



Northern Norway - A Family Adventure in Tromsø And Sommarøy



HOLIDAY TYPE: Small Group
VISITING: Norway

BROCHURE CODE: 1703
DURATION: 4 nights

In Brief

This trip to Norway includes two contrasting destinations that make for a fantastically varied family holiday. Spending two nights in the city of Tromsø, with two nights on the island of Sommarøy in between, you will find yourselves on an array of adventures. These include speeding over the snow on a husky sleigh ride, venturing out by boat in search of whales and marine wildlife, and hunting for the Northern Lights at a remote reindeer farm.

Our Opinion

“ After having such a great time in Finland the previous year, my family insisted on repeating the winter holiday experience, but they wanted to visit somewhere a little different. This trip combined everything we could have wanted, as you still get to do the most popular activities like the huskies and the reindeer, but you also get to experience things like the city tour in Tromsø and a wildlife-watching safari in Sommarøy. We were also lucky enough to see the Northern Lights on the last night which was an amazing end to the trip. ”

Amy Hope

The Specifics

Holiday group size (approximate)

Minimum 4 people; maximum 30 people (approximately)

Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the 'Group Size' section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our booking conditions.

Minimum and maximum age

The minimum age for this holiday can be found in the 'Key Facts' section of the holiday overview.

Younger family members may be able to participate but may not be able to take part in all activities. Please contact one of our Travel Experts if you have any questions.

Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and

detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

Guides & Safety

When partaking in any activity, it is imperative that everyone in your group listens very closely to the instructions provided by the guide and that they are abided by at all times. Our guides are experts in their field and no one knows the environment better than these highly knowledgeable and experienced providers.

Prior to starting any activity, please make it clear to your guide if there is any element of the safety briefing you are unsure of or would like to clarify before you set off.

Our guides will always take local conditions into account when considering whether an activity can go ahead. This is, in part, why your itinerary is subject to change at short notice. This rarely happens, however, if it does, we will always endeavour to reschedule the activity for later in your holiday. If this is not possible then the cost of the activity will be refunded to you when you return home.

Our guides' word on activities is always final and your safety is their principal concern at all times; please respect their decisions. By following their instructions, your safety and enjoyment during each activity will be greatly enhanced.

NB: In order to participate in our holidays, all guests must be able to understand instructions given in English. These instructions may be delivered verbally or in writing and will include vital safety information and ongoing instruction during activities

Pregnancy

If you are pregnant at the time of booking your holiday or you discover you are pregnant prior to your departure, firstly – congratulations! Secondly – please tell us as soon as possible. This situation does frequently arise and we are able to advise you both from our own first-hand experience and from discussing this at length with our expert local partners who have experience in this area. The more notice you can give us the better, in order to suggest any adaptations to the itinerary you have booked which will reduce the risk to both mother and baby. Please contact our customer service team at [info @ activitiesabroad.com](mailto:info@activitiesabroad.com) for more information.

Experience and Fitness

Most of the activities we offer have been designed for beginners who have no prior experience and are of all age ranges and fitness levels. Our guides provide expert advice, tuition and instructions prior to any activity going ahead. Activities are designed to be enjoyed and not endured, but some, do require a more basic level of fitness than others. If

you have any questions, then please contact one of our Travel Experts who can provide first-hand advice.

The only holidays which are not as suitable for complete beginners are the multi-night safaris which involve several days in wilderness cabins travelling by either snowmobile or husky safari. Again, this all depends on the individual taking part, but some prior experience and understanding of these types of activities can be very helpful and a greater level of fitness is recommended.

Financial Protection

We know that your holiday will be one of the most important investments you make in a year and we understand how important it is for you to know that you are financially protected and that your money is secure. Alongside our ATOL financial protection (ATOL 6865) you may book with confidence as we are a fully bonded member of ABTA (ABTA number Y6261). This means that you have the benefit of ABTA's code of conduct and your money is fully protected regardless of whether we are arranging your flights for you or not. We also offer our clients our 'Peace of Mind Promise' to really put your mind at ease. Please see the following link for full details: <https://www.activitiesabroad.com/about-us/financial-protection>

Responsible Travel

Responsible Travel is at the heart of our business and our approach is based on ensuring that our holidays are environmentally, socially and economically responsible. We work in some of the most pristine environments in the world and with suppliers who we class as friends; protecting and providing for both is central to our ethos. Full details of our Responsible Travel Policy can be found on our [website](#).

Parental Supervision

Our family holidays are designed to be just that, family holidays. During activities, our guides are there to provide advice, tuition and supervision but we must stress that you are responsible for the child or children in your care. We do not employ qualified childminders and you should not put our guides or other group members in a position where they are responsible for the care of your child or children.

Money and tipping

At your discretion, you may wish to tip your guides at the end of your stay as a gesture of appreciation for their efforts during your holiday.

Travelling overseas with children

The Foreign Office has advice for travelling overseas with children which can be found by [clicking here](#).

To minimize any potential issues at the border entry point for a country if both parents of a child entering the country are not going to be present then we would strongly recommend having a written statement from the absent parent(s) stating that they are in full knowledge and support of the visit and a contact number should they wish to verify the document is genuine.

Whilst it is unlikely you would need to produce such a document if it is requested and evidence cannot be produced this may delay your entry into the country and cause further complications which can be easily avoided.

Medical History and Advice

We want our holidays to be accessible as they can be and will do our best to accommodate any special requests and requirements where possible. We have a wide range of holidays and destinations and so our travel experts will help find the best holiday for you.

In order to give us the best possible chance to do this we ask that if you or any member of your party has any medical condition or disability which may affect your holiday or has any special requirements, that you tell us at the time of enquiry or booking. You must also promptly advise us if any medical condition or disability which may affect your holiday develops after your booking has been confirmed. You may need to provide a doctor's note and proof of insurance in some cases as the health and safety of our clients is absolutely paramount.

In providing this information you are allowing us to work with our expert local partners to ensure that your whole party can enjoy the holiday. By letting us know in advance we can discreetly work with you to adapt any part of the holiday which may potentially be challenging. Being able to prepare for this in advance makes an incredible difference to what we can offer and minimises any impact on your party and the rest of the group.

Unfortunately, if you choose not to share this information with us in advance then it may limit some or all of the itinerary you have booked, and we cannot be held accountable for any additional costs or missed activities resulting from this.

It is vitally important that you advise us prior to departure of any medical or dietary condition relating to any member of your party so that we may notify our local staff before you arrive. We recommend only drinking bottled water from bottles with unbroken seals and be vigilant about the use of ice in drinks and ice cream.

Insurance

Insurance is not included in your holiday, but it is a pre-requisite to travelling with us. You will need to ensure that you have cover for all the activities that you will be participating in during your holiday.

It is extremely important that you take out a suitable travel insurance policy at the time of booking. Plans do sometimes change, and you will need this policy should you need to cancel your holiday.

If you are struggling to find a suitable policy then details of our preferred provider, who will cover you for all the activities we offer, can be found on our website by [clicking here](#). Please note that this policy is available to EU residents under the age of 75 only.

The UK Foreign Office Advice

Our clients' safety is at the centre of everything we do, and our operations team continually assesses and monitors the destinations we feature. We carry out thorough risk assessments and work closely with all of our suppliers to continually follow best practice. For up to date travel advice the UK government offers its [Travel Aware website](#) as well as the advice detailed below.

The Foreign and Commonwealth Office Advice

We receive all updates from the [Foreign and Commonwealth Office \(FCO\)](#) with regards to travel advice and we always ensure that we follow this advice in our operations. The FCO issues travel advisories for countries based on a very wide range of factors. They may provide notification about things as simple as a football match and crowds, or they may go so far as to advise against all travel to a region. We ask all our clients to refer to the relevant [Travel Advice by Country](#) for the destinations they are visiting in order to make an informed decision on the safety of the destination based on the details provided. It also provides vital information regarding entry requirements, embassy information, local laws and customs as well as specific safety and health. Guests should take responsibility for keeping themselves up to date with this advice. Please also ensure that, if you are transiting through another country, you have read the advice and meet the entry requirements for that destination too.

The FCO travel advice is applicable to British Passport Holders. Most governments will issue their own travel advice for a region and, if you are not a UK resident then you can find some helpful links below:

Australian Department of Foreign Affairs and Trade <http://www.smartraveller.gov.au/>

New Zealand Ministry of Foreign Affairs and Trade <http://www.safetravel.govt.nz/>

Canadian Consular Affairs Bureau <http://voyage.gc.ca/>

The U.S. Bureau of Consular Affairs <http://travel.state.gov/content/travel/english.html>

If the FCO deems that there is an unacceptable level of risk for UK citizens then, together with the government, they may issue an advisory against all travel to a region or country. If such an advisory is published, then we will act accordingly, and this may require the cancellation, curtailment or amendment of a holiday itinerary. These decisions are made on the basis of ensuring our clients' safety and will affect all clients on the holiday, regardless of their nationality.

If one of our local experts suggests an amendment due to a situation which develops locally then we may also take the decision to amend an itinerary appropriately.

If we have to cancel your holiday prior to departure you will be offered the option of an alternative trip (where any price difference will either be refunded to or covered by you) or a full refund of the monies paid.

If we have to curtail a holiday, then you will be refunded for any costs for the elements we have been unable to deliver, where we have been able to secure a refund from our suppliers. If we must reroute a holiday, then any basis for refund is determined on a case by case basis and dependent on whether the central holiday experience was provided or not.

Booking activities locally

Additional activities can be booked locally in almost all our destinations. However, as per our booking conditions, we cannot be held responsible for any injury or loss incurred through participation in activities which are booked at your destination outside of our holiday itinerary (see our 'Terms and Conditions' for further details).

When arranging any such activity please always ensure that safety is your primary concern.

In some of our destinations, you can borrow or hire equipment for use in your free time. You do so entirely at your own risk. You must ensure that you are correctly prepared, have the necessary equipment and knowledge (maps, etc.) and ensure that where applicable, you follow marked routes. We recommend discussing your plans with the local teams who will be able to advise on the most suitable options for you.

Always let the reception/guide know where you are planning to go and take a torch and mobile phone (with the hotel/guide's phone number stored). It is also a good idea to leave your contact number and the time you expect to return to the hotel should the hotel need to contact you.

Norway FAQs

Do we need to tip?

Tipping in Norway is slightly different to other Scandinavian countries as it is more

commonplace, but certainly not expected. On average, 6-10% of your total bill is a respectable amount to add for good service, but it is entirely up to you.

When tipping in a Norwegian restaurant, or when using a taxi, it's often easier and generally more accepted to tip by rounding up your bill.

Do we need visas to visit Norway?

If you are travelling from within the EU no visa is required. For UK nationals, you are able to stay for up to three months without a visa but your passport must be valid for the duration of your stay. For anyone travelling on a non-British passport it is your responsibility to ensure that you have all necessary visas, passport validity and documents in place before you travel. Please contact your foreign office or the Norwegian Embassy for details.

How cold will it be?

Depending on where you are in the county, the temperature can vary hugely across Norway. As most of our trips are based in Northern Norway in the counties of Nordland and Finnmark, the weather and temperatures that we mention below will be focused on these regions.

Although Norway wraps around the top of Finland and Sweden, the coastal areas of the country are often not as cold as other countries of a similar latitude, as the Gulf Stream adds extra warmth to keep temperatures milder during the winter. Winter temperatures along the coast therefore tend to be nowhere near as cold as locations in Northern Finland and Sweden. Between November and March, the average temperature near Sortland is around 0°C.

As you head towards the north east of the country, the climate is more similar to Finnish Lapland, with average winter temperatures dropping to around -15°C in Kirkenes. But fear not, as you will be wrapped up nice and warm for any outside activities that your family takes part in!

How dark will it be?

As with other Scandinavian countries that share a similar latitude, the north of Norway has large variations in daylight throughout the year.

During the deep winter months of December to late January, the sun doesn't rise above the horizon and the landscape is bathed in a beautiful blue tinged polar light, which is reflected off the white snow, so it is never actually pitch black. However, thanks to the long hours of darkness, you are provided with a greater opportunity to catch sight of the Northern Lights and perhaps you won't even have to stay up as late!

From February onwards, the daylight hours start to increase quickly by around four hours a month and spring conditions start to come through from March to April.

Each month is quite different from one another, but this adds to the joy and charm of a family winter holiday in Norway!

How do we get to Norway?

Most of our trips to Norway travel from London, via either Oslo or Tromsø and then on to one of the northern airports to get you closer to your destination. Your waiting time in the connecting airport will obviously vary depending on the available flight times.

How expensive is Norway?

Due to its high taxation, Norway is probably the most expensive of all the Scandinavian countries with high prices for food, drink and accommodation. This is why we aim to include breakfast wherever possible, as well as half board and full board in the more remote locations.

When visiting Norway, you should be prepared to pay more for your purchases, especially food and drink. Unfortunately we don't offer any all-inclusive options, so drinks must be paid for directly with the hotel.

What is the currency in Norway?

The currency in Norway is the Norwegian Krone (abbreviated as NOK). Bank notes are available in values of 50, 100, 200, 500 and 1000 kroner and coins are in 1, 5, 10 and 20 kroner.

Major credit cards are accepted in most places and these are usually the easiest way to pay for your items, however we also recommend taking cash with you for smaller purchases, such as souvenirs, because cash machines are not common in the more remote locations.

What is the food like?

In the destinations that we use, traditional Norwegian cuisine is often served. This is similar to other Scandinavian countries, using the natural surroundings of its sea, mountains and wilderness to provide something for all of the family to enjoy.

Norway has a huge coastline that covers more than 25,000km and so fish is a major part of their cuisine. Smoked salmon, cod, sardines, herring and mackerel are widely featured and full of flavour to keep your taste buds entertained! In the more northern coastal

regions, particularly Kirkenes, you can even try one of the local specialities: King Crab! They are certainly a sight to behold!

Sheep, elk, reindeer and woodland fowl are also commonly used in recipes throughout the country and in the summer, berries and fruit come into season and are picked and stored for the winter to add exciting flavours to complement your meals.

Please let us know if any member of your family has any dietary requirements at the time of booking, so that our suppliers can accommodate them to the best of their ability.

What is the time difference between the UK and Norway?

During the winter, Norway is 1 hour ahead of Greenwich Mean Time (GMT). During Daylight Saving Time (DST), Norway is 2 hours ahead of GMT.

What kind of plug do I need in Norway?

Norway uses the Northern European two-pronged plug (type C), so you will need an adaptor if travelling from the UK.

Norway FCO Advice

Below you will find the specific link for the current FCO advice for the country/countries that you are visiting which is applicable to British passport holders only. It is vital that you read this as early as possible as the content includes details on entry requirements, embassy information, local laws and customs as well as specific safety and health advice.

<https://www.gov.uk/foreign-travel-advice/norway>

Most governments will issue their own travel advice for a region and, if you are resident outside of the UK, then you can find some helpful links below:

Australian Department of Foreign Affairs and Trade <http://www.smartraveller.gov.au/>

New Zealand Ministry of Foreign Affairs and Trade <http://www.safetravel.govt.nz/>

Canadian Consular Affairs Bureau <http://voyage.gc.ca/>

The U.S. Bureau of Consular Affairs <http://travel.state.gov/content/travel/english.html>

Snow Holiday FAQs

How cold will it be?

On most of our winter holidays you will be provided with Arctic winter clothing for the duration of your stay (it will be mentioned in the 'What's Included' section) and it is always included for activities such as dog sledding and snowmobiling. This winter clothing is designed for the low Arctic winter temperatures and consists of either a one or two piece set of thermal overalls (imagine a duvet made into a suit), which will help to keep your family toasty during the holiday, as well as a pair of winter boots and normally some woolly socks to keep your toes nice and warm.

Our guides will also provide you with large mittens (which are much warmer than gloves with fingers) and in many cases hats are also available to borrow.

Along with the list of items that we mention on our packing list attached to each trip, you should be comfortably warm wearing your own layers under your suit (thermals, fleeces etc) and your thermal winter clothing on top. You may also want to bring along some hand and feet warmers for an extra bit of warmth.

Clothing obviously plays a major part in keeping warm, however it's also important to keep the family well fed and watered for a day in the Great Outdoors, so make sure that you all take advantage of the Scandinavian breakfasts and fuel up for the day ahead!

If you're taking part in an activity that lasts for more than a couple of hours, you'll usually have a break for hot drinks and a snack around an open fire, giving you the chance to have a rest and warm up.

It's also important to note that some activities, such as dog sledding (when driving the sled) and cross-country skiing are physical activities which, although designed for beginners, will naturally keep you warm, so you may even end up taking off a layer or two!

Although you may experience temperatures as low as -30°C, this is a dry cold rather than the bitter, wind-driven wet cold you may experience in other countries. You may be surprised to see the local children walking to school completely at ease with the climate, so this should reassure you that all will be fine.

Will we see the Northern Lights?

The Northern Lights are an exciting natural phenomenon and a magical experience to witness for young and old. Bands of colour stretch and dance across the sky, creating a wonderful natural display. Whether you can see them or not is determined by many conditions, which is why seeing them can never be guaranteed. However, the sun is currently at the peak of its Solar Cycle, which occurs every 11 years and solar activity levels are set to be exceptional over the next few winters. This means that it is likely to be

the best chance for your family to see the Lights for a generation!

To see the Lights you also need dark skies, which is why they can only really be seen between September and early April. Plus, you also need to be staying within the Aurora Zone, which is the band that circles the Arctic where the Lights are most visible.

The other thing that can potentially stand in your way is the cloud cover. When watching for the Lights, you have to hope for clear skies, as cloud cover will block any chance of seeing the Lights.

Many of the holidays on our website include evening adventures that are dedicated to searching for the Northern Lights and the friendly guides that accompany you will use all of their local knowledge to try and find the best spot for a potential viewing, so hopefully your family will be able to witness this wonderful phenomenon during your time away.

How do we stay warm?

As mentioned in the 'How cold will it be?' FAQ, on most of your holidays you will be provided with Arctic winter clothing for the duration of your stay, which, along with your own inner layers, will keep you nice and warm when outside. During the activities that you'll take part in you'll also generate your own natural body warmth, which will help to keep you warm in your thermal gear.

Inside the hotels and lodges that we use, the rooms and communal areas are all fully-heated. You certainly won't need your thermal gear inside, so feel free to walk around as you would at home.

Can we meet Father Christmas?

Yes, you can! Our trips to see Father Christmas are always a minimum of 2 nights and they include either a private meeting with him or the chance to have an intimate and personalised chat with him as part of a larger group.

Whether you take part in a family-based private visit or a slightly larger group-based meeting, your family will get the chance to meet Father Christmas, listen to his stories sat around a warming fire and enjoy the magical Christmas festivities.

We know how important meeting Father Christmas is for your family, which is why we only choose experiences that are not commercialised and over-crowded and that aim to give your family a truly wonderful experience.

How many hours of daylight will there be?

In parts of Lapland, the sun disappears over the horizon in late December and doesn't reappear until early January. But don't worry, this doesn't mean that you will be in

complete darkness throughout your holiday!

Thanks to the thick covering of snow, every little bit of available light is reflected off the surface, creating what many in Lapland call “blue light” or “polar light”. This light extends both the dawn and twilight hours, so there should always be enough light to ensure that you can fully enjoy the activities (except during the night time safaris of course), although being out in the dark can add to the magic of the experience as well!

December and January are naturally the months with the least amount of daylight, however this also means that there is more potential to see the Northern Lights, as the skies are darker and you don't necessarily have to stay up as late searching for the Lights. As the winter months progress, the daylight hours get longer, gaining around 4 hours of daylight each month.

Flight schedule changes and connecting transportation

On your documentation, we will confirm your flight schedule. Sometimes the flight number, routing and timings might change prior to your departure. If the change is classed as a significant change then we will contact you to discuss this. Please see our booking conditions for details.

Flight schedule changes can impact on your pre and post-holiday travel arrangements if these have been booked separately to your holiday. We strongly recommend that you do not book transport (such as trains or transfers), car parking or non-connecting flights to the departure point for your holiday until you have received your final confirmed travel times when your final travel documents are issued. We are not responsible for the effect of any schedule change on your pre or post travel arrangements. We strongly recommend that you do not purchase non-flexible or non-refundable tickets to avoid cancellation and penalty charges.

Booking your own flights cancellation disclaimer

If you have chosen to book your own flights, then you will need to wait until we confirm to you that the holiday departure has met the minimum numbers required to run (if applicable to your chosen holiday). Once the holiday is guaranteed to run, you will be informed and you can then make your arrangements.

If transfers are included in your holiday, please ensure that any potential flights will be met by our standard transfers (speak to one of our Travel Experts for advice) otherwise private transfer supplements may be applicable. Once your flights are booked, please send us a copy of your detailed flight itinerary.

Please be aware that most tickets are non-refundable in the case of cancellation. For this reason, we strongly advise you check the rules of the ticket and check the limitations of your cancellation insurance before booking. We cannot be held liable, in the unlikely

eventuality that we should be forced to cancel or amend your trip, for losses incurred relating to any flight booking you have made.

Special requests & in-flight meals

Due to the remote locations of our holidays, flight availability can be exceptionally limited. To ensure that you can travel on the seats that we have pre-allocated to a certain holiday, flight options might be restricted. Please discuss this with our Travel Experts at the time of booking.

Generally, we are unable to assign specific seating on flights although we can make requests on your behalf. We cannot guarantee this and if a request is unable to be actioned then this is not classed as a breach of contract on our part.

If your booking allows for online check-in then you should do so as early as possible to ensure you are allocated seats next to your travelling companions. Details regarding this will be provided in your final travel documents which will be provided approximately one week prior to travel.

If you require special seats or assistance at the airport due to a medical condition, reduced mobility or disability, then please let us know at the time of booking (or as soon as possible prior to travel if the issue occurs after booking). You may be required to provide written confirmation of your fitness to travel from a doctor.

Domestic flights and those within Europe, may not provide meals or snacks onboard so it is always worth remembering this if you are due to land late in the evening when opportunities to buy food may be limited.

We always forward any dietary requirements to the airlines, but we cannot guarantee the availability of the chosen diet onboard. You may want to consider bringing your own food to guarantee there will be something you will be able to eat. This is the approach our staff with dietary requirements take when flying within Europe.

Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.activitiesabroad.com/booking-conditions>

Please note: our payment and cancellation terms will be unique to each booking - they will be confirmed with you at the time of quotation. The terms listed above are noted as a guide only