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NORWAY: NORTH OF THE ARCTIC CIRCLE

Hiking in the Land of the Midnight Sun!

TRIP DETAILS

8 days ~ Norway

*5½ days moderate hiking,
½ day canoeing,
½ day boat trip*

*6 nights inns or hotels,
1 night tepee*

2010 DATES

*Jun 18–Jun 25
Aug 13–Aug 20*

2010 LAND COST

*\$4,295 (4-10 members)
\$450 internal airfare
\$800 single supplement*

TRIP LEVEL
MODERATE

HIGHLIGHTS

- *Venture north of the Arctic Circle for hikes in the land of the midnight sun!*
- *Hike and canoe in the lake-filled wilderness of Øvre Dividal National Park, home to reindeer, brown bears, Arctic fox, lynx, and wolves*
- *Explore the scenic fjords and mountains of Senja Island, not yet discovered by the crowds*

Revised August 14, 2009 jd



NORWAY: NORTH OF THE ARCTIC CIRCLE

Hiking in the Land of the Midnight Sun!

North of the Arctic Circle, well off the beaten track and virtually untouched by the hand of man, lie Norway's most pristine wilderness areas. Though spectacular in nature, they have not yet been discovered by the crowds, and our adventure explores the best of this wildland frontier.

Go hiking and canoeing in Øvre Dividal National Park, a glacially-carved, lake-studded wilderness abounding in wildlife and rich mountain flora as well as cultural Saami sites dating back 6,000 years. On Senja Island, Norway's second largest, you'll explore traditional fishing villages, hike to viewpoints for incredible panoramic vistas of the vast Norwegian Sea (next land to the west is Greenland!), and explore the fjords up close by boat. (Feeling adventurous? You can take a plunge in the Arctic Ocean!)

All along the way you'll learn about Norway's history and the indigenous Saami culture—the country's largest ethnic minority—from knowledgeable guides who love sharing their perspectives on their native land.



ITINERARY

☞ This trip begins in Bardufoss, Norway, with a group rendezvous in the early part of Day 1 at the airport in Bardufoss. Your flight from Oslo to Bardufoss will be booked by Mountain Travel Sobek, and tickets will be waiting for you at the Domestic Air Terminal in Oslo on Day 1. Specific information will be sent to you in your pre-trip materials.

DAY 1 ~ Arrive Bardufoss, Norway

Gather at the Oslo airport for a flight above the Arctic Circle (66° 33' N) to Bardufoss at a latitude of 69° 03' N. We'll be met by the guides and enjoy lunch by the Målselv waterfall, where we'll learn about the local salmon run. After lunch we transfer to the cozy Rundhaug Hotel, a hundred-year-old inn that has been recently refurbished. The hotel overlooks the Målselv River, which winds its way through the valley, and features 22 individually designed rooms. The hotel has a colorful history and has hosted such luminaries as Norway's King Olav, ice-skating star Sonja Henie, King Harald, General Montgomery, and a host of other personalities. After a short walk and an orientation, we'll enjoy a delicious dinner and a concert of traditional music.

B,L,D...Rundhaug Hotel

DAY 2 ~ Hiking in Øvre Dividal National Park

Transfer 45 minutes to Øvre Dividal National Park, one of the richest areas of wilderness in the north of Norway, for a full day of hiking in its beautiful landscapes, which range from steep mountains and deep ravines to gentle valleys and open rolling country (it was once covered by an ice cap). Birch and pine forests cover the lower valleys but it is a short step to the open vastness of the mountain plateau with its dwarf birch. Even though the season is short, we can find a great rich mountain flora, including the little Arctic rhododendron. There is also a great variety of wildlife, with a resident population of Arctic fox, lynx, and wolf; the park has a population of brown bears and almost every year bears with cubs are seen in the park. Dividal derives its name from the Saami word *dievva*, meaning "round, dry mound." We'll hike to Devddesvuopmi, a landscape dotted with the remains of Saami cultural sites, some dating back as far as 6,000 years. While investigating these sites, we'll learn much about the history of the Saami people from our knowledgeable guide. We'll enjoy a traditional Saami dinner around the campfire, then overnight in a *lavvú*, a traditional tepee-like Saami tent (sleeping bag, mattress, and all camping gear are included). (4-6 hours hiking, depending on individual interests; 3-10 miles)

B,L,D...Camp in Saami tepee (lavvú)

DAY 3 ~ Hiking and canoeing in Øvre Dividal National Park

Hike through the Dividal Valley, then board canoes for a paddle on the Divielva River. We spend the evening at Svendborg, a farm where you'll dine on traditional food, meet the owner's sled dogs, and experience Norwegian farm culture. Return to the Rundhaug Hotel for overnight.

B,L,D...Rundhaug Hotel

DAY 4 ~ Hiking on Senja Island

Transfer to Senja Island, Norway's second largest island, whose western coast presents a complex series of knife-edged peaks rising directly from the Arctic Ocean. Here you'll hike in the sheltered inland valleys and high mountains of Ånderdalen National Park and enjoy expansive views of Norway's breathtaking fjord system, including Steinfjord and Ersfjord, two of the most dramatic and spectacular fjords on Senja. (There are two different hiking options: one short, one longer.) Elk thrive in Ånderdalen; other mammals common in the park include red foxes, stoats, and hares. Between the mountains there are several lakes and broad rivers with raging

rapids and waterfalls. The vegetation contains few species (there are heath and birch scattered on the lower mountain slopes) but includes some rare orchids. Overnight in the historic fishing village of Hamn at the very western tip of Senja. Here we are surrounded by mountains and have a magnificent view out across the sea. Next land to the west is Greenland! Dinner at the hotel, followed by a relaxing sauna. (2-5 hours hiking, depending on individual interests; 2-5 miles; 650-1,640' elevation change.)

B,L,D...Hamn i Senja

DAY 5 ~ Full day hike on Senja Island

Today we'll enjoy a full day hike on Senja Island. Once again, our hikes are dependent on the weather and individual interests. Our plan is to hike to the summit of Segla, a 2,100-foot-high peak overlooking the Mefjord with views straight down to the sea. (4-6 hours hiking; 4 miles, 650-2,300' elevation change.)

B,L,D...Hamn i Senja

DAY 6 ~ Hike on Senja Island and boat trip

Today we go for a morning hike in the mountains near Hamn. In the afternoon we set off on a short boat trip to explore the fjords of Senja (we may even take a swim in the Arctic Ocean—optional, of course!). We overnight at Mefjord Brygge, in the small village of Mefjordvaer on the northwestern shores of Senja.

B,L,D...Mefjord Brygge

DAY 7 ~ Senja – Tromsø

After a morning hike, we'll have lunch in the historic fishing village of Husøy. In the afternoon we transfer to Tromsø, starting point for many an Arctic expedition. Picturesque Tromsø is the largest city in the world north of the Arctic Circle, with a population of some 55,000 inhabitants. Here, we enjoy a festive farewell dinner at a cozy restaurant in town and try some of the local specialties. Overnight at a centrally located hotel in Tromsø.

B,L,D...Hotel TBA

DAY 8 ~ Tromsø – Oslo – Departure

Today we will have time to visit the excellent polar museum and the famous Arctic cathedral, as well as shop for souvenirs. We'll take the afternoon flight to Oslo in time for your homeward-bound flights. Overnight arrangements can be made at the SAS Radisson Airport Hotel located just a few minutes' walk from the terminal building—ask your Adventure Coordinator for details.

B...

2010 LAND COST

\$4,295 per person (4-10 members)

\$450 internal airfare (Oslo/Bardufoss...Tromsø/Oslo—subject to change. Mountain Travel Sobek will book and issue these tickets for you.)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$800 for “requested” singles; \$400 for “forced” singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you’re traveling alone and wish to share accommodations, we’ll try our best to find you a roommate. If that’s not possible, we will only charge you half of the single supplement.

What’s Included

- ◆ expert leadership
- ◆ accommodations in hotels or inns in cities and villages
- ◆ all arrangements in the field, including camp meals, group gear and equipment
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ flights within Norway (see separate cost above)
- ◆ sightseeing and activities as noted in the itinerary
- ◆ ground transportation
- ◆ entrance fees
- ◆ basic medical and evacuation insurance

What’s Not

International airfare; meals not noted in itinerary; insurance other than basic medical and evacuation insurance as noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; airport transfers on Days 1 and 8; excess baggage charges; airport taxes; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

Payment & Cancellation Policy

I. Payment

| | |
|------------------------------|---------|
| At time of reservation: | \$400 |
| 120 days prior to departure: | \$800 |
| 60 days prior to departure: | Balance |

II. Cancellation

| | |
|--|---------------------------|
| If written notice of cancellation is received: | Cancellation Fee will be: |
| From time of reservation until | |

| | |
|---|-------------------|
| 90 days prior to departure | \$150 |
| 89 to 60 days prior to departure | \$400 |
| 59 to 30 days or fewer prior to departure | 50% of Land Cost |
| 29 days or fewer prior to departure | 100% of Land Cost |

WHAT YOU CAN EXPECT

Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way.

Espen Prestbakmo is currently scheduled to lead this trip. Espen has explored Arctic Norway since childhood, and has led numerous hiking, canoeing, skiing, and dog sledding expeditions here (few people know its wilderness as well as he does!). A true adventurer, he has crossed Norway on skis, traversed Scandinavia by dog sled, and competed in the "Finnmarkslöpet," a tough 1,000-kilometer dog sledding race. Espen has a passion for the active outdoor life and is an authority on how to have a good time in the rough nature of the North.

Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

Activity Level

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. This trip requires moderate stamina, as you will be hiking four to six hours on most days. The trails may have some steep ascents and descents; some are on rough terrain. You need to be in good health and physical condition to enjoy this trip, with adequate muscular strength, cardiovascular endurance, and good balance.

The level of fitness and endurance needed for this trip requires regular aerobic exercise at least one hour 3-4 times per week, performing moderate intensity hiking, cycling, swimming, or other forms of cardiovascular exercise.

If you are not optimally conditioned, we recommend that you start a training program *at least three months* before departure, gradually increasing the intensity and duration. If your health is questionable or your physical stamina is limited, please discuss other trip options with us.

THE NEXT STEP

Ready to go? Signing up is easy!

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website (www.mtsobek.com). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

Then Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists,, and other details.

Why Mountain Travel Sobek is Your First Choice for Adventure

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

With Mountain Travel Sobek, you'll see northern Norway as only an insider can, with friendly, hospitable guides who know the region intimately. They'll accompany you throughout the day, lending support and insights about where you are and what you see. Their close familiarity with the local geography, history, culture and traditions (plus their entertaining stories and great jokes) are the key to a superb, informative experience—one you just can't get on your own.

References

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

Questions?

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at www.mtsobek.com.

Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at www.mtsobek.com/faq and the form itself at www.mtsobek.com/pdf/participant_info.pdf.

Terms & Conditions

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at www.mtsobek.com/faq/#liability or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form (www.mtsobek.com/pdf/participant_info.pdf). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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