



Nature Travels

outdoor experiences in Sweden



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**DISCOVER MOUNTAIN SKI TOURING IN
LAPLAND - 8 DAYS**

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DISCOVER MOUNTAIN SKI TOURING IN LAPLAND – 7 DAYS	2
DAY 1:	2
DAY 2:	2
DAY 3:	2
DAY 4:	2
DAY 5:	3
DAY 6:	3
DAY 7:	3
FIXED DATES FOR 2010 WINTER SEASON:	3
THE PRICE:	3
WHAT THE PRICE INCLUDES:	3
<i>Accommodation</i>	3
<i>Meals</i>	4
<i>Equipment</i>	4
<i>Transfer</i>	4
<i>Guides</i>	4
WHAT THE PRICE DOES NOT INCLUDE:	4
OPTIONAL EXTRAS:	4
EQUIPMENT/CLOTHES NEEDED:	4
<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>	7
<i>Camping</i>	7
<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:	8
WHAT TO DO NEXT:	8
ADDITIONAL NOTES	8

Discover Mountain Ski Touring in Lapland – 7 days

Experience Code: STF7XW1

If you have some previous cross-country skiing experience on prepared trails but are yet to discover the adventure and challenge of a mountain ski touring expedition, Discover Mountain Ski Touring in Lapland is the tour for you!

Under the supervision of experienced local guides, you will spend a week ski touring in the majestic mountain scenery of Lapland in the far north of Sweden, developing your skiing abilities and knowledge of the mountain world and gaining the confidence you need for your own tours.

Starting from an award-winning traditional mountain station along the King's Trail in Swedish Lapland, Discover Mountain Ski Touring in Lapland features a combination of circular day tours and hut-to-hut sections to take you deep into the wilds of this remote region, giving you the ideal opportunity to improve your skills and technique in a challenging but accessible and enjoyable way.

The experience begins with a day-tour from the station, returning in the evening for a well-earned meal and sauna before heading out to spend the next days in the mountain plains above the tree line, with overnight accommodation in a simple but comfortable mountain cabin. If you are feel confident enough on your skis, there may be the possibility for a day's ski touring in the mighty pathless wilderness of Sarek National Park.

By the end of the tour, when you return to the welcoming hospitality of the mountain station for your final night, you should be justly proud of your achievements, with improved skiing skills and a new-found confidence in your abilities to move safely and enjoyably through the winter mountains.

Day 1:

Gather at Saltoluokta Mountain Station 30 minutes after the bus arrives at Kebnats. You will have lunch followed by an instruction meeting where you will go through your equipment and the week's programme. Dinner in the mountain station's award-winning restaurant.

Day 2:

A day-tour in the area around the mountain station, where you will have a chance to improve your ski technique and practise with windsacks, snow shovels and climbing skins. In the evening, you will have lunch and also the opportunity to take a shower and sauna. Provisions for the coming days will be divided up and advice given on packing.

Day 3:

Today you will take the winter track up onto the mountain plains, with the exact route dictated by the wind and weather conditions. During the day you will be working closely with the map and sharing your knowledge of navigation with other participants. Your goal for the day is the cabins at Sitojaure.

Distance: approx. 19km.

Day 4:

Day-tour in the area around Sitojaure. Exact route dictated by preferences, ability and weather conditions.

Day 5:

A new day-tour from Sitojaure. If you are feeling confident enough and if weather conditions permit, there is the option to take a tour into the mighty pathless wilderness of Sarek National Park.

Day 6:

Via the slopes of Tjiraknjurtes and the deeply sculpted, meandering valley of Autsutjåkkas you will head back towards Saltoluokta, where a shower and sauna awaits! In the evening you will have dinner together and reflect on all that you have experienced and learned during the week.

Distance: approx. 20km.

Day 7:

For those still with energy to spare, there is the possibility for a morning tour in the area – or simply relax and enjoy the atmosphere of this traditional Swedish mountain station. In the afternoon, you will be transferred by snowmobile across Langas to Kebnats for bus to Gällivare for onward connections.

Please note that the programme is subject to change depending on weather and snow conditions.

Other information:

There are only emergency telephones in the cabins. The phone is directly connected to the police. Mobile phones generally do not work out in the mountains.

The max. height difference on a particular day during the tour is around 400m (not including possible summit tours). You will be carrying at most provisions for 2 days at a time, with a typical pack weight of 10-12kg. You should count on an additional weight of 2-3kg for provisions/safety equipment on top of your personal packing.

The midnight sun does not shine until late spring. In March and April the nights will still be dark and you should bring a small torch and a few candles.

Fixed dates for 2010 winter season:

- 21.03-27.03.10
- 18.04-24.04.10

The price:

£602/person

NB: Please note that ski and other equipment is available to borrow but must be booked in advance – please see "Equipment" below.

What The Price Includes:**Accommodation**

Shared rooms in mountain station and mountain cabin.

Cabins: The beds are fitted with mattresses, pillows and blankets. During the winter season you should bring a light sleeping bag (the interior of the cabins is warm once heated – a dedicated winter bag is not required). The cabins are comfortable but of basic standard and there is no electricity or running water. You will all need to help each other

with domestic duties, cleaning, cooking, doing the dishes etc. Wooden fires or gas heats the cabins. The cooking is done on gas stoves. Sitojaure has 22 beds. There are also extra mattresses and blankets in case the cabin gets full. Everyone will get shelter - in the event that all the beds are occupied you will get a space on the floor and a mattress. It is not possible to reserve beds in advance.

Meals

All meals at Saltoluokta Mountain Station and during the tour.

Food for sale: There is a shop at Saltoluokta if you wish to purchase snacks, etc.

Equipment

Safety equipment.

The following items are available to borrow at no additional charge if you do not have your own. Please advise in advance which items you require:

- Ski boots, skis and poles (please advise height and shoe size in advance)
- Climbing skins for skis
- Rucksack
- Sleeping bag
- Sleeping mat
- Thermos
- Gaiters

Transfer

Snowmobile transfer between Kebnats and Saltoluokta.

Guides

Experienced and knowledgeable local guide.

What The Price Does Not Include:

Alcoholic drinks.

Optional extras:

Items not needed during the tour can be left at Saltoluokta Mountain Station station for a small storage fee. Bring a small bag to pack your things in.

If you would like to extend your stay before or after the tour, please contact us and we will be happy to discuss the alternatives with you.

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.

The right equipment in your backpack gives you a more enjoyable experience. Check your equipment at home, and make sure that everything is in good condition. Temperatures may vary from just a few degrees below zero to -20 degrees C or less.

If you are bringing your own skis, skis should be of XC or Telemark type and must have steel edges.

Equipment: Below you will find a suggestion for what to bring for the tour. Pack light! Most people bring too many clothes. The weight of your backpack should not be more than 10-12 kg during the ski tours between cabins. Choose travel-sized toiletry items.

Map: A suitable map for the tour is Swedish Mountain Map BD10. We do not recommend a particular supplier, but you may wish to contact The Map Shop at www.themapshop.co.uk.

Fluids: It is essential to keep your fluid levels up. If you do not, you will feel tired and gluey". Bring a thermos for warm drinks, a water bottle and a mug. Water is available at the cabins and you may also find running water along the route.

Packing list (recommended):

A detailed equipment list will be provided after booking.

Toiletries:

A small bar of soap, toothbrush and paste, wipes, toilet paper, a small towel, plasters, moisturiser, sun-cream (min. factor 15), painkillers, blister tape.

Clothes:

Take clothes you are not afraid to damage. Quick-drying materials are best.

- Woollen socks (2 pairs)
- Lighter socks (2 pairs)
- Shirt or sweater (quick-drying)
- Windproof anorak/jacket and trousers
- Down jacket or fleece sweater
- Cap/hat
- Woollen scarf
- Gloves (2 pairs, one warm, one light)
- Extra pair of mittens (mittens are warmer than fingered gloves)
- Underwear/base layer (wool or synthetic, not cotton)
- Indoor clothes and shoes for use in cabins

Equipment:

- Backpack approx. 60 litres with hip belt. (A poorly-fitting rucksack can make your tour uncomfortable. Make sure you go for a trial tour/hike with your equipment beforehand. When packing your rucksack, you should plan to leave space for food, including bulky items such as bread.)
- Light sleeping bag for use in cabins. (Beds with pillows and thin duvets are provided in the cabins. However, at peak times these may not always be available.)
- Unbreakable thermos
- Drinking mug
- Water bottle (tip: place your bottle inside a woollen sock to prevent freezing)
- Camping set with plate, fork, knife and spoon, cup for soup, etc for lunch stops (plates, cutlery, cups and cooking utensils are provided at the cabins)
- Full-length insulated sleeping mat
- Gaiters
- Ski wax
- Climbing skins
- Proofing for boots

Additional:

Compass, map, sunglasses, matches, head torch, candles, sitting pad, paper and pen, knife, camera, binoculars.

Health requirements/experience:

For this tour you should be in good general health, have a normal level of fitness and some previous cross-country skiing experience.

The distance covered each day will depend on the route chosen, likely to be maximum approx. 20km. The max. height difference on a particular day during the tour is around 400m (not including possible summit tours).

Recommended minimum age 16 years. Persons under 16 years accompanied by an adult may also be able to participate – please contact us to discuss your requirements. Recommended maximum age 65 years.

Group size:

Minimum 6 and maximum 14 participants. This experience is open to travellers from all over the world. Groups may be made up of participants from a number of countries, around 60% of whom are likely to be from Scandinavia.

Groups:

Private groups of minimum 6 persons can book this experience at standard prices on other dates by arrangement. Smaller groups are also possible at an additional rate - please contact us to discuss your requirements.

Information about the area:

Laponia – UNESCO World Heritage Site

The UNESCO committee considered that the site is of outstanding universal value as it contains examples of ongoing geological, biological and ecological processes, a great variety of natural phenomena of exceptional beauty and significant biological diversity including a population of brown bear and alpine flora. It was noted that the site meets all conditions of integrity. The site has been occupied continuously by the Sami people since prehistoric times, is one of the last and unquestionably largest and best preserved examples of an area of transhumance, involving summer grazing by large reindeer herds, a practice that was widespread at one time and which dates back to an early stage in human economic and social development.

The Arctic Circle region of northern Sweden is the home of the Sami, or Lapp people. It is the largest area in the world (and one of the last) with an ancestral way of life based on the seasonal movement of livestock. Every summer, the Sami lead their huge herds of reindeer towards the mountains through a natural landscape hitherto preserved, but now threatened by the advent of motor vehicles. Historical and ongoing geological processes can be seen in the glacial moraines and changing water courses.

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)
- Gällivare (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-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): Train from Arlanda C (the station at the airport terminal) to Gällivare, travel time around 17 hours with changes. Bus to Kebnats, travel time around 2 hours.

From Stockholm Skavsta (NYO) or Stockholm Västerås (VST): Flight bus to Stockholm Central (travel time around 80 mins). Flight buses from Swedish airports into the city can be booked online through us – see www.naturetravels.co.uk/add-ons-flygbussarna.htm. Train from Stockholm C (Stockholm Central station) to Gällivare, travel time 15-18 hours direct or with changes. Bus to Kebnats, travel time around 2 hours.

From Kebnats, it is approx. 5km across Langas to Saltoluokta Mountain Station, where the tour begins and ends. Snowmobiles from the mountain station will meet buses to Kebnats for transfer. Transfer must be booked in advance - please let us know your arrival time so that transfer can be arranged.

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.

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 has received a prestigious Swedish Ecotourism award for its commitment to high standards to cultural and environmental sensitivity.