



Nature Travels

outdoor experiences in Sweden



DOG SLEDDING ACROSS JAMTLAND - 8 DAYS

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DOG SLEDDING ACROSS JÄMTLAND: 8-DAY TOUR	2
DAY 1:	2
DAY 2:	2
DAY 3:	3
DAY 4:	3
DAY 5:	3
DAY 6:	3
DAY 7:	3
DAY 8:	3
2009/2010 WINTER SEASON:.....	4
THE PRICE:	4
WHAT THE PRICE INCLUDES:.....	4
<i>Accommodation</i>	4
<i>Meals</i>	4
<i>Equipment</i>	4
<i>Activities:</i>	4
<i>Guide:</i>	4
<i>Transfers:</i>	4
WHAT THE PRICE DOES NOT INCLUDE:	4
OPTIONAL EXTRAS:.....	4
EQUIPMENT/CLOTHES NEEDED:.....	5
<i>Packing list (recommended):</i>	5
HEALTH REQUIREMENTS/EXPERIENCE:	5
GROUP SIZE:.....	6
GROUPS:.....	6
INFORMATION ABOUT THE AREA:	6
COMMON SENSE AND THE RIGHT OF PUBLIC ACCESS	6
<i>Respect others' privacy</i>	6
<i>Camping</i>	6
<i>Do not litter</i>	7
<i>Blossoms and berries</i>	7
<i>Protected natural areas</i>	7
GETTING THERE:.....	7
<i>By Air:</i>	7
<i>Without flying</i>	7
TRAVEL WITHIN SWEDEN:	7
WHAT TO DO NEXT:.....	8
ADDITIONAL NOTES	8

Dog Sledding Across Jämtland: 8-day tour

Experience Code: LE8DW1

Dog Sledding Across Jämtland is the ideal dog sledding tour for those who have done some previous dog sledding and are looking for the next step - a real "once is a lifetime" mushing adventure, a challenging dogsled tour with winter camping taking you across the roof of Jämtland in north-west Sweden.

Beginning with a night of comfort at the Husky Lodge, over the following 6 days you will be running a team of your own Siberian Huskies through some of Sweden's most spectacular mountain landscapes. Along the way you will be camping wild in the mountain wilderness on most nights, with one night at a mountain station for a taste of civilisation!

Each night you will tend to the needs of the dogs, building snow shelters when necessary to protect them from the mountain winds and melting snow for them to drink. Each participant drives their own dogsled with team of Siberian Huskies. You will be working very closely with your dogs during the tour, and by the time you return to the Husky Lodge for your final night and farewell dinner, you should have made some close new four-legged friends.

Dog Sledding Across Jämtland is a tough but hugely rewarding dog sledding adventure holiday – by the end of the tour you should be justly proud of your dog sledding skills and will feel like a real musher! Some previous experience of dog sledding and winter camping is required for standard tours. If you are a novice with a taste for adventure, it is also possible for groups of minimum 3 persons to arrange a private tour with Day 2 used as a training day in the area around the Husky Lodge to give you a chance to hone your dogsled handling skills before taking to the mountains.

The period between February and April offers the best conditions for dog sledding with winter camping. Just 2 persons are required to arrange a tour. Groups are very small, with a maximum of just 4 participants.

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 and instruction in how to harness the dogs, sled-handling technique and safety considerations. You will go through your equipment and pack for the tour before having dinner together with your guide. Accommodation is at the Husky Lodge in 2-person rooms. There are two rooms at the lodge, both comfortable standard with private TV room and WC.

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 work very closely with your team of Siberian Huskies over the coming days in the mountains, sometimes assisting the dogs on uphill sections by running/scooting behind the sled. You should quickly gain confidence in handling the sled, and after about 3 hours you will stop for lunch 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 around the fire. Accommodation is wild winter camping.

Day 3:

You will wake your first morning in the majestic Jämtland mountains, feeding and seeing to the dogs before sitting down to breakfast. After a hearty breakfast for the day ahead, it's time to harness the dogs and head off for the day's dog sledding, taking you a mountain pass with magnificent cliffs, the Lundörppasset. Emerging at the other end of the pass you will lose altitude and pass into a forest landscape. Dog sledding in this terrain can be quite technical and you will need to make use of your mushing skills! The dogs are still fresh and full of energy – think ahead as you go around the twists and turns of the forest tracks, there may be a moose or a reindeer standing just around the next corner! At the end of the day you will stop at a suitable camp spot to pitch camp, as always seeing to the needs of the 4-legged members of the expedition first of all!

Day 4:

This day is one of the most physically challenging phases, taking you out of the valley and up onto the mountains. Both dogs and humans will be working hard, but the magnificent views are ample reward! You will check over your dogsled team to make sure paws, claws and muscles are in good order and reward them with some additional treats for their efforts! At the end of the day, some will pitch camp and prepare food while others melt snow for both dogs and humans to drink.

Day 5:

The landscape on this day is more open, and in bad weather can be very exposed. As with any mountain environment, weather conditions can change suddenly and unpredictably, from clear blue sky and sunshine to storm and blizzard. If visibility is poor, it is important to keep the group closely together – you may even need to take shelter for a time in one of the emergency cabins along the route. Windy conditions are challenging and tiring both for dogs and humans, and the weather will dictate the distances that can be covered each day. But at the end of this hard day, it's time for a bit of luxury! Your accommodation for the night is at a fully-equipped mountain station with restaurant, sauna, shower and a comfortable bed – something you will really appreciate after your nights camping in the wilderness! You will have a 3-course dinner of local dishes and a chance to reflect on the tour so far before retiring for a well-earned night's sleep.

Day 6:

Before breakfast, you will feed and see to the dogs, who have not spend the night in such comparative luxury! They will need time to rest before taking to the trail, so the morning is leisurely with a breakfast buffet. Soon it is time to pack and head off once more into the wilderness. Tonight will be your last night's tented accommodation.

Day 7:

Waking on Day 7, you should by now be feeling like a real musher and justly proud of your dog sledding skills! The Siberian Huskies who make up your team will have become close friends as you have journeyed together through the mountains of Jämtland. Today you will be travelling through the beautiful nature reserve of Vålådalen, a very attractive area with mixed terrain and a final chance to practise your technique and enjoy the scenery. At the mountain station you will say farewell to the mountains before driving back to the Husky Lodge for your final night together. Back at the kennels you can take a shower before having your last dinner together, a chance to share stories and reflect on your adventures in the mountains.

Day 8:

After breakfast it's time to say goodbye to your dogs and your new-found friends during the tour. Who knows, perhaps you will be returning to see them again!

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

2009/2010 winter season:

Tours run on request for min. 2 persons between February and April. Private tours are also possible at standard prices for groups of 4 persons.

Please note that some previous experience of dog sledding and winter camping is required for this tour. If you do not have previous experience of dog sledding, groups of min. 3 persons can have the option to use Day 2 as a training day in the local area around the kennel before taking to the mountains (standard prices).

The price:

£1621/person

What The Price Includes:

Accommodation

- 2 nights in shared 2-person rooms at the Husky Lodge, each with private TV room and WC.
- 3-4 nights in tent during mountain tour.
- 1 night at mountain station during mountain tour.

Meals

- All meals from dinner on Day 1 to breakfast on Day 8. 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:

- 5-6 days of dog sledding (for participants with no previous dog sledding experience, Day 2 is used as a training day in the area around the kennel).
- Distance travelled each day 25-50km 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:

For private tours, it is possible to choose to spend the night at mountain cabins along the route as an alternative to camping. Price £28-£56/person/night depending on season and availability. Please contact us to discuss your requirements.

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:

Dog Sledding Across Jämtland is a challenging experience. You should be in good health with a good level of fitness and enjoy the outdoors. You should also be comfortable living in close proximity with others.

Please note that some previous experience of dog sledding and winter camping is required for this tour. If you do not have previous experience of dog sledding, groups of min. 3 persons can have the option to use Day 2 as a training day in the local area around the kennel before taking to the mountains.

Minimum age 18 years.

Group size:

A minimum of 2 persons is required. Groups of up to 4 persons can be accommodated.

Groups:

This experience is available on custom dates by arrangement between February and April. Please contact us to discuss your requirements.

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 our call us on 01929 463774

Additional Notes

This provider is a member of the Swedish Ecotourism Society.