



+33 4 81 68 56 05

# MULTI-ACTIVITIES UNDER THE MIDNIGHT SUN

Explore the unspoilt Finnish Taïga under the light of the midnight sun. This environmentally friendly trip is for those who want to escape mass tourism and discover a region where nature and traditions are revered and preserved. Go canoeing, mountain biking and hiking; observe reindeer, moose and bears - this multi-activity summer trip is one to remember and includes overnight mountain biking and canoeing in the heart of Hossa National Park.

 <b>Region</b>	Hossa
 <b>Activity</b>	Canoeing Multi-activités été Summer
 <b>Duration</b>	11 days
 <b>Group</b>	2 to 12 people
 <b>Code</b>	A6
 <b>Price</b>	From €1,590
 <b>Level</b>	2/5
 <b>Comfort</b>	4/5
 <b>Language(s)</b>	French / English

## ITINERARY

### Day 1 Welcome to Finland



Arrival at Kuusamo airport and coach transfer to Hossa village located at the entrance to Hossa National Park (about 1 hour) - we will escort you to your accommodation where you can enjoy dinner together with your guide.

*Accommodation: hostel*

### Day 2 Hiking the Julma-Ölkky canyon



After a short transfer, today we will hike around Julmä-Ölkky canyon. This canyon is well known for its spectacular gorges and stunning views of the lakes and Taiga. For lunch we can enjoy a Finnish style picnic around a fire.

*Activities: Hiking*

*Accommodation: hostel*

### Day 3 Dog walking



Today we will go hiking with the dogs in the beautifully preserved National Park. Try Inuit dog walking techniques, harness up to one of our energetic huskies and feel their energy as together you explore this stunning wilderness area - an intimate and unforgettable experience. Today is a real opportunity to learn more about these typical animals from the Far North and this evening we will enjoy a dinner cooked on a wood fire at the edge of the lake.

*Activities; 4 to 5 hours of walking*

*Accommodation: hostel*

### Day 4 Free day



Today is a chance to relax and enjoy the tranquility of the National Park. We have lots of optional activities available for your free day... you can go fishing and swimming in the lake, enjoy the sauna and go hiking or go mountain biking or discover our kennels with our 164 lovely dogs...

Optional yoga courses:

- Forestyoga: the perfect way to connect with the Finnish nature, breath in the pure refreshing air and calm your body and mind. The beautiful ridges and pine forests of Hossa offer a spacious and luminous yoga hall, where the nature traveller can find a tranquil spot for a moment to enjoy yoga

exercises for all abilities.

Duration: 1hour

- Saunayoga: Together the slow rhythm of movements, the silence and dimness of sauna and the gentle warmth create a sensation of deep relaxation. Saunayoga increases circulation and enhances metabolism, which contributes to detoxification and purification of the body.

Duration: 1hour (30 minutes yoga)

- Finnish Wilderness bath: This interesting excursion is a lovely dive into Hossas own 'Green Spa' with magnificent views of the lakes and ridges. You can experience the invigorating health effects of the natural environment and the sauna whilst doing easy yoga and concentrating on mindfulness.

Duration: 2,5hours

Activities: Various optional activities (recommended Yoga classes)

Accommodation: hostel

📍 Days 5 to 6 **Canoeing Hossanjoki River**



This morning, we leave for a 2-day wilderness adventure with our canoes and tents. We will go all the way to the famous colourful cliffs of Värrikallio where we can observe well preserved cave paintings from 4000 BC. Then we will paddle with the river to the east of the National Park where reindeers and moose roam freely. We will search for these elegant animals, bathe in the waters and pick wild berries to go with our dinner. We will spend one night camping like Finnish trappers - a chance to learn ancient Finnish bushcraft skills and to enjoy some traditional campfire stories.

Activities: Canoeing

Accommodation: Day 5 - tents & day 6 - hostel

📍 Day 7 **Free day**



After two days of canoeing today is a chance to relax. We are spoilt for choice here in terms of activities, perhaps you want to go mountain biking, hiking or canoeing; wild swimming, fishing, or perhaps you want to spend the day chilling by the edge of the Hossanjärvi Lake...

Activities: Various optional activities

Accommodation: hostel

📍 Days 8 to 9 **Mountain biking through the Taiga**



Today we set off for a two day mountain biking trip in the National Park... we will cycle along bright blue lakes and across rocky ridges - there are lots of varied and accessible routes here and it is a fantastic way to explore the taiga! We can enjoy our lunches at fireplaces as we immerse ourselves in the boreal forest and spend the night camping like Finnish trappers practicing our bushcraft skills and sharing traditional campfire stories.

Activities: Mountain biking

Accommodation: Day 8 - tents & day 9 - hostel

#### Day 10 Optional bear-watching



Today is a free day with the opportunity to join a bear watching tour in the South of the boreal forest, close to Russia. This area has more brown bears that anywhere else in Europe and the bear watching conditions are second to none. For those who do not want to take part to this activity we have lots of other recommendations including a visit to a nearby museum about predators.

NB: Bear-watching is only available until mid-august

Replacement recommended activity: Museum visit

Accommodation: hostel

#### Day 11 Flight back home



Transfer to Kuusamo airport and flights home

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 the heart of the Taiga: Discover a world of calm blue lakes, towering trees and impressive Arctic landscapes - If you love nature and outdoor activities, this Finnish adventure, in the heart of the taiga, is for you...

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 French-speaking groups:

From	To	Price per person	Guaranteed	Booking
19/06/2024	29/06/2024	€1,570	Yes	
26/06/2024	06/07/2024	€1,670	Yes	
17/07/2024	27/07/2024	€1,670	No	
24/07/2024	03/08/2024	€1,670	Yes	
07/08/2024	17/08/2024	€1,670	No	
14/08/2024	24/08/2024	€1,670	No	
21/08/2024	31/08/2024	€1,670	No	
28/08/2024	07/09/2024	€1,670	No	
04/09/2024	14/09/2024	€1,570	No	

### International departures:

No departure for now

**Trip code: A6**

### Included

- Transfers from/to Kuusamo airport
- Full board from dinner on day 1 to breakfast on day 11
- Activities supervised by our expert qualified guides
- 8 nights hostel accommodation
- 2 nights camping in the National Park
- All technical equipment needed including camping gear
- A 2 day canoeing expedition
- A 2 day mountain biking expedition
- Hiking the Julma-Ölkky canyon
- Finnish dog-walking in the national park
- A range of exciting optional activities for your relaxing free days
  - including bear-watching and yoga lessons

### Not included

- Flights

### Additional Options

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

- Accommodation upgrade - hotel/cottage options possible depending on availabilities
- Yoga lesson
- Bear-watching

### 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 our hostel accommodation option and includes 2 nights camping in the National Park.

### *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. This trip includes 4 days of more intensive mountain biking and canoeing during our overnight trips and 3 days to relax and choose from various optional activities. Please note that our difficulty ratings may vary depending on the weather.

**Canoeing:** No previous canoeing experience is necessary but we ask that you can swim at least 100m

**Mountain biking:** To join our mountain biking trip you should be able to ride a bike

**Minimum age:** 8 (please [contact us](#) for more information)

### *International flights*

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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.

### *Terms and conditions*

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#### *Inscription*

Booking a trip with Norwide implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### *Facturation*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Norwide reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Annulation*

If for any reason you have to cancel your trip, Norwide require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

#### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those

amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### *Modification du contrat*

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Norwide may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### *Prix et révision des prix*

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### *Cession du contrat*

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### *Insurance*

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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 lead by our qualified guides who are English speaking outdoor practitioners with a passion for everything Finnish. Please note that our optional activities like yoga classes and bear-watching may not be run by Norwide guides but will be run by qualified English speaking professionals. 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 9. 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.

- At the Hostel: Generous buffet style breakfasts and dinners with hot drinks and lots of options are served at the hostel
- Lunches: Picnic lunches are provided on our activity days including hot food cooked on wood fires
- On expedition: We like when the whole group work as a team to cook a traditional style dinner over the fire with their guide during our nights in tents - it creates a pleasant atmosphere as we reflect on the days adventures together. We will have the chance to forage for berries and mushrooms and to go fishing to add to our meals.

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 hostel accommodation and 2 nights in tents.**

**Hostel accommodation:** shared kitchen and bathroom facilities, sauna access. Upgrade to cottage or hotel accommodation possible depending on availabilities.

**Camping:** we provide tents, mattresses and sleeping bags. We always set up camp near a fire - an ideal way to get closer to nature and to enjoy this beautiful wilderness environment

Bedding, sleeping bags and towels are provided by Norwide but we recommend that you bring an extra towel for use in the saunas.

### Transportation

This trip includes transfer by coach and 4x4

### Budget & exchange

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

- Personal expenses and drinks
- Any additional activities/supplements

### Supplied equipment

We will provide you with all technical equipment needed. We will supply you with the following for the duration of your trip:

- Bedding and towels
  - linen for hotel/cottage accommodation and warm sleeping bags & sleeping mats for camping
- Tents and group camping equipment

- Bike helmets for mountain biking
- Canoeing gear including Personal Protective Equipment (PPE)
- Protective waterproof bags for your belongings during our canoeing expedition

## Vital equipment

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You must bring with you:

- A sleeping bag liner
- Sturdy walking boots
- Sunglasses (minimum UV 400)
- Sun cream
- Any personal medication
- A headtorch with spare batteries (from August)
- A suitable water bottle/flask (min 1L)

## Material

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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

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We recommend packing:

- A pair of rubber boots or water shoes for canoeing and to cross rivers
- Wool socks
- A wind and waterproof jacket with a hood
- A warm jacket
- Warm fleece/jumper
- Suitable underwear and thermals
- Waterproof trousers
- A swimsuit
- Suitable t-shirts, trousers & shorts
- A hat or cap
- A towel for the sauna
- Appropriate pyjamas
- A pair of gloves
- Slippers or comfortable shoes for in the cottage/hostel
- Bug spray/mosquito net

You may also consider packing:

- Wetwipes

- Blister plasters
- A camera (and suitable protective case)
- Plastic bags for wet/dirty clothing
- A knife
- Toilet paper + lighter
- A Notepad and pencil

## Luggage

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

For you 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

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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

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

## Visa

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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

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There are no specific health risks

## Weather

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Between early June and early August, temperatures reach +20°C (+68°F) in the day and sometimes even +30°C (+86°F) (37°C (98.6°F) in Joensuu in July 2010!).

The summer is relatively warm but also very bright - Finland enjoys long sunny days. In the far north, the sun does not set from mid-May to the end of July. In the center and the south, the summer sun shines for 18 to 20 hours.

The temperature of the lake water is between 18 - 24°C, the waters are shallow and warm up quickly with the long sunny days and the good Finnish summer temperatures. The midnight sun is visible in summer in Lapland and in the regions above the Arctic Circle.

## Electricity

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

## Local time

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

## Topography

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Area:+130502 square miles (+338,000 km<sup>2</sup>) 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*

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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 ourtrip...

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.