



Nature Travels

outdoor experiences in Sweden



MIDWINTER MAGIC AT THE HUSKY LODGE - 5 DAYS

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Midwinter Magic at the Husky Lodge: 5 days

Experience Code: LE5MW1

The period between December and early February is the heart of winter in Jämtland, a magical time of low temperatures, unique winter colours and long cosy nights lit by firelight and the reflections of the snow.

Midwinter Magic at the Husky Lodge is an exciting yet accessible private experience for groups of 2-6 persons bookable on dates by arrangement and combining a number of winter activities into one adventure-filled holiday. During your experience you will be dog sledding, ice fishing, snowshoeing and camping out beneath the stars.

Accommodation during your experience is in comfortable 2-person rooms at the Husky Lodge. From here you will head out each day for a variety of winter activities in the Jämtland winter landscape. You will find yourself stretched out on luxuriously soft reindeer skins on the ice waiting for your catch to bite, hike into the forest on snowshoes to prepare lunch over open fire, sleep under canvas for one night in a traditional "lavvu" or tipi and learn how to handle a dogsled before heading for the mountains to discover the thrill of mushing your own team of Siberian Huskies through the wilderness.

Midwinter Magic at the Husky Lodge is ideal for a pre-Christmas or post-New Year active winter holiday, whether a romantic adventure for couples or a chance from small groups of friends to spend time together. Meals during your activities are included and the Husky Lodge has a fully-equipped kitchen for self-catering for meals at other times. If you wish, you are welcome to extend your stay in the beautiful winter landscape of Jämtland with additional nights at the Husky Lodge.

Day 1:

You arrive and check in at your accommodation, the Husky Lodge, next to the sled dogs kennels. The Husky Lodge has two rooms, with comfortable beds, private TV room and WC. If you need provisions for dinner and breakfast, your hosts will be happy to give you a lift to the local store. After settling in you will have your first meeting with the dogs and have a tour of the kennel area and a chance to talk over the activities over the coming days. Daylight is limited at this time of year and late December/January is an ideal time to experience the low temperatures and cosy evenings of a Swedish winter.

Day 2:

In the morning after breakfast you will have the chance to try your hand at ice-fishing, a unique activity very popular with Swedes, a calm and almost meditative experience. You will go down to the lake together with your guide and lie on thick, warm reindeer skins (an excellent insulator) on the ice. A special ice drill is used to drill a hole down into the ice, and you will find as you gaze down your ice hole waiting for a bite that the world will contract and everyday concerns seem a million miles away. But watch out – your reverie may be broken as you spot a fish darting by beneath the winter ice!

Later in the evening you put on your snowshoes for a hike out into the woods, the winter darkness offset by the brightness of the snow. Tonight is a real adventure – a night in a traditional "lavvu" or tipi, lit by torches and warmed by the flames of the campfire and by a glass of "glögg", a warm Swedish spiced wine drink served. Dinner will be prepared from local foods and served out in the forest.

Day 3:

The day begins by feeding the dogs and doing some tasks around the kennel. You will get to know the Siberian Huskies you will be using during your dog sledding tour and be shown how to harness your team and handle a dogsled. Starting off can be tricky, so you will have the chance to practise behind a snowscooter before trying it out with the dogs! Today you will make a short tour in the area around the kennel driving your own sled and then a longer tour with a guide using a large team of 12 dogs.

At lunchtime you will snowshoe out into the forest, bringing wood to make lunch over open fire. This day should give you confidence in handling your dogsled and dog team before taking to the mountains the following day.

Day 4:

Today you make an early start for transfer up to the mountains, where you will harness your dogsled team and prepare them for a full day's tour. Siberian Huskies love to pull, and they make their excitement and anticipation very audible as you get ready for the off. Suddenly, as you release the break and the dogs surge forward, everything goes quiet – now the dogs put everything they have into the pull. You will be travelling through a mountain landscape offering superb views of the surrounding wilderness. At a suitable spot you will stop for lunch and reward the dogs with some snacks. During this midwinter period, in the very heart of the Swedish winter, the colours are very special. The low temperatures colour the sky beautiful shades of pink and purple.

Day 5:

After breakfast it is time to say farewell to the dogs and to your hosts. You may well find that you have caught the mushing bug and already be planning your return for an extended dog sledding tour!

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

Fixed dates for 2009/2010 winter season:

Private experiences can be arranged on request from min. 2 persons during the following periods:

- 06.12.09-20.12.09
- 10.01.10-07.02.10

Groups of up to 6 persons can be accommodated.

The price:

2 persons: £760/person
3 persons: £732/person
4-6 persons: £602/person

What The Price Includes:

Accommodation:

- 3 nights in shared 2-person rooms at the Husky Lodge. The lodge has 2 x 2-person bedrooms as standard, each with private TV room and WC. 2 x additional bunk beds can be added to the accommodation to accommodate up to 6 persons.

The additional bunk beds are placed in the ground floor living area. There is also a communal shower and WC.

- 1 night in tent.

Meals

- Lunch and coffee break snacks every day from Day 2 to Day 4.
- Dinner on Day 2 in tipi.

For other meals, the Husky Lodge has fully-equipped self-catering facilities. Your hosts are happy to arrange a lift to the local store to purchase provisions.

Equipment

- Your own team of Siberian Huskies with sleds and equipment.

Winter clothing and winter sleeping bags for night in tipi are available to hire. Please see "Optional Extras" below.

Activities:

- Dog sledding in the local area around the kennels and in the mountains as outlined above.
- Snowshoeing and ice-fishing as outlined above.

Guide:

- Instruction in harnessing and sled handling.
- Experienced guide for all activities.

Transfers:

- Local transfers for activities during the experience.

What The Price Does Not Include:

- Breakfast
- Dinner with exception of dinner in tipi on Day 2
- Alcoholic drinks
- Winter clothing
- Sleeping bag/sleeping mat for night in tipi
- Transfer to/from Östersund airport or train station

Optional Extras:

If you do not have suitable winter clothing or equipment, the following items are available to hire. Prices are per person. Please let us know your sizes and requirements in advance.

	Per day	Per tour (3-4 days)
Warm jacket	£10	£24
Warm trousers	£10	£24
Warm overalls	£14	£19
Winter boots (sizes 36-48 are available)	£10	£24
Musher's hat	£2.50	£5
Thick gloves	£2.50	£5
Winter sleeping bag	£19	
Sleeping mat	£5	

The following options are also available:

- Transfer to/from Östersund airport or train station: £93/group/return
- Spend a night at a Sami village (min. group size 4 persons): 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, sauna, wood-fired hot tub and breakfast the next morning. Supplement: £213/person
- Extend your stay at the Husky Lodge with additional nights. Supplement: £24/person/night.

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):

Winter clothing and other equipment is available to hire – please see “Optional Extras” above.

If you choose to bring your own winter clothing, sleeping bag, etc, bear in mind temperatures can be very low at this time of year, and can 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.

Standard ski clothing without insulated filling will not be sufficient. You should have an insulated Parka jacket or down jacket with large hood which goes over your hat. Boots should have high ankle and be able to cope with conditions down to at least -40 degrees C. They should be waterproof but also have room inside.

Your sleeping bag should have comfort temperature (NB: not extreme temperature) down to -25 degrees C, and your sleeping mat should be a proper winter mat – much of the cold comes from underneath you when sleeping.

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
- Thick, warm jumper (wool or synthetic)
- Comfortable clothes (e.g track suit) for the evenings indoors.
- Shoes – normal hiking footwear for evenings 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:

- 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
- Toiletries: soap, toothpaste, plasters, moisturiser, suncream, painkillers, blister tape, small first aid kit, personal medication.

Health requirements/experience:

You should have a normal level of fitness and enjoy the outdoors. This experience is suitable both for adults and active families. Persons not old enough or who do not wish to drive their own dogsled are welcome to travel on the guide's sled.

Group size:

Tours are run on request for groups of minimum 2 maximum 6 persons. Please contact us to discuss your requirements.

Groups:

Groups of up to 6 persons can be accommodated.

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 can be arranged from Östersund airport, Östersund train station or Järpen train station. Please see "Optional extras" above.

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 can be arranged. Please see "Optional extras" above.

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.