



### Trip Highlights

- Ski pristine empty slopes under the midnight sun
- Explore high alpine summits above deep fjords and North Atlantic Ocean
- Improve your ski touring skills and safety techniques in the magical Lygen Alps

### Introduction

This trip has been put together by Wilderplaces and Jimmy Halvardsson. When Jimmy is not skiing and climbing in the French Alps he is skiing and climbing in and around Tromsø where he now lives. You will be based for the week on the Island city of Tromsø in Northern Norway. Tromsø 's geographical location, some 350 km north of the Arctic Circle means spring brings both midnight sun, fantastic snow conditions and a winter climate softened by the Gulf stream.

This trip is designed to introduce this fabulous ski area to you. The first part of the week will be spent exploring the mountains surrounding Tromsø. You will then go deep into the Lygen Alps to find more challenging terrain. The scenery will take your breath away. Steep couloirs, spectacular sea views, fantastic ridges and Alpine peaks the variety is endless, enough skiing on your doorstep to last a life time.

### Detailed Itinerary

#### Day 1 Arrive in Tromsø

When you arrive to Tromsø on Sunday you will be collected at the Airport and taken to the *ABC Hotel Nord*. The Hotel will be your home for the week and is an easily walk (5 min) to the center of Tromsø. You will have a briefing with Jimmy (your UIAGM mountain guide for the week) at about 7pm. Evening meals are arranged by individuals to suit their budget.

#### Day 2 Mt. Ulstind 1100m

On our first day the focus will be on refreshing your Ski touring techniques and avalanche knowledge. Close to Tromsø there are some excellent peaks where we get approx 1000m vertical of good skiing close to the sea. Mt. Ulstind (1100m) is often in good conditions and offers some great slopes to start the week. The views over the Lyngen Alps and the islands are magnificent.



### **Day 3 Lyngen Alps**

When staying in Tromsø you have an enormous amount of skiing to choose from. The ferry trip over to Lyngen is a breathtaking 20-minute experience offering magnificent views of the majestic Lyngen Alps. Mt. Storgalten 1200m is one good choice which offers interesting terrain and good skiing throughout the whole season.

### **Day 4 Southern Lyngen.**

Mt Holbukttind (1666m) offers one of the week's highest points and you will definitely enjoy this magnificent peak in the heart of Lyngen. It is surrounded by massive glaciers and high alpine peaks.

### **Day 5 Mt. Nordfjellet 1000m**

Mt. Nordfjellet on the Island of Ringvassøy offers great variation to the last two days in Lyngen. Here we have all the terrain we want. Glaciers, ridges or couloirs... you don't get more possibilities than this. And the sea of course...

### **Day 6 Ski touring on Kvalöya.**

A short ferry journey brings us to Kvaloya. This island outside Tromsø has a great number of peaks where you can reach the ski terrain quickly. Mt. Storstolpan (1000m) is one of the week's highlights. It has a great sea view as well!

After the final ski tour on Friday we get a good shower and après ski somewhere before its time to have a nice dinner together in some of the restaurants in town.

### **Day 7 Travel Home**

After breakfast travel to the airport for homeward flights. Goodbye Tromsø!

Please note that the exact nature of the itinerary is dependant upon a whole range of factors including weather and snow conditions and the ability and fitness of the group. Your Guide, Jimmy Halvardsson, will do everything he possibly can to follow the itinerary stated but you should be prepared for flexibility and possible changes in the itinerary.

### **Trip Pricing**

The trip cost is €1395 and is based on a group size of 4-6 with 1 guide.

#### Trip Price includes

6 nights B&B at ABC Hotell Nord

5 lunches

Road and Ferry transport for the duration of the week

5 days guiding with Jimmy Halvardsson or Robbie Fenlon

#### Trip price does not include:

Travel to and from Tromsø

Personal ski equipment

Insurance

Evening meals

Any other items not mentioned as included.



### **Trip Grading**

This trip has been graded as suitable for skiers at Level 2 and 3 on our ski touring levels. You need to be fit to get the most of the week and prepared to climb between 3-4 hrs each day.

### **Why travel to Norway to ski with Wilderplaces**

With a wide variety of companies offering various ski holidays in Norway and elsewhere it can often be difficult to choose.

Our itinerary has been carefully put together by Jimmy Halvardsson and Robbie Fenlon. Jimmy has lived and skied in the areas for many years and knows it inside out and is passionate about it. He knows which mountain offer what and where to find the best skiing in all weather condition. Backed up by Robbie who has been running ski touring trips for over 10 years you know you will be in good hands. Tromsø is ideally located for ski touring. Within a 30min drive you have a huge variety of tours to choose from. Much like in Ireland you might go out hill walking here you drive to the bottom of the slope, skis and skins on and off you go. Jimmy has been using the Hotell Nord accommodation for his clients for several years now and knows that it offers a good friendly base for the week.

### **Group Size**

Group are made up of 4 – 6 people per guide. In order for a trip to run we need to have 4 people on it. For this reason we ask that you check with us before you book your flights..

### **Getting there and Away**

At a latitude of nearly 70 degrees north Tromsø is rather far away from Ireland and the UK. This means empty summits and slopes but it also means quite a journey to get there involving at least 1 flight change. The capital of Norway, Oslo, is easily accessible by direct flight from Ireland and the UK. From Oslo you can fly direct to Tromsø. Below are a list of airlines and flight companies that offer flights direct to Oslo and also airlines that fly from Oslo to Tromsø. Flights begin at €450 rtn.

The following airlines offer direct flights from Dublin to Oslo:

[www.sas.no](http://www.sas.no)

The following airlines offer direct flights from London to Oslo

[www.britishairways.com](http://www.britishairways.com)

[www.sas.no](http://www.sas.no)

The following airlines offer direct flights from Oslo to Tromsø

Scandinavian Airlines [www.sas.no](http://www.sas.no)

Norwegian Air Shuttle – [www.norwegian.no](http://www.norwegian.no)

You can also try the online flight search companies which will search all airlines for both sections of the trip to find a combination that works.

Edreams – [www.edreams.com](http://www.edreams.com)

Cheap Flights – [www.cheapflights.com](http://www.cheapflights.com)

Or ring your local Trail Finders [www.trailfinders.com/contact](http://www.trailfinders.com/contact) travel agency who will do the same.



Please note: Clients travelling to Oslo from overseas and flying on to Tromsø should be aware that some budget airlines (e.g. Ryanair) fly to Torp/Sandefjord (TRF) south of Oslo and not Oslo International Airport Gardermoen (OSL). For passengers who choose to fly to Torp, please visit [www.torp.no](http://www.torp.no) for more information. There are no direct flights from Torp to Tromsø and passengers flying on to destinations in Northern Norway must switch to Gardemoen, north of Oslo. For information on getting to and from Oslo International Airport Gardermoen from Torp, please visit [www.torpekspressen.no](http://www.torpekspressen.no)

### **Personal Equipment**

A detailed kit list will be sent out to you on booking. However we would like you to be aware that Tromsø has very limited ski rental available. If you do not have your own ski kit and cannot source it yourself we do work with a very good shop in Argentiere, France and can help you organize rental equipment to be transported out.

### **Accommodation and Food**

You will stay at the ABC Hotell Nord for the duration of your trip. This Hotel is conveniently located 5mins walk from the centre of Tromsø. Rooms are simple and comfortable. With a friendly atmosphere and comfy lounge area the Hotel is a great place to relax at the end of a day. Equipped with tea and coffee facilities, TV, internet access, and public PCs you will have everything you need. For your evening meals you can choose to either cook in the self catered kitchen provided or sample one of the many local restaurants on hand.

### **Single Room supplement at the Hotel**

We do not charge single person supplements to people booking on their own. However you will be expected to share a room with another person of the same sex. It may be possible to book a single room, provided one is available. Please request at the time of booking and we will let you know if one is available and the relevant supplement charge.

### **Insurance**

It is a condition of booking that you are insured against medical and personal accident risks. This must be for the activities undertaken and include repatriation costs, air ambulance and helicopter rescue services and cancellation or curtailment. We also recommend that you take out insurance which includes baggage cover.

### **Background Information**

#### **Tromsø**

Most of Tromsø, including the city centre, is located on the small island of [Tromsøya](#) in the county of [Troms](#), 350 km (217 [mi](#)) inside the [Arctic Circle](#). The island is connected to the mainland by bridge and tunnel. The city is warmer than most other places located on the same latitude, due to the warming effect of the [Gulf Stream](#).

#### **Midnight Sun**

The midnight sun is above the northern horizon from about 18 May to 26 July, this means you can see the sun from about 21 May to 21 July. Due to Tromsø's position near the top of the globe, twilight is longer, so there is no real darkness between late April and mid August.



### **Climate**

As a city Tromsø has a reputation in Norway for getting a lot of [snow](#) in the winter. Tromsø has a mean average temperature of 3.5 degrees celcius. However like all mountainous Alpine terrain the winter can bring a wide range of temperature and weather conditions. During the day it is possible to experience sub zero conditions through to ambient tempertures in the mid teens. Your personal clothing and equipment should reflect the wide variety of possible conditions.

### **Language**

Norwegian is the most widely spoken language in [Norway](#). It is a [North Germanic language](#), closely related to [Swedish](#) and [Danish](#), all linguistic descendants of [Old Norse](#). Norwegian is used by some 95% of the population as a first language. Jimmy is of course fluent in English.

### **Medical Information and Safety**

On all our trips each guide is qualified in First Aid and they will carry a comprehensive first aid kit with them at all times and have experience treating medical situations in an outdoors environment. In addition, we do encourage clients to bring their own first aid kit. It is your own responsibility to ensure that you are physically fit enough to join an adventurous trip such as this. We recommend that you have a complete medical and dental check up prior to departure.

### **Currency and Spending Money**

The Currency in Norway is the Norwegian Kroner. As Tromsø is far from a mass tourism destination, there are no private bureaux de changes. The simplest way to get Kroner is at an ATM. International credit cards are widely accepted in shops and restaurants. To cover personal expenditure on this trip we estimate that the equivalent of €250 will be sufficient.

### **Extending Your Trip**

Should you have more time before or after your chosen itinerary, we would be pleased to organise trip extensions customised to you requirements. A wide range of options are available.