

DALSETER GB NORDIC PROGRAMME 2024

Updated 30.August 2023

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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 2024.

No deposit required.
Bookings to be confirmed 2 weeks
before date of arrival.
Full payment at the end of your stay.



Photo: Martin Campbell

WINTER 2024:

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:

Monday 5th Feb to Saturday 24th February 2024 (inclusive)

Hosting and skiing

**Martin & Mary Campbell and David Davies
+ Pam Curwen - from 15th Feb to 24th Feb**

Dates for track and off-track skiing with leading and instruction at all levels.

Sunday 25th February to Saturday 2nd March 2024 (inclusive)

Dagmar Junghanns, Glennis Dore, Pam Curwen, Pete Curwen, Tom Higgs

Sunday 3rd March to Saturday 9th March 2024 (inclusive)

Dagmar Junghanns, Glennis Dore, Rosie Blades, Nigel Williams, Tom Higgs

Sunday 10th March to Saturday 16th March 2024 (inclusive)

Dagmar Junghanns, Rosie Blades, Pam Curwen, Pete Curwen, Tom Higgs

HOW TO:

Book accommodation first,
then book your flight.
Then confirm you have booked
your flight with Dalseter.



Photo: Ian Brodie

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 600 (£47*) per person one way.
- Lillehammer Railway Station to Dalseter - NOK 950 (£74*) 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 1500,- (£117*)

WHATS ON OFFER - GB NORDIC PART 1:

Feb 5th - February 24th inclusive

Martin Campbell & David Davies

+ Pam Curwen (from 15th to 24th Feb)

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.

Martin, David and Pam will provide daily a full range of skiing opportunities from gentle to off track. Every day track skiing at an easier and gentler pace will be offered, along with a more challenging track ski alternative. After 15th Feb an off track option will also be offered, this will be dependent upon the snow conditions, and the interests of those staying. Beginners are also welcome, but please confirm with Martin, so that dates can be agreed.

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

Further information, about the **free** hosting arrangements provided by Mary, Martin, David and Pam in GB Nordic Part 1 are found on our website.

<https://www.dalseter.no/gb-nordic>



Photo: Martin Campbell



Photo: Martin Campbell

Mary Campbell - SNOWSHOEING

5th - 24th February

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

Snowshoes can be hired locally. Please bring your own 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: Martin Campbell



** 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.*



Photo: Ian Brodie

WHATS ON OFFER - GB NORDIC PART 2:

25th February - 9th March inclusive

Track and off-track skiing. Leading and instruction at all levels. Leading and instruction provided by BASI qualified instructors.

Each day there will be a choice of options.

- **Sporty track skiing.** Day tours in the prepared track system with opportunities for tips and instruction along the way.
- **Easier, no rush days out on track.** Shorter days or morning and afternoon sessions in the prepared track system. Plenty of opportunities for instruction along the way.
- **Off-track mountain day tours.** Skiing in open mountain terrain with the possibility of ascending local summits. Opportunities for tips and instructional along the way.
- **Easier off-track tours in gentler terrain.** Skiing in the forest or on open rolling terrain. Plenty of opportunities for instruction along the way.



Photo: James de Courcy

During each week we will offer dedicated half or full day technique sessions. There may also be opportunities to arrange private lessons.

10th -16th March inclusive

Track and off-track skiing. Leading and instructions at all levels (as above). Leading and instruction provided by BASI qualified instructors.

In addition we are providing introductory groups this week:

- **Beginners:** If you are new to nordic skiing then please join our dedicated beginner group.
- **Developing Off-Track Skills:** if you would like to try off-track skiing then please join our dedicated beginners group (requires some experience of Nordic or Alpine skiing).

Each week we also have several off snow activities

- Opportunities to learn about ski equipment, ski care, ski preparation and waxing.
- Evening talks and slide shows about skiing and related outdoor activities (please feel free to bring along a talk of your own).



Photo: Grethe Gillebo

Leader Fees with GB Nordic 2:

Skiing with a GB Nordic 2 leader is £20 per person, per day, payable in GB Sterling to the individual leader (cash or bank transfer).

If you want further information about the skiing aspects please contact:

Questions about on-track skiing: ontrack.gbnordic2@gmail.com

Questions about off-track skiing: offtrack.gbnordic2@gmail.com



Photo: Ian Brodie

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	6 nights	7 nights
Week 3:	13.January - 20.January	NOK 6620,- £515*	NOK 7800,- £606*	NOK 8960,- £697*
Week 4:	20.January - 27.January	NOK 6620,- £515*	NOK 7800,- £606*	NOK 8960,- £697*
Week 5:	27.January - 03.February	NOK 7120,- £554*	NOK 8340,- £648*	NOK 9520,- £740*
Week 6:	03.February - 10.February	NOK 7620,- £592*	NOK 8766,- £682*	NOK 9905,- £770*
Week 7 & 8:	10.February - 24.February	NOK 9225,- £717*	NOK 10530,-** £819*	NOK 11620,-** £903**
Week 9,10,11	24.February - 16.March	NOK 8120,- £631*	NOK 9300,- £723*	NOK 10465,- £814*
Week 12	16.March - 23.March	NOK 7120,- £554*	NOK 8340,- £648*	NOK 9520,- £740*
Easter:	23.March - 28.March 28.March - 1.April	NOK 8475,- / £659* NOK 9225,- / £718*	NOK 10530,-** £819**	NOK 11620,-** £903**
Week 14	1.April - 7.April	NOK 7120,- £554*	NOK 8340,- £648*	----

**(based on appr. exchange rate £ 1 = NOK 12.862 pr 30.august 2023)*

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 85,- (£7*) per person per night
- Single room - NOK 110 (£9*) per night
- Ski hire - NOK 735,- (£57*) for 6 days / + days after 6 days: NOK 50 (£4*) per day
- Snow shoe hire - NOK 295,- (£23*) for 2 days, NOK 495 (£38*) 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: Additional payments of £20 per person per day are payable to the individual instructor (cash or bank transfer).

This daily payment only applies to the days you ski with a leader.

ESSENTIAL INFORMATION ON HOTEL AND TRAVEL:

- 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 cannot 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) Make sure you also read the online information given from the leaders about arrangements, skiing, instruction etc - valid for your group:
 - GB Nordic 1 - for the dates 5th until 24th February 2024.**
 - GB Nordic 2 - for the dates 25th February until 16th March 2024.**

Additional information about skiing with GB Nordic 1 and GB Nordic 2, will be found at <https://www.dalseter.no/gb-nordic>

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.

WALKING WOMEN & WOMENSKI:

Ski with Anita Grey in an all female group-at Dalseter.

Look at www.dalseter.no/walking-women for more information

CONTACT DETAILS

for further information/bookings:

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Norway

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www.dalseter.no

