



8-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

EVENING FLIGHT TO LONGYEARBYEN

Welcome to Svalbard. We will greet you at the airport late at night and escort you to your accommodation in the city under the light of the midnight sun.

Accommodation: **Guesthouse**

Meals included: **Dinner**

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 Flowerscuret 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.

Accommodation: **Camping**

Meals included:

Breakfast / Lunch / Dinner

DAY 7

BACK TO LONGYEARBYEN

Today we head back to Longyearbyen in Swedish army tanks 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.

Accommodation: **Guesthouse**

Meals included:

Breakfast / Lunch / Dinner

DAY 8

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.

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.

Our difficulty levels can change based on weather and ice conditions. 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 arctic 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: 2-, 3- or 4-bed rooms, hot showers and heating plus shared kitchen and bathroom facilities. This trip does not include accommodation on the final evening because flights normally require departure at midnight this night.

CAMPING: normally we provide a 3 man dome tent per 2 people, 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 we expect all clients to participate when setting up and packing down our camps.

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 provided by SAS and Norwegian Airlines. Direct flights do not operate every day of the week so you may 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 Spitzbergen is the Norwegian Krona (NOK).

The the latest exchange rates please visit www.xe.com

TIPS

Tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual. If you are satisfied with your guides services we recommend a tip between 350-450 NOK per person (equivalent to £30-40 per person)

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.

