



## Senja – 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:

Arrive in Tromsø (TOS) and self-transfer to **Clarion Edge Hotel**, Tromsø.

**1500: Meet IFMGA Mountain Guide at Clarion Edge Hotel.** Journey to Senja by road and ferry, crossing the island of Kvaløya. An alternative exists purely by road via Finnsnes. Total journey time is around 3.0 hours.

**1900: 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.** These trips are catered on a full board basis.

### Day 1 - 6 Ski touring on Senja

The main aim of the programme will be to do day ski tours on the island of Senja. There are a wide variety of mountains available on the island which are easily accessible by road. "Ski to the sea" opportunities abound with reliable snow cover.

A short practical session on avalanche rescue procedures is likely to take place at the start of these days, as a short 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 groups. A typical day is likely to have the following format:

**0730: Breakfast**

**0830: Briefing**

**0900: Departure**

**1600-1700: Return** to our base at Hamn i Senja.

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

**1900: Dinner**

Objectives may include summits such as Keipen (938m), Stormoa (975m), Store Hesten (874m), Kvænan (964m).

**Departure Day: 0730 departure from Senja to arrive in Tromsø by 1200.** Transfer to Tromsø (TOS), and departure.