

# Trolls Trail Cross-Country Ski Experience

Trip Code: TTE

Version: TTE Trolls Trail Cross-Country Ski Experience



WINTER



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Experience the reliable snow and well maintained ski tracks of Norway's Rondane National Park
- Hone your skiing technique under the tuition of a qualified BASI Nordic Ski Instructor/International Mountain Leader
- Complete a point to point ski journey through a remote and beautiful landscape
- Enjoy Norwegian hospitality in comfortable mountain hotels with pools and sauna

- All meals and luggage transfers included

#### AT A GLANCE

- 6 days cross country skiing
- Max altitude - 1485m
- Join at Rondablikk/Ends Hovringen

#### ACCOMMODATIONS & MEALS

- All meals included
- 7 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

The Trolls Trail is a point-to-point cross country ski route across the Rondane mountains of Norway. Revered as one of Europe's finest ski trails, the 165km journey passes through a beautiful winter landscape of frozen lakes, plateaus and forests.

This 'Trolls Trail Experience' holiday provides an excellent taster of the route, and is designed for those wanting to improve their cross-country ski skills and take the step up to more challenging mountain journeys. A small group means our fully qualified BASI ski instructor will be able to offer in-depth and personal tuition to really help to hone your technique.

The week is a mix of centre based days, where you can choose to opt out and relax in the spa, combined with short ski journeys along the well-maintained tracks of the Trolls Trail to our next comfortable Norwegian mountain hotel, and our next warm welcome. You will be sure to head home with a sense of satisfaction and an eye on your next challenge!

#### Ski Hire:

Cross country skiing equipment, which includes skis, boots and poles, can be hired locally and picked up on arrival in Rondablikk at a cost of approximately 850NOK for the 6 days.

#### Is this holiday for you?

If you have already completed a few days of cross-country skiing, or joined KE's Italian Ski Weekend, then you will find this holiday the perfect progression.

The Rondane National Park has reliable snow, a fantastic network of maintained cross country ski tracks, and terrain that is ideal for 'Improvers'. Meaning those who have previously completed three or four days of cross country skiing, and who now want to progress in terms of technique in order to undertake a ski journey through Norway's beautiful landscape.

The group size is limited to 8 so that there is plenty of time for tuition.

We will usually ski for between 5 - 6hrs each day, covering roughly 10-15km, with a slightly longer day on the day we ski to Hovringen (approx 18km). In total we expect to cover around 130km over the week.

Including several centre based days means that you can take the option of sitting out the skiing to rest and relax on some days/afternoons should you wish.

# Itinerary

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## DAY 1

**Meet at the mountain hotel in Rondablikk. A single timed transfer from Vinstra Train Station to Rondablikk in the Rondane National Park is provided.**

You should plan to arrive into Oslo, Gardermoen Airport by no later than midday. On arrival you will need to head to the airport train station and take the afternoon train to Vinstra. From Vinstra there will be single timed transfer to our hotel in Rondablikk in the Rondane National Park. Our hotel is ideally situated in the middle of a network of maintained cross country ski tracks. The terrain is ideal for 'Improvers', i.e those who have three or four days of previous cross country skiing experience and who now want to progress in terms of technique with a view to undertaking a ski journey through this beautiful landscape.

Meals: **D**



**Accommodation**  
Hotel

## DAY 2

**Skills session and exploring the prepared tracks around Rondablikk.**

This morning we begin by fitting our skis and finding our 'ski-legs'. Our Tour Leader/Ski Instructor will take us through some ski drills designed to improve our cross country technique, something we will do each morning before setting off to enjoy the days skiing journey.

Today we will explore the prepared trails that weave through the birch woodland, and over the gentle hills surrounding our hotel. The stunning backdrop of the Rondane mountains will accompany us throughout.

In the evening we can enjoy the facilities at the hotel, which include a pool and sauna.

Meals: **B L D**



**Accommodation**  
Hotel



**Distance**  
10KM

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**DAY 3****Technique instruction and Rondablikk Day Tour.**

We start today with some 'warm up' exercises to ease our muscles into action, before we hit the snow and revisit yesterday's skill sessions. With ski tracks beginning right outside the ski room door we never have to go far to enjoy the 'white stuff'. Our accommodation also has a small 'drag lift' beside a very gentle downhill slope, which takes the effort out of making your way back up the hill again.

This morning, if you wish, our ski instructor will take a short film of you skiing. Being able to study film of how you are moving is a wonderful aid to understanding your position on the skis, and how to improve your technique with a view to 'effortless' skiing. Any review of your film will happen in a private 1:1 session with your instructor.

The rest of the day is spent cruising around the network of trails at Rondablikk, taking in the views, before retiring to our hotel for a session in the pool, or sauna.

Meals: **B L D**



**Accommodation**  
Hotel



**Distance**  
10KM

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**DAY 4****Ski from Rondablikk to Mysuseter and transfer to our accommodation in Putten Seter.**

Today we have a chance to test out our new and improved skills as we make the journey to our next hotel at the tiny hamlet of Mysuseter. Rondablikk is on the edge of a large lake, Furusjoen, which is the setting for an annual cross-country ski race. We journey alongside the lake for a short distance before climbing gently towards our next destination. We should also keep an eye out for some of the wildlife that can be found in the Rondane; if we are very lucky, we might spot a moose!





Our ski instructor will provide help and tips throughout the day to further improve our cross-country skiing.

The Rondane is sparsely populated with tiny hamlets, and farming communities such as Mysuseter; our base for the next two nights. Mysuseter consists of a collection of wooden cabins on the mountainside, with a small shop, and a hotel. There are few non-Norwegian visitors to these parts, which is without doubt one of the joys of exploring on skis!

Arriving in the afternoon, once at Mysuseter we will be collected and taken by private taxi for 50 minutes to our overnight at Putten Seter.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 144M		<b>Descent</b> 147M		<b>Distance</b> 11KM
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## DAY 5

### Exploring around Mysuseter.

Today we are most likely to take to the hills around Putten Seter in a bid for excellent views and also to encourage skill development with regard to descents and ascents on your skis.



It is crucial to gain confidence on skiing both the uphill and downhill to allow you to make progress and to allow you to thoroughly enjoy cross country skiing without fear of stopping and controlling your speed.

There are a number of loops that can be done around Putten and we will make a decision based on how everyone is progressing. Whatever we do you can be assured of stunning views and a wonderful wilderness experience. Throughout the day your Ski Instructor will be offering tips and encouragement.

Once we have had our fill of the outdoors we will retire once again to our cabins at Putten Seter and the hospitality of Anette who runs these traditional mountain cabins.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Distance</b> 10KM
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## DAY 6

### Ski from Putten Seter to our last accommodation in Hovringen.





This morning we will set out on the final leg of our journey along the Trolls Trail as we ski from Putten Seter to our final hotel at Hovringen.

Coaching and encouragement from our ski instructor will be provided throughout the day, as always, with the aim of developing your skill on cross country skis.

A hot soothing sauna, once again, awaits us at our hotel.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 347M		<b>Descent</b> 487M		<b>Distance</b> 20KM
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**DAY 7****Exploring around Hovringen.**

Our final day of skiing we have various possibilities from Hovringen, either a loop into the mountains, or perhaps a ski down to the lovely cafe at Putten for coffee and Norwegian waffles!

Following our journey along the Troll's Trail you should hopefully feel a big improvement in your cross country skiing technique and feel confident and ready to take on a more challenging mountain ski journey in the future!

We return to our hotel for our final meal and celebration of a week 'well skied'.

Meals: **B L D**



**Accommodation**  
Hotel



**Distance**  
10KM

**DAY 8****Departure Day.**

A single timed transfer from Hovringen to the train station in Otta is included. The transfer will be in time to catch the late morning train back to Oslo Airport.

Meals: **B**

# Holiday Information

**What's Included**

- BASI qualified Ski Instructor who is also an International Mountain Leader
- Single timed transfers from Vinstra Station and to Otta Station at the start and end of the holiday
- All accommodation as described
- All meals
- Baggage transfers

**What's not Included**

- Travel insurance
- Train from Oslo Airport to Vistra Train from Otta to Oslo airport on departure
- Equipment hire
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at our hotel in Rondablikk. A single timed transfer from Vinstra Train Station to the Gjendesheim Hut will be provided.

Oslo Gardermoen Airport is the most convenient for Vinstra. It is straightforward to get the train from Oslo Airport to Vinstra.

The holiday ends in Hovringen. A single timed transfer from the hotel to Otta Train Station will be provided. It is straightforward to get the train from Otta back to Oslo Gardermoen Airport.

Both train journeys take around 3hrs.

Contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are provided from dinner on day 1 to breakfast on day 8.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Breakfast will be taken in our hotels each day and will be buffet style. Lunches will normally be picnics provided by our accommodation, or on centre based days then might be taken in the hotel restaurant. Evening meals are also provided at our accommodation. These are 3-course dinners. Usually starting with a soup and then a big health meal course followed by dessert.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.



## Accommodation

On this point-to-point trip we spend three nights in the Hotel Rondablikk, at Kvam, two nights in the cabins at Putten Seter and two nights at the end in the Rondane Haukliseter Fjellhotel, Hoveringen.

Putten Seter is a very traditional Norwegian experience offering a range of cabins around a main building which houses the cafe. Wooden traditional build cabins, with a living room, and a number of bedrooms with shared toilet and shower facilities.

There is a sauna at each of the first and last hotels, and a swimming pool is also available at the hotel in Rondablikk.

All accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader/mountain guide.

## Spending Money

4500NOK should be sufficient to cover your miscellaneous expenses including drinks and any other personal outgoings. This includes ski hire of 850NOK and the cost of the train from Oslo Airport to Vinstra and the cost of the train from Otta back to Oslo Airport, each train ticket should cost in the region of 300-500 NOK (approx £35).

There are several ATMs at Oslo Airport and credit cards can be used to settle any bills with the hotels.

## Baggage Allowance

You will only need to carry a daysack on the ski days and your main baggage will be transferred every day between accommodation points. Luggage will be mainly transported in cars and small vans so we would ask that you keep both size and weight of luggage to a respectable limit of around 12 kg (and only one bag per person). It is worth noting that you will be required to carry your own bag up and down from your accommodation every day; luggage with wheels can be useful for this holiday.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The unit of currency in Norway is the Norwegian Krone.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking for 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling, swimming or using a rowing machine, are also good for developing cardiovascular fitness and stamina.

## Climate

The ski-touring season in northern Sweden extends from February to May. The ambient daytime temperatures are still low - several degrees below freezing - though, because the air is so dry here, it does not seem so cold. During the day the sun warms the snow, causing a little softening and then at night it re-freezes to form a crust which is perfect for skiing. Long, sunny days are quite usual at this season, although it is also possible that we might encounter short-lived snow storms.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. Note: winter cycling clothing is excellent apparel for cross-country skiing.

### YOU SHOULD BRING THE FOLLOWING ITEMS:

- Approach shoes / Snow boots or walking shoes
- Rucksack – 25 to 30 litres maximum\*\*
- Waterproof jacket/ Waterproof overtrousers. Salopettes are not needed.
- Trousers – lightweight, waterproof and warm.
- Thermal baselayer – leggings
- Thermal top – long sleeved
- Thin fleece top – long sleeved
- Waistcoat/Gilet – fleece/windstopper
- Thermal gloves
- Warm and waterproof gloves (Over-mittens can also be useful on cold days)
- Warm hat
- Sunhat
- Scarf or buff for neck
- Head/ear band
- Warm socks (2 or 3 pairs)
- Gaiters
- Comfortable underwear/sports bras for ladies (not wired)
- Sunglasses
- Goggles – or Nordic Ski Visor
- Water container (1 litre) NB. Drinks tubes and bottles stowed on the outside of your rucksack usually freeze in winter (we encourage re-filling water bottles rather than single use plastic)
- Small thermos flask
- Whistle
- Toilet paper and small pack of hand wipes
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Clothing for use in hotels
- Swimming costume – for sauna and swimming pools
- Basic First Aid Kit consisting of: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite).

### CROSS COUNTRY SKI EQUIPMENT\*

- Cross-country ski boots\*
- Cross-country skis\*
- Ski poles\*

## THE FOLLOWING ITEMS ARE OPTIONAL:

- Camera, media, spare batteries
- Repair kit – (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

## NOTES\*\*

On this tour you will only need to carry a daysack whilst skiing. Ideally, this should be large enough to stow any warm and bulky clothing, which you may want to shed as you warm up. It must also have ski loops or ties with an extra couple of bungee cords or a ski tie/strap to enable you to strap your skis to your daysack in case you need to walk for periods of time.

## SKIS:

This trip uses 'classic' style track skis. If you are bringing your own skis they must fit in the tracks, so should be a maximum of 66mm at their widest point. You can use track skis that are 'waxing', 'fishscale' or 'skintec'. You can also use track skis with a metal edge, or half metal edge.

## SKI HIRE\*:

Cross country skiing equipment, which includes 'classic' style track skis with a half-metal edge which makes it easier to control your speed and direction, can be hired locally. The boots used with these types of skis are more supportive as they are more like a 'hiking' boot. The skis will most likely be the new generation of 'skintec' skis with a half metal edge, such as the Asnes Mountain Race 48 Skin. The cost of ski hire and the delivery of your skis to the first hotel will be around 850NOK for 6 days hire. This also includes the cost of returning the equipment to the hire shop at the end of the trek. Payment can be made directly by cash or credit card. All equipment hire must be arranged in advance, as it will be necessary to pre-order correct sizes. Please contact our office if you wish to arrange equipment hire. We will need to know your height, weight, normal shoe size (you must give us your everyday shoe size and not your personal adjustment for wearing boots) and the measurement of your height up to your armpits (for ski pole hire). Please note you will be liable for any damage caused to the specialist equipment due to negligence.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Rondablikk. Oslo, Gardermoen Airport is the most convenient for Rondablikk. On arrival you will need to head to the airport train station and take the afternoon train to Vinstra. A single timed transfer from Vinstra Station to the hotel in Rondablikk is included. The holiday ends in Hovringen. A single timed transfer from the hotel in Hovringen to Otta Train Station is included, from where you can take the train back to Oslo, Gardermoen Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Gatwick to Oslo International airport Norwegian Airlines. Outbound flights will depart the UK in the morning, arriving lunchtime. Return flights will depart Oslo International airport in the evening of the last day of the itinerary, arriving in the UK later the same evening.

# Why Choose KE

## Why KE

If you have already completed a few days of cross-country skiing, or joined KE's Italian Ski Weekend, then you will find this holiday the perfect progression. What's more.. with no costly ski pass required (all tracks in Norway are FREE!), and all meals and expert tuition included, this is a great value Scandinavian cross-country skiing adventure.

**Please Note** This document was downloaded on 16/05/2024 and the trip is subject to change