

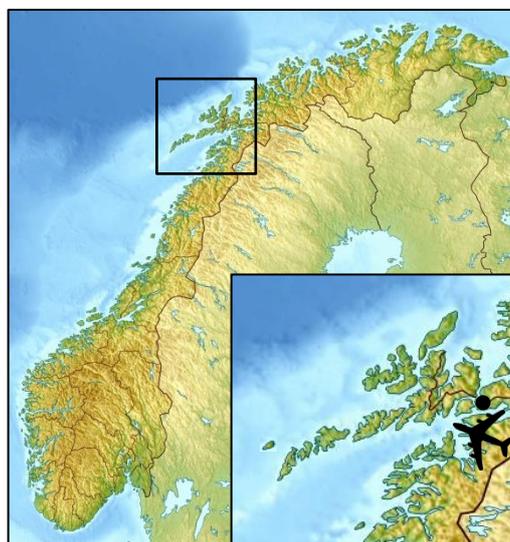
# Arctic Adventure

## ~ Hinnøya & Lofoten ~

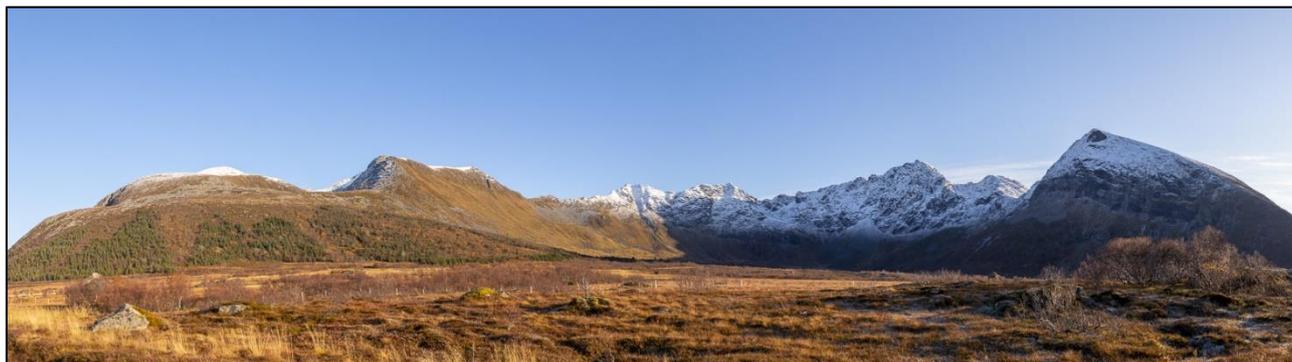
Sunday the 2<sup>nd</sup> of May to Sunday the 9<sup>th</sup> of May 2021

Join me on this week long arctic mountain adventure on the archipelagos of Hinnøya and Lofoten which lie 170 km north of the Arctic Circle between 68 and 69 degrees north. During the week we will trek in the mountains, ascend summits and traverse exciting ridge lines. At the end of April and into May, there are 18 hours of daylight and winter is becoming spring. The typical temperature at sea level is 4 to 6 degrees Celsius and this is the driest time of the year. Chances are good for us to be blessed with breathtaking views of this unique part of the world.

During the week, we will stay at bed & breakfasts and in self-catering mountain lodges where an integral part of the holiday will be to share the cooking of hearty meals over a gas burner and relaxing by a roaring wood burning stove while snacking on local air-dried cod - stockfish.

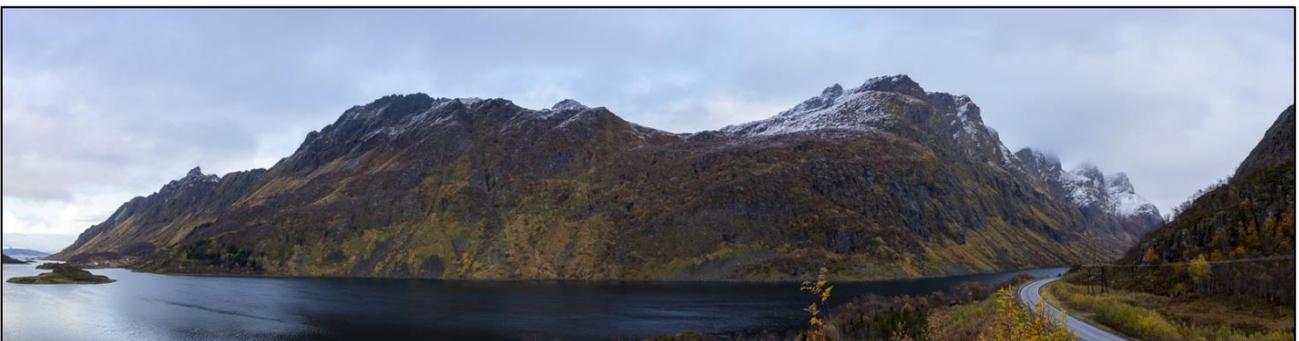


Our itinerary will be flexible which will allow us to pick the best walks to suit the conditions and our ambitions, but the targets will be dramatic mountain circuits such as Snøtinden (980m) and Fiskefjordtindan (999m), Snyttinden (996m) and Møysalen (1262m - the archipelagos highest peak), Haveren horseshoe from Bø, Barstrandfjellet horseshoe, Tønsåsheia (769m) from Nusfjord, Vollandstinden (457m) above Fredvang and Ulvstinden (902m) on Moskenesøya.





The trip costs £1070 / €1160 / \$1340 per person which covers all expenses after meeting up at Evenes airport (Harstad/Narvik - EVE) including all in-trip transport, 7 night's cabin accommodation in shared rooms with bunk beds in at bed & breakfasts, all food and drink, and guiding/instruction. Members of the Norwegian Tourist Association DNT achieve a £75 / €80 / \$90 discount. The price does not include your airfare or travel to and from Evenes airport or visas for travel to Norway if required. To book a place please return the booking form attached. Upon receipt of your form, information will be sent to you regarding payment of a deposit of £240 / €260 / \$300. Once your deposit is received then your place on the trip is secured. See the terms and conditions on the website. The remaining balance is due 8 weeks prior to departure. The number of participants is limited to four. The necessary clothing and equipment is shown on the attached list. I can give advice if you are planning to buy kit for the trip. If you would like to hear more about the trip, or would like to book a place, then contact me via e-mail [guide@mountain-environment.com](mailto:guide@mountain-environment.com) or call me on +45 20 61 29 24 (please leave a message if I don't pick up).



# Clothing & Equipment List

## Clothing

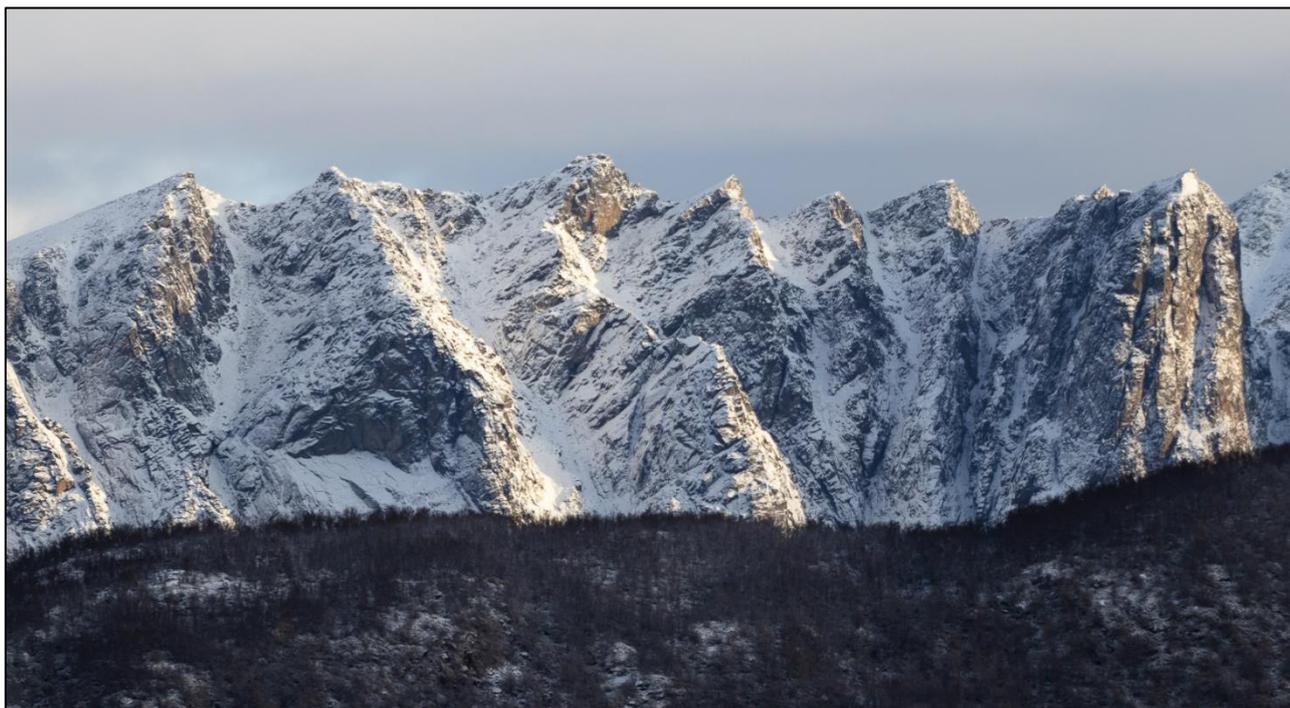
- Walking socks (preferably 2 pairs)
- Walking trousers (lightweight, quick drying and preferably windproof)
- T-shirts (preferably long arms and wicking)
- Fleece top or similar second layer
- Fibre jacket or similar warm layer
- Wind and waterproof outer clothing (jacket and trousers)
- Gaiters
- Hat
- Gloves
- Robust walking boots (not trainers or similar soft footwear)
- Ordinary underwear, clothing and shoes for travel and evenings

## Equipment

- Rucksack (with waterproof liner and/or rain cover, ~45 litre)
- Walking poles (optional)
- Headtorch
- Sunglasses
- Water bottle ( $\geq 0.75$  litre)
- Flask (0.5 or 0.75 litre)
- Personal first aid kit including lip balm, sun cream, Compeed, painkillers etc.
- Compass

## Other

- |   |  |
|---|--|
| <input type="checkbox"/> Passport                       | <input type="checkbox"/> Camera, mobile and chargers |
| <input type="checkbox"/> Travel tickets                 | <input type="checkbox"/> Mains adaptor               |
| <input type="checkbox"/> Travel insurance documentation | <input type="checkbox"/> Toiletries                  |
| <input type="checkbox"/> Norwegian kroner               | <input type="checkbox"/> Towel                       |
| <input type="checkbox"/> Credit card                    | <input type="checkbox"/> A book                      |
| <input type="checkbox"/> Watch                          |  |



## Booking Form

Trip/course title: **Arctic Adventure ~ Hinnøya & Lofoten ~**

Date: **2<sup>nd</sup> of May to the 9<sup>th</sup> of May 2021**

Please fill out the form with block capitals.

Full name (as stated in passport):	Date of birth (dd/mm/yy):
Address:	Nationality:
E-mail:	Telephone mobile (with international code):
DNT membership number if you have one:	
Special dietary requirements:	
Handicap, illness or use of any prescribed medicine:	
Next of kin (name, telephone & relation - by giving this information you agree that you have made the person aware of and have their accept for stating them as a contact person here):	
Travel insurance details (company name, policy number & emergency contact telephone number):	
I have read, understood and accept the terms & conditions (signature):	Date (dd/mm/yy):

This page should be filled out then scanned or photographed with a mobile phone and returned by e-mail.