

A Micro Tour the Highlights of Ålesund's Archipelago

Guided Sea Kayak Tours is our forte! Kayak More Tomorrow originated from North America; is the sea kayak tour company that brought commercial sea kayaking to Norway. Joining us for a sea kayak tour in Norway is the right decision, as all our tours are completely original and designed by us, also we were the first to explore and design all the sea kayaking tours offered in Ålesund.

Local Knowledge & Local Specialities!

A micro-tour highlights both place and activity; is brought about by possessing intimate local knowledge as well as having an expert grasp of the technical aspects of the activity.

The glistening waterways surrounding Ålesund entice and adventure beckons!

Slip into a sea kayak and join the vibrant city life along Ålesund's historical 'main street, your senses come alive with the buzz, aromas and the pastel colors of the art nouveau facades adorning the city's main artery. The Sound leads to Fjords and a plethora of islands. A secluded campsite where a delicious supper of local delicacies prepared with natural ingredients is served in the great outdoors. A crackling fire, good company and warming night-cap, rounds off the evening before retiring to a cozy tent for a well-deserved rest. The smell of fresh brewed coffee draws you from your tent and a wholesome breakfast energizes, pushing-off, sea kayaks aimed down the fjord to our inevitable entry back into urbanization and the beautiful art nouveau architecture.

An intricate archipelago that boasts untold secrets, a hidden campsite known only to an exclusive few, the eminent ingredients for micro-adventure.

ITINERARY

Saturday

- ~ Trip orientation over lunch
- ~ Gear up; set-off paddling
- ~ Arrive at camp
- ~ Supper

Sunday

- ~ Breakfast
- ~ Pack & Load-up
- ~ Floating, we head off paddling
- ~ Arrive at KMT Ålesund; gear down over lunch

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The waterways of Ålesund's archipelago boast an Eldorado of magnificent paddling opportunities. Gliding amongst picturesque islands, paddling along steep granite walls of jade green fjords, or challenging the rolling waves of the North Atlantic where white sandy beaches speckle outer islands that abound in bird and sea life. It is out here that personal fulfilment and rejuvenation take place.

You don't visit Ålesund without paddling a sea kayak through Brosundet; not only that to truly visit this art nouveau city perched on an archipelago you need to camp out on an island! KMT's Micro-Tour is just the ticket to knock both off your bucket list.

STARTING POINT:

Kayak More Tomorrow is a fully accredited sea kayak center located in the heart of the city we are only a very short walk away (2-5minutes) from the cruise terminal and all the cities hotels & hostels. All our tours begin at our center; here you can leave any extra bags, clothing, etc. that you don't want to take with you on the trip. Also, if you have forgotten anything like sun screen, water bottle, etc. we will be able to assist you from our fully stocked center.

INCLUDED:

- Certified Guide(s)
- All Sea Kayaking Gear
- All Camping Equipment
- Meals
- Refreshments

HOW IT WORKS!

- Meet at KMT Ålesund, Saturday at 11:30.
 - KMT Ålesund is in the heart of the city; only a 2-5-minute walk from all the cities hotels/hostels.
 - Upon arrival at KMT Ålesund you will be required to complete trip paperwork and sign a release.
 - Meet your guide! Downstairs, for introductions and friendly chit-chat over a wholesome lunch.
 - Gear-up, load-up and push-off from KMT's pier.
 - Downstairs at KMT Ålesund you will find restrooms, cubby shelves where you can leave any excess bags, cloths, etc.
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What to wear on a Kayak More Tomorrow Micro-Tour?

The best upper body clothing combinations when paddling are merino wool t-shirts, long-sleeves, etc. under a rain jacket; if it is cool out then you can add a fleece top; the best lower body clothing combinations are quick dry pants or shorts these can also be worn under rain pants when necessary.

Suggested clothing to wear sea kayaking:

- Synthetic or wool fibre long underwear top
- Nylon or other synthetic fibre ("quick dry type") pants or shorts
- Waterproof rain jacket
- Fleece pullover or jacket

And, what to bring?

A change of clothing something warm and comfortable to wear in camp, plus a base layer to sleep in.

Clothing

- () 1 Pair 100% Synthetic fibre or wool long underwear top and bottoms
- () casual comfortable shirt and pants for wearing at camp
- () Fleece pullover or jacket
- () Waterproof rain jacket or paddling jacket (see notes)
- () Pair rain pants
- () Swimming suit
- () Small Towel (Cascade Designs' Pack Towel is an excellent choice)
- () Sun hat

Gear

- () Camera
- () Sunglasses with 100% UV protection (Chums or Croakies type retainer highly recommended)
- () Personal toiletries and medications
- () lip balm with sunscreen
- () Sunscreen (waterproof)
- () Water bottle 1-liter poly (Nalgene brand is excellent choice)

A Few Words about Packing...

When it comes to packing kayaks small is good and big is bad. All personal gear must fit into a stuff sacks no larger than about 9" X 22" (20 liter) waterproof Ortlieb dry bags which we supply.

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Gear List Notes:

Synthetic Fibre or Wool Long Underwear - This is a critical element to comfort during inclement weather. The synthetic or wool material “wicks” water away from the skin, keeping the layer closest to you warm and dry. It is available at any outdoors store. Garments that are any type of cotton blend or silk are not suitable.

Fleece (aka Pile) - The very best we've found are “Polar Plus” or “Polartec” both sold under a variety of brand names (Patagonia, North Face, REI, MEC) it's warm and dries quickly

Rain Gear - It can rain in Coastal Norway during the summer. The key to comfort is wearing a base layer of synthetic/wool underwear and having good rain gear with sleeves that can be gathered close at the wrists. The PVC coated rain gear sold by Helly Hansen is the working standard on the coast; it's heavy but absolutely water-proof and doesn't breathe. Good quality, sturdy, nylon raingear is available from a number of sources; seams should be taped or sealed. If you look at Gortex breathable jackets, make certain they are suitable for use around saltwater. What is not acceptable is light “K-Way” type, “featherweight”, golfing-type rainwear or “vintage” Goretex.

Footwear – Hiking in Norway usually entails navigating narrow rocky paths or trails. We have found that light weight low-cut hiking shoes or good running shoes are good choices for the trails along the fjords. You can usually wear them while kayaking as well, however if your foot size is on the large side then paddling barefoot and bringing your shoes with you in the kayak is usually the best option.

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Meals

It is difficult to define Norwegian cuisine in the same way we can talk about French cuisine. Norway has no history of the aristocratic and bourgeois classes that traditionally had the necessary affluence to develop culinary traditions. Traditional foods of Norway are influenced by the northern European country's vast shoreline, well-established dairy farms and a short summer season. Thus, you will find the Norwegian table laden with fish, rich cheeses, root vegetables and berries.

Nature provides a perfect basis for natural livestock husbandry and Norwegians know how to make use of their unique and unspoiled nature. Over 95 per cent of Norwegian lambs' graze in outlying pastures along the coast, in the forests and the mountains. Here there are vast expanses of untouched nature and protein-rich vegetation with many different herbs, as well as clean running water.

Norwegian lamb is among the best in the world. The special character of its meat is due to a high level of meat growth in a relatively short space of time, without this affecting the tender, pale meat and mild taste. Through systematic breeding, Norway now has lambs with a high proportion of meat, low levels of fat and a favorable balance of fatty acids.

Norway's long coastline and many fjords, with cold, clean water, make the country one of the world's biggest exporters of fish. Not only is there a lot of fish, it is also of very high quality. Fish grow more slowly in cold water and their flesh develops a firmer structure with more flavor than fish in warmer waters. The distinct and delicate flavor of Norwegian salmon makes it an excellent basis for attractive and tasty dishes.

One man's delicacy is another man's taboo; tucking into unexpectedly delicious whale meat is perfectly legal in Norway. "Rows of whale meat shining almost black in the early-afternoon sun, I knew it's what I'd be eating". The meat itself is almost beefy, ringing with a distinct minerality, and is toothsome without being tough. "It was as evocative of that specific part of the planet as anything I could have eaten that day; a fantastic introduction to Norway and the Western Fjords". The whales that are used as food in Norway are not endangered. The species is known as minke whale (Balaenoptera acutorostrata); it is the second smallest of all the whales.

Long, light nights provide perfect growing conditions for many plants and berries. The more light a plant receives, the more flavor there is in the fruit. This is one of the reasons why strawberries have much more taste in Norway than in most other countries. Fruit blossom time in Hardanger is a fantastic sight, and when the fruit is ripe you can buy apples, plums and cherries everywhere.

Fjord cuisine in its traditional form is based largely on the raw materials readily available in its mountains, lush grasslands and especially from its fjord coastline. We have chosen from the best local specialities to compose an outstanding Norwegian culinary treat.

It is however vital that you complete in detail the dietary concerns sections. We are happy to accommodate most dietary restrictions however, to be able to do this in Norway advanced notice is crucial.

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Kayak More Tomorrow provides uncompromising sea kayaking gear!

We choose our equipment because of its outstanding performance in arctic waters. The uncompromising quality of equipment we provide will play an important role in your kayak experience; whether it is kayaks, paddles, or life vests we ensure that in addition to safety you'll have that added degree of comfort when travelling with us.

Kayaks

Double sea kayaks made by Necky, they are comfortable and very stable.

Current Designs Storms (Squalls) one of the best suited single sea kayaks for paddling Norway's Fjords.

Paddles

High quality Werner paddles with the famous Werner adjustable locking system; this enables us to accommodate all paddling styles.

Spray Skirts

Snap Dragon is one of the leading manufactures in spray skirts. They have specialised in this aspect of kayaking. We have tested their skirts thoroughly in rough Arctic conditions, summer as well as winter. Their products withstand all faces of the North Atlantic Ocean.