



Norway 2010 June 19th-27th



Expedition Outline:

We shall meet on Saturday 19 June at the Havnomaden Kayak centre, where we shall have the opportunity to unpack, sort through our equipment and start to prepare kayaks and equipment for our departure the following day. There is a local store where supplies can be purchased and the centre will arrange a boat trip for this to be accommodated.

There are various options on accommodation at the centre, from doubles, singles and small dormitory style accommodation and I would recommend that you email Bent direct with your preferences. We shall be using the centre on the nights of the 19th and 27th of June, the remainder of the time we shall be sleeping out under the stars.

On the evening of the 19th there will be a group meeting where the expeditions objectives will be discussed and a plan for the expedition developed. Exact itinerary for the paddling days will be very much dependent on the weather forecast for the week and individual desires.

The expedition will be centred on a 7 day journey, travelling north, crossing the Arctic Circle and then exploring the many islands which scatter throughout this amazing region. The journey will be a round trip and return journeys during the expedition will only be accommodated in the event of an emergency.

Experience required:

You need to be paddling at an intermediate level, if you are familiar with the BCU syllabus this would be at or around the new UKCC 2-3* level. You also need to be familiar with packing and camping from a sea kayak. If you have not done this before then it is advised that you attend one of our *'Introduction to expedition'* Courses prior to embarking on this expedition

What it includes:

Coach/guide, Kayaks, Paddles, Decks, buoyancy aids and a good time!

Cost:

£595 (excluding transport to start point in Norway and food)

Equipment:

The only equipment which we shall be providing are the kayaks, paddles, spray decks and buoyancy aids.

There are the following kayaks available:

- 3 x Current Design Sirocco RM Polyethylene
- 3 x Current design Storm RM Polyethylene
- 1 x P&H Sirius M GRP

- 1 x NDK Romany GRP
- 1 x NDK Romany Surf GRP
- 1 x NDK Explorer
- 1 x Valley Aquanaut HV (RM)
- 1 x Valley Aquanaut LV (RM)

Please let us know when you book what kayak you require and we will do our best to make it available.

Getting there:

Travel in Norway is an experience in itself, you will journey through some remarkable countryside or if you take the Hurtigruten, you shall witness some amazing coastal scenery. For some of you, the week's sea kayaking in the Vega archipelago may be only a small part of a bigger holiday, so I have included various options. Travel services throughout the country are very efficient.

Travellers joining us from overseas can connect their flights through London or fly straight into Norway and seek alternative connections.

Trondheim (Vaernes), according to our latest research, is the cheapest and most flexible destination. So our proposed route (see below) to Husvaer is based from there, however alternative airports are Bodo and Mo I Rana.

To book flights from London to Trondheim visit: www.norwegian.com. Alternative airlines are KLM and SAS.

Optional routes from Trondheim to Brassoy (Husvaer):

- a) Flight from London to Trondheim (Værnes) - Train from Trondheim to Mosjøen - Bus from Mosjøen to Sandnessjøen - Ferry from Sandnessjøen to Brassoy (Husvaer)
- b) Flight from London to Trondheim – Flight from Trondheim to Sandnessjøen - Ferry from Sandnessjøen to Brassoy (Husvaer).
- c) Flight from London to Trondheim (Værnes) - Hurtigruten (the coast liner) from Trondheim to Sandnessjøen.

Internal flights:

If you are able to book well in advance, internal flights can be cheap and we have looked at alternatives with KLM, SAS or Norwegian airlines.

For example, flights from Trondheim Airport to Sandnessjøen, the cheapest flights we have found in June are 393 NOK (except on Sundays which are 435 NOK). I expect you need to book early to get the cheapest seats, standard fare ("full flex") is 1517 NOK).

The Hurtigruten:

If your choice is Hurtigruten, you'll take the airport coach (most convenient, as I believe it takes you to the harbour) or the train to Trondheim. Coach fare is 90 NOK, train fare 64 NOK.

Hurtigruten is expensive, but an experience in itself.

Summer fares 2010, one person Trondheim - Sandnessjøen, is 1384 NOK just for the fare.

You don't need a cabin, as you'll leave Trondheim 12:00 (noon) and arrive Sandnessjøen 03:45 the next morning. Keep in mind that it will be broad daylight at this hour in summer. As you will see, you need a place to sleep while waiting for Hurtigruten to leave.

Bus and Train:

All bus and train journeys can be booked on the day, but we recommend you try to purchase them in advance.

Ferries out to Brasøy (Husvær):

<http://www.helgelandske.com/>

Ferry from Søvik, (which is 4 km from the airport) to Brasøy (Husvær)

Daily: 08.15, 12.45, 14.50, 20.15.

Saturday: 13.25 and 18.05

Sunday: 09.45, 14.55, 20.05

Fast-ferry from Sandnessjøen departure daily: 13.30, 18.15, 18.45(Friday)

Saturday: 13.30

Sunday: 13.30, 19.20

Website: <http://www.havnomaden.no/sider/engelsk.html>

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If you have any further enquiries please email us at: info@seakayakingcornwall.com