

SWEDEN Arctic Survival Challenge

Duration: **8 days / 7 nights**

Trip Grade: **Tough**

Dates:

31 Jan – 7 Feb 2010 30 Jan – 6 Feb 2011

Payment Options:	2010	2011
Self Payment Registration Fee	£299	£299
Trip Cost	£1350	£1400
Fundraising Registration Fee	£299	£299
Min. Fundraising Target	£3375	£3500

Can you imagine yourself surviving in a winter wilderness environment, miles from anywhere? This once-in-a-lifetime challenge takes us to northern Sweden and combines the chance to adapt to, and live in, the Arctic environment and satisfy your survival instinct!

We participate in husky driving, ice fishing, fire lighting, building shelters and snow-holes, cross-country skiing – to name but a few. We are unlikely to see any people other than ourselves and the occasional local people we visit.

Our week culminates in a two-day survival phase where we are totally reliant on our new skills! Despite the hard work, you will experience a unique sense of achievement, as well as the tranquillity found beneath the stars of the Arctic



skies. This really is a once-in-a-lifetime experience.

PRE-TRIP TRAINING WEEKEND

It is very important that you attend this training weekend (no extra charge). Refer to your Information pack for more details, or contact the office. Dates will be set at least 6 months in advance. For the 2010 challenge they are 20 – 22 November 2009, to be held at Clyst St Mary, Nr Exeter.

ITINERARY

Day 1: Travel to Raftlaven

Depart London for Stockholm in Sweden. We transfer to our internal flight north to Ostersund (one hour flight). Upon arrival at Ostersund we are met by our Swedish guides, and travel for approx one hour to our base at Raftlaven – a wonderful log cabin set in the woods on the edge of a lake. The cabin is wonderfully basic with no power, just an open fire, a cooker and beds – perfect!



Day 2: Snow-shoe Trek

After a group briefing, this day is spent acclimatising to the environment; we then trek to a remote beaver dam on snow shoes, with the possibility of cross-country skis for the more adventurous! Then it's back to the cabin for dinner.

Day 3: Cross-Country Skiing & Husky Dogs

After a hearty breakfast we set off for a day's husky driving. We set out on cross-country skis to the edge of Sandviksjon Lake (about 7km) where we meet up with the husky sleigh teams. We experience an exhilarating trip around the frozen lake, and have the opportunity to drive the husky dog teams. A delicious lunch is then provided on the island of Storon, before skiing back to our cabin later in the afternoon.

Day 4: Snow-Mobiles

This morning we drive for approximately one hour, where we meet up with the snowmobiles we will drive across frozen lakes and up into the mountains. We stop for lunch with the locals, which is likely to be cooked traditionally on an open fire, then it's back to the snowmobiles. Our snowmobile safari lasts for about six hours through stunning scenery. We reach a plateau where the views are spectacular and not to be missed. We then return to our cabin and prepare for the survival phase of the experience. We set out at night for our first night in the elements, where a tent and wood-burner await us.



Days 5 & 6: Survival Phase

After extremely detailed briefings with lectures and demonstrations on many aspects of survival, we will get the opportunity to put what we've learnt to the ultimate test! We will sleep in shelters constructed from natural resources that we spend the day building, and the following night will be spent in a snug snow-hole, again built by ourselves. We also spend time learning skills such as ice fishing through holes bored in the icy lakes, fire lighting and water purifying. All these skills would stand us in good stead should we ever require them! The survival phase ends after our last campfire breakfast, and then we return to the cabin.



Day 7: A little R & R! Following the challenges and rewards of the previous 48 hours, we treat ourselves to some well deserved pampering! We will enjoy a soak in the lakeside hot tub under the clear blue sky, to relax those aching limbs, as well as a sauna. We relax in the most beautiful surroundings and have the opportunity to take in the breathtaking views, and reflect on our accomplishments over the last few days. In the evening we have a celebratory meal in our cabin, and share stories!

Day 8: Return to UK

Taking care to leave the cabin as we found it, we make our way back to the airport and return to the UK.

WHAT'S INCLUDED

The tour cost includes scheduled return flights, all accommodation, transport, food, snowmobiles, skis, husky dog driving and all other activities mentioned in the itinerary. It also includes full trip support: experienced Discover Adventure



leader, local guides and support (see Trip Support below). Our guides have considerable experience and knowledge of survival techniques.

As a general guide, items not included in the tour cost are your personal travel insurance, airport departure tax (where applicable), any extra food, drink or personal items.

Approx. £50.00 is recommended for personal expenses.

Most people will not spend this much as we are far from civilisation! We strongly recommend you carry a credit card in case of personal emergency.

FLIGHT INFORMATION

Group flights leave from London Heathrow and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.

Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible; please complete the form in the information pack you'll be sent with your booking confirmation.

ACCOMMODATION

Accommodation comprises of 4 nights in the log cabin that is our base, and 2 nights on the Survival Phase. The cabin is basic but very authentic; there is no power but the cooker and log fire keep it very warm.

FOOD

All food is included and varies from survival rations to roast moose! This trip does not feature hunting your own food, but when we visit local people the food on offer is that they normally eat.

Dietary Requirements

We are usually able to cater for dietary requirements provided you let us know well in advance. Please do not expect as much variety as you would have access to at home; fresh fruit and vegetables in particular will be very scarce in this remote region. If you are vegetarian or know there are plenty of foods you cannot eat, you may wish to bring extra snacks from home so you can



top up your energy supply. Please feel free to ask us for advice.

PASSPORT & VISA

A valid ten-year passport is essential for travel in Sweden and must be valid for at least 6 months after entry into the country. There is no visa requirement for UK citizens. Other nationalities should check entry requirements.

VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)
- Polio

You should always check with a GP or travel clinic for up-to-date travel health advice as it does change

ENJOY THE EXPERIENCE!

Travelling, whether in the UK or abroad, is always unpredictable. Whether it's the wide-ranging state of public toilets the length of Britain, puncturing in the rain, quirky accommodation staff ... it's all part of the challenge you are signing up for!

We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow cyclists and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

TREKKING INFORMATION

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Clothing & Equipment

We are travelling through very remote areas where we could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for extreme temperatures. Your pre-trip Training Day will advise you in detail. Weather conditions can change quickly. We provide you with a detailed packing kit-list on registration, as

well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.



Weather

From January – April the average temperature is 0°C to -30°C. Although the temperature is extremely cold, the atmosphere is crisp and exhilarating, and not like cold days in the UK!

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trip is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the experience less enjoyable – and we want you to have the time of your life!

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.



All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to

the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

The number of crew looking after you will depend on the final size of your group, but an average-sized group in Sweden would be led by two leaders with the help of local experts experienced in different activities (eg husky-driving). At Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Local Support Crew

Our local support crew is made up of local guides/instructors and drivers. Your local guide knows the local area and conditions well, and is a great source of knowledge about local customs and lifestyles as well as the terrain you are traversing. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Luggage

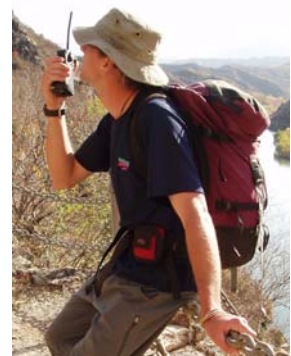
Vehicles transfer us at the start and end of the trip, and meet us for any additional transfers. On the Survival Phase your bags will normally be carried by skidoo.

Space is limited and hard-sided luggage (such as suitcases) is unsuitable; a soft expedition bag or rucksack is far better. Your luggage must be water-proof, or your gear wrapped in waterproof bags inside. Ask us about our specially-designed low-cost kitbags if you don't have one already. Luggage should not exceed 23kg.

You should also bring a small daypack to carry for items needed during the day.

TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary.



They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE RESPONSIBLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association has recognised the work we do in this area and has awarded us 4 stars as a Responsible Tour Operator.

CARBON OFFSETTING

We actively encourage all our customers to offset any emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action you can volunteer for a day with BTCV and work on an environmental project near to where you live. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge



Please contact the Discover Adventure office using the details below with any queries.

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