2AG	EA2/BI-066	SSB		14.332
09:41	IN3ADF/P	I/TN-158	SSB		14.328
09:34	EA2AQ/P	EA2/NV-050	SSB		14.140
09:32	G0WPO/P	G/SP-001	SSB		14.307
09:31	EC2AG	EA2/BI-066	SSB		14.332
09:23	EA2AQ/P	EA2/NV-072	SSB		14.14
08:47	EI3ISB	EI/IE-018	SSB		14.288
08:29	IZ4VQS	I/ER-309	SSB		7.147
07:25	IZ3GOS/P	I/VE-259	SSB		14.310
07:19	VK3LE	VK3/VC-032	SSB		7.090
07:10	IZ3GOS/P	I/VE-259	SSB		14.310
07:08	VK3LE	VK3/VC-032	SSB		7.090
06:31	J11HV/1	JA/KN-010	SSB		7.091
06:30	VK3LE	VK3/VC-032	SSB		7.090
05:13	VK1DA/2	VK2/ST-001	SSB		7.085
05:02	VK3LE	VK3/VC-018	SSB		14.115
05:00	6K5XZE	HL/JB-004	SSB		3.535

Reflector Latest

- Change to the way the reflector v by G4MD, #6 by D8BWN, 1 min ago
- Chasing SOTA through backscatte by EA2IF, #11 by ON4BCA, 57 mins ago
- JA SOTA DAY by JP3DGT, #4 by VK5CZ, 59 mins ago
- Glas Maol GM/ES-012 On the 2m by MVAEFL, #12 by MW0WML, 1 hour ago
- Use of SOTA Logo - New radio by G3CWI, #8 by VK3APW, 2 hours ago
- Simple Resonant Multiband Ante by OE6FEG, #25 by VK5CZ, 8 hours ago
- Another adventure in North Wale by GW4BML, #8 by G4TIC, 10 hours ago
- WX in GM-Land by MVAEFL, #10 by MVAEFL, 15 hours ago
- Really bad manners by GM7NZL, #53 by G40NL, 17 hours ago
- Arrow antenna construction by M0MZB, #8 by M0MZB, 20 hours ago
- The Galloway Forest Park - Mulliv by 2M0LXX, #19 by M0ISB, 20 hours ago
- Vacuum tubes on the summit by OK2BWB, #66 by VK3APW, 1 day ago
- SOTA dogs on summits part 2 by OE3VBU, #45 by DL6GCA, 1 day ago
- 2022 Targets by G4TGU, #55 by K9ROB, 1 day ago
- I thought I heard singing, sir by NM5BG, #14 by K9ROB, 1 day ago
- 1st Annual W7O Campout! July 8 by AG7GP, #4 by K45VM, 1 day ago
- How do you pack your Arrow Yag

SOTAwatch3

filter SPOTS ALERTS

Showing ssb spots in last 72 hrs.

10:38	EA4FUA	EA4/MD-028	SSB		14.312
10:28	EC2AG	EA2/BI-066	SSB		21.285
10:25	GM4JXP/P	GM/ES-075	SSB		14.293
10:19	F4JCF/P	F/AM-675	SSB		14.300
10:14	G0WPO/P	G/SP-001	SSB		3.763
10:10	EA4FUA	EA4/MD-028	SSB		7.136
10:07	EA2AQ/P	EA2/NV-050	SSB		7.112
10:02	SV2RUJ/P	SV/MC-075	SSB		14.310

Log Chase

Callsign logged: EC2AG

Callsign used: LA9DSA

Time (UTC): 10:39

Band: 21.285MHz

Mode: SSB

Summit: EA2/BI-066

Comments:

Submit

<https://sotawatch.sota.org.uk/en/> (kan også logge chaser kontakter)
eller <https://sotl.as/spots/sotawatch> (kun se spot)

De aller fleste aktiveringer gjøres i helg og på dagtid, men da er også flere chasere, og chaser-kampen hardere...



Hvordan få SOTA-spot varsel på telefon mv

Callign	Prefix	Mode	Summit association
LB1801	JW	17 modes	
TL7M	TL	12 bands	App
FT8			App
CW			App
LB9CG	DL		App
JK			App
SSB	LA		App SOTA spot for LA
SSB			App SOTA spot for LA



Edit trigger

Conditions

Mode: SSB

Summit association: LA - Norway

Actions

Email Email 2 App Inreema SMS Teinet URL

Comment

SOTA spot for LA

Changes may take up to a minute to be applied. Cancel Save



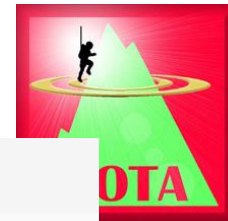
4:11

HamAlert

LATEST SPOTS

- 14:08Z **DL2IAD** (7.0235 CW) DX de HB9DQM-#: 7023.5 DL2IAD CW 24 dB 16 WPM CQ 1408Z
- 14:06Z **HB9CUZ** (14.076356 FT8) DX de F4FWT: 14076.4 HB9CUZ FT8 -5 dB 1405Z (WSJT-X v2.1.0 24fcd1)
- 14:03Z **4U1UN/B** (18.110) DX de F4CXO: 18110.0 4U1UN/B JN26PP->FN30AS HRD 519 1403Z
- 14:03Z **EA5IKJ** (14.181 SSB) DX de R9CC: 14181.0 EA5IKJ trn QSO 1403Z
- 14:03Z **I1ASU/IT9** (14.186 SSB) DX de I2ROQ: 14186.0 I1ASU/IT9 WAIL S!014 1403Z
- 14:03Z **7Q7WW** (14.074 FT8) DX de K6ZO: 14074.0 7Q7WW ft8 1403Z
- 14:02Z **3Z50KP** (7.015 CW) DX de HA3HK: 7015.0 3Z50KP SES 1402Z
- 14:01Z **DJ3TF/P** in DLFF-0116 (7.143 SSB) DX de DJ3TF: 7143.0 DJ3TF/P DLFF-116 last day 1401Z
- 14:01Z **K4MY** (50.260 SSB) DX de AA5C: 50260.0 K4MY EM13<MS>EM74 1401Z
- 14:00Z **JT7A** (14.090) DX de PD1RK: 14090.0 JT7A f/h tu 1400Z
- 14:00Z **W4IMD** (50.260 SSB) DX de AA5C: 50260.0 W4IMD EM13<MS>EMB4 1400Z
- 14:00Z **OH73ELK** (49.110 CW)

<https://hamalert.org/>



SOTA Results and Summits Database

Chaser Roll of Honour

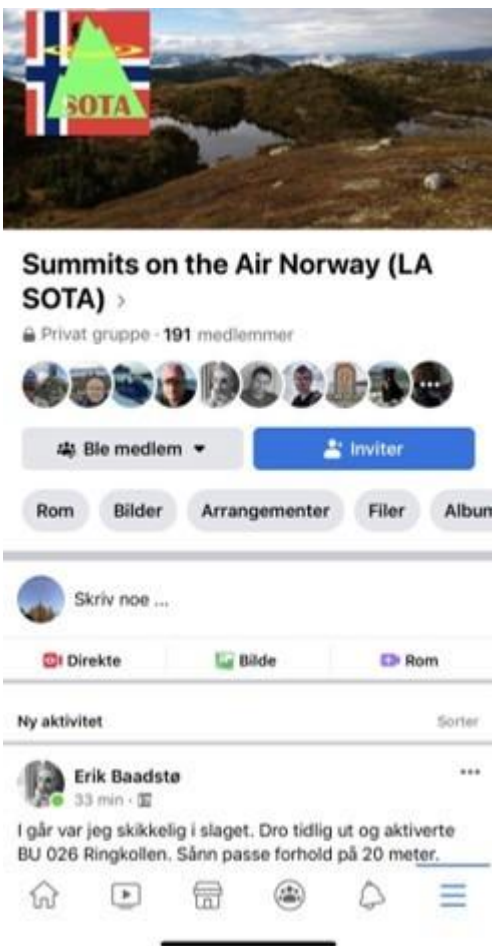
SOTA is not inherently a competitive activity, it's about individual aspirations and working towards a goal at your own pace. However, it can be fun to see how your progress compares with that of others, hence we publish our Honour Roll on the internet.

Please help us to keep this page up-to-date by regularly submitting your SOTA logs.

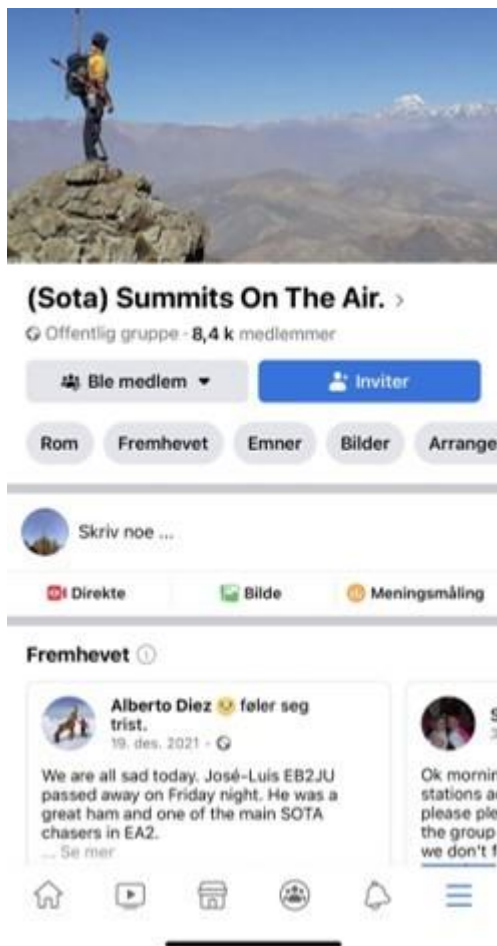
Association: **LA - Norway** Year: **- All Years -** Band: **-All Bands-** Modes: **-All Modes-**

Position	Chaser Callsign	Activators Worked	Points	Average	View Log
1	LA8BCA	8090	34617	4.28	View
2	LA1ENA	5907	22164	3.75	View
3	LA5WNA	2965	16901	5.70	View
4	LB1DH	1016	4861	4.78	View
5	LA5SAA	1056	4463	4.23	View
6	LA3NGA	635	3000	4.72	View
7	LA9DSA	732	2976	4.07	View
8	LA1KHA	795	2870	3.61	View
9	LA3BO	638	2852	4.47	View
10	LB4FH	612	2660	4.35	View
11	LA9RJA	574	2355	4.10	View
12	LA8WF	406	2094	5.16	View
13	LA6ZFA	367	2037	5.55	View
14	LA6FTA	446	2017	4.52	View
15	LA9XGA	479	1808	3.77	View
16	LA1EBA	268	1201	4.48	View
17	LB6GG	229	977	4.27	View
18	LB1LG	175	694	3.97	View
19	LA1TPA	306	598	1.95	View
20	LA1RQ	150	584	3.89	View

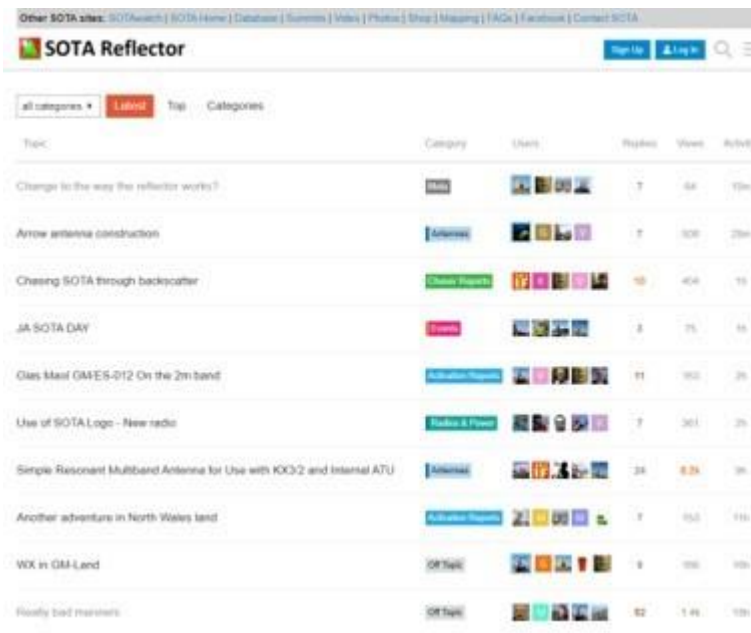
Fire kilder for inspirasjon som activator eller chaser...



Norsk facebook gruppe



Internasjonal facebook gruppe



<https://reflector.sota.org.uk/>



Summits on the Air
General Rules

<https://www.sota.org.uk/Joining-In/General-Rules>



Uansett



hvor sakte du går,
så knuser du alle
som ligger på sofaen...