Trolls Trail Cross-Country Ski Experience

Trip Code: TTE

Version:

WINTER	GUIDED GROUP	MODERATE
		6



HIGHLIGHTS

- Experience the reliable snow and well maintained ski tracks of Norway's Rondane National Park
- Hone your skiing technique under the tuition of a qualified BASI Nordic Ski Instructor/International Mountain Leader
- Complete a point to point ski journey through a remote and beautiful landscape
- Enjoy Norwegian hospitality in comfortable mountain hotels with pools and sauna

- All meals and luggage transfers included

AT A GLANCE

- 6 days cross country skiing
- Max altitude - 1485m
- Join at Otta /Ends Hovringen

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The Trolls Trail is a point-to-point cross country ski route across the Rondane mountains of Norway. Revered as one of Europe's finest ski trails, the 165km journey passes through a beautiful winter landscape of frozen lakes, plateaus and forests.

This 'Trolls Trail Experience' holiday provides an excellent taster of the route, and is designed for those wanting to step up to more challenging mountain journeys. A small group means our fully qualified BASI ski instructor will be able to offer in-depth and personal tuition to really help to hone your technique.

The week is a mix of centre based days, where you can choose to opt out and relax in the spa, combined with short ski journeys along the well-maintained tracks of the Trolls Trail to our next comfortable Norwegian mountain hotel, and our next warm welcome. You will be sure to head home with a sense of satisfaction and an eye on your next challenge!

Ski Hire:
Cross country skiing equipment, which includes skis, boots and poles, can be hired locally and picked up on arrival in Rondablikk at a cost of approximately 1300NOK for the 6 days.

Is this holiday for you?

Expect to ski on a mixture of both flat and rolling terrain on prepared cross-country ski trails with parallel grooves. You should already be at a level where you are confident about controlling your speed and direction, and have a good 'snowplough'. You should be able to ski under control on a variety of terrain both uphill, and downhill including some steeper terrain and narrow tracks and be confident about tackling corners while skiing downhill.

This trip does include quality instruction, but for these trips you need to have a good 'kick and glide' to be able to travel competently and at a steady pace. You should have a good level of fitness to ensure that you are comfortable with longer days in winter weather, which may include snowfall and cold winds. You should be happy to ski on a variety of snow including perfect fresh tracks, AND tracks less than perfect which may be 'firm and icy'. On our point-to-point trips you will be expected to carry a small daypack.

We do not always use skis with metal edges so it is important that you have good control on descents and while turning.

Time on skis will be 5-6 hours per day covering approximately 15-25 km (9.4-15.6 miles) per day with an occasional longer day.

Itinerary

Version:

Holiday Information

What's Included

- BASI qualifed Ski Instructor
- Single timed transfers to / from Otta Station at the start and end of the holiday
- All accommodation as described
- All meals
- Baggage transfers

What's not Included

- Travel insurance
- Train from Oslo Airport to Otta Train from Otta to Oslo airport on departure
- Equipment hire
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

Arrival

To reach the start of the tour in Norway you will travel north by train from Oslo to the town of Otta. Tickets are easily booked on line. Norwegian Trains.

Plan to take the train departing Oslo Sentrum at 14:02 hrs to Otta, or the train from Gardermoen Airport which leaves at 14:29hrs. The train normally arrives in Otta at 17:35 hrs. The route is likely to be on the Departure Board as the line to Trondheim S. At Otta you will be collected by a private taxi, and driven to your accommodation which will take between 0h50 to 1h15 depending on road conditions.

All the trains have Wi-Fi, charging points and a restaurant car.

Travelling to Oslo by Air: You can either fly to Oslo Gardermoen Airport which then has connections from the airport building to Otta by rail. Or fly to Torp which is about 1h45 from Oslo by public transport. Buses run from Torp to Gardermoen Airport every hour which allows you to connect to the train to Otta.

Departure

At the end of the trip we have included a transfer back to Otta station, where you can then take a bus and train to Oslo. The 08:25hrs bus from Otta to Lillehammer, followed by the 11:11hrs train from Lillehammer arrives at Oslo Gardermoen Airport at 13:01hrs. If your journey involves the bus service from Otta to Lillehammer you will not be able to buy the bus tickets via the Vy.no website. We would suggest booking flights out from the airport from 15:00hrs.

Contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are provided from dinner on day 1 to breakfast on day 8.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfast will be taken in our hotels each day and will be buffet style. Lunches will normally be picnics provided by our accommodation, or on centre based days then might be taken in the hotel restaurant. Evening meals are also provided at our accommodation. These are 3-course dinners. Usually starting with a soup and then a big health meal course followed by dessert.

Accommodation

On this trip we spend the first three nights in the mountain lodge at Høvringen in en suite rooms, two nights at Putten Seter in traditional mountain cabins/apartments with shared toilets and shower, one night at Smuksjøseter and for our final night we return to Hovringen.

Putten Seter is a very traditional Norwegian experience offering a range of cabins around a main building which houses the cafe. Wooden traditional build cabins, with a living room, and a number of bedrooms with shared toilet and shower facilities.

There is a sauna at each of the first and last hotels.

All accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader/mountain guide.

Spending Money

4500NOK should be sufficient to cover your miscellaneous expenses including drinks and any other personal outgoings. This includes ski hire of 850NOK and the cost of the train from Oslo Airport to Vinstra amd the cost of the train from Otta back to Oslo Airport, each train ticket should cost in the region of 300-500 NOK (approx £35).

There are several ATMs at Oslo Airport and credit cards can be used to settle any bills with the hotels.

Baggage Allowance

You will only need to carry a daysack on the ski days and your main baggage will be transferred every day between accommodation points. Luggage will be mainly transported in cars and small vans so we would ask that you keep both size and weight of luggage to a respectable limit of around 12 kg (and only one bag per person). It is worth noting that you will be required to carry your own bag up and down from your accommodation every day; luggage with wheels can be useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Norway is the Norwegian Krone.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking for 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling, swimming or using a rowing machine, are also good for developing cardiovascular fitness and stamina.

Climate

The ski-touring season in Norway extends from February to May. The ambient daytime temperatures are still low - several degrees below freezing - though, because the air is so dry here, it does not seem so cold. During the day the sun warms the snow, causing a little softening and then at night it re-freezes to form a crust which is perfect for skiing. Long, sunny days are quite usual at this season, although it is also possible that we might encounter short-lived snow storms.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

The following checklist should help you with your packing. Note: winter cycling clothing is excellent apparel for cross-country skiing.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Approach shoes / Snow boots or walking shoes
- Rucksack - 25 to 30 litres maximum**
- Waterproof jacketWaterproof overtrousers. Sallopettes are not needed.
- Trousers - lightweight, waterproof and warm.
- Thermal baselayer - leggings
- Thermal top - long sleeved
- Thin fleece top - long sleeved
- Waistcoat/Gilet - fleece/windstopper
- Thermal gloves
- Warm and waterproof gloves (Over-mittens can also be useful on cold days)
- Warm hat
- Sunhat
- Scarf or buff for neck
- Head/ear band
- Warm socks (2 or 3 pairs)
- Gaiters
- Comfortable underwear/sports bras for ladies (not wired)
- Sunglasses

- Goggles - or Nordic Ski Visor
- Water container (1 litre) NB. Drinks tubes and bottles stowed on the outside of your rucksack usually freeze in winter (we encourage re-filling water bottles rather than single use plastic)
- Small thermos flask
- Whistle
- Toilet paper and small pack of hand wipes
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Clothing for use in hotels
- Swimming costume - for sauna and swimming pools
- Basic First Aid Kit consisting of: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment/tape, and re-hydration salts (Dioralite).

CROSS COUNTRY SKI EQUIPMENT*

- Cross-country ski boots*
- Cross-country skis*
- Ski poles*

THE FOLLOWING ITEMS ARE OPTIONAL:

- Camera, media, spare batteries
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTES**

On this tour you will only need to carry a daysack whilst skiing. Ideally, this should be large enough to stow any warm and bulky clothing, which you may want to shed as you warm up. It must also have ski loops or ties with an extra couple of bungee cords or a ski tie/strap to enable you to strap your skis to your daysack in case you need to walk for periods of time.

SKIS:

This trip uses 'classic' style track skis. If you are bringing your own skis they must fit in the tracks, so should be a maximum of 66mm at their widest point. You can use track skis that are 'waxing', 'fishscale' or 'skintec'. You can also use track skis with a metal edge, or half metal edge.

SKI HIRE*:

Cross country skiing equipment, which includes 'classic' style track skis with a half-metal edge which makes it easier to control your speed and direction, can be hired locally. The boots used with these types of skis are more supportive as they are more like a 'hiking' boot. The skis will most likely be the new generation of 'skintec' skis with a half metal edge, such as the Asnes Mountain Race 48 Skin. The cost of ski hire and the delivery of your skis to the first hotel will be around 1300NOK for 6 days hire. This also includes the cost of returning the equipment to the hire shop at the end of the trek. Payment can be made directly by credit card. All equipment hire must be arranged in advance via the rental shops website, as it will be necessary to pre-order correct sizes. To make sure you get the correct sizes the rental store will need to know your height, weight, normal shoe size (you must provide your everyday shoe size and not your personal adjustment for wearing boots) and the measurement of your height up to your armpits (for ski pole hire). Please note you will be liable for any damage caused to the specialist equipment due to negligence.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining at Otta railway station. Oslo, Gardermoen Airport is the most convenient for Otta. On arrival you will need to head to the airport train station and take the afternoon train to Otta. A single timed transfer from Otta Station to the group hotel is included. The holiday ends in Hovringen. A single timed transfer from the hotel in Hovringen to Otta Train Station is included, from where you can take the train back to Oslo, Gardermoen Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Gatwick to Oslo International airport Norwegian Airlines. Outbound flights will depart the UK in the morning, arriving lunchtime. Return flights will depart Oslo International airport in the evening of the last day of the itinerary, arriving in the UK later the same evening.

Why Choose KE

Why KE

If you have already completed at least a week of cross-country skiing, then this could be the perfect progression.No costly ski pass required (all tracks in Norway are FREE!), and all meals and expert tuition included, this is a great value Scandinavian cross-country skiing adventure.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change