

# Norway Winter Family Adventure

Trip Code: FNW

Version:



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Three days of cross-country skiing tuition for all ages and abilities, with amazing, experienced instructors.
- Meet the beautiful husky dogs and learn some of their commands with a local 'musher'.
- Stay, in a traditional ski-up hotel or in one of the cosy cabins within the grounds, complete with snuggly nooks and log fires.

- Head out on horse drawn sled to a 'lavvu,' a cabin in the woods, for a warming and tasty treat surrounded by nature.

## AT A GLANCE

- 6 days centre based
- 3 days of XC skiing tuition
- snowshoeing
- dog sleigh ride
- horse drawn sleigh ride
- swimming
- yoga
- Max altitude 1200m.
- Join at Venabu Fjellhotel

## ACCOMMODATION & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Overview

This week-long centre-based family adventure is packed full of winter wonderland fun activities with just enough downtime built in to allow us to relax and unwind in simply stunning surroundings.

We will spend a few mornings of our trip learning how to (or advancing our skills in) cross-country ski, and our experienced tutors will help to create a fun and progressive atmosphere to encourage each of us to learn at our own pace. Our family-run hotel set amongst the rolling hills on the edge of the Rondane National Park is something of a legend in Norwegian 'ski lore' offering skiing right from the hotel door. Less than three hours by train or bus North of Oslo, it's the perfect base for our Norway Family Adventure.

As well as skiing, there are plenty of other fun activities to get stuck into. On one afternoon we will take a horse-drawn sled to a local lavvu (traditional wooden cabin) in the woods, to toast marshmallows and other tasty treats over an open fire. We will meet husky teams and learn the basic commands to help us drive a sledge around the national park, challenge each other to sledging races on the hill near the hotel and go on snowshoeing walks out into the winter wonderland surrounding our hotel base. There are beautiful views abound here, and we will soak them all up in our afternoon activities before returning to our cosy hotel to gather around the log fire, rosy-cheeked and ready for a warming hot chocolate.

Our trips run at New Year and Easter to benefit from the school holidays, while also introducing you to the seasonal celebrations in Norway. This is a great opportunity to learn about Norwegian culture and traditions. For example, on New Year you can enjoy the local concert in a mountain chapel, torch-lit parade and celebration dinner while at Easter there is a large egg hunt and family quiz.

**WARNING - PARENTS:** Be prepared to adopt the Norwegian way of doing things and 'relax'. This is without doubt a great week for unwinding, with plenty of downtime built into the schedule. Get cosy with a good book by the fire, or head to the sauna for the ultimate Nordic relaxation.

## Is this holiday for you?

### **Suitable for children from 7 years old.**

This centre-based trip from our comfortable and cosy base at the Venabu Fjellhotel is perfect for those families wanting a winter wonderland getaway with one base and plenty of downtime to unwind between some great, family fun activities. All activities are suitable for our youngest guests (minimum age 7) but will be fitting and fun for all ages young and old. Our hotel is out in the countryside with ski-in and out access. We've chosen rooms either within the hotel itself or in one of the cosy cabins within the grounds. The rooms are varying sizes to allow us to be adaptable to the differing family group sizes we regularly cater for on these trips.

# Itinerary

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Version:

## Holiday Information

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### What's Included

Full-board accommodation based on a family room or double room plus an additional bed

All meals; breakfast, packed lunch, and dinner

Host to organise a daily itinerary

Three half days of cross-country instruction with a qualified BASI Nordic Instructor

All equipment inc. sledges, snowshoes, ski rental & grip waxes

Guided snowshoe tour

Horse sleigh ride to a traditional 'lavvu' with open fire

Husky dog sledging and talk

Free use of the hotel sauna, and gym plus 2 yoga classes

Free use of the ski trails, no pass required

Treasure Hunt or Easter Egg Hunt depending on the season

New Year Concert or Easter Celebrations depending on the season

Hotel activities: table football, pool, board games, shuffleboard and darts

1x transfer to or from Ringebu station.

1x transfer to or from Oslo Airport.

## What's not Included

Flights

Insurance

Venabu Fjellhotel - massage

Any alcoholic drinks and beverages

Train travel from Ringebu to Oslo, and Oslo to Ringebu if not using the hotel bus

Swimming Pool Entry: 4-14 yrs 70 NOK, adults 140 NOK, towels 35 NOK

## Joining Arrangements & Transfers

We will meet on day 1 of the itinerary at the Venabu Fjellhotel.

Depending on which departure is booked, you should be able to take advantage of one airport/train station transfer, but the train will need to be booked in the other direction.

Flights and trains are both fairly straightforward from continental Europe/UK so we have detailed our transfer information to consider both air and rail travel to and from Oslo Gardermoen Airport/Train Station.

### Airport Transfer

The airport-to-hotel transfer bus operates on Saturdays leaving Venabu at 0915hrs, aiming to be at Oslo Gardermoen Airport for 1300hrs. It will wait until 1430hrs before returning to the hotel for the early evening, so plan your arrival to Oslo Gardermoen for before 1400 to take advantage of this service. The baggage reclaim in the airport is efficient so should only take around 30 mins to exit and meet the bus after landing. For New Year, this opportunity is available on the arrival day, and at Easter, this is on the departure day.

### Train/Taxi from Oslo

On the opposing arrival/departure day, depending on the trip date booked, it is most convenient to reach the hotel from Oslo via train to Ringebu, a sub-three-hour journey through the beautiful Norwegian countryside.

At New Year, you will be dropped off at Ringebu by hotel staff in time for a train to Oslo Gardermoen Airport leaving Ringebu at 1209 hrs and arriving at 1432 hrs.

At Easter, you can catch the train from Oslo Gardermoen at 1429hrs, arriving at Ringebu at 1654hrs. Upon arrival at Ringebu station, you will be met and transferred to the hotel by taxi.

On departure day if you need to catch an AM flight/earlier connecting train, it is worth noting that there is also a train that is expected to depart Ringebu at 0629 hrs, arriving at Oslo airport at 0901 hrs, but transfers to meet with this train will incur an extra fee to be paid directly to the hotel.

For booking your train travel we recommend you use [Vy.no](http://Vy.no), an online ticketing service. Tickets are only made available 3 months in advance.

## Meal Plan

All meals are included from dinner on day 1 to breakfast on day 7.

## 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.

The food is plentiful and varied on this trip. Breakfast is normally a buffet with a large range of food on offer with more than enough interesting items to prepare a tasty sandwich. We have opted for 'self-made' packed lunches every day so we have complete flexibility with plans for our day; lunches are made from the breakfast buffet, in the Norwegian tradition - a chance to experiment with all sorts of tasty sandwich fillings! You will be supplied with paper to wrap them in. You can also ask to have a thermos flask filled with a hot drink. On some of the days at Venabu, we may return for a late sit-down lunch in the restaurant, although this will depend on our ski plans for the day. Dinner is served at approximately 6.30 pm each evening and consists of a three-course meal of local and traditional fare, as well as regular European staples. There are children's menus, and vegetarian menus available every evening, too. Traditional options include venison and reindeer, trout dishes, and for dessert, cloudberry and blueberry pies.

## 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.

Any dietary requirements notified at time of booking will be happily catered for.

## Accommodation

Your accommodation will be at the Venabu Fjellhotel which is built in the typical Norwegian style. It is a family-run establishment, affording you a very relaxed and hospitable atmosphere. Venabu Fjellhotel is also Eco-Certified, receiving an award from the Norwegian Government, which recognises the work the hotel is doing towards becoming a sustainable destination.

The hotel comprises a main building with two wings both providing double and family rooms. There are also several cabins within the grounds that we have the option to book also, for no extra fee. These are mostly 3 berth rooms or doubles, but larger families may be situated in these too, depending on availability. They are beautiful buildings, decorated in traditional style, and including a sitting room, fireplace and kitchenette. All rooms are en suite with shower, and toilet, and are non-smoking. Whether main building or cabin, these will be charged at the same rate.

Single rooms are available on request but will incur a supplementary fee. We recommend booking as early as possible to secure a single room as these are always limited in number. Please contact us for further details.

## Group Leader & Support Staff

Cross-country instruction by an English-speaking local qualified BASI Nordic Instructor. Instructor to guest ratio = 1:8.

All other activities are led by English-speaking local guides.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

On this centre-based trip, you will be staying at a hotel with the option to spend on a card for the entirety of your stay. However, you may wish to pay cash on your way to or from the destination, where we recommend carrying some money in the local currency, Norwegian Krone. Expenditure for the trip will likely be around £200 for the average family. This should be sufficient to cover miscellaneous expenses, drinks and souvenir purchases. We recommend you take debit/credit cards to use whilst in Norway, as it is largely a cashless economy.

## Guidance on Tipping

You are under no pressure to tip the guides during this holiday. Tipping is the accepted way of saying thank you to your activity provider and is entirely voluntary.



## Optional Activities

There are various outdoor and indoor [activities available](#) at Venabu Fjellhotel. You can use the sauna for free, and the hotel gym. Massages can be booked as extra. If you want a day out you could ask the hotel to arrange a transfer to Ringebu station and travel to the Olympic town of Lillehammer for the day.

Please note that optional activities are not included in your trip fee, and can be booked and paid for directly with the hotel. Many of our guests find that the only optional activity they find time to do is to relax for hours by the lounge fire enjoying the free tea and coffee facilities!

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## 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.

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# General Information

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## Passport & Visas

**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

### 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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Currency

The currency in Norway is the Norwegian Krone.

## Climate

Winter temperatures in Scandinavia are 'according to the locals' warmer in recent years. Concerning as this is for the environment, it does mean that the temperature is not too extreme for us to run a Christmas itinerary, as well as an Easter itinerary. Even in January when the daylight hours are short we find that we have more than enough time for skiing. There is a special pleasure to starting your ski day in the sunrise, and skiing back with the sunset.

Historically temperatures in December have averaged -8°Celsius (17.4°F), in January -9.7°Celsius (14.5°F), in February -9.2°Celsius (15.4°F), in March -6.6°Celsius (20.1°F), and in April -2.3°Celsius (27.9°F).

We have found that these temperatures have not been unpleasant nor have any guests had problems so far, in dealing with the weather as it is generally a 'dry' cold, and of course this helps create great snow and therefore great ski tracks. If we do experience a cold snap where temperatures drop then we ensure that everyone is appropriately clothed and kitted out for the ski day.

## Snow Conditions

*King Bore* - 'King of Winter' from Nordic mythology says he can't promise anything, but in Venabu they begin to prepare the tracks as soon as they have enough snow in December and continue until mid-April or after Easter. Venabu has a good reputation as a 'snow sure' venue, and we have found that to be true. It offers 140 kms ( 87.5 miles) of prepared trails in varied mountain terrain, with summits up to 1400m (4592ft).

## 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](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

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.

# Equipment Information

## Equipment List

### You should bring the following items

You require clothing that allows freedom of movement, and mobility. Warm leggings or trousers that are made of a stretch fabric are best. Layers are ideal for your upper body as they allow you to adjust your temperature. Alpine ski clothing is not appropriate as it is too bulky, too warm, and restricts movement.

- Warm and waterproof walking boots
- Trainers or similar (for casual wear)
- Warm/Ski socks (2 or 3 pairs)
- Underwear
- Thermal baselayers - long sleeve tops and leggings - merino is good for warmth and sweat wicking
- Waterproof padded ski salopettes OR waterproof overtrousers with warm/thermal leggings
- Casual clothes for evening wear and travel
- Fleece jacket and/or down jacket
- Outer shell waterproof/snowproof ski jacket
- Warm hat/head & ear band

- Scarf/buff
- Ski goggles and good quality sunglasses
- Gloves x2 (one thick pair, one thin pair)
- Warm and windproof overgloves or mittens

■ Daypack 25 - 30 litres with waist and chest strap. You need space to carry your kit, possibly some of your children's kit, and you may be asked to carry an item of group kit too

- Kids smaller daypack 20 litres. For their own layers
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)

■ Water bottles 2x 1 Litre (quart) avoid camelbaks or external bottles as they often freeze in cold conditions. We also encourage re-filling water bottles rather than single use plastic.

- Selection of dry bags (to keep daypack contents dry)
- Washbag and toiletries
- Antibacterial handwash

■ Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, antihistamine cream and tablets, and re-hydration salts (Dioralite).

### **The following items are optional:**

- Karrimat or similar foam mat (for lunch stops)
- Over-mittens for extra cold and/or small hands
- 1 litre Thermos Flask

- Swimwear (for optional swim afternoon/sauna)
- Yoga wear (for yoga classes)
- Slippers (for the extra cosy evenings)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)
- Hairdryer (not provided at hotel)

### **Equipment provided locally:**

- Snowshoes
- XC Ski equipment including boots and skis

### **Land Only Information**

The LAND ONLY dates and prices are for the itinerary, joining at the accommodation in Venabu. For more information on transfers see the 'Joining Arrangements and Transfers' section.

### **Flight Inclusive Information**

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Oslo Gardermoen.

Outbound flights will usually depart from the UK in the morning, arriving in Oslo in the early afternoon. Return flights will depart Oslo in the early afternoon, arriving in the UK by mid afternoon.

## **Why Choose KE**

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## Why KE?

A perfect week away in the heart of Norway's snow sure hills, this centre-based trip is the only one we sell that offers families the chance to learn to cross-country ski. Those already proficient are also welcome to join in to improve and hone their skills with our trusted and qualified instructors. The independent and family-run hotel also offers a host of other activities run by local guides. The hotel is well known in the area as the premier destination for winter ski trips, with the opportunity to ski directly from the door. It also offers a wonderful and cosy environment to snuggle into on those long northern winter nights. A true winter wonderland.

**Please Note** This document was downloaded on 21/08/2025 and the trip is subject to change