



Nature Travels

outdoor experiences in Sweden



DOG SLEDDING AND WINTER BUSHCRAFT - 6 DAYS

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Dog Sledding and Winter Bushcraft: 6 days

Combine the excitement and adventure of expedition dog sledding with an opportunity to learn and practise bushcraft skills, including cooking over open fire and identifying tracks of wildlife in the snow.

This is a private dog sledding tour with an experienced bushcraft guide available on custom dates by arrangement between January and April. It is an ideal tour for small groups of friends, armed forces groups or active families with older children who love the outdoors.

Day 1:

You will be transferred from the railway station in Bräcke to the bushcraft camp at Gällö where dinner will be served. Accommodation for the night will be in the lodge at the camp, a comfortable log cabin on the shores of Lake Revsund. You will have the chance to relax after your journey with a traditional wood-heated sauna by the lake and outside hot-tub/bathing barrel – a very Swedish experience!

Day 2:

Your dog sledding and winter bushcraft experience begins! You will be instructed in how to harness your dogs and handle the sleds, as well as going through important safety information for the tour. Then it's time to set off into the winter mountains. Each participant will drive their own dogsled. Later in the day you will reach camp, prepare dinner and assist in feeding and settling the dogs for the night, before taking an evening hike around the campsite on home-made snowshoes. With luck you may even see a display of the Northern Lights. Accommodation for the night is in a 9-person Moselkåtan teepee tent with wood-burning stove.

Day 3:

After a hearty camp breakfast you will head north, stopping along the way to prepare lunch over an open fire. When the day's dog sledding is over, you will arrive at camp. You will be taught how to prepare dinner over an open fire using a "Dutch oven" (a type of heavy cooking pot). Before bed there will be time to take an evening "star walk" with map, to learn a little about the 40,000 stars above you. Accommodation for the night is in a 9-person Moselkåtan teepee tent with wood-burning stove.

Day 4:

On this day you will be heading for Hällesjö with your dogsled team to spend the night in a cosy log cabin. The cabin has comfortable beds, a fireplace and kitchen – welcome luxuries after your nights under canvas.

Day 5:

Following breakfast, today it is time for a morning tour in the area around the cabin. Travelling fast and light with the dogs is an exhilarating experience for both musher and dog team. By now you should feel very confident handling the sled and be ready to put your new-found dog sledding skills to the test. The dogs will also be eager to show you what they can do when pulling a lighter sled! In the afternoon the dogs will have a chance to rest, while you head out for a guided hike looking for animals tracks and signs. In the winter landscape, animal tracks show clearly, and you may see, among others, signs of moose, arctic hare, ptarmigan, pine marten and capercaillie. In the evening, for those feeling particularly adventurous, you have the opportunity to build your own snowshelter in which to spend the night.

Day 6:

After breakfast you will pack your equipment and harness the dogs for the short trip back to the kennel, where it is time to say goodbye to your dogs, who by now will have become your friends. If you wish you can take a shower and change clothes. After lunch you will be transferred to the railway station in Bräcke for departure.

Dates for 2009/2010 winter season:

New Year tour 28.12.09-02.01.10. On this tour it is possible to book as a solo traveller, couple, or small group.

Dog Sledding and Winter Bushcraft is also bookable as a private tour on dates by arrangement for groups of min. 4 persons between January and April. Please contact us to discuss your preferred dates and check availability.

Price:

£1019/person.

What The Price Includes:

Accommodation

- 1 night in lodge at bushcraft camp in Gällö.
- 2 nights in teepee with wood-burning stove and 2 nights in log cabin during dogsled tour.

Meals

All meals included from dinner on the first evening to lunch on the last day. Please mention on your booking form if you have any special dietary requirements.

Equipment

Own dog-sled and team of 4-5 dogs. Polar sleeping bags and sleeping mattresses during dogsled tour as well as reindeer hide to sleep on in the teepees (reindeer fur is an excellent insulator). Warm winter boots. If you are particularly concerned about being cold during the trip, there is a limited selection of down jackets available to borrow from your guide.

Guides:

Experienced and knowledgeable guide.

Transport:

Transfer to/from Bräcke railway station.

What The Price Does Not Include:

Alcoholic drinks, personal clothing (apart from warm winter boots, which are included in the price).

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. It is possible to leave some luggage at the bushcraft camp for the duration of your tour if you wish.

Temperatures may vary between around zero to -30 degrees C or less.

Winter boots – If you wish to bring your own 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. 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 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.

Toiletries:

Soap, toothpaste, plasters, moisturiser, sunscreen factor 9-15, painkillers, blister tape, small first aid kit, toilet paper. Earplugs 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, balaclava (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), 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 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, and also assist the dogs during uphill sections by stepping off and running behind the sled for short distances. You should also be comfortable with living in close proximity to others. Recommended minimum age 13. It may be possible for younger children to participate in the experience and share a sled with an adult – please contact us for a quotation and to discuss your requirements.

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.

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.