



Kvaløya – 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 and onward transfer to **Ersfjordbotn Kystferie**, Ersfjordbotn.

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 sit down together to enjoy some good quality home cooked food, from the Off Piste Performance catering staff. These trips are catered on a full board basis. This will provide another opportunity to discuss any aims, aspirations, ask questions or make any last minute requests.

Day 1 – 6:

Ski Touring on Kvaløya, with possible excursions to Senja, Mainland Troms and Lyngen.

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. A continental style breakfast will be available. Sandwich making materials and snacks for packed lunches will also be available allowing you to select your meal for a day on the mountain.

0830: Briefing to introduce the venue and groups for the day. This first day often takes the form of a “shake down” day, the location being selected with respect to weather, prevailing avalanche conditions and the nature of the group.

0900: Departure for a day in the mountains. A good selection of objectives can be found a short drive away from our base in Ersfjordbotn. On the first day we select a local mountain where we can take the opportunity to test our ski equipment and provide a suitable warm-up. A short practical session on avalanche rescue procedures is likely to take place on the first day, as a refresher or an introduction to the subject.

1600: Return to our base in Ersfjordbotn.

1615: Tea & Cake (Fika). 'To Fika' is a good old Swedish word that basically means to 'meet up, have a coffee and a chit-chat'. If you're in Norway the actual word Fika isn't really used. But the rules are the same – we will meet up to talk turns, drink tea/coffee etc.

The main aim of the programme will be to do day ski tours on the main islands of Kvaløya, Ringvassøya, and the Troms Mainland. During this week there is also the potential for a trip further afield to the island of Senja or the Lyngen Peninsula. There are a wide variety of mountains available in these areas which are easily accessible by road. "Ski to the sea" opportunities abound.

In previous years groups have skied: Buren (802m), Steinskardtinden (817m), Ullstinden (1078m), Gabrielfjellet (1206m), Tromsdalstinden (1238m), Lille Blåmannan (844m), Kjølen (790m).