



Norway Cross Country Skiing, Beginners and Intermediate, 10 – 17 March 2018 (Sat – Sat)

Holiday Details

In 2018, we will be returning to the breathtaking landscape of Espedalen in Norway for an exhilarating week of cross country skiing. Our very welcoming mountain hotel is situated in the Peer Gynt Ski Region, a ski destination steeped in history. The region is made up of high mountains 800-1500 metres above sea level, west of the Gudbrandsdalen valley. The holiday offers magnificent panoramic views, impressive sunsets, a stable climate and very reliable snow conditions. Prepare to be impressed by the pristine snow and beautiful surroundings.



The holiday is aimed at both beginners and intermediate skiers as there will be 2 cross-country skiing groups each day. The accommodation offers a number of cross-country tracks directly from the door. There are long and short trails for all levels of skiing proficiency - tracks for beginners / short trips, tracks passing through sheltered forest terrain and also tracks up in the high mountains, offering spectacular views of the national parks of Rondane and Jotunheimen. Along the tracks at several sites there are Sami tents and small huts, where you can stop to enjoy your packed lunch and have something warm to drink. For beginners, we recommend booking cross country ski lessons for the first couple of days to make the most of your stay. The hotel will facilitate this but it will be best to book in advance.

On your free day you can hire a local guide to take you on snowshoes in search of moose or perhaps head to the town of Lillehammer by bus. Lillehammer was host to the 1994 Winter Olympics and has an interesting museum on the subject. The pretty town is lined with traditional buildings, housing many specialist shops and plenty of cafes for lunch.

Our base is the Dalseter Mountain Hotel, situated at 930m. Dalseter is known for its traditional, home style Norwegian food and hospitality. There is a swimming pool with saunas and a small gym to enjoy after your day in the mountains. Grethe is a fabulous host and will ensure your stay is one to remember.

Price includes: 7 nights' full board accommodation in twin ensuite rooms. Single rooms available if you book early - supplement £20 per night. Cross-country ski equipment hire, lift pass/ local bus fares as required /transfer at certain times from/to Oslo airport.

Not included: flight, any alternative activities

Flight to Oslo is not included – We believe that this gives maximum flexibility and the best chance of getting a good price as well as the option to extend your stay. Flights must fit with the transfers below otherwise you will be responsible for your own transfer. To find suitable flights try www.skyscanner.net

Norwegian from London Gatwick

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
10/03/18	D82802	London Gatwick	UK	07:20	09:20	12:25	Oslo Gardermoen	Norway
17/03/18	D82805	Oslo Gardermoen	Norway	11:20	13:20	14:40	London Gatwick	UK

WalkingWomen Limited

Tel: 0114 241 2774 Email: queries@walkingwomen.com Website: www.walkingwomen.com
 Bookings/Enquiries: Scotia Works, Leadmill Road, Sheffield S1 4SE
 Registered Address: 112 Sandgate Drive, Kippax, Leeds LS25 7QR

KLM from Bristol

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
10/03/18	KL1046	Bristol	UK	04:15	06:15	08:45	Amsterdam	Netherlands
10/03/18	KL1143	Amsterdam	Netherlands	transfer	10:05	11:55	Oslo Gardermoen	Norway
17/03/18	KL1144	Oslo Gardermoen	Norway	10:40	12:40	14:35	Amsterdam	Netherlands
17/03/18	KL1053	Amsterdam	Netherlands	transfer	16:35	16:50	Bristol	UK

KLM from Manchester

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
10/03/18	KL1072	Manchester	UK	03:55	05:55	08:20	Amsterdam	Netherlands
10/03/18	KL1143	Amsterdam	Netherlands	transfer	10:05	11:55	Oslo Gardermoen	Norway
17/03/18	KL1144	Oslo Gardermoen	Norway	10:40	12:40	14:35	Amsterdam	Netherlands
17/03/18	KL1093	Amsterdam	Netherlands	transfer	16:25	16:40	Manchester	UK

Meeting up arrangements and transfer

You will be met by your guide at Oslo arrivals. She will be holding up a WalkingWomen sign. The transfer time is approx 3hours 15 minutes. There will be a single transfer departing once the Gatwick flight has arrived at 12:25. The return transfer will arrive at the airport in time for flights from 12:40 onwards. More detailed meeting up instructions will be sent out about 2 weeks before the holiday.

Foreign currency

Norway's currency is the Norwegian Kroner. There will be ATM machines at the airport, or it might be easier to bring Kroner with you. You will need cash for drinks from the bar, and at places we stop for refreshment along the way; also of course postcards, presents, & souvenirs etc.

What to bring – Cross Country Skiing

The most important thing to bear in mind with cross-country skiing is the need to keep warm. It is hard to predict just how cold it will be, and you will get warm as you ski. So extra layers are the best strategy - to put on when you stop or if the day is very cold.

- Warm waterproof anorak and ski trousers.** Please note, however that you don't need special ski clothing for this holiday. Your winter walking gear will be fine.
- Gaiters** – if you are using your winter walking gear
- 2 warm fleeces at least** – one to wear and one spare for during a stop.
- Warm socks** – walking socks will do, plus spare pairs.
- Warm waterproof gloves** – and preferably a spare pair to change into should one pair get wet from the snow.
- Warm hat** – the ones with flaps are great for also keeping the cold from your ears.
- Scarf/neck warmer**
- Long sleeved tops** - polar neck ski tops or long sleeved walking tops (wicking/non-cotton. A Merino wool top is a very good investment)
- Medium sized daypack** – to carry extra fleeces, flask or water & other bits and pieces.

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- **Water flask and/or thermos** – After breakfast we can ask the accommodation to provide everyone with some hot water for a thermos, so it's a good idea for people to bring some packet soups or tea bags if they want to make a warm drink. You may also want to drink water while out so bring a water flask/bottle (if you are a Platypus user, note that Platypus also sell a thermal tube cover to prevent freezing).
- **Sunglasses, high factor sun cream and lip protection**
- **Flight reference number, passport, & this info sheet**

And of course, casual clothes for the evening, slippers, trainers or comfortable shoes to use in and around the hotel

Non-essential but they may be important to you:

Camera & spare battery or charger, mobile & charger, plug adaptor, swimsuit for the sauna /pool, travel kettle and tea bags. Zinc Oxide tape to prevent blisters - and Compeed in case you get them!

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