

DALSETER GB NORDIC PROGRAMME 2022

Updated 12.August 2021

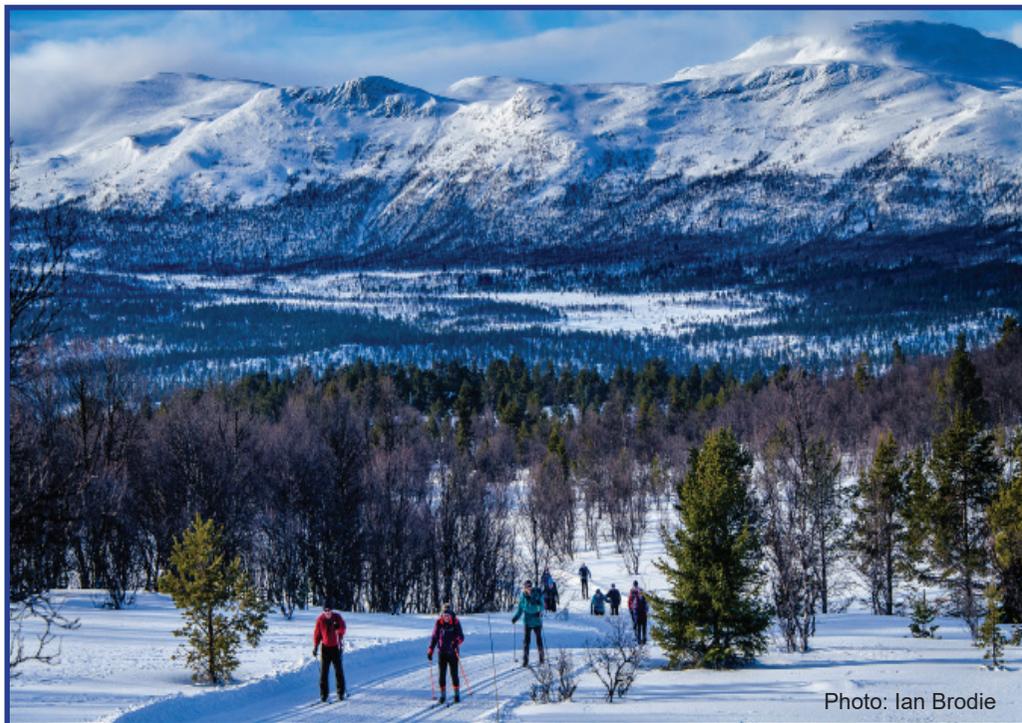


Photo: Ian Brodie

Expertly maintained tracks in woodland, on open hillsides and with extensive views.

Off track touring exploring hills and rugged scenery. Small downhill piste.

Skiing options at all levels – inc. beginners. Skiing with a group or independently.

DALSETER INVITES YOU TO BOOK NOW FOR 2022.

No deposit required.

Bookings to be confirmed 2 weeks
before date of arrival.

Full payment at the end of your stay.



Photo: Ian Brodie

WINTER 2022:

The flexible arrangements offered by Dalseter Hoyfjellshotell give you the opportunity to select dates which suit you best, including midweek start dates.

Stay any number of nights from minimum 5 nights. Starting when you want and ending when you want.

Dates for hosting are as follows:

Tuesday 8th Feb to Saturday 26th February 2022 (inclusive)

Hosting and skiing

– **Martin & Mary Campbell** and **David Davies**

Sunday 27th February to Saturday 5th March 2022 (inclusive)
Track and off-track skiing. Leading and instructions at all levels.

**Dagmar Junghanns, Pam & Pete Curwen, Rosie Blades,
Stefan Janik, John Mordue**

Sunday 6th to Saturday 12th March 2022 (inclusive)

Dagmar Junghanns, Tom Higgs, Glennis Dore, Stefan Janik, John Mordue

Sunday 13th to Saturday 19th March (inclusive)

Glennis Dore, Stefan Janik, Nigel Williams, John Mordue

HOW TO:

Book accommodation first,
then book your flight.

Then confirm you have booked
your flight with Dalseter.



Photo: John Mordue

TRANSPORT:

Flight from UK to Oslo Airport Gardermoen - then train to Vinstra or Lillehammer.

Local bus from Vinstra - or hotel taxi from Lillehammer or Vinstra. Detailed information and timeschedules in separate document.

NB! Local bus route between Vinstra and Dalseter every day except Sundays.

Hotel taxi: (must be ordered in advance):

- Vinstra Railway Station to Dalseter - NOK 550 (£ 47*) per person one way.

- Lillehammer Railway Station to Dalseter - NOK 900 (£ 77*) per person one way.

(NB -minimum 3 persons from Lillehammer.)

Prices based on transport within normal hours 08.30 - 20.00. Transport outside these hours = ordinary taxi fee = Vinstra appr. NOK 1450,- (£125*)

WHATS ON OFFER - GB NORDIC PART 1:

Feb 8th - February 26th inclusive

Martin Campbell & David Davies

The emphasis during Part 1 is on social, fun, and enjoyable track skiing. Technique improvement instruction will be offered where appropriate, but for the most part we just get out and ski! Most of those who book are regular cross country skiers, who form a strong social bond with each other and enjoy each other's company both on skis and at meal times in the hotel.

From 8th to 26th February Martin and David will provide a full range of skiing opportunities from gentle to off track. Predominantly track skiing at an easier and gentler pace will be offered, along with a more challenging ski alternative.

When possible an offtrack day will be offered, this will be dependant upon the snow conditions, and the interests of those staying at the time.

If you have any questions please contact Martin: martincgos@btinternet.com with *GB Nordic 1* as the heading.



Photo: Martin Campbell



Photo: Martin Campbell

Mary Campbell - SNOWSHOEING 8th - 26th February

A snowshoe route will be offered on 3 - 5 days a week.

Snowshoes can be hired locally. Please bring your own leather walking boots if you intend to join the snowshoe group, along with trekking poles with snow baskets if you have them. It's easy to learn and can be substituted as an alternative to the ski programme.



Photo: Ian Brodie



Photo: Martin Campbell



Photo: Ian Brodie

Further information, about the free hosting arrangements provided by Mary, Martin and David in GB Nordic Part 1, will be forwarded once your booking is confirmed.

** and every late afternoon: A fun 40 minute aquarobic muscle/joint warm down routine in the hotel pool (bring a costume; noodles are provided!)*

** in the evening enjoy coffee/tea in the GB Nordic lounge with a chat about the next day's choices; also please do bring your favourite card or board game to play.*



WHATS ON OFFER - GB NORDIC PART 2:

February 27th - March 19th inclusive

Sunday 27th February to Saturday 5th March 2022 (inclusive)

Track and off-track skiing. Leading and instructions at all levels.

Dagmar Junghanns, Pam & Pete Curwen, Rosie Blades, Stefan Janik, John Mordue

Sunday 6th to Saturday 12th March 2022 (inclusive)

Dagmar Junghanns, Tom Higgs, Glennis Dore, Stefan Janik, John Mordue

Sunday 13th to Saturday 19th March (inclusive)

Glennis Dore, Stefan Janik, Nigel Williams, John Mordue

Leading and instruction provided by qualified Instructors/leaders inc BASI, SSE, IML and winter ML. And a very sociable, welcoming atmosphere created by all who take part!

Each day a choice of these options.

- Sporty track skiing – maybe nearly 40 K on some days.
- Days out on track – no rush, plenty of stops.
- Tougher off track day tours reaching summits and skiing down.
- Easier off track tours through gentler woodland and open terrain. Also suitable for people trying off track for the first time.
- Dedicated instruction for beginners – all dates between Sunday 28th February and Saturday 13th March, please notify/email jmordu@yahoo.com before booking
- Coaching on improving downhill and off track technique including telemark.
- Coaching in skating and getting track technique to a higher level.
- We also encourage confident skiers to team up with others for their own independent skiing outings –with advice on offer if required.
- Opportunities to learn about waxing, equipment, where to ski and more.
- Evening talks and slide shows – maybe even a ceili!



Photo: James deCourcy



Photo: Ian Brodie

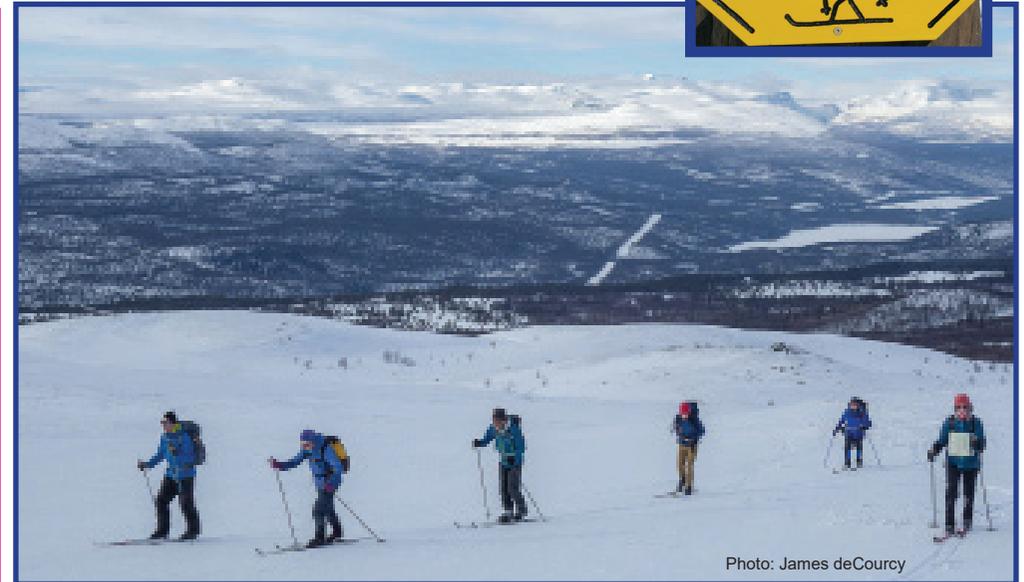


Photo: James deCourcy

New to Nordic Skiing? Worried about down hills? New to off track or tentative? –

For advice before booking -Email: jmordu@yahoo.com

Please note – A Joining Fee of £50 applies to everyone joining GB Nordic 2. This applies whether you ski independently or with the leaders. Daily skiing with leaders - £ 10 per person per day payable to the individual instructor (in £ please).

Private/small group booked lessons - by arrangement. Please register interest in advance by emailing jmordu@yahoo.com.

Tom Higgs -Skiing hut to hut- just for 1 one night out from Dalseter is also possible

Contact Tom to register interest and discuss options:

tom@tomoutdoors.co.uk / 07971 574 571.

Ski with Anita Grey in an all female group-at Dalseter or on tour. Contact Anita to register interest. anitasurfsister@aol.com / 07585 974323.

Further information will be forwarded about the programme of track and off track skiing, instruction on technique and evening events provided by John, Dagmar, Glennis, Pete, Pam, Tom, Stefan and others from 27th February 2022 onwards.



Photo: James deCourcy

PRICES

- a) Accommodation – based on 2 sharing - Please note special discounted** prices are on offer for Dalseters GB nordic programme within high season

WEEK	DATES	5 nights	7 nights
Week 4:	22.January - 29.January	NOK 5495,- £473*	NOK 7280,- £626*
Week 5:	29.January - 05.February	NOK 5995,- £516*	NOK 7980,- £687*
Week 6:	05.February - 12.February	NOK 6495,- £559*	NOK 8491,- £731*
Week 7 & 8:	12.February - 26.February	NOK 7975,- £686*	NOK 9485,-** £816**
Week 9 & 10:	26.February - 12.March	NOK 6995,- £602*	NOK 8995,- £774*
Week 11:	12.March - 19.March	NOK 6995,- £602*	NOK 8995,- £774*
Week 12 & 13	19.March - 2.April	NOK 6495,- £559*	NOK 8491,- £731*
Week 14	2.April - 9.April	NOK 5995,- £516*	NOK 7980,- £687*
Easter:	9.April - 18.April	NOK 7975,- £686*	NOK 9485,-** £816**

*(based on appr. exchange rate £ 1 = NOK 11.6221 pr 28.July 2021 .)

Special deal: If you are staying 10 nights or more you will get a 5 % discount on the total price for accomodation.

The above prices are per person to cover full board accomodation with breakfast, buffet lunch (or packed lunch made at breakfast for longer days of skiing), a three course dinner, followed by coffee/tea after dinner together with the rest of the GB Nordic guests.

If you want to extend your stay to more than 7 nights:

divide the price for 7 nights stay by 7 and multiply by total number of nights.

If you want to extend your stay to 14 days: just add the price for the 2 weeks together and apply the 5% discount.

b) Additional items

- Room with a view over Espedalen Valley- NOK 65 (£6*) per person per night
- Single room - NOK 110 (£9*) per night
- Ski hire - NOK 655,- (£56*) for 6 days / + days after 6 days: NOK 50 (£4*)per day
- Snow shoe hire - NOK 275,- (£24*)for 2 days, NOK 425 (£37*) for 6 days
(Ordinary walking boots should be brought as they easily strap into the snow shoes provided. Please also bring your own extendable walking poles with a snow basket).

Please note for GB Nordic part 2 only: Everyone pays a joining fee of £50. Additional payments of £10 per person per day are payable to the individual instructor (payable preferably in sterling during the holiday). As part of GB Nordic 2 once you have paid your joining fee there is no further charge unless you ski with a leader on particular days.

IMPORTANT NOTES:

- 1) Accommodation – Booked directly with Dalseter Hoyfjellshotel.
(All local charges: Accomodation, ski hire, taxi and additional charges such as drinks, skiwax etc. will be charged in NOK on one account at the end of your stay. Hotel accepts: Visa, Diners, Mastercard or Maestro.)
- 2) Flights and travel dates to Dalseter - Selected and booked by you.
- 3) All these arrangements are separate and not ATOL or ABTA /ABTOT bonded.
- 4) It is essential for everyone to have travel insurance which covers all aspects of the holiday including track skiing and /or off-track nordic skiing. Participants in these activities must be aware of and accept any risks and be responsible for their own actions and involvement.
Make sure your travel insurance covers last minute cancellation if you get sick and can not travel.
- 5) Remember to tell us in advance:
 - a) if you require vegetarian, gluten and/or lactose free meals or similar.
 - b) about any medical conditions that might affect your skiing capacity (in confidence)
- 6) Once your booking dates are confirmed
 - a) Further information will be forwarded about the free hosting arrangements provided by Martin, Mary and David from 8th until 26th February 2022.
 - b) Further information will be forwarded about the programme of track and off track skiing, instruction on technique and evening events provided by GB Nordic 2 from 27th Februart 2022 onwards.

Our collective aim is to ensure all elements of your holiday provide for a safe, fun, and memorable experience.

Independent skiing at Dalseter - Please note Dalseter also welcomes bookings from individuals or groups who wish to organise their own stay at Dalseter separate from the host options outlined in this leaflet.

CONTACT DETAILS

for further information/bookings:

DALSETER HØYFJELLSHOTELL,
Espedalsvegen 2346, 2658 Espedalen,
Norway

Email: post@dalseter.no Telephone: +47 61 29 99 10

www.dalseter.no

