

n o r w a y

...Norway is a winter wonderland just waiting to be enjoyed, with wild and dramatic arctic landscapes, fresh ice-cold air, peace and tranquility, Sámi culture and the northern lights and all of this can be found less than 6 hours from London.

### **Why Norway?**

Activity options abound in this arctic landscape. We suggest a snow-mobile safari combined with dog sledding or a Nordic ski adventure to help you fully appreciate the beauty of this magnificent country. Imagine your team blasting through the moonlight on a snow-mobile night-time safari, then leading their own team of dogs through the icy landscape rounded off with a drink and a meal at the infamous Ice Hotel. Or maybe you would prefer a Nordic ski trip in the breathtaking Hardangervidda National Park staying in remote, unmanned huts and learning essential survival techniques...

### **What are the benefits?**

Both of the activity options present a team challenge where a large degree of self-sufficiency will be required. Individuals will be in sole charge of their team of dogs, or responsible for getting themselves from one location to the next on skis, all at the same time working as one team. These are not purely physical challenges – confidence, determination and dexterity will be required and developed during the journey before the adventure team challenge is achieved.

### **Location**

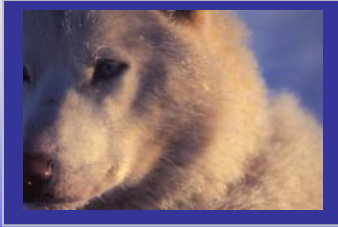
- Northern Norway – Gargia
- Central Norway - Hardangervidda

### **Activity Options**

- Dog sledding
- Snow-mobile safaris
- Nordic skiing
- Snow Shoeing

**Enabling Visions**

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### Accommodation Options

- From a comfortable hotel to a pine cabin to remote unmanned hut to a snow hole

### Time required

- 4-5 days (for both options)

### Sample programme 1 – Snow mobile safari and dog sledding

- Day 1 - Arrive in Norway; transfer to Gargia, Northern Norway and to your accommodation. Straight out for a snow mobile – to blast away the cobwebs
- Day 2 - A full day of dog sledding with overnight accommodation in a pine cabin
- Day 3 - Another full day dog sledding, sauna by frozen lake, a drink in the ice hotel followed by a gala dinner in Gargia
- Day 4 - Travel back to Oslo and home

### Sample Programme 2 – Hardangervidda Nordic skiing and snow shoeing

- Day 1 - Fly in to Gardermoen or Torp 3 and transfer to Rjukanthen (3 / 3.5 hours by bus) to your hotel
- Day 2 - Morning ski intro, lunch and a gentle walk on skis (ski tour) in the afternoon. Option for night ski on the downhill slope then dinner
- Day 3 - Ski bus into Rjukan then take a gondola up onto the Hardangervidda followed by a 3-4 hour ski for novices into an unmanned, cosy hut. Evening snowhole / survival demo
- Day 4 - Ski out in the morning back to the gondola at 10am. Back to Rjukan, overnight in Oslo
- Day 5 - Fly back to UK

### Fast Facts

- Flying time from London to Oslo - approximately 2.5 hours. Further 2.5 hour flight to Northern Norway or 3.5 hours by bus to Hardangervidda
- Climate – Northern Norway has an Arctic climate in winter with snow, strong winds, and severe frosts, but during fine spells in summer the daytime temperatures can rise quite high with long hours of sunshine. Central Norway has a milder climate although still cold in winter. January and February are the coldest months and best for most activities

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