

Ski-touring in the Norwegian Lyngen Alps

Autor(en): **Basten, Christoph**

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SKI-TOURING IN THE NORWEGIAN LYNGEN ALPS

In March 2019, Florian Seliger, Christoph Basten and two non-AACZ friends embarked on a week of ski-touring in the Norwegian Lyngen Alps. Ex-ante, others on the AACZ mailing list had raised the well-taken question whether one really needs to fly that far when we have so many great touring options nearby. Personally I would say that, after compensating the CO2 emissions appropriately, it was worth it once, as the experience of skiing to and from the sea is decidedly different from that of touring in the Alps. But this is of course a personal choice. In the following, I recount our experiences and am happy to provide further guidance if anyone wishes to try the area as well.

We flew via Oslo (back via Copenhagen) to Tromsø and rented a car for a week from there, which unfortunately seems necessary to reach the less populated areas. What we did not need for ski-touring was a boat, as most tours could be reached from our base camp either by driving up to 30 minutes or by taking a quick ferry plus car. As base camp location we chose the Lyngen Alps' capital Lyngseidet, which proved to be a good base in terms of location and infrastructure such as equipment shop or super markets for food supply. So did the "Solhov", a former boarding school now converted into a hostel used primarily by ski-tourers. In particular, the Solhov proved very useful to meet other tourers and exchange experiences and ideas for worthwhile tours. The hostel

provided both the option to cook oneself and to buy breakfast or dinner in the hostel dinner room.

We were able to buy good and suitable local maps and guidebooks and the hostel owner was happy to provide further guidance. What proved somewhat less reliable were the local avalanche risk forecasts, which we could download with an app similar to the Swiss apps, but local conditions seemed more heterogeneous due to sometimes strong winds close to the sea. Therefore we booked a local guide whom we had selected through the web for the first half of the week and ventured out on our own only once we felt we knew the region sufficiently well. We also decided to stick to tours with mostly limited steep slopes, of which there were enough exciting options for a week.

Snow conditions were usually good and views were magnificent. Furthermore, while the area is apparently dark around the clock at Christmas time, in late March days were sufficiently light until around 5pm and temperatures were not at all too cold for touring at that time of the year. Most challenging were the sometimes very strong winds, which required sufficiently wind-proof equipment. Overall we had an excellent week which we can clearly recommend to anyone interested in ski-touring up north.

Christoph Basten



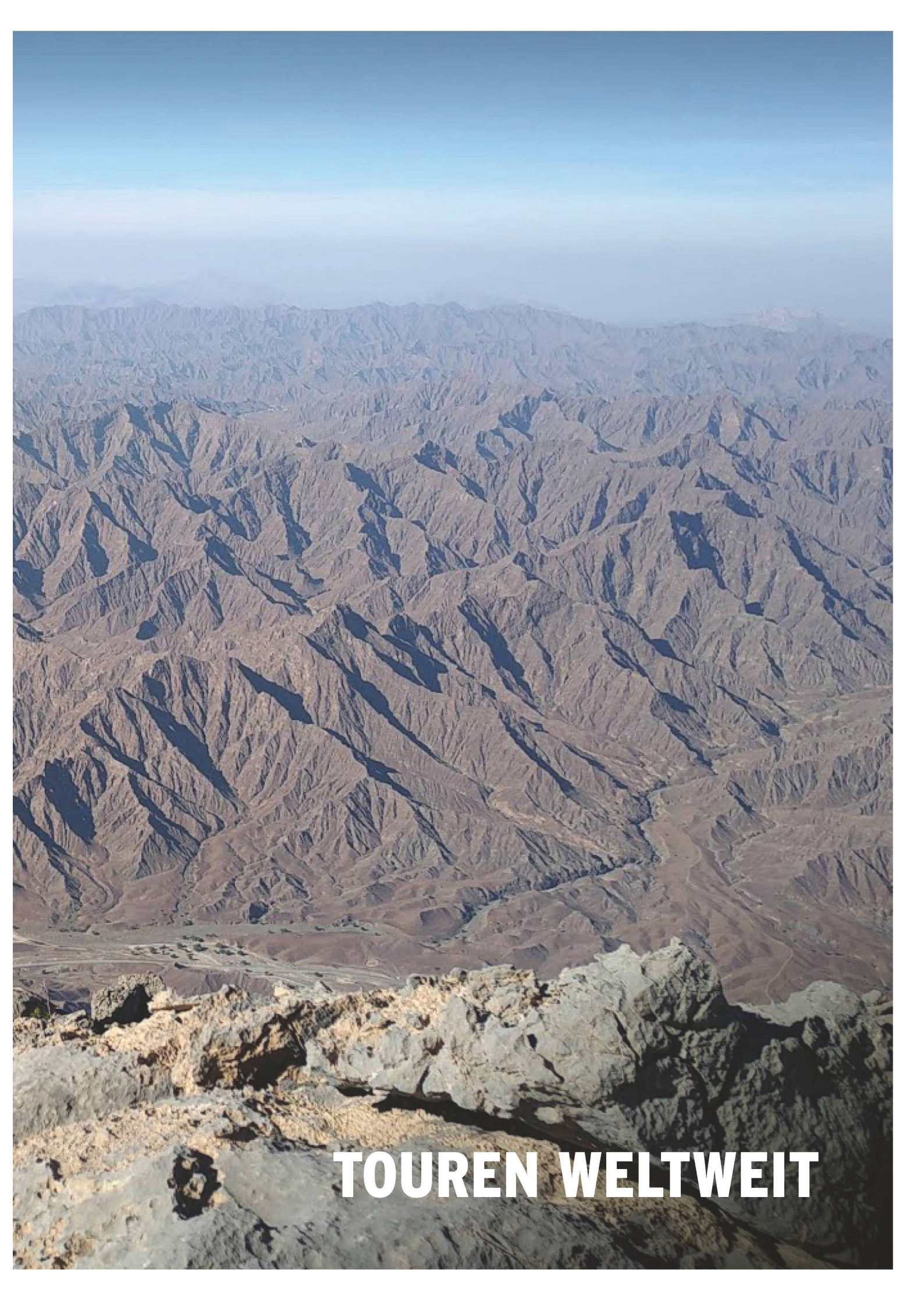
The Lyngen alps' capital Lyngseidet seen from the public ferry (photo Christoph Basten)



photo Florian Seliger

Gedas on the summit of Jebel Misht (photo by Saule Simute)





TOUREN WELTWEIT