# Svalbard Sea Kayak and Hike Expedition

Trip Code: PSK

Version:

| POLAR | GUIDED GROUP | MODERATE |
|---|---|---|
| | | 5 |



## HIGHLIGHTS

- Experience this incredible wilderness from sea level as well as high up on the mountainside
- Look up at the impressive cliffs of Alkhornet from your kayak
- Get the chance to see arctic wildlife such as, arctic fox, seals and reindeer
- Walk in stunning landscapes and camp in awe-inspiring wilderness
- Explore the ghost town of Barentsburg

**AT A GLANCE**

- 7 days sea kayaking and walking
- Join at Longyearbyen

**ACCOMMODATIONS & MEALS**

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

A beautiful holiday for anyone who is wanting to see Svalbard from a different perspective. We will explore the bays of Ymerbukta and Tryghamna; arguably, the most beautiful sites of the Isfjord, with the impressive Esmark glacier (one of the few in Spitsbergen that is still advancing) providing a backdrop like no other. We are very likely to see polar foxes, seals, and reindeer - especially when gently paddling along hardly making a sound. The amazing cliffs of Alkhornet also provide incredible bird watching opportunities. In these moments we have plenty of time for photography and observation. We end our journey by visiting the ghost town of Barentsburg, a former mining base from the Soviet era. A gentle paced holiday, allowing us to see and experience the true beauty of Svalbard.

## Is this holiday for you?

Kayaking experience is required (although not specifically sea kayaking), and a very good level of fitness is essential.
Double kayaks will be used throughout (guides might use single kayaks).

We will be spending a lot of time on the water. As a safety precaution, you must be able to competently swim a minimum distance of 25 metres and you should be comfortable with the idea of being completely submerged under water.

Each day will consist of about 4 to 6 hours of kayaking with additional walks from the campsites. The hikes are often ascents of fairly low altitude summits (less than 1000m, most often from 300 to 500m). It is quite common to pass through scree and/or snowfields and there are no marked paths.

A big part of this holiday is participation - from putting up your tent or packing it away, to helping with meal preparation and loading/unloading the kayaks- it's all part of the adventure and when everyone puts in a little effort the camp will run smoothly and for many this is one of the best parts of experience!

The camping is of a basic level. There is no infrastructure from the moment we leave Longyearbyen, we have to transport everything (tent, sleeping bag, clothes, meals and food, etc.) on our kayaks; pack and unload them, and carry equipment to and from camp when necessary.
Please be aware that, due to the possibility of encountering polar bears, it is compulsory for any guide on Svalbard to carry a gun. At camp you will also be asked to participate in guard tours. This does not mean guarding yourself against a bear, but simply keeping watch and warning the guide of the possible

presence of a bear.

The day to day itinerary is for guidance only and flexibility is paramount. The itinerary may vary depending on local ice and weather conditions and in order to take advantage of opportunities to see wildlife.

# Itinerary

Version:

# Holiday Information

## What's Included

- Expedition leader
- All accommodation as described
- All meals as described
- Kayaking and safety equipment

## What's not Included

- Travel insurance
- Airport Transfers
- Visas (if applicable)
- Tips for staff
- All meals as described in meal plan
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

---

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Day 1
Meet at the accommodation in Longyearbyen. Airport transfers are not provided.
Arrival can be at anytime, however we strongly recommend arriving earlier in the day to help avoid issues with delayed flights (The boat has a set departure time on Day 2 and this can not be changed).

Day 10
Departure can be at any time on this day.
Airport transfers are not provided.

## Meal Plan

All meals from breakfast on day 2 to breakfast on day 10 included.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

## Food & Water

In general, we have a hearty breakfast, and lunch is much lighter, as we do not want it to inturupt the day too much. in the evening there is much more time, to set up the tents and make the fire (when there is wood and in the authorized areas). We try, as far as possible, to include as much fresh food as possible (fruits and vegetables).

The evening meal is usually, soup, "main course" and dessert (and maybe a dram of whiskey or similar - if you have brought this with you).

## Accommodation

In Longyearbyen we have two nights in a guest house. This will be in twin rooms with shared bathrooms. Wi-fi will be available here.

During the trip we have 7 nights of basic camping. The tents are 3 person expedition tents (which we use for two people). There is also a mess tent where meals can be eaten.
While camping, there is no access to wi-fi and phone reception is very unlikely.
Everyone is required to help with setting up and dimantling the campsites - we are a small team and need to work together throughout the holiday.

## Group Leader & Support Staff

The group will be led by an experienced and qualified leader.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

Important - please make sure you already have local currency when you arrive in Svalbard as there is no where to change money at the airport and there are no ATMs in Longyearbyen.

Approximately £150 per person (or equivalent in US dollars or Euros) should be allowed for additional expenses.  This will include the bus from the airport into town any food on day 1, drinks with the last meal and any food purchased after breakfast on the last day.  Please bear in mind that food and drink in Longyearbyen is quite expensive due to the difficulty in getting it there.

## Additional Information

In Spitsbergen, carrying a gun is compulsory for the guide because of the presence of polar bears. You will be asked to participate in the guard tours. This does not mean guarding yourself against a bear, but simply warning the guide of the possible presence.

## 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

## Passport & Visas

**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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

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.

## Currency

The unit of currency in Norway is the Norwegian Krone.

### Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** 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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 directly 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. As a general rule, you should always try to keep the weight of your equipment to a minimum.

### Essential items for you to bring:

Upper Body

- Moisture wicking base layer - synthetic or merino wool
- Heavier weight fleeces / jumpers such as microfleece

Lower Body

- Waterproof over-trousers
- Swimming costume / trunks (if the weather is nice)
- Shorts

Feet

- Wetsuit socks, waterproof socks or warm wool socks
- Neoprene shoes, trainers or wellies
- Walking boots

Head and Hands

- Warm wool hat and sunhat
- Buff / neck gaiter
- Gloves

## Essential items to have while sea-kayaking:

- Water bottle or hydration bladder with 1-2 litre capacity
- Full change of clothes in the event of a capsize
- Sunglasses with buoyant strap
- Sunscreen and lip balm

## Recommended Optional Items:

- Camera (spare batteries, memory card)

- Binoculars
- Plug adaptor
- Thermos flask
- Lunch box
- Midge net / Deet insect repellent
- A dry cloth for wiping sunglasses
- Polythene bags for valuables (to keep within dry bags)
- Gloves when not paddling

## In addition, on our wild camping expeditions, please bring:

- Travel towel
- Antibacterial hand gel
- Sleeping bag
- Thermarest

## Personal First Aid Kit:

- Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any special medication you may need.
- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings

- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g. ibuprofen
- Analgesics e.g. aspirin
- Anti-diarrhoea drugs e.g. Imodium
- Antihistamines
- Re-hydration salts or solution e.g. Dioralyte
- Spare contact lenses and glasses (if appropriate)
- Toilet roll & lighter

## Group and Safety Equipment (Provided):

We provide all necessary group equipment including: dry suit, wellington boots, kayaks, paddles, cagoules, bouyancy aids, spray decks and dry bags.

We will also provide all group safety equipment such as first aid kit, emergency shelter, flares, mobile phone, DeLorme satellite locator etc which will be carried by your guide.

## Required information for equipment hire:

Height, Weight, Right or Left Handed, Shoe Size, Chest Size, Can you swim.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Longyearbyen. For clients making their own flight arrangements, Longyearbyen Airport is the most convenient for transfers to the group hotel.

### Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Longyearbyen airport with SAS via Oslo. Outbound flights will depart from the UK in the evening arriving in the morning of the following day (Day 1 of the itinerary), this requires an overnight in Norway (Oslo) which is included in the flight inclusive price. Return flights will depart Longyearbyen after lunch of the last day of the itinerary, arriving in the UK in the same evening. Due to flight schedules, on certain departures it is also required to overnight in Oslo on the return. Regional departures and/or alternative carriers are available on request. Please note that the Oslo hotel will be based at the airport. If you want to stay at an alternative hotel in the city, then these arrangements must be made independently. Please let our staff know when booking.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

# Why Choose KE

### Why KE

Explore and experience this amazing landscape in a truly unique and unobtrusive way.All kayaking and safety equipment is included.

**Please Note** This document was downloaded on 06/11/2026 and the trip is subject to change