



KAYAKING NORWAY'S FJORDS

*A Paddling Adventure in the
Fjords of the Sunnmøre Alps*

NORWAY ~ MULTISPORT ~ 6 DAYS

TRIP DETAILS

6 days

*Easy to intermediate
sea kayaking and hiking*

5 nights camping

Our Fjords of the Sunnmøre Alps trip covers 75 to 100 kilometers of the most dazzlingly beautiful fjords in Norway. The journey begins at the Art Nouveau styled town of Ålesund at the entrance of Storfjord. The comparatively broad Storfjord cuts into the mountains of Sunnmøre Alps and then divides into a series of smaller, more dramatic fjords. We paddle the waters of Norddalsfjord, Tafjord, Sunnylvfjord and finish the majestic waterway of Geirangerfjord. This is the most photographed fjord in Norway and is in the process of being designated a UNESCO World Heritage site.

This is an expedition-style camping trip through the heart of Norway's western fjords; an area of postcard-perfect landscapes, with snow-capped mountains, high granite walls, mountain farms, wildflowers and charming villages. Come with us while we enjoy the long sunlit Scandinavian summer days and discover the Norway's unique blend of scenery, culture and adventure.

2011 DATES

July 4–9

July 11–16

July 18–23

July 25–30

August 1–6

August 8–13

August 4–9

ITINERARY

ARRIVAL - Ålesund

Plan to arrive in Ålesund on Friday or Saturday morning prior to the first scheduled day of the itinerary; Sunday. Likewise, on the final day of the itinerary (Friday) we return to Ålesund so you should plan to leave the next day; Saturday. Remember to book accommodation from Friday to Saturday in Ålesund.

After a fire destroyed the town in 1902 Ålesund was re-built in Art Nouveau style and has the towers, turrets and medieval romantic facades the characterize this decorative school of architectural design while also incorporating elements of Nordic mythology. The city is beautifully maintained and has many fine shops and restaurants.

LAND COST

\$2500 US per person

From: Ålesund

Group Size: 8

Ålesund is Sunnmøre's largest city and there are daily flights from Oslo on SAS Braathens (www.sasbraathens.no) or Norwegian (www.norwegian.no). You can also get to Ålesund by train. Take the train from Oslo to Andalsnes and then a connecting bus on to Ålesund. (www.nsb.no). We recommend staying at either Scandic Ålesund Hotel (+47 21 61 45 00 or <http://www.scandichotels.com>) or at Prinsen Camping, the trip launchpoint, where there are cabins for rent (post@prinsencamping.no).

Your guides will meet you between 15:00 – 17:00 (3:00 – 5:00pm) on Saturday at the Scandic Ålesund Hotel (+47 21 61 45 00) or in the reception of Prinsen Campground (+47 70 15 52 04) between 18:00 – 19:00 (6:00 – 7:00pm). It is impor-

tant to meet us at one of these times; as it is here you will receive some important pre-trip information and you will also be issued dry bags which will assist you in packing and preparing for the next days' departure.

At the end of the paddling trip we will arrive in Geiranger early in the afternoon on Friday. In Geiranger you will have time to explore the village before the van transports you back to Ålesund. In Ålesund there will be time for showers at your chosen accommodation before the trip ends with an optional no-host group dinner at a local restaurant.

Note; You may leave any excess luggage at your hotel in Ålesund or at Prinsen Campground until you return from Geiranger.

DAY 1 ~ Ålesund to Vemøya

After an orientation and instruction we load the kayaks and set out from Prinsen Camping ground in Ålesund. Paddling North up Ellingsøyfjord, passing many small islands as we kayak up the fjord towards Skodje. Our destination for the day is a bay on the South-west corner of Vemøya, a small island at the entrance to the canal at Solnør.

DAY 2 ~ Vemøya to Ytste Skotet

We begin the day by paddling through the Solnør canal which leads us to Storfjord, stopping for lunch and to stretch our legs in Solnør Bay. This is our last stop before we enter the fjords. Paddling South we cross the mouth of Ørskog Bay and down Storfjord towards Vågs Bay where we stop to stretch our legs before we cross Storfjord to the farm at Ytste Skotet. Upon landing at the trail head of Ytste Skotet we unload the gear that we will need for a night at the farm (the gear is transport up the hill on a cable pulley system used for all the farm's supplies). The hike up to this historic farm takes about 25 min. and while our luggage is hauled up the farm's freight gondola system. After arriving at Ytste Skotet a refreshing dip in the farm's creek feels wonderful after 2 days of paddling. Tonight we sleep indoors and enjoy a traditional evening meal in the farms manor house.

DAY 3 ~ Ytste Skotet to Stordal

After a good night's sleep in the farms annex house. We hike down to our kayaks and launch onto Storfjord for the short paddle across to the North side of the fjord and to the point just past the hamlet of Stordal. We arrive at our camp site early and spend this leisurely afternoon relaxing by the fjord or enjoying some fjord fishing. Supper around a campfire is the perfect finish to our rest day on Storfjord.

Day 4 ~ Stordal to Åkernes

Fully refreshed we push off early this morning, the village Stranda is our first stop of the day. In Stranda; you have the opportunity to visit some shops, buy a treat at the bakery or a bottle of wine at the liquor store. Leaving Stranda we paddle along the steep mountain walls to where Storfjord splits into Norddalsfjord and Sunnlyvsfjord. We round the headland head down Sunnlyvsfjord. Our paddling destination is the historic farm at Åkernes.

After landing at Åkernes the short hike up to the farm is a refreshing stretch of our legs after this long paddling day down the fjords. The view is fantastic from this historic farm; and as the evening sun dips below the rugged mountains, we dine on another glorious fjord meal.

Day 5 ~ Åkernes – Knivsflå Into Geirangerfjord

Today's paddle takes us further down Sunnlyvsfjord to the point at Matvik and rounding it the vista of Geirangerfjord opens before us. Paddling past the world famous waterfalls the Brides Veil, Sutor, and Seven Sisters it's clear why Geirangerfjord is the most photographed fjord in Norway and graces so many Fjordland post cards. Our lunch stop is beside the foot of Seven Sisters falls.

After lunch we launch for the short paddle to the trailhead leading to famous mountain ledge farm of Knivsflå. Situated on a broad ledge right next to the Seven Sisters waterfall Knivsflå offers breathtaking views of Geiranger Fjord and it is in this spectacular setting that we spend our last night together on the Fjords.

Day 6 ~ Geirangerfjord and return to Ålesund

After a good nights rest at Knivsflå, we load our kayaks for the last time and launch onto Geirangerfjord for the final paddling leg of the trip. The hamlet of Geiranger is at the head of this marvellous fjord and this is where our journey through the majestic fjords of the Sunnmøre Alps ends. After unloading the kayaks at Geiranger Camping there is time for you to get a bite to eat and explore the hamlet of Geiranger before the van transports you back to Ålesund. In Ålesund the trip ends with a no-host supper at one of Ålesund's many restaurants.

Note on Itinerary:

Itineraries are intended as guidelines only and are subject to change at the discretion of your guides due to weather and other general logistical conditions at the time of the trip. Tofino Expeditions endeavours to produce trips of consistently high quality and safety without compromise.

What's Included

- professional guides
- return transportation to Ålesund
- expedition kayaks, tents, lifejackets, dry bags and safety equipment
- all meals from lunch on Day 1 to lunch on Day 6
- group camping equipment
- group first aid kit

What's not

Airfares; hotel accommodation; insurance of any kind (we strongly suggest that you purchase travel insurance that covers medical and evacuation as well as cancellations for medical reasons), tipping of guides; town meals and beverages or items of a personal nature.

THE NEXT STEP

Ready to go? Registering is easy!

Just call us at 1-800-677-0877 and reserve your spot! You can also book a reservation online at our website (www.tofino.com).

Leave the Rest to Us

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

Why Tofino Expeditions?

We have more than 24 years of experience as an expedition guide service, are leaders in sea-kayak instruction and have an industry wide reputation for safety, service and great food. We have guided thousands of paddlers on wilderness trips and are thrilled that so many guests become repeat clientele. Our trips are physically satisfying vacations that are designed to be relaxing, safe, thought-provoking and fun.

Our Commitment to Conservation

Tofino Expeditions has always been at the forefront of minimum impact camping technique and we have been formally recognized for our responsible expedition methods and management. We actively support a range of organizations that share our commitment to wilderness preservation.

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 1-800-677-0877 if you still have any questions or concerns. We're here to help you. You can also check out our website at www.tofino.com.



TERMS AND CONDITIONS

Questions?

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To Register:

If you would like to reserve a space on one of our expeditions, you can either call (800-677-0877), fax (503-364-5326), email us (info@tofino.com) or register online at our website (www.tofino.com). We accept Visa and Mastercard for deposits and trip costs. If you have any questions about our trips please contact our office.

Deposits and Payment

A \$500 US per person deposit holds your space until 90 days before trip departure, when payment is due in full. If your deposit is made by credit card we will process the balance 90 days prior to departure unless notified to do otherwise. Due to the nature of international operations, prices are subject to change.

Inclusive Services

The information package for each trip contains a comprehensive list of equipment and services which are included in the trip cost. Please read these carefully and call our office if you require further information.

Not included

Airfares, most meals in towns (to allow for individual choice), gratuities to staff, insurance of any kind, airport taxes (if any), alcoholic beverages or soft drinks and other items of a personal nature. Medical costs, costs of hospitalization, evacuation by helicopter or any other means is not covered in the trip cost.

Cancellations

Cancellations: A significant portion of our expenses are committed long before departure. At the time we receive written notice that you must cancel your trip, the following fees will apply (all dates are from departure date):

From time of reservation until 90 days prior to departure: \$150

89 to 60 days prior to departure: \$500

59 to 30 days prior to departure: 50% of Land Cost

29 days or less prior to departure: 100% of Land Cost.