



Nature Travels

outdoor experiences in Sweden



MUSHING IN THE MOUNTAINS - 5 DAYS

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Mushing in the Mountains: 5 days

Experience Code: LE5DW1

Mushing in the Mountains is a 5-day experience with 3 days' dog sledding, taking you up into the mountain wilderness of Jämtland for a winter camping adventure in the company of your own team of Siberian Huskies.

From your base at the comfortable Husky Lodge, you will be trained in dog sledding technique and navigation by your local guides before heading to the mountains for an unforgettable 3 days' husky sledding. Travelling around 25-50km a day, depending on weather conditions and terrain, you will journey by dogsled through the beautiful winter landscape of the Jämtland mountains, pitching camp each night and working closely with your dogsled team, tending to their needs and melting snow for them to drink.

Depending on conditions and the wishes of the participants, you can choose between accommodation in mountain cabins and wild winter camping during your dogsled tour. The plan is to spend at least one night under canvas – a unique experience offering a real taste of adventure! Peeking out from the warmth of a polar sleeping bag is a marvellous way to appreciate the wide skies and almost palpable silence of the mountains, while your dogs lay curled in their snow-holes gazing at the moon. The dogs will love sharing their winter world with you, offering not only their pulling power but their friendship and affection during the tour.

At the end of your three days in the mountains you will return for a night of comfort at the Husky Lodge. Mushing in the Mountains is the ideal dog sledding tour for those who would like to experience the excitement and adventure of winter camping and mountain dog sledding without the time commitment or additional challenges of a longer expedition. You may find as you bid farewell to your dogsled team that you are already planning your return to the Jämtland mountains!

Day 1:

Arrival at dogsled camp, check in to accommodation at Husky Lodge, located adjacent to the kennels. Introduction to the dogs you will be using during the tour. You will be shown how to harness the dogs, try the sleds and go through sledding technique. You will go through the other equipment for the tour and after dinner take a look at the map of the planned route. You will be shown how to navigate with both compass and GPS and will also discuss whether you will be staying in cabins or tents during your tour in the mountains – this will be dictated both by weather conditions and the preferences of the group, but the plan is to spend at least one night under canvas.

Day 2:

Early in the morning after breakfast you will pack the vehicle for transfer to the start point in the Jämtland mountains, where you will unload and harness your dog team. You will be leading your own team of Siberian Huskies through a stunning mountain landscape. You should quickly gain confidence in handling the sleds as you get to know your team. After a few hours you will break for outside lunch at a suitable spot to give both humans and dogs a chance to rest before continuing your tour. Later in the day, when it's time to set up camp, some participants will see to the needs of the dogs while others put up the tents and assist in preparing food. Dinner under the open skies of the Swedish mountains.

Day 3:

Waking for your first morning in the mountains, you may well find you are the only ones around! The silence and sense of space is a marvellous sensation. After breakfast and seeing to the dogs, it's time to harness your team and head off once more into the white winter wilds. By now you should have the right "musher feeling" and be in good control of your sled. At times the going may be hard for both humans and dogs, but the majestic views and the joy of the dogs is ample reward. When it's time to pitch camp for the night, you will check over the dogs – taking a close look at their paws, claws, legs and body and rewarding them with treats for the day's work. Together you will make dinner, some assisting with cooking, some melting snow for both humans and dogs to drink.

Day 4:

Before breakfast, it's time to feed and care for the dogs – they will need to be well rested before continuing on their adventure. The route for the day will be decided by the weather – in mountain environments conditions can change quickly from clear blue sky to storm. Wind can make the going challenging for both humans and dogs. At the end of the day, you will head down from the mountains leaving nothing but sled tracks and paw prints behind you, to head back to the Husky Lodge where a hot shower awaits, before your last dinner together and a chance to reflect on and discuss your dog sledding adventure in the mountains.

Day 5:

Following breakfast you bid farewell to the dogs, who will by now have become close friends, and are transferred to your departure point. Your head and heart should be full of impressions from your experience – you may already be planning your next visit to the Jämtland mountains!

Please note the standard itinerary may be subject to change depending on weather and snow conditions.

2009/2010 winter season:

- 20th-24th December 2009
- 7th-11th February 2010

Additional scheduled dates can be added on request for min. 2 persons between mid-December and April. Private tours are also possible at standard prices for groups of 4 persons.

The price:

£1102/person

What The Price Includes:

Accommodation

- 2 nights in shared 2-person rooms at the Husky Lodge, each with private TV room and WC.
- 2 nights in winter camping/cabin accommodation during mountain tour.

Meals

- All meals from dinner on Day 1 to breakfast on Day 5. Please let us know if you have any special dietary requirements.

Equipment

- Your own team of Siberian Huskies with sleds and equipment.
- Warm outer clothing: jacket, trousers, cap, gloves (please let us know sizes in advance).
- Sleeping bag and sleeping mattress.

Activities:

- 3 days of dog sledding.
- Distance travelled each day 20-50km depending on terrain and weather conditions.

Guide:

- Instruction in harnessing and sled handling.
- Experienced local guide.

Transfers:

- Transfer to/from Östersund airport or train station.
- Local transfers for activities during the experience.

What The Price Does Not Include:

Alcoholic drinks.

Optional Extras:

The following options are available on tours for private groups of minimum 4 persons:

- Spend a night at a Sami village: The Sami are the indigenous people of the area. You will spend the night at a Sami village in the mountains with traditional 3-course dinner. You will travel to the village by dogsled. Sauna and showers are available. After breakfast the following morning, you will continue on your dogsled tour. Supplement: £213/person.

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):

Warm winter outer clothing and boots (sizes 36-48) are supplied as standard. Temperatures may vary between around 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.

Clothing:

- 2 pairs - long-johns and long-sleeved thermal top (wool or synthetic)
- Mid-layer jumper (fleece or wool) and trousers
- 2 pairs - thin socks (wool or synthetic)
- 2 pairs - medium-thick socks (wool or synthetic)
- 2 pairs - thick socks (wool)
- 2 pairs - gloves with fingers, thin
- Jacket - wind and waterproof, e.g. softshell
- Thick, warm jumper (wool or synthetic)

- Comfortable and warm clothes (e.g track suit) for the evenings, both in tent and indoors.
- Shoes – normal hiking footwear for evenings, both in tent and indoors
- Something warm to sleep in for night(s) away from the Husky Lodge (normally you sleep in long johns with warm socks and hat)

Additional:

- Small backpack or water-resistant sack for packing of personal items during tours. NB: Maximum size 40-45 litres (available weight and space is limited on the sleds).
- Underwear
- Scarf
- 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
- Water bottle
- Headtorch
- Snacks for tour days (e.g. biscuits, dried fruit, candy)
- Toiletries: soap, toothpaste, plasters, moisturiser, suncream, painkillers, blister tape, small first aid kit, personal medication.

Health requirements/experience:

You should be in good health with a normal-good level of fitness and enjoy the outdoors. Some previous camping experience is required for camping tours. You should also be comfortable living in close proximity with others.

Minimum age 18 years.

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 4 persons.

Groups:

Additional scheduled dates can be added on request for min. 2 persons between mid-December and April. Private tours are also possible at standard prices for groups of 4 persons.

Information about the area:

Jämtland lies in the middle of Sweden. Here you will find majestic mountains and forests extending for mile upon mile, great lakes, small ponds, babbling brooks and whirling rivers. The Jämtland/Härjedalen area accounts for 12% of the total area of Sweden, but only 1.5% of the country's total population.

The water is fresh and you can drink it and fish in it everywhere in the province. Jämtland is rich in flowers and has a diverse fauna. Here live all of the four greatest

predatory animals in Scandinavia: the brown bear, the wolf, wolverine and lynx. The moose and reindeer are common and often seen by the side of the road.

The mountains rise in the western parts. The Jämtland mountains are a wilderness area offering excellent opportunities for winter activities including dog sledding, winter camping, ski touring and snowshoeing.

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:

- Stockholm Arlanda (ARN)
- Stockholm Skavsta (NYO)
- Stockholm Västerås (VST)
- Trondheim (Norway)
- 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-Östersund by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Östersund.
- **London- Östersund by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and train on to Östersund. The fastest option.
- **Harwich- Östersund by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Östersund via Copenhagen.

Travel within Sweden:

Transfer to the Husky Lodge is included from Östersund airport, Östersund train station or Järpen train station.

From central Stockholm: Direct train to Östersund, travel time approx. 5.5 hours.

From Stockholm Arlanda (ARN): Train to Östersund, travel time approx. 5 hours, usually direct.

From Stockholm Skavsta (NYO): Take the connecting airport bus to Stockholm C (Stockholm Central station, 80 mins) for onward direct train to Östersund, travel time approx. 5.5 hours.

It is also possible to travel by night train from Stockholm. There are sleeping compartments and more affordable couchette compartment with six beds, where bedding consists of a sheet sleeping bag with a blanket and pillow.

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.

From Åre Östersund airport: Transfer to the Husky Lodge is included.

From Trondheim Vaernes (Norway): Travel by local train to Hell (3 mins) then train to Järpen (2.5 hours). You can see timetable information and book the journey from Hell to Järpen at www.bokatag.se. Click on the English flag in the lower right hand corner. Enter "Hell" as start destination and "Järpen" as end destination. Tickets for local train Vaernes-Hell should be bought on site.

More details and advice on local transport will be provided after booking. 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.