



Lofoten Islands – 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 Svolvær (SVJ) and onward transfer to **Lofoten Apartments**, Hopen.

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 the Lofoten Islands

Objectives and associated timings for each day will be chosen and scheduled to meet the weather, avalanche conditions, aims and aspirations of the groups. 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 are a short drive from our base in Hopen. A short practical session on avalanche rescue procedures is likely to take place on the first day, as a refresher or introduction to the subject.

1600: Return to our base in Hopen.

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 Austvågøya and Vestvågøya. There are a wide variety of mountains available in these areas, which are easily accessible by road. "Ski to the sea" opportunities are abound. At least one day may be spent further to the west on Flakstadøya or Moskenesøya.

In previous years groups have skied: Kleppstadheia (534m), Varden (790m), Rundfjellet (803m), Torskmannen (755m), Kvittinden (696m), Pilan (828m), Sautinden (596m), and Hellostinden (573m), Ryten (543m) to name a few.

Departure Day:

Transfer to Svolvær (SVJ) or ferry terminals and departure.

Bad Weather Days

The Lofoten Islands are well known for their changeable weather. While we anticipate ski as much as possible at least one day may be lost to the weather. It has to be said that the Lofoten Islands are of striking beauty regardless of the weather. Trips to various tourist destinations or experiences can be offered if required, examples of which include: The Viking Museum, and the famous fishing village of Henningsvær.