

# NORWAY LYNGEN SKI TOUR Itinerary

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Ski touring adventures in Lyngen, Norway. This trip has been specifically designed to showcase the best that Lyngen has to offer. Based in a comfortable sea-side lodge, you will experience some of the best skiing to be had from summit to sea. Return to our lodge each day and enjoy relaxing in the hot tub with endless ocean views of the famous Norwegian fjords. This trip is for experienced skiers with a good foundation knowledge of ski touring.

Please note this is a suggested itinerary only. While we try and stick to the tried and tested itinerary below, the mountain and the weather sometimes has other ideas. You must be capable of sticking to the required group pace in order to complete the tour. If ability or fitness is hindering the trip, you may be asked to drop out of some of the longer days.

### DAY ONE: **ARRIVAL DAY**

Travel day. Arrive in Tromso and be picked up at the airport by our local guide. You will have time to sort out any rental equipment before driving to the lodge. Dinner and guide briefing at the lodge.

#### DAY TWO: **FIRST DAY**

After breakfast we'll head out and discover the current conditions and general ability of the group. We'll ski something classic nearby, to get a feel of the conditions - something like Rundfjellet or Steinfjellet.

# **DAY THREE:** SOUTH SIDE

Today we can head further out and explore the south side of the North Island. There is a fun apres-ski at a lodge at the end of the tour where we can stop by.

#### **DAY FOUR: GO FURTHER**

We can push for a bigger day today as we'll have mileage in our legs by now. Somewhere around Koppangsbren is always a great day out.

## DAY FIVE: Culmination day

Open day for the group to decide on a big objective, or to perhaps ski something that wasn't possible earlier in the week.

#### DAY SIX: ONE LAST ADVENTURE

Today we leave the lodge, go for a ski tour during the day either on the North Island or on the mainland, before driving to Tromso in the late afternoon and checking in to our hotel for the night.

#### DAY SEVEN: DEPART

Transfer to the airport and catch a departing flight.