



Sail Boat & Alpine Ski Touring Arctic Experience

Duration: 7 nights **Starting & Finish:** City of Tromso – Arctic Norway

Departures: Departures from 27th February every Saturday through until the 8th May 2010

Pricing: £1850 per person based on a group of 6 people sharing a boat.

This trip is based on a 45' yacht which sets sail on a Saturday afternoon only to return one week later on the Saturday morning. The week is spent living the life of the yacht whilst at the same time climbing and descending a rich variety of wonderful powder filled slopes in the Lyngen Alps. The team is made up of 7 people, the skipper, the Mountain Guide and 5 very lucky people!

This is a truly magnificent experience, and based on the strength of a great team is a opportunity to take your arctic adventure to the next level. This is very much a "hands on" experience; so all members of the trip will be helping to crew the boat – assisting when departing and coming alongside, anchoring, sailing, helming, preparing and cooking food.

Boat Skiing in Troms County

Norway has always been renowned as the land of fjords and this is not least the case in Arctic Norway, a wonderful natural environment where the sea and mountains come together. The Troms region of northern Norway offers a paradise for connoisseurs of natural and traditional winter sporting activities such as off piste skiing, ski touring, dog sledding as well as lovers of the wild and natural environment.

In this region, at a latitude of between 69 and 70 degrees north, over 300 km inside the Arctic Circle and being closer to the North Pole than the country's capital Oslo, there are also incredible natural phenomena to experience depending on the time of the year one visits – Northern Lights to Midnight Sun.

The Area

Our boat skiing trip takes place in the area around the Lyngen Alps and Kafjord mountains from Ulls Fjord to Lyngen Fjord and the surrounding islands. This area offers a wide range of ski touring opportunities in a most dramatic environment.

For the experienced ski tourer and ski mountaineer there are also plenty of opportunities to summit some of the region's highest mountains including the highest Jiehkkevarri (1833m) and ski open mountain territory from summits to the sea!

Unlike the more southerly Alpine regions of Europe, in this region the snow conditions are colder and it is possible to start skiing from sea level – the beach, skinning all the way to a summit before an exhilarating and peaceful descent back to the sea!

Skiing the mountains in this area with the sea and out lying islands as a back drop is without doubt an awe-inspiring experience – it is what ski dreams are made of!

ALPINE & ARCTIC ADVENTURE

Off-Piste & Piste Skiing – Heliskiing – Boat & Sail Skiing – Ski Touring – Nordic Skiing – Mountaineering
Mountain Guides – Ski Instructors - Dog Sled Expeditions – Snow Mobile Tours
Trekking – Mountain Biking – Kayaking - Rafting & Canoeing – Fishing – Horse Riding
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Airport Transfer – Hire Cars – Group Transportation – Tailor-Made Activity Holidays



Itinerary for the Lyngen Alps Boat Skiing Trips

Arrive Tromso City - Saturday afternoon

- Transfer from airport to boat
- Welcome drink & meet skipper & mountain Guide
- Boat familiarisation / Safty Briefing / Stow gear
- Depart for first ski area in preparation for first thing am ski start on Sunday

Sunday through until Friday - yes 6 days of pure paradise!

- Out on the boat and ski touring with your guide

Typical day plan

Rise to a hearty breakfast

Transfer to land - possibly pontoon or via ships inflatable to beach

Ski itinerary with professionally qualified guide

Touring and ascent of ski route

Lunch and photograph time up high on the mountains

Off piste ski descent over varying and exciting terrain

Rendez-vous with skipper and transfer back to boat

A quick refreshing dip in the Arctic waters (optional – but worth it!)

Apres ski drinks and snack

Shower / change of clothes

Hearty meal

Relax – have a beer / watch a movie

Preparation and looking at maps with guide for the next day

A great night's sleep on heated boat, lulled gently by the lapping waves

Get up and do it all over again!!

Friday night

- Return by boat to Tromso

Saturday

- Departure – Transfer to Tromso airport for return flight home.

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Experience & Fitness

Previous off piste skiing experience, the ability to ascend on skins and ski in all snow conditions is a basic requirement for this trip. Physical confidence and personal fitness to handle each day 3-5 hours touring and skinning up hill on skis and skins (up 1,300 metres of altitude ascent), followed by a variety off piste descents are an important requirement.

Equipment

Clients will be responsible for bringing and supplying their own equipment and ensuring that it is in good working order, with boots, skis and skins appropriately sized and fitted. They should also bring any adjusting tools and any spares parts they may require – there are no ski shops in the areas where you will be skiing!

Ski Equipment

- Alpine Randonnee Skis & Bindings / or Telemark Touring Skis and Bindings
- Skins
- Ski Touring Boots
- Avalanche Transceiver
- Snow Probes
- Snow Shovels

General Equipment & Clothing

Kit must be carried in a foldable collapsible duffle bag or hold-all to enable storage on board ship – not suitcases!

- Wind / Waterproof Shell jacket & good quality ski trousers
- Ski Touring backpack which has ability to carry skis – 30/40 litres
- Water bottle or similar hydration system such as Camelbak
- Head torch with spare batteries
- Good quality sunglasses & ski goggles
- Warm underwear top & bottom – Merino wool base layers from experience are best and they don't smell so much!!
- Warm woollen sweater or fleece top
- 1 pair thick cold weather ski gloves
- 1 pair thin ski touring or cross country gloves for ascents
- Light fleece pants
- Down jacket
- Hiking boots
- Casual & comfortable clothes for lounging on board ship
- Deck shoes / non marking soles
- Sleeping Bag
- Personal wash and medical kit / something for blisters!
- Camera / plentiful supply of film for the whole trip

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The Package - Boat Skiing

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The package includes:

- 7 Nights accommodation on the yacht on full board basis including skipper
- 6 days skiing and touring with professional UIAGM mountain guide
- Local transfer to and from Tromso airport

What is not included?

- Flights or transport to Tromso
Clients are responsible for their own travel arrangements to and from Tromso.
- Ski Equipment
Skis / boots/ skins / avalanche transceiver / probes / snow shovels etc
- Any Beer & Wine consumed on board ship
- Insurance

Insurance

All clients are responsible for taking out their own insurance and must have insurance that covers glacial skiing in northern Europe. The British Mountaineering Council (BMC) are one source for such insurance.

For any other details please do not hesitate to contact us directly and we can talk you through the complete trip in detail.

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