5-DAY ADVENTURE

SNOWSHOEING FROM LONGYEARBYEN

Svalbard

Immerse yourself in the remote isolation of the Svalbard wilderness and experience winter camping in one of the most remote places on Earth. Spend three days and two nights surrounded by mighty mountains and crisp, untouched snow. As day melts seamlessly into night, the light fades but doesn't disappear completely as you take turns to sit on bear watch.
This trip for the real adventurers out there and will be physically demanding. Snowshoes to help you make your way through the snow and pulling your belongings behind you in one of our pulkas. No previous experience of winter camping is required but you do need to have a good level of fitness.

TRIP HIGHLIGHTS

- Spend two nights winter camping in the Svalbard wilderness
- Snowshoe across vast snowfields
- Set up camp in a silent snow-filled valley in the Arctic Circle
- Wild camp in one of the most untouched places on the planet

KANDOO
ADVENTURES
LONGYEARBYEN
TROLLSTEINEN
ENDALEN
FARDALEN
Trek
Vehicle

ITINERARY

DAY 1

ARRIVE IN LONGYEARBYEN

Welcome to Longyearbyen! After collecting your luggage, make your way to the airport exit where you will see the airport shuttle waiting. The bus will stop right outside the guesthouse. After checking-in, you have the rest of your day to explore the town and find somewhere to sample some local cuisine. This evening, you will meet your guide and the rest of the group.

Accomodation: **Guesthouse**

DAY 2

SNOWSHOE HIKE IN LONGYEARBYEN

This morning, after a sumptuous breakfast, we make the final preparations before starting our expedition. We will spend the next three days in Endalen, which is a short drive from Longyearbyen. After loading our pulkas and donning our snowshoes, we trek at a comfortable pace as we get used to his new way of moving and transporting our things. Along the way, you will learn about this magical landscape and it's wildlife. At the end of today's walk, we will work together to set up camp and cook our evening meal before settling down for the night. This will be our first night taking your shift on polar bear watch.

Activity time: **5 - 7 hours**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

SUMMIT TROLLSTEINEN

The next morning, we breakfast looking out at the vast white landscape that surrounds us as we swap stories of wildlife sightings so far. Today we will hike without our pulkas which and explore the snowcapped summits around the camp. Some of the ascents may be steep, but everything will feel easier without the pulkas. From the summit of Trollsteinen, we will have the best views yet of snowcovered and vast landscape. We return to the same camp for our final night out in the snow, work together to make dinner and take our last turn on polar bear watch.

Activity time: **4 - 7 hours**
Accomodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

RETURN TO LONGYEARBYEN

This morning we say goodbye to the charms of our back-to-basics adventure as we break camp and make our way back towards Longyearbyen. Today, we will ascend 350m to the summit of Fardalsbakken and then make our way over Longyearbreen Glacier. A tiring but rewarding day that is well worth the extra effort as the views are out of this world. At the end of the hike, we load everything into the vehicles and make our way back to Longyearbyen. Arriving at the colourful jumble of buildings that make up Longyearbyen in the afternoon, we set about sorting our kit back into the store before heading to the hotel for a much needed hot shower! Time to relax and enjoy our evening in town.

Activity time: **5 - 7 hours**
Accomodation: **Guesthouse**
Meals included: **Breakfast / Lunch**

DAY 5

DEPARTURE

Sadly, our fabulous trip has come to an end. The airport shuttle bus stops just outside the guesthouse and will take you the short journey to the airport for your departure flight.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

Whilst you will be covering distances of around only 10km per day on this trip, walking in snowshoes takes some getting used to and you will be carrying not only your own belongings, but also a share of the group equipment. This trip is rated level 4 due to the non-stop nature of any adventure in Svalbard.

In good weather these snowshoe hikes can feel easy once you find your rhythm, but if you encounter strong winds, rain or freezing conditions, it could feel very difficult indeed. As well as kayaking and hiking you will also be assisting with cooking, loading and unloading pulkas, fetching water and taking turns on "bear watch". There are no porters, cooks or waiters on this trip, you are part of the team 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.

If you have any questions about your suitability for this trip or would like more specific information about what to expect, please do not hesitate to contact us.

FOOD & DRINK

Staying well-fed on your trip is absolutely vital to keep up energy levels, so that you can enjoy your activities. This adventure in Svalbard is full board whilst you are camping. Your guesthouse in Longyearbyen is booked on a Bed and Breakfast basis. We are proud of the fresh and frankly delicious food we provide despite being in such a remote location. Because everything we need for this adventure must be brought over on our initial boat journey, we are limited on what we can carry and must choose our ingredients carefully. Fresh produce is used nearer the start of the trip with the more basic foodstuffs such as pasta and rice used towards the end. The guesthouse in Longyearbyen is used to having visitors from all over the world and caters well for vegetarians and intolerances. Please inform us of any dietary requirements when you book so that we can plan appropriate meals for whilst you are camping.

Your help in the kitchen is expected and much appreciated, particularly in the evenings with food prep and washing up. We like the whole group to work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days
adventures together.

Each day begins with a hearty breakfast. There will be oatmeal, bread and a choice of spread such as chocolate spread, jam and honey and, of course plenty of tea and coffee.

Lunches typically include freeze-dried meals such as 'Real Turmat' which provide a quick, warm and nutritious meal as they just need boiling water and a few minutes before they are ready to eat! These are also perfect for an expedition trip like this where space is at a premium. If you would like to bring along some snacks for in-between meals there is space to do so, however these must stay in the group food bag and not in your personal belongings.

In the evenings, you can expect dishes of quinoa, lentils, salmon fillets, tofu and reindeer. Some evening meals will be vegetarian and we will carry as much fresh veg as possible. There will also be deserts of fruit yogurt, cake or chocolate. If it has been a challenging day and we are later back for dinner, we may also have some of the freeze-dried meals in the evening.

You will have access to safe drinking water direct from the glacier at your basecamp. All water collected will be boiled and then cooled so you can use this to fill your reusable bottles.

Alcohol and cigarettes are heavily taxed and expensive in Scandinavia. If you plan on bringing either of these into Svalbard, they must be left in the storage in Longyearbyen as they are not permitted on the expedition.

ACCOMMODATION

Your full day-by-day itinerary shows what is included in terms of hotel accommodation and meal basis.

LONGYEARBYEN: Our pre and post trip accommodation is based in Longyearbyen and will be in a cosy local guesthouse where you will stay in twin rooms with shared bathrooms. If you have a dietary requirement then please let us know when you book so that we can let the hotel know. The hotel is located within 30 minutes' walk to the main town and restaurants.

CAMPING: We provide comfortable teepee-style tents for 2 people, fully equipped with camp beds and foam sleeping mats. We also provide sleeping bags suitable for the Arctic conditions. For our expeditions we use light equipment which is appropriate for Svalbard's winter conditions. We will also provide a larger tent for cooking and eating and cooking equipment. Please be aware that our adventures in Svalbard involve full participation. You are joining an arctic expedition and will need to do your share of the work, this will include pitching tents, fetching water and preparing meals. There are no porters or chefs up here in the frozen north, this is adventure in its purest form.

At all times while camping in Svalbard, there is the possibility of polar bears roaming near the camp. "Bear watch" is shared amongst everyone in the group in 2 hour shifts. Your guide will provide instruction on what to do if you see a bear and how to use any equipment provided.

TOILETS: In Longyearbyen your accommodation will have flushing toilets. Whilst camping, a designated toilet area will be established within the camp. We provide toilet paper and a lighter to burn it after use.

YOUR GUIDE

All of our qualified guides are highly experienced locals who have have been working in this environment for many years.

Once you are on your trip, you should speak to your lead guide about any problem, whether it relates to food, equipment or health. We would much prefer you to sort out any problems with them on the spot, rather than allow them to spoil your trip. Your guide is in contact with the office if further assistance is required.

If the lead guide is the source of your concern, you will have the opportunity to speak to one of the office representatives when you return to the guesthouse.

TRANSPORT

We insist on using a high standard of vehicle and driver for all of our transfers. In Europe, it is a legal requirement to have seatbelts fitted in the back of vehicles. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

LUGGAGE

You may bring a hold bag (up to 15kg) as well as a cabin bag. For your hold luggage a suitcase will be fine as you can leave this at the hotel but you should bring waterproof drybags . to pack items that will be stored in your pulka. You should bring soft-sided luggage such as a duffel bag, gym bag or backpack to take with you to Camp. You should bring a small daypack wear when hiking.

We would recommend packing your clothes and personal belongings in drybags inside your larger luggage.

HOW DO I GET THERE?

To reach Longyearbyen, there are direct flights from Oslo (3 hr journey). Some flights are direct and others 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.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

ON ARRIVAL

Once you have landed and collected your luggage, make your way to the exit where you will find the airport shuttle bus waiting. The shuttle buss are scheduled to match flight arrivals and leave the airport either 30-40 minutes after the flight has landed or when the luggage belt is empty. The transfer costs 125NOK and payment is made by card. The shuttle will stop right outside your guesthouse accommodation. Check your itinerary for the address. You can find more information on:
https://svalbardbuss.no/en/airport-shuttle/

PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a briefing before the trip begins. This gives our guide the opportunity to review the plans for the trip with you, make sure you have all the right gear and answer any questions you may have. This will take place in the morning of day 2. Your guide will meet you at the guesthouse.

BUDGET & CHANGE

The currency in Svalbard is the Norwegian Krone (NOK).

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. As Svalbard is almost cashless, PayPal is the preferred method of tipping.

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. Please be aware that the new EES (Entry Exit System) is now active for all Non-EU nationals. This means your biometric data (photo and fingerprints) will be taken at the border on arrival. Those travelling from the UK may have have their biometric data taken at the time or boarding, rather than on arrival in the EU.

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.

OTHER INFORMATION

Departure transfers are not included with this trip but are really easy to arrange. The airport shuttle makes regular stops just outside the guesthouse that that correlate to all outbound flights. The friendly staff at your guesthouse will help you plan your departure transfer. Simply let them know the flight you are taking and they will tell you the time of your transfer. The transfer costs 125NOK and payment is made by card once you are on board.

If you prefer, we can book taxis for your transfers for an additional cost. Please let us know at the time of booking.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

We will provide you with all of the technical equipment you will need for this amazing adventure. Your guide will give full briefings for snowshoeing and packing and using the pulka. We provide the following equipment:

GROUP EQUIPMENT

- Mess tent with table, stools, cooking equipment, cutlery and crockery
- Emergency beacon
- Satellite phone
- GPS
- Necessary equipment for polar bear protections (flare gun, rifle, ammunition)
- First aid kit
- Snow shovels
- Thermos flasks

INDIVIDUAL EQUIPMENT

- Suitable expedition tent per 2 people
- Sleeping mat
- Suitable sleeping bag for Arctic conditions
- Snowshoes
- Hiking poles
- Pulka
- Camp shoes
- Sleeping bag liner

CLOTHING TO BRING

HEADGEAR

- Warm beanie-style hat - knitted or fleece to wear whilst hiking or sleeping
- Very warm hat to wear at camp (with ear flaps)
- Warm buff x 2
- Sunglasses - high UV protection
- Ski / snow goggles

UPPER BODY

- Thermal base layer x 3 (preferably merino wool)
- Fleece or jumper (midlayer)
- Big expedition down jacket to wear at camp - this must be very warm
- Wind and waterproof outer mittens
- Wool / fleece liner mittens
- Wind and waterproof outer hardshell with hood (Gore-tex or similar)
- Gloves - warm, thick gloves to wear when setting up camp (not thin liner gloves)

LEGS

- Breathable, fast drying underwear
- Thermal base layer x 3 (preferable merino wool)
- Midlayer trousers (warm hiking trousers)
- Wind and waterproof hardshell over-trousers (Gore-tex or similar)
- Insulated trousers to wear at camp (insulated waterproof ski trousers are OK)

FEET

- Hiking boots with ankle support
- Thin woollen socks (3 pairs)
- Thick woollen socks (3 pairs)
- Warm snow boots, e.g. Sorel Caribou (must have room to wear thick socks)

EQUIPMENT TO BRING

- Water bottle - preferably 1L widemouth Nalgene as can be used with boiling water at night (other brands may leak)
- Mini toiletry kit and wet wipes
- Camera and spare batteries
- Personal medication
- Eye mask for sleeping
- Suncream (non water based)
- Plastic bags for wet / dirty clothing
- Clothes for travel and wearing in Longyearbyen
- Waterproof drybags / containers to pack in pulka
- Small daysack (around 35 litres)

GEAR RENTAL

There are no rental shops in Longyearbyen but it is possible to purchase items if you have not brought them with you. Please be aware that buying clothing or equipment in Svalbard will be expensive. Please ask us if you have any questions about the clothing and equipment required for this trip.

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.