

# DISCOVER SPITSBERGEN

Immerse yourself in a stunning arctic world and sleep comfortably in warm guesthouse accommodation each night. This adventure includes a selection of our favourite hikes and boat trips enabling you to summit glaciers with breathtaking views and cruise iceberg filled waters where seals and walrus bask. Discover a fascinating variety of migratory birds and tundra fields where reindeer graze; explore fjords, ancient settlements and cliffs...

 <b>Region</b>	Spitsbergen
 <b>Activity</b>	Hiking Svalbard in the Summer
 <b>Duration</b>	8 days
 <b>Group</b>	6 to 12 people
 <b>Code</b>	ENSPT2CA
 <b>Price</b>	From €2,095
 <b>Level</b>	2/5
 <b>Comfort</b>	4/5
 <b>Language(s)</b>	English / French

## ITINERARY

### Day 1 Flight to Longyearbyen



Welcome to Longyearbyen, we will greet you at the airport and escort you to your accommodation in the city. Normally our flights arrive in the night but we will have time to explore Longyearbyen in the morning.

*Transport: Private vehicle and aeroplane*

*Accommodation: Guesthouse*

### Day 2 Plateau Mountain and the Frozen Garden of Eden



Our first hike will immerse us in the unique atmosphere of this wild archipelago with breathtaking views of Adventfjord and the village of Longyearbyen. As we climb up perhaps we will spot little auks nesting in the cliffs by us as well as a variety of rich minerals and colourful flora. Our hike ends at the global seed reserve, this impressive Noahs Ark type refuge is found in the middle of these icy lands; it stores a large number of our planets existing botanical species.

*Activities: around 5 hours of hiking*

*Accommodation: Guesthouse*

### Day 3 The Two Glaciers Hike



Today's stunning hike starts and ends at our accommodation, first we will follow the Nybyen, valley where the hillsides are speckled with reminders of former mining days, to Lars glacier. Our route continues up Lars Glacier to a crest with simply stunning views of the area and descends via Longyear Glacier.

*Activities: around 5-6 hours of hiking*

*Accommodation: Guesthouse*

### Day 4 Bjorndalen Valley and City Tour



This morning we drive to the Bjorndalen Valley (Bear Valley). This huge glacier valley is home to many birds. Here we have the possibility to observe the flora specific to the Arctic region, abundant and more varied in this valley than anywhere else.

The hike ends with a picnic at the edge of the ocean where we face the glaciers of the north bank of the Isfjord.

We then take the road back, sneaking between the most beautiful cottages in Longyearbyen.

Stop at a lagoon or different species of wild geese nest each summer in the company of the famous Arctic terns with which they share this habitat.

Once back in the city in the afternoon, those who wish can make the most of this free time to visit the museum of the Arctic (recommended, 10 €) or to freely visit the city.

Last diner and last night in the guesthouse.

*Transport: 3 hours hiking*

*Accommodation: Guesthouse*

#### 📍 Day 5 **Cruise in the Isfjord: visit to the abandoned Russian city of Pyramiden**



In the early morning, you'll embark on a day of discovery (5-6 hours), exploring the most beautiful areas of the Isfjord. You'll be accompanied during your crossing by various seabirds (petrels, puffins, mergules, guillemots, etc.) before reaching the Nordenskjöll glacier and its many icebergs. You may even find some bearded seals basking themselves.

The afternoon will be spent visiting the Russian city of Pyramiden, an old mining town abandoned in the 1990s. Exploring this ghostly city remains a highlight of the trip as you plunge into a past that is frozen in time. You'll remain in this city for the next two nights, enjoying some exotic Russian cuisine during your stay.

*Transport: Boat*

*Accommodation: Hotel*

#### 📍 Day 6 **Pyramiden Valley and surrounding peaks**



After a hearty breakfast, we leave for a day hike to discover the surrounding mountains of this forgotten city.

We plunge into the Pyramiden Valley. Our hike is punctuated by breaks by the pretty lakes with transparent water.

At the bottom of the valley, the ice cap of Jotunfonna stands majestically in front of us.

We hike up until we are at the same height of the surrounding peaks to enjoy this beautiful panorama.

In the evening, return to the Pyramiden hotel and Russian dinner.

*Transport: Boat*

*Accommodation: Hotel*

#### 📍 Day 7 **Hiking and back to Longyearbyen**



We leave for a new hike towards the higher ground of Pyramiden. The view of the fjord is absolutely incredible in this environment. In the afternoon we take the boat to Longyearbyen. Along the way, we head towards Diabasodden, an imposing cliff where thousands of migratory birds nest. At the end of the day, we arrival to Longyearbyen. Enjoy a meal in town on your own expences.

*Activities: around 5 hours of hiking*

*Transport: Boat*

📍 Day 8 **Farewell Spitsbergen**



Morning transfer to the airport and flight home

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the programme may be made.

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## DATES & PRICES

### ***International departures:***

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No departure for now

### ***Departures for French-speaking groups:***

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No departure for now

Trip code: ENSPT2CA

### ***Included***

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- Airport transfers
- Guesthouse accommodation in Longyearbyen, shared facilities
- Full supervision by an experienced professional guide, all hikes are guided
- Full board except one evening meal (day 9)
- Day cruise of Isjford, includes lunch, Esmark Glacier, Alkhornet cliffs and Barentsburg
- Midnight sun cruise Longyearbyen - Svea Glacier - Longyearbyen

### ***Not included***

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- Registration fee: €18 per person (free for under 12s)
- Flights
- Evening meal on day 9 in Longyearbyen (kitchen facilities/restaurant options available)

### ***Additional Options***

Please let us know if you would like to reserve any of the following optional activities:

- Meal in a local restaurant: from €30
- Svalbard museum: from €9
- Summer dog-sledding: from €110 for a half day excursion
- Sea-kayaking: prices vary (please contact us for more information)

### ***Notes***

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#### ***Comfort: 4/5 Comfortable***

Well-equipped accommodation options like basic hotels or charming guesthouses are rated 4/5 for comfort. Please note that depending on the destination this does not necessarily guarantee private bathroom and kitchen facilities.

#### ***Difficulty: 2/5 Moderate***

In general no previous experience in the specific activity is required but you should be in good physical shape and prepared to participate in 4-6 hours of activity per day. You should have a sense of adventure and a positive attitude.

This programme includes some longer and some shorter days. Please note that our difficulty ratings may vary depending on the weather.

### ***Terms and conditions***

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#### ***Inscription***

Booking a trip with Altai Svalbard implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### ***Facturation***

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

## ***Annulation***

If for any reason you have to cancel your trip, Altaï Svalbard requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

## ***Modification du contrat***

If you wish to make a change to your booking please contact Altaï Svalbard in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Svalbard may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

## ***Prix et révision des prix***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

## ***Cession du contrat***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

## PRACTICAL INFO

### **Staff**

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You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Svalbard team are experts in polar environments. All activities are lead by our qualified guides who are all English speaking outdoor practitioners with a passion for everything arctic. Please note that this adventure takes place in an isolated, polar environment where around 2500 Polar Bears live - your guide will explain safety rules which must be followed.

### **Food**

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Besides one evening meal in Longyearbyen this trip includes full board, for your evening meal on day 9 there are shops and kitchen facilities available or local restaurants for you to sample - we have lots of recommendations!

Despite the lack of available fresh fruits and vegetables in the arctic regions we are proud of the varied, fresh and frankly delicious food we provide. Meals are based on a selection of local products and you will have the opportunity to try several local delicacies. Each day will start with a cold breakfast accompanied by plenty of tea and coffee or hot chocolate. Then you will prepare your own picnic lunch for the day from a buffet style array of options. Evening meals are bountiful and include three courses, soup, a hot dish and a dessert.

Your help in the kitchen is expected and much appreciated, particularly in the evenings. We like when the whole group work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

### **Accommodation**

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Longyearbyen: comfortable guesthouse accommodation, double rooms or dormitories of 2, 3 or 4 beds, shared kitchen and bathroom facilities, hot showers and heating

### **Transportation**

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This trip includes transportation by local boat and minibus.

### **Budget & exchange**

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The currency in Svalbard (and Oslo) is the Norwegian Krone, NOK

Please budget for:

- Any additional activities
- Drinks and personal expenses
- One evening meal in Longyearbyen, kitchen facilities, shops and restaurants available.

We recommend a budget starting from €30 / 290NOK for a traditional meal in a local restaurant

### **Tips**

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Tap water is always safe to drink in Norway.

### **Supplied equipment**

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We will provide you with all of the technical equipment you will need for this adventure - all you need to bring are your hiking boots.

#### **Group Equipment**

- A Sarsat beacon
- A VHF radio
- A heavy caliber rifle
- An alarm gun
- A copy of Spitsbergens animal records

- A first aid kit
- Books about local flora and fauna

## **Material**

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We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool.

The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

### **Our advice for keeping warm**

It can be humid and cold in Spitsbergen, please think carefully about what clothes you pack especially for our winter trips. We will provide warm outer layers but the layers you wear next to your skin can make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, including underwear and gloves
- Wear multiple layers including:
  1. A warm breathable base layer
  2. A second thermal layer
  3. Wind and waterproof protective out layers

## **Luggage**

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You may bring a hold bag (up to 20kg) as well as a cabin bag.

For your hold luggage please bring a soft bag like a rucksack rather than a hard cased suitcase because it is more practical when loading local buses and trailers. We also recommend that you pack your clothes in plastic bags inside your rucksack so that they stay dry in the event of bad weather.

Don't forget to bring a small rucksack to use as a day bag. You can bring this as hand luggage on the plane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag.

## **Medicine**

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Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. Please bring with you any personal medication that you may need such as inhalers, plasters and painkillers.

Healthcare in Norway can be extremely expensive, we strongly advise all of our clients to invest in insurance before travelling.

## **Passport**

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You will need a passport that is valid for at least three months after your return date.

## **Visa**

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The Norwegian archipelago of Svalbard is a visa-free zone

## **Mandatory vaccines**

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There are no specific health risks

## **Health information & recommendations**

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Please be aware that your guide will be carrying a gun along with other safety equipment to alarm/repel any Polar Bears.

Healthcare in Norway can be extremely expensive, we strongly advise all of our clients to invest in insurance before travelling.

## **Weather**

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The weather in the Svalbard archipelago is very changeable.

The average annual **rainfall** in Longyearbyen is only 200mm (7.87 inches), in London, England, the annual average is 594mm (23.4 inches)! Spitsbergen is a cold desert, showers are very rare in summer.

In summer **temperatures** can range from 1 - 14°C (34 - 57°F), the average temperature is 6 - 8°C (43 - 46°F). The temperature of the sea in summer is around 2°C (35°F) on the West coast and -2°C (28°F) on the East. It is always colder nearer the glaciers.

Strong katabatic **winds** can occur here, particularly near to high glaciers but the winds are normally calm in June and July. Summer winds can generally be described as moderate and localised, the winds tend to pick up towards the end of August as winter nears.

Dark polar nights occur from 14th November to 29th January, the full moon shines across the snow creating a beautiful glittering winter landscape. Then, from 19th April to 23rd August, the sun shines constantly, uninterrupted, high in the sky.

## **Electricity**

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In Spitsbergen the standard Europlug socket with two round prongs is used, 230V with a frequency of 50hz

## **Local time**

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Svalbard uses Greenwich Mean Time (GMT) +1 hour and Daylight Saving Time (DST) is observed here.

## **Topography**

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- The Norwegian Svalbard archipelago is the closest territory to the North Pole; Spitsbergen is the name of the largest island.
- Svalbard covers an area of around 39146 square miles (63000km<sup>2</sup>) and two thirds of this polar world are constantly covered by ice.
- The archipelago was deserted by human civilisation for a very long time but today has over 2600 inhabitants.
- The archipelago has 3 National Parks, 3 Nature Reserves, 15 Ornithological Reserves (bird reserves) and 3 Botanical Reserves.

## **Sustainable tourism**

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As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

In the Polar Regions the ecological balance is delicate so we ask that you are particularly careful regarding the conservation of the sites we explore. We aim to leave our camping spots even cleaner than when we arrived and, as a company, we participate in the Clean Up Svalbard programme. We support the laws, advice and recommendations which aid the conservation and protection of this unique arctic paradise. This is reflected in our trips, for example, we do not visit Ornithological Reserves during nesting season and never remove historical remains or whales bones from the beaches. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.