

SNOWSPORT ENGLAND ON SNOW NORDIC SKILLS WEEK. Nordseter, Norway

03 - 10 April 2016



After trying Nordseter in 2015 we are returning in 2016.

Having explored the area last year we are now in a position to take advantage of the area to its full potential.

Situated 15km from Lillehammer, and neighbour to Sjusjoen, Nordseter is part of the extensive system of ski tracks to the East of Lillehammer. The 1994 winter Olympics were held here so there is every facility a cross country skier may need.

WHO IS THE COURSE FOR

The week is designed for cross-country skiers who want to improve their skills. We will stick to track skiing with an emphasis on technique in both Skating and Classic techniques.

Participants should be able to ski at a minimum standard of improver/intermediate level.

We can accept novice skiers but it should be noted that this is a **demanding area with some uphill skiing immediately outside the accommodation which needs to be tackled regularly** to access the extensive track system.

THE COURSE

This is an intensive coaching week with the emphasis on skills development, so we offer.

- 6 days instruction - AM and PM Sessions.
- AM Sessions are usually technique based, in groups based on skiing ability.
- PM sessions are looser, maybe covering some distance with coaching along the way or a workshop on a particular skill.
- The course content is tailored to the group's needs.
- Video analysis and feedback.
- Lectures on technique, equipment and waxing
- SSE Nordic Proficiency Award assessment- subject to sufficient numbers.
- Not forgetting the highlight of the week, the fancy dress race.

THE COACHES



Initially Patrick Winterton will be joined by Mike Dixon but the final line-up and number of coaches is dependent on the number of participants and we very much hope to add at least a third coach.

We aim for a maximum group size of 8 per coach but could be bigger or smaller depending on booking numbers, and the split of skiing abilities with the party.

All our instructors are highly experienced skiers, having competed internationally within either the Cross country skiing or Biathlon fields. Mike and Patrick work together as commentators on the Biathlon coverage at Eurosport.



They bring a wide range of knowledge to the course and are also excellent at passing on their skills.

NORDSETER - THE SKIING

Nordseter is situated in Oppland 15 km to the northeast of Lillehammer and 5 km west of Sjusjoen on the Mountain plateau to the east of the Gudbrandsdalen Valley.

The whole area is renowned for its cross country skiing having hosted the 1994 winter olympics. Nordseter and Sjusjoen share the same network of ski tracks which amounts to 450km of trail but it also links to over 1200 km of trail further afield if you have the energy.

The Berkebeiner cross country ski race course runs through Sjusjoen just to the south of Nordseter.



The Fjellstue is a just a short walk from the ski tracks so it's almost possible to ski from the door

Click [here](#) for a Live map of the Ski trails at Nordseter - see what open and what's been groomed recently

Click here for the Fjellstue [webcam](#) snow and weather information

Further photos from the 2015 trip [here](#)

ACCOMMODATION - LILLEHAMMER FJELLSTUE



Lillehammer Fjellstue, was built in 1937, has gone through many renovations, and the latest being in 2004. It is decorated in an old-fashioned "modern" style.

In 2015 the name was changed from the Nordseter Fjellstue to the current name but it is the same place that we stayed in March 2015.

It has a pleasant, informal atmosphere, consisting of 24 guest rooms, a cosy lounge, a dining room, the reception has a kiosk and a lobby bar, a sauna and a pleasant TV lounge.



Video Session in the TV room



Dining room



Economy room

Rooms

Hotel bedrooms come in two types,

Standard rooms have ensuite bathrooms.
Economy rooms have shared bathroom facilities which are situated in the sauna area.

Huts and apartments are also available.

Huts Sleep 2-5 People, in two bedrooms and have a kitchen, bathroom and living area.

Apartments come in various sizes
Huts and apartments are normally self catering but it's possible to take meals in the main building.



The price includes full winter pension,
(Breakfast and Dinner and a self-made lunch packet being made from the breakfast buffet).

There is free wireless internet access in the public areas of the main building which does reach some of the huts.

Accommodation costs

Full Board (Breakfast and Dinner with a self made lunch packet being made from the breakfast buffet).

Standard Rooms	TV and ensuite Bathrooms and a seating area		Approx cost in £ - using 12.5 NOK to £1 (august 2015)
Double/Twin	645,00 NOK PPPN	4515 NOK PP for 7 nights	£370 PP for the week
Single	945 NOK PPPN	6615 NOK PP for 7 nights	£530 PP for the week
Economy Rooms	Simple rooms with a washbasin. shared bathroom.		
Double/Twin	545 Nok PPPN	3815 NOK PP for 7 nights	£320 PP for the week
Single	745 NOK PPN	5215 NOK PP for 7 nights	£430 PP for the week

Huts



Click [here](#) for more photos

Huts are treated as Standard rooms for pricing purposes

This is a great solution as two in a cabin is the same price as a standard room but you get a room each (although one room is up a ladder in the attic) a kitchen (very handy for hot drinks during the day) and a living area and a bathroom to share. The only downside is the walk outside back to the main building for meals but it's not that far. But it can be icy.

Huts have two bedrooms, upstairs in the attic has two single beds, downstairs has a double bed with a single bunk above, so while they can technically sleep 5 that would be a squeeze and is more suited to families

Final cleaning and bedding is included in the price.

If you want to share a room but have no one to share a room with – we will endeavour to pair people up with a suitable roommate.



Click [Here](#) for more pictures of the Fjellstue and The Nordseter Area

Click [Here](#) for the Fjellstue Website

Address and contact Details for the Fjellstue

Nordseter Fjellstue og Hytter AS, N-2618 Lillehammer,
Tel +47 61 26 40 08, Fax: +47 61 26 40 78,
Email: bente.nordseter@online.no.

Please note: participants will need to book their accommodation directly with the Fjellstue, The Fjellstue are giving us a good discount on their normal rates So be sure to say that you are attending with SSE.

EQUIPMENT AND FACILITIES

Participants are encouraged to bring their own equipment: lightweight track skis (classic and skate) and waxes. However, equipment can be hired locally, although the quality of some of the hired gear available in Nordseter left a little to be desired. There are further hire and purchase options in Lillehammer.

Waxes can be bought from the hotel reception and the nearby Fjellpark service hire centre where there is also a cafe and a small supermarket - website [here](#)

There is a waxing and ski storage hut at the fjellstue, This has several waxing benches, bringing your own waxing iron is a good idea although there is sometimes a hotel one available.

Refreshments, There are limited cafe options when out on the trail so a flask is a must, there is an urn for filling this at breakfast, after that drinks can be bought at reception, While huts have kettles you would need to bring your own for making hot drinks in the hotel.

Wine can be purchased for meals but as wine is available for sale bringing your own is not allowed. This is the same in the lounge of the hotel.

COACHING COSTS

To encourage people to book early there will be a substantial early booking discount.

Bookings received by 31/12/15 £300

Bookings received after 31/12/15 £350

Juniors (under age 18) will receive a £50 discount on these prices. Non Snowsport England club members should add a £20 supplement.

Deposit £100pp, balance payable 4 weeks before departure



Fancy dress race



TRAVEL

Participants will need to make their own travel arrangements. Do not book any flights until your place has been confirmed.

Most people fly to Oslo Gardemoen Airport but there are other flights to Rygge and Torp airports.

Travelling to Nordseter is relatively easy on public transport.

From Gardemoen airport there are hourly trains to Lillehammer (2hrs). These trains originate from central Oslo.

The Last 15km to Nordseter can be done by public bus or a taxi. There are two buses a day to Nordseter at weekends (three a day during the week). At the time of writing the winter schedule is not published but there is usually a bus at 14:00.

People are free to make their own way to Nordseter but we will try and gather the group together and travel to Nordseter on a nominated train with onward travel together to Nordseter. If we have enough people travelling together we will organise a minibus from Lillehammer to Nordseter, sharing out the cost.

Insurance

Participants should ensure that they have their own personal travel and accident insurance cover for the week.

HOW MUCH WILL IT ALL COST

Costs will vary depending on your choice of accommodation, where you're travelling from, how you choose to travel and how early you book.

Please use the checklist below as a guide

Coaching	£300 if you book early, £350 if you book late.
Accommodation	Various - see table above - remember this is full board. The fjellstue ask for 30% as a deposit with the balance paid on arrival.
Gardemoen to Lillehammer	Train Standard Fare 279NOK each way (approx £26). if you pre book the 'Minipris fare' this can be reduced to 249NOK (£23) There are also public buses from Oslo via the airport to Lillehammer for 204NOK
Lillehammer to Nordseter and rtn	Public bus 50NOK each way (£5), A taxi that can take 4 is 450NOK (£42) each way. If we organise a minibus and share the cost this would cost £10-£15 each depending on numbers.
Your flight	Various - don't forget any ski carriage charges.
Any ski hire costs	Various depending on what you need.
Track Fees	None

CONTACT AND BOOKING

For a booking form and further information please contact

Alistair Westell
68a Well St
London E9 7JA

alistair.westell@gmail.com

07971 239519.

Booking Procedure

- Contact us for a booking form - address above
- Pay your Deposit with SSE
 - £100pp, (balance payable 4 weeks before departure).
 - by Credit card over the phone with Holly or Claire at the SSE office, 01509 232323
 - by Online transfer (we will supply account details on request)
we would prefer online/credit card payment but we can also accept cheques by post.
 - All Transactions need to use the code **16NONOROS04** so we can track your payment
- Book your accommodation
 - We are holding room allocations with the fjellstue so can confirm rooms straight away.
 - Pay your deposit with the fjellstue (30% - balance payable on arrival)
 - This can be done using online bank payments
- Book your flight
 - Please Don't do this till we give the go ahead

Places on the course will only be reserved once the deposit has been received. Acknowledgements will be sent via E-mail.

USEFUL LINKS

Google [Map](#) of the area
[The Fjellstue website](#)
[The Fjellstuge on Facebook](#)
[Need a place to stay in Oslo - this was good and cheap in a Norwegian way](#)
[Lillehammer area info](#)

The Skiing
Nordseter [Track Map](#)
[Sjusjoen Ski trails](#)

Travel
[Bus Timetable Lillehammer to Nordseter](#)
[Ruter - general Norwegian Travel info and planner - very good](#)
[Airport Shuttle timetables](#)

Photographs
[2015](#) SSE trip to Nordseter in 2015
[2014](#) SSE trip to Kvitavatn in 2014
[2010](#) SSE trip to Kvitavatn in 2010
[Photos tagged Nordseter on Flickr](#)
[Posts on Google plus Tagged Nordseter](#)