



9-DAY ADVENTURE

## VON POST GLACIER

Svalbard

Join us on a real winter adventure as, accompanied by sled dogs, we venture into the heart of the untouched arctic world. Explore the stunning area of Tempelfjorden by ski/snowshoe and discover the thrills of the back-to -basics lifestyle where everything you need is in your pulk. This trip can be done on snowshoes or skis; it is possible to switch between the two during the trip depending on the conditions.

## TRIP HIGHLIGHTS

- Discover an unspoilt world of glacial passes and icy fjords
- Explore the stunning area of Tempelfjorden
- Travel by ski or snowshoe, pulling your own pulk

# KANDOO ADVENTURES



# ITINERARY

## DAY 1

### ARRIVE LONGYEARBYEN

Welcome to Svalbard. We will greet you at the airport and escort you to your accommodation in the city. Don't worry if your flight arrives in the middle of the night, we provide 24 hour airport transfers.

Accommodation: **Guesthouse**

## DAY 2

### ADVENTDALEN VALLEY

After a hearty breakfast it is time to prepare for our expedition - this afternoon we start our adventure with a short leg of the journey to get accustomed to our attire. Skis/snowshoes on and pulks loaded, we depart via the beautiful Adventdalen Valley. Tonight we will set up our first camp and join together in our warm communal mess tent for dinner.

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAYS 3 TO 6

### TEMPELFJORD

Over the next few days we will explore the summits and highlights surrounding Tempelfjord & Fredheim. Our exact progress will revolve around the weather and ice conditions. There are so many things to see in this remarkable area. We can follow the small valley of De Geerdalen to the beautiful Krekling Pass (250m). We can explore the simply stunning Flowerscarnet pass (750m) and Flowerbreen Glacier. We can discover Sassenfjorden and the wonderful mountains surrounding it. We can descend the beautiful Flowerdalen valley to the frozen coast. These few days are a chance to forget the stresses of modern day life. A contingency day is included here in case the weather doesn't permit travel.

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 7

### RETURN TO LONGYEARBYEN

Today we head back to Longyearbyen in a Snowcat which will take around 3 hours. After unpacking and storing our equipment we will settle back into our guesthouse accommodation and enjoy a hearty dinner all together reflecting on our adventure.

Transport: **Snowcat (3 hours)**

Accommodation: **Guesthouse**

Meals included: **Breakfast / Lunch**

## DAY 8

### FREE DAY IN LONGYEARBYEN

If for safety reasons (i.e. poor weather) we are unable to finish our ski expedition on Day 7, today is the contingency day. If all goes to plan, then we can spend today taking a relaxing stroll around Longyearbyen and soaking up the local atmosphere;

perhaps visit the polar museum.

Optional full or half-day activities such as dog sledding, snowmobiling or ice cave exploration are also available (to be booked locally, speak to the guide about this).

Accommodation: **Guesthouse**

Meals included: **Breakfast**

## DAY 9

### DEPARTURE

Depending on your flight time, you may be able to enjoy optional activities like snowmobiling or dog-sledding in the morning (additional charges apply). Our team will transfer you to the airport for your return flight.

Meals included: **Breakfast**

### PLEASE NOTE

*Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the programme may be made. A contingency day has been included should the weather not permit travel on one of the days.*

# TRIP INFORMATION

## DIFFICULTY

This trip is rated as "Demanding". You should be in very good physical shape and prepared for adventure; a positive attitude and love of the outdoors is essential.

Skiing and snow shoeing can be extremely tiring and you will also be pulling a pulk with all of your gear. To get the most out of this trip you really need to practice a training regime for 3 -4 months before departure and be in peak condition.

Temperatures can also fall to -20C so we highly recommend you get some cold weather camping experience under your belt beforehand. A wild camping trip in the mountains of the UK or US in December or January will give you a taste of what its like to sleep under canvas in freezing conditions. We provide all your technical equipment such as down jackets, polar overalls and snow boots but there is nothing like real experience to get you prepared! Please note: our difficulty levels can also change based on weather and ice conditions.

As well as skiing and pulling your pulk you will also be packing away and putting up tents, assisting with cooking, loading and unloading pulks and melting water. There are no porters, cooks or waiters on this trip, you are part of the expedition and must do your share of the work. Although this makes the adventure more demanding, it also adds to the enormous sense of satisfaction and achievement at the end of your journey.

We are camping in the wilderness where there is the possibility of polar bears roaming near the camp. A member of the team must be on "bear watch" at all times day and night and this is normally done in rotating 2 hour shifts. As it never goes dark in Svalbard in the summer months, some people may find it difficult to sleep.

To talk to us about your suitability for this trip please feel free to give us a call.

## FOOD & DRINK

Besides one evening meal in Longyearbyen, this trip includes full board. For your evening meal on the final day there are shops and kitchen facilities available or local restaurants for you to sample - we have lots of recommendations!

During our expedition, each person is responsible for their own equipment, including food, and will carry everything on pulks. Therefore light and easy to cook meals are favoured. In spite of this, plus the lack of fresh fruits and vegetables in the artic regions, we are proud of the varied, and frankly delicious food we provide even when camping. You will have the opportunity to try local products and several local delicacies.

Each day will start with a hearty breakfast accompanied by plenty of tea and coffee or hot chocolate. You will carry a picnic lunch and plenty of snacks for the day and evening meals will include three courses: soup/starter, a hot main dish and a dessert.

Your help in the kitchen is expected and much appreciated, particularly in the evenings. We like when the whole group work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the day's adventures together. We want you to be a member of our team; not a sheep!

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.



## ACCOMMODATION

**LONGYEARBYEN:** warm guesthouse accommodation in twin rooms. Shared bathroom and kitchen facilities with heating and hot water. Although these aren't en-suite, there are plenty of bathrooms available per floor of the accommodation and these are modern facilities kept to an extremely high cleanliness. From the accommodation it is roughly a 10 minute, downhill walk into Longyearbyen town.

**CAMPING:** We provide a 3 man dome tent per 2 people, an insulated sleeping mat and a synthetic sleeping bag. For our expeditions we use light equipment which is appropriate for Svalbard's winter conditions. We will also provide a spacious mess tent for meal times, fully equipped with kitchen equipment. Please be aware that our expeditions in Svalbard involve full participation, we expect all travellers to assist with setting up and packing down our camps, preparing meals etc. This is a team effort!

**TOILETS:** In Longyearbyen your accommodation will have flushing toilets. Whilst camping the toilet situation will be a little less luxurious. It is a case of finding somewhere hidden, away from camp or the path and digging a hole. You will be provided with a flare gun whilst away from camp to protect you from polar bears. We can guarantee it will be the most scenic, exciting toilet break you've ever had! Please remember to bring toilet roll and a lighter to burn it after use.

## YOUR GUIDE

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Svalbard team are experts in polar environments. All activities are lead by our qualified guides who are all English speaking outdoor practitioners with a passion for everything arctic.

Please note that this adventure takes place in an isolated, polar environment where around 2500 polar bears live - your guide will explain the safety rules which must be followed at your expedition briefing .

## HOW DO I GET THERE?

To reach Longyearbyen, there are direct flights from Oslo (3 hr journey) provided by SAS and Norwegian Airlines. Although they are direct, the flight will land in Tromso on Norway's west coast and you will be asked to disembark to go through the Svalbard immigration before re-embarking on the plane once more and continuing your journey. This means that you will be flying at a low altitude when passing over the jaw dropping Lofoten islands. If you wish to get a birds eye view of these out of the plane window then make sure to be seated on the left hand side of the plane for both the outgoing and return flight. Direct flights do not operate every day of the week so you may also need to spend a night in Oslo before continuing your journey the next day.

To reach Oslo from the UK, there are direct flights with British Airways from Heathrow and Norwegian Airlines have direct flights from Gatwick and Edinburgh. SAS have direct flights from Manchester.

If you are travelling from the US, SAS operate direct flights to Oslo from New York. From the west coast there are good flight options with Air France, KLM and Lufthansa.

## BUDGET & CHANGE

The currency in Svalbard is the Norwegian Krona (NOK). For the latest exchange rates please visit [www.xe.com](http://www.xe.com)

Please be aware that Svalbard is nearly cash free due to the absence of banks. Payments are made with credit or debit cards so it is important you take a card with you for any incidental purchases. Please inform your card provider that you intend to travel to Svalbard (Norway) before departure, this will ensure that your card continues to work properly while overseas. A lunch in Longyearbyen will cost you roughly £20 (265 NOK) and dinner will be £30 (350 NOK). Therefore, our recommended guidance for spending budget in the Svalbard would be roughly **£100-150** (1300-2000 NOK) on top of any tips, to give you ample souvenir spending money.

## TIPS

Tipping customs vary all over the world and can be very confusing when travelling to a new country. Tipping in Svalbard is always appreciated, however it is not obligatory and should be left to the discretion of each individual. If you are satisfied with your guide's services we recommend a tip between **350-450 NOK per person (equivalent to £30-40 per person)**. On the other hand, if you receive bad service or have not been treated well, you would not be expected to tip at all.

# FORMALITIES & HEALTH

## PASSPORT

Most travellers require a passport that is valid for at least six months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required. You can check your requirements on the website provided by the Norwegian government

## VISA

Travelling to Norway is visa free for up to 90 days, for UK and US citizens

## VACCINATIONS

No vaccinations are required.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## MEDICATION

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. Please bring with you any personal medication that you may need such as inhalers, prescription medicine, plasters and painkillers.



# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

We will provide you with all of the technical equipment you will need for this adventure. We are proud of the range of high quality equipment we are able to supply which is suitable for Spitsbergen's unpredictable spring climate.

### GROUP EQUIPMENT

- 'Tepee' style mess tent with table, stools and cooking equipment
- Sarsat beacon
- VHF radio
- Heavy calibre rifle
- Alarm gun
- Mini-flares and penjectors for each group member
- First aid kit

### INDIVIDUAL EQUIPMENT

- Large warm down jacket for when you are not participating in activities
- Polar overalls
- Suitable tent per 2 people (3 man dome tent for maximum space & comfort)
- Self-inflating sleeping mat
- Suitable synthetic sleeping bag ( -25°C)
- Nordic cross country skis and/or snowshoes
- Ski poles
- Warm snow boots for walking around camp (Sorel)
- Pulks (mini sledges for carrying your gear)
- Aluminium thermos flask per 2 people

## **CLOTHING TO BRING**

- Long waterproof jacket (with a hood, Gore-Tex/Nikwax or equivalent)
- Waterproof trousers/salopettes (Gore-Tex/Nikwax or equivalent)
- At least two pairs of good under gloves and over gloves
- Sunglasses (UV 400)
- Ski mask (mandatory)
- Thick balaclava (fleece)
- Appropriate warm neck wear
- Warm hat (wool)
- Warm jacket (synthetic or down)
- Several sets of warm thermal underwear (long johns & long sleeved tops)
- Thin socks and 3 or 4 pairs of thick socks

### **Choosing the right materials**

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and does not dry quickly. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like merino wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

## **EQUIPMENT TO BRING**

- Sleeping bag liner
- Sun cream and protective lip salve (not water-based as it will freeze)
- Any personal medication
- Mini toiletry kit and toilet roll
- Thermos flask
- Head torch & spare batteries

### **OTHER USEFUL KIT**

- Your camera (with suitable protective case)
- Binoculars
- Comfortable evening outfit for Longyearbyen
- Small inflatable pillow
- Insect repellent
- Knife
- Notepad and pencil
- Plastic bags for wet/dirty clothing

# HOW TO BOOK THIS TRIP

1

## **CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

2

## **CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3

## **COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

