

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

### **OPTION 1: EXTENDED DOG SLEDDING EXPEDITION**

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

*Please note that up to 10 persons can be accommodated on a single dogsled tour. 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 and your first meeting with the dogs and outfitting with winter clothing for the tour. The dogs used are Siberian Huskies, ideally suited to dog sledding in this Arctic environment. Dinner together with your guides and a chance to discuss the tour ahead. Accommodation in cabins at wilderness camp with sauna.



**THURSDAY:** The day begins by taking care of the dogs followed by breakfast. After breakfast you will receive basic instruction in how to harness your dog team and handle the sleds. Each participant will drive their own dogsled with own dog team of four Siberian Huskies. You will begin with a trial run to get acquainted with handling the sleds and head out for a day tour in the surrounding wilderness. Along the way you will stop at a suitable spot for lunch. At the end of the day you will return to the wilderness camp where everyone assists with tending to the dogs, chopping wood and fetching water. The day ends with dinner and sauna. Accommodation at wilderness camp.

**FRIDAY:** After breakfast for both 4-legged and 2-legged team members, you will load the sleds with essential items you will need for your extended tour. In addition to personal equipment you will be taking camping equipment, food (for humans and dogs!) and materials for the sleds and dog teams. After a final check it's time to head off. Over the coming days you will be covering between 20km and 50km per day depending on terrain, snow and weather conditions with the intention of sleeping in chalets along the route (actual itinerary can be subject to change depending on weather conditions).



**SATURDAY and following days:** Mornings begin with care of the dogs followed by breakfast – but here the similarity ends, as each day is characterised by the route taken. You will be travelling through the wide expanses of Swedish Lapland, often called “Europe’s Last Wilderness”, with very good chances to see the Northern Lights during the long polar night, glittering white snow during the day, pure air and a unique silence.

Each day you will travel to a different camp where you will spend the night. The majority of the cabins are located in remote wilderness areas. Standard of accommodation is simple (no running water or electricity) but cosy and comfortable. The cabins are heated by wood-burning stoves and lit by candles, and water is drawn from nearby rivers and lakes.

Depending on the exact route followed, the landscape varies greatly. Sometimes your dogsled team will be drawing you over a frozen river, at others through dense forests, over hills or across frozen lakes.



**TUESDAY:** Final full day of dog sledding. If you have an early morning departure the following day, you will head back towards the wilderness camp for accommodation at the camp for your last night of the tour.

**WEDNESDAY:** It is time to return to the camp (unless you have an early departure – see TUESDAY above), unload the sleds and say farewell to your dogsled team, who you will have become very close to during your time together in the wilderness. You will be transferred to Kiruna airport or Kiruna station for departure.

*(Please note that the above is a preliminary itinerary and may vary due to factors such as weather conditions, access to trails and seasonal changes and local reindeer herding activities. In the event of very bad weather, a reserve day itinerary is also possible including sight-seeing in Kiruna and a visit to the world-famous Ice Hotel.)*



**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.
- All meals from dinner on arrival day to breakfast on departure day (breakfast, lunch, dinner + coffee/snacks, etc).
- Return transfer between Kiruna airport or Kiruna station and the wilderness camp.

**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.
- Accommodation at wilderness camp and in cabins along the route as described above.
- 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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