



WEEKLONG DOG SLEDDING EXPEDITION



WELCOME TO YOUR WEEKLONG DOG SLEDDING EXPEDITION!

Are you ready for the adventure of a lifetime?
This brochure covers all you need to know about your upcoming trip.

The expedition will take you deep into remote and wild terrain of the Arctic.

Soon, you will be dog sledding with your own team of Alaskan Huskies, through the endless snowy landscapes of Northern Scandinavia. Long distances and harsh arctic conditions will challenge your limits. You will learn how to set up camp in freezing temperatures, tend to your dogs and get closer to nature than ever before. The memories of the vast Arctic tundra with the sounds of paws on snow will never leave you.



What's included?

- Your own team of huskies and use of an expedition sled
- 6 days of sledding
- 4 nights wild camping in expedition tents
- A night in a wilderness cabin with access to a sauna
- A night in a small Lavuu (traditional Norwegian tent)
- All transport by minibus
- Experienced guides
- Polar winter outer clothing and footwear
- Arctic camping equipment
- All meals on the expedition trail
- Hot drinks
- Freedom in the wilderness!

Remember this is a hands on experience!

You do not need any previous outdoor experience, we provide everything to stay safe and warm but this is a real adventure. We head to very remote areas inaccessible by road, and the cold and ever-changing conditions are part of the challenge.

Guides are there to assist you but most of the work will be done by you. You are expected to help tend to your team, set up your own camp and be actively involved!

You will be wild camping so the comfort level is basic but cosy. You will have very limited access to facilities during the expedition itself.

What's not provided?

- Flights
- Travel insurance
- Final night's accommodation in Tromsø
- Evening meal on final night
- Personal equipment/suggested kit list
- Additional snacks, drinks or souvenirs

Dog sledding is active and physically demanding. Get ready to work as part of your team.

A 'TYPICAL' EXPEDITION

Please note that while we try our best to stick to an itinerary, nature is unpredictable. Therefore we have to modify the route taken and the camping areas in accordance with conditions and safety. This may affect the distance travelled each day.

Day 1

On arrival to Tromsø airport, you are welcomed by your expedition guide and transferred the short distance to our kennel at Tisnes, home to our 130 high-spirited Alaskan Huskies. The first night is spent here sleeping on reindeer skins, with the fire going, in traditional Sami tents.

At the kennel, the guides will go through all the specialist equipment and prepare you for the great outdoors. Coffee and waffles will be served during a pre-departure briefing.

In the evening, a cosy dinner is served in the main Lavvu. This will be a time to relax and socialise with the guides and other guests before the real adventure begins.

DAY 2

Enjoy an early breakfast in the Lavvu before we load all the dogs, sleds and equipment into trailers and board the bus for the a two-hour drive to Signaldalen, the starting point for our adventure.

Guides will assist you to set up your team before you hit the trails and sled off into the vast wilderness, following the expedition leader. The goal for today is roughly 30km through mountain forests to the Three-Nation Border (between Norway, Sweden and Finland). Here we set up camp for our first night in tents.

DAY 3 to DAY 6

This is where the fun starts and the day by day itinerary is at the mercy of the Arctic terrain and the ever-changing, often unforgiving conditions. The routes are limitless, a real Arctic playground.

The entire expedition will take you approximately 250km through mountain forests, across frozen lakes and over high plateaus in cold, challenging conditions but after day 2, the route is not fixed.

Your experienced guides will continually assess the conditions and decisions on the route and camping areas will be taken at the time, with maps in hand, like true polar explorers. Ideally, the plan is to spend one more night wild camping before reaching our unique campsite known as 'Fish Camp' at Rostojavri on Day 4. Here, you are treated to an overnight stay in a cabin to warm up and refresh in the sauna before two more nights in the wild.

While the route is not fixed, the daily structure will be similar. We rise early for the morning duties. Camp is packed up and the dogs fed, harnessed and set up on the sled. Our aim is to leave areas as untouched as we found them. The days are spent exploring on the sled, with short breaks for you and the dogs, before finding a suitable camping spot and resting up ready for another big day.

On your final night on the trail, we will enjoy a rustic BBQ over an open fire.

DAY 7

A super early start today as we have a huge distance to cover through Øvre Dividal National Park to the pick-up point in Dividalen, where our transportation will be waiting for us. You will be expert mushers by now so enjoy the last ride and soak up all the wild beauty.

Once we have packed up all the equipment and dogs, we make the two hour journey back to the Tromsø. Now rest and relax because you DID IT!

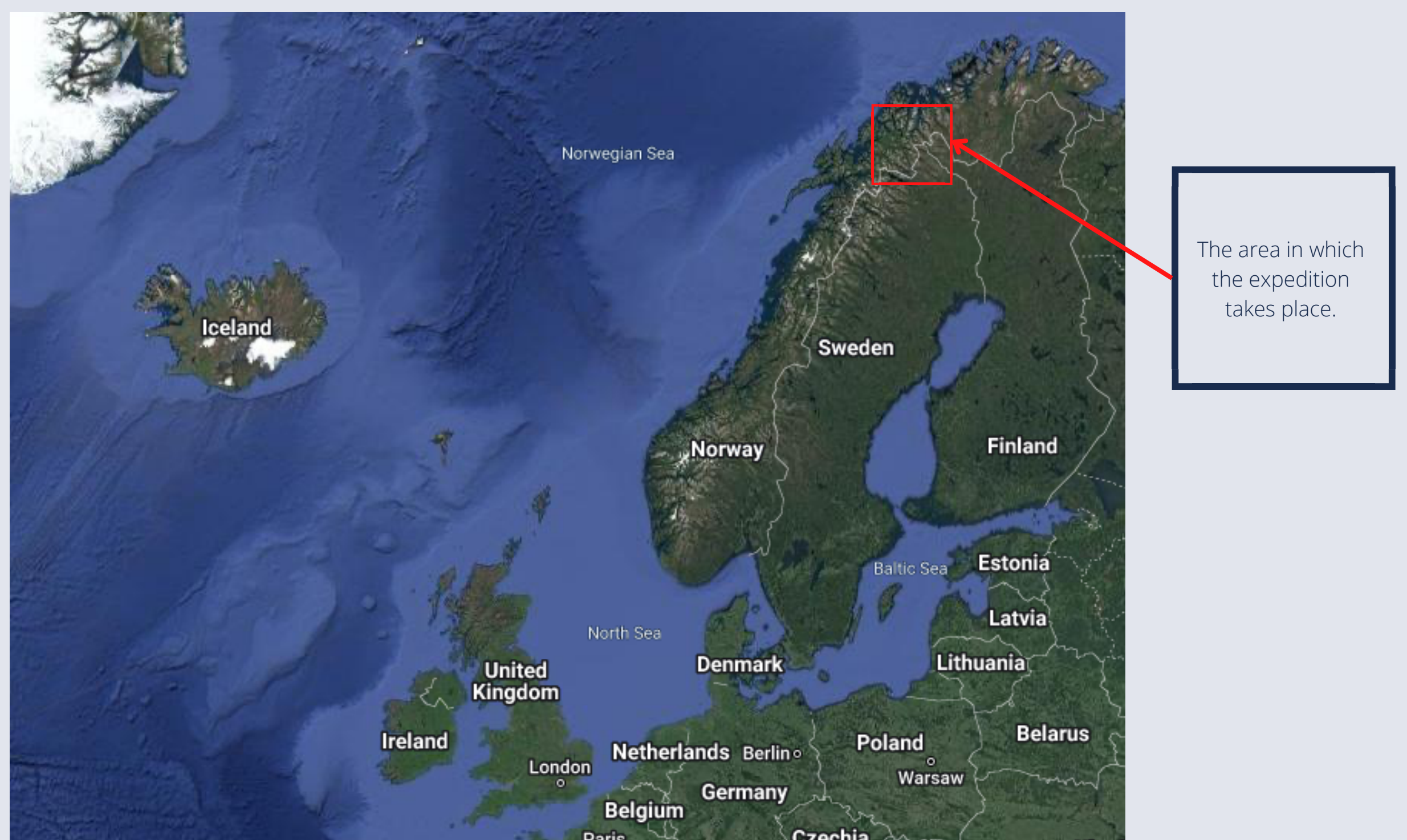
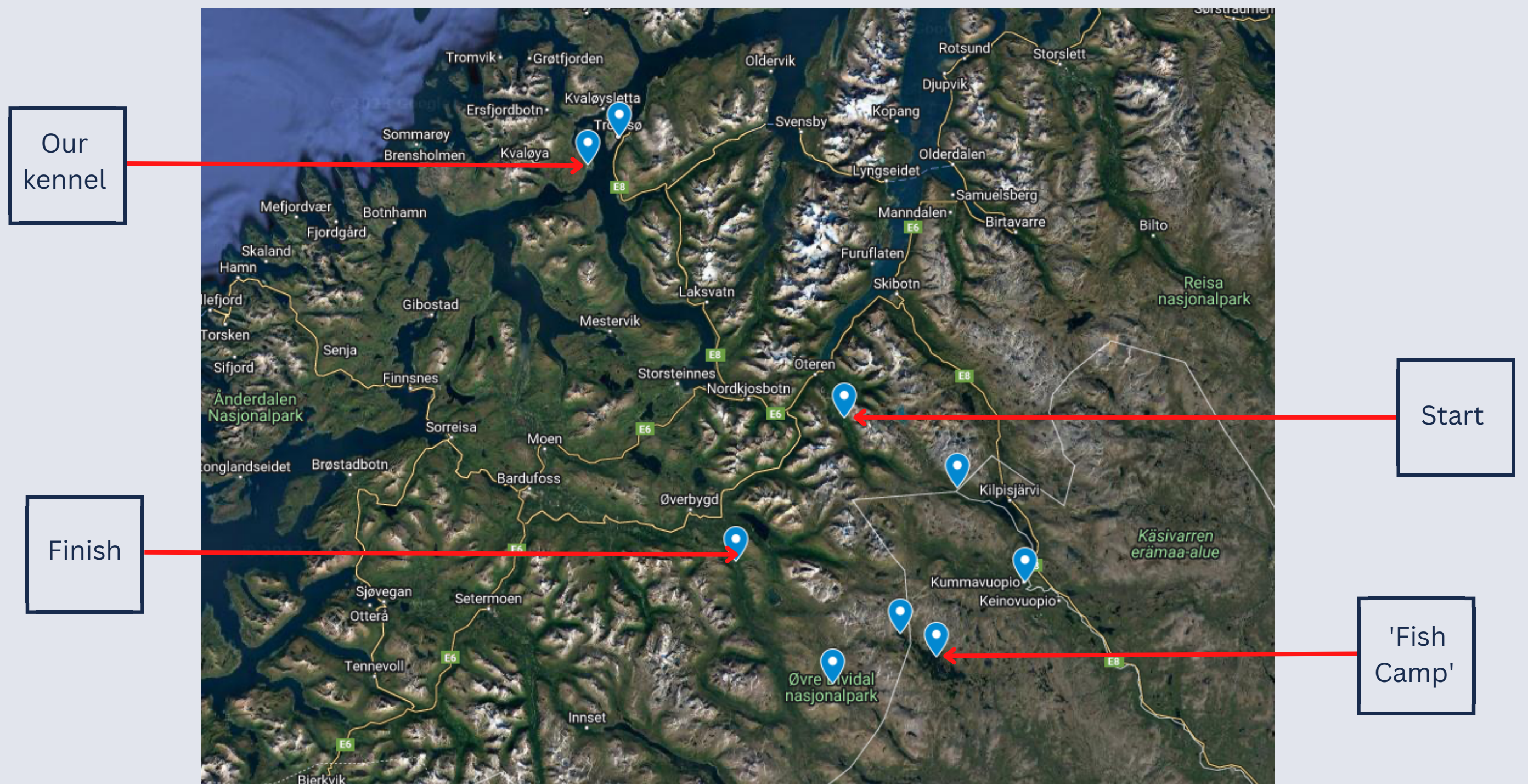
The last night is in hotel accommodation in Tromsø city centre and the group will meet to enjoy a dinner together to reflect on the adventure and share experiences.

DAY 8

Departure day - Sadly this is where we all say goodbye... with memories to last a lifetime!

THE 'ROUGH' ROUTE

Please note the map shows the general areas our expedition takes us and does not show the exact routes.



SUGGESTED KIT LIST

- Warm base layers
(Thermal long sleeve tops/thermal leggings/long johns – Wool is best!)
- Warm layers
(thick wool sweater/fleece)
- Outdoor jacket and snow trousers
- Thick wool socks
(at least 2 pairs)
- Warm hat
- Working gloves
(for use while handling the dogs and their equipment - these are likely to be thrown away after and will smell very dog like!)
- Warm mittens & woollen liner
(for sledding)
- Buff or scarf
- Towel/swim suit
- Basic toiletries
(toothbrush and toothpaste etc...)
- Sunglasses
- Ski Goggles
- Thermal flask
- Water bottle
- Plate, bowl, cup, knife, fork, spoon
- Rucksack/dry bag
(Top tip - bring plastic bags as well for clean/dirty clothes separation)
- Suncream, lip balm, moisturiser
- Small personal first aid kit/items
(plasters, paracetamol, hand warmers etc...)
- Passport, insurance and flight information
- Phone/camera
(portable chargers or extra batteries)
- Additional snacks you wish to bring
(Chocolate, nuts, dried fruit, muesli bars...)
- Spare clothing for return from expedition/to wear in the city.
(You are welcome to leave luggage at the kennel which will be taken to your final nights' accommodation!)

Remember the lighter you pack, the better. Your bag **MUST BE** less than 15 kgs. The smaller the bag, the lighter the sled is, meaning you'll go faster. The heavier the sled the more you'll need to push uphill!!!

In addition to your luggage, you need space to pack your camping equipment, food box and the equipment for your dogs into your sled.

MORE INFORMATION...

Equipment

We provide you with:

- Non- stop Polar Arctic jacket
- Winter trousers
- Harkila snow boots
- Expedition tent
- Sleeping bag
- Sleeping bag liner
- Air mattress
- Roll matt
- Camping stove & pot
- Shovel
- All dog equipment



Connectivity

Phone signal is very limited. Additionally, there are not many opportunities to charge devices so be sure to bring portable battery packs if you wish to keep them charged. Batteries do not last long in cold conditions. We suggest to disconnect and enjoy the wilderness!

Food

We take all our food for the trail with us. You have a box for the week prepared for you.

Food can vary. Evening meals are expedition packs (freeze dried food) and there will be a selection in your box; such as chilli con carne, pasta, chicken curry etc...

There are also items to make sandwiches for a quick and easy lunch during sledding breaks, as well as breakfast items like muesli, tea, coffee and snacks.

Please let Arctic Adventure Tours know of any dietary requirements well in advance. We advise you to bring your own additional snacks and you will buy your own meal on the last night in Tromsø.



Sledding

You will have a team of 5 to 6 dogs and a dog sledding lesson before departure. However, here are a few golden rules to drive a team of huskies:

- **Hold on!** Hold onto the handlebar at all times. It is very easy to lose the sled if you are not holding on.
- **Slow on the downhill.** Use the brakes to maintain a steady speed, especially on downhills! It is important not to go too fast, this is the most common cause of injury to the dogs. The driver controls the speed of the sled, not the dogs. On a downhill, the sled can glide faster than the dogs can run, if you do not brake, you can drive into them.
- **Help on the uphill.** Scoot/push/help on the uphills - this sends the right signals to the dogs that you are part of the team and creates a relationship with them.
- **Keep the main line tight.** The gangline (the line the dogs are attached to) must be kept straight and under tension at all times. If it is slack or dragging on the floor, you are going too fast!
- **Steer with your body weight.** Use your body weight to steer and manoeuvre the sled. If a left hand turn is coming up, you should lean to the left. A right hand turn, you lean to the right. If you hit a bump, lean ONTO the bump to avoid tipping the sled.
- **Maintain a safe distance.** Keep a safe distance from the team in front of you.
- **Look forward.** Head up, stand straight, soft knees.

Top tips!

- Have snacks easily accessible for the long days of sledding.
- Keep well hydrated.
- Layers are key for keeping warm yet being active.
- Wool insulates even when damp.
- Bond with your dogs, they will work harder for you!

TERMS & CONDITIONS

- The final payment of the expedition must be paid at least 4 weeks prior to the trip. The deposit is non-refundable.
- Reservations are only confirmed once the deposit has been paid.
- Arctic Adventure Tours holds the right to change or modify the itinerary in the case of unsuitable or unsafe conditions.
- The minimum age for this activity is 15 years old. Under 18s need to be accompanied by an adult.
- Guests need their own private travel insurance which covers outdoor activities.
- Guests must disclose any medical/health conditions that could impact their ability to participate.
- The hotel on the final night is at the expense of the guest and it is their responsibility to secure accommodation for this date.
- Pregnant women, people with back pain or mobility issues are advised not to join.
- The customer must agree to Arctic Adventure Tours terms & conditions to participate.