

FINLAND WINTER WILDERNESS ADVENTURE



Highlights

- Venture north of the Arctic Circle and experience the vast white wilderness and polar nights of western Lapland
- Explore Pallas-Ylläs National Park, the oldest and largest of the 41 NP's in Finland by snowshoes & back-country skiing (no previous experience required)
- Leave only snowshoe & ski prints as you travel gently through untouched snow, up scenic fells and track some of the park's amazing wildlife
- Learn about the Sámi culture, reindeer herding and back-country ski to a Holy Sámi place
- Winter hike to a wilderness hut and cook Lappish cheese and sausages by fire while admiring the polar night sky
- Overnight in traditional lumberjack huts and reward yourself with a soothing wood-burn sauna
- Brave an ice-dip, roll in the snow and traditional sauna
- Give yourself the best chance of witnessing the majestic dancing skies of the Northern Lights
- Optional extras of a husky ride, cross country ski lesson, followed by XC skiing or even a snowbike adventure
- Fully supported trip with local Finnish crew
- Receive a complimentary Water-To-Go bottle when departing on this trip to minimise our plastic footprint in Finland!



WELCOME

Tervetuloa

Overview

With winter skies alive with the dancing Northern Lights, a country steeped in historic Nordic culture and chic Scandinavian style, this northern gem is the perfect place to spend 6 days exploring the vast white wilderness accompanied by friendly Finnish Guides.

Lapland, a magical place of unspoilt Arctic landscapes, snow-dusted woodlands and traditional lumberjack huts. In this winter wonderland, the air is crisp and the sound of rushing rivers set the scene for a memorable winter adventure by snowshoes and back country skis. It's the perfect opportunity to learn and carve new paths in the powdered terrain plus have the option to join a husky sled, learn cross-country skiing or even snow-biking. Travelling by foot and in this less visited pocket of pristine wilderness, you'll stay in traditional lumberjack cabins, have the opportunity to have an ice-dip and wood-burn sauna, back-country ski to a rocky canyon and a Holy place for the Sámi, winter hike to a wilderness hut and cook Lappish cheese and sausages by fire while admiring the polar night sky.

There's a warm welcome waiting for you in this remote winter wonderland and the locals will share stories about their way of life, culture and the nature of Lapland as well as the fascinating history of the lumberjacks.

Join us for this unique expedition which has been designed by Riitta from Finland & Sue from AE and is exclusive to Adventurous Ewe.





TRIP SUMMARY



Activity: Snowshoe & Back-Country Ski
Duration: 6 days & 5 nights
Active days: 5 days snowshoeing | back-country skiing
Tuition: Provided for snowshoe & back-country skiing
Accommodation: Traditional lumberjack cabins & hotels

Group size: 10 - 20 people
Level of difficulty: ■■■■■
Dates: Jan | Feb | Dec

Challenging

ROUTE MAP

Get ready for an adventure



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

DAY 1

Arrival at Kittilä airport in Lapland. Transport to Lapland style hotel accommodation.

DAY 2

Snowshoe and overnight in lumberjack cabin.

DAY 3

Back-country skiing and overnight in lumberjack cabin.

DAY 4

Snowshoe to the top of one of the 7 fells and overnight in a lumberjack cabin.

DAY 5

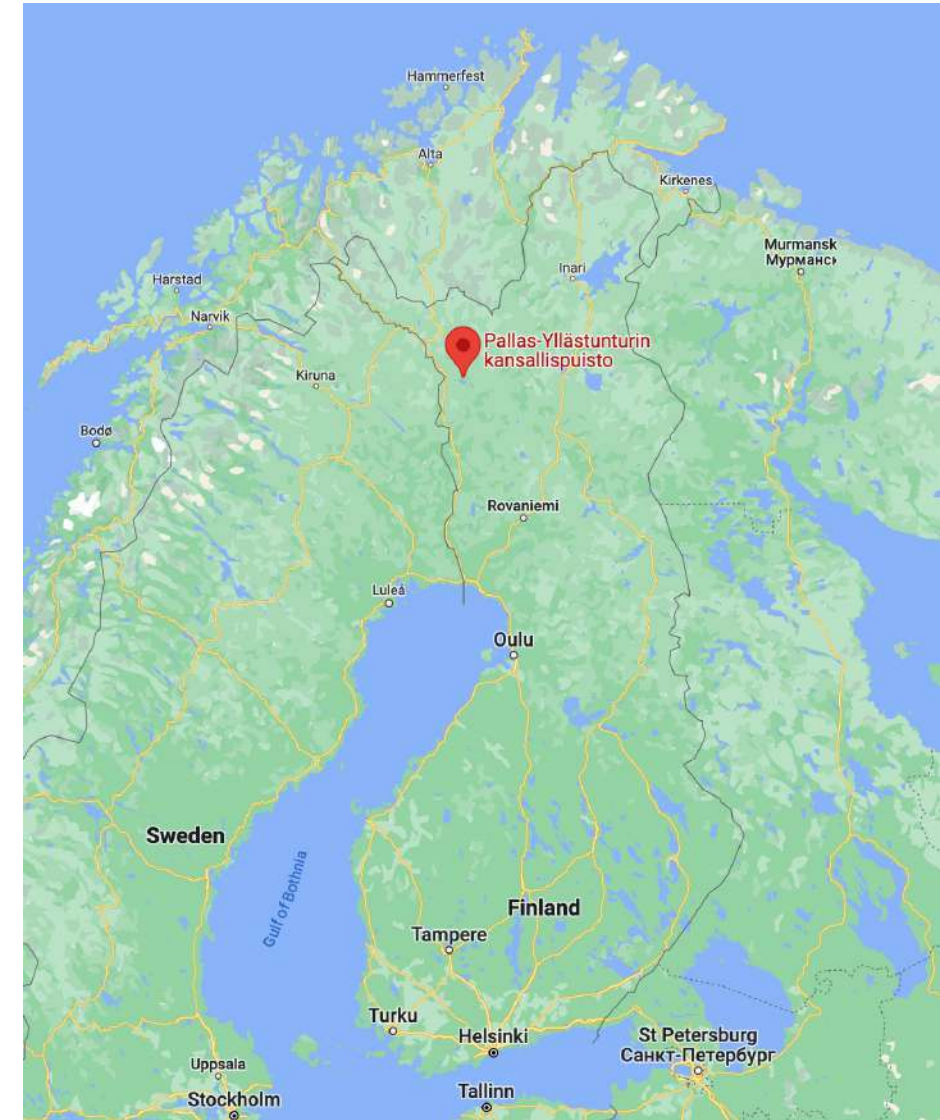
Back-country skiing frozen wetlands of Lapland and a saivo lake. Overnight in lumberjack cabin.

DAY 6

Optional adventures – husky dog-sledding, cross-country skiing lesson and session or snow-biking. Overnight in a family-owned hotel.

DAY 7

Transport to Kittilä airport. Return flight home via Helsinki.



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, ground conditions, ability of the group, etc.

ITINERARY

Head beyond the Arctic Circle into the vast white landscapes of Pallas-Ylläs National Park

DAY 1

Arrive at Kittilä Airport (KTT) and transfer to hotel
Meet the team, briefing and dinner

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

Arrival at Kittilä Airport in Lapland. Transport to accommodation (first and last night is in the same Lapland style hotel in Äkäslompolo whereby you can leave some luggage at the hotel). A warm welcome awaits from your Finnish Guide who will provide you with a full briefing of your adventure ahead. Dinner will be served in the restaurant and lodging is in a twin share room with ensuite. You're welcome to have a sauna as well if you wish.

Included

Transfer: Private transfer from Kittilä Airport to hotel in Ylläs, Äkäslompolo
Accommodation: Lapland style hotel (twin share basis)
Meals: Dinner

Not included

Flights
Meals during transit

DAY 2

Snowshoeing
Snowshoe fitting, training and snowshoe hike

After breakfast you will be transferred to the start of your winter wilderness adventure. You'll be provided with all the equipment needed for a week of activities in Arctic conditions. Strapping on a pair of snowshoes, your adventure starts in the white wilderness of Pallas-Yllästunturi National Park where you'll be taught the necessary skills for this activity. Break for lunch at a wilderness café or kota (Finnish for fireplace hut in the wilderness).

The afternoon will be spent exploring more of the national park leading you to a traditional lumberjack cabin in the middle of the wilderness at late afternoon / evening. Arrival snack, followed by traditional wood burn sauna await. You'll learn how to prepare this sauna. Dinner and welcome by locals who share stories about Nordic culture and the nature of Lapland as well as the history of lumberjacks.

Included:

Kit: Arctic suit, snow boots, snowshoes and trekking poles
Transfer: Private transfer
Accommodation: Traditional lumberjack cabin (dorm style rooms with bunk beds)
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

Head beyond the Arctic Circle into the vast white landscapes of Pallas-Ylläs National Park

DAY 3

Back-country skiing

Today you'll experience the Scandinavian-born sport of back-country skiing. Following breakfast your Finnish Guide will literally walk you through the basics and off we go! Back-country ski straight out of the cabin door. Skiing in the soft snow is a lot of fun and it's a beginner friendly sport. Break for lunch at kota / wilderness cafe.

With gaining more confidence on your skis, you'll explore more before returning to your lumberjack cabin at late afternoon / evening. Arrival snack, followed by traditional wood burn sauna that you can now prepare yourself. Optional stretching session, followed by dinner.

Included:

Kit: Arctic suit, snow boots, back-country skis and poles
Accommodation: Traditional lumberjack cabin (dorm style rooms with bunk beds)
Meals: Breakfast, lunch & dinner

DAY 4

Snowshoeing the Seven Fells Area

Fell: Treeless round peak. Finnish: "tunturi".

Following breakfast, it's back to the snowshoes to explore the Seven Fells. The seven fells of Ylläs have delighted travellers for centuries. Being some of the oldest hills in the world, they've eroded from sharp mountains to round fells through time. You'll snowshoe to the top of one of the seven fells in Ylläs and be rewarded with a breath-taking view on a clear day. At the top, the picturesque snow covered trees frame the vast landscape. Break for lunch at kota / wilderness cafe.

You'll then wind your way to another lumberjack cabin at late afternoon / evening. Arrival snack, followed by traditional wood burn sauna. Optional stretching session, followed by Lappish dinner.

Included:

Kit: Arctic suit, snow boots, snowshoes and trekking poles
Accommodation: Traditional lumberjack cabin
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

Head beyond the Arctic Circle into the vast white landscapes of Pallas-Ylläs National Park

DAY 5

Back-country skiing

After breakfast and briefing you'll head out to explore the frozen wetlands of Lapland and a saivo lake, a rocky canyon worn by glacial rivers and the seida rock beside it. This is a Holy place for ancient Sámi which was formed by nature thousands of years ago.

After lunch at kota we head back to our previous nights' lumberjack cabin for dinner and sauna.

Included:

Kit: Arctic suit, snow boots, back-country skis and poles
Accommodation: Traditional lumberjack cabin
Meals: Breakfast, lunch & dinner

During one of the evenings, if the Aurora is forecasted you'll venture out for a polar night hike to a wilderness hut where we cook Lappish cheese and sausages by fire while admiring the night sky.

There will also be the opportunity for an ice-swim and sauna enroute.

DAY 6

Optional activities or a day of rest

To give you the flexibility to try something new in the Arctic wilderness or simply just relax and enjoy your stunning surroundings. You can choose from a husky ride, cross-country ski lesson, followed by XC skiing or even snow-bike adventure. The dog-sledding is around 3 hours all including and the other activities are around half a day.

Husky dog sledding including transfer	£245 per person
Snow fat biking (electric bike)	£105 per person
Snow-biking (standard bike)	£75 per person
Cross-country ski lesson	£75 per person

Included

Transfer: Private transfer from to you hotel in Ylläs, Äkäslompolo
Accommodation: Third generation family run hotel (twin share basis)
Meals: Traditional Lappish celebration dinner

ITINERARY CONTINUED

Head beyond the Arctic Circle into the vast white landscapes of Pallas-Ylläs National Park

DAY 7

Kitilä Airport and return home

Following a delicious Lappish breakfast you'll have a vehicle transfer to **Kitilä Airport**. Full of an immense sense of pride, new skills, a greater understanding of this amazing wilderness and its people, new friend-sheeps and endless stories of a week spent in the vast white wilderness, it's time to return home.

Included

Transfers:	Vehicle transfer
Meals:	Breakfast only

If you wish to extend your stay in Finland, please feel free to get in touch.

Itinerary changes

All our itineraries are updated regularly throughout the year based on feedback and to reflect the current situation in each destination. Once booked, your travel details will be available through a personalised travel app which may therefore differ from when you first booked your trip. Your travel app info is the most up to date and it is important that you review this info prior to travel so that you have the latest updates.

Due to weather, local conditions, transport schedules, public holidays, and other factors, further changes may be necessary to your itinerary once in-country. The order and timing of included activities in each location may also vary seasonally to ensure you have the best experience. Your Local Finnish Guide will keep you up to date with any such changes once on the trip. Please respect their decisions as all decisions are made with your safety and well being at the forefront closely followed by ensuring you have the best experience possible at that given time.

Optional activities

A selection of optional activities are available on the final day of your trip to give you the flexibility to try something new or simply just relax and enjoy your stunning surroundings. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is strongly advised. Once you have booked on this trip, we would highly recommend that you let us know which activity you are wishing to book.

Where activities are considered medium or high risk, we work with our local operator whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

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, sustainable travel tips, etc.



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts for your frozen adventure



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.

The Finland Winter Wilderness Adventure 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 Leaders 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 Finnish Guide is a key part to this trip. Expertly trained and experienced in every field of this Arctic adventure, 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. There may be the rare occasion where your leader has to alter the itinerary and activities due to the weather. In this case an alternative will be offered.

The Leaders will be in 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 can run with a minimum group size of **8 people** and maximum group size of **20 people**.

#ewecandoit



02



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Trip grading

The Finland Winter Wilderness Adventure is graded as '**Challenging to Tough**'. This is due there being 5 consecutive days of snowshoe & back-country skiing in Arctic conditions. Lapland can be extremely cold at this time of year. Please bring appropriate clothing for adverse weather conditions. Please see the Kit List in these Trip Notes for more details. An Arctic all-in-one suit and snow boots are provided.

You don't need previous snowshoe or back-country skiing 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.

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 **Strength & Movement Coach, Peter Lant**. 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 retailer **Crib Goch Outdoor** is included in this document.

You'll be supplied with Arctic clothing, snowshoes, back-country skis and poles based on your size. You will have the opportunity to learn and practice using these items. No previous snowshoeing or back-country skiing experience is required.



06



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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 partnership 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.

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...

We've got you covered – financial protection

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 arranged by [IPP \(International Passenger Protection\)](#) which is underwritten by Liberty Mutual Insurance Europe SE (LMIE) trading as Liberty Specialty Markets, a member of the Liberty Mutual Insurance Group.

Passport

All nationalities require a full passport that must be valid for 3 months beyond the intended length of stay.

Visa

Travellers from the UK, US and EU normally do not need a visa to enter Finland. Please note, visa requirements often change and it is your responsibility to obtain any required visas for this trip. Therefore, we recommend that you check with the nearest embassy or consulate of your chosen destination, including any countries you may be transiting or transferring through. Some local governments provide guidance on what visas their citizens need....

- Australia: www.smartraveller.gov.au/destinations/europe/finland
- Canada: www.travel.gc.ca/destinations/finland
- United Kingdom: www.gov.uk/foreign-travel-advice/finland/entry-requirements
- USA: www.travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Finland.html

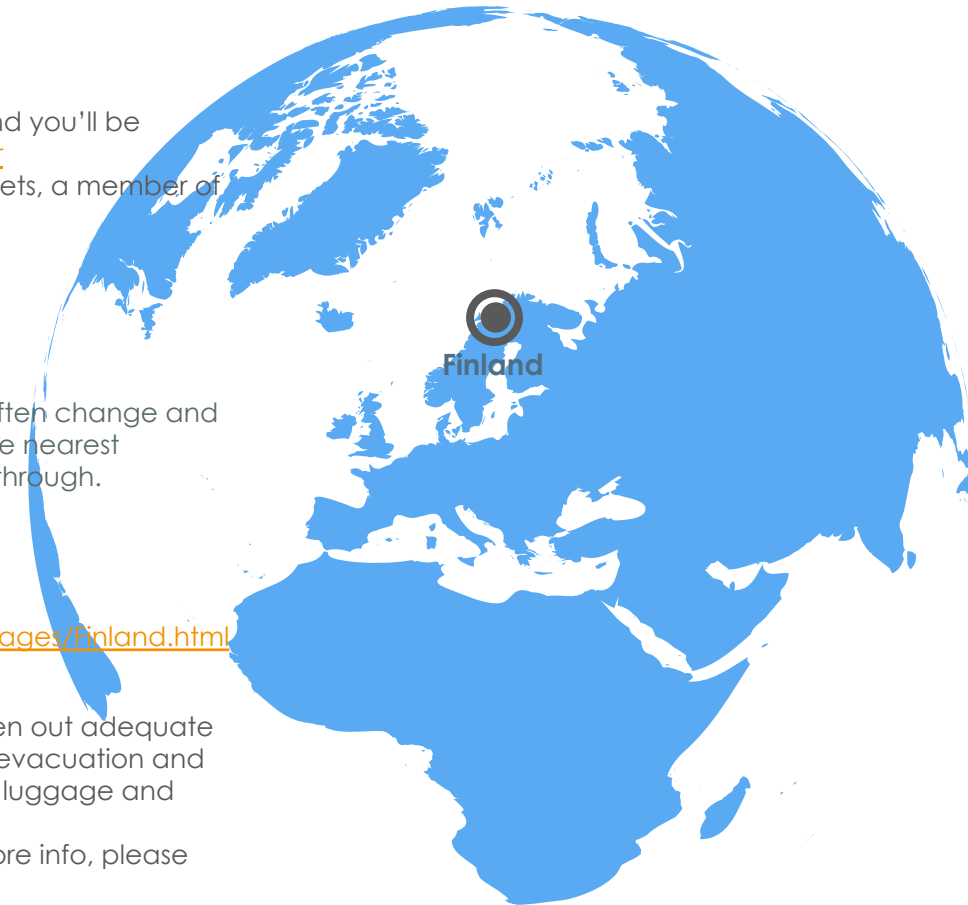
Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, winter activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and pandemic travel cover.

For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. For more info, please visit the specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Vaccinations

There are no required vaccinations. However, you may want to consider vaccinations for tetanus, rabies (bat lyssavirus) and tick-borne encephalitis. 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>.



Lapland info

The land of 3 winters

Did you know that there is not just one but three winters in Lapland! The first is the snow period (Oct-Nov), then the Polar Night (Dec-Jan) and finally the Snow-crust-season (Feb-April/May). Depending what type of scenery and weather you want to experience, the choice of timing is important. The time from December to February is stunningly different but also much colder. This is the best time to experience Arctic conditions with temperatures from -10C° to -30C°. But don't worry – with exercise and warm clothing combined, you will stay warm. Arctic clothing provided, with insulated boots, woolly hat and large mittens, -20C (-4F) can feel rather pleasant. March – April is much milder with warmer days and day temperatures from approx. -5C° to +5C° and a lot of sun from early morning till late evening! Snow is more hard packed and you'll get to enjoy a lot of light. This is an ideal time for long cross-country ski trips.

Cold weather

If the thought of cold weather sends shivers down your spine, a rule of thumb is the colder, the more beautiful. Don't be afraid of the cold – Finnish houses and transport are always warm and when outside, the Arctic clothing provided will keep you snug plus staying active helps keep you warm.

Daylight hours

At extreme latitudes, the days shorten and lengthen much faster. So while in mid-winter (December/January) the sun remains just below the horizon, by April there are more daylight hours than in the UK, and the midnight sun is only weeks away. Even in midwinter, it is not dark, as the sun is just above the horizon and there is plenty of light reflected off the snow.

Northern Lights (also known as aurora borealis or polar light)

Northern Lights may appear close to Earth but they actually form at altitudes of over 100kms, when solar winds made of particles from the sun agitate atmospheric gases. Northern lights are best spotted during winter when it's dark and the weather is clear. Therefore the cold Polar Night season is generally the best time to witness the vast skies alive with this dancing phenomenon. We can't promise that you will see this beautiful display but the longer you stay, the greater your chances to experience them.

Sauna

A traditional part of Finnish culture, a sauna is the most relaxing way to end your day. Your Finnish Guide will teach you how to heat up a wood burn sauna as well as the many traditions around it.

Ice swimming

Did you know that the biggest fans of ice swimming are elderly people in Finland? So there's no excuse to give this a try. There is a Finnish dress code: woolly hat and woollen socks make walking through the snow more comfortable and a swimsuit is optional 😊

Arctic wildlife

Reindeer, Siberian Jay, wood grouse, willow grouse, are just some of the wildlife that you can encounter in Lapland. You will get to recognise their tracks and perhaps be lucky enough to catch glimpses of them too.

The largest wilderness area in Europe

Lapland is the beating heart of the Arctic area and home to Europe's largest unspoiled wilderness.



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.

Responsible Travel

We are proud to be a member of Responsible Travel, a community of tourism businesses who care passionately about their destinations. As part of this partner-sheep, we are committed to responsible tourism to deliver more authentic travel experiences, and improved benefits to local people and places.

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/>



The Specialist Travel Association



**TOURISM DECLARES
CLIMATE EMERGENCY**



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.

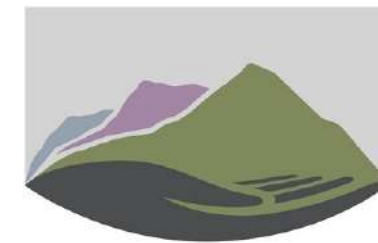
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

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

COOL EARTH



TOP TIPS

Winter adventure

- **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 Chillkat snow boots. Snow boots will also be provided.
- **Boot size** - make sure boots are about 1-2 sizes bigger to have air space in them, plus fit thick wool socks in. Airspace is a must as in -20C or colder feet will get cold very quickly if the boots are tight.
- **Train** in your kit including the wearing of your daypack with weight inside. Ensure your kit is suitable and comfortable for your exciting adventure. 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 dry bags.
- **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 and bring in to Finland).
- **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.
- **Study** up on how to take photos of the Northern Lights.
- **Be respectful** of the local people, the caretakers of the lumberjack cabins and this pristine white wilderness.
- **Have fun.** Snowshoeing & back-country skiing are 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: £245 per person payable on booking

Remaining balance: £TBA per person payable 5 weeks prior to start of trip

Total cost: £TBA per person

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 local independent retailer
- Trip info supplied via our free travel app
- 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:

- Finnish Arctic Guide
- Adventurous Ewe Host (for groups over 10 people)
- Support crew
- Snowshoe & back-country skiing tuition
- 2 night's hotel accommodation (twin room share)
- 4 night's traditional lumberjack cabin accommodation (dorm room share)
- All meals as outlined in your itinerary
- Snowshoe, back-country skis and poles hire
- Arctic suit and snow boot hire
- Sauna use
- Safety equipment and first aid provisions
- Satellite telephone
- Luggage transfers
- Private vehicle transfers in country
- Expedition management.

NOT INCLUDED

Currently not included but can be organised at an additional cost

- Return international flights from your home destination to Kittilä Airport (KTT)
- Any overnight accommodation or transfers required during flight times / stopovers / extensions
- Option to extend your trip

Items not included

- Travel insurance (mandatory). Click [here](#) for a quote through Campbell & Irvine Direct
- Return flights to Kittilä Airport (KTT)
- Clothing and equipment as detailed on your Kit List
- Any personal snacks, electrolytes and medication
- Personal spending money
- 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 Lapland adventure. Please note, temperatures may reach up to -30C.

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

- ❑ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof and with vents
- ❑ **Down jacket** with a hood. Or 2 x mid weight downjackets are OK if they don't have one that is expedition weight. Good to have a spacious jacket to allow for additional clothing and air circulation.
- ❑ **Midlayer** or **fleece**
- ❑ **Thinner fleece or shirt**, in addition to a thicker fleece
- ❑ **Padded ski trousers**
- ❑ **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)
- ❑ **Balaclava / Neoprene mask**
- ❑ **Beanie x 2**. One needs to be expedition warmth at least (lined beanie which covers your ears). The other to be of medium thickness, to use if the weather is a bit warmer, like -10C :)
- ❑ **Expedition mittens** - insulated and waterproof (Gore-Tex) mitts. We recommend Hestra Alpine or Mountaineering mitts
- ❑ **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
- ❑ **Proper wool socks** x 2. Wool socks can be purchased in Finland.
- ❑ **Underwear** – merino wool or wicking fabric
- ❑ **Clothes for lumberjack cabins 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. Snow boots will be provided.
- ❑ **Slippers** with rubber sole or **crocs** for inside cabins
- ❑ **Trainers** or similar for travel

EQUIPMENT

- ❑ **Sleeping bag** – 3+ season. The lumberjack cabins have wood burner stoves which help with heating. Option to bring a sleeping bag liner for extra warmth and protection of your sleeping bag.
- ❑ **Ski goggles** – essential item. Must have strong UVA/UVB protection and cover eyes from the side as well.
- ❑ **Sunglasses** – (optional) must have strong UVA/UVB protection. Ideally be wrap-around glasses to fully protect the eyes from potential strong reflections off the snow
- ❑ **Knitted leg warmers** are good for Lapland, better than gaiters
- ❑ **Spork** – for eating in cabins
- ❑ **Flask** or **thermos** – 1 litre, for carrying hot drinks
- ❑ **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 / eickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards/cash** – Euro's

ADDITIONAL ITEMS

- ❑ **Antibacterial hand gel**
- ❑ **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 are available at the lumberjack cabins
- ❑ **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

- ❑ **Hand & feet warmers** (can be bought in Finland also)
- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ❑ **Ear plugs** for lumberjack cabins
- ❑ **Reading material / card games** for lumberjack cabins
- ❑ **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 & back-country skis**
- ❑ **Trekking poles**
- ❑ **Snow boots (x 2 pairs)**
- ❑ **All-in-one snow suit**

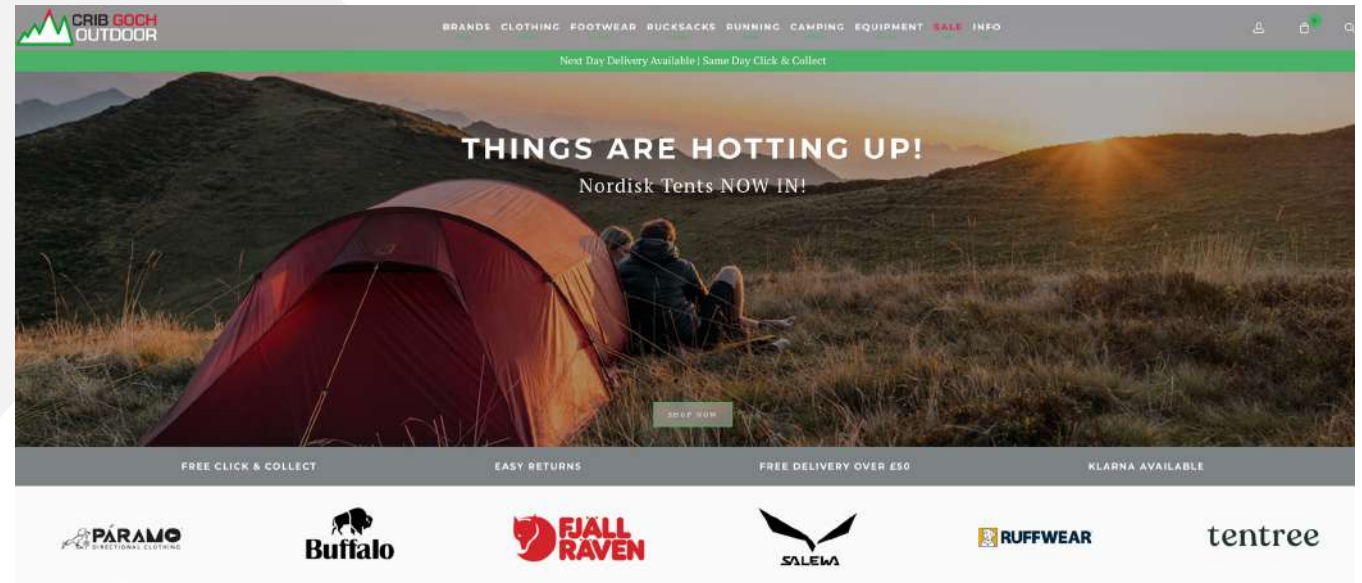
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EST 2007

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



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We look forward to welcoming you to this vast white wilderness for this very special adventure showcasing a beautiful country and its people.

