

# SKI TOURING IN THE LYNGEN ALPS

## *The "White Dream"...*

Leaving your ski tracks in a feathery spring powder snow, in astonishing and spotless landscapes : everyday is in a different environment.

During this trip, you will progress in ski touring with seal skins, slide on untouched white fresh snow and feel a unique sensation of flying over the sea, over the majestic fjords. This trip to Norway allows you to discover a new side of the polar cercle. Guaranteed fun !

 Region	Northern countries
 Activity	Ski Ski trip Winter trips
 Duration	8 days
 Group	4 to 6 people
 Code	66ESRNORD
 Price	From €2,545
 Level	3/5
 Comfort	4/5
 Language(s)	English



## 📍 Day 1 **Paris - Tromsø**

We fly from Paris to Tromsø. Once we arrive, we'll take a short transfer to our guesthouse for the night.

*Accommodation : Guesthouse in Tromsø*

## 📍 Day 2 **On the road to the Lyngen Alps and first excursion**

In the morning, we take to road in direction of the Lyngen Alps (around 2h minibus transfer and ferry). Once there, we'll settle in our accommodation and our guide will brief us on the skiing practice in a remote area. The cold, the avalanches, the ice.. as many aspects that we absolutely need to control and even more at this latitude.

In the afternoon, we will put our skis on at the guesthouse and leave for our first excursion to evaluate the level of each one of us. We leave in direction of a reachable summit near our accommodation, ideally located.

*Accommodation : Guesthouse*

## 📍 Days 3 to 4 **Daily outings in the archipelago**



Depending on the weather conditions and on each person's skills, we leave to explore this magnificent archipelago. Jaegervasstinden, Russelvfjellet, Giilavari, Daltinden, Svarthamartinden, Gratinden : as many peaks more beautiful than the others. We leave our lodge everyday to the conquest of new panoramas in this true ski touring paradise in which sea and mountain blends perfectly.

*Accommodation : Guesthouse*

## 📍 Days 5 to 7 **Daily hike on the Senja island**

Today we'll leave in direction of Senja via Finnsnes. In the early afternoon, we prepare our hiking day not far from the d'Ånderdalen national park.

By the end of the day, we'll get back to our accommodation for the next few days : comfortable, warm and relaxing, you will fully appreciate its exceptional location at the edge of the sea.

Depending on weather conditions and each person's aptitudes : Kvænan (964 m), Snøfjellet (687 m) - Bardstinden (765 m) Mont Keipen (938 m), Litlehesten (679 m) and Store Hesten (674 m) or Lutnespurka (495 m) and Snaufjellet (755 m).

At the end of the week, we'll get back to Tromsø and have a farewell diner in town.

*Accommodation : Guesthouse*

## 📍 Day 8 **Tromsø - Paris**

Sadly, our fabulous week comes to an end. We leave our guesthouse to get to the airport and take our flight back to Paris and say goodbye.

Certain hikes may be done with snowshoes depending on the weather conditions, notably during February and April departures. No previous snowshoeing experience is required and specialist equipment will be provided.

*The details in this programme are regularly updated but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.*

## DATES & PRICES

### International departures:

No departure for now

Trip code: 66ESRNORD

### Included

- All in-country transfers as detailed in itinerary in a private minibus
- Hotel and Norwegian guesthouse accommodation Full-board except for meals in Tromsø and during international flights
- Supervision by a qualified Montagne Expedition guide

### Not included

- Your international flights and air taxes
- Insurance
- Drinks and personal expenses
- Airport transfers
- Registration fees : 18 euros
- Technical skiing material (skis, poles, skins, knives, shoes that you will have to bring or rent)

### Notes

#### Level 2/5 Easy

**Pace:** Easy to moderate

**Daily walking time:** 3 to 5 hours

**Daily elevation:** 500 m

**Preparation:** We recommend that at least one month before departure, you improve your stamina by training once a week.

**Experience:** You should enjoy walking for several days in a row. Regular hiking practice is preferable.

Please note that you may find yourself in an international group with travelers from different backgrounds.

### International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

### 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 Altaï 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

Armed with an abundance of experience and a wealth of knowledge our professional Montagne Expedition team know the country inside out. Activities are lead by our qualified guides who are all English-speaking, all practicing outdoor practitioners and all incredibly passionate about Norway, the country they are based in for several months a year.

### Food

This trip includes full board except for meals in Tromsø. We are proud of the fresh and frankly delicious food we provide despite latitudes of 68° North.

Each day begins with a hearty breakfast served at your accommodation with plenty of tea and coffee. Every morning, you and your guide will prepare a picnic lunch for the day featuring local foods: sandwiches, salads, fruits, cakes and dried fruits as well as thermoses for hot soup, coffee and tea. Evening meals are prepared together with your guide based on available local products. During your stay, you will have the opportunity to taste grilled or smoked salmon (laks), water-cooked and fresh shrimp (reker/ferske reker) and cod (torsk).

### Drinks

Do not forget that alcohol and cigarettes are heavily taxed and expensive in Scandinavia. If you wish to enjoy an aperitif with your group in the evenings we recommend purchasing duty-free products at the airport.

### Accommodation

This trip uses hotel and private apartment/guesthouse type accommodation with double or twin rooms. This good quality, warm accommodation includes all the essential Norwegian comforts. Single rooms available subject to availability, please contact us.

### Transportation

Tromsø airport is around 10-15 minutes from downtown Tromsø. Transfer possible by bus or taxi depending. Airport transfers included depending on your arrival times.

### Budget & exchange

#### The currency is the Norwegian Krone (kr)

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw the local currency from in-country ATMs and payment by card is widely accepted. Please budget for meals and transport as necessary, drinks, tips, museum entry fees and other personal expenses.

### 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

If the weather requires, we will provide you with:

- Snowshoes
- Warm snow boots (Sorel)
- A quality winter jacket and overtrousers (to wear in addition to, not instead of, your warm clothes)

### Vital equipment

- Quality hiking boots (with sturdy soles and ankle support)
- Slippers for evenings
- Thick socks for hiking
- A waterproof jacket (the best jackets against Northern weather are windproof, waterproof and breathable with sealed seams)
- A warm jacket (a synthetic down jacket is ideal) for lunch breaks and evening Northern Lights outings
- A warm jumper (fast drying fleece or warm when wet wool, ideal)
- Thermal long johns and long sleeved tops

- Waterproof trousers
- Pyjamas
- Gloves, a hat and buff or suitable scarf
- A bathing suit and travel towel for saunas

## 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

Winter in Norway can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

1. No cotton
2. Bring dry spares of everything, even underwear and gloves
3. Wear multiple layers including:
  - A warm breathable base layer
  - A second thermal layer
  - Wind and waterproof protective out layer (we provide an additional quality jacket and over trousers).

## Helpful equipment

You may also consider packing

- Evening outfits for Tromsø
- Extra gloves/overgloves
- An extra jumper/fleece jacket
- Wetwipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- Tissues

## Luggage

Please bring a **small rucksack** to use as a day bag. You can bring this as hand luggage on the airplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a **larger bag** to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

## Medicine

Your guide is a trained first-aider and will carry a first aid kit at all times during your trip for use in emergencies. We recommend that you bring your own 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

Most travellers require a passport that is valid for at least three months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Norwegian government: [www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709](http://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709)

## Visa

Most travellers from EU states do not need a VISA to visit Norway as it is part of the Schengen agreement. This does not apply to travellers of other nations. It is your responsibility to confirm your specific visa requirements. You can check the following Norwegian government website for more information: [www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709](http://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709)

## Mandatory vaccines

There are no specific health risks.

## Weather

In winter, the weather in Northern Norway is subject to frequent changes. This part of Norway, the Arctic Zone, benefits from a surprisingly pleasant micro climate. At a latitude of 68° North and 300km North of the Arctic Circle, summer here is relatively mild with average temperatures of around 14°C (57°F). However, it is humid and does rain regularly. Good quality (breathable with sealed seams) rain clothing, jacket and trousers are paramount.

Keep in mind this Norwegian proverb when packing: 'There is no bad weather, only bad clothing'

## Electricity

In Norway, the standard Europlug (Type C & F) with two round prongs is used and most of Scandinavia uses 220 volts.

## Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Savings Time (DST) is observed.

## 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.

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

- Be prepared
- Stick to trails and camp overnight right
- Stash your trash and pick up waste
- Leave it as you find it
- Be careful with fire
- Respect wildlife
- 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.

If you have any questions regarding how to be a responsible traveller or concerning any other subject, please do not hesitate to contact us.