

Trip Dossier for Finland – Lapland Snow Adventure

Trip Code: FFLS Issue date: 13 October 2009 Valid from: 01 January 2010

The ultimate in snow adventures, this holiday takes you far up north into the Arctic Circle; an extraordinary place, far away from the crowds, where the combination of short active days out in the extreme cold and toasty warm wooden chalets and lots of hearty food provide a very relaxing holiday. This is for those who want to get away from the tourist masses and try new activities like dog sledging, snowmobiling and ice-fishing. After a few days here you will feel like part of the community.

Day 1 Fly to Kittila

Depart from London to Kittila via Helsinki and transfer to the Harriniva Holiday Centre or Hotel Kittila by minibus, where you will spend your first night. A hearty meal will be waiting for you when you arrive. **Hotel (Dinner)**

Day 2 Husky Safari (+ Santa Visit – December departures only) and drive to Kilpisjarvi

After breakfast in the hotel, you will be met by our local guide and they will issue you with your snowsuits, boots and ski gear. On the way to our Lapland retreat we stop en route and you'll be taken in a sledge to Santa's home in the forest; sheer delight for the kids! (Christmas departures only). While we are here you can try out husky sledging; have a ride in a reindeer sleigh; visit an impressive snow castle with ice-carved furniture; drive your own snowmobile on frozen lake (mini snowmobiles are available for children of 5 years and over) and enjoy dinner in the hotel's restaurant. We should point out that you will more than likely be joined by other holidaymakers on a daytrip to Hetta from the UK. There will be time to warm up before lunch and then, in the afternoon, you continue by minibus to Kilpisjarvi. Here you can settle into your chalets and have time to enjoy your first sauna before dinner in Tuula's café. As night falls, watch out for the Aurora Borealis, the Northern Lights as they dance across the sky. **6 nights - Chalet (breakfast, lunch & dinner each day)**

Day 3 Cross country skiing and explore the local area

This morning there will be an introduction about the area and the rest of the week's programme after breakfast. With some tuition for the inexperienced, we will try out our cross-country skis (which you will have access to at any time of the week), practicing skiing on a circuit over the frozen lake or the floodlit 7km cross-country ski circuit nearby. The afternoon will be used to explore the area around the chalets, finding out the best places to go sledging, visiting the local stores, being shown where the wood store is and how to get your fire going and generally getting used to the clothing and low temperatures.

Day 4 Snowshoe hiking and cross country skiing (for the experienced)

There will be an opportunity for experienced cross country skiers to ski over the saddle of Saana (1029 m high). The track climbs through the silent birch woods before arriving at the foot of about 800 steps (which will probably be buried!) leading to the top of the fell. Even from 200 metres up there are wonderful views. Younger children will be taken to the hut on the other side of the mountain on a sled pulled behind a snowmobile, and hikers will be able to meet up with them here for a picnic lunch. This is a great place for children to practice sledging, depending on the temperature, which is bizarrely often warmer on the fell than down in the valley. After a warming lunch, it is possible for experienced and confident skiers to ski for about 2 hours (all off piste) back to the chalets.

Day 5 Sledging on frozen lake and ice-fishing

Today you will be taken by snowmobiles towing sledges over the frozen lake to the border stone of the three countries (Finland, Norway and Sweden) approximately 15km away. Here you'll take lunch and enjoy some sledging down the gentle slope or even learn to drive a snowmobile. On the way to the border stone, there will be a chance to try your hand at ice-fishing, and if you manage to catch some, they will be grilled for dinner in the evening. There will be an opportunity for those over 15 years to drive a snowmobile (helmets are provided). There is also there is a great little sledging slope for the kids to play on near the hut.

Day 6 Visit reindeer herd

During the winter months the herds of reindeer migrate slowly south from Kilpisjarvi, following the same basic route each year. Reindeer farmer, Niddy will take you out to find his herd and tell you all about the life of reindeer herding at the time. (not suitable for children under 5). The journey includes a drive by minibus and crossing frozen land and rivers in a sledge behind a snowmobile. You will be given lunch out in the wild, surrounded by the delightful sight of a herd of about 500 reindeer! Tonight's dinner, cooked traditionally over central fire will be taken in the 'tipi'.



FAMILIES

WORLDWIDE
Experiencing your World Together

Day 7 Day at leisure to enjoy the snow; enter a sledging competition, go cross country skiing or snow hiking.

There are various options for your last day in this winter wonderland. You may like to take an optional snowmobile ride to Halti, Finland's highest fell at 1328 m, 55 km from Kilpisjarvi (adults only); try some more cross country skiing, snowshoe hiking or perhaps even skating. A sledging competition is usually on the agenda at some point. Alternatively, you can simply succumb to the soporific warmth inside the chalets, watch slide and video shows about Lapland's nature, and make the most of your last opportunity for a sauna (time to roll in the snow as well if you have not yet been brave enough!) sipping a cloudberry liquor, a local speciality! In the late afternoon, in Tuula's Café, you will be given a slideshow of the surrounding countryside and will be able to see what the scenery will look like when the snow has melted.

Day 8 Transfer back to Kittila with a stop at an excellent souvenir shop en-route, and fly via Helsinki back to the UK.

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start or end of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets.

Each itinerary is planned many months in advance and although it is our intention to operate the itinerary as printed in the brochure and detailed here, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure or other operational factors which are beyond our control. As a consequence, the order or location of overnight stops may vary from those outlined but we will always endeavour to keep you informed of any such changes. Included meals are indicated in the daily itinerary.

Optional Costs

These excursions, if available, can be arranged through your tour leader (approximate per person cost shown below)

Snowmobile ride to Halti 1328 m	£120
Cross country skiing including equipment hire	£20-30
Snowshoe hiking	£5-10

Is this right for your family? Fun for all the family with 24-7 snow guaranteed! Activities available for all ages, but under fives can find the extreme cold difficult to cope with so may need individual attention. Specialist clothing is provided.

Lone Parents Single parents or other adults travelling alone with children should be aware that some countries, including the UK, require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the relevant country embassy for further information on exactly what may be required. These details can be found on the Foreign & Commonwealth Website under the appropriate country www.fco.gov.uk/travel

Climate Finland's proximity to the Arctic Circle characterises its warm summers and cold winters. Even in the extreme north of Lapland temperatures can climb as high as 30°C (86°F). It has the highest average temperature in Northern Europe and yet in the winter it can fall to below -30°C! It has little rainfall with 40% of its precipitation falling as snow between November and April. Its late spring catches the snow by surprise causing the remainder of the winter to melt away very quickly seeing warm days and snow capped fells as late as June. In spite of these extremely low temperatures, the air is dry and there is little wind, so by wrapping up in a good number of warm layers it is possible to keep warm, especially while being physically active.

Kilpisjarvi does not see the sun between 20 November and 20 January! On our Christmas departure therefore there is no chance of a suntan. However the 'soft blue' daylight of the arctic circle does extend from 0930 to 1530 even on the shortest day, and as the days get longer and the sun sneaks above the horizon, combined with the lightening effect of the all-white landscape, you will be able to enjoy about 9 hours of good light in February.

Average monthly temperatures in Arani, North Finland

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	-9	-9	-3	2	8	14	17	15	9	1	-4	-8
Min °C	-18	-17	-14	-9	0	6	9	7	3	-3	-10	-18
Rainfall (mm)	22	19	15	20	29	54	53	66	44	28	25	30



FAMILIES

WORLDWIDE
Experiencing your World Together

Accommodation All the chalets have two twin bedrooms, an upper floor (where up to 3 extra beds can be placed), a lounge and dining area, a fully equipped kitchen, washing machine, TV and video player, separate toilet, a wood burning stove, a sauna and shower room. They have under-floor heating as well electric radiators and are always toasty warm. The one shop in the village is a short walk away and sells virtually everything you might need.

Food and Drink Meals are included as indicated in the itinerary and these are served either at Tuula's café and one night enjoy dinner in one of the characterful wooden tipi's where food is cooked over a traditional central fireplace. A breakfast basket is provided so you may dine in your chalet, picnics can be arranged when out on day trips and a warm hearty meal is served in the café in the evenings. The evening meal is the main meal of the day and this is usually meat or fish, fresh salad, bread and dessert. Vegetarians are also catered for, but please advice in advance or all dietary requirements and we will do our best to accommodate this. You may wish to take with you're your favourite tea bags, hot chocolate and breakfast marmalade or jar of peanut butter or marmite for the little ones.

A small bottle of mineral water (500ml)	£0.85
A large bottle of mineral water (1 litre)	£1.20
A can of coke (soft drinks)	£1.00
A carton or bottle of fruit juice	£0.70
A bottle of beer	£2.50
Tea or coffee	£0.70
A light lunch time snack – sandwich for example	£3.00
A two course meal* - excluding drinks	£10.00
A three course meal* - excluding drinks	£16.00

Local Costs

**Based on a mid range tourist restaurant.*

Currency The unit of currency in Finland is the Euro. At the time of writing UK£1 = €1.15 and US\$1 = €0.79 (Oct 2009). Sterling Travellers' Cheques are readily accepted in banks and larger hotels, and banks in the main centres have ATMs. We recommend that you change money at the airport. Credit cards are accepted in larger hotels and some souvenir shops, but not many restaurants

Tipping is a recognised part of life and although at your discretion you will be expected to reward service. Please remember that all tips should be a way to thank staff for good service. As a guideline, each person should allow £2 per day to cover tips for local staff.

Security Whilst the vast majority of travellers never experience anything untoward it is worth taking precautions particularly in urban areas. You should take sensible precautions in crowded areas such as street markets and airports, where pick-pocketing is common, and keep clear of any street disturbances. Don't wear expensive jewellery, never leave your bags unattended, keep large amounts of money, cameras and mobile phones out of sight when walking in town centres, and avoid walking in city centres after dark. Keep copies of important documents, including passports, in a separate place to the documents themselves, together with details of credit cards. Leave copies at home with a friend too. Safeguard valuables, important documents and cash and deposit them in hotel safes, where practicable.

Language English is widely spoken, with the country's main official languages being Finnish and Swedish.

Time Finland is GMT +2 hours in winter

Packing List Please refer to our separate "packing list"



Clothing & Equipment List for Lapland Snow Adventure

Trip Code: FFSL Issue date: 13 October 2009 Valid from: 01 January 2010

Take warm layered clothing, as you may experience temperatures below -25°C. **You will all be provided with specialised outdoor clothing; a padded one-piece snow suit and insulated waterproof boots**, (we will ask for your size in advance). Please remember warm hats, scarves and gloves.

The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Snow jacket / trousers	1			
Sturdy boots /walking boots	1 pair – optional		Soft-sided bag (50 – 80 litres)	
Socks	4 thick		Daypack (25 litres)	
Thermal Underwear	1 or 2 pairs		Sunglasses (Feb & March departures)	
Warm windproof jacket	1		First Aid Kit	
T-Shirts	3		Torch and Batteries	
Long Warm Trousers	2		Camera, Film and Accessories	
Warm Fleece or Sweatshirt	2		Washing Kit	
Warm Hat, Scarf and gloves	Essential <i>These can be hired at €20pp</i>		Swim wear (for the sauna)	
Casual wear	for evenings		Sun cream and lip balm	

ITEM	Check	ITEM	Check
Passport		Small Sewing Kit & Safety Pins	
Air Tickets		Universal travelling adapter	
Cash / Credit Card / Visa		Snow goggles (maybe useful when riding behind sledge)	
Insurance Documents		Sweets for energy	
Trip Information and Itinerary		Notebook/Diary/Pen	
Money Security Belt/Pouch		Binoculars (optional)	
Spectacles/Contact Lenses		Tea bags & coffee for a morning brew	
Moisturising Cream & Lip salve – not in hand luggage			
Hand cream			

For details regarding **hand luggage restrictions**, please visit www.baa.com