

Borgafjäll Ski Touring Week

Comfortable hotel based day touring in northern Sweden. On our Borgafjäll Ski Touring week, we explore the remote Borgafjäll region of southern Lapland. The area is one of the most snow-sure regions of Sweden, with a cold continental climate that produces excellent powder skiing conditions for much of the winter.

Skiing in Borgafjäll

Borgafjäll is a tiny ski station and skidoo trail centre in southern Lapland (a place the size of Belgium, with only 25000 inhabitants) - so it truly is in the middle of nowhere. This isolation is the secret to its appeal; vast landscapes and crisp northern light create a huge sense of space and emptiness up here. There are barely any skiers in the area, with mostly just families visiting at the weekends.

There is one hotel in town (but luckily it's a good one!) with friendly staff, a great restaurant and spa facilities for apres ski. The final thing to talk about is the snow - Borgafjäll has been described as 'Swedens' Japan', as it's one of the most snow-sure regions in Sweden and the cold continental climate here creates great powder skiing conditions for much of the winter, especially in the trees. Above the treeline, numerous good ski summits rise to nearly 1500m on either side of the village, where we can enjoy extensive views of the surrounding wilderness.

NB This trip travels out and back on a Friday.

Sample Itinerary

Subject to weather and snow conditions, the plan for the week is as follows:

Friday

Fly from Uk via Stockholm to Ostersund in central Sweden, short drive to our hotel in Ostersund. Evening Briefing - your guide will run through kit checks and safety routines, before going on to discuss the current weather and mountain conditions and how these affect our plans.

Saturday

Drive to Borgafjäll and Day Tour. After breakfast in Ostersund we make the 3.5hr drive up to Borgafjäll, arriving at the hotel early afternoon - this is our base for the rest of the week. After checking in, we then head off for a half day tour in the surrounding mountains. 4-600m ascent and descent ~3hrs

Overnight in Borgafjäll.

Sunday - Thursday

Day Touring in Borgafjäll. There are good ski tours in all directions around the village - some days we'll ski right from the door and others we'll do a short (5-10min) drive to the start point, then approach tours along skidoo trails and across frozen lakes. The cold continental climate in this area creates excellent powder conditions, particularly in the forests and glades, for which the area is well known. There are also several nice ski summits that we can visit, in order to enjoy more distant views of the surrounding wilderness. ~800-1000m ascent and descent each day.

On Thursday morning, we enjoy our final days' touring in Borgafjäll, before hitting the road mid afternoon and driving back down to Ostersund.

Thur PM Overnight in Ostersund.

Friday

Early morning taxi to airport for flights home.

Fitness and Experience

You need previous ski touring experience on alpine day tours or hut trips in order to join this trip. The week includes 5-6 hour days with generally steady climbs and a few tricky kick turns in the forests.. Typically we'll be doing 800-1000m of ascent a day (but this is at low altitude, with day packs on) - so you can expect to be skinning for 3-4 hours a day. **Please see our website Fitness Levels and Tech Levels as a further reference point (detailed on this trips course page > Fitness and Experience section)** - you should be at **Fitness Level 3 and Tech Level 3** to enjoy this trip. If you need to top up your fitness before the trip and need some help, then please contact us, or check out the training advice page on our Knowledge Base:

<https://www.alpine-guides.com/ski/insider-knowledge-ski/>

Guiding Team

All our Alpine programmes are staffed by IFMGA Mountain Guides working at a maximum ratio of 1:6 on the Borgafjäll Ski Touring week. We work with a small team of guides who's profiles can be found on our website.

Course Briefing

The briefing will be in our accommodation on Friday night. Your guide will do equipment checks, run through current conditions and the weather forecast and the general plan for the week.

Meeting Point

Our meeting point at the start of the trip is Ostersund Airport on **Friday tea time** (or Stockholm/Uk airport(s) depending on peoples' flights). Please let us know your flight details.

Included in the Price

- Guides fees and all guides expenses
- 2 nights hotel accommodation in Ostersund, including breakfast
- 5 nights hotel accommodation in Borgafjäll, including breakfast and evening meal
- Travel during the trip in shared hire vehicle

Not included in the Price (see below for further info)

- Evening meals in Ostersund
- Taxis and Lift Passes
- Drinks and hill snacks
- Flights
- Insurance
- Equipment hire

Ski FAQ's

Can I recharge my phone in a hut? Can I leave my luggage in the hotel whilst on tour? Answers to questions like these and many more can be found on our Ski FAQ's page here: <https://www.alpine-guides.com/ski/insider-knowledge-ski/ski-touring-fags/>

Taxis

There is a taxi ride at the end of the trip back to the airport that needs to be paid for between the group.. **Budget 500 SEK* for this.**

Evening Meals

For the two nights spent in Ostersund, there are plenty of places to eat in town – just pay for your evening meals and drinks directly. Budget around **SEK 400* per night.**

Lunches and Drinks

Things like energy bars, trail mix and cereal bars etc are available in Borgafjäll, but they are quite expensive, so try and bring enough of your favourite mountain snacks to last the week.

General Spending Money

There is a small store in Borgafjäll. SEK 500-1000* Krone should cover any extras.

***Based on this, the extra spending money you will need during the trip is approx. SEK 1300 (£110)** (plus some contingency, depending on whether you want to buy packed lunches and how much beer you plan to drink).

Sweden is moving toward a cash free economy, so many places are card only, but be aware that some bank cards charge fixed foreign transaction fees, which can make small payments very expensive – ie check which card is best to use. There are ATMs in Ostersund, or you can visit one at the airport or order Swedish Krone in the UK.

Valley Hotels

Our hotel in Ostersund is close to the centre of town, making it handy for local restaurants and offers an excellent breakfast each morning.

Hotel details will be sent with your final joining instructions. Details of our partner hotels can be found on our Accommodation page: <https://www.alpine-guides.com/ski/planning-your-skiing-trip/accomodation/>

Borgafjäll Hotel

The rest of the week we stay at Borgafjäll Hotel - this is a comfortable and friendly place, with good staff and a great restaurant and bar. Spa facilities are also available and it's an excellent place for viewing the northern lights at this time of year.

Our Multiday Ski Touring FAQs page answers some of the most common questions we are asked about multi day ski touring and logistics etc: <https://www.alpine-guides.com/ski/insider-knowledge-ski/multiday-ski-touring-faqs/>

Flights

Travel Out: **Fri 3rd March 2023.** Travel Home: **Fri 10th March 2023.**

- SAS offer flights from the UK from London Heathrow via Stockholm, arriving in Ostersund at 15.35. Return flight options depart at 6.20 and 9.40am – visit the [SAS website](#) for full flight details and bookings.
- We will make one pickup from Ostersund Airport at **teatime on Friday 3rd March 2023** (final time TBC, depending on peoples' flights). If you wish to take a later flight, you will need to take a taxi to the hotel.
- Return to the airport by taxi the following Friday morning 3rd March to suit your preferred return flight time.
- The other way to reach Ostersund is to fly to Trondheim in Norway and hire a car. It's a scenic 3 hour drive from Trondheim Airport to Ostersund. There are numerous flight options to Trondheim from the UK, including with SAS, Norwegian and KLM. Check Skyscanner for your best options.

Further travel information including flights, airport transfers, railways and channel crossings etc. can be found on the Travel Planning page of our website: <https://www.alpine-guides.com/ski/planning-your-skiing-trip/travel-planning/>

Travel During the Trip

We arrive in Sweden at the regional centre of Ostersund and will use a hire vehicle for road transport during the trip. Borgafjäll is a 3.5hr drive north of Ostersund. Daily drives are from zero to 10 mins to access the ski tours each day.

Insurance

For this trip you must have specialist travel insurance providing medical, emergency search/rescue and repatriation cover for the following activities: off piste skiing and ski touring in glaciated areas requiring the use of ropes, up to 3000m altitude. We also strongly recommend that you purchase cancellation cover, in case you're unable to attend your trip due to personal circumstances or injury. You should also bring your existing European Health Insurance Card, or apply for a new Global Health Insurance Card (GHIC) as UK/EU reciprocal health agreements are part of the Brexit deal, so these continue.

****Once we have confirmed that your trip is running, we strongly advise that you arrange your insurance immediately, so that you're covered for loss of course fees and other travel related costs if you need to cancel your holiday due to personal circumstances. Once you are insured, please email us the policy details, and carry a hard copy with you during the trip****

More information, including advice for non-UK residents, can be found on the Insurance page of our website here:
<https://www.alpine-guides.com/ski/planning-your-skiing-trip/insurance/>

Equipment

A full kit list is enclosed. If you need to purchase skis, boots, or any other items of touring equipment, then please check out the advice articles on our Ski Knowledge Base: <https://www.alpine-guides.com/ski/insider-knowledge-ski/>

If you need to hire an ice axe, crampons, harness or avalanche safety equipment please visit our Equipment Hire page for more info: <https://www.alpine-guides.com/ski/planning-your-skiing-trip/equipment-hire/>

If you need to hire skis and boots they must be hired in the UK and taken out with you. Ski mountaineering skis usually come supplied with climbing skins and harscheisen as a package (skins and harscheisen cannot be hired separately from skis). Ski Mountaineering boots are essential for skinning and walking in and should be well bedded in before the tour, as blisters can be a serious problem. When contacting the hire shop for skis/boots/bindings, be aware that most shops carry a limited range of touring equipment, so it's easier to specify type of ski rather than exact makes/models etc. Telling the shop what type of skier you are and the intended trip will give them a good idea what to recommend. A good all round setup would be a lightweight backcountry ski with 85-100mm width underfoot and a lightweight pin binding with brakes.

To purchase any items of specialist backcountry ski kit, we recommend you speak to Backcountry UK - they are a leading UK retailer of specialist touring gear and always give friendly and expert advice – <https://www.backcountryuk.com>

Weather and Conditions

The mountains of central Sweden lie further inland than the Norwegian coastal ranges and therefore enjoy more clear, sunny days and a colder continental climate, which is good for ski touring. Settled periods of high pressure and blue skies are not uncommon - so remember your sun cream! - but we are only 200km south of the arctic, so the weather can be unpredictable at any time of year. Good quality mountain clothing is therefore essential.

Itinerary Changes

Bad weather and high avalanche risk can sometimes alter the itinerary. This is unavoidable but we will do our best, within safe margins, to stick to the itinerary. Potential changes and variations on the standard tour are numerous but will avoid unsafe avalanche terrain/bad weather days, sometimes using public transport/taxis to connect sections of the tour together as required, to ski it as continuously as possible. This may incur extra transport costs, but your guide will discuss the options with the group if this were to happen.

Maps and Guidebooks

If you want to buy a map, then the best ones to get are:

- Lantmateriet 1:100000 series: Borgafjäll - Risback Z2

Checklist

- Please make sure you have all of the following before leaving home!
- Passport - with at least 6 months validity remaining
- All Skiing Gear (Check kit list)
- Flight + Travel Tickets
- Personal Medications
- European Health Insurance Card (or apply for a new GHIC - Uk-EU reciprocal health agreements continue with Brexit Deal)
- Camera + Spare Batteries
- Insurance Certificate
- Compeed &/or tape to stop blisters
- Credit Card + Foreign Currency
- Full Driving Licence and International Driving Permit (available from local Post Office) if hiring a car
- Green Card from your insurer if driving abroad (contact them at least 2 weeks in advance)
- NB If you travel regularly, check you won't exceed 90 days in Schengen Area in past 180 days - penalty is 1 year exclusion!

What Next?

- Bookings can be made online via our website. A deposit of £300 per person is required to secure your place, with the balance due 8 weeks before the course start date - we will email you a balance reminder including your invoice and possible payment methods.
- Once we have the minimum required number of bookings we will email you to confirm the course is running (confirmed trips will also be visible on our website). Once confirmed, you should arrange your travel insurance and travel to resort.
- We will email you 2 weeks before the course start date with any final info including your guides contact details, hotel details/directions and any other final info.

More Info

Please contact us for more info regarding any aspect of the trip – info@alpine-guides or 0113 815 1904 (we might be out skiing or climbing – if so please leave a message and we'll get back to you asap, thanks!).

Backcountry / Day Touring Kit List

Just remember, every extra kilo on your back knocks 10% off your enjoyment on the descents – so try and keep the weight down!

TECHNICAL CLOTHING

- **Waterproof jacket** – preferably lightweight and breathable
- **Softshell jacket** – mid weight wind/snow resistant jacket
- **Softshell trousers/Mountain Pants** – ideally designed for ski touring.
- **Waterproof overtrousers** – preferably with 3/4 or full length side zips
- **Spare lightweight insulated jacket** – lightweight synthetic/down jacket or other warm layer
- **Wicking thermal top** – ie a 'base layer' not cotton please...
- **Thermal leggings** – base layer 'long johns', light or mid weight (ie not exped weight!)
- **Socks** – specialist ski socks, or a warm loop lined pair of mountain socks
- **Thin inner gloves**
- **Warm ski gloves** – or mittens, if you suffer from cold hands
- **Warm hat**

PERSONAL ITEMS

- **Water container** – at least 1 litre, or a vacuum flask
- **Personal medications and blister kit** – any regular medications, zinc oxide tape, compeed, painkillers etc
- **Ski goggles**
- **Sun glasses** – CE rated 3 or 4, with side protection
- **Sun and lip cream** – factor 30+
- **Headtorch and batteries**
- **Wallet, passport and insurance docs**

TECHNICAL EQUIPMENT

- **Rucksack** – 30-40L - NB rucksack MUST have straps on to carry your skis and an ice axe
- **Ski mountaineering/Freeride boots** – must have good, dedicated walk mode
- **Skis with Touring Bindings** – modern lightweight pin binding recommended
- **Ski Strap** – to hold skis together on your rucksack if we need to carry them
- **Ski Poles** – with good size 5cm+ baskets (telescopic poles are not needed)
- **Climbing skins** – they come with the skis if you hire your kit
- **Harscheisen (ski crampons)** – they come with the skis if you hire your kit
- **Metal snow shovel** – must be a full metal shovel (plastic blades don't work in real avalanche debris!)
- **Avalanche probe**
- **Avalanche transceiver** – must be a modern digital model (older analogue models are now obsolete)
- **Ski helmet** – a lightweight helmet is recommended for off piste skiing

NB An Ice Axe, Crampons and Climbing Harness are **not required** on this trip.

Your guide will have all other ski safety kit, first aid and survival equipment.

For more advice on ski mountaineering equipment please get in touch, or visit:

<https://www.alpine-guides.com/ski/insider-knowledge-ski/ski-touring-equipment-advice/>

Alpine Guides Ltd – Booking Conditions

1. All bookings are made with Alpine Guides Ltd, company number 4901552, whose registered office is at 14 Wrenbeck Close, Otley, West Yorkshire, LS21 2BU and whose directors are Alun Powell and Richard Cross.
2. We only accept bookings from persons over the age of 18 at the time of booking. Bookings by or on behalf of persons under the age of 18 may be accepted on certain courses, when accompanied on the course by another person over the age of 18 and subject to written parental consent.
3. Unless stated otherwise, your booking must be accompanied with a deposit of £300 per person per course booked, or if booked within 56 days (8 weeks) of the course start date by the full payment. When we receive your booking application, you will be sent a confirmation email. Once we have received payment and checked all information contained within your booking application, we will accept your booking. You will then be sent further information about the current status of your trip.
4. We will store and process your personal information securely and in line with our Privacy Policy which can be viewed on our website.
5. Email and PDF attachments are our primary contact method, so you must provide us with a valid email address. You must also ensure that our email address: info@alpine-guides.com is added to your safe senders list, as we cannot be held liable for communication problems caused by personal firewalls, spam filtering systems, or your inability to open attached email documents.
6. Balance of payment is due 56 days (8 weeks) prior to the course start date. We prefer you to pay full balance by a direct bank transfer. If full payment is not received by this date we reserve the right to cancel your booking without refund.
7. For courses taking place outside the United Kingdom you must purchase specialist mountaineering insurance covering helicopter rescue, medical treatment and repatriation (plus on and off piste skiing for ski courses). You must bring all insurance documentation with you on the course. We reserve the right to cancel your booking at any time if we are not satisfied you have adequate insurance in place.
8. If you wish to cancel you must notify us in writing, where upon the following charges will be applied from the date we receive your notice of cancellation:-
 - More than 8 weeks (56 days) before start date – loss of deposit.
 - Between 4 and 8 weeks (28-56 days) before start date – 50% of course fee or loss of deposit, whichever amount is greater.
 - Less than 4 weeks (28 days) before start date – full course fee.
9. Requests for course transfers must be made more than 56 days prior to original start date and are subject to availability. You also have the right to transfer your booking to another person who satisfies all conditions for the course (including health, fitness and experience requirements), subject to the same conditions above.
10. We reserve the right to cancel any course due to insufficient numbers, or transfer bookings between courses to make numbers viable. In either event clients will be informed of our decision as soon as possible and not less than 21 days before start date. You will be offered either a free transfer, a full refund, or a mutually agreed alternative program. You must inform us as soon as possible which you choose to accept.
11. In the event of guide injury or illness, we will endeavour to find replacement guide(s) as soon as possible. If replacement guide(s) cannot be found part way through a trip, we will refund guiding fees for any days of guiding not provided and you may still use remaining accommodation nights unguided. In the event that we cannot find replacement guide(s) for the whole of your trip, you may choose to use the accommodation portion of your trip and receive a refund of guiding fees, cancel your trip with a full refund, or accept a mutually agreed alternative program.
12. We do not accept any responsibility for changes to travel arrangements that you make in order to join your trip or course. We accept no financial liability that may arise from any enforced change to your travel plans due to any alteration of the trip or course dates, the itinerary or its cancellation, howsoever caused. You are advised to book transferable, refundable travel tickets with no penalties should a cancellation be necessary.
13. At the discretion of the course director, guiding ratios may be varied from the stated course ratio to cover eventualities such as staff absence or change of itinerary, so long as this does not breach accepted local guiding ratios or other professional guidelines laid out by the British Association of Mountain Guides.
14. We do not accept bookings from groups or individuals participating in sponsored climbs or 'challenge events' of any kind. If we discover that you are seeking sponsorship or participating in such an event in connection with one of our courses, we reserve the right to cancel your booking without refund, or exclude you from further mountain activities whilst on the course with immediate effect.
15. Whilst we maintain high professional standards of client care and safety, you must realise and accept that climbing, mountaineering and skiing are activities which carry a danger of personal injury or even death, as they take place in remote and hazardous mountain terrain. All clients must be aware of and accept these risks and be responsible for their own actions and involvement in such activities.
16. All information contained within our website, social media channels and other publicity is for guidance only. Whilst making every effort to ensure accuracy, we cannot be responsible for any inaccuracies or alterations beyond our control. Should any changes occur, clients will be notified before a booking is accepted.

17. Although we adhere to planned itineraries wherever possible, changes may occur to both travel and guiding itineraries due to external factors beyond our control. In particular, the guide has total discretion to alter programs at any time in the interests of client safety and current mountain, or weather conditions.

18. By booking you agree to abide by instructions and decisions made by the guide regarding individuals and the group as a whole. Our guides reserve the right to exclude individuals from a planned activity on the grounds of health, safety or the success and enjoyment of the rest of the party. Any individuals so excluded are not entitled to a refund. Any individual contravening the decisions or advice of their guide, or undertaking independent mountain activities during the course shall forfeit all protection and duty of care from the guide.

19. We accept no liability for the consequences of strikes, riots, acts of war or terrorism, disease outbreaks, government intervention, natural disasters or adverse weather conditions. If such occurrences cause us to have to cancel a course or trip we will offer an alternative holiday if possible, but accept no liability for return of fees paid prior to cancellation or curtailment.

20. If you have a complaint about the guiding or other services you receive during your holiday, you must notify ourselves or the guide involved as soon as possible, in order to give us the opportunity to put things right. Non of our guides have authority to promise refunds or compensation on behalf of Alpine Guides Ltd. Only the company directors are authorised to make such decisions.

If, despite our best efforts and having followed the above procedure for reporting and resolving your complaint, you feel that it has not been satisfactorily settled, we recommend that it is referred for arbitration under the ABTOT Travel Industry Arbitration Service. An Independent Arbitrator will review the documents relating to any complaint and deliver a binding decision to bring the matter to a close. Details of this scheme are available from The Travel Industry Arbitration Service, administered by Dispute Settlement Services Limited, 9 Savill Road, Lindfield, Haywards Heath, West Sussex, RH16 2NY. This scheme cannot however decide in cases where the sums claimed exceed £5,000 per person or £10,000 per booking form, or for claims which are solely or mainly in respect of physical injury or illness or the consequence thereof.

21. On courses that include accommodation in the course fee:

The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under The Package Travel and Linked Travel Arrangements Regulations 2018 for Alpine Guides Ltd, membership number 5394 and in the event of their insolvency, protection is provided for:

- Non-flight packages

ABTOT cover provides for a refund in the event you have not yet travelled or repatriation if transportation was included in your package. Please note that bookings made outside the UK are only protected by ABTOT when purchased directly with Alpine Guides Ltd. In the unlikely event that you require assistance whilst abroad due to our financial failure, please call our 24/7 helpline on 01702 811397 and advise you are a customer of an ABTOT protected travel company. You can access The Package Travel and Linked Travel Arrangements Regulations 2018 here: <https://www.legislation.gov.uk/uksi/2018/634/contents/made>

22. All contractual terms and conditions between clients and Alpine Guides Ltd are to be governed by and held under the exclusive jurisdiction of English Law.

23. Any public liability insurance claims against our suppliers, including but not exclusive to guides, transport and accommodation providers, are to be governed by and held under the exclusive jurisdiction of the country where said providers' public liability insurance is held.

24. Making your booking implies that you understand and accept the booking conditions and agree to abide by them.