



SEA 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.

2008 DATES

June 10–15

June 17–22

July 06–11

July 13–18

July 20–25

July 27–August 1

August 3–8

August 10–15

August 17–22

August 24–29

ITINERARY

ARRIVAL - Ålesund

Guests need to arrive in Ålesund the day before departure. 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 that 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.

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 the Clarion Collection Hotel Bryggen (www.choicehotels.com) or at Prinsen Camping, the trip launchpoint, where there are cabins for rent (post@prinsencamping.no).

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.

LAND COST

\$1895 US per person

From: Ålesund

Group Size: 8

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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. Landing at the trail head to Ytste Skotet we unload the gear that we will need for a night at the farm. The hike up to this historic farm takes about 45 minutes. After arriving at Ytste Skotet we prepare a well deserved supper before retiring for the night in the rustic but surprising comfortable hay loft.

DAY 3 ~ Ytste Skotet to Stordal

After a good night's sleep on the soft hay we begin the day with a tour of the historic farm before hiking down to our kayaks. Today's paddle is a short crossing over to the North side of Storfjord to the point just past the hamlet of Stordal. We arrive at our camp site early and spend the afternoon exploring Stordal, hiking or just relaxing after two long days on the water.

DAY 4 ~ Stordal to Skrednakken

We set off paddling past the scenic village of Stranda and along steep mountain walls to where Storfjord splits into Norddalsfjord and Sunnlyvsfjord. After arriving at the trail head to the Mountain Farm of Skrednakken we unload the kayaks and begin the hour-long hike to Skrednakken. The trail offers spectacular vistas and tonight's camp has outstanding panoramic views of the fjords and the Summøre alps.

DAY 5 ~ Into Geirangerfjord — Skrednakken to Syltevik

We break camp early for the hike down to the kayaks. After rounding the point at Skrednakken we paddle south and down the entire stretch of beautiful Sunnlyvsfjord stopping for a quick lunch at the abandoned farming settlement of Oladsbygd. After lunch we paddle the remaining distance to the mouth of Geirangerfjord. Entering what many consider Norway's most beautiful fjord we travel the short distance to the historic farm of Syltevik and the site of our last fjord camp.

DAY 6 ~ Geirangerfjord and return to Ålesund

We paddle the length of Geirangerfjord past 2000 foot high waterfalls with names like; Bridesvail, the Seven Sisters and the Sutor . Lunch is at the mountain farm of Skageflåa perched on a ledge 750 feet above the fjord and the photo site of Norways' most popular postcard. After lunch we climb into our kayaks for the last time and paddle into hamlet of Geiranger at the head of this marvellous fjord. The van drive back to Ålesund winds through the Summøre alps is a fittingly scenic way to cap a trip of unforgettable vistas.

LAND COST

\$1895 US per person

WHAT'S INCLUDED

- professional guides
- return transportation to Ålesund
- expedition kayaks, tents, lifejackets 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 18 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?

Please don't hesitate to call us if you have questions or concerns. We're here to help you. You can also find answers to many questions on our website (www.tofino.com)

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.