



**SKIKITE
EXPEDITIONS**

**SWEDISH LAPLAND, HÄRJEDALEN
SKIKITE TRAVERSE INTRODUCTION COURSE**

26 November – 3 December, 2010

Sweden, South Lapland

8 days

SKIKITE  **EXPEDITIONS** .COM

Skikite expeditions is an X-plore, servicios de expedicions product.

HÄRJEDALEN – SWEDISH LAPLAND



Härjedalen in south Sapmi/Lapland is one of the best places in Scandinavia for snowfall early in the season. It is far away from the ocean which ensures an arctic-like winter climate. Funäsdalen, located in western Härjedalen, lies 580 km from Stockholm and is the winter resort with most snowfall in Sweden.

It is Sweden's southern-most alpine region, with the highest Swedish peaks south of the Arctic Circle. There are many first-class snowkiting areas in the vicinity of Funäsdalen, the largest of which are Flatruet, Ramundberget and Tännaldalen which we will access to practice the skikite traverse. The Funäsdalen mountains constitute the southernmost bare mountain area in Sweden, with numerous peaks rising higher than 1,000 metres. Helags, at 1,798 metres, has the southernmost Swedish glacier.

The Sami/Laplander communities Mittådalen and Ruvhten, and several old mountain pastures still in operation, mix with other examples of culture to form a unique character.

Here the Sami reindeer roam free together with the animals of the arctic fauna, like wild herds of musk ox, bear, wolf, wolverine, arctic fox, eagle and lynx.

*The smell of fresh snow hits your nose. The sounds of silence from the vast expanses.
The endless panorama over the white, pure landscape. A feeling of space and invigorating air.*



PROGRAM

Friday 26th November

Airport pick up at Oslo and transfer to the village Funäsdalen (5-6 hours). Lodgement in wooden cabins.

Saturday 27th

After an early breakfast we hit the snow early in the morning to enjoy as much sunlight as possible. Snowkiting on the plateau close to the lodge or transport to other snowkiting venues in the Funäsdalen mountains, depending on snow conditions.

Morning: Workshop basic kite

Afternoon: Workshop Skitraverse

Night: Workshop Backcountry safety & Navigation

Sunday 28th

After an early breakfast we hit the snow early in the morning to enjoy as much sunlight as possible. Snowkiting on the plateau close to the lodge or transport to other snowkiting venues in the Funäsdalen mountains, depending on snow conditions.

Morning & afternoon: Workshop Kite skiing

Night: Workshop Equipment & Cold weather management

Monday 29th

After an early breakfast we hit the snow early in the morning to enjoy as much sunlight as possible. Snowkiting on the plateau close to the lodge or transport to other snowkiting venues in the Funäsdalen mountains, depending on snow conditions.

Morning & afternoon: Workshop Ski kiting with pulks

Night: Workshop Communications & Camping

Tuesday 30th

Morning: Preparations for Skitraverse. Today we go to the vast South Lapland mountain plateau to start our mini expedition of skikite traversing.

Sleeping in tents.

Wednesday 1st December

Skikitetraverse. Sleeping in tents.

Thursday 2nd

Skikitetraverse. Arrival at Funäsdalen. Lodgement in wooden cabin.

Friday 3rd

After breakfast transport to Oslo.

The course

This course emphasizes the use of power kites and skis for daytrips and multiday trip of ski traversing.

The focus during the first 3 days is on ski and kite technique development, equipment, cold weather management, backcountry safety, navigation, camping and communications. The last 3 days you will put it all together on a multi day traverse sleeping outside in the “cold”.

For whom

- Beginners
- Ski/snowkiters that want to complement and improve their skills and techniques applicable for ski traversing.

Ratio

There will be a maximum 4:1 instructor-participants ratio on this course. Participants will be divided in two groups depending on skills and techniques. On the final days two guides will supervise the groups travelling.

Goal

After the course the participants have the skills and knowledge to make day and multiday ski kite traverses on their own in a subarctic environment.

Difficulty

This is a beginner’s course but some experience in snowkite, cross-country or downhill ski techniques experiences are recommendable. Good physical condition without back or knee problems is a must. The intensity of the course is high, long days and you will be skikiting/skiing and pulling a pulk for 6 hours per day at the end of the course. At the end of the 3 days instruction the instructors decide if you have enough skill and technique to go on the traverse. If the instructors decide that you can’t go on the traverse you can either practice yourself (on own risk), contract one of our instructors or enjoy the environment.

Equipment:

Skikite Expeditions will supply the following

- kites (if you have your own bring it)
- tents (2 participants per tent)
- stoves & fuel
- pulks (sleds)
- harnesses
- 3x expedition food daily ration
- GPS & compass
- Iridium phone
- SPOT
- maps
- first aid kit

What do you have to bring

- winter sleeping bag
- winter sleeping mattress (or two thinner mattresses)
- 2 water resistant duffel bag
- shovel (1 per 2 p)
- bivvy bag
- daypack
- touring skis*
- skins
- poles
- touring ski boots
- winter clothing**
- ski goggles
- personal first aid kit
- headlight
- 6mm cord (10 m)
- ski helmet

* Get informed by us about recommended skis. We can provide locations of rental.

** Once you registered and paid the reservation fee you will receive a detailed list of equipment and recommended clothing.

Food

Skikite Expeditions will provide 3 daily expedition rations food packages, breakfast and lunch of the first day. The rest of the food can be bought in the shop at the village and be cooked at the facilities in the cabins.

Transport

Skikite Expeditions will run a minivan from Oslo to Funäsdalen (5-6 hours) and back again included in the cost of the course.

There are also flights with Flydot.no with very reasonable ticket prices from Oslo.

It is also possible to rent your own vehicle and drive up to Funäsdalen.

During our stay at Funäsdalen, where necessary, you will be transported to the practice area.

Please inform about your travel plans!

Lodgement

During the first 4 nights and the last one you will be staying in wooden log cabins close to Funäsdalen. The cabins have three bedrooms with two beds in each room plus sofas that you can convert to two beds. The houses have good standard with for example fire stove, WC, shower, sauna, satellite TV and kitchen. From these houses we can walk with skis and skins directly up to a plateau for snowkiting. There is a service house with reception, billiard table, pingpong table, computer, wifi, gathering room.

Insurance

All participants should have a travel and activity insurance covering the type of activity and area, which can be contracted by us. See prices.

Equipment

Skikite Expeditions can provide the participants with equipment and clothing with discount. Please let us know what you need so we can send you an offer.

Cost of the course:**8 participants 1.475€****10 participants 1.350€****Includings**

- Lodgement in wooden cabin; 5 nights twin bedroom
- Camping; 2 nights – 2 participants per tent
- 3 daily expedition rations
- Breakfast and lunch of the first day
- Instructors and guide
- Kites, pulks, harnesses
- Group equipment (see list)
- Safety equipment and communications
- Transport as indicated in the program
- Workshops as indicated in the program
- VAT

Excludings

- personal equipment
- any personal expenses; drinks, telephone calls or other
- flight tickets
- travel & activity insurance
- any other service not indicated in “Includings”

Extras

- Travel and activity Insurance from 39€

Flights

Cheapest tickets to Oslo can be purchased on www.norwegian.no (from 80-130€ aprox.)

Oslo- Roros www.flydot.no

Extension

It is possible to contract an extension package, if you want to enjoy the area a bit longer for XC skiing, kiting, Alpine skiing.

Contact info:

X-plore, servicios de expediciones

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Contract and responsibility - General Conditions

Given the particular nature of the proposed trips, the daily programmes are considered to be a guideline. A series of variable factors while travelling in the mountains (weather conditions, communication problems, etc) may endanger the security of the participants and for this reason variations may occur to the programmed itineraries.

01 – Travel contract and responsibility

In any case the X-plore, servicios de expediciones S.L. responsibility will not exceed the limits foreseen by the local Spanish laws. In case of “force majeure”, X-plore, servicios de expediciones S.L reserves the right to change lodgement and destinations with others nearby. X-plore, servicios de expediciones S.L is not responsible for any damages caused by the client.

02 – Bookings

Bookings are subject to availability. Should the activity you have chosen no longer be available a similar activity will be proposed where possible. Booking acceptance will be sent by fax or E-mail by the X-plore, servicios de expediciones S.L who will consider the booking confirmed only after having received a 30% deposit or the full cost (in case of “last minute” bookings) of the activity. X-plore, servicios de expediciones S.L is responsible for making sure that each part of the program booked is provided to a reasonable standard.

03 – Prices

Prices are quoted in EURO and include accommodation, taxes, service; they do not include any personal expenses or additional fees such as telephone calls, items from the mini-bar, services, cleaning, deposits for apartment accommodation, etc.

04 – Payments

Upon confirmation of a booking, a 30% deposit must be paid. Payment of the balance, according to X-plore, servicios de expediciones S.L proforma activity invoice, is due no later than 30 days before departure.

05 – Documents

Documents, if necessary will be sent (to fax or address provided) by X-plore, servicios de expediciones S.L only after having received the total amount on the activity invoice. The participant is responsible for his own travel documents (passport, tickets) and the validity of these.

06 – Cancellation of the activity before departure

If you cancel your booking X-plore, servicios de expediciones S.L will reimburse the total amount paid minus the following cancellation charges and minus any possible expenses. These charges are a percentage of the total cost of the booking. The days indicated are to be considered “working days” before departure.

a) Cancellation charges for trip bookings

- 30% from 59 to 15 days
- 60% from 14 to 07 days
- 75% from 07 to 03 days
- 100% after 02 days or no show up

07 – Changes to your booking

For changes made to existing bookings, X-plore, servicios de expediciones S.L will have to cover processing costs and sometimes have to pay penalties charged by suppliers.

08- Insurance

X-plore, servicios de expediciones S.L has liability insurance for the contracted activities. Participants are responsible for the contract of a travel and activity insurance, covering also evacuation. Any cost of evacuation will be charged to the participant.

09 – Complaints regarding booked services

Claims can only be made by the client once the full cost of the activity has been paid. However, any complaints should be reported immediately to X-plore, servicios de expediciones S.L, in written form, during the contracted program time. If the complaint is not sorted out during the program period, a registered letter should be sent to X-plore, servicios de expediciones S.L within 10 days of returning. X-plore, servicios de expediciones S.L has taken all reasonable care to make sure that all the services are provided to a reasonable standard and are provided as described in the itinerary. X-plore, servicios de expediciones S.L is not responsible for any changes made by the supplier of which they have not been informed. Any suggestions from the client will be gladly accepted in order to improve the level of services and accommodation provided.

10- Legal jurisdiction

For any dispute, the Civil Court of Barcelona is to be acknowledged as the sole competent authority.

11 – Technical Organization

X-plore, servicios de expediciones S.L