

Summer 2021 — Guided E-bike trip

Bikes and bike accessories rental offers

TROMSØ
DOOR
OUT



Our guides are happy to invite you to join [guided e-bike trip in Tromsø](#); departure every day at 10.00 and 14.00 and to help you plan the bike rides on your own.

Equipment, rental rates in NoK	1 day	2 days	3 days	4 days	5 days	next days
3 hours rental of City Bike — 200 NoK, Electric bike — 440 NoK						
Touring / Trekking bikes	350	600	850	1060	1260	200
City Bikes	295	550	770	970	1155	170
Road/Racing Bikes*	450	900	1260	1600	1890	300
Electric Bikes*	590	1140	1640	2080	2480	390
MTB Hardtails	350	660	920	1160	1380	220
MTB Full Suspension* not available in 2021, coming back in 2022	600 710	1200 1420	1680 1990	2110 2500	2520 2980	400 480
Fatbikes* not available in 2021, coming back in 2022	570	1140	1640	2080	2480	390
Tandem Bikes Yosemite 500	320	640	900	1130	1340	210
Lapierre Touring*	570	1140	1640	2080	2480	390
Bikes for youth	190	380	530	670	800	120
After bike (children 4-8yo, max. 38kg)	100	200	280	350	420	70
Bike seat for a child (children 9 to 22kg)	95	190	270	340	400	60
Child trailers Croozer Kid 1 and Croozer Kid 2	230 270	460 540	645 755	810 950	965 1135	155 180
Cargo trailers — Croozer Cargo (max. load 30 kg)	140	280	395	495	590	95
BoB Yak (max. load 32 kg, 92 litres)	230	460	645	810	965	155
BoB Ibex (max. load 32 kg, 92 litres)	240	480	670	845	1010	160
Cycle bags (p. bag) Ortlieb front, rear and handlebar	30	45	60	75	90	15
Lowrider (to rent with touring bike without bags)	30	45	60	75	90	15
Car racks for bike transport (3 bikes)	140	280	395	495	590	35
Roof bike rack (for 1 bike)	55	100	145	180	215	35
* 3000,- Nok deposit is required						

Tromsø Outdoor AS
Activity and Rental Centre

Explore Tromsø by E-Bike

Guided e-bike trip

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Tromsø Outdoor
Activity and Rental Center



Let us show you our favourite sites and city features.

Experience the fun and freedom of popular electric bicycles and ride a bike with ease.

Join our passionate guide on this fun and relaxing activity in a small group.

Hear about the vibrant city's secrets.

Explore places off the beaten track.

Meet Tromsø like the locals know it.

[You can book the tour on line here](#)

Season	01st June -30th September
Departure	every day 10.00 (10am) or 14.00 (2pm)
Duration	3 - 3,5 hour
Ride time	ca.1 and max.1,5hour
Group size	min 2 / max 10
Age	from 12 yo, ca.150cm tall
Included	guide, E-bike, bike helmet, hot drink, sweet snack
Start point	Tromsø Outdoor, Sjøgata 14
Price	995 NoK pp
Grade	easy

We visit

MS Polstjerna

seal hunting vessel (we do not enter the exhibit)

Bukta

Tromsø's most beautiful sandy beach

Farm at Holt

the only farm on Tromsøya

Prestvannet

the biggest lake in Tromsø, bird paradise, nature reserve

Ski jumps

our favourite city lookout

Tromsø Arctic-Alpine Botanical Garden

we walk the paths between exotic plants and soak in the tranquil atmosphere of this magic place

Downtown Tromsø

All guests need to wear appropriate for the weather, wind and waterproof clothes.



Bikes and bike equipment for rent

Tromsø Outdoor AS
www.tromsooutdoor.no

Phone: +47 975 75 875,
Email: post@tromsooutdoor.no



Merida Silex 400 2018

Merida Crossway Urban Montezuma Lady 2018

Merida Speeder 300-D 2017

Touring / Trekking Bikes

Speeder 300, Crossway Urban 100, Crossway Urban Montezuma
frame sizes from 42cm to 61cm

Great bikes for few hours tours around the city and week long coastal trips - light, reliable and comfy.

Bikes are equipped with

- mud fenders
- water bottle holders one (woman frame) or two (man frame)
- rear luggage rack
- stand
- bike computer
- hydraulic disc brakes

In addition you can rent

- bike bags: rear, front and for handle bar (lowrider and handle bar holder follow)
- bike cargo and child trailers
- after bike
- bike racks for car hook



Merida Espresso Steps 300 EQ Sport Man

Merida E-Spresso Steps 900 EQ Tour Lady

Merida eSpresso Steps 600 EQ City 2017

Electric Bikes

eSpresso Steps 500 and 300 EQ Sport and Tour, Steps 600 EQ City,
frame sizes 46cm to 59cm model 500 and 300; 46cm and 51cm 600 EQ; Shimano XT gear system.
All-round hybrid bike with electric engine, max.25 km/h, 80-120 km on one charge.

Merida eSpresso Steps 500 and 300 EQ Tour and Sport are the excellent on longer tours. Merida eSpresso Steps 600 EQ City is a bike with a very low frame, very comfy for city cycling, sightseeing and day trips.

Bikes are equipped with

- mud fenders
- water bottle holders one (woman frame) or two (man frame)
- rear luggage rack
- stand
- bike computer
- hydraulic disc brakes

In addition you can rent

- bike bags: rear, front (lowrider follows)
- bike cargo and child trailers
- after bike

City Bikes

Merida Finse 1222 Lite
Lady and Gentleman
Frame size from 41cm to 56cm
Bikes for shorter and longer trips around the town and in the vicinity. City bikes offer more upright sitting position, wider seat, wider tires, V-breaks and a bit heavier construction comparing to the touring – trekking bikes.



Merida Finse 1222 Man 2015

Merida Finse 1222 Lady 2015

Bikes are equipped with

- mud fenders
- one water bottle holder
- rear luggage rack
- stand
- bike computer

In addition you can rent

- bike bags: rear, front and for handle bar (lowrider and handle bar holder follow)
- bike cargo and child trailers
- after bike
- bike racks for car hook

Included in all bike rentals:

- helmet
- bicycle lock
- repair set with patch kit*
- necessary keys for adjustments
- replacement tube
- lights mounted on the helmet
- reflective vest
- gel pad for the bike seat
- pump

*repair set consist of one spare tube, patch kit, tire lever, alloy key, chain cutter, spoke adjuster and flat key 8 and 10 mm.

E-bikes for longer tours are rented with a battery charger.

On request we can mount SPD, SPD SL or flat pedals with straps on all the bikes.



Merida Big Nine 20 2018



Merida Big Seven 20 2018

Bikes are equipped with

- one water bottle holder
- hydraulic disc brakes

In addition you can rent

- bike cargo and child trailers
- bike racks for car hook

MTB Hardtails

MTB 27" Big Seven models: 20-D, frame size 15"

MTB 29": Big Nine 20-D, frame sizes 17"-21"

Bikes for cycling off the beaten track, challenge and adrenaline rush seekers.



Merida Scultura Disc 400



Merida Scultura 400 2016



Merida Ride 400 Juliet 2016

Road/Racing Bikes Ride 400, Juliet 400, Scultura 400, and **road bikes with disc brakes** Scultura Disc 400.

Frame sizes from 47cm to 59cm, aluminium frame, derailleur: Shimano 105. Race-ready bikes for amateurs and professionals, lightweight and fast. Choice for speeding on paved roads.

Bikes are equipped with

- two water bottle holders
- bike computer

In addition you can rent

- bike cargo and child trailers
- bike racks for car hook

On request we mount SPD, SPD SL or flat pedals with straps on the bikes.

Tandem Bikes

Bikes for real adventure for two. Lapierre Touring Tandem is high quality bike you can take for a day trip of long tour along Norwegian coasts.

Yosemite 500 is suitable only for shorter day trips in Tromsø vicinity, bachelor parties, trial rides for newbies and fun.



Lapierre Tandem Touring 2017



Yosemite Tandem 500

Touring tandem is equipped with

- mud fenders
- three water bottle holders
- rear luggage rack
- bike computer
- lowrider

In addition you can rent

- bike bags: rear, front and for handle bar (handle bar

Included in all bike rentals:

- helmet
- bicycle lock
- repair set with patch kit*
- necessary keys for adjustments
- replacement tube
- lights mounted on the helmet
- reflective vest
- gel pad for the bike seat
- pump

*repair set consist of one spare tube, patch kit, tire lever, alloy key, chain cutter, spoke adjuster and flat key 8 and 10 mm.

On request we can mount SPD, SPD SL or flat pedals with straps on all the bikes.

Bikes and bike equipment for rent



Bike for youth and children

Merida Matts J24 Vasa Race-D
Offer for children from 8 to 12 years old, wheel size 24", frame size 11"



Merida afterbike 20"

Maximum load 38kg
Suitable for children from 4 to 8 years old



Unicycle

Wheel size: 20"
Recommended user height 140 cm - 190 cm

Check your balance and cycling skills on unicycle!



Croozer cargo trailer

Weight: 11,4 kg
Maximum load capacity: 30 kg
Not waterproof



Cargo trailer Bob Yak

One-wheel cargo trailer.
Includes 92 litre waterproof bag, maximum load 32 kg.



Cargo trailer Bob Ibex

One-wheel cargo trailer with suspension.
Includes 92 litre waterproof bag, maximum load 32 kg.



Croozer KID2 child carrier

2 children
maximum weight 40 kg



Croozer KID 1 child carrier

1 child
maximum weight 35 kg



Bike seat for a child

Recommended child weight
minimum 9 kilos to maximum
22 kilos

- Safety lock device on belt buckle preventing the child from releasing the belt
- Three different positions adjustable back
- Adjustable footrests adaptable to the size of the child

- Three concave comfort pads
- Spoke protection, preventing feet from touching spokes
- Quick reliable safety system with deluxe holder (HDA) for mounting to the frame



Ortlieb Back-Roller Classic pannier



Ortlieb Front-Roller Classic pannier



Ortlieb Ultimate handlebar bag

Ortlieb Roller Classic Panniers: back, front and Ultimate 5 or 6 handlebar bags.

Waterproof
Yellow/black or red/black

Handlebar bag

Size: 21 x 23,5 x 14 cm
Weight: 680 g, Max. load: 3 kg, Capacity 5 l

Rear panniers

Height: 42 cm, Width: 23/32 cm, Depth: 17 cm,
Weight: 1340 g (pr par),
Capacity: 40 l (pr par)

Front panniers are rented together with low rider (included)

Height: 30cm, Width: 25cm, Depth: 14 cm,
Weight: 1340 g (pr par),
Capacity: 25 l (pr par)



Bike rack for car hook

Thule VeloCompact 927 for 3 bikes

Load capacity 60 kg
Max bike weight 25 kg
Dimensions 126 x 74 x 80 cm
Weight 18.9 kg
Fits frame sizes 22-80mm
Distance between bikes 19 cm

Tilt function (with bikes)
Does not fit cars with exterior spare tyre
Power connector 7-pin
Lockable bike-to-rack
Lockable rack-to-vehicle

Important information

You can book all our services on line at www.tromsooutdoor.no

Before you book have a look on our [general terms and conditions online](#).

One day of rental = any time up to 24 hours.

We offer bike delivery/pickup from the hotels in Tromsø and bike transfers along the coast

Service is offered for touring, city, some mountain bikes and on special arrangement road and electric bikes.

Occasionally, on request the store can be opened outside normal store hours — service fee of NOK 400 applies



BIKE DELIVERY / PICK UP IN THE TROMSØ CITY CENTER

distance ca. 1 kilometer from the Tourist Information
100 NoK per bike
[More info and orders online](#).

BIKE DELIVERY / PICK UP IN TROMSØ OUTSIDE THE CITY CENTER

400 NoK – 1 to 4 bikes
DELIVERY / PICK UP TO PRIVATE ADDRESS (on Tromsøya) -
400 NoK - 1 to 4 bikes

BIKE TRANSFER ALONG THE COAST BETWEEN BERGEN AND KIRKENES

delivered by NorLines onboard Hurtigruten - bike pick up from/return to the NorLines terminals during week days between 8:00 and 15:00. Below service fees apply.

600 NoK for transfers one way to any port between Tromsø and north to Båtsfjord or south to Ørnes including these destinations.

800 NoK for transfers from Tromsø to destinations between Nesna-Bergen south and to Vardø and Kirkenes north.

Additional fees:

400 NoK for bike pick up or return during weekends when the ship calls the ports,

2250 NoK for service delivered at any other time.

This service need to be ordered at least 5 days before the reservation date. [More info and orders online](#).

Opening hours

[Details/updated information online](#)
(Scroll to the bottom of the page)

Due to covid pandemic our opening hours are changed and adapted to current situation. Please visit our website before arrival for latest updates.

Rental centre is opened shorter hours daily and may be closed during the weekends or chosen week days.

At most occasions we can arrange activities for private groups on request.

Support

If you experience any troubles with using Tromsø Outdoor AS equipment we are available under the phone 24/7 and we are ready to provide you with as good support as possible under the circumstances. Please inform us immediately in case you have any questions about the equipment or you think something is not working as anticipated.

Insurance

Tromsø Outdoor does NOT offer an insurance on the rented equipment and for it's users.

Renters are liable for the lose, theft or damage of the equipment and must cover the cost of repairing or replacing it from own travel insurance or pocket. **Tromsø Outdoor AS suggest you to organize insurance for yourself before you pick up the equipment.**

In case of questions please ask our crew about Tromsø Outdoor AS [terms and conditions](#).

Where to go for a ride?

Tromsø is a fabulous bike destination for all kind of cycling: racing, MTB and touring.

When you rent the bike with us our guides will be very happy to assist you in planning your ride on the spot.

Before you reach Tromsø many tips on where to go for a ride you can find on Tromsø Outdoor website:

tromsooutdoor.no/tags/cycling

and on Tromsø Outdoor bike map profile:

<https://www.bikemap.net/en/user/tromso-outdoor/routes/created/>



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Important information

Cancellation policy

If cancellation is made due to travel restrictions related to COVID-19, bookings can be cancelled until 14 days before arrival, with full refund.

Cancellations of bookings for rental services and private trips:

more than 60 days: no charge
31 - 59 days prior to rental or activity: 25% of the total rental or activity price
8 - 30 days prior to rental or activity: 50% of the total rental or activity price
Less than 8 days prior to rental or activity: 100% of the total rental or activity price

Cancellations of bookings for guided activities for individual guests (FIT):

more than 72 hours prior to activity: no charge
less than 72 hours prior to activity: 100% of the total activity price

Cancellations of bookings for private guided activities:

more than 30 days: no charge
30 - 15 days prior to activity: 50% of the total activity price
less than 15 days prior to activity: 100% of the total activity price
changes of the numbers of participants of up to 25% of initial booking is allowed up to 15 days prior to the departure free of charge, one tour leader is welcome to join us free of charge with every 15 paying adult guests.

Not showing up and coming too late (after the tour departure time or rental date) is not considered a reason for refund and is paid full price.

For returning rentals after ordered period rental rates for additional days need to be paid.

If you wish to keep the equipment longer check with us if it is still available first, if it will be booked by someone else you must bring the rentals back.

Tromsø Outdoor AS does not offer refund of the rental costs if equipment is returned before the initially booked time.

Bike workshop at Tromsø Outdoor AS

Basic service: 299kr

- gear adjustment

- brake adjustment
- chain lube
- bolt check
- tyre inflation

Outdoor special: 899kr

- gear and brake adjustment
- bike wash
- drivetrain cleaning
- bleeding of brakes
- wheel truing*
- change of gear/brake wires & housing
- cleaning and greasing bearings (bottom bracket, head set,)
- full inspection of the bike

* Has to be confirmed with our bike mechanic to estimate needed repairs and costs.

Regular service: 599kr

- gear and brake adjustment
- bike wash
- drivetrain cleaning
- headset cleaning/greasing
- bleeding of brakes
- bike safety check**

Other services

Bleeding of brake set : 400 kr
Bleeding of brakes : 269 kr (one brake)
Wheel truing: from 170 kr*
Tube change: 109 kr
Tyre change: 109 kr
Electric bike service/diagnostics
on Shimano systems: 600 kr
Chain change: 149 kr
Gear/brake cable & housing: 30 kr pr peace
Gear adjustment: 119 kr
Rohloff bleeding (cleaning + new oil): 350 kr

** Full check up on bike, brakes, gears, bolts, cables, headset bearings, crank, bottom bracket, wheels, axles, hubs, suspension.

