



Tromso (Norway) Ski Touring Expedition

22-29 April 2025



Introduction

We ran this fantastic trip in 2024 and are thrilled to offer it again in 2025. This guided ski touring expedition to the Tromso area of northern Norway is the destination on every ski tourers' bucket list! The 2024 team achieved 6 fantastic summits and skied every day. They traversed 2 of these summits (some car jockeying involved) and skied in 4 main areas (see the map below) so they really got to appreciate the diversity and beauty of the wider Tromso area. All the photos of skiers in this document are from the 2024 trip. Scroll back to our June Instagram posts for more photos, videos and drone footage of the '24 team's successes.

<https://www.instagram.com/wildmedtraining/>



The 2024 team (age range 32 – 61, 3 men, 3 women) said this:

- ❖ *Massively enjoyed the company, the touring and the trip as a whole!*
- ❖ *Thanks for organising a brilliant trip Luc & Baz - hugely enjoyed!*
- ❖ *Super trip!*

Outline - 2025 trip

The 2025 trip includes **6 days on snow** for a maximum of **6 participants** with **2 staff** including an internationally qualified IFMGA mountain guide and ski instructor. Intimate, adventurous and relaxed is the theme. No lifts, no crowds and no limit to the beautiful mountain objectives at our feet, all easily accessible by first-class infrastructure that enables awesome sea to summit skiing.



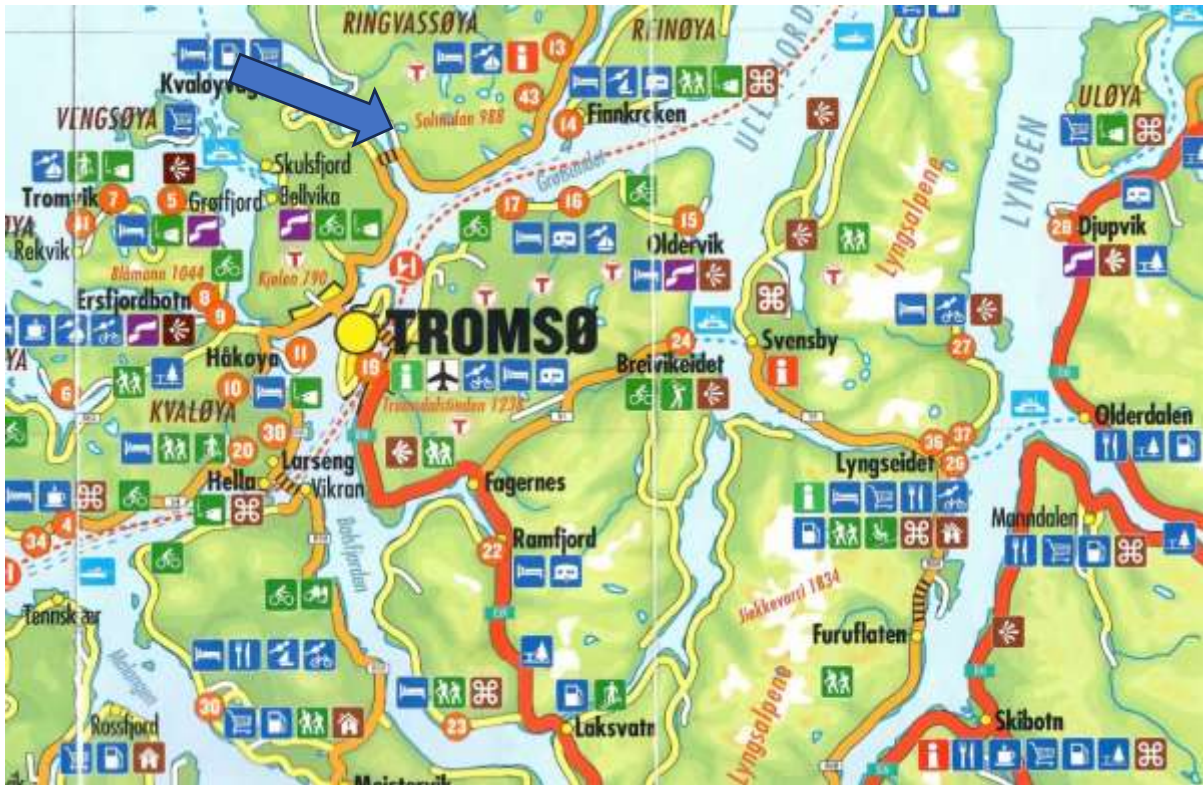
The skiing is more fun and less hard work than in the Alps. Low altitude and more O₂ means everyone is stronger from day 1. Eighteen hours of daylight at the end of April means great flexibility to dodge poor weather. This ski touring trip is open to anybody who meets the experience criteria. There is no medical training component to the expedition.

Participants need to be **fit, competent off piste skiers with a week of ski touring experience** who will embrace the group living and catering style of this trip. Telemarkers are welcomed but we're sorry that we can't accommodate split boarders.

Overview of local geography and skiing potential

Ski Touring in Troms is the title of Espen Nordahl's excellent guide book. Tromso is the 8th largest Norwegian city but only has a population of 72K. Tromso is beautifully nestled on the sea and surrounded by easily accessible and attractive hills and mountains that are up to

1200m high. There are fine peaks around **Tromsø** itself. Lying 25 minutes away and west of Tromsø is the island of **Kvaløya** (no ferry needed) with dozens of peaks overlooking spectacular fjords. East of Tromsø is the **Lyngen Alps**. Lyngen (North) lies across the ferry to Svensby and has very inviting modest peaks (800m ascents) and bigger mountains. Many mountain objectives are sea to summit peaks; we park on the shoulder of the coast road and usually put skis on at the vehicle, skin to the top and ski down. Our 2025 cabin is on the island of **Ringvassøya** by the blue arrow, 25 minutes from the airport (and accessible via an undersea road tunnel). The 2024 team skied ALL the areas highlighted above in red.



Here's why ski touring in Norway is different from the Alps:

- ❖ Loads of daylight takes the pressure off of early starts and allows for more tactical decisions to head out when the weather is best, which can be late morning.
- ❖ No cable cars = no stress, queue busting and added cost for lift tickets.
- ❖ Daily temperatures don't vary as widely as the Alps so the snow doesn't transform as radically through the day, especially on north facing slopes.
- ❖ Starting from sea level means MORE oxygen. Skiers feel stronger from day 1 because there are no acclimatisation issues.
- ❖ Far fewer people. There may already be a skinning track up the more popular peaks but slopes rarely get skied out. Fresh tracks! "Popular" is relative; the local skiing population is small (but keen!).

- ❖ A typical day may be 4-5 hours of activity (plus travel).
- ❖ There is very good, more mountain/aspect specific avalanche forecasting.



From our cabin on the island of Ringvassoya there are many fantastic peaks within a very short drive on the island itself, on Kvaloya and around peaks overlooking Tromso.

A typical day would involve up to 1000m of ascent and 4-5 hours of activity. There are various “wet” weather lower routes that give us options to get out skiing. We might also travel east to Lyngen to tick off a classic route there. The long Arctic sunny spring days gives us huge flexibility. In April, the locals go out ski touring after work until very late in the day.

In summary, the attraction of skiing in the Tromso area is the beauty of the peaks against the backdrop of the sea and fjords, a huge choice of objectives (of moderate difficulty but varying height and aspect) that require good off piste but not “steep” skiing skills that are accessible via excellent roads and ferries. The latitude and weak sun deliver good snow conditions throughout the day, starting at sea level in an oxygen rich environment.





Key facts, dates & outline daily itinerary

Maximum number of participants: 6

Dates: Tuesday to Tuesday **22-29 April** 2025 (with 6 days ski days 23-28)

Day 1 – Arrive Tromso late afternoon/early evening under own flight arrangements. Picked up by WMT and conveyed to the cabin (25 mins drive).

Day 2 – Collect pre-ordered ski hire gear. Warm up ski tour.

Days 3-6 – Ski touring each day. There are familiar favourite routes we may ski, poor weather peaks up our sleeve and plenty of route objectives to choose from.

Day 7 – Final ski tour. Return hire gear.

Day 8 – Transfer to airport to depart on early flights

Ski level & touring experience required

This is the most important passage in this dossier!

Participants must be FIT and COMPETENT off piste skiers with a week of ski touring experience so we are assured you have a good idea of the physical demands of skinning uphill for 1000m several days in a row. Of course, rest days are an individual option.

Ski equipment & local gear rental

For clients who need to rent equipment, **Tromso Outdoor** has top quality gear. We can get you to the shop on day 2 and back in time to return hire gear on day 7.

<https://rental.tromsooutdoor.no/products/2056/ski-touring-package>



Your WMT team

Luc Bellon will be the trip guide. He is dual qualified and holds the coveted IFMGA international mountain guide qualification and is also an internationally qualified ski teacher. Luc guides WMT's Mountain Medicine on Skis courses too. He was previously a professional rescuer with the Chamonix helicopter rescue service - PGHM. Luc guided the 2024 Norway trip



WMT's founder and Commercial Director **Barry "Baz" Roberts** will be the trip leader. He has skied for many decades, was a ski patroller in Canada and qualified some years ago with BASI as an Alpine Ski Instructor. He has lived in Chamonix for 25 years and skied extensively in this area and completed many obscure and classic ski tours (haute route to Zermatt a few times and skied Mont Blanc twice). He's done a lot of wild, expedition skiing, including leading 3 ski expeditions to Greenland (one in winter), and he has skied in Pakistan, Nepal, Tibet (to 7000m) and Morocco. He is co-author of Staying Alive Off Piste and author of the Avalanche chapter in the OUP Handbook of Expedition and Wilderness Medicine 3rd edition. He manages all the WMT Chamonix Mountain Medicine on Ski courses. This will be his 4th Norway trip.

Catering

You'll enjoy healthy and hearty options for self-service breakfasts (or hot breakfasts - scrambled eggs, pancakes etc. - on days with a more leisurely start), picnic lunches and filling homecooked evening meals plus a free-flowing hot brew station. Prospective

participants should discuss any dietary needs with WMT before booking. Baz is a keen cook who manages the catering. Help with kitchen chores, peeling and washing up would be greatly appreciated. Supervision and marigolds supplied!



Accommodation & cabin basecamp

The cabin pictured is our basecamp for the week. Its location is ideal and conveniently gives us easy access to great skiing, supermarkets, the airport and Tromso itself. Here we'll eat and sleep together, relax, read, snooze, play board games and enjoy the sea view, sauna and outdoor deck when we're not out skiing! Local cabins have small bedrooms and lofts so please don't expect salubrious private sleeping quarters. We prefer the spirit of living under the same roof in an authentic, scenically positioned rustic cabin rather than in soulless hotel rooms.



The cabin offers:

- Sea views and west facing (evening sun) outdoor decks
- Plenty of lounge space and sofas, fireplace
- Outdoor sauna
- Wi-Fi
- Washing machine
- Linen & towels

What to bring?

We'll issue a full check list and detailed advice but broadly you'll need:

Ski gear:

- Touring skis with skins and ski crampons (couteau), boots & poles
- Helmet
- Avalanche transceiver
- Avalanche shovel and probe
- Ski backpack
- Lightweight crampons, axe, harness
- Eyewear – goggles & sun glasses

Ski clothes: a range of gloves, ski pants, softshell pants and jackets suitable for cold and spring conditions including waterproof pants/jacket.

Other: personal snacks, alcohol, personal toiletries, blister pads, sun cream, water bottle, pyjamas and slippers, minimal street clothes, reading material, iPad etc.



Flights

Flights to Tromso always require stops on the way and travel takes the best part of a day. Start by using www.skyscanner.com to research options and costs (about £350 - £450 from the UK). Please don't book flights until we issue you further advice. Preferable to take inbound flights that arrive late afternoon or early evening (not late evening).

Fees & terms & conditions

The fee is **£2050**.

What's included in the fee?

- ❖ 6 days of guided skiing (with ski coaching and mountain safety training)
- ❖ Accommodation – 7 nights in shared rooms / loft in the cabin
- ❖ All meals / packed lunches
- ❖ Transportation in our rental cars including ferries, tolls and fuel
- ❖ Airport pickup early evening on day 1 and an early airport drop off on day 8
- ❖ Loan of a transceiver if needed
- ❖ Group mountain safety equipment (maps, GPS, survival shelter, first aid kit, ropes/hardware, repair kit/spares)
- ❖ WMT certificate of attendance



What's not included?

Anything NOT expressly mentioned above including;

- ❖ Personal equipment & clothing
- ❖ Travel insurance (see www.snowcard.co.uk – *Adventure* level of cover)
- ❖ Flights
- ❖ Personal snacks & soft drinks, mixers, alcohol



What next if you have questions or want to join us?

- ❖ Please arrange a call to discuss your interest – Barry is best reached on 07967 032930. Message, WhatsApp or call anytime! This informal chat is essential so we can build a team with comparable expectations and ambitions.
- ❖ When we invite you to join us, we'll issue a deposit request for £500 to hold your place. Please discuss with us any personal issues with securing leave etc. before you can financially commit.
- ❖ The trip needs 5 participants to make it viable. If we don't reach that number and cancel the trip all deposits will be refunded in full.
- ❖ When will we have a "go – no go" decision? As soon as we have 5 deposits! There's lots of interest so we're confident the trip will fill fairly quickly.
- ❖ Once the trip is confirmed, any fees paid will NOT be refundable due to the challenge of re-selling places for such a specialist trip. You'll be made aware of all terms and conditions in advance of paying a deposit.
- ❖ The balance of fees (£1550) is due 1st February.



I hope this note entices you to consider this unique "bucket list" opportunity to ski Norway!

I'm sure there will be questions so let's chat. Call me anytime on my personal mobile 07967 032930 or email wmt@wildernessmedicaltraining.co.uk to arrange a call.

Join us. It's magic!

Best wishes,

A handwritten signature in black ink, appearing to read 'Baz Roberts'. The signature is stylized and cursive.

Baz Roberts

Commercial Director

Here are more fabulous photos of the 2024 trip.











