

SNOWSPORT ENGLAND ON SNOW NORDIC WEEK

Nordseter, Norway

Saturday 28th March - Saturday 4th April 2020



After successful On Snow Nordic Weeks to Nordseter in 2016 and 2018 we are returning in 2020. The cross country ski trails around Nordseter are part of the extensive network of ski trails to the east of Lillehammer, where the 1994 Winter Olympics were held.

WHO IS THE WEEK FOR?

The week is designed for cross-country skiers who want to improve their track skiing skills with an emphasis on technique in both skating and classic techniques. 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 (good fitness levels will be useful for all abilities). There will not be a coaching course this year, although there will be a one day workshop for existing coaches on the Saturday preceding the week (Saturday 28th March 2020). The cost of this will depend on numbers attending, but will be around £50 for the day. If you are interested in the coaching workshop, please contact dagmar.junghanns@gmail.com by the end of November 2019.

THE COACHING

This is an intensive coaching week led by top coaches who have a wealth of experience in both skiing and coaching. The emphasis will be on skills development with **six days of instruction from Sunday 29th March to Friday 3rd April** with both morning and afternoon sessions. The course participants will be divided into groups of around eight, with each session tailored to the group's experience and objectives. Morning sessions will usually concentrate on technique, in groups based on skiing ability, and the afternoon sessions will usually be less formal, maybe covering some distance with coaching along the way or a workshop on a particular skill. During the last session there will be the traditional fancy dress races (neither racing nor fancy dress is compulsory, but certainly both are popular).

- Course content tailored to each group's needs
- Video analysis and feedback
- Talks on technique, equipment and waxing
- SE Nordic Proficiency Award assessment if desired

THE COACHES

The course will be led by Snowsport England's top coaches, Alan Eason and Patrick Winterton. Both are highly experienced skiers, having competed internationally, and also expert coaches. Patrick works as a commentator on the biathlon coverage for Eurosport and Alan is the Snowsports Director at Lake Mountain Alpine Resort in Australia as well as running [Totally Nordic](#) ski instruction. The final line up and number of coaches will depend on the number of course participants. Last year, we had four coaches. We aim for a maximum group size of eight per coach, but this could be bigger or smaller depending on numbers and the range of skiing abilities of the course participants.



NORDSETER – THE SKIING

Nordseter is in Oppland, around 180 km north of Oslo. It lies on the mountain plateau above Lillehammer, near the resort of Sjusjoen.

The area is renowned for its cross country skiing, holding World Cup races and being used by national ski teams for training camps. There are more than 450 km of cut ski tracks for classic and skating in the season, with links to over 1200 km of trail further afield if you have the energy. There are trails to suit all abilities. Every March the legendary Berkebeiner cross country ski race passes through Sjusjoen, with all participants carrying a backpack weighing at least 3.5 kg to represent the king's son.



Google [Map](#) of the area. [Lillehammer area info](#). Click [here](#) for a live map of the ski trails at Nordseter to see what's open and what's been groomed recently (in season).

NORDSETER - THE ACCOMMODATION

We will be staying at the fjellstue in Nordseter, previously called [NordseterFjellstue](#), but just to confuse you, this has now changed its name to Lillehammer Fjellstue. You can stay in the hotel or in a cabin. There is free wireless internet access in the public areas of the main building which does reach some of the cabins. [The Fjellstoge on Facebook](#)

- Standard rooms have ensuite bathrooms
- Economy rooms have shared bathroom facilities which are situated in the sauna area
- Cabins Sleep 2-5 people in two bedrooms and have a kitchen, bathroom and living area



If you want to share a room, but have no one to share a room with, we will try and pair you up.



Address and contact details for the fjellstue:

Lillehammer Fjellstue og Hyttuetleie, Nordsetervegen 1330, N-2618 Lillehammer,
Tel +47 61 2700 00
Email: booking@lillehammerfjellstue.no

Please note: participants will need to book their accommodation directly with the fjellstue, Please say that you are attending with Snowsport England. The fjellstue ask for 30% as a deposit with the balance paid on arrival. Do not book until we have confirmed your place on the course.

EQUIPMENT AND FACILITIES

The tracks are free. Many participants bring their own equipment i.e. lightweight track skis (classic and skate) and waxes. However, equipment can be hired locally from the nearby Nordseter Fjellpark Service Centre although not of a racing standard. If hiring from the Fjellpark Service Centre, we suggest you pre-book directly with the service centre <http://www.nordseter.no/en/Servicecentre> so the equipment you want will be reserved for you. The majority of skis for hire locally now are waxless. There are further hire and purchase options in Lillehammer. Waxes can be bought from the hotel reception and the service centre. There is also a cafe and a small supermarket at the service centre.

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

There are limited cafe options when out on the trail so a flask is a must. This can be filled at breakfast. Drinks can also be bought at reception. While cabins have kettles, you would need to bring your own for making hot drinks if staying in the hotel.

Wine and other alcoholic drinks can be purchased in the fjellstue to accompany meals, but as alcohol is available to purchase bringing your own is not allowed. This is the same in the fjellstue lounge.

COSTS

Course:

To encourage people to book early there will be an **early booking discount** for the week.

- Bookings received by 31/12/19 - £355
- Bookings received after 31/12/19 - £405

Deposit £100pp to Snowsport England and balance payable four weeks before departure.



Fancy dress race in Kvitavatn last year

Accommodation:

Course participants should book directly with the fjellstue **only once their place on the course has been confirmed**. There is a 5% discount if booked before 5th Jan 2020. The exchange rate is approximately 11 NOK to £1 (Sept 2019)

Full Board (breakfast, dinner and a self-made lunch packet from the breakfast buffet)

	Standard room: TV, ensuite bathroom and a seating area	Economy room: simple rooms with a washbasin. Shared bathroom.	Cabin
Triple			NOK 825 PPPN
Double/Twin	NOK 770 PPPN	NOK 685 PPPN	NOK 950 PPPN
Single	NOK 920 PPNN	NOK 835 PN	

TRAVEL

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

Flights

Most people fly to Oslo Gardemoen Airport, but there are also flights to Rygge and Torp airports. Please note Rygge and Torp airports are further away and will require more onward connections if using public transport. [Ruter](#) is a useful Norwegian travel information and planner.

Travelling to Nordseter from Oslo is relatively easy on public transport:

- From Gardemoen airport there are hourly trains to Lillehammer Skysstasjon (2hrs). These trains originate from central Oslo. Reduced fares (Minipris) can be booked in advance through [Norwegian State Railways](#) (link goes to Norwegian page, but scroll towards bottom of that page to find where to convert to English). The cost is around NOK 290-390 one way.
- The last 15km to Nordseter can be done by public bus or a taxi. There are several ski buses a day to Nordseter using Opplands Trafikk bus 260 (see <http://www.opplandstrafikk.no/rutetider/>) At the time of writing the winter schedule has not yet been published, but the last bus is usually at 16:00h. The cost is around NOK 60 one way. Alternatively, you can pick up a taxi from outside the railway station, which costs around NOK 400 one way.

Insurance

Participants should ensure that they have their own personal travel and accident insurance cover for the week in addition to their [European Health Insurance Card](#), although the latter may not be relevant by next March.

CONTACT AND BOOKING

To register your interest, ask for a booking form or further information please contact:

Gwenda Cavill ssenordic@gmail.com

Please do not book your flight or accommodation until we have confirmed your place.
Acknowledgements will be sent via email.