



Nature Travels

outdoor experiences in Sweden



GO CAMPING BY DOGSLED - 7 DAYS

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Go Camping by Dogsled: 7-day tour

Experience Code: AS7DW2

A real winter adventure, combining the thrills of dog sledding with the freedom and challenge of winter camping. Drive your own dogsled through the mountains of Jämtland, spending the night in tents beneath the stars, with the chance to try your hand at ice fishing if you wish. You will be travelling through a quiet and unspoiled landscape, home to reindeer, lynx, wolverine and arctic fox.

The dogs you'll meet on your trip are Alaskan Huskies. The Alaskan Husky is a friendly dog that runs fast, pulls hard and likes it. Everyone on this experience will get their own team of 4-6 dogs, and you will care for the needs of the dogs along the way, building snow shelters to protect them from the wind and melting snow for them to drink. During the night you will stay in tents or teepees and cover between 20-30 km/day. You drive through mountain birch forest and over the vast mountain plains. The area you will travel through has a snowmobile restriction - so it will be just you and your dogsled teams in the white wilderness.

Day 1:

You will arrive at the train station in Enafors where you will meet and be taken to Enaforsholm, where you check in for your first night. Accommodation and dinner the first night will be at Enaforsholm. After dinner there will be an information meeting giving details of the equipment, describing a typical day during the tour, outlining the planned route, discussing important points to consider when driving a dog sled, etc.

Day 2:

During breakfast, please make sure you fill your thermos flasks with hot water. If you wish, you are welcome to leave some luggage at Enaforsholm (e.g. clothes for travelling) for the duration of the dog sled tour.

After this you will be transferred to Storulvån, where the dogs will be waiting for you. Your guide will hand out warm shoes and clothes for those who rented these, after which you go and pack the sleds. You will be taught the basics of dogsled driving and be given instruction in how to harness the dogs and steer the sled. As soon as the sleds are packed you will head off.

After a short distance on the mountain plains in the midst of the vast white expanses you will see Sylarna in the distance.

Day 3:

First you feed the dogs and then it is time for your breakfast. You pack up the tents, the sleds are packed and the dogs are harnessed and then you are off. Today's stretch is on the Norwegian side of the border, with a wide view over distant hills. In the afternoon you reach the Essan lake, a lake famous for its Arctic Char fishing - here you will stay for the night. If you want to try your luck at fishing, now is your chance!

Day 4:

You will continue east through a snow-covered landscape over 2 large lakes and pass Nedalshyttan. Then in the mountain birch forest you will pitch camp for the night.

Day 5:

This day starts with a steep climb upwards towards the open mountain plains and you are now back on the Swedish side of the mountains. You will camp for the night on the back of the Helags mountain, 1797 m.

Day 6:

The reindeer should now have come out from the surrounding forest landscape. Here you have a chance of seeing herds of reindeer. You will need to travel carefully through the area so as not to scare the animals. You will pass Helags mountain station, and from here you have a view over Sweden's most southerly glacier. During the afternoon you pass Tjallingens Sami camp and reach the birch forest - now it is just a few kilometres before you reach Storulvån. From here you will be transferred back to Enafors to stay your last night at Jämtlandia.

Day 7:

After breakfast you catch your train from the train station in Enafors.

Please note that in the event of bad weather the guide might need to change the route.

Important:

- To be able to accurately plan the number of dogs needed for a particular tour, it is important for us to know the approximate weight of each participant. Please mention your weight (in kg) in the "notes" section when you fill in your booking form.

Fixed dates for 2008/2009 winter season:

18.04-24.04.09

Groups of minimum 5 persons can book this experience on other dates by arrangement. Please contact us for details.

The price:

£1072 per/person

What The Price Includes:

Accommodation

2 nights at Enaforsholm (a recently renovated guest house with shared 2-person rooms with WC in corridor) and 4 nights in tents.

Meals

All meals included from dinner first day to breakfast last day.

Equipment

Own dogsled and team of 4-6 dogs, tents.

Guides:

Experienced and knowledgeable local guide.

What The Price Does Not Include:

Alcoholic drinks.

Optional Extras:

It is possible to rent clothes:

Overalls/warm ski suit: £36/5 days' dog sledding.

Warm boots: £36/5 days' dog sledding.

Please tell us on your booking form if you would like to rent clothes or boots and give your approximate sizes.

If you would like to extend your stay before or after the tour, please contact us and we will be happy to discuss the alternatives with you.

Equipment/clothes needed:

NB: We advise you not to buy equipment or clothes for your trip or to incur other non-refundable expenses such as flights until you have received confirmation of your booking from us in writing.

Packing list (recommended):

Personal equipment should be packed in soft bags such as holdalls or backpacks without external frames, and preferably be waterproof, though bin liners, etc, can be used to cover bags if needed. Please do not bring hard suitcases, cases with wheels or frames.

Your personal equipment should not weigh more than 10kg to be able to fit on the sleds. The dogs will need to transport you, all your food and equipment, plus dog food, so the weight of each sled needs to be carefully monitored. Each dog team needs around 25kg of food for a 5 day dog sled tour! Please note that it is possible to store some luggage at Jämtlandia Pension for the duration of your tour.

Winter boots - it is important that you have a pair of proper boots on, which means high ankles and warm padding. Soles on boots should not be too rigid, as this will make it slippery when standing on the sled runners.

Jacket/trousers - it is important that your clothes are warm, preferably windproof - winter clothing, thick jacket and thermal trousers. It is good to have a hood on the jacket.

Hat and gloves - bring a warm hat and it is also good to have a hood on your jacket. Mittens are warmer than gloves where the fingers are separated. Also, bring a pair of gloves with fingers, as these are useful for such activities as harnessing the dogs.

Protection against wind - bring ski glasses and preferably a scarf or balaclava to cover your face. If you wear glasses/contact lenses, we recommend that you use your lenses for the tour if possible, as glasses tend to mist up in cold weather. Prescription ski goggles are also a good alternative.

For your clothing, we recommend you use the layer principle:

- Closest to your body an inner layer that transports humidity away from the body.
- Then a second layer that keeps in the warmth your body generates and absorbs the humidity from the inner layer.
- The outer layer should protect you from weather and wind and be wind- and waterproof.

Do not use cotton on the inner layers closest to your body, as cotton collects the humidity your body generates. The clothing gets heavy and chills you. Better materials to use are synthetics, wool etc.

Good sleeping bags (comfortable to -25 degrees C) and thick sleeping mats are essential. You should have two sleeping mats, a standard foam mat and a second Thermarest-style mat 4-5 cm thick.

Toiletries:

Soap, toothpaste, plasters, moisturiser, sun-cream factor 9-15, painkillers, blister tape, small first aid kit, toilet paper, hand wipes. Ear plugs can be useful when sharing sleeping accommodation.

Clothes:

Take clothes you are not afraid to damage. Quick-drying materials are best. Bear in mind that jeans and sweatshirts are difficult to dry. Pack winterwear (warm windproof jacket with hood and windproof trousers), winter boots (warm and waterproof), shoes, a pair of warm socks (wool), warm hat, a pair of warm gloves, a pair of gloves with fingers, warm scarf, a warm sweater, sweatshirt, T-shirt, shirt, trousers, long underpants, underwear, gaiters, ballaclava (or similar) and something to sleep in.

Equipment:

Sleeping bag (comfort rating -25 degrees C), backpack without frame, 2 x sleeping mattress (one standard foam mattress and one Thermarest-style mattress 4-5 cm thick, towel, 1 litre thermos, camping plate/cutlery, cup.

Additional:

Ski glasses, sunglasses, headtorch, knife/multi tool, camera, a book, pen and paper, needle and thread, matches/lighter. Shoes with rubber soles to use inside cabins.

Health requirements/experience:

You should have a good level of fitness and enjoy the outdoors. The tour can be quite demanding physically and requires a certain amount of strength from the participants. You must be able to brake the sled when going downhill, which can be hard when you are working against gravity and the pull of 4-5 husky dogs! Minimum age 13. You should also be comfortable with living in close proximity to others.

Group size:

A total of minimum three persons is required for scheduled tours to run. You are of course welcome to book as a solo traveller or with a travelling companion.

Groups:

Groups of minimum 5 persons can book this experience on other dates by arrangement. Please contact us for details.

Information about the area:

Jämtland lies in the middle of Sweden. Here you will find majestic mountains and forests extending for mile upon mile, great lakes, small ponds, babbling brooks and whirling rivers. The Jämtland/Härjedalen area accounts for 12% of the total area of Sweden, but only 1.5% of the country's total population.

The water is fresh and you can drink it and fish in it everywhere in the province. Jämtland is rich in flowers and has a diverse fauna. Here live all of the four greatest predatory animals in Scandinavia: the brown bear, the wolf, wolverine and lynx. The moose and reindeer are common and often seen by the side of the road.

The mountains rise in the western parts. Jämtland offers wilderness with excellent opportunities to go hiking, berry- and mushroom-picking and biking. The whole region also offers great opportunities to go fishing in the many rivers and lakes.

Common Sense and the Right of Public Access

Do not disturb, do not destroy – that is the basic principle of Sweden's right of public access. It is not an unrestricted right. Here, you can read about the rules that apply.

The Swedish right of public access is not a law, nor is it an absolute right. It may rather be regarded as an opportunity, one that makes it possible for everyone to enjoy the countryside. But it is an opportunity that requires responsibility, consideration and good judgement. Rules describing the kinds of consideration that must be shown are incorporated into Sweden's environmental law, and apply to everyone who exercises the right of public access.

Respect others' privacy

You may travel through the countryside on foot, bicycle, horse or skis, and temporarily remain in one place, as long as there is no risk that your presence or activities will damage crops, tree plantations or other sensitive areas. But you must respect the privacy of others, and you may not cross or intrude upon private property.

Camping

It is permitted to set up a tent for a day or so on ground that is not used for agriculture and is far from the nearest dwelling. The closer to a residence and the greater the risk of disturbing others, the more important it is to ask the landowner for permission.

Do not litter

All sorts of littering are forbidden in the countryside. A cigarette butt in a dry summer forest can destroy resources worth millions. Glass, tins and bottle caps harm both humans and wildlife, and plastic bags cause great suffering to animals that ingest them. For this reason, bags full of litter should never be left beside rubbish bin if it happens to be full.

Blossoms and berries

You may not take such items as twigs, branches or bark from living trees, including birches. Obviously, you may not take entire shrubs or trees, either. But you are allowed to pick wild berries, flowers and mushrooms, as well twigs and branches that have fallen to the ground. Certain flower species are so rare that they risk becoming endangered. These species are protected and may not be picked. Information about them is available from county administrative boards. Orchids are protected throughout Sweden.

Protected natural areas

Protected natural areas, including nature reserves and national parks, usually have special rules that restrict the right of public access.

More information on the right of public access can be found on our website under About Sweden or on www.allemansratten.se

Getting there:

NB: We advise you not to buy equipment or clothes for your trip or to incur other non-refundable expenses such as flights until you have received confirmation of your booking from us in writing.

By Air:

You can choose to fly to:

- Stockholm (Arlanda or Skavsta)
- Trondheim (Norway)
- Åre Östersund (via Stockholm)

For details of flight connections see our Travel Add-ons page at <http://www.naturetravels.co.uk/category-add-ons.htm>

Many airlines offer discounts on rental cars in connection with their flights.

Without flying

- **London-Stockholm by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Stockholm.
- **Newcastle-Enafors by ferry and train:** DFDS ferry Newcastle to Stavanger (Norway), then onward train to Enafors via Hell.
- **Harwich-Stockholm by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Stockholm via Copenhagen.

Travel within Sweden:

You can get to this experience by travelling to Enafors. You will stay your first and last night in Enafors and to/from Enafors a transfer is included to/from Storulvån where you start and end the 5-day dogsled tour.

From Stockholm Arlanda: Train to Enafors, travel time approx. 8-9.5 hours, either direct or involving one change.

From Stockholm Skavsta: Take the connecting airport bus to Stockholm Central and then catch the train to Enafors, travel time approx. 9.5 hours, either direct or with changes.

It is possible to travel by night train. There are sleeping compartments and more affordable couchette compartment with six beds, where bedding consists of a sheet sleeping bag with a blanket and pillow.

From Åre Östersund airport: Airport bus into the centre of Östersund then train to Enafors.

Trains from Stockholm or Östersund to Enafors are run by national train operator SJ. See www.sj.se for times and fares. To book your tickets contact SJ on www.sj.se or 0046 771-75 75 75.

From Trondheim Vaernes (Norway): Travel by local train to Hell (3min) then train to Enafors (2h 10min). You can see timetable information and book the journey from Hell to Enafors at www.bokatag.se. Click on the English flag in the lower right hand corner. Enter "Hell" as start destination and "Enafors" as end destination. Tickets for local train Vaernes-Hell should be bought on site.

More details and advice on local transport will be provided after booking. If you have any questions, please do not hesitate to contact us.

What to do next:

If you are interested in this experience, please make sure that you understand exactly what the experience entails and are confident that you will be able to take part fully in all activities included in the trip. If you have any doubts or questions, please discuss the matter with us and we will be happy to advise. Similarly, if you have any particular health or dietary requirements that we need to be aware of, please mention these at the time of booking.

If you feel confident that you will be able to take part, then download and read our TERMS AND CONDITIONS. Then, please contact us to make sure that your chosen dates are available, and feel free to ask us anything else you like: we are keen to ensure that your trip is an enjoyable and memorable experience for you – we love Sweden and we want you to too!

For more information on how to book this trip please visit our website www.naturetravels.co.uk/booking.htm or call us on 01929 463774

Additional Notes

This provider has received a prestigious Swedish Ecotourism award for its commitment to high standards of cultural and environmental sensitivity.