








# WINTER IN NORTH NORWAY

## *Winter in North Norway*

Time your visit to Norway with the ideal period for observing the Northern Lights. Your adventure begins in the charming dynamic city of Tromsø, the perfect starting point for snowmobile and dog sled trips in the nearby Lyngen Alps. After thoroughly enjoying the winter lights of the city and the spectacular Lyngen Alps, you journey to Senja. This beautiful wild island is a fantastic rural destination for increased chances of seeing a truly beautiful display of the Northern Lights.

 <b>Region</b>	Senja Island Tromsø and the Lyngen Alps
 <b>Activity</b>	Snowshoeing The Northern Lights Winter
 <b>Duration</b>	8 days
 <b>Code</b>	ENORL18VA
 <b>Price</b>	From €1,395
 <b>Level</b>	2/5
 <b>Comfort</b>	4/5

## ITINERARY

### 📍 Day 1 **Welcome to Norway**

Rendez vous at your accommodation in Tromsø. This cultural city, north of the arctic circle has an interesting history and is renowned as a viewing point for the Northern Lights. Dinner and evening at leisure.

*Accommodation: Guesthouse or hotel*

*Meals not included*

### 📍 Days 2 to 3 **Optional Excursions**



Explore the surrounding area or enjoy the charming small city of Tromsø which is very lively during the winter. There are lots of museums to visit like the Polar Museum which retraces the history of Arctic Explorers. We recommend taking a detour to the Arctic Cathedral and riding the Fjellheisen cable car up to Mount Storsteinen (420m) where you can admire panoramic views of the city, waterways and surrounding mountains.

We have a variety of possible excursions to enhance your stay in Tromsø

- Safari at sea, by boat or zodiac

- Reindeer safari with sami lunch
- Aurores Boréales : Shorter and longer excursions possible
- Northern Lights encampement experience
- Snowshoe rental (without guide)
- Snowmobile Safari
- Dog sledding

You can find more information about these activities under the 'PERIOD & BUDGET' tab. Please note that all excursions options are weather dependant and, although Tromsø is a fantastic place for observing the Northern Lights, there is no guarantee that you will be able to observe this natural phenomenon.

Warning: cetacean sightings in the area of Tromsø and Senja are not guaranteed. In the past year, whales have remained further north making it very difficult to observe them in the Tromsø and Senja areas.

*Accommodation: Guesthouse or Hotel*

*Breakfasts included*

### 📍 Day 4 **Tromsø / Finnsnes / Mefjordvaer**



It is a 75 minute crossing from Tromsø to Finnsnes on the island of Senja (Saturday at 3pm or Tuesday at 4:15pm). From here, is a hour scenic drive to your accommodation passing some of Senja Islands most beautiful features.

*Accommodation: Apartment*

*Breakfast and dinner included*

### 📍 Day 5 **Senja Island**



After breakfast, you join your guide and a small group of travellers to make the most of the daylight hours and enjoy a snowshoe outing exploring the fabulous surroundings.

If you want to discover Senja Island with sled dogs, then you can opt for the husky version of this outing\*\* (150 € extra / person)

At the end of the day, after a hearty Norwegian dinner, your guide create a poetic moment immersing you in the wild arctic environment. Then, you can join your guide on a magical outing in search of Aurora borealis on this Northern island without any light pollution...

*3 hours of daylight snowshoeing or hiking depending on the conditions*

*2-3 hours Northern Lights outing*

*Accommodation: Apartment*

*All meals included*

#### 📍 Day 6 **Senja Island**



After breakfast, you leave by boat to further explore the island and its coast with the group and your guide. This unusual exploration showcases how the landscapes appear to vary dramatically with the changing light conditions. This afternoon, enjoy a relaxing moment in a Nordic bath or sauna and connect to the peaceful secluded environment around you. After dinner, your guide will propose a bus journey or hike to enjoy the surrounding landscapes and tell you about nature on Senja Island. Possibility to relax in a sauna upon your return.

*3 hour boat trip*

*Accommodation: Apartment*

*All meals included*

#### 📍 Day 7 **Mefjordvaer / Tromso**



After breakfast (10am) we leave for Finnsnes (1 hour). From here, you board a Hurtigruten boat which arrives at Tromso at 2;30pm. Make your way to your accommodation and enjoy a final evening in this intriguing city.

*Accommodation: Guesthouse or Hotel*

*Breakfast included*

#### 📍 Day 8 **Farewell Norway**

Make your way to the airport by bus or taxi for your return flights.

*Breakfast included*

*The details in this programme are regularly updated but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or*

compensation.

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

### Price

**From €1395 per person for 2 travellers**

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- Accommodation in double or twin rooms
- Your Hurtigruten boat transfer Finnsnes-Tromsø
- Vehicle transfers between Finnsnes and Mefjordvaer
- Breakfasts in Tromsø
- Full board in Mefjordvaer from dinner Day 4 to breakfast Day 7
- All activities detailed in your programme, lead by a qualified, English-speaking, guide

### Not included

- International flights
- Registration fee: €18 (free for under 12s)
- Airport transfers
- Transfers to Tromsø Port
- Boat transfer Tromsø / Finnsnes (320NOK~35€/pers)
- Drinks, tips and meals not included/mentioned in the programme

### Additional Options

Please let us know if you would like to reserve any of the following optional activities

- **Snowmobiling:** Explore the Skibotn Valley by snowmobile and enjoy alternating views of the Lyngen Alps and the Arctic Sea...  
- 7 hour excursion - from 195 € / person (2 people / 1 snowmobile)
- **Dog-sledding:** Drive your own dog-sled and become a Norwegian Musher through simply stunning landscapes...  
- 7 hour excursion - from 195 € / person (2 people / 1 sledge)
- **The Northern Lights Excursion:** Leave the city and increase your chances of seeing the dancing lights under expert supervision...  
- 5-6 hours from 105 € / person OR 6-10 hours from 170 € / person
- **Northern Lights Encampment:** Leave the light pollution of the city behind and spend the night in a charming Lavvu tent with a fire beneath the northern lights...  
- Overnight from 210 € / person (2 people)
- **Reindeer safari with sami lunch:** Discover sami traditions in the heart of the mountains among the peaceful reindeer of the Lyngen Alps...  
- 4-5 hours from 165 € / person
- **Self-guided snowshoeing:** Further explore the arctic world around Tromsø on snowshoes and hike up to stunning viewpoints...  
- 4 hours from 70 € / person
- **Whale-watching boat trip:** Explore Norway's famously dramatic coastline and cruise through waters where whales frequent...  
- 5 hours from 130 € / person

### Notes

#### Explanation of difficulty level

**LEVEL 2 Easy**

Pace: Easy to moderate

Daily walking time: 3 to 5 hours

Daily elevation: 500 m

Preparation: One month before departure, you improve your stamina by training once a week.

Experience: Good physical condition

You are in good physical condition. You like to walk several days in a row, at an average of 3 to 5 hours per day (6 to 14 km) with vertical differences of up to 500 meters. You prefer simple accommodation, even rustic or short camps in base camp.

**Please note: As this is a self-guided trip, this active adventure can be adapted by yourself to be as challenging or relaxing as you wish.**

## ***Terms and conditions***

---

### ***Booking conditions***

Booking a trip with Altai Norway implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

### ***Invoice procedure***

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

### ***Cancellation policy***

If for any reason you have to cancel your trip, we require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

### ***Special cases:***

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact Altai Norway in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altai Norway may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer

than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

---

We strongly recommend that you take out personal travel insurance for your trip with Altaï Norway as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### **Staff**

Armed with an abundance of experience and a wealth of knowledge our professional Altai Norway team know the country inside out. Our activities are lead by our qualified guides who are all English-speaking, all practicing outdoor practitioners and all incredibly passionate about Norway, the country they are based in for several months a year.

### **Food**

Breakfasts are included and served at your accommodation, in Tromso.

Full-board is provided throughout your time in Mefjordvaer. You will have the chance to sample traditional Northern Norwegian cuisine in a local restaurant.

### **Accommodation**

#### **Tromso**

##### **Guesthouse**

5 minutes walk from the city centre with views of the city. Friendly atmosphere and simple rooms with shared bathrooms or a private bathroom. A typical Scandinavian style breakfast buffet is served each morning. You have access to a fully equipped shared kitchen so that you can cook and prepare your meals as you wish. There is a living room where you can watch TV and benefit from other luxuries like WiFi.

##### **Hotel**

Tromso has several 3 and 4 star hotels in the city centre. Scandinavian style, standard double or twin rooms with modern comforts. A typical Scandinavian style breakfast buffet is served each morning.

#### **Mefjordvaer**

Stay in a comfortable apartment facing the sea. Each apartment includes a bedroom, a bathroom, a kitchenette and a living area.

### **Transportation**

Airport transfers are not included in the trip price. Tromso airport is around 10- 15 minutes from downtown Tromso. Transfer possible by bus or taxi.

### **Budget & exchange**

#### **The currency is the Norwegian Krone (kr)**

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw the local currency from in-country ATMs and payment by card is widely accepted. Please budget for meals and transport as necessary, drinks, tips, museum entry fees and other personal expenses.

### **Tips**

Although the custom is not widespread here, if you are satisfied with the services of your guide, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### **Supplied equipment**

For the guided section of this trip, will provide you with:

- Snowshoes
- Warm snow boots (Sorel)
- A quality winter jacket and overtrousers (to wear in addition to, not instead of, your warm clothes)

For additional activities:

- For snowmobiling and dog-sledding: Warm over-layers (jacket with hood, trousers, boots and helmet)
- For the Northern Lights Camping excursion: Sleeping bags and reindeer skins are provided

### **Vital equipment**



- Several sets of good thermals - tops & long johns (it is useful always have spare dry thermals at hand)
- A ski mask
- Sunglasses (high quality protection)
- A warm wind and waterproof jacket
- Suitable warm trousers - windproof ski style, soft shell or fleece lined mountaineering trousers are ideal
- Suitable underwear, t-shirts and walking trousers
- Warm jumper(s) and jacket(s)
- Sun cream for face and lips (not water based, water freezes)
- A headtorch and spare batteries
- Warm thick socks
- Gloves - multiple pairs of under and over gloves - think warm, waterproof and windproof
- A warm hat
- A balaclava
- Appropriate neck wear like a warm buff
- Any personal medication
- Towel & toiletries
- A thermos/suitable water bottle
- A sleeping bag liner
- Warm snow boots

## **Material**

---

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm

Winter in Norway can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, even underwear and gloves
- Wear multiple layers including:
  1. A warm breathable base layer
  2. A second thermal layer
  3. Wind and waterproof protective out layer (we provide an additional quality jacket and over trousers).

## **Helpful equipment**

---

You may also consider packing

- A pair of warm comfortable shoes for evenings in town
- Your swim stuff
- Extra gloves/overgloves
- An extra jumper/fleece jacket
- Wetwipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- Tissues

## **Luggage**

---

Please bring a **small rucksack** to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a **larger bag** to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

## **Medicine**

---

Your companion has a first-aid kit during the tour. However, we recommend that you bring your medications:

- Personal medication
- Anti pain medication Paracetamol
- Diarrhoea drugs
- Intestinal dressing
- Sun screen with strong protection for the lips and the skin
- Eye drops for the eyes
- Moisturizing cream for the treatment of superficial burns (blisters and sunburns)
- An adhesive elastic banda box of adhesive plasters and disinfectant compresses
- Double skin for blisters

## **Passport**

---

Most travellers require a passport that is valid for at least three months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Norwegian government: [www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709](http://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709)

## **Visa**

---

Most travellers of EU states do not need a VISA to visit Norway, as Norway is part of the Schengen agreement. This does not apply to travellers of other nations. It is your responsibility to confirm your specific visa requirements. You can check the following web site of the Norwegian government: [www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709](http://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-709)

## **Mandatory vaccines**

---

There are no specific health risks.

## **Weather**

---

In winter, the weather in Northern Norway is subject to frequent changes. This part of Norway, the Arctic Zone, benefits from a surprisingly pleasant micro climate. At a latitude of 68° North and 300km North of the Arctic Circle, summer here is relatively mild with average temperatures of around 14°C (57°F). However, it is humid and does rain regularly. Good quality (breathable with sealed seams) rain clothing, jacket and trousers are paramount.

Keep in mind this Norwegian proverb when packing: 'There is no bad weather, only bad clothing'

## **Electricity**

---

In Norway, the standard Europlug (Type C & F) with two round prongs is used and most of Scandinavia uses 220 volts.

## **Local time**

---

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Savings Time (DST) is observed.

## **Sustainable tourism**

---

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it

5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.

If you have any questions regarding how to be a responsible traveller or concerning any other subject, please do not hesitate to contact us.