



Tromso (Norway) Ski Touring Expedition

12-19 April 2026



Welcome!

Thanks for reaching out for details of this great trip. Please read on!

Introduction

We ran this fantastic trip in 2024 and 2025 are thrilled to offer it again in 2026. “Troms” is a destination on every ski tourers’ bucket list! In both previous years, our guests skied every day and achieved 6 fantastic summits each week. All the photos in this dossier are from WMT trips. See also the web page and scroll through our Instagram posts for more photos, videos and drone footage of previous trips.



<https://wildernessmedicaltraining.co.uk/norway-ski-touring-expedition/> and
<https://www.instagram.com/wildmedtraining/>

Past guests said:

- ❖ *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 - 2026

The 2026 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 Luc Bellon. 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 ski touring. Everything from airport transfers, all food and homecooked meals, 6 days of guiding and ski coaching, transportation and rustic sea view cabin accommodation complete with wood burner and outdoor sauna is included in the fee of £2100.



The skiing feels 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 in April means greater flexibility to dodge poor weather. Local weather forecasting is really good and helps us plan the day – we're happy to have a slow start and start skiing in the afternoon to get the best weather. We cater for you so we're not on the clock to be back for meal times. This ski touring trip is open to anybody who meets the ski level and touring experience outline below. There is no WMT medical input to the expedition but often many doctors attend and

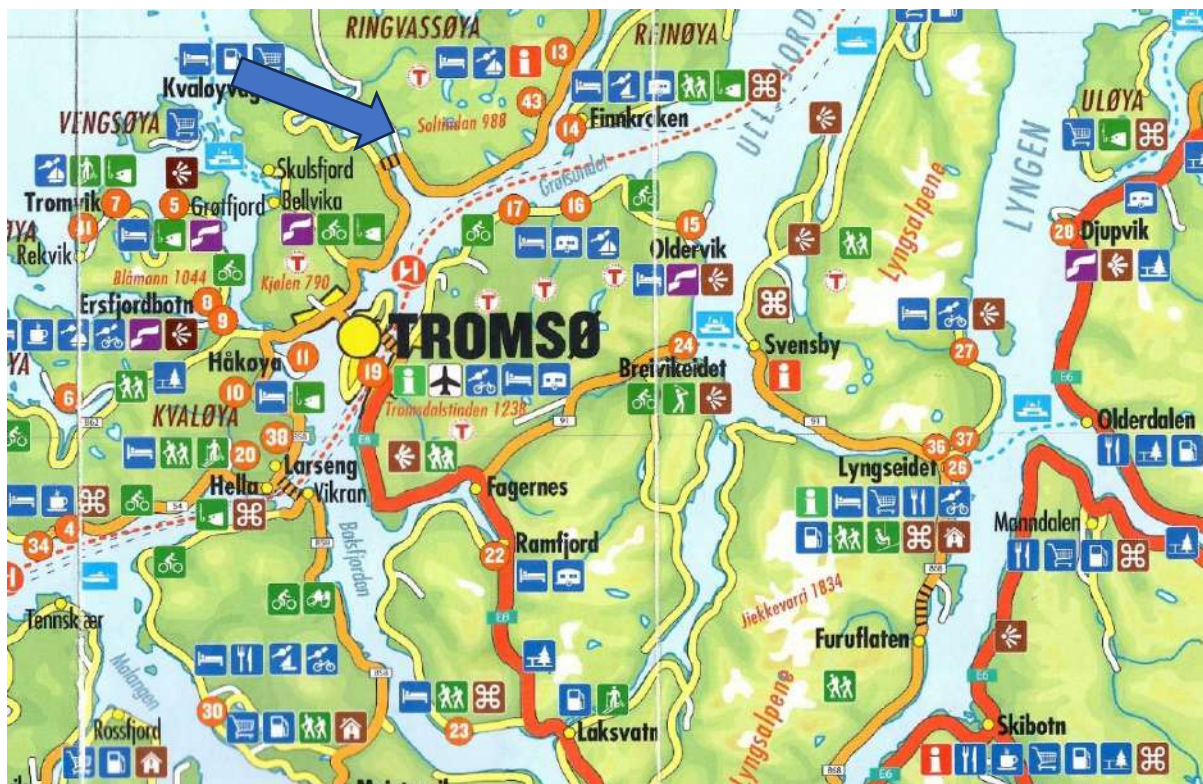
pre-arrange peer to peer learning themed around wilderness medicine to rack up some CPD points. There's always time for this for those interested.

Ski level & ski touring experience needed

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. Not all guests have their own ski touring equipment. There's a great city-centre rental shop.

Overview of local geography and skiing potential

Ski Touring in Troms is the title of Espen Nordahl's excellent guide book. Tromsø is the 8th largest Norwegian city but only has a population of 72K. Tromsø 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 beside the cars, skin to the top (usually through sparse forests initially) and ski down. We're returning to our 2025 cabin on the island of **Ringvassøya** **by the blue arrow**, 25 minutes from the airport (and accessible via an undersea road tunnel). We've skied ALL the areas highlighted above in **red**.



Here's why ski touring around Tromso 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 or mid-afternoon.
- ❖ No cable cars = no stress, queue busting and added costs.
- ❖ 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 and friendly!).
- ❖ A typical day may be 4-5 hours of activity (plus travel).
- ❖ There is very good, more mountain/aspect specific avalanche forecasting than available.



We loved the cabin we used in 2025 so we've booked it again. From the cabin on the island of Ringvassoya (big blue arrow on the map above) there are many fantastic peaks within a very short drive on the island itself, on Kvaloya and on peaks overlooking Tromsø. There's an undersea road tunnel to the island. We have 2 comfortable cars so are happy to travel – often just 20kms drive gives us better weather options.

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 to ski. We might also travel east to Lyngen and cross over by ferry 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.



Key facts, dates & outline daily itinerary

Maximum number of participants: 6

Dates: Sunday to Sunday 12-19 April 2026 (with 6 days ski days 13th – 18th)

Day 1 – Arrive Tromsø late afternoon/early evening under own flight arrangements. Picked up by WMT and conveyed to the cabin (20 mins drive).

Day 2 – WMT will drive you to collect pre-ordered ski hire gear if required. Safety briefing, kit check and warm up ski tour.

Days 3 to 6 – Ski touring each day. There are familiar favourite routes we may re-visit, bad weather options and plenty of majestic mountain objectives to choose from. We always aim to ski routes new to us to build our repertoire.

Day 7 – Final ski tour. Return hire gear.

Day 8 – Transfer to airport to depart on early flights (or book a local hotel to extend your stay.

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 appreciate the physical demands of 6 back to back days of touring. Of course, rest days are an individual option. It's not a boot camp!

Ski equipment & local gear rental

Tromso Outdoor in the city centre has top quality gear (and is the only game in town). We can get you to the shop on day 2 to collect what you need.

<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 and 2025 WMT Norway trips.

WMT's founder **Barry "Baz" Roberts** (on the left below) 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 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 contributed the Avalanche chapter to the OUP Handbook of Expedition and Wilderness Medicine 3rd edition. He manages all the WMT Chamonix Mountain Medicine on Ski courses. He has skied 5 weeks in Norway and at least 20 routes/peaks.



Catering

You'll enjoy healthy and hearty options for self-service breakfasts (or hot breakfasts - scrambled eggs, waffles 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 special dietary needs with WMT before booking. We're cooking fresh in a domestic kitchen. Baz is a keen cook who manages the catering. Pizza night was a big favourite!

There is no "chalet boy" night off. Meals are served every night. Eating (and drinking) out in Tromso is expensive!





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, wood burner
- Main cabin and a smaller bedroom annex (the little building on the left)
- Outdoor sauna (electric so it heats up and is ready to go quickly)
- Good Wi-Fi, TV
- Washing machine to freshen up your socks and base layers midweek.
- 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, shovel and probe
- Ski backpack
- Lightweight crampons, axe, harness
- Eyewear – goggles & sunglasses

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 and from Tromso always require at least one change of aircraft and travel takes the best part of a day. From the UK it's best to start with SAS and Norwegian Airlines for the best options – with flights from Birmingham, London, Manchester and Edinburgh. Use Skyscanner www.skyscanner.com to research options and costs (about £350 - £450 from the UK). Only consider flights that arrive late afternoon or early evening.

Fees & terms & conditions

The 2026 fee is **£2100** which includes:

- ❖ 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 an avalanche transceiver if required
- ❖ 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

Sounds great! How do I sign up?

- ❖ This year we invite interested skiers to complete a no obligation **online questionnaire** to capture more information about your ski experience, circumstances, preferences and expectations before inviting you to join us. We're not trying to be "exclusive" and we're not looking for guests with extensive ski touring experience. Our aim is to build a compatible team with a solid baseline of experience. You'll also get a more detailed idea of the setup when you read the questions.
- ❖ Click here to access the questionnaire <https://forms.gle/DR78vQosCp8Kn9X16>

It'll only take 5 minutes to complete, or less. Don't like questionnaires?! Email anytime to express your interest.

- ❖ If we invite you to join us, we'll issue a secure online payment link for a deposit of £500 to hold your place but we know getting leave booked etc. may take time. Just let us know your circumstances and we'll make sure you don't miss out.
- ❖ The trip needs 4 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 4 deposits! There's lots of interest so we're confident the trip will fill fairly quickly (and almost certainly before Christmas). Once we green light the trip more advice on flights and equipment follows.
- ❖ You'll be made aware of all terms and conditions in advance of paying a deposit.
- ❖ The balance of the fee (£1600) is due 1st February 2026.

I hope this note entices you to consider this unique "bucket list" opportunity to ski in Norway! I'm sure there will be questions so let's chat. Please email wmt@wildernessmedicaltraining.co.uk to arrange a call.

Join us. It's magic!

Best wishes,



Baz Roberts

Commercial Director & Tromso Trip Leader



Here are more fabulous photos of previous trips









