

PULKA-SKIING ON THE STEPS OF THE VON POST GLACIER

A unique one week trip in complete autonomy nordic skiing to discover the unusual Arctic, immobilized by ice floes as we dreamt of.

After preparing for half a day in Longyearbyen, here we go at the end of the road of the Adventure valley (or Adventuredalen). We admire the iced stretches endlessly, and then climb to the Flowerscuret pass at 750m. The descent with the view on the Sassenfjord is magnificent. After a few kilometers of crossing under the Arctic sun, the arrival to Templejord along the ice pack looks exactly like a cinema decor. The view on the Von Post glacier from the heights of the camp will end perfectly this intense raid before returning to Longyearbyen.

 Region	Northern countries
 Activity	Ski
	Winter trips
 Duration	9 days
 Group	4 to 8 people
 Code	66ENSPSK1
 Price	From €2,895
 Level	2/5
 Comfort	2/5
 Language(s)	English

ITINERARY

Day 1 Flight Paris - Longyearbyen



Welcoming at the airport of Longyearbyen and transfer to our accommodation.

Accommodation : Guesthouse

Day 2 Longyearbyen - Preparation of the raid



After a good Norwegian breakfast, we prepare our equipment for the raid. Departure in the afternoon from Longyearbyen : we leave in autonomy and in direction of Tempelfjord pulka-skiing. We start our raid on the "Adventure valley".

After a few kilometers, we settle our camp for the night. 2 person will sleep in a 3 person tent, and a large tent will allow us to have our meals together and with an enjoyable warmth coming from our stove.

Accommodation : Camp

Days 3 to 6 Ice pack in the Tempelfjord



A few kilometers is separating us from the small valley of Geerdalen, that we'll take to arrive to the Krekling pass (250m). We join the Flowerscuret pass (750m), highest peak of our trip. We then join the Flowerbreen glacier. What a beautiful show to discover Sassenfjorden and the surrounding mountains from the very top !

We start our descent on the very nice valley of Flowerdalen. We join the iced seaside. Our progression on the ice pack will depend on the state of the ice : sometimes smooth or spotted with air bubbled, sometimes covered in snow, cracked or undulating with the swell coming into the fjord, the ice pack can take many forms.

Arrived in the area of Fredheim, we stay a day in the Tempelfjord to adventure on the ice pack and approche seals having a sun bath.

According to weather conditions and to the physical conditions of the groupe, we will approche the Von Post glacier : this giant bluish ice cliff high of 30m stopping brutally on the ice pack.

For weather conditions, our progression can't be planned in advance day by day. Therefore, for safety reasons, we can arrive to Longyearbyen in advance if weather conditions are favorable.

Accommodation : Camp

Day 7 Return journey to Longyearbyen



This morning, we hop on a snow vehicle (3h drive) to join the city of Longyearbyen.

We settle in our accommodation for the night.

Accommodation : Guesthouse

📍 Day 8 **Longyearbyen**



Relaxing day in Longyearbyen before leaving.

You can use this day to visit the superb polar museum, but also try out some optional activities such as dog sled, snowmobile or exploring ice caves (if there is availability).

At the end of the day, we'll head to the airport.

📍 Day 9 **Back to France**

We arrive in Paris in the middle of the day. We'll say goodbye to each other, our heads full of memories.

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the programme may be made.

DATES & PRICES

International departures:

No departure for now

Trip code: 66ENSPSK1

Included

A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.

- Flights : Paris / Longyearbyen / Paris
- Flight and safety taxes
- Transfers included in the trip's program
- Full-board accommodation during the trip
- An expert french and english speaking guide
- The night in Oslo in case of stopover
- Lawn of the great cold material : skis, shoes type Dorel, poles, pulks, duvet jacket, polar jumpsuit, duvets, self inflating mattress, camping equipment

Not included

- Registrations fees : 18 euros per person
- Carbon compensation for your trip to Spitzbergen : 8 euros per person
- Insurance and assistance
- Transfer to Paris
- Flights supplement taxes
- Trip extension to enjoy other activities : dog sledding (130€ for half a day), driving a snowmobile (200€ for 3h), exploring the ice caves (90€ for 3h)...

Notes

Comfort 1/5: Camping

This trip involves winter camping and includes two nights in warm guesthouse accommodation at the beginning and end of the trip. Normally we provide a 3 man dome tent per 2 people for maximum space and comfort. For our basecamps we usually set up a fully equipped mess tent for meal times, including a table and stools. We are proud of our high quality camping equipment and take care to monitor and store everything correctly.

Level 4/5: Demanding

You should be in very good physical shape and prepared for adventure; a positive attitude and love of the outdoors is essential. Please note that our difficulty levels may vary depending on the weather and ice conditions.

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Montagne Expedition team are experts in polar environments. All activities are lead by our qualified guides who are all English speaking outdoor practitioners with a passion for everything arctic. Please note that this adventure takes place in an isolated, polar environment where around 2500 Polar Bears live - your guide will explain safety rules which must be followed.

Food

Besides one evening meal in Longyearbyen this trip includes full board. For your evening meal on the final day there are shops and kitchen facilities available or local restaurants for you to sample - we have lots of recommendations!

During our expedition, each person is responsible for their own equipment, including food, and will carry everything on pulks therefore light and easy to cook meals are favored. In spite of this, plus the lack of fresh fruits and vegetables in the arctic regions, we are proud of the varied, and frankly delicious food we provide even when camping. You will have the opportunity to try local products and several local delicacies. Each day will start with a hearty breakfast accompanied by plenty of tea and coffee or hot chocolate. You will carry a picnic lunch and plenty of snacks for the day and evening meals will include three courses, soup, a hot main dish and a dessert.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs. Please be aware that this is a participatory trip, your help cooking and setting up camp is expected. We want you to be a member of our team; not a sheep!

Accommodation

Longyearbyen: warm guesthouse accommodation, double rooms or dormitories of 2,3 or 4 beds, hot showers and heating plus shared kitchen and bathroom facilities. This trip does not include accommodation on the final evening because flights normally require departure at midnight this night.

Camping adventure: normally we provide a 3 man dome tent per 2 people, for our expeditions we use light equipment which is suitable appropriate for Svalbards winter conditions. We will also provide a spacious mess tent for meal times, fully equipped with kitchen equipment including a table and stools. Please be aware that we expect all clients participate when setting up and packing down our camps.

Transportation

This trip involves transfer by Swedish Army tanks

Budget & exchange

The currency in Svalbard (and Oslo) is the Norwegian Krone, NOK

Please budget for:

- Any additional activities
- Drinks and personal expenses
- One evening meal in Longyearbyen, kitchen facilities, shops and restaurants available*
- Food and perhaps accommodation during your transfer in Oslo

*We recommend a budget starting from €30 / 290NOK for a traditional meal in a local restaurant

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

We will provide you with all of the technical equipment you will need for this adventure. We are proud of the range of high quality

equipment we are able to supply which is suitable for Spitsbergens unpredictable winter climate.

Group Equipment

We will provide the group with...

- A 'Tepee' style mess tent with table, stools and cooking equipment
- A Sarsat beacon
- A VHF radioA heavy caliber rifle
- An alarm gun
- Mini-flares and penjectors for each group member
- A copy of Spitsbergens animal records
- A first aid kitBooks about local flora and fauna

Individual Equipment

We will supply you with...

- A large warm down jacket for when you are not participating in activities
- A suitable tent per two people (a 3 man dome tent for maximum space and comfort)
- A self-inflating sleeping mat
- A suitable synthetic sleeping bag (-25°C)
- Cooking stove
- A thermos flask

Skiing Equipment

- Nordic cross country skis and/or snowshoes
- Ski poles
- Warm snow boots for walking around camp (Sorel)
- Pulks (mini sledges for carrying your gear)

Vital equipment

Please remember that your clothes will be redistributed into waterproof bags with limited capacity and carried on your pulks - try not to over-pack!

- Waterproof jacket (with a hood)
- Waterproof trousers/salopettes
- At least two pairs of good gloves
- Sunglasses (UV 400)
- A ski mask
- A balaclava (fleece)
- Appropriate warm neck wear
- A warm hat (wool)
- A warm jacket (synthetic down)
- Several sets of warm thermal underwear (long johns & long sleeved tops)
- Thin socks and 3 or 4 pairs of thick socks
- Sun cream and protective lipsal (not water-based - water freezes)
- Any personal medication
- Mini toiletry kit and toilet roll
- A thermos flask
- Head torch & spare batteries

Material

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool.

The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm

It can be humid and cold in Spitsbergen, please think carefully about what clothes you pack especially for our winter trips. We will provide warm outer layers but the layers you wear next to your skin can make the biggest difference. We recommend:

1. No cotton
2. Bring dry spares of everything, including underwear and gloves
3. Wear multiple layers including:
 - A warm breathable base layer
 - A second thermal layer
 - Wind and waterproof protective out layers

Helpful equipment

You may also consider packing

- Your camera (with suitable protective case)
- Binoculars
- A comfortable evening outfit for Longyearbyen
- A small inflatable pillow
- Insect repellent
- A knife
- A notepad and pencil
- Plastic bags for wet/dirty clothing

Luggage

You may bring a hold bag (up to 20kg) as well as a cabin bag.

For your hold luggage please bring a soft bag like a rucksack rather than a hard cased suitcase because it is more practical when loading local buses and trailers. We also recommend that you pack your clothes in plastic bags inside your rucksack so that they stay dry in the event of bad weather.

Don't forget to bring a small rucksack to use as a day bag. You can bring this as hand luggage on the plane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing :

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

You will need a passport that is valid for at least three months after your return date.

Visa

The Norwegian archipelago of Svalbard is a visa-free zone

Mandatory vaccines

There are no specific health risks

Health information & recommendations

Please be aware that your guide will be carrying a gun along with other safety equipment to alarm/repel any Polar Bears.

Healthcare in Norway can be extremely expensive, we strongly advise all of our clients to invest in insurance before travelling.

Weather

- The weather in the Svalbard archipelago is very changeable.
- The average annual rainfall in Longyearbyen is only 200mm (7.87 inches), in London, England, the annual average is 594mm (23.4 inches) - Spitsbergen is a cold desert!
- Average temperatures in Longyearbyen range from -16°C to -9°C (3.2°F - 15.8°F) in April and -3°C to -7°C (26.6°F - 19.4°F) in May.
- Strong katabatic winds can occur here, particularly near to high glaciers but winds can generally be described as moderate and localised.
- Dark polar nights occur from 14th November to 29th January, the full moon shines across the snow creating a beautiful glittering winter landscape. Then, from 19th April to 23rd August, the sun shines constantly, uninterrupted, high in the sky.

Electricity

In Spitsbergen the standard Europlug socket with two round prongs is used, 230V with a frequency of 50hz

Local time

Svalbard uses Greenwich Mean Time (GMT) +1 hour and Daylight Saving Time (DST) is observed here.

Topography

- The Norwegian Svalbard archipelago is the closest territory to the North Pole; Spitsbergen is the name of the largest island.
- Svalbard covers an area of around 39146 square miles (63000km²) and two thirds of this polar world are constantly covered by ice.
- The archipelago was deserted by human civilisation for a very long time but today has over 2600 inhabitants.
- The archipelago has 3 National Parks, 3 Nature Reserves, 15 Ornithological Reserves (bird reserves) and 3 Botanical Reserves.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

In the Polar Regions the ecological balance is delicate so we ask that you are particularly careful regarding the conservation of the sites we explore. We aim to leave our camping spots even cleaner than when we arrived and, as a company, we participate in the Clean Up Svalbard programme. We support the laws, advice and recommendations which aid the conservation and protection of this unique arctic paradise. This is reflected in our trips, for example, we do not visit Ornithological Reserves during nesting season and never remove historical remains or whales bones from the beaches. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife

7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.