

## **SUGGESTED ITINERARY FOR ADVENTUROUS TRAINING IN SWEDEN WINTER 2010**

### **OPTION 2: DOG SLEDDING + MULTI-ACTIVITY**

#### **DURATION: 8 DAYS**

*Please note that the suggested itinerary below is suitable for groups of up to 20 persons travelling together then dividing into 2 groups. Suggested period Wednesday-Wednesday for most convenient logistics + best availability and fares for domestic flights to Swedish Lapland.*

*The head guide for the activities is ex-military personnel with extensive experience in working with military groups for both winter and summer training.*

**WEDNESDAY:** Arrival at Kiruna airport or Kiruna station. Kiruna lies in the far north of Sweden in Swedish Lapland, 150km inside the Arctic Circle and an excellent area for viewing the Northern Lights. Transfer to dogsled kennel for outfitting of participants in winter clothing. Briefing meeting for the activities for the coming days. Dinner prepared and served by your guides. Accommodation in cabins at wilderness camp with sauna.

**THURSDAY-SUNDAY:** After breakfast, Group 1 will begin dogsled tour while Group 2 begins multi-activity tour.

**SUNDAY-WEDNESDAY:** On Sunday the groups will change over, Group 2 beginning dogsled tour and Group 1 beginning multi-activity tour.

The experience ends after lunch on Wednesday for transfer to Kiruna airport or train station for departure.



#### **DOG SLEDDING:**

The tour runs through a wilderness landscape of frozen lakes and rivers, forest and Arctic moorland.

**Day 1:** Harnessing of your dog team and instruction in sled handling. Each participant drives their own sled with four Siberian Huskies. Siberian Huskies are dependable, sturdy and powerful dogs ideally suited to dog sledding in this Arctic environment. Head out into the wilderness for your first day of dog sledding. Overnight accommodation in cabin along the route.

**Day 2:** By now you should be gaining in confidence and improving your sled handling skills. Your tour continues through the Lapland landscape. Accommodation in cabin along the route.

**Day 3:** From the cabin your dogsled tour continues. At the end of your day's sledding you will return to the wilderness camp at the kennels. Overnight in cabins at wilderness camp.

**Day 4:** Breakfast, changeover of activities. Group begins multi-activity tour.



#### **MULTI-ACTIVITY:**

Snowhoeing and ski touring tours will also feature additional activities such as identification of wildlife tracks, survival education and fire-making in winter conditions.

**Day 1:** Snowshoe tour. Lunch out in the forest prepared over open fire. Overnight accommodation in Lavvu (traditional tipi).

**Day 2:** Ski touring tour following by construction of igloo. Building takes around 3 hours with a 10-person group. Overnight accommodation in Lavvu (traditional tipi).

**Day 3:** Ice-fishing. In the afternoon you will prepare the igloo for sleeping. Overnight accommodation in igloo.

**Day 4:** Breakfast, changeover of activities. Group begins dogsled tour.





**PRICE: Please contact us for a quotation and to discuss your requirements.**

**WHAT THE PRICE INCLUDES:**

**General:**

- Warm winter clothing for all activities: snowscooter overalls, winter boots, hat, gloves, inner and outer socks.
- Polar sleeping bag, sleeping sheet and sleeping mattress.
- All meals from dinner on arrival day to lunch on departure day (breakfast, lunch, dinner + coffee/snacks, etc).
- Return transfer between Kiruna airport or Kiruna station and the wilderness camp. Local transfers for activities.
- Thermos.

**Dog Sledding:**

- All necessary equipment during dog sledding tour including sleds with own dogsled team. Each participant drives their own sled with four Siberian Huskies.
- 2 nights' accommodation in cabins along the route and 1 night's accommodation in cabins at wilderness camp.
- Services of local guide.

**Multi-activity:**

- Snowshoeing equipment.
- Ski touring equipment.
- Ice fishing equipment.
- Equipment for construction of igloo.
- 2 nights' accommodation in Lavvu (tipi), 1 night's accommodation in self-build igloo.
- Services of local guide.

Date of quotation:

Valid until:

I do hope the above suggestion is of interest. If you have any questions, please don't hesitate to contact me on 01929 463774 or email [groups@naturetravels.co.uk](mailto:groups@naturetravels.co.uk).

Best regards

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Nature Travels (Groups)