

WHAT YOU NEED TO KNOW

ORCAS

NORWAY

10TH TO 16TH NOVEMBER 2022



Tobias Friedrich

THE REGION



Tromsø, Northern Norway

This trip is one of our most exclusive offerings. Traveling in a small group to a location in the far north of Europe you will come face to face with the ultimate apex predator of the oceans. The area around Tromsø is the only place in the world where it is almost guaranteed to encounter Orcas in the wild and the possibility to swim with them.

From October to February huge shoals of herring migrate from the Atlantic Ocean to the northwestern coast of Norway where they spend the winter in the fiords. The herring attract a large number of orcas and humpback whales, who penetrate deep into the fiords to feast on this vast source of food. This provides us with an excellent opportunity to snorkel and freedive with these giants of the sea.

The day light is limited in this season which is why November is striking a good balance with up to 8h of day light left to look for whales. It is the beginning of arctic winter, but not yet at it's coldest.

From Tromsø we venture north of the polar circle in search of the opportunity to swim with gracious orcas and enormous humpback whales. The beautiful Norwegian fiords and snowcaped mountains provides a stunning background for this adventure - only surpassed by the magic of the northern light "Aurora Borealis", which paints the dark sky in a fantastic show of lights.



Tobias Friedrich



Tobias Friedrich

YOUR GUIDES



TOBIAS FRIEDRICH

This trip is co-hosted by world famous photographer Tobias Friedrich who has ventured to the far north many times and has returned with award winning photos. Tobias will coach those trying to photograph the elusive animals and help create stunning images. In addition we will host a small workshop on how to capture the Northern Lights so be sure to bring your tripods and ear muffs.

YOUR HOSTS



Tobias Friedrich

Photographer & Author
Award-winning photographer



<https://www.below-surface.com>



Simon Lorenz

Photographer & instructor
Founder of Insider Divers



<https://www.simonlorenz.de>

THE ACTIVITIES

SNORKELING

This is a snorkel and freedive trip. It isn't necessary to be able to freedive but you will need to be ready to fin and swim when there is a chance to see whales. If this is your first trip in such a form do let us know and we can brief you about preparations.

Each day we will spend about 3-6 hrs out at sea starting with the first light. Our trusty ship the MV Stronstad will start heading out looking for whales and we can chose to search on the zodiacs or stay on the warm mothership



© Tobias Friedrich www.BELOW-SURFACE.com

Temperature

It's arctic winter, no nice-talking about the cold. The water will be 5-9 degrees and the air temperature will range from -2 to +5 but can also be colder or warmer. In November is the key season for whales as it's a bit warmer than in other parts of the winter and the days are longer than in December. Fortunately the boat rents drysuits!

This can be a physically demanding trip. If the action is good, you will be doing numerous "jumps" per day, getting in and out of the boat. Boat rides can get very bumpy as we race across the water.

Land Activities

We will also be hosting several workshops on whales and photography. If the sky is clear Tobias will guide participants on how to take striking photos of the Polar lights.

Most nights we will be in a local port, giving guests the opportunity to explore Norwegian fishing towns and local pubs. On off-days where the weather is not good enough to go on the sea there might be options for dog sledding and other expeditions.



SCHEDULE

10TH NOVEMBER 2022

Arrival in Tromso
Transfer to ship (incl)

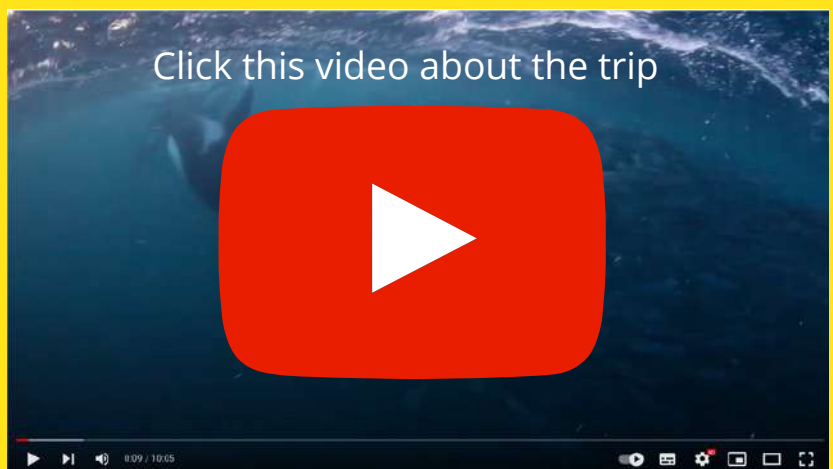
11TH-15TH NOVEMBER

Boating out at sea 6-7h
Snorkeling with whales

16TH NOVEMBER 2022

Flights in morning can be
reached

PRE-TRIP
TBC



INSIDER
D I V E R S

THE BOAT



M/S Stronstad was built in 1955 as a local ferry and passenger ship sailing the harsh and sometimes icy waters around Lofoten and northern Norway. Today she is equipped as a comfortable and functional expedition vessel with an interior featuring nice wooden details giving her a warm feeling. A perfect base for your Orca expedition to Norway.

All guest cabins are on lower deck in the front of the ship, and you will also find two recreational saloons. Relax in the soft sofas in the large lounge where you can also work on your photos of the day or watch TV. In the bright dining area with sea view windows, you can enjoy traditional Norwegian meals while reliving the wildlife encounters at sea. Please note that the bathrooms are shared amongst the quad rooms.



Jacuzzi

In these rough waters you will only want the sturdiest vessel. Stronstad will be our mothership and the jacuzzi will warm us between dives.



Comfy rooms

All rooms are comfortable but basic and with shared bathroom. There are four twin rooms available with upcost



Salon & bar

The chefs do a lovely job, providing buffet style meals three times a day.



Equipment

Every guest gets a free of charge overall to use. Drysuits and arctic freediving suits can be rented.



LOGISTICS

FLIGHTS

Please book your own flights to Tromsø (TOS). You can arrive here on the 10th, as this day we are only boarding the boat, but the boat will likely not leave harbor on 10th November, or only very late. So try to arrive by midday of the 10th November would be the best.

FOOD

We will be perfectly catered for with more food than you can wish for. Warm breakfasts and hearty norwegian lunch and dinner. If you have special dietary needs the cooks will prepare your meals individually so please let us know.

WIFI/DATA

The ship has free Wifi which should work most of the time, but can drop in some areas during the day. At night we will usually be in a port and there will be cell reception and data.

VISA

Most countries in the world get visa on arrival. Your passport must have 6 months validity from departure date. You should check entry requirements for your specific passport.

MONEY

The Norwegian Krone is the official currency of Norway. Most major credit cards are accepted widely when shopping ashore, however, it can be useful to have some crowns in case of small shops or drinks on land visits.

HEALTH

Please inform yourself about necessary health precautions for our destination that might be applicable to you.

If you are not on the boat it is advisable to stay away from drinking tap water and eating uncooled food.

If you are prone to seasickness then please bring your usual medicine, although the boat will provide as well.

Please note that if you have any health issues that impact your ability to dive, the operator has the right to refuse you to partake in the activities. If you are not sure if your health situation impacts your readiness to dive then please let us know.

PRICE

PRICE

This 7D/6N stay with 6 activity days will cost you only EUR 3460 (USD4000) based on quad share.

INCLUDED

- berth in quad room w shared bathroom
- 5 activity days
- Full board
- Presentations
- Group transfers
- Freedive training
- Free professional photos by Simon and Tobi (watermarked)

OTHER ROOMS

Twin room with private bathroom is possible for an extra EUR 360/USD450 per person

EXCLUDED

- Flights
- Visa
- Rental Drysuits / arctic freediving suits (EUR250)
- alcohol
- Tips
- extra trips

PAYMENT

Deposit: EUR 1153 (USD 1300)

Final payment: 2 months prior to trip

Deposits and payments are only refundable (minus admin fee) if we can find a replacement.

[Terms and Conditions](#)

PAYMENT METHODS

- 1) **Bank transfer** - see below
- 2) **Credit card (4.5% surcharge)** - email us
- 3) **Paypal (4.5% surcharge)**



Beneficiary Name: **NEAT Insider Divers Ltd.**
(exact wording important)

Bank Name: **DBS Bank (Hong Kong) Limited**

Account Number: **478798136427**

Branch code: **(478)**

BIC/SWIFT: **DHBKHKHHXXX**

Bank Code: **016**

Bank Address: **G/F, The Center, 99 Queen's Road Central, Central, Hong Kong**

Beneficiary Address: **British Virgin Islands, Insider Divers Ltd, Ritter House, Wickhams Cay II PO Box 3170, Road Town, Tortola VG1110**

Remind to include the "NEAT" prefix to Beneficiary Name when sending you a payment. If excluded may be returned to the sender.

COVID-19 CORONAVIRUS



Subject to change

Requirements

All travelers must be vaccinated twice.

Tests will be taken prior to boarding.

Mandatory Mask use indoors where feasible.

Entry

To enter Norway

**ALL TRAVEL RESTRICTIONS TO NORWAY
HAVE BEEN LIFTED (as of Feb 2022)**

To join this trip

- Everyone on this trip MUST be vaccinated twice at least two weeks prior to arriving on this trip. Non-Vaccinated travels will not be permitted to join.

- 72h prior to embarkation everyone should have done a Covid antigen test. This is to avoid you getting on the flight with infection.

During the trip

- Masks are not mandatory during the trip but it can be a personal choice.

- Cleaning procedures the boat will be deep cleaned and disinfected between charters.

- If a guest develops symptoms during the trip they will be isolated and the trip will hopefully be able to continue.

Cancellations

The operator Kingfish will not cover for cancellations due to covid. Please take trip insurance for those situations.

If the Norwegian government changes entry requirements trip will be rescheduled.

Deposits and payments are only refundable (minus admin fee) if we can find a replacement.

[Terms and Conditions](#)

Subject to change

PACKING THOUGHTS

Weather & Water

The weather at this time of year is cold and wet. The water will be 5-9 degrees and the air temperature will range from -2 to +5 but can also be colder or warmer. So we need to be warm on boat and on zodiacs.

The warmest option will be drysuit with thermal underwear. But if you aspired to duck dive that will be impossible. That is when you want to chose an arctic freedive suit. A poncho for the zodiac is a good idea in that case.

Aside from that you want to be ready for cold days and nights while scouting. The boat will provide an overall, but you want to think about layering up around that.

If you tend to get seasick you might consider motion sickness tablets or stickers.

If you need help with any equipment, please contact us so we can help evaluate your equipment or give advice on alternatives

Check below video for inspiration on what and how to pack.



PACKING LIST

Free Dive Equipment

- Mask & snorkel (snorkel for snorkeling)
- Strong fins (plus socks/booties)
- Arctic freedive suit
- Poncho
- **Drysuit and thermal undergarments**

If renting drysuit: please bring warm tight fitting garments to wear underneath



Normal Equipment

- Dry bag / dry backpack
- Chargers phone, ipad, computer
- Computer (photographers)
- Headphones
- Sun glasses, sun hat, UV shirts
- Spare glasses (long trip) / contacts
- Head lamp or torch
- e-reader / Games / Bluetooth speaker
- Watch
- Binoculars
- Dry towel (for camera or on speed boat)
- DUCT
- tape/cable ties (if you can't fix it DUCT....)

Clothing

- Swim wear plus spares
- Sun protection
- UV protected clothing
- Strong shoes for walking expeditions
- **Two sets of warm clothes**
- Thick jacket
- Several beanies
- Scarf & face protector
- Rain/wind jacket
- Warm sweater
- Sun hat / cap / beanie
- Warm socks & long underwear
- Sleeping clothes
- Dry towel

Camera

- Detail depending on photography level
- Note that whale photography is usually light or UW strobes.
- Recommended lenses fish-eye
- Recommended to bring topside zoom lens camera

In detail

- Camera / lenses / housing / (drone illegal in Sri Lanka)
- Gopro / filter / selfie stick / handles
- Accessories kit incl tools, wiping cloth
- Batteries for camera, strobe, gopro, drone
- Video lights
- Tripod
- Spare batteries, lighting cable, chargers
- Memory cards
- Spare arms clamps etc
- Wide angle & spare
- Bungee cord / wrist strap (esp. for freediving)
- Allen key set and tools (not in carry-on)
- Cleaning equipment
- Detergent for run-free split-shots
- Camera bag for carrying camera
- Topside camera and lens + Zoom Lens
- External flash for topside
- Camera bag and straps for land photo / splash guard (for topside camera on boat)
- Multiplug / extra international power adapters
- Camera carrying pouch



PACKING LIST

Toiletries

- Biological or reef-friendly sunscreen
- Mozzie spray
- Malaria medication if applicable
- Contact lens solution
- Motion sickness pills
- Diaria, headache medicine
- Ear cleaning solution

Organizational

- Passport still valid for 6 months
- Passport need for visa at destination country
- Dive insurance to cover entire trip
- Travel insurance to cover entire trip
- Accommodation for transit stops or departure day

General & In-Flight

- e-ticket & visa print (always for passport control)
- Passport (6 months validity after trip end)
- Local money AND/OR spare USD
- Sleeping mask and head rest pillow
- Pen
- Headphones & adapter for plane
- Allen key set and tools (not in carry-on)
- Cleaning equipment
- Detergent for run-free splitshots
- Multiplug / extra international power adapters
- Phone and computer charger & International power adapter
- Intl. driver's license
- Reusable water bottle (best with insulation)
- Travel & dive insurance / renewed?
- Dive insurance / renewed?
- Pocket knife & tools out of carry-on luggage
- Check baggage allowance
- Out-of-Office email set up
- Turn off mobile roaming on phone

LIABILITY

Please fill out forms on the link before the trip. The Liability Release is for this trip only but the customer information will be stored for your future trips, so you do not need to fill out the form again.

<https://www.insiderdivers.com/customer>





About us

INSIDER DIVERS is a service for divers who want to dive with like-minded divers in the best dive spots in the aquatic world. Our insider guides accompany every diving trip, handle all organization and add knowledge so our guests can learn more about the local flora and fauna.

All itineraries are bespoke, and especially arranged to provide the best possible dive experience. You will dive with the best operators and learn the most about the region where you are diving. Our trips come with free background presentations on flora and fauna, and our trainers can help with any questions or training needs with regards to your diving or photography skills. Depending on the trip local NGOs might provide talks or your guide may offer photography presentations.

We are operating each trip via the Hong Kong based travel agent Southern Cross Travel Company .



Watch this video about us



Check out our trips



Read our customer reviews



Like our pages & tag us on the trip



Join our FB community and exchange fun dive knowledge

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