

Bodo Ski Touring Week

A week of hotel based summit to sea ski touring in one of the most scenic coastal regions in Norway. Exploring fjords and coastal islands, with the possibility of visiting higher inland alpine peaks. The area also boasts other natural attractions that we'll be able to visit, including the Saltstraumen, which is the worlds' most powerful tidal maelstrom. We stay full board on this trip, at a comfortable hotel with an excellent spa to relax in each evening.

The Skiing

We stay in a comfortable hotel right next to the Saltstraumen maelstrom - this is a perfect location for accessing the principal skiing regions in the area, with good touring just a few minutes away, access to islands and fjords along Norway's most scenic coastal road, the famous Helgalandskysten, as well as higher inland peaks in the remote Beiarn Valley.

The summits in the region are typically 800-1300m high, so ideal for day touring and importantly, there is also access to a number of different micro climates; with both coastal skiing and access to a drier, colder, continental snowpack further inland. Given the variability of Norwegian weather, this is a useful aspect for making the best use of current weather and snow conditions. Daily ascents are typically in the region of 800-1200m, but we tailor each week to the speed and fitness of the group.

Sample Itinerary

Subject to weather and snow conditions, the plan is as follows. Please note that this is a sample itinerary only - on trips like this, itineraries are always subject to change as the current snow, weather and avalanche conditions need to be taken into account. This is an essential part of safety planning for all backcountry skiing, so please be ready for changes as part of your trip.

Friday

Fly from Uk via Oslo to Bodo in Northern Norway, pick up hire vehicle and drive to the hotel. 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 to Thursday

A wide variety of day tours are available, skiing from summit to sea. Some of the most attractive ski tours in the area are found along the **Helgalandskysten**: this is renowned for being Norway's most scenic coastal road (and they've quite a few to choose from!)

The area is full of dramatic **coastal mountains** and **offshore islands** - some of the larger islands are accessible by bridges and offer great ski touring. Needless to say, photo opportunities are excellent and we always stop to take shots of scenery and wildlife along the way.

Further inland, we have access to higher inner alpine summits around the **Beiarn Valley** - this area offers quite a different climate, being a far colder and drier continental snowpack, with views of distant icecaps and high arctic tundra scenery. Outings are selected to cater for group interest, ski ability and the current snow and weather conditions.

During the trip, we stay at a comfortable hotel 30km from Bodo.

Friday

Early morning flight back to the Uk.

Fitness and Experience

You need previous ski touring experience in order to join this trip. The week includes 5-6 hour days with 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 2-3 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 Bodo 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 is Bodo Airport on **Friday 6th March 2026 at 17.00 - 19.00** (or Oslo/Uk airport(s) depending on peoples' flights).

Included in the Price

- Guides fees and all guides expenses
- 7 nights full board hotel accommodation, including breakfast, packed lunch and evening meals
- Travel during the trip in hire vehicle

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

- Snacks and drinks
- Taxis, trains and uplift
- Travel to resort
- 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/>

Lunches and Drinks

You can make yourself a packed lunch each day at breakfast, which is included in the trip price. For extra snacks, there is a local food store near to the hotel – however 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 a good idea to stock up on wine and spirits in duty free on the way out.

***Based on this, the extra spending money you will need during the trip is approx. NOK 500-1000 (£50-100)** (plus some contingency, depending on how much beer/wine you plan to drink).

Spending Money

Everywhere in Norway accepts cards so cash isn't strictly necessary, 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 Bodo, but if you want some cash then it's best to get some at the airport or order it in the UK. There are cafes and a shop nearby where you can pick up maps, souvenirs etc. £50-100 should cover any extras.

Valley Accommodation

Our accommodation for the week is full board at the Saltstraumen Hotel, 30km from Bodo and right next to the famous Saltstraumen - the worlds' most powerful tidal maelstrom. The hotel offers a great location, traditional Norwegian dishes and plentiful portions for hungry ski tourers(!), as well as an excellent spa to relax in each evening. Your 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/>

Flights

- Your course meeting point is Bodo airport (BOO), reached via flights to Oslo, with connecting flights on to Bodo (same airline). Your guide will do one pickup from Bodo airport at **17.00-19.00 on Friday 6th March 2026** (final time TBC, depending on peoples' flights). Please do not book flights arriving later than 19.00, to avoid the rest of the team having to wait too long! For transfer to our hotel and travel during the trip, the guide will drive a rented vehicle.
- You will be dropped off the following **Friday morning 13th March**, in time for return flights from approx 6.30am. Your guide will make one drop-off for the early flights, so if you wish to take a later flight you can arrange your own taxi from the hotel, or travel with the group and wait in the airport.
- You will 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 airport of Bodo, which is approx. 30 mins drive from our hotel. Once we're at the hotel, most of the best ski venues can be reached in 20 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 in glaciated areas 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.

NB A modern lightweight pin binding is required. Heavy freeride setups are not suitable. Older style bar/rail bindings (Fritsch Freeride, Marker Duke etc) are not allowed – if you still own a pair, please update your kit!

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

Our hotel near Bodo gives access to both the coastal and inland mountains, with a reliable snowpack throughout the winter and easy access to very different micro climates. The coastal mountains are milder (usually just below freezing at this time of year) with a quickly settling snowpack and deep fjords that protect the snow from the wind and sun until late in the season, so it's usually possible to tour until May most years. The inland mountains have a more continental climate, which is generally drier and colder and prolonged periods of low temperatures are common in mid-winter. Consequently the ski touring season is longer here and often lasts until June. On the coast, it does occasionally rain from time to time, so be prepared with good waterproof outer layers and a selection of gloves. Settled periods of high pressure and blue skies are not uncommon too, 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: Bodo – 10127, Flugoya – 10126

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.com or 0113 8151904 (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** – lightweight pin binding setup required. Heavy freeride setups not suitable. Older style bar/rail bindings (Fritschi Freeride, Marker Duke etc) not allowed – please update your kit!
- **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** – lightweight ski touring or backcountry model preferred. Wearing a helmet is compulsory on descents and may be needed on other parts of the route depending on conditions

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/>



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