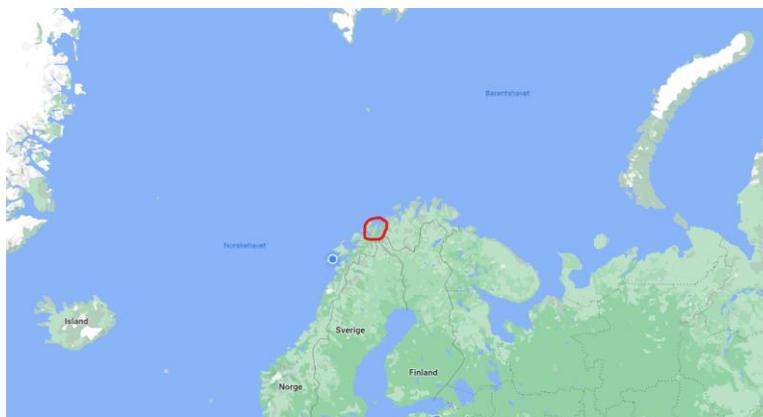




Ski & Sail with Amundsen adventure

The authentic arctic explorer

ALMA AF FROYA



Itinerary
5-7 Days Ski and Sail in Lyngen with

SY ALMA



7 days - Price: USD 4000,- / NOK 43 000,-

5 days - Price: USD 2855,- / NOK 31 000,-

Start: Tromso (Norway), 15:00

End: Tromso (Norway), 18:00

The itinerary is just a proposal, and more often than not we tend to change it slightly due to weather, skill-level, preferences and other factors. In this area there are endless possibilities and we will find something suitable for everyone's level of skill or duration of the tour.

Day 1: Boarding in Tromsø and Sail to Reinoya

Arrive in Tromsø and meet your crew and guide.

Board your sailboat, your home for the week.

Safety Brief and short presentation - spirit animal etc.

Set sail from Tromsø to Reinoya Island, allowing you to settle in and get acquainted with the boat.

Evening on the sailboat, getting to know your fellow adventurers and enjoying your first night at sea.



Day 2: Skiing in Reinoya or Ringvassoya

- Begin your day with breakfast on the sailboat.
- Prepare for going to shore with the dinghy
- Ski touring on some of the most northern slopes, exploring the Arctic wilderness.
- After skiing, set sail further in towards the heart of Lyngen.
- Have a nice evening dinner in a nice anchorage possibly under the northern lights.



Day 3: Skiing on Nonstinden and Sail to the Lyngen Peninsula

- Drop you off on west side of Nonstinden where you will ski down the east side where we will pick you up
- Sail to the Lyngen Peninsula, known for its iconic alpine terrain.
- Start your skiing adventure in the Lyngen Alps, soaking in the stunning mountain and fjord views.
- Anchor in a sheltered fjord for the night.



Day 4: Skiing in the Lyngen Alps

- Continue skiing in the Lyngen Alps, guided by experts who know the best slopes.
- Explore the breathtaking landscapes of this Arctic wonder.
- Return to the sailboat for dinner
- Take sauna with a view unbelievable of the sunset and maybe also a arctic bath in the ocean



Day 5: Remote Mountain Skiing

- Sail to a remote and less-visited area with excellent skiing opportunities.
- Enjoy a day of skiing on remote mountain slopes, surrounded by pristine nature.
- After skiing, experience a traditional Norwegian sauna on land.
- Return to the sailboat for the night.



Day 6: Coastal Ski Tour and Sauna Stop

- Ski along the coastal mountains and glaciers of the Lyngen Peninsula.
- Revel in the beauty of the Arctic landscapes.
- After skiing, relax in a local sauna on land.
- Return to the sailboat for your final night onboard.



Day 7: Return to Tromsø and Farewell

- Sail back to Tromsø, taking in the coastal scenery during your journey.
- Maybe a short ski on the way back to Tromsø
- Arrive in Tromsø in the afternoon.
- Farewell dinner on land to celebrate your Ski & Sail adventure.
- Spend your final night in Tromsø.



Phone list and contacts:

Intern VHF: Kanal 69, bruk båtens navn ved oppkall

VHF Bodø Radio: Kanal 16

Hovedredningssentralen Bodø: 75559000

Alma call sign: LHTC, MMSI 259001190

Alma Satellite Phone: +88 1631548627

Boat/skipper/crew, phone nr:

Amundsen Adventure

Alma af Froya

Haakon Engdal

+47 99369698

Haakon@amundsenadventure.com
