



Norwide
Finland

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FAMILY MULTI-ACTIVITY WINTER TRIP

ITINERARY

Day 1 **Welcome to Finland**



Transfer by bus or car to Hossa (about 1 hour) and time to get settled in your cottage or lodge. Tonight, our guides will meet you at the restaurant for a welcoming dinner and briefing.

Accommodation: Cottage or lodge

Day 2 **Dog-sledding safari**



Today we head into the wild taiga on dog-sleds! In the morning we will meet our musher guides and dogs, each sled is lead by a team of 4 to 6 dogs. After a quick introduction to basic mushing techniques we will set off, two per sled, across beautiful white lakes and into the forest.

Activities: 4 to 5 hours of dog-sledding

Accommodation: Cottage or lodge

Day 3 **Skiing**



After an introduction to Nordic skiing, we will spend the day exploring this winter wonderland on skis. A truly magical day; we will stop to enjoy lunch at a lovely fireplace in the forest.

Activities: 4 to 5 hours of skiing

Accommodation: Cottage or lodge

📍 Day 4 **Inuit winter walking**



Today, we experience a new kind of hiking, winter walking the Inuit way. Harnessed to a friendly husky and with a pair of snowshoes strapped to our feet, we head into Hossa National Park. With one dog per 2 travellers, we can alternate between energetic and relaxing moments and fully explore this beautiful area. The endless energy of our dogs helps us venture deep into the wild and snowy boreal forest and our relaxing solo moments allow us to take time

to soak in our surroundings as we explore the wild forest, frozen lakes and ridges.

Activities: 4 to 5 hours of winter walking

Accommodation: Cottage or lodge

📍 Day 5 **Trappers day**



Discover the art of the trapper lifestyle and ancient survival techniques essential for polar exploration. Learn how to set traps, follow tracks and try your hand at ice fishing - drill your own hole in the ice, arm yourself with patience and get ready to catch one of the many perch that swim in the waters here! Discover how to smoke your fish plus how to build igloos and shelters. Today we will also get the chance to visit a local reindeer farm and our faithful

companions at the kennels.

Activities: 5 hours

Accommodation: Cottage or lodge

📍 Day 6 **Snowshoeing and Seipiniemi Peninsula**



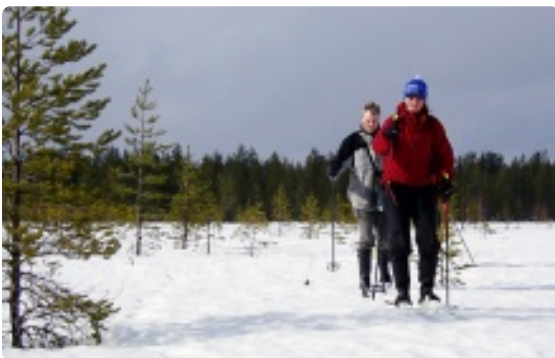
our guide, a specialist of the Arctic area, will help you fully discover the mysteries of this wild region. From April, there is an opportunity to observe many animals typical of the Far North like moose or a bears.

During this trip you will have the occasion to lead the group with your map and your compass in order to get deeper into the wild taiga forest.

Activities: 4 to 5 hours of snowshoeing

Accommodation: Cottage or lodge

📍 Day 7 **Free day – Optional activities**

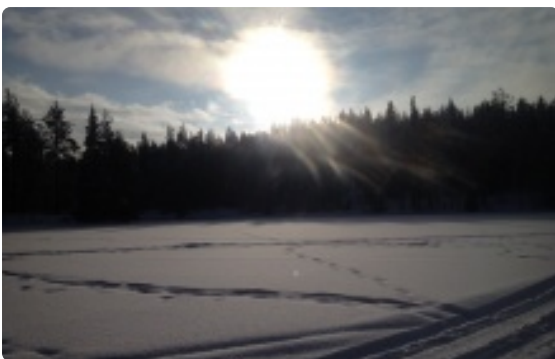


Today is a day to relax, a day to enjoy the saunas and to have snowballs fights! Perhaps you would like to repeat one of the activities you loved during the week or perhaps you would like to try Nordic skiing... There are lots of possibilities for your last day here. For dinner we can enjoy a traditional Lappish meal all together: Kärästys, or reindeer stew with cranberries.

Optional activities : On request, only on site, and subject to availability.

Accommodation: Cottage or lodge

📍 Day 8 **Transfer**



Breakfast and transfer to Kuusamo airport.

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the programme may be made.

Other trips you may like

Multi-activities in Hossa: An 8 day winter multi-activity adventure including dog-sledding, snowmobiling, winter



walking and snowshoeing...Discover a remote wilderness area, unspoilt and far away from everything and enjoy warm nights in our comfortable accommodation in the heart of Hossa National Park...



Finnish Family Getaway: Try your hand at Finnish bushcraft skills, learn traditional fishing techniques and uncover the fascinating history of the National Park- a real adventure designed to bring the whole family together...

DATES & PRICES

Departures for English-speaking groups:

No departure for now

Trip code: A8

Included

- Airport transfers to/from Kuusamo airport
- 7 nights lodge or cottage accommodation
- Full board from day 1 dinner to breakfast day 8
- Luggage transport
- Full supervision by our experienced professional guides
- Dog-sledding
- Snowshoeing
- Winter walking
- A day skiing
- An Inuit bushcraft skills day
- All technical equipment and quality cold weather clothing provided

Not included

- Flights

Additional Options

Please let us know if you would like to reserve any of the following optional activities/supplements:

- Reindeer farm visit: €10 + meal €40
- Nordic skiing excursion: prices vary

Notes

Comfort: 4/5 Comfortable

Well-equipped accommodation options like basic hotels or charming guesthouses are rated 4/5 for comfort. Please note that depending on the destination this does not necessarily guarantee private bathroom and kitchen facilities. This trip uses lodge/cottage accommodation in the heart of Hossa National Park with sauna access.

Level: 2/5 Moderate

In general no previous experience in the specific activity is required but you should be in good physical shape and prepared to participate in 4-6 hours of activity per day. You should have a sense of adventure and a positive attitude. Please note that our difficulty ratings may vary depending on the weather and snow conditions.

International flights

Flights are not included but this trip includes airport transfers to/from Kuusamo airport - please [contact us](#) if you require transfers to/from somewhere different.

Insurance

Not included

PRACTICAL INFO

Staff

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of knowledge our professional Finland team know the country inside out. All activities are led by our qualified guides who are English speaking outdoor practitioners with a passion for everything Finnish. It is possible that your group could be international, therefore several languages might be spoken by your guide.

Food

This trip includes full board from dinner on day 1 to breakfast on day 8. You will have the chance to try some traditional Finnish meals like smoked fish, salmon soup, reindeer stew and traditional cakes - please be aware that fresh fruit and vegetables are rare in our isolated northern location.

- Generous buffet style breakfasts and dinners are provided at your accommodation
- Lunches: Picnic lunches are provided on our activity days including hot food cooked on wood fires

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

Accommodation

Our basecamp is located in the heart of Hossa National Park, more than 60 miles (+100kms) away from a village or shop - no mass tourism hubs or Santa Claus Village here with us! There are 23 inhabitants in and around Hossa, most of them are reindeer farmers and yes, there are more bears here than people! We live here peacefully and we work closely with authorities to protect and preserve this stunning National Park. During your stay, you will not have many opportunities to meet local people since there are very few of them but you may cross paths with ice fishers or Nordic skiers and visit local reindeer farms.

This trip includes 7 nights in lodge or cottage accommodation in the heart of Hossa National Park.

The apartments: shared double or triple rooms with lake views, private bathrooms and sauna access. Sheets, blankets and bath towels are provided - we recommend that you to bring a second towel for use in the sauna

Budget & exchange

The currency in Finland is the euro. Please budget for the following:

- Personal expenses and drinks
- Any additional activities/supplements
- Deposits for supplied equipment: 50€ for the boots, 50€ for the over suit

Supplied equipment

We will provide you with the following equipment for the duration of your trip:

- Warm snow boots (Sorel)
- Bedding and towels (we recommend bringing an extra towel for the sauna)
- A warm jacket for the cold
- A warm protective oversuit
- Waterproof over mittens
- A balaclava

For skiing:

- A helmet
- Skis
- Poles
- Boots

Please be aware that upon booking you will be asked your size, height and weight in order to reserve the appropriate equipment in advance.

Vital equipment

You must bring with you:

- Sunglasses (minimum UV 400)
- A ski mask
- Any personal medication
- Good thermals - top & long johns
- Sun-cream (not water based)
- A head torch and spare batteries
- A thermos flask

Material

We prefer that you do not wear any cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

Our advice for keeping warm

Winter in Finland can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, including underwear and gloves
- Wear multiple layers including:
 1. A warm breathable base layer
 2. A second thermal layer
 3. Wind and waterproof protective out layer (we provide a quality jacket and over trousers for activities)

Helpful equipment

We recommend packing:

- Waterproof shoes, winter hiking shoes, sports shoes or snow boots (for evening wear)
- Warm (wool) socks
- A warm wind and waterproof jacket
- Suitable warm trousers - windproof ski style, soft shell or fleece lined mountaineering trousers are ideal
- Warm jumper(s) and jacket(s)
- Warm baselayer thermals - very important! (Thin technical fibers as Carline or Polartec are extremely efficient)

- Gloves - multiple pairs for under and over
- A warm hat
- Appropriate neck wear like a warm buff
- Swim suit (sauna)
- Travel towel (sauna)

You may also consider packing:

- Wetwipes
- Blister plasters
- A camera (and suitable protective case)
- Plastic bags for wet/dirty clothing

Luggage

You may bring a hold bag (up to 20kg) as well as a cabin bag.

For your hold luggage please bring a soft bag like a rucksack rather than a hard cased suitcase because it is more practical. We also recommend that you pack your clothes in plastic bags inside your rucksack so that they stay dry in the event of bad weather.

Do not forget to bring a small rucksack to use as a day bag (25/30L). You can bring this as hand luggage on the plane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag.

Medicine

Your guide is trained first aider and will carry a full appropriate first aid kit. We recommend that you bring with you a small first aid kit as well as any medication you may need with you such as inhalers, plasters and painkillers.

A valid European Health Insurance Card (EHIC) will insure that you can access state-provided healthcare for free or at a reduced cost.

Passport

You will need a passport that is valid for at least three months after your return date.

Visa

UK passport holders do not require a VISA to visit Finland which part of the Schengen cooperation.

The Ministry for Foreign Affairs of Finland lists the accepted travel documents and visa requirements for every country.

Mandatory vaccines

There are no specific health risks

Weather

Winter in Finland is cold and dry, **temperatures** in Hossa can drop as low as -25°C (-13°F) but warm clothing, good food and an active lifestyle will keep you warm.

A thick layer of **snow** covers Finland from December, when it settles, to the end of April, when it melts. The dry cold preserves the snow and makes temperatures feel warmer than you might imagine.

During the winter months daytime is relatively short in Finland but thanks to the snow and the occasional displays of the dancing Northern Lights it is never completely black even in the regions where the sun does not rise at all - winter brings a beautiful blue **light** with a feeling of permanent dusk. In mid-April, the sun stays above the horizon for 14-16 hours so during March and April you can enjoy long glorious days of winter sports under a bright sun. Other winter days include 4 to 5 hours of a light called gray light, usually 10am to 2pm, with local variations.

The Northern Lights

The beautiful dancing lights are most likely to appear on black nights in February-March and September-October in the North of Finland. Statistics show that most are observed in Lapland, in the region of Kilpisjärvi. When the night skies are clear, the Northern Lights can be observed three nights out of four in Kilpisjärvi, every other night in the Sodankylä region and one out of four nights near Oulu-Kuusamo.

Electricity

Finland uses the standard Europlug socket with two round prongs (50Hz/230 volts)

Local time

Finland uses Greenwich Mean Time (GMT)+2 and observes Daylight Saving Time making it GMT+3 during the summer months

Topography

Area:+130502 square miles (+338,000 km²) which consists of around 10% water, 69% forest and only 8% cultivated land

Size: It is the seventh largest country in Europe,+720 miles (1160km) North to South and +335 miles (540km) East to West

Borders: Sweden, Norway, Russia and the coast

There are said to be 187888 lakes here in Finland and 179584 islands including a concentration of islands off the South West coast which forms the largest archipelago in Europe.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the

world, we take responsible tourism very seriously.

Here in Finland we work in partnership with Metsähallitus to protect Finnish waters and forests - an exclusive agreement which enables us to use the roads of Hossa National Park. Our kennel is cleaned daily and subject to regular veterinary and we work with MyClimate to offset all carbon emissions produced by snowmobiling activities and transfers.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates. Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.