

NORWAY: PEAKS and RIDGES in the LOFOTEN ISLANDS



8 days UK to UK, 8 days ex Leknes.

UK to UK dates	Land only price	Flight price from
Mon 26 Jul 10 – Mon 02 Aug 10	£1220	£420
Wed 04 Aug 10 – Wed 11 Aug 10	£1220	£420

High Places flights

Group flights are with SAS from Heathrow leaving at lunchtime for Oslo. Onward connections via Bodo will arrive in Leknes during the evening.

Return flights leave Leknes in the morning to Bodo and on to Oslo. An afternoon flight from Oslo will arrive in London Heathrow late afternoon.

Your own flights

Your trip will start and finish in Leknes on days 1 and 8 of our printed itinerary. If you arrive outside our group flight times you will need to make your own way to Nusfjord or wait for the group transport.

When arranging your own flights be aware that occasionally trips are cancelled or ground arrangements/dates are changed. You **must** check the trip status with us before paying for your flights or other travel arrangements.

Passport and visas

Your passport should be valid for at least three months after you are due to leave Norway. British citizens do not require a visa.

Regular client discount

As a thank you to regular clients we offer a discount if you have travelled with us before. The reduction for this trip is **£20** and will be deducted from your final invoice.

Insurance

You must have insurance for our holidays. Details of our recommended scheme through Campbell Irvine Insurance brokers are available on our website or we will be happy to email or post them to you.

If you arrange your own insurance you need to make sure that the cover is appropriate for the activities on your trip. Some policies will not cover you when ropes or ice axe and crampons are used for example, or for helicopter rescue. If you are unsure your best bet is to send a copy of the itinerary to your insurance company.

How to book

Please call us if you need further information or advice. We will be happy to hold you a provisional place for seven days. Having decided to book, simply complete a booking form, either on-line from our website or a paper version, and send it to us with a **£200** deposit. It is very important to complete the booking form with your name as it appears in your passport. If you require any special arrangements, extensions, extra hotel nights etc, please indicate on the booking form.

Meals

If you have any special meal requirements i.e. vegetarian, gluten free etc, state this on your booking form. Please be specific, i.e. 'no meat or fish', 'fish eating vegetarian', 'allergic to cheese, milk OK' etc. If you are visiting a country where it is hard to buy suitable foods, we may ask you to bring some favourite items. We will assume all vegetarians eat dairy produce unless informed otherwise.

Balance payment

Approx 10 weeks before departure, you will receive your invoice together with trip information. This will include the names of the others on your trip, flight arrangements, health information including contact numbers for immunisation advice, visa information if relevant, Diamox advice for altitude trips, and general advice relating to your trip.

Tickets and update

Approx 10 days before departure you will receive your final trip update, travel documents, local contacts and hotel details.

Office hours

We are open Monday to Friday 9am – 5pm.

PA/RD11/09

High Places, Globe Centre, Penistone Rd, Sheffield, S6 3AE, UK
Tel: 0845 257 7500 Int. Tel: +44 114 275 7500 Fax: 0114 275 3870
Email: treks@highplaces.co.uk Website: www.highplaces.co.uk

