

NORWAY

SKI & SAIL



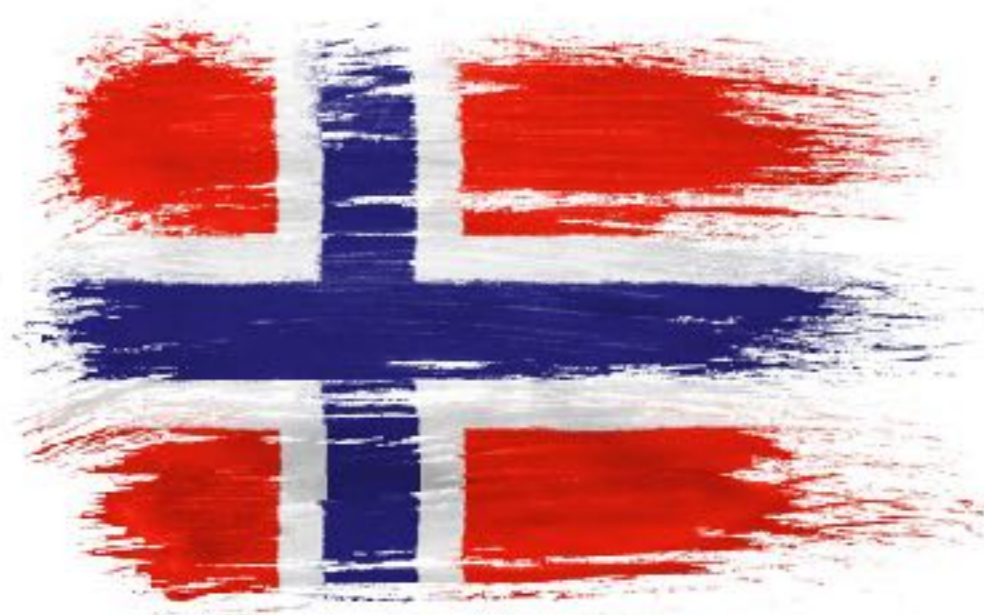


Region	Tromsø and Lyngen	Elevation	0 - 1800m
Season	March - May	Favourite Run	Uløya Tinden
Duration	8 Days	Guide to Guest Ratio	2:10
Difficulty	Intermediate/Advanced		

Located in Norway at 69° North, the Lyngen Alps are one of the most unique and greatest ski destinations IN THE WORLD. This mountain range offers a lifetime of ski mountaineering objectives that few places on earth can match. The Lyngen Alps are famous for couloir skiing and big steep faces. Intermediate and Advanced skiers will feel challenged and rewarded. The glaciers and summits offer magnificent views of the ocean and fjords.

The ideal time to ski here begins in March and can last all the way to the end of May when you can ski in the sun 24 hours of the day. It is truly a unique experience being able to sleep in and then ski alpenglow at 11pm in the evening.

#notracksnopeople



EXAMPLE ITINERARY

(JUST AN EXAMPLE. EXPECT YOURS TO BE CUSTOM TO YOU!)



EXAMPLE ITINERARY

DAY 1

April 23rd, Accommodation: Magic Mountain Lodge

Land in Tromsø. Rent a Vehicle and Drive to Lyngseidet. Check into Magic Mountain Lodge and meet your guide for a pre trip briefing.

DAY 2

April 24th, Accommodation: Magic Mountain Lodge

Have a good breakfast pack, your lunch head out for your day. Location will be determined based on weather and avalanche hazard. We will do our avalanche safety training before our first day objective, Goalsevarri.

DAY 3

April 25th, Accommodation: Magic Mountain Lodge

A larger day objective will be either Dalstinden or Rundfjellet. This gets you about 1600m above the Ocean.

DAY 4

April 26th, Accommodation: The Vulkana

We check out of the Magic Mountain Lodge and travel back to Tromsø. There is some great skiing outside of the city that is easy to access and some very cool objectives on the way. After skiing we will drop off the rental vehicles and can then have a meal downtown at some amazing restaurants before we board the Vulkana at 8pm. With some Champaign in hand we enjoy an evening sail towards the norther part of the Lyngen Alps.

DAY 5

April 27th, Accommodation: The Vulkana

Wake up and pour yourself a cup of coffee. Eat breakfast and hear the briefing from the guide. Today we ski Storgalten. While everyone else skis the west face, we continue across to the other side and ski the rarely visited east side getting picked up by boat on the east shores of the Lyngen Alps.

EXAMPLE ITINERARY

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DAY 6

April 28rd, Accommodation: Vulkana

Waking up in Hamnes on the Island of Uløya we ski one of the most classic mountains in the area. The views of the Lyngen Alps are the best on this 1100m decent to the ocean. From here we sail to Arnøya an island with a seasonal population of about 200.

DAY 7

April 29th, Accommodation: Vulkana

Another Classic view of the Lyngen Alps. This time from the North. This day has some cool adventuring at the summit. Ski down 1000m of powder or corn snow depending on the time of year for an early departure and much needed spa time.

DAY 8

April 30th, Accommodation: Vulkana

We dock in Finnkroken, a community out of time. There are houses that we can enter and see that have not been changed since the 1950's when they were abandoned. It shows just how Northern Norwegians lived just after the war. The few locals that live there are proud to maintain this time capsule and gladly show it. Our ski objective is just across the strait on a mountain called Ullstinden. This ski is only a half day; we need to depart and sail back to Tromsø around 1pm. Lunch on the boat today.

Evening of the Last day - We arrive at 2pm back to Tromsø and depart the Vulkana. It is recommended that you book one last night in Tromsø so that you can finish your trip with a night on the town.

EXAMPLE ITINERARY



GET THE VIBE



SUMMIT TO SEA

THERE'S A FEW PLACES IN THE WORLD WHERE YOU CAN GET THIS UNIQUE EXPERIENCE. SKI FROM THE TOP OF THE MOUNTAIN AND WHY NOT END IT WITH A SWIM?





VULKANA

**A FLOATING TURKISH HAMAM?
YES! YOU HEARD IT RIGHT. THIS
REFURBISHED OLD BEAUTY IS
SOMETHING ELSE..**





THE LIGHT

SLEEP IN, HAVE LUNCH & THEN GO FOR A SKI! IN MAY THE SUN NEVER SETS IN LYNGEN, GIVING YOU THE POSSIBILITY TO SKI ANY TIME YOU WANT. YES WE HAVE SKIED ALL NIGHT, HAD BREAKFAST AND GONE TO BED. PERFECT FOR JET-LAGGERS..





ARCTIC

69° NORTH WELL ABOVE THE ARCTIC CIRCLE. THIS PLACE HAS A LIFETIME OF SKIING AND STILL HASN'T BEEN EXPLOITED LIKE MANY OTHER PLACES.



UNIQUE EXPERIENCES

THIS IS WHERE
MEMORIES THAT LAST
A LIFETIME ARE
CREATED





VIEWS FOR DAYS

IT'S JUST
SPECTACULAR!
PERIOD!





WHEN, WHAT, HOW MUCH?

Term and Conditions of Booking

All bookings are subject to our Terms and Conditions of Booking, which include our cancellation policy and waiver requirements. Please review these carefully before booking [CANCELLATION POLICY](#)

COST

Please see website for current prices.

TRIP DATES

See website for details

Securing the trip requires a 25% non-refundable deposit. Please visit our Cancellation Policy for more information.

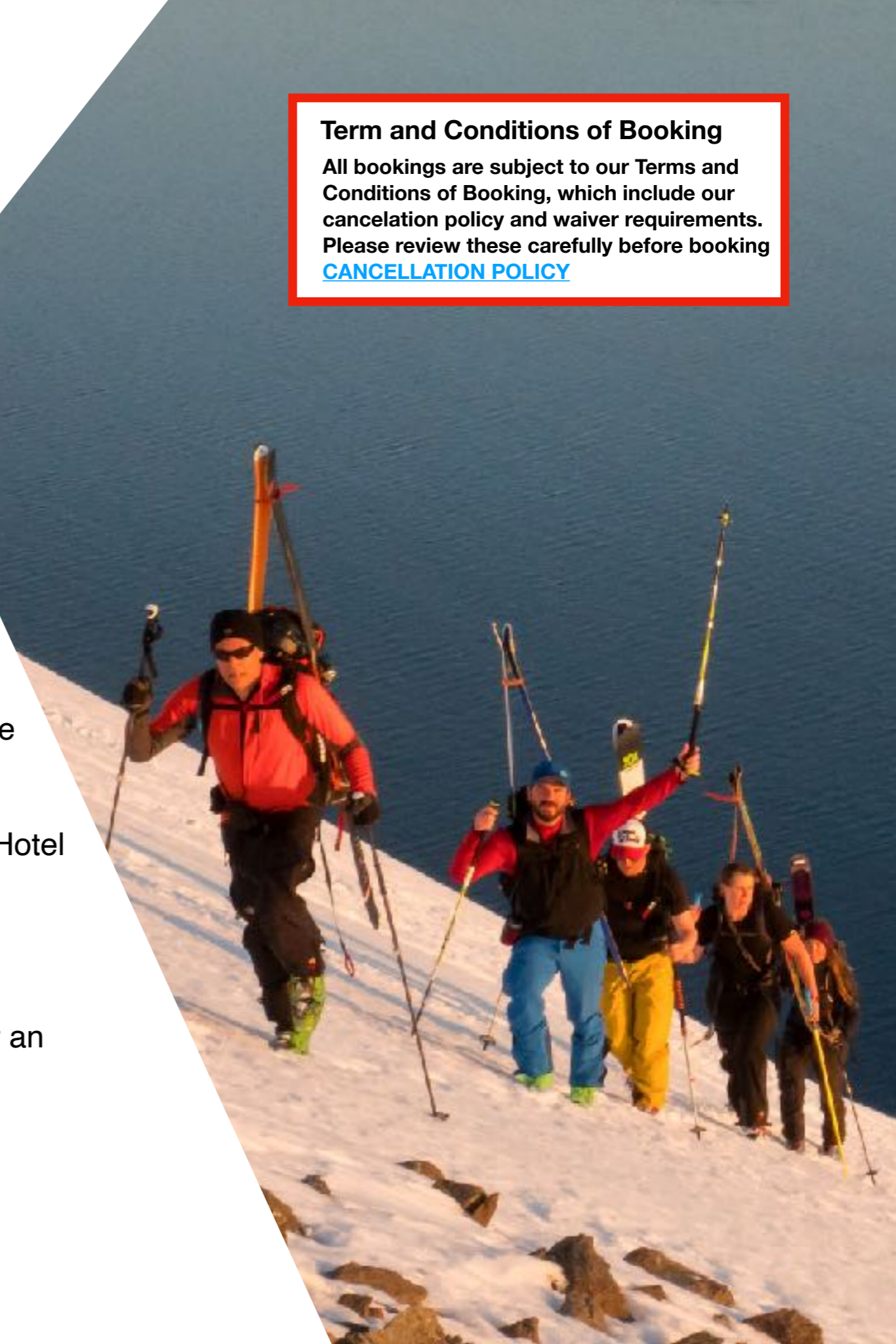
We HIGHLY recommend purchasing Trip Cancellation Insurance.

PRICE INCLUDES

- Guiding and logistic support for 8 days
- Access to some of the best ski mountaineering on the planet
- All accommodation, Breakfast, Lunch and Dinner
- 4 nights on the ship **Vulkana** and 3 nights Lodge or Hotel based

PRICE DOES NOT INCLUDE

- Alcohol
- Rental Vehicle for 3 nights - This can be arranged for an additional fee
- Flights to Tromsø
- Travel Insurance
- Equipment - See Packing List



ARRIVAL DAY

All members of the group will need to fly to the Tromsø international airport (TOS). Rental Vehicles can be picked up right at the airport. The Tromsø Airport is very small and very simple to get around in. All signs are in english and people are friendly and helpful. Getting to the vehicle rental kiosks is easy, it is about 100m away from the baggage claim.

If you arrive early we recommend booking the affordable Smart Hotel for your night. They have a gear storage room and space to organize your ski bags. Settle in for the night and explore the beautiful city of Tromsø.

1. If you are meeting your guide at the Vulkana please take a short taxi to the Vulkana Dock here: <https://goo.gl/maps/VWSWZ1CnY4G3prpn8> , we board the boat at 6pm.

2. If you are meeting your guide in Lyngen it is about a 1.5 hour drive to Lyngseidet with 1 ferry crossing. Your guide should be in contact with you when you arrive to help you with any issues. Otherwise please rent your vehicle and drive to Lyngseidet.





WHAT DO I BRING?

PLEASE DO NOT BRING EVERYTHING IN YOUR CLOSET!!

We strongly encourage you to bring as little as possible. During travel days we have to be able to fit everything into our vehicles and the boat so if you have too much stuff this can be difficult and very uncomfortable. We recommend tying down your ski bags to the roof of your rental vehicle with your glacier kit

Here is a list of what we recommend that you bring:

EQUIPMENT

- Touring skis or Split-board
- Skins
- Poles
- Boots
- **Ski Crampons - REQUIRED**

BACKPACK STUFF

- Transceiver
- Probe
- Shovel
- A proper day touring backpack.. 30-40 litres
- Camera
- Headlamp -unless your trip is the end of April
- **Ski strap - REQUIRED**

TECHNICAL CLOTHES

- Down jacket - for when you are cold
- Gore Tex jacket - for going down
- Soft Shell jacket - for going up
- Ski pants - because you need pants
- Long underwear (top and bottom)
- Ski Socks x4 - stinky feet
- Thin Gloves
- Medium gloves
- Thick gloves
- Buff
- Goggles - windy
- Sunglasses - sunny
- Beanie
- Helmet

Glacial Travel Kit

- Light weight harness
- 2 locking carabiners
- 1x 5 meter 6mm Prussik Cordelette
- 1x 1 meter 6mm Prussik Cordelette
- Light Ice Axe

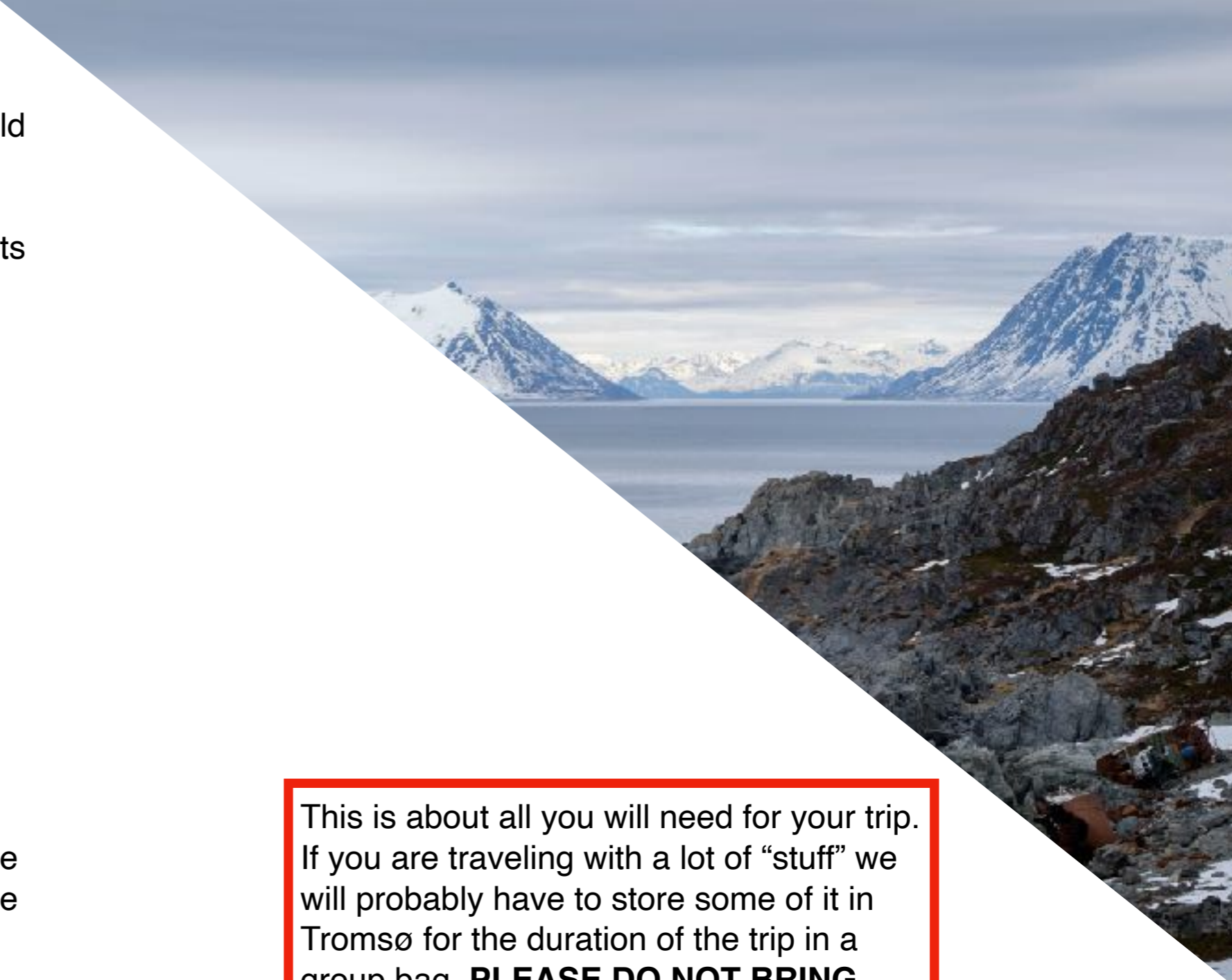
AFTER SKI STUFF

- 5 comfortable evening outfits.
- Toiletries
- Swim suits for the spa!
- Trail runners
- Winter boots if your trip is in March or Early April.
- Flip flops for the ski lodges (optional)

This is about all you will need for your trip. If you are traveling with a lot of “stuff” we will probably have to store some of it in Tromsø for the duration of the trip in a group bag. **PLEASE DO NOT BRING HARD CASE LUGGAGE - Duffle Bags Please.**



READ THIS



A scenic view of a fjord with snow-capped mountains and a ferry boat. The mountains are illuminated by a warm, golden light, likely from a low sun. The water is calm, reflecting the light. A ferry boat is visible in the lower left, moving across the water. The sky is a deep blue. The text "THE LITTLE THINGS.." is overlaid in the center in a bold, black, sans-serif font.

THE LITTLE THINGS..

OTHER IMPORTANT INFORMATION

MONEY

CREDIT CARDS - Good luck doing anything with cash in Norway.

DRIVERS LICENSE

If you plan on driving in Norway before or after our trip your drivers licence from Canada or the USA will work fine. Just make sure it is in English if you plan on crossing a boarder an international drivers licence will make things easier.

THE LANGUAGE

Norwegians speak better english than you. However, say “Takk” for thank you, it goes a long way.

GETTING AROUND

While in Tromsø getting around is pretty easy. Taxi and bus services are easy to navigate. If you want to save some money on Ferry and Bus tickets download the [Troms Mobillett](#) app. Your rental vehicle will give you the freedom to travel around.



RISK DISCLOSURE AND SAFETY

We strive to ensure the highest levels of safety on all our trips. However, it is essential to recognize that no adventure, especially those involving backcountry travel and sea voyages, can ever be entirely free of risk. Promising absolute safety would diminish the very essence of the experiences we offer, which include excitement, exploration, and a degree of unpredictability.

Our guides are certified by associations under the International Federation of Mountain Guides Associations (IFMGA), ensuring a high level of expertise. Each trip begins with a morning meeting where our guides assess current weather conditions, terrain risks, avalanche potential, group abilities, and other critical safety factors. While objectives are planned in advance, they may change on the day of the trip based on real-time conditions and the guide's judgment.

By participating in our trips, you voluntarily assume the inherent risks, dangers and hazards associated with backcountry travel and skiing, including but not limited to avalanches, tree wells, rapidly changing weather, and variations in terrain. Other hazards include cliffs, extreme terrain, trees, crevasses, rockfalls, open creeks, and hidden obstacles. Participants are responsible for skiing or riding within their skill level.

Additionally, sea-based travel carries its own risks, dangers and hazards, such as seasickness, claustrophobia, anxiety, nausea, vomiting, and other potential discomforts inherent to life aboard a vessel.

You are responsible for maintaining the necessary physical fitness, dexterity, and skills required to navigate a full day of travel over varied terrain in winter conditions.

ACKNOWLEDGMENT OF RISK

You acknowledge that you are aware that guided backcountry and sea travel involve significant risks, dangers, and hazards and you agree to participate knowing these risks, dangers and hazards and you freely accept and fully assume all such risk, dangers and hazards and the possibility of personal injury, death, property damage or loss resulting therefrom. You further accept responsibility for your own safety and well-being.

Furthermore, you agree to follow the instructions of the guides and crew at all times, stay alert to hazards, act prudently throughout the trip and notify the guides and crew of anything you perceive as unsafe in a timely manner.

PLEASE READ THE ABOVE STATEMENT CAREFULLY BEFORE BOOKING.

Participation Agreement and Waiver

All participants must review and agree to the Waiver as a condition of participating in this trip.

PLEASE READ THE WAIVER CAREFULLY!

By signing you will waive or give up certain legal rights, including the right to sue for negligence, breach of contract, or breach of any Occupiers Liability Act or claim compensation following an accident. The form of Waiver can be viewed here [WAIVER](#).

All participants must also complete the Participation Agreement as a condition of participating in this trip. To ensure that all participate information is collected and that all participates of the Ski and Sail trips are prepared for the requirements of the trip. The Participation Agreement can be viewed here [PARTICIPATION AGREEMENT](#).

PLEASE READ THE ABOVE STATEMENT CAREFULLY BEFORE BOOKING.

PLEASE contact us! We would love to talk about your trip
and answer any questions you have.

Please Visit our website to book your trip now!

Book Now

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