

Senja Ski Touring Week

A week of summit to sea skiing on Senja Island in Arctic Norway. Senja Island lies at 69 degrees north - some 300km north of the Arctic Circle - on the northwest coast of Norway. It's a very remote spot, with amazing scenery and needless to say, the ski touring is excellent - summit to sea descents and plenty of variety are on offer, ranging from classic peaks, to ski mountaineering and steeper couloirs.

The Skiing

Known as 'the magic island', Senja is the second largest island in Norway and it has an exceptionally wide variety of scenery and terrain. The highest peaks are up to 1000m, so ideal for day touring and many drop straight into the sea - giving excellent summit to sea descents. There are numerous options for link ups, traverses and steeper descents to make longer days if required. The island has a good road network too, allowing access to even the most remote spots in about an hours' drive from our accommodation.

March is a good time to visit, offering plenty of daylight, but low enough temperatures for powder and a good chance of seeing the northern lights.

Sample Itinerary

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

Friday
Fly from UK via Oslo to Tromsø in Northern Norway, pick up hire car and overnight at Hotel in Tromsø.
Saturday
AM Drive to Senja Island, taking in a day tour on the island en route.
Sunday to Thursday
Ski touring on Senja. A wide variety of day tours are on offer, skiing from summit to sea - scenic classics and adventurous link ups as appropriate. Outings are selected to cater for group interest, ski ability and the current snow and weather conditions.
<ul style="list-style-type: none"> ● Skiing from the Door – there are great tours all over the island, including right behind the lodge. ● Summit to Sea Descents – several tours finish right at the ocean; you can ski all the way down to the beach. ● Perfect Powder Slopes – Senja is home to north facing powder slopes up to 900m long...! ● Ski Mountaineering – technical tours involving sections on foot, or ski mountaineering to reach the summit. ● Arctic Tree Skiing – sheltered stands of arctic birch forest provide great tree skiing on wilder weather days. ● Stunning Views – the island boasts some of the finest scenery in the whole of Norway.
Some summits involve boot tracking to reach the highest point. The scenery in the area is outstanding.
On Thursday PM we will drive back to Tromsø and overnight at our hotel in the city.
Friday
Taxi to airport, flights home.

Fitness and Experience

You need previous ski touring experience in order to join this trip. The week includes 5-6 hour days with generally steady climbs, but also some steeper terrain involving kick turns and the odd short boot track to reach summits. Typically we'll be doing 800-1200m of ascent a day (but this is at sea level, 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 Senja 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

For Week 1: Our meeting point is **Tromso Airport at 22.00 on Friday 23rd February 2024** (or Oslo/Uk airport(s) depending on peoples' flights). If you plan to fly to Tromso via another route than from the UK, then please let us know so we can make suitable arrangements.

For Week 2: Our meeting point is **Tromso Airport at 22.00 on Friday 1st March 2024** (see notes above).

Included in the Price

- Guides fees and all guides expenses
- 2 nights hotel accommodation in Tromso, including breakfast
- 5 nights accommodation on Senja (self catering, food included)
- Travel during the trip in hire vehicle

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

- Evening meals in Tromso
- Drinks and hill snacks
- Taxis
- 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-faqs/>

Taxis

There is a short **taxi** ride at the end of the trip to Tromso airport that needs to be paid for between the group.

Evening Meals in Tromso

For the 2 nights spent in Tromso, there are a selection of restaurants just down the road from our accommodation – just pay for your evening meal and drinks directly. Budget around **NOK 400* per night**.

Lunches and Drinks

It's difficult and expensive to get some things like energy bars, trail mix and cereal bars etc in Norway, so try and bring enough of your favourite mountain snacks to last the week. Alcohol is also really expensive, so if you like a drink, it's best to stock up on wine and spirits in duty free on the way out.

General Spending Money

There are a couple of shops in the village where you can pick up maps and extra beer etc. **NOK 500-1000*** Krone should cover any extras.

***Based on this, the extra costs during the trip are approx. NOK 1300 - 1800 (£120 - £170).** There are no ATMs on Senja, but everywhere accepts cards so cash isn't strictly necessary. If you want some cash then we advise you to visit an ATM at the airport in Oslo or Tromso, or order it in the UK.

Hotels

Our base in Tromso is the new Moxy Hotel, situated close to the airport and just 10 mins drive to the centre of town. This is a comfortable and convenient place to break our journey and is ideal for connecting to incoming and outgoing flights.

Our accommodation on Senja is in a comfortable apartment located in a tiny fishing village on the far north side of the island, surrounded by stunning mountains and right next to the Arctic ocean. It makes a stunning base from which to explore the island and is a very comfortable place to hang out.

The apartment has 5 bedrooms (2 twin/doubles, 3 singles), 2 bathrooms and showers, a fully equipped kitchen and large living room/dining area. We will self cater and buy food supplies locally. Please let us know if you have any special dietary requirements.

Details of our partner hotels can be found on our Accommodation page:

<https://www.alpine-guides.com/ski/planning-your-skiing-trip/accommodation/>

Food for the Self Catering Nights

We will do a big shop for most of the week when we land in Tromso including food for breakfast, lunch sandwiches and evening meals. The rough plan is for everyone to help with the cooking, so best to coordinate the menu and shopping list during the flight over there, but there is also a small supermarket near the lodge to pick up any extra supplies and fresh bread etc during the week. Please let us know if you have any special dietary requirements.

Flights

Week 1: Travel Out: **Fri 23rd February 2024.** Travel Home: **Fri 1st March 2024.**

Week 2: Travel Out: **Fri 1st March 2024.** Travel Home: **Fri 8th March 2024.**

- Travel out: Norwegian offer flights from the UK from London Gatwick via Oslo, arriving in Tromso at 16.55 (or a direct flight arriving 23.40) and also from Manchester and Edinburgh, both arriving at 21.40. SAS offer flights from Heathrow via Oslo (arriving at 16.50, 18.40, 20.55) and Manchester, arriving at 20.55.
- Check Sky Scanner for your best option. **NB** You must allow 2hr transfer time in Oslo on the outward journey.
- We will make an **airport pickup at 22.00**. For anyone arriving earlier or later than pickup, the hotel is a 5 min taxi ride away from the airport, or there is also a scheduled bus service into town.
- Travel home: Out of Tromso. Same flight options as the outward leg, into Gatwick, Manchester and Heathrow with Norwegian/SAS. You will need to book a taxi (5 min ride) from the hotel to the airport (bookable at the hotel).
- For luggage you need to book 1x Hold Bag and 1x Ski Equipment (NB when booking with Norwegian, ski equipment is booked on right at the end of the booking process, ie not at the same time as you book on the hold baggage. With SAS If you go for a fully flexible Plus Pro ticket, you can convert one of your bags into a ski bag and you also get fast track, front seats, lounge access etc - so it's a good deal, especially if you are travelling with skis).

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 Arctic Norway at the northern city of Tromso, which is approx. 3.5 hours drive from Senja Lodge in our hire vehicle. Once we are at the lodge, most of the best ski venues can be reached in 10 mins to 1 hour.

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, requiring the use of ropes, up to 2000m 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 – <http://www.backcountryuk.com>

Weather and Conditions

The coastal climate in Arctic Norway can sometimes be unstable and a bit 'Scottish', but Senja has a reliable snowpack throughout the winter. The deep fjords protect the snow from the wind and sun until late in the season, so it's usually possible to tour right through until May most years. The maritime setting means it seldom gets really cold – in Feb/March the temperature often hovers just below freezing at sea level, and it does occasionally rain from time to time, so be prepared with good waterproof outer layers and a good selection of gloves. Settled periods of high pressure and blue skies are not uncommon too however, so remember your sun cream!

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 or guidebook, then the best ones to get are:

- Turkart 1:50,000 Series: Senja North - 2226 and Senja South - 2227
- NB these are also available as a set: Senja Hiking Set - 2233

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**
- **Silk or Cotton Sleeping Bag Liner** – for use at the Lodge
- **Towel** – for use at the Lodge

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)
- **Climbing harness** – with 120cm sling and locking karabiner
- **Crampons** – lightweight alloy crampons preferable on most tours, steel crampons for ski mountaineering
- **Ice axe** – lightweight model preferable (NB must have a steel head – see our advice article)
- **Ski helmet** – a lightweight helmet is recommended for off piste skiing

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.