

KINGS TRAIL ARCTIC SNOWSHOE EXPEDITION



Highlights

- Experience true Arctic wilderness as you snowshoe the magnificent Kungsleden (King's Trail)
- Explore Abisko National Park as it spreads from the scenic frozen shores of Lake Torneträsk
- Capture the striking profile of Lappporten, the 'gate' formed by neighbouring hills that is the legendary gate to Lapland
- Master new skills as you snowshoe through the spectacular landscape of Abisko
- Leave only snowshoe prints as you travel gently through untouched snow, past Kebnekaise (Sweden's highest mountain) and track some of the park's amazing wildlife
- Learn about the Sámi culture, reindeer herding and walk amongst a Sámi village
- Overnight in Swedish mountain huts and reward yourself with a traditional Swedish sauna
- Give yourself the best chance of witnessing the majestic dancing skies of the Northern Lights
- Fully supported trip with local crew chopping wood and fetching water in this pristine and remote Arctic wilderness
- Receive a complimentary Water-To-Go bottle on this trip to minimise our plastic footprint in Sweden!



WELCOME

Välkommen

Overview

In the extreme north of Sweden, 180kms inside the Arctic Circle, hides the last remote wilderness of Lapland. Arriving here you will experience the unique home of the Sámi people and the Kungsleden (Kings Trail), an expansive landscape of incredible glaciers, birchforests, powerful rivers and the highest mountains in Sweden.

Your winter snowshoe expedition starts in Abisko, home to one of Sweden's oldest National Parks, and is one of the best places on earth to view the Aurora (Northern Lights). Averaging 14kms per day trekking through the spectacular and everchanging landscapes. Each night will be spent in remote Arctic mountain huts where you can enjoy a sauna to cap off a perfect day of snowshoeing.

This is an amazing opportunity to feel like an Arctic explorer with carrying your own kit of around 12 – 14kgs, chopping wood, lighting fire stoves for warmth in the mountain huts, cooking food and fetching water from remote ice wells. It's an incredible week in such pristine frozen wilderness. No previous snowshoeing experience is required as training and practice sessions are all provided.

Join us for this unique expedition which has been designed by Chief Ewe Jim and our local crew and is exclusive to Adventurous Ewe.





TRIP SUMMARY



Activity: Snowshoe Trekking
Duration: 7 days & 6 nights
Active days: 5 days snowshoeing
Distance: Approx 60kms in total
Accommodation: Swedish mountain huts & hostels

Group size: 8 – 10 people
Level of difficulty: ■■■■■
Dates: 14th – 20th March 2022
2022 revised cost: £1,850 per person

ROUTE MAP

Get ready for an adventure



An incredible journey through the frozen pristine wilderness that you will remember for a lifetime.

DAY 1

Flight from Stockholm to Kiruna and transfer to Abisko National Park

DAY 2

Abisko practice Snowshoe, Sámi village visit & snowmobile transfer to Lake Alesjaure

DAY 3

Lake Alesjaure to Tjakja Mountain Hut (14kms / 6 hours)

DAY 4

Tjakja Mountain Hut to Salka Hut (14kms / 5 hours)

DAY 5

Salka Hut to Singi Hut (13kms / 5 hours)

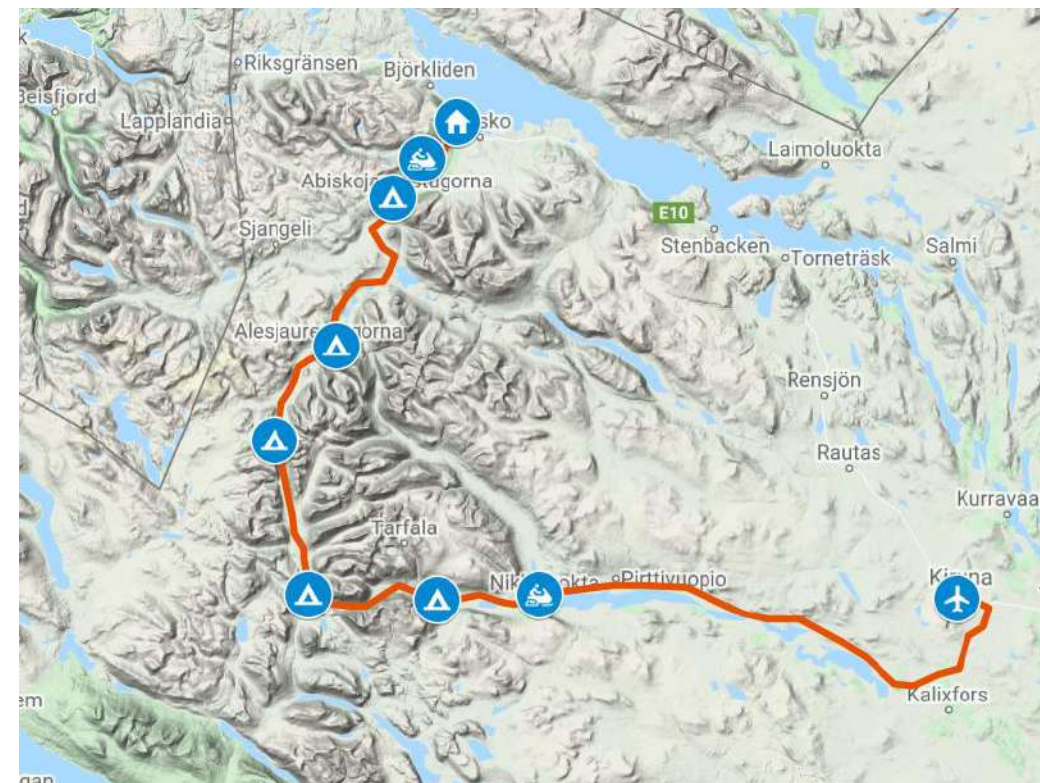
DAY 6

Singi Hut to Kebnekaise (15kms / 6 hours)

DAY 7

Kebnekaise to Kiruna Airport and return home

Please note that this is a guideline and we ask for your flexibility on this due to factors outside our control which may affect your schedule such as flight delays, weather, ability of the group, etc.



ITINERARY

2 snowshoes. 60kms trek. Arctic Circle. Northern Lights. 1 unique journey

DAY 1

Flight from Stockholm to Kiruna and transfer to Abisko National Park

Stockholm-Arlanda (ARN) to Kiruna (KRN)

1.5 hour transfer to Abisko

Meet the team, trek briefing and dinner

We'll provide you with the recommended flights to book in Sweden or alternately, we can book the flights for you through our ATOL & ABTA protected Flight Agent at their respective cost.

The team will all meet in Stockholm Airport to take the same flight to Kiruna. On arrival at Kiruna Airport a private transfer will then take you to Abisko, approximately 1.5 hour transfer.

After checking in to your room you will meet your Swedish Arctic Mountain Guide who will provide you with a full briefing of your adventure ahead. Time permitting, you may have the opportunity for an optional trip to the Abisko Sky Station to view the Aurora (at an additional cost). The scenery is spectacular with views of the impressive u-shaped mountain formation 'Lappporten' and the grand lakes Torneträsk and Sjumilasjön.

Later in the evening a 3-course dinner will be served in the restaurant. Lodging in twin share ensuite hotel rooms.

Included

Transfer:	Private transfer from Kiruna Airport to Abisko
Accommodation:	Mountain station (twin rooms)
Meals:	Dinner

Not included

Flights
Meals during transit
Abisko Sky Station optional trip

DAY 2

Abisko Snowshoe (6km trek / 3 hours), Sámi village visit and snowmobile transfer to Lake Alesjaure

Snowshoe fitting, training and warm-up trek

After breakfast you will be fitted with your snowshoes and the team will head out to explore Abisko National Park directly from the Mountain Station. This is a perfect time to try out your equipment and learn the technique of snowshoeing. Plus you will have the chance to see the striking profile of Lappporten, a 'gate' formed by neighbouring hills that serves as the legendary gate to Lapland. You'll also have the chance to snowshoe through a reconstructed Sámi village where you will learn about the fascinating Sámi culture. Sweden's indigenous people, the Sámis, have a deep-rooted tradition of reindeer herding as their way of life and the way they have adapted to living in such extreme conditions is remarkable.

Following 2 - 3 hours of snowshoeing, you will return to the Mountain Station for lunch before your exciting 35km transfer by snowmobiles to the high mountains and your cabins at Lake Alesjaure. This will take approximately 2 hours. That evening, your lodging will be in mountain huts with either gas or wooden fire heating and there's the welcomed opportunity to enjoy a sauna in the Swedish highlands. Any kit not needed for the snowshoe hike can be sent to the finish at the trailhead in Nikkaluokta.

Included:

Kit:	Snowshoes and trekking poles
Transfer:	Snowmobile transfer from Abisko to Lake Alesjaure
Accommodation:	Mountain hut (dorm style rooms)
Meals:	Breakfast, lunch & dinner

ITINERARY CONTINUED

2 snowshoes. 60kms trek. Arctic Circle. Northern Lights. 1 unique journey

DAY 3

Lake Alesjaure to Tjakja Mountain Hut (14kms / 6 hours)

This is the start of your King's Trail adventure! The first part of today's leg takes you along the frozen Alesättno River with steep mountain walls rising more than 1000 meters. The valley will narrow as you start the climb up towards the Tjåktja mountain-cabin. You will cover approximately 13km in distance through the awe-inspiring landscape gaining 200 metres in ascent. Lodging will be in mountain huts with either gas or wooden fire heating. On reaching the mountain huts each evening, your support crew will adopt the expedition style roles of wood chopping for the fire stoves, fetching water from remote ice wells and cooking dinner. You are most welcome to sit back, relax and experience the atmosphere in the mountain huts, chat to other fellow trekkers residing from all areas of the world or join in and help with the crew's preparations. The choice is yours. The mountain huts are managed by local volunteers who typically base themselves in the hut for the entire season and have been volunteering for many years.

Included

Accommodation: Mountain hut (dorm style rooms)
Meals: Breakfast, lunch & dinner



DAY 4

Tjakja Mountain Hut to Sälka Hut (14kms / 5 hours)

Following breakfast, you will set out on your second day of snowshoeing through this everchanging frozen landscape. This morning your track continues upwards to the awe-inspiring Tjåktjapass at 1140 metres. On reaching this high point the remarkable Tjåktjavagge Valley opens up below you with incredible panoramic views stretching over 40 kilometres across the Arctic terrain below. This is one of the greatest views on the Kings Trail.

You will then slowly descend winding your way to your mountain cabins at Sälka. Waiting for you here is another chance to have a sauna in this pristine frozen environment!

Included

Accommodation: Mountain hut (dorm style rooms)
Meals: Breakfast, lunch & dinner



ITINERARY CONTINUED

2 snowshoes. 60kms trek. Arctic Circle. Northern Lights. 1 unique journey

DAY 5

Sälka Hut to Singi Hut (13kms / 5 hours)

The hike between the cabins at Sälka and Singi is among the most beautiful and magnificent that the Swedish mountain realm can offer. Imposing summits, steep slopes and huge glaciers surround you as you walk across the vast frozen landscape. The route takes you through the impressive valley of Tjåktjavagge. The magnificent surroundings will keep you mesmerised as you leave your snowshoe tracks in the fresh snow. You will be graced with incredible views across the powerful Drakryggen and the northern summit of Kebnekaise, and the peaks just keep on appearing one after the other. This will be your final night of lodging in mountain huts, so feel free to soak up the atmosphere, relax or join the crew to chop some wood or fetch some fresh water from the ice wells.

Included

Accommodation: Mountain hut (dorm style rooms)
Meals: Breakfast, lunch & dinner



DAY 6

Singi Hut to Kebnekaise (15kms / 6 hours)

Your final day in snowshoes will see you leave the Kungsleden long-distance trail. The hike between the Singi cabins and the STF Kebnekaise Mountain Station passes through the narrow part of Laddjuvagge with truly spectacular scenery. The route continues eastwards towards the imposing passage between the steep rugged slopes of Singitjåkka and Skárttoaivi. After passing the narrow part of the Laddjuvagge valley, you are greeted by an impressive open landscape. The final few kilometres will see you wind your way to the finish at Kebnekaise Mountain Station, which is at the base of the highest mountain in Sweden and the heart of Swedish alpinism. It's the perfect way to complete your arctic adventure. A final chance for another well-deserved sauna and shower before a celebration dinner at the restaurant that evening!

Included

Accommodation: Mountain station (private dorms)
Meals: Breakfast, lunch and dinner



ITINERARY CONTINUED

2 snowshoes. 60kms trek. Arctic Circle. Northern Lights. 1 unique journey

DAY 7

Kebnekaise to Kiruna Airport and return home

Following a delicious Swedish breakfast in Kebnekaise you will have a snowmobile transfer through the frozen Valley of Ladtjovagge to Nikkaluokta. (19kms / 1 hour). This will be followed by a vehicle transfer to Kiruna Airport (1 hour 15 minutes). Full of an immense sense of pride, new skills, a greater understanding of this amazing wilderness and its people, great friends and endless stories of a week spent in the Arctic Circle, it's time to return home.

Included

Transfers:	Snowmobile transfer and vehicle transfer
Meals:	Breakfast



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Dates, trip overview



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts for your
frozen adventure

01

Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Kings Trail Arctic Snowshoe will require preparation as the expedition is designed to take you out of your every-day comfort zone and achieve something incredible. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

All our Adventurous Ewe Guides are experienced Leaders and have been carefully selected to ensure you have the best and safest experience with a bit of humour thrown in for good measure. They're a fun bunch with plenty of Winter trekking experience. All Guides are first aid trained.

Your Local Arctic Guide is a key part to this trip. Expertly trained and experienced in every field of this Arctic expedition, bilingual and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They're responsible for ensuring the complete safety, well-being and enjoyment of the team.

The Leaders have radio and satellite phone contact with base, the local office and Adventurous Ewe's HQ

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

This trip is a private group with a minimum group size of **8 people** and maximum group size of **10 people**.

#ewecandoit



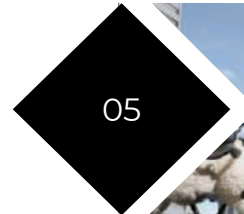
02



03



04



05

Level of difficulty

The Kings Trail Arctic Snowshoe Expedition is graded as '**Tough**'. This is due there being 5 consecutive days of snowshoe trekking in Arctic conditions. To complete the trek comfortably, it is preferable that you have previous experience of long treks in varied and irregular terrain carrying a 35 litre day-pack.

You don't need previous snowshoe experience as training will be provided, however it is beneficial that you are a confident walker with a good level of fitness to manage the duration of the trek, combined with carrying your day-pack. During the expedition you'll carry all your own kit for the day and a support snowmobile will transfer your main kit bag to the mountain huts.

Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each day. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.

Training

A bespoke Training Programme will be provided when people book on to this challenge to help with preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is:
Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list and exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel are included in this document.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.

You'll be supplied with snowshoes and trekking poles based on your size. You will have the opportunity to learn and practice using these items the day prior to setting out on your expedition. No previous snowshoeing experience is required. Your crew will carry group shelters and snow shovels as provisions for poor weather conditions.



06



07



Adventure with purpose

We're very proud to have teamed up with leading climate change charity [Cool Earth](#) and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

We are also in the process of finalising our [Climate Emergency Plan](#) to measure every gram of CO2 emitted for each trip and work on reducing our carbon footprint through a specialist consultancy, [ecollective](#).

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

Currently UK passport holders do not need a visa to enter Sweden. For further Brexit travel advice please visit <https://www.abta.com/tips-and-advice/brexit-advice-for-travellers>.

Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking, personal liability, cancellation, curtailment and loss of luggage and personal effects.

Vaccinations

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.





WHO IS ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with UK government regulations.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventurousewe.co.uk/pre-trip-info/travel-with-confidence/>

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

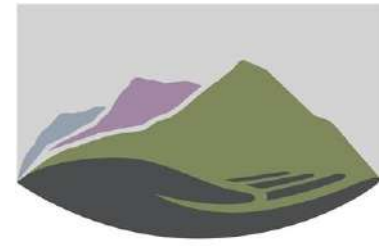
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



Arbenigwyr ar ymweliad â'r Wyddfa
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership



TOP TIPS

Snowshoeing

- Dress the part and in layers of breathable fabric ie merino wool. Always have a pair of gloves or mittens (Hestra Alpine or Mountaineering gloves), merino wool winter hiking socks, a warm beanie that covers your ears, waterproof trousers & hooded waterproof jacket (Gore Tex or similar), and sunglasses as snow in the sunlight is intensely bright.
- GOOD boots!! Make sure they are insulated, waterproof winter boots with higher ankle support, thick soles and rubber or leather uppers are ideal ie. Salomon Tundra Pro boots or The North Face Chilkat snow boots
- Train in your kit including the wearing of your daypack with weight inside. Ensure your kit is suitable and comfortable for your exciting expedition. Any questions, please contact us
- Know where you pack your stuff so that it's easily accessible ie. down jacket for when you stop for a break, snacks, water, first aid, factor 50 sunscreen, any medication, lip balm, etc.
- Pack your kit inside a dry bag and also have a rain cover for your daypack
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Bring some of your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle and a wide mouth Nalgene bottle that you can refill and avoid plastic bottles. Plus bring a good flask for a hot drink.
- Have an understanding of the history of the Sámi people and culture
- Study up on how to take photos of the Northern Lights
- Be respectful of the local people, the volunteer caretakers of the mountain huts and this pristine Arctic wilderness
- Have fun. Snowshoeing is one of the most welcoming and friendly of the winter sports. Blaze your trail and have a blast doing it.
- **Most importantly.....ENJOY THE ENTIRE EXPERIENCE!**





COST

Deposit: £250 per person payable on confirming booking

Remaining balance: £1,600 per person payable 6 weeks prior to start of trip

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

Fundraising

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trip from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel
- Trip info supplied via our free travel platform
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Qualified UK Mountain Leader – Jim Young
- Qualified Swedish Arctic Mountain Guide
- Support crew
- 2 night's high mountain station accommodation (twin or private room share)
- 4 night's mountain hut accommodation (dorm room share)
- All meals as outlined in your itinerary
- Snowshoe, trekking pole, group shelter and snow shovel hire
- Snowmobile transfers
- Support snowmobiles
- Sauna in Alesjaure and Sälka
- Safety equipment and first aid provisions
- Satellite telephone and VHF radio
- Luggage transfer between Abisko to Nikkaluokta
- Helicopter transfer from Kebnekaise to Nikkaluokta if there is not sufficient snow for a snowmobile transfer
- Private vehicle transfers in country
- Expedition management and hygienic cleaning procedures of equipment before, during and post trip.

NOT INCLUDED

Currently not included but can be organised at an additional cost

- Return international flights from your home destination to Stockholm Sweden and return domestic flights from Stockholm Sweden to Kiruna Sweden
- Any overnight accommodation or transfers required during flight times / stopovers / extensions
- Option to extend your trip and stay in the Ice Hotel in Jukkasjärvi

Items not included

- Travel insurance (mandatory). Click [here](#) for a quote through Campbell & Irvine Direct
- Clothing and equipment as detailed on your Kit List
- Any personal snacks, electrolytes and medication
- Personal spending money, cash is needed for purchases in the mountain huts for snacks & drinks
- Additional excursions outside the itinerary
- Tips for local crew
- Other items not listed on your itinerary
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of flight costs, etc.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your Arctic expedition.

BAGS

- ☐ **Rucksack** – 35 litre with waist straps for carrying your kit needed during your expedition, a snow shovel, group shelter and food & drinks
- ☐ **Small duffel or rucksack**. Before leaving Abisko you can leave a small bag of clothing which will be transferred from Abisko to the end of the trail ready for your collection
- ☐ **Dry bags** – for clean and dirty kit whilst trekking

CLOTHING

- ☐ **Water-proof jacket with hood AND water-proof trousers**. It's imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ☐ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- ☐ **Down jacket** ideally with a hood. Essential for when having breaks during your expedition, for wearing at night or in extreme weather conditions
- ☐ **Midlayer or fleece**
- ☐ **Trekking trousers** – soft shell trousers are ideal
- ☐ **Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for snowshoeing and one pair for mountain hut & sleeping)
- ☐ **Neck warmer** or merino wool buff – which can also be pulled over the lower half of your face in poor weather conditions (there are face masks available with an airhole for breathing)
- ☐ **Beanie** which covers your ears and is lined for extra warmth
- ☐ **Gloves or mittens** - insulated and waterproof (Gore-Tex) ski gloves or mitts. We recommend Hestra Alpine or Mountaineering gloves
- ☐ **Inner/liner gloves** – ideally merino wool, windproof
- ☐ **Socks** – liner socks x 3, merino wool mountaineering extra thick socks x 2. We recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- ☐ **Underwear** – merino wool or wicking fabric
- ☐ **Clothes for mountain huts and general travel**

FOOTWEAR

- ☐ **Winter boots** - insulated, waterproof winter boots with higher ankle support, thick soles and rubber or leather uppers are ideal. E.g. Salomon Tundra Pro boots or The North Face Chillkat snow boots. Both available in mens and womens makes
- ☐ **Slippers** with rubber sole or **crocs** for mountain huts
- ☐ **Trainers** or similar for travel

EQUIPMENT

- ☐ **Sleeping bag** – 3+ season. The mountain huts have wood burner stoves which help with heating therefore 4+ season sleeping bags are not required. Option to bring a sleeping bag liner for extra warmth and protection of your sleeping bag.
- ☐ **Ski goggles** - must have strong UVA/UVB protection. Used in poor or windy weather conditions
- ☐ **Sunglasses** - must have strong UVA/UVB protection. Ideally be wrap-around glasses to fully protect the eyes from potential strong reflections off the snow
- ☐ **Gaiters** - water-proof knee height gaiters to prevent snow entering your boots
- ☐ **Spork** – for eating in mountain huts
- ☐ **Flask or thermos** – 1 litre, for carrying hot drinks or soup
- ☐ **Water bottle** – 2 litre capacity. Wide mouthed water-bottle as narrow mouths and camel-packs/platypus/bladder systems will freeze. Recommend Nalgene wide mouthed water bottles
- ☐ **Head torch and spare batteries**

TRAVEL ADMIN

- ☐ **Passport**
- ☐ **Flight tickets**
- ☐ **Travel insurance policy and emergency number**
- ☐ **Debit/credit cards/cash** – Swedish Krona. Change money in Stockholm airport at the latest. At some mountain huts there's the opportunity to purchase drinks & snacks for cash only.

ADDITIONAL ITEMS

- ☐ **Antibacterial hand gel & face mask** - we recommend <https://www.virustaticshield.com/>
- ☐ **Sunscreen and lip block** – minimum SPF50
- ☐ **Favourite snacks** - both sweet and savoury
- ☐ **Electrolytes**
- ☐ **Camera** – enclose in a dry bag
- ☐ **Toiletries** – including biodegradable loo paper, dog poop bags, soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant. Please note, there are no showering facilities in the mountain huts. Sauna facilities and a bucket wash are available at 2 of the mountain huts
- ☐ **Travel toiletries**
- ☐ **Travel towel and/or sarong** – for saunas
- ☐ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, and plasters/Compeed blister pads, zinc oxide or Rock tape, knee or ankle support if you experience knee or ankle problems, etc.

NICE TO HAVE

- ☐ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ☐ **Ear plugs** for mountain huts
- ☐ **Reading material / card games** for mountain huts
- ☐ **Spare dry bag** for dirty or wet clothing
- ☐ **Portable charger**
- ☐ **Small foldaway**
- ☐ **Small foam pad** or similar to use to sit on during breaks on expedition

WHAT YOU WILL BE SUPPLIED WITH

- ☐ **Snowshoes**
- ☐ **Trekking poles**
- ☐ **Snow shovel and group shelter**

EXCLUSIVE DISCOUNT CODES

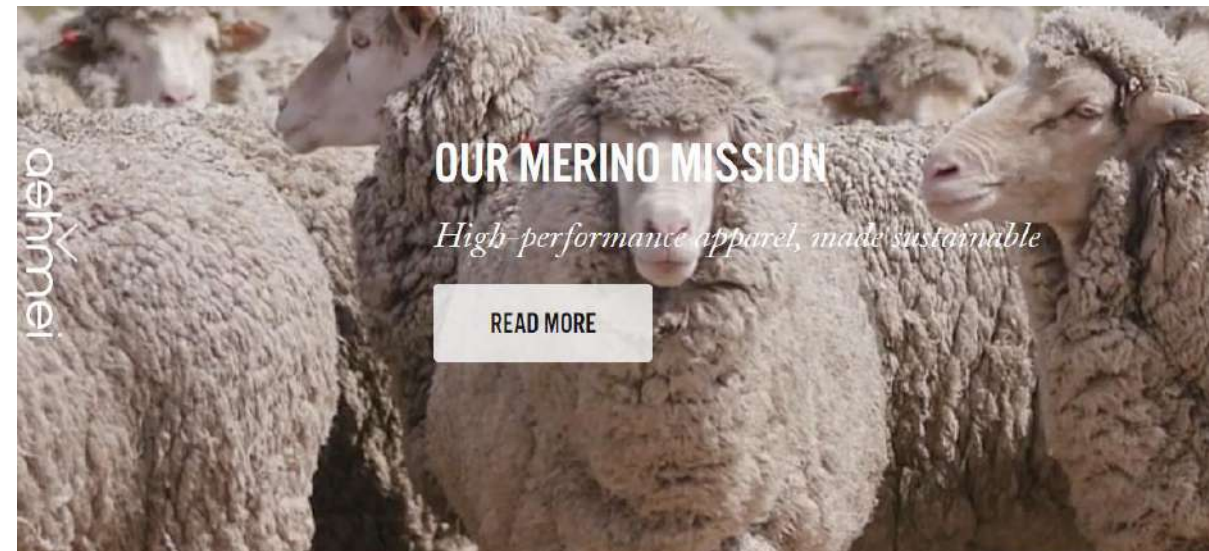
To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>
CODE: ADVEWE-10

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>
CODE: adventurousewe10

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
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<https://www.adventurousewe.co.uk/>



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We look forward to welcoming
you to the Arctic Circle for this
very special expedition
showcasing a beautiful country
and its people.

