



Nature Travels

outdoor experiences in Sweden



FAMILY HUSKY SLEDDING ADVENTURE - 4-7 DAYS

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Family Husky Sledding Adventure: 4-8 days

Experience Code: DV48DW1

Dog sledding is a wonderful activity for families. The chance to interact closely with beautiful Alaskan Huskies, the excitement of rushing through the forest on a sled, the quiet beauty of the winter landscape and the adventure of nights spent sleeping in the wilderness are a magical combination for adults and children alike.

Family Husky Sledding Adventure features two or three days' dog sledding on shared sleds driven by an experienced local guide and one or two nights in wilderness cabin during the tour. Before and after your tour you will stay at a comfortable and fully-equipped lakeside log cabin with sauna.

You will be travelling in a winter world of deep forests and rolling hills, with food prepared over open fire along the way. On your journey through the forest you are likely to spot dozens of tracks left by some of the many wild animals inhabiting the area, such as pine marten, capercaillie and moose. With luck you may even come across the tracks of some of Sweden's most exciting and elusive mammals such as the lynx.

You can also choose to extend the experience with additional nights at the lakeside log cabin to make a full week in the area. A number of guided and self-guided winter activities are available right from the door, including sledging, snowshoeing, cross country skiing and ice fishing.

While ideal for families with children, Family Husky Sledding Adventure is also an excellent choice for small groups of adults wishing to discover the joys of dog sledding without the commitment of an extended tour or for more mature participants who would like to experience the excitement of a multi-day dogsled tour but do not wish to drive their own sled.

Day 1:

If arriving by public transport, you will be transferred from the railway station in Bräcke to your cabin accommodation at Gällö. The "Lynx" cabin accommodates up to 6 persons in 2 x 2-person rooms + 1 x 2-person sleeping loft. The cabin is located next to the lake of Revsund and is fully-equipped with kitchen for self-catering, bathroom and sauna. For groups of more than 6 persons, accommodation will be in the larger "Northern Comfort Lodge" cabin in 2-person rooms. You will have the chance to relax after your journey with a traditional wood-heated sauna – a very Swedish experience! If you would like to purchase food supplies for your nights at the cabin, your host will be happy to arrange a lift to the local store just a few km away. Alternatively, dinner and breakfast can be prepared for you by your host as an optional extra. You can also choose to add additional nights at the cabin before or after your dog sledding tour - please see "Optional Extras" below.

Day 2:

You will be transferred to the kennels to meet your dogsled team and begin your tour in the Jämtland forests. The dogs used during the tour are Alaskan Huskies. Participants share a sled driven by an experienced local guide.

Once the dogs have been harnessed and the sleds loaded, it's time to set off into the winter landscape. After a while you will make a stop to prepare lunch over open fire. Later in the day you will reach your accommodation for the night, a wilderness cabin in the forest, where after tending to the dogs it's time to have dinner. The cabin has comfortable beds, a fireplace and kitchen. Warm polar sleeping bags are supplied as standard.

Day 3:

Shorter tour: After a hearty breakfast you will once more harness the dogs and head out into the white winter wilds, taking a different route back towards home, stopping along the way for lunch. Finally you arrive back at the dogsled kennels, where you will unload the sleds before saying goodbye to your dogsled team, who will have become your new friends during your time together in the winter landscape! You will then be transferred back to your cabin at Gällö.

Longer tour: Leaving any unnecessary equipment at the cabin, you will head out for a day tour giving you the chance to discover more of this beautiful area. Later in the day you will return to the wilderness cabin, where after helping to feed and tend to the dogs it's time to relax for the evening. If weather conditions are suitable, there is also the option for accommodation on this night to be in a Moselkåtan teepee tent sleeping on reindeer skins - a unique winter experience!

Day 4:

Shorter tour: If you have not chosen to stay additional nights in the cabin, you will be transferred to Bräcke station at your agreed time for departure. If you wish, you are welcome to stay on to discover more of what the area has to offer. A range of both guided and self-guided activities are available, including snowshoeing, cross country skiing, ice fishing and sledging. Please see "Optional Extras" below.

Longer tour: After a hearty breakfast you will once more harness the dogs and head out into the white winter wilds, taking a different route back towards home, stopping along the way for lunch. Finally you arrive back at the dogsled kennels, where you will unload the sleds before saying goodbye to your dogsled team, who will have become your new friends during your time together in the forest! You will then be transferred back to your cabin at Gällö.

Day 5:

Longer tour: If you have not chosen to stay additional nights in the cabin, you will be transferred to Bräcke station at your agreed time for departure. If you wish, you are welcome to stay on to discover more of what the area has to offer. A range of both guided and self-guided activities are available, including snowshoeing, cross country skiing, ice fishing and sledging. Please see "Optional Extras" below.

Dates for 2010 winter season:

Dates by arrangement between January and March 2010 (recommended season for families mid-February to March).

This experience is a private tour suitable for both adult groups and families with children and can be booked on custom dates by arrangement for families and groups of minimum 4 persons. For families with children, recommended season is late February to March, as weather conditions are likely to be most suitable during this time, with longer hours of daylight and generally milder temperatures.

Shorter tour (4 days/3 nights): Standard days Saturday-Tuesday or Wednesday-Saturday. Other start days may be possible by arrangement.

Longer tour (5 days/4 nights): Standard days Saturday-Wednesday or Tuesday-Saturday. Other start days may be possible by arrangement.

Optional full week (8 days/7 nights): You are welcome to extend your stay to a full week with additional nights at the cabin before or after your dog sledding experience.

Standard total period Saturday-Saturday. Other days may be possible by arrangement. See Optional Extras below.

Please contact us to discuss your preferred dates and check availability.

Price:

- Shorter tour (4 days/3 nights): £319/person
- Longer tour (5 days/4 nights): £435/person
- Optional full week: see Optional Extras below

Prices above are based on shared sleds driven by a guide.

What The Price Includes:

Accommodation

- 2 nights in Lynx cabin (up to 6 persons) or Northern Comfort Lodge (6-8 persons) including bedding and towels and one use of wood-fired sauna. Additional nights can be added as an optional extra.
- 1 night (shorter tour) or 2 nights (longer tour) in wilderness cabin during dogsled tour. Longer tour has option to spend second night in teepee if conditions permit.

Meals

- Accommodation in Lynx or Northern Comfort Lodge cabins is based on self-catering. The cabins have fully-equipped kitchens and your host will be happy to arrange a lift to the local store to purchase supplies if required. Dinner and breakfast before and/or after your dogsled tour can be added as optional extras.
- During the dogsled tour, all meals are included from lunch on the first day to lunch on the last day.
- Please mention on your booking form if you have any special dietary requirements.

Equipment

- Shared sled with team of Alaskan Huskies. Polar sleeping bags during dogsled tour plus reindeer hide if sleeping in a teepee (reindeer fur is an excellent insulator).
- Warm winter boots (adult sizes only, subject to availability - please provide sizes in advance).
- If you are particularly concerned about being cold during the trip, there is a limited selection of down jackets available to borrow.

Guides:

Experienced and knowledgeable guide.

Transport:

- Transfer to/from Bräcke railway station.
- Transfer between cabin and husky kennels at beginning and end of dogsled tour.

What The Price Does Not Include:

- Alcoholic drinks
- Personal clothing
- End cleaning of Lynx or Northern Comfort Lodge cabin

Optional extras:

Additional nights:

Subject to availability, you are welcome to extend your stay at the cabin before or after your tour to make a full week. Additional stays of other duration may also be possible – please contact us to discuss your requirements.

Shorter tour: Stay the rest of the week (total Saturday-Saturday) at Lynx or Northern Comfort Lodge, including:

- One use of hot tub
- 4 additional nights in Lynx cabin (or Northern Comfort Lodge for larger groups)

Additional price: £445/group

Longer tour: Stay the rest of the week (total Saturday-Saturday) at Lynx or Northern Comfort Lodge, including:

- One use of hot tub
- 3 additional nights in Lynx cabin (or Northern Comfort Lodge for larger groups)

Additional price: £334/group

Additional meals during stay at cabins:

Dinner + breakfast before and/or following your dogsled tour: 250 SEK (about £22)/person/day. Please let us know in advance if you would like to arrange this. Payment for meals should be made direct to your host in Swedish Kronor on site.

Self-guided activities

- Hire of snowshoes: £13/person/day
- Hire of ice fishing equipment for self-guided ice fishing including drill and rods: £38
- Ice fishing on lake Revsund: free of charge
- Hire of cross-country skiing equipment: £7/person/day

Guided activities

During your stay it is possible to pre-book the following guided activities:

- Guided snowshoeing/ice fishing tour including equipment and lunch: £278/group, minimum 4 persons.

End cleaning

If you do not wish to clean the cabin yourself on your departure, there is an optional end-cleaning charge of £42.

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.

You are welcome to leave any equipment not needed during your tour at your cabin. The dogs will need to transport you, food (both human food and dog food!) and equipment, so the weight of each sled needs to be carefully monitored.

Depending on weather conditions and the time of year, temperatures may vary from just below freezing down to -30 degrees Centigrade.

Winter boots – if you wish to bring your own boots, it is important that you have a pair of proper boots on, with high ankles and warm padding. Warm winter boots are included in the price – please let us know sizes in advance.

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 activities where greater freedom of movement is required.

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.

For more information on dressing for cold weather activities in Sweden, see our "Wild Sweden" blog at <http://naturetravels.wordpress.com/2009/01/15/winter-holidays-in-sweden-how-to-dress-for-cold-weather/>

Toiletries:

Soap, toothpaste, plasters, moisturiser, suncream factor 9-15, painkillers, blister tape, small first aid kit, toilet paper.

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. A down jacket can be very useful for evenings and rest breaks.

Equipment:

Sleeping sheet to go inside sleeping bag, soft bag/soft backpack, seating mat (something to sit on during lunch breaks), small towel, 1 litre thermos, cup.

Additional:

Ski goggles, sunglasses, headtorch, knife or multi-tool, camera, pen and paper, needle and thread, a good book, shoes with rubber soles to wear inside cabins.

Health requirements/experience:

You should have a general good level of health and fitness and enjoy the outdoors. This experience is suitable for both adult groups and families with children.

Recommended minimum age 7 for shorter tour, 12 for longer tour.

Groups:

This tour is a private experience bookable on custom dates for groups of minimum 4 persons. Maximum group size 6. Please contact us to discuss your preferred dates and check availability. Smaller groups are possible charged at standard rate for 4 persons.

Information about the area:

Jämtland lies in the north-western part of Sweden, bordering Swedish Lapland to the north and Norway to the west. It is the second-largest province in Sweden, making up just over 8% of the country's total area but with an average population density of just over 3 persons per square kilometre. More than two thirds of Jämtland's population lives in the small number of urban centres in the province, making rural Jämtland very sparsely-populated and ideal for wilderness activities.

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:

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

For details of flight connections see www.naturetravels.co.uk/holidays-in-sweden.htm. Click on the airport icons to see connections to/from each airport.

Flight buses from Swedish airports into the city can be booked online through us – see www.naturetravels.co.uk/add-ons-flygbussarna.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.
- **Harwich-Stockholm by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Stockholm via Copenhagen.

Travel within Sweden:

From Trondheim Vaernes (Norway): Travel by local train to Hell (3min) then train to Bräcke. You can see timetable information and book the journey from

Hell to Bräcke at www.bokatag.se. Click on the English flag. Enter "Hell" as start destination and "Bräcke" as end destination. Tickets for local train Vaernes-Hell should be bought on site. Travel time 4.5-5.5 hours with changes.

From Stockholm Arlanda (ARN): Train to Bräcke. Travel time 4-6 hours direct or with changes.

From Stockholm Skavsta (NYO): Flight bus to Stockholm Central Station then onward by train to Bräcke. Travel time from Stockholm 4.5-6 hours direct or with changes.

From Åre Östersund airport: Bus or taxi to Östersund station. Train to Bräcke. Travel time from Östersund around 1 hour or less direct.

Trains in Sweden are run by national train operator SJ. For train connections and to book your tickets, see www.sj.se. Click "In English" in the top right corner. Please note that the most affordable tickets are released 90 days before departure.

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 is a member of the Swedish Ecotourism Society.