

Geilo & Finse: Pistes, Trails & Tours

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£1435 or 1720 Euros

Intermediate

This trip spends time in the villages of Geilo and Finse giving us the chance to explore two areas. We begin in Geilo which is small and picturesque with many buildings of typical Norwegian style. It is set in scenic, wooded surroundings, close to a lake and provides us with 130km of prepared track. The slopes on either side rise to plateaux then mountains beyond. Then on day four we take the train to Finse where it is often possible to ski straight off the station platform! We spend the rest of the trip touring the area in an arctic landscape of snowy hills and glaciers.

- 4 Days of Intensive instruction, developing confidence and experience on Nordic skis
- Instruction and guiding on piste and experience hut to hut touring
- Touring in an awe-inspiring Arctic landscape of hills and glaciers
- Excellent preparation for more ambitious hut to hut tours in Norway
- Combine with the ?Finse Circular? tour for a superb 2 week Nordic experience

Departures

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and Tours</a> in a larger map</small>
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Type of skiing - Nordic Touring

Day tours, coaching sessions or multi-day tours using cambered, metal-edged skis and leather or soft plastic touring boots. Waxes are usually used and skins only for bigger climbs. Terrain is gentle to moderate, depending on the week. Skiing is usually on way-marked routes but sometimes through untracked snow. Only the easiest tours have machine-prepared trails.

Level

Minimum standard for this trip is a controlled and confident snowplough on easy slopes using Nordic gear. You should also have had a week's experience of Nordic travelling techniques. In Geilo, coaching will improve both downhill and travelling techniques, even for more experienced skiers. While very active, anyone with average fitness will be able to enjoy this holiday.

Geilo

The village itself is small and picturesque with many buildings of typical Norwegian style. It is set in scenic, wooded surroundings, close to a lake. The slopes on either side rise to plateaux then mountains beyond. There is a compact shopping centre with a range of shops, supermarkets, bank, post office, etc. Various hotels have bars, restaurants and swimming pools which are open to non-residents. Geilo has a peaceful character which has charmed and pleasantly surprised previous clients.

The Skiing at Geilo

Geilo has 130km of prepared track with floodlit sections for evening use and 18 ski-lifts giving access to a full range of downhill runs lying between 1200m and 760m above sea level. Due to Geilo's northerly latitude, snow may be relied upon even when Alpine resorts lack snow. Both piste and track skiing are possible above and below the treeline, giving a good variety of skiing with the bonus of sheltered areas if there is adverse weather. The uplift also allows quick access to the higher areas of track skiing and off-piste touring on the plateaux and higher hills of over 1800m beyond. Geilo's position on the main road and railway also allows touring possibilities to be increased by, say, combining a bus journey up the valley with a tour back over the plateau on either the north or south side, finishing with a superb run back down to Geilo.

The four days of instruction will comprise three days covering all aspects of Nordic downhill and a day of flat and touring techniques suited to your standard of skiing. It is likely that the group will be subdivided so that more intensive and relevant instruction can be given with a better client/instructor ratio. Each of the smaller groups will receive a half-day's instruction and a half day's free skiing for the downhill days. On the touring day we will most likely be travelling as a complete group and instruction will be given along the way.

Accommodation in Geilo

The Ustedalen Hotel (3*) is convenient to the railway station and the town centre, less than 10 minutes from the skilifts and only a few minutes from the cross-country tracks. There are great views across the valley and facilities include a restaurant, bar, sauna and lounge.

Accommodation will be in ?en suite? twin rooms and the price includes buffet-style breakfast, packed lunch (made by yourselves from the breakfast buffet) and 3-course evening meal. We have always had excellent feedback from this hotel from previous groups. The first meal is on the evening of your arrival and the last is your packed lunch on the fourth day, immediately before we take the train to Finse. Other hotels can also be arranged, also apartments and cabins with kitchen facilities for self-catering or simply to make a brew after skiing whilst on a full-board arrangement. Please contact us for more details.

Finse

Finse lies at the highest point of the Bergen-Oslo railway, 1222m above sea level. With typical snow depths in excess of 3m, it is possible to ski straight off the station platform! The mountains of the Hallingskarvet rise to the north while to the south the view over the Hardangervidda plateau is dominated by the vast dome of the Hardanger Icecap. Finse itself is a small hamlet with the D.N.T. (Den Norske Turistforening) ?hut?, a small hotel complex and various private houses. There is also a ski-tow which we may use as a group to access excellent off-piste skiing or is

available for individual use if time and energy permit!

The Skiing at Finse

Finse is at the centre of a vast ski-touring terrain; both local circular tours or multi-day trips to other huts are possible. To the south, with the exception of the Hardangerjokull (or Icecap), the Hardangervidda plateau gives undulating terrain while the Hallingskarvet mountains to the north are more hilly. Within a group, skiers of differing abilities (or energy levels!) can find challenges by taking in optional side-trips.

We will start with a day of coaching and touring local to Finse, maybe exploring the area close to the crevassed snout of the Blaissen glacier (dramatic ? but safe, skier-friendly terrain!). We then plan to give a taster of the area's ski-touring delights by doing two short circular tours over the remaining days of skiing. The first might be a trip to the Geitryggghytta (lodge), staying overnight and returning by a different route through some very scenic, craggy hills to Finse. The final day will probably be used for an ascent to the summit of the Hardangerjokull icecap, an excellent tour with a wonderful descent by either steeper or less steep routes! A superb finale to the week, from developing those ?early steps? at Geilo to ?putting it all together? with a full-on tour over a wild and remote summit icecap. Coaching en route continues to improve your skiing and waxing techniques.

Accommodation in the Finse area

Accommodation will be in DNT staffed 'hytta' for the duration of the touring phase. These are more like hotels or mountain lodges with shared 4 or 6 bedded rooms (twin rooms are available for a supplement). At staffed lodges all meals, excellent in quantity and quality, are provided and you make up your own packed lunch from the breakfast buffet. Each hut has a lounge, showers (10 kroner), ski stores, drying rooms and a small shop. The hut at Finse is about half a mile from the station and easily approached on foot or ski. A bag with spare clothing or equipment can be left at the hut when staying elsewhere overnight. Your first meal here is on the evening of the 4th day, (after arriving from Geilo), and the last is your packed lunch on the departure day 15 April, 2012.

Further Information

This programme is intended as a guide and many other options exist. We have to consider weather, snow conditions and the abilities & ambitions of all group members. Flexibility is essential when considering the safety & enjoyment of a group in the mountains & all participants should be aware that ski-touring is more serious & committing than skiing based at a resort. The final decision remains with the group leader, for the safety and enjoyment of all. Finse has good alternative skiing if conditions dictate.

Leadership

The course leader will hold a British Association of Snowsports Instructors Nordic qualification; (?Ski Instructor? at the least and may also be a BASI Telemark Instructor). She/he will hold the Winter Mountain Leader Award or have the ability and experience to navigate in winter conditions. Technique coaching will be intensive at Geilo and coaching along the way 'as necessary' on tour. We are always mindful of safety in cold conditions and wilderness areas.

Full Package and Travel Arrangements

The full package includes rail travel in Norway from/to Oslo city, full-board accommodation (as described in the accommodation sections), instruction, leadership & DNT membership. If you are already a DNT member, please send a photocopy of your membership card when booking for a reduction of £60. Oslo airport to/from Oslo railway station transfer **not included**. Details will be included with your joining instructions.

Flights

- **Flights need to be arranged with your own travel agent**, 'cheap flights' companies or on-line. Visit www.expedia.com/options-to-Oslo/ryanair.com
- N.B. If you choose to fly to Oslo Torp or Oslo Rygge with Ryanair please allow more time either way between Oslo city centre and these airports. Transfer details via the Ryanair website.
- Please be aware of skis-on-flight charges and time for checking skis in etc.
- Flights can be to Bergen or Oslo. Arrival times should be approx. 2 hrs before train departure time on 6th April.
- Return flight departure time should be approx 2 hrs after the train arrives in Bergen or Oslo on 15th April.
- Train departures on 6th April from Bergen 15:58 hrs or from Oslo 16:11 hrs
- Train arrivals on 15th April, in Bergen 14:21 hrs or in Oslo 14:52 hrs
- **Flights should not be booked until this trip is guaranteed to run, please contact us for upto date information**
- Please let us know your flight details and check these train times before booking flights as these are based on 2011 times.
- We will book your train tickets and seat reservations from Oslo city to/from Geilo and Finse.

Other Package Options/ Travel Savings

- Travelling via Bergen, SAVE £20
- Geilo: Single room supplement - add £95
- Finse: Twin room supplement - price on application & if available
- Oslo: reasonably priced accommodation can be provided at the start or end of the trip if required. eg £70 per person for B&B, sharing a twin room; £110 for a single room.

Exchange and Finance

There are exchange facilities in Geilo or the airports but it would be best to obtain Norwegian Kroner prior to your departure from the UK, to save time and for convenience. Allow for the following;

- 3 day lift pass - £80
- 8 days ski hire (inclusive of return to Geilo cost) - allow £150
- Chair lift to plateau to tour - allow £5
- Airport/railway station to/from transfer - allow £12 each way (train every 20 mins/ takes 22mins)
- All personal expenditure on drinks, postcards, trolls etc
- Any food or refreshments on rail journeys.

What to Bring

Kit lists can be found on the Trip Info page and downloaded from Members Information. We will send you further details on the itinerary, kit to bring and details on how to buy maps (if you wish) of the region upon booking. Generally, outdoor clothing, metal-edged Nordic touring skis, 75mm bindings, 75mm norm leather touring boots (with vibram soles) and touring poles are needed. We can arrange ski equipment hire in Norway. Please contact us if you need advice or if you wish to hire skins (£25 for the tour).

It is not possible to hire skins in Norway.

Insurance

A reminder that you need to arrange this independently at the time of booking; holiday insurance with special cover for touring is required. You need to be covered for ski touring and skiing on piste, in-track and on way marked trails. If you need more information, please contact us.

Minimum Numbers

This trip requires a minimum of five clients to book before it can be guaranteed to run. On this type of instructional week we usually take a maximum of eight clients per guide/teacher.

These arrangements and services are provided by The Telemark Ski Company, our partners in Norway.

[Geilo & Finse](#)

No



Touring near
Finse