



Nature Travels

outdoor experiences in Sweden



**NORTHERN LIGHTS DOG
SLEDDING IN LAPLAND - 8
DAYS**

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Northern Lights Dog Sledding in Lapland: 8 days

Experience Code: JV8DW1

Swedish Lapland is a unique wilderness region, occupying 25% of Sweden's land area but with just 1% of its inhabitants. Northern Lights Dog Sledding in Lapland is a challenging but accessible dog sledding tour taking you through silent ancient forests, across frozen lakes and river beds, in command of your own team of Siberian Huskies.

From your base at the comfortable wilderness camp, you will first take a day to get to know your dogs and gain confidence in handling the sled, before heading off for an extended dog sledding tour in the wilds of Swedish Lapland. Along the route you will stay in simple but comfortable cabins, some with sauna facilities to soothe your muscles after a long day's mushing on the trail.

Swedish Lapland is also an ideal location to see the Northern Lights. The long, dark Arctic night provides good chances to see this spectacular natural phenomenon during your tour. Northern Lights Dog Sledding in Lapland runs between December and late February, midwinter in Lapland when conditions for viewing the Northern Lights are generally at their best.

The excitement and adventure of working closely together with your dogsled team of Siberian Huskies as you journey through the Lapland winter landscape makes Northern Lights Dog Sledding in Lapland an ideal tour both for novice mushers and those who have already discovered the joys for dog sledding. The tour is suitable for adults with general good health and level of fitness and all specialist winter clothing is supplied as standard by your local guide.

The Lapland wilderness is waiting and the dogs are eager to be off!

Day 1:

WEDNESDAY: Arrival at Kiruna airport or Kiruna station. Kiruna lies in the far north of Sweden in Swedish Lapland, 150km inside the Arctic Circle. 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.

Day 2:

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.

Day 3:

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).

Days 4-6:

SATURDAY-MONDAY: 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.

Day 7:

TUESDAY: Final full day of dog sledding. If participants 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.

Day 8:

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.)

Fixed dates for 2010/2011 winter season:

15.12-22.12.10, 29.12.10-05.01.11 (special New Year tour), 05.01-12.01.11, 12.01-19.01.11, 19.01-26.01.11, 26.01-02.02.11, 02.02-09.02.11, 09.02-16.02.11, 16.02-23.02.11, 23.02-02.03.11

Groups of minimum 6 can also book private tours at standard prices on other dates by arrangement.

The price:

- 15.12-22.12.10: £1250/person
- 29.12.10-05.01.11 (special New Year tour): £1528/person
- 05.01-12.01.11: £1274/person
- 12.01-19.01.11, 19.01-26.01.11, 26.01-02.02.11, 02.02-09.02.11: £1343/person
- 09.02-16.02.11, 16.02-23.02.11: £1389/person
- 23.02-02.03.11: £1343/person

What The Price Includes:

Accommodation:

- Two or three nights in cabins at the wilderness camp, four or five nights in cabins as described above. Some overnight stops along the route have sauna facilities.

Meals:

- All meals from dinner on arrival day to breakfast on departure day (breakfast, lunch, dinner + coffee/snacks, etc). Please let us know if you have any special dietary requirements.

Equipment and Clothing

- All necessary equipment during dog sledding tour including sleds with own dogsled team. Each participant drives their own sled with four Siberian Huskies.
- Warm winter clothing for all activities: snowscooter overalls, winter boots, hat, gloves, inner and outer socks.
- Sleeping bag, sleeping sheet and pillow case
- Towel
- Thermos for hot water (there is no need to bring a separate water bottle)

(additional items such as long-johns may be available on request – please ask if there is a particular item of clothing or equipment you require)

Guide:

- Instruction in harnessing and sled handling.
- Services of local guide.

Transfers:

- Return transfer between Kiruna airport or Kiruna station and the wilderness camp.
- Local transfers for activities during the experience.

What The Price Does Not Include:

Alcoholic drinks.

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):

Please note that specialist winter clothing for this experience is included as standard. Please see "What the price includes" above for details.

Available space and weight for personal luggage on the sleds is limited. If you do not have a suitable bag, a soft, waterproof bag can be provided for you to pack personal items to carry in the sled. Luggage and other items not needed during your tour, including valuables, can be stored for you. It is not necessary to bring money, cards, etc on the tour.

Temperatures may vary between a few degrees below zero to -30 degrees C or less. 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 or wool. Bear in mind that Gore-tex materials are not recommended, as the material does not function as intended in extreme cold weather.

Clothing:

- 2 pairs - long-johns and long-sleeved thermal top (wool or synthetic).
- Extra pairs of thin and thick socks (wool, not cotton).
- Mid-layer jumper (fleece or wool) and trousers.
- Jacket – wind and waterproof.
- Thick, warm jumper (wool or synthetic).
- Comfortable and warm clothes (e.g track suit) for the evenings indoors.
- The majority of cabins have slippers for indoor use, but you may also wish to bring your own footwear for indoor use.
- Something warm to sleep in. Sleeping bag is included as standard and the cabins are warm once heated. You are welcome to bring your own sleeping bag if you prefer, but you should ensure that the bag is suitable for temperatures of -20 degrees C or less.

Additional:

- Underwear.
- Scarf (or something to cover your face such as Buff headwear, etc).
- Thin hat.
- Sunglasses and ski goggles. 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.
- Camera (bear in mind that battery life is much reduced in cold conditions).
- Camping knife/multi-tool.
- Headtorch.
- Toiletries: soap, toothpaste, plasters, moisturiser, suncream, painkillers, blister tape, small first aid kit, personal medication.
- All food is provided, but you may wish to bring additional snacks such as chocolate, dried fruit, etc.

Note: A water bottle is not recommended, as cold water will freeze. A thermos for hot water is provided as part of standard equipment.

Health requirements/experience:

You should have a normal level of fitness and enjoy the outdoors. You should also be comfortable living in close proximity with others. Minimum age 18.

No previous dog sledding experience is required. Dog sledding can be physically demanding. 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 four Siberian Huskies and also assist the dogs during uphill sections by stepping off and running behind the sled for short distances.

Group size:

A total of minimum two persons is required for scheduled tours to run. You are of course welcome to book as a solo traveller.

Maximum group size 6 persons.

There may also be other persons staying at the overnight accommodation used during the tour.

Groups:

This experience is also available as a private experience for groups. Please contact us to discuss your requirements.

Information about the area:

Lapland (or Lappland in Swedish) is the northernmost province of Sweden, occupying an area of 109,000 square kilometres, around 25% of Sweden's total land area, yet with just 100,000 inhabitants. This is just over 1% of Sweden's total population, currently around 9 million.

Lapland borders Jämtland to the south, Norway to the west and Finland to the north-east. This huge area contains 8 of Sweden's National Parks: Abisko, Björnlandet, Muddus, Padjelanta, Sarek, Stora Sjöfallet and Vadvetjåkka, and parts of Swedish Lapland make up the World Heritage Site of Laponia.

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.allemanstratten.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 (with optional onward flight to Kiruna)
- Stockholm Skavsta
- Stockholm Västerås

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 via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen & connecting trains to Stockholm.
- **London-Stockholm by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and train on to Stockholm. The fastest option.
- **London-Stockholm by ferry to Denmark then train.** Ferry from Harwich to Denmark, train to Copenhagen and train on to Stockholm. 3-4 departures weekly.

Travel within Sweden:

From Stockholm Arlanda (ARN): Night train to Kiruna. Travel time 15-17 hours with changes. You can also choose to fly from Arlanda to Kiruna with SAS (www.flysas.com) or Norwegian (www.norwegian.com).

From Stockholm Skavsta (NYO) or Stockholm Västerås (VST): Flight bus into central Stockholm for onward train connections to Kiruna. Flight buses from Swedish airports into the city can be booked online through us – see www.naturetravels.co.uk/add-ons-flygbussarna.htm. From central Stockholm, you can also travel to Arlanda airport by flight bus or Arlanda Express train for onward flight connections as above.

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.

After arriving in Kiruna, you will be met by a local guide. All local transport is included in this package. More details and advice on local transport will be provided after booking.

If you have any questions, 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 a detailed environmental policy and has received Swedish Tour Quality certification.