



Abisko - Intro to alpine ski-touring

Do you want to learn how to plan and carry through alpine ski-touring tours on your own? To be able to lay the first tracks down untouched mountain sides? In the area around Abisko there are endless peaks and possibilities, making this an excellent place for an introduction to alpine ski-touring.

During three intense days, your competent guide will teach you the basic skills needed to go ski-touring on your own. You'll learn about equipment, technique for both the uphill and downhill, basic avalanche safety and mountain safety. We live comfortably and eat well at STF Abisko Turiststation to be able to relax after long and rewarding days in the mountains.

Information	
Meeting point	STF Abisko Turiststation
First gathering (time/place)	Arrival day (day 1) at 5 p.m. in Abisko Turiststation
End time (time/place)	Departure day (day 4) at around 4 p.m. in Abisko Turiststation
Number of participants	Min 4 / max 8
Minimum age	16 years old in company of a guardian
For whom?	You should be a good skier, but you do not need any prior alpine ski-touring experience.

	You should be in good condition physically and you need to be able to be active outdoors for many hours each day.
Other	<p>The program can be changed due to challenging weather or other unforeseen events.</p> <p>Cancellations can be made up to 30 days before arrival, after that no refunds will be made.</p> <p>If the tour does not reach the minimum number of participants, it will be cancelled 30 days before the scheduled date.</p>
Included in your package	
Accommodation	3 nights accommodation in a shared dorm room in our youth hostel Keron
Meals	All meals included from dinner on arrival day until lunch on departure day.
Transportation	Transport by minivan to the mountains nearby
Guide	Guide certified according to the Swedish standard Fjälledarnormen.
Other	<p>Ski pass to Nuolja Offpist, 1 day</p> <p>Avalanche equipment (transceiver, shovel, probe)</p> <p>Shared safety equipment (wind sacks and first aid kit)</p>

Preliminary program
<p>Day 1</p> <p>We gather in Abisko Turiststation at 5.00 p.m. for information about the program for the following days, before we have a three-course dinner together in Restaurant Kungsleden.</p> <p>Day 2</p> <p>We spend the first day on Mt. Nuolja, here we have some great places to practice avalanche rescue (searching for buried transceivers, probing, and digging). This is also a good place to get familiar with all the equipment and do a first easy ski-tour out of bounds.</p> <p>Day 3-4</p> <p>We move and ski varied terrain on the mountains surrounding Abisko. We choose the mountain of the day depending on the current weather and snow conditions, and travel to the best spots by minivan. The riding is with practical and theoretical avalanche knowledge, and other things that are good to know for future ski-touring on your own. We finish the tour on day 4 around 4.00 p.m. and you'll be back in time to catch the afternoon train heading south.</p>

Equipment list	
Included equipment (Divided between the participants)	<ul style="list-style-type: none"> • Bivy bag • Avalanche equipment (transceiver, probe, shovel) • First aid kit (guide)
Recommended equipment	<ul style="list-style-type: none"> • Randonnée-, telemark- or splitboard equipment (with climbing skins) for riding off-piste • Ski-/snowboard boots (with walk-mode) • Ski poles • Helmet • 1-2 base layers, wool or synthetic • Warm layer in fleece, wool or softshell • Shell clothing without insulation (the jacket should have a helmet-compatible hood) • At least 2 pairs of skiing socks (preferably woolen or with a wool mix) • Warm layer for breaks (light down- or synthetic jacket) • 2 pairs of gloves/mittens • Beanie and/or headband/buff (for the uphill) • Thermos and water bottle • Sunglasses and ski goggles • Sun cream • Sports tape (for blister prevention) • Backpack, 35-45L (suitable for ski-touring, so they can carry your probe, shovel, and helmet) <p>Try packing your backpack at home to make sure everything fits. Pack light.</p>
Nice to have	<ul style="list-style-type: none"> • Slippers (for the evenings at Abisko Turiststation) • Extra underwear, socks, gloves, sweater • Comfortable clothes for the evenings at Abisko Turiststation • Sitting pad
Rental in Abisko	<p>If you need to rent some equipment you can do that in the shop at Abisko Turiststation. As a member of STF and a participant in one of our courses you get a 15 % discount on rentals. For more information about what's available, prices and how to book please visit:</p> <p>https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/store-rental/</p>

Getting here

The easiest way to get to Abisko is by train. STF Abisko Turiststation has its own train station. You can also fly to Kiruna, and from there take a bus or the train out to Abisko.

For more information on travel alternatives to Abisko, please visit:

<https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/directions/>

Questions?

If you have any further questions, do not hesitate to contact us!

Booking Office:

Email: bokningen@stfturist.se

Phone number: +46 (0)10 190 2360

STF Abisko Turiststation:

Email: abisko@stfturist.se

Phone number: +46 (0)10 190 2400