



Lyngen - Oldervik – 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 **River House**, Oldervik, overlooking the Lyngen Peninsula.

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 around Oldervik, Lyngen and Troms mainland

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, allowing 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, as a refresher or introduction to the subject.

0900: Departure for a day in the mountains. A good selection of objectives can be found immediately around our base in Oldervik, and within driving distance.

The main aim of the programme will be to do day ski tours on the Troms Mainland. During this week there is also the potential for a trip(s) further afield to 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 are abound.

Objectives and associated timings for each day will be chosen and scheduled to meet the

weather, avalanche conditions, aims and aspirations of the group.

1600: Return to our base in Oldervik.

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.

In previous years groups have skied: Ullstinden (1078m), Tromsdalstinden (1238m), Stortuva (1109m), Svarthamartinden (891m), Kronstadtinden (893m), Nordfjellet (1000m), Kjølen (790m), Storgalten (1219m), Fastdalstinden (1275m) to name a few.

Departure Day: Transfer to Tromsø (TOS), and departure.