

TWO WHEEL VIEW

Important Information About Your Trip to Norway



Itinerary, INSURANCE, Emergency Contact Info, passports,
RESPONSIBILITIES, Cancellations and Changes, The
"AMBASSADOR PLAN", Norway health information,
SPENDING MONEY, Packing List

IMPORTANT INFORMATION ABOUT YOUR TRIP TO NORWAY

TWO WHEEL VIEW

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Introduction

The basics

Two Wheel View has made every possible arrangement for a safe and fun adventure to Norway. Please review the information in this document so that you are familiar with the details about the upcoming trip.

As stated in our program goals, the TWO WHEEL VIEW program is much more than a bike trip. It is a way for you to be part of the overall mission of TWO WHEEL VIEW and at the same time participate on an incredible mountain bike adventure.

Recognizing that this may be your first experience with bicycle touring and international travel, it is our role to support and enhance your overall experience. After all, that is what we enjoy doing and it is what TWO WHEEL VIEW is all about – educating people on the environment and local culture through educational bike trips.

Please read over the following information carefully and let us know if you have additional questions.

As with any trip of this scope, there will be questions. Feel free to contact us anytime.

Program Fee

Payment Due Dates

All payments (including donations) towards program costs and airfare are due in the TWV USA or Canada office on or before sixty (60) days prior to the program departure date. If you are fundraising for your trip program you may continue to fundraise after the sixty (60) day “prior to departure date” deadline. If your donations exceed the total program fee prior to your departure, you may choose to be refunded up to the amount you paid personally.

TWV will send a final invoice statement 80 days prior to your trip program departure date reflecting the total amount received through self funded payments and donations and any balance due. Participants may make payments towards their cost balance at any time prior to the sixty (60) day “prior to departure date” deadline.



If all monies are not received by 60 days prior to departure, TWV will assume the participant has cancelled and cancellation fees as specified in the Conditions, Release and Agreement will apply.

Program Fee Options

Self Funder: You or your family pays the full amount of the trip program fee and airfare. Pay by check written to TWO WHEEL VIEW or by credit card. A 3% credit card transaction fee will apply.

Fundraiser: With this option you pledge to raise a minimum amount of sponsorship by asking for donations from friends, family, community sponsors or whatever means you have to raise money for your trip program fee and airfare.

Fundraising

Understanding the donation process

The majority of participants fundraise some, if not all, of their program fees through various sources. Fundraising for a TWO WHEEL VIEW trip program is a great way to increase awareness about our program as well as connect you with communities close to home where you can share your experience once you return.

It is essential that you understand how the donation process works before you start your fundraising efforts. In order to ensure that donations be earmarked for your participation, please take a moment to consider the following:

There are different requirements for different forms of payments.

1. Checks: All donations should be made out to "TWO WHEEL VIEW" with your name written on the "For/Memo" line. Make sure you send us the complete mailing address of the donor.
2. Credit Card Donations (Visa, MasterCard, American Express) can be made online via the "Join the Ride" link or on a [personalized fundraising page](#) that we can help you set up. Credit card charges will be earmarked for your participation. A receipt of the charge will be sent directly to the cardholder.
3. Cash: TWO WHEEL VIEW will NOT accept cash donations.

Send checks to: TWO WHEEL VIEW in the USA or Canada



Your total program fee will be due 60 days before the scheduled trip date. However, you may continue fundraising until the start date of the trip. As you begin to receive donations, it is important to keep a running tally of all monies raised. If your donations exceed the total program fee you may choose to be refunded up to the amount you paid personally.

Note: If for any reason you do not reach your fundraising goal, cancel or postpone your program; donations WILL NOT be refunded to the donor. In the event of not reaching your fundraising goal or postponement, you may use the donation money earmarked for your participation for another program (within 18 months of the postponement). If you decide to cancel, all donations will be transferred to the TWV Trip Program Fund.

Airline Tickets

TWO WHEEL VIEW will coordinate all of your travel plans. The bike trip begins and ends in Tromsø, Norway. It is in the northern region of the country and is accessible by air (2 hours) from Oslo.

TWO WHEEL VIEW will coordinate all of your travel plans from the city of your choice. We offer a number of travel options and will coordinate all travel for you. Tickets are typically booked well in advance of the trip departure date. You are responsible for paying the full amount of your airfare when ticketed. If you are fundraising for your trip program, your airline tickets will be purchased once you reach 50% of your fundraising goal as detailed in your Trip Program Agreement.

Trip Dates and Itinerary

The trip dates and itinerary are available online at www.twowheelview.org. Below is a typical itinerary for the Norway expedition.

Day 1 Pre-Trip Orientation: spend the day participating in team-building activities, going for bike rides, learning basic bicycle maintenance skills, and packing your gear.

2 International departure to Tromsø, Norway via Oslo. Our trip will begin in Tromsø, Norway's most northern city. It is known as the 'Gateway to the Arctic' and a spectacular location to witness the midnight sun.

3 Sightseeing in Tromsø, nicknamed "the Paris of the North" - is a lively city, located spectacularly on an island in Northern Norway, and surrounded by mountains, fjords and islands in all directions. It is the largest city in the region, and residents will frequently point out that their outpost is home to the "World's Northernmost" university, planetarium, and mountain cable car, to name a few. Jens Ole will be our



local host and show us the highlights from a local perspective. We will be hosted at the Kvaløysletta Sports Hall and the indoor soccer field will be used as our base camp.

4 Bike from Tromsø to Ramfjord Camp (coastal). Stay in rustic cabins and eat traditional reindeer stew and relax in a sauna.

5 Bike from Ramfjord Camp to Breivik (mix of coastal and inland).

6 Bike from Breivik to Lyngseidet (coastal with a short ferry ride across Ullsfjord). Nils will be our local host in Lyngseidet. We will stay with local families and spend two nights in the area.

7 Stay in Lyngseidet. Nils will arrange a variety of activities for us: hike in the Lyngen Alps, view the midnight sun while fishing, enjoy a camp fire cookout with local families and friends plus more.

8 Bike from Lyngseidet to Storslett (mix of inland and coastal with a short ferry ride across Lyngenfjord). There will be local hosts in Storslett. On the way to Storslett you will pass a traditional Sami camp where you can learn more about the native people of this region and buy local art and crafts.

9 Bike from Storslett to Bilty (inland). This is a ride along the Reisa River towards Reisa National Park. At the end of the road, which is around 52 km from Storslett, we will camp or begin our trek to the Mollisfossen waterfall.

10 Mollisfossen water fall and return to Storslett. Depending on the water levels, we will either hike or take a river boat to the Mollisfossen waterfall, spend the afternoon and then start biking back toward Storslett.

11 Bike Storslett to Skjervøy (mix of inland and coastal).

12 Skjervøy to Tromsø by Hurtigruten. The Coastal Ferry Line of Norway. We will again be hosted at the Kvaløysletta Sports Hall near Tromsø with our local host Jens Ole.

13 Bike from Tromsø to Sommarøy (mix of coastal and inland). Sommarøy is a vibrant coastal community in northern Norway; where fishing and hunting has been the livelihood since time immemorial. We will either spend the night in a traditional Sami “lavvo,” or take advantage of the comforts of a hotel in Sommarøy. Jens Ole’s friend, a local chef, will prepare a delicious Norwegian meal for us at the hotel and teach us about the local cuisine.



14 Bike from Sommarøy to Kvaløysletta Sports Hall (inland). This route will be along the other side of the island we traveled to get to Sommarøy. You will have the opportunity to visit museums and shops in Tromsø and then go out for our last night in Norway with our local hosts.

15 Pack up our bikes and gear and fly back to N. America.

Packing

We must carry everything that you bring on the trip on our bikes. There will not be a place to leave things in Norway. It is important to have everything that we need but to also be sensitive to the weight that we must carry on our bikes. If you are uncertain whether or not to bring something, please contact us.

We will provide you with two sets of bicycle panniers (one set on the front of your bike and one set on the rear), we also have a handlebar bag for optional use. The handlebar bag is handy for carrying a camera or snacks. Because this is a group bike trip, there will be certain group items that you will also need to carry with your personal gear. These items may include: a tent, cooking equipment, spare parts and tools. We will let you know well in advance of the departure what group items you may be asked to pack with your personal gear.

PACKING YOUR BAGS FOR AIRLINE TRAVEL

We recommend that you pack your bags for airline travel according to a plan we have developed through years of experience traveling abroad for bicycle tours. You will repack your bags once you arrive so do not worry if your panniers seem to be extremely heavy or over packed when you check-in for your flight.

The formula is for each person to have one (1) checked bag and (1) one carry-on bag (one of the front panniers converts to a backpack that can be used as your carry-on). TWO WHEEL VIEW will provide you with panniers for you to use for the trip.

Checked Bag

The rear pannier set (2 bags) must be tied together to be checked as one checked bag.

Carry-on

One of the front panniers converts to a backpack that can be used as your carry-on. Travel time to the destination can be more than 24 hours. Suggested items to pack in your carry-on are: a long sleeve t-shirt or flannel, tooth brush and tooth paste, a book, writing journal and pen, wallet and passport, camera, bottle of water, etc. (do not pack money or credit cards in your checked baggage).



THINGS YOU NEED TO KNOW

EQUIPMENT

It is important to have the “right” equipment for the international bike trip. To make sure that you have the best equipment possible for the most positive experience, TWO WHEEL VIEW will provide the following equipment:

- Bike
- Panniers (saddle bags for bike)
- Tents (double occupancy in 3 and 4 person rated tents)
- Cooking and eating equipment and utensils

PACKING LIST

Suggested Personal Items (this is just a guideline)

- ❑ 1 pair long pants or sweats (not jeans)
- ❑ 3 T-shirts or short/long-sleeve top for wearing during the day. (1 shirt on your back, 2 dry shirts in the pack: 3 TOTAL)
- ❑ 1 warm sweater, sweatshirt or polar fleece
- ❑ 5 pair socks (1 pair on your feet, 4 pair in the pack: 5 TOTAL)
- ❑ 7 pair underwear (1 pair on your body, 6 dry pair in the pack)
- ❑ 2 or 3 pair shorts
- ❑ Camera
- ❑ 1 pair sturdy shoes for biking
- ❑ Small-medium size towel
- ❑ Hat
- ❑ Personal toiletry items: toothpaste, soap, shampoo, etc...
- ❑ Sun-block
- ❑ Small flash-light or head lamp (AA battery size lights, the heavier the flash light the more you have to carry)
- ❑ Sun glasses
- ❑ Light weight rain jacket and pants
- ❑ 1 pair sandals or light weight comfortable shoes for camping (optional)
- ❑ Pair of pajamas or sleep clothes
- ❑ Your own bike seat, pedals, biking shoes (optional)
- ❑ Swim suit
- ❑ Sleeping bag
- ❑ Sleeping pad / thermarest

WEATHER CONDITIONS

The Average High Temperature for this region is 73F/22 C with a historical range of 50F/10C to 70F/30C

The Average Low Temperature is 40F/5C with a historical range of 32F/0C to 50F/10C.

From our past trip experiences, the chance of rain is likely. We do recommend packing light weight raingear in the event of rain.



MEDICATIONS

If you are taking prescribed medications, we advise you to have a copy of your prescription and all medications should be in a medicine bottle with clear directions and a copy of the prescription.

Passport

All participants require a valid passport for international travel. You cannot travel to Norway without a passport. Don't leave it at home or misplace it!

Bike and Camping Equipment

Your program fee includes the use of TWO WHEEL VIEW bikes and bicycle touring equipment.

If you decide to bring your own bike, we recommend that you pack it in a soft-sided bike bag specific for traveling. TWO WHEEL VIEW does not assume responsibility for the safety of or damage to your bike. A tour mechanic will be on the trip that can troubleshoot equipment issues, however, you are responsible for providing the basic maintenance to your bike and any spare parts that may be used during the trip e.g. spare chain, brake pads, gear and brake cables, and spare nuts and bolts. You are also responsible for excess baggage fees, assembling your bike upon arrival and disassembling it upon departure. Please let us know if you have any questions about bringing your own bike.

Special Offer

If you are interested in purchasing your own panniers, we have worked out a special pricing program with Arkel Over Designs. They make all of the bicycle panniers (saddle bags) that we use on our trips. We can offer them to trip participants for about 25% below retail. You can check out their product online at

www.arkel-od.com



TWO WHEEL VIEW Responsibilities

TWO WHEEL VIEW has arranged for and will provide the following:

- ❑ All logistics and trip planning.
- ❑ Use of mountain bike touring equipment, camping gear, panniers.
- ❑ **All** hotels, lodging and camp ground fees.
- ❑ All meals.
- ❑ Program communication materials.
- ❑ Volunteer coordination.
- ❑ Program development and coordination.
- ❑ On-site consultants.
- ❑ Tour mechanic and guide.

TWO WHEEL VIEW is not responsible for the following:

- ❑ Emergency Medical/Travel Insurance.
- ❑ Personal items such as souvenirs, laundry, internet, snacks, phone calls.
- ❑ Excess baggage fee for bringing your own bicycle if applicable.

Your Responsibilities

What We Expect

TWO WHEEL VIEW expects participants to be enthusiastic, cooperative and appreciative of the opportunities afforded to them through our program. Trips sometimes operate under difficult and challenging conditions, and TWV expects participants to be cooperative and attentive at all times. TWV reserves the right to remove a participant at any time without any refund if a participant violates any law of the host country or endangers the lives of other participants, or consistently disregards Trip Leaders instructions. In addition:

- **Pre-trip Planning.** You agree to take whatever steps TWO WHEEL VIEW advises are necessary prior to travel, including but not limited to any medical evaluation and/or any immunization requirements.
- **Rules and Laws.** You agree to follow all applicable rules, policies and guidelines of TWO WHEEL VIEW and the laws of the country and community in which you are visiting. If you do not follow all rules, laws, policies and guidelines, TWO WHEEL VIEW's group leader has the authority to ask you to leave.



- **Travel Deviations.** You agree to follow TWV's travel plans for the scheduled Trip.
- **Passports and Visas.** Every participant must be in possession of the appropriate documentation prior to departure. TWV is not responsible for obtaining passports or visas for travelers. This is the responsibility of the participant. Passports must be valid for at least six months after the end of your tour. Non-U.S.A and Canadian citizens must contact the embassy or consulate of their destination countries for specific entry requirements. Check your itinerary carefully for all countries that you will pass through, including transfers between airports in foreign countries and re-entry into the United States.

Spending Money

Personal spending money can be carried in various forms. We suggest budgeting US\$10-20/day for personal expenses.

Cash and ATM Cards

Take some cash with you and exchange it at the airport in Buenos Aires or at a bank or change center in some cities on our route. You can also use your ATM card at some locations throughout the trip to get local currency. Do not carry large amounts of cash.

Credit & ATM Cards

Credit cards (American Express, Visa, and MasterCard) are honored in many places. However, do not count on having your credit cards take the place of cash, or to be able to use them in nearly as many situations as in the U.S or Canada. Credit cards and ATM Cards are the easiest way to obtain money when needed (if a cash machine is available and working). We find that an ATM card, a Credit Card (Visa/MC) and a small amount of cash is the most efficient and convenient way to travel.

Traveler's Checks and Check Cards

The safest way to handle money (but not always the easiest way to exchange) is to take a supply of traveler's checks sufficient to cover your needs. We recommend checks in \$20 denominations.



Emergency Contact Information

To contact the group in Norway for emergency reasons, please use the following email or phone numbers. Phone and email messages will be relayed through the TWO WHEEL VIEW office.

Email: info@twowheelview.org

TWO WHEEL VIEW office telephone messages: (866) 858-2453 or (403) 710-3567

Note

TWO WHEEL VIEW will contact your primary emergency contact in the event of any emergency situation.

Insurance

TWV requires that participants purchase Emergency Medical/Travel Insurance to protect their investment. Participants and their parent(s) or guardians are responsible for the insurance policy, and all medical costs incurred before, during or after a TWV trip regardless of the cause. We recommend the following companies for insurance:

- ❑ www.travelinsured.com.
- ❑ Multinational Underwriters at www.mnui.com.

TWO WHEEL VIEW Policies

CANCELLATIONS, ITINERARY CHANGES AND REFUNDS

You may cancel your participation in the trip at any time. TWV asks, however, that you do not apply unless you are confident in your attendance on the dates and destination outlined in the trip details. It is important for you to know that cancellations are costly to TWV because we begin making arrangements for your trip as soon as you apply. Refunds will be based on the policy stated in the Conditions, Release and Agreement.

LIABILITY WAIVERS, RELEASES, MEDICAL DISCLOSURES & RULES

All participants will be required to sign and comply with various liability waivers and releases prior to the beginning of any TWO WHEEL VIEW trip. TWO WHEEL VIEW operates various trips in diverse countries, terrain and conditions. Many TWO WHEEL VIEW trips include challenging components. Neither TWO WHEEL



VIEW nor its officers, directors, contractors, employees, agents or staff can safeguard against injuries or accidents, which may occur for whatever reason on any trip. Participants will not be permitted to travel on any TWO WHEEL VIEW trip unless all required paperwork has been received in our office at least one week prior to the commencement of the trip.

Required paperwork:

- ❑ Trip Program Agreement
- ❑ Conditions, Release, and Agreement
- ❑ Medical Evaluation Form
- ❑ Consent for International Travel: (student's under 18 years)
- ❑ Authorization for First Aid and Medical History
- ❑ Copy of passport

Volunteering - Ambassador Plan

As part of TWO WHEEL VIEW's mission, each participant is designated an "Ambassador"—representing your home community abroad, and sharing your experiences upon your return.

TWO WHEEL VIEW coordinates expeditions to places in S. America, Scandinavia, and Western Europe for one to three week development and learning expeditions. During the program you will visit local families and cultural centers, document your experience, and provide useful insight for future student and community programs. Upon your return you will be designated a "Bicycle Ambassador" and be encouraged to share you experiences.

TWO WHEEL VIEW will help facilitate activities that allow you to share you experience once you return home. During the trip you will be exposed to various environmental, social, and cultural landscapes that will shape your experience. We incorporate many lessons during the trip that include:

JOURNALING

Use journaling as a way to reflect and document experiences.

HANDS ON CAMP LESSONS

Use a best practice, environmental approach to the way we camp, clean and impact the areas we visit.



THINGS YOU NEED TO KNOW

GROUP TALK

Discuss as a group the experiences and lessons learned and thoughts on particular issues.

PARTNERSHIPS

Develop a network of organizational, people and event resources for particular areas where we conduct our programs.

SERVICE

Coordinate and participate in service projects with “locals” in the areas we visit.

Norway... Health Information for Travelers



This information is intended as a general guide only. Please discuss these recommendations with your local doctor. Vaccines and prescriptions can be obtained from most doctors, but remember to **START EARLY** (4-6 weeks before departure if possible). There are no required vaccinations for travel in Norway but below are some general recommendations.

Before visiting Norway, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination: (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

Be sure your routine vaccinations are up-to-date. Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life.

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States and Canada they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.



Vaccine-Preventable Diseases

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment, such as for an accident, even in developed countries, and for all adults requesting protection from HBV infection.

Remember: No vaccine or preventive medicines are 100% effective. Advice concerning general measures to avoid illness should be sought in addition to the above information. If you become ill on return from overseas travel, see your doctor and inform him about your travel.

This sheet should not be treated as a complete and authoritative guide. The information presented is to be regarded as broad recommendations only and needs to be interpreted on an individual basis. TWO WHEEL VIEW shall not be liable for any loss caused, whether due to negligence or otherwise arising from use of or reliance on this sheet.

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