



## SUMMIT TO SEA SKIING 2017 VISITOR INFORMATION

### Ski Touring Level Information

Our aim is to provide you with a safe and enjoyable skiing experience under the guidance of our professional qualified guides. To assist us in this aim we require you to rate your off piste/back country skiing skills and ski touring experience as described below with the highest accuracy possible. This will enable us to allocate you into the correct group and week.

#### **Intermediate:**

**Intermediate:** You have a minimum of 1 week ski touring / randonee experience. You are a competent off piste skier and able to ski safely in control in all types of snow conditions including powder snow up to 20cm deep, wind packed snow and tight forest skiing. You can ski off piste in full control of speed and linked short turns in the fall-line. You can put skins on skis unassisted and have basic knowledge of skinning/walking techniques.

**Intermediate – Fitness:** it is important you rate your current fitness level. You need to be in good personal physical form in terms of endurance and stamina. You will climb minimum 1000m and need a minimum ascent rate of 300m per hour.

#### **Advanced:**

**Advanced - Ascending Skills:** You have many years of ski touring / randonee experience and an advanced understanding of the skinning/ascending techniques, uphill kick-turns, (spitzkern, switch-backs) and can handle steep mountain ascents.

You are a competent / advanced off piste / back country skier and able to ski moderate to steep terrain over 38 degrees with good edge and speed control. You can handle without problem deep powder, hard pack snow, wet slush snow and tight forest skiing.

**Advanced - Fitness:** It is important you rate your current level of fitness as this should not be influenced by your skiing skills. You need to be in excellent personal physical shape. You are able to ascend minimum 1300m of ascent per day at 450m per hour ascent rate.



### Package price includes:

- Transportation to/from Tromsø – Lyngen Lodge
- Accommodation twin/double room, shared basis
- Full board
- 6 days guided tours with IFMGA-guide, max. 8 in each group
- Speed boat and land transportation for skiing

### Travel Tromsø – Lyngen Lodge Return

#### **Arrival day**

Pick up at 16.00. Group transfer to Lyngen Lodge is via Lyngen Lodge minibus either from Tromsø Airport or your hotel in Tromsø if you have arrived the day before. Make sure that your flight arrives in Tromsø in time. Transfer time is 2h45min

#### **Departure**

Departure at 09.00. Group departure from the lodge is the following Saturday morning for flight departures midday in Tromsø. Transfer time from Tromsø to Lyngen Lodge is 2h45min.

### Flights:

Flights are not included in the package price. Tromsø airport is reached via transit from Oslo International Airport. Flights arriving on Saturdays should be no later than 16.00(4pm) and departure the following Saturday no earlier than 12.00(12pm) from Tromsø.

The main Norwegian carriers to Tromsø:

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

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

Baltic Air: [www.balticair.com](http://www.balticair.com)

Due to customs all luggage needs to be collected in Oslo and rechecked for onward flights to Tromsø.

#### **Need to leave the lodge earlier than the set departure transport?**

Our Local airport Sørkjosen is located 25 minutes from the lodge. If necessary, it is possible to combine an overnight stay in Tromsø, at your own expense, to accommodate flight times. Transportation to/ from the lodge via Sørkjosen needs to be arranged separately if outside our fixed transfer hours. Please speak with us to arrange.

### Hotels in Tromsø:

- The Edge H0tel
- Scandic Ishavshotel
- Thon Hotel
- Smart Hotel (cheaper option)
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## At the Lodge

### Accommodation:

Accommodation is based on twin sharing accommodation. Depending on availability double bed rooms are available upon request. All bedrooms have en-suite bathrooms. All bathrooms have hairdryer and shampoo/shower gel.

### Catering:

You are provided with full board catering at Lyngen Lodge. Full buffet breakfast, self-made packed lunches for the mountain, afternoon tea and cakes at the lodge and evening three course meal served at 19.30. Special dietary requirements need to be made known upon booking. Menus consist of the finest local produce available in the area, these include fresh fish, reindeer, lamb and beef.

### Health:

Members need to be in good physical condition and comfortably fit. Doctors prescribed medications, historical sports injuries and members over 60 years of age need to notify the management at booking stage.

### Clothing:

Layering system is recommended with gore-tex weather protection as used in normal alpine ski touring conditions. In addition a down jacket or thick expedition prima-loft jacket is needed as the Arctic can produce very hostile extreme conditions in a very short space of time(see equipment check-list).

### Mountain Guides:

All Lyngen Lodge mountain guides hold the international UIAGM Mountain Guide qualification and specially trained for Arctic guiding. Each day a guides meeting is held, where daily routes and safety are planned.



Rental Equipment:

Items:	Equipment:	Price: 6 days
<b>Skis</b> Kästle TX97mm width centre, skis, skins, poles. Fritschi binding.		1 995 NOK
<b>Boots</b> (Dynafit and Garmont)		995 NOK
<b>Skis + boots package</b>	<i>Rent package: Save 200 NOK</i>	2 785 NOK
<b>Avalanche equipment</b> (Mammut)		995 NOK
<b>ABS Backpack</b> Vario 30/40 liter 2,6 – 2,8 kg.		1050 NOK
<b>Full package</b> (Skis + boots + avalanche equipment)	<i>Rent full package: Save 600 NOK</i>	3 335 NOK
<b>Backpack</b> (Mammut)		275 NOK
(All prices for 6 days rental)		

Bring own equipment – Randonee skis, telemark skis (bring spare parts) and snow boards (split boards only) or rent from us. Ski touring boots with rubber soles, ski boots not recommended for safety reasons for boat transportation and walking on the rocky icy beaches on the fjord. **Helmetts are not mandatory but recommended to bring your own.** It is necessary for all skiers to carry transceiver, shovel and probe. Safety package can be rented.



Guests may use their own equipment providing they are of full digital design. Analogue devices not accepted. Full training and group rescue work will be covered on day 1 of your week.

### Typical Day:

08.00 – 09.00 Breakfast buffet, pack lunch for the mountain, fill thermos.  
09.00 Briefing by the guides  
09.15 Depart for skiing  
17.00 Return back at the lodge  
17.30 Afternoon coffee/tea/fresh cakes, RELAXING! The bar is open!  
19.30 Evening meal  
21.30 Late evening relaxing

### On the mountain:

Each day a new mountain will be skied ranging in various regions surrounding the Lyngen Alps and islands. The locations chosen depend on weather, avalanche risk, group experience, tide, sea wave height. Typically the summits range from 1100m to 1400m. 1 to 1.5 descents can be made per day, this depends on group fitness and experience.

### Off the mountain:

The Lyngen Lodge concept is to combine relaxation and adventure, once you ski day has concluded you are encouraged to relax inside the lodge in the various areas available or outside in the hot Jacuzzi or in the sauna. There are snowshoes and fishing equipment available.

### Evening Activities:

New for 2017: This year we are delighted to propose additional evening activities on one evening during the week for our guests. These can be arranged at the lodge and include Dog-sledding (2475 NOK) and/ or snow mobile safari (2475 NOK)

### Insurance:

All skiers are required to have a general holiday insurance which covers ski touring and glacier terrain under guidance of a mountain guide.



### Bar, alcohol and smoking:

Lyngen Lodge is a smoke free zone and as the lodge is licensed to sell and serve alcohol governed by Norwegian law it is not permitted to consume “duty free” alcohol in any public areas of the lodge.

### Additional Information:

#### **Snow Conditions:**

Feb/March: Powder

March/mid April: Powder

Mid April/ May: Spring corn snow, but we always get a few snowfalls in May too.

#### **Day Light Hours:**

Polar Night: November 28 – January 15

Midnight Sun: May 17 – July 26

Middle February – 7 sun hours

Middle March – 11.5 sun hours

Middle April – 16 sun hours

Middle May – 24 sun hours

Winter Temperatures: coldest -15 Degrees C to + 7 Degrees C

- Free Wireless Internet: Yes, fiber optic and free of charge.
- Languages spoken at the lodge: Norwegian, English and German.
- Towels provided, swimwear not provided.
- Bar bills, laundry, shop purchases can be added to the weekly bill and paid in cash or credit card(Visa and Mastercard are accepted).
- The lodge shop sells Peak Performance clothing, Oakley goggles and glasses, gloves, water bottles, Thermos and accessories.
- Houseshoes are provided for all guests or you can bring your own shoes for indoor use.

## Equipment Check List:

1. Ski equipment (skis, poles, skins, skiboots, skicrampons)
2. Avalanche equipment
3. Backpack (35 - 40 liter)
4. Ski clothing (Ski jacket, ski pants in Gore-tex or similar, light weight down jacket or primaloft jacket)
5. Under layers: wool/fleece underwear
6. Casual clothing for the lodge
7. Goggles and sunglasses
8. Gloves x 2 (thin ones for hiking up and thicker ones for the summit and skiing down)
9. Thermos
10. Water bottle/camelback
11. Sunscreen
12. Waterproof bag for phone
13. Compede/sports tape to prevent blisters
14. Camera/GoPro
15. Trunks (for use in sea and Jacuzzi)
16. IPad/Mac/PC (Fiber Optic at the lodge)
17. Pulse watch
18. Magnesium to prevent cramps

