



## Arnøya – Sample Programme

This is a sample programme, which may vary considerably. The exact programme will depend on the prevailing weather and snow conditions (which can be changeable due to the maritime influence), group experience and aspirations.

### Arrival Day:

**Timing TBC:** Arrive in Tromsø (TOS) and onward transfer to **Raddisson Blu Hotel**, Tromsø.

**1800: Provisions Shop**, last minute provisions and hill snacks for day 1 transfer and ski tour.

**1830: Pre-course meeting** to introduce Off Piste Performance staff, the area, as well as review weather and avalanche conditions. We will also carry out a kit check and discuss rescue and emergency procedures.

Guidebooks and maps will be available to give an overview of the area along with suitable objectives for the week. We will also discuss aims and aspirations to accommodate these during the week.

**1930: Dinner.** We will eat locally in Tromsø. This will provide another opportunity to discuss any aims, aspirations, ask questions or make any last minute requests.

### Day 1:

#### Transfer to Arnøya and short ski tour.

**0630: Breakfast.** A full breakfast will be available at the Raddisson Blu Hotel prior to an early departure to Arnøya.

**0730: Departure.** The transfer to our accommodation on Arnøya will take approximately four hours with two ferries crossing the Lyngen Peninsula, mainland Nordreisa and the island of Kågen. Finally another ferry crossing takes us to Arnøya.

This first travel day also includes a “shake down” short ski tour. The location will be selected with respect to the weather, prevailing avalanche conditions and the nature of the group. Objectives such as Breikågen (683m) and Giilavárri (1163m) make ideal choices in good weather.

The main aim will be to test our ski equipment, and provide a suitable warm-up.

**1800: Arrival** at our base, **Lauksletta Overnatting**, Arnøya.

**1930: Dinner** These trips are catered on a full board basis for the rest of the period of our stay on Arnøya.

## **Days 2-5:**

### **Ski touring on Arnøya**

The main aim of the programme will be to do day ski tours on the island of Arnøya. There are a wide variety of mountains available in this area, which is easily accessible by road. "Ski to the sea" opportunities abound and it is frequent to have the mountains to ourselves.

A short practical session on avalanche rescue procedures is likely to take place on this day, as a refresher or introduction to the subject.

Objectives and associated timings for each day will be chosen and scheduled to meet the weather, avalanche conditions, aims and aspirations of the group. A typical day is likely to have the following format:

**0730: Breakfast**

**0830: Briefing**

**0900: Departure**

**1600-1700: Return** to our base at **Lauksletta Overnatting**, Arnøya

**1615/1715: Tea & Cake (Fika)**

In previous years groups have skied: Singeltinden (743m), Rundhaugen (548m), Lyngnestindan (872m), Trolltinden (850m), Breikågen (683m). Summits such as Kjelvågtinden (1104m), Uløytinden (1116m) and Storhaugen (1142m) are good options out with Arnøya.

## **Day 6:**

### **Transfer to Tromsø and ski tour**

An early start will be required for the return to Tromsø, with a ski tour on the way. Objectives on Uløya and in Nordreisa are the preferred choice.

### **Departure Day:**

Transfer to Tromsø (TOS), and departure.