

# ARCTIC EXPERIENCE

NORWAY & FINLAND



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## NORWAY & FINLAND

A new 7-day trip to the Arctic takes you on an incredible journey up into the Norwegian mountains and before dropping down into Finland on your dogsled. You will experience some of the most breathtaking sceneries in the Arctic Lapland during the most enjoyable time of the year. You will see beauty of the frozen north at its best, eat some delicious local food, stay in comfortable huts and hotels and hopefully see the Northern Lights.

13th - 19th April 2024

Only 8 spaces available

Norway and Finland

Moderate Fitness & Lots of Enthusiasm





# WELCOME

Hi and welcome to Peak Dynamics.

I have been travelling to the Arctic and Scandinavia for over 10 years, looking for, creating and running authentic and unique journeys for our clients. The aim is to provide immersive and original experiences that take you on a journey physically and mentally, as well as an enriching metaphorical journey in your life. This is a bucket list trip that you should not miss. Feedback from our dogsled trips has consistently described it "as the best thing I have ever done in my life".

Adventure is an important part of being human. When in the great outdoors in a location you have never been to before, using equipment such as a dogsled, you end up learning more about yourself. Adventure opens your mind and you will surprise yourself at what you are capable of achieving. It facilitates personal growth and development, while also having fun on holiday.

I want to make sure you have an amazing, unique experience and return home with some happy memories, feeling healthier, fitter and more relaxed. The tranquillity of the Arctic is a perfect place to clear your headspace and reset new goals for the year or your life.

This is about venturing to new places; mentally, spiritually, as well as physically and geographically.

So book now and come and enjoy it.



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"A fantastic experience...a trip of a lifetime...learning how different people are from each other, but also similar they can be... made some great friends... breathtaking scenery... I loved it all."

Sandy Loder  
Founder & Chief Executive  
Peak Dynamics

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"Sense of achievement was huge in this truly special experience of life in the Arctic. At one with nature, but with a high degree of comfort and expertise"







# ABOUT THE TRIP - INTRODUCTION

## ABOUT

Join me on a new 7-day dogsled across the wild and stunning tundra of northern Scandinavia, deep inside the Arctic circle. We have added an extra day to this trip. We travel from the Arctic west coast, across the high plateau of Norway before dropping down into Finland, before finishing the trip back in Norway. Everybody drives their own team of dogs and sled. We travel between about 25 km to 50 km every day, overnighting in comfortable mountain huts with saunas and a hotel.

## ETHOS

Our ethos is to encourage you to be fully immersed in the experience and the journey that we take you on. Be prepared to learn new skills and learn how to handle the dogs and dogsleds. It is also an excellent opportunity for you to get away from your everyday life, relax, empty your mind and be in the moment. We encourage you to bring an elder teenage member of your family or a friend. It is such a magical place and you might also have the opportunity to see one of the greatest wonders of the planet - The Northern Lights.

## SEASON

The Arctic Lapland has a subarctic climate with short cool summers and long cold winters. The snow cover generally lasts from October to early May, but snowfall can occur year-round. By April, the sun is nearly staying above the horizon 24-hours a day. It gets dark around 10.30 pm and light around 5 am. Over the past few years, we have been blessed with relatively warm sunny days and chilly nights (-15c) which keeps the snow crisp and hard for the dogs and sled







# ABOUT THE ARCTIC

The Arctic Lapland is Europe's northernmost wilderness. It is a truly stunning spectacle; the tranquil beauty, amazing scenery and interesting cultural history with four official languages in the area - Swedish, Finnish, Sámi and Mieänkieli.

## TROMSØ

You will arrive and spend your first night in Tromsø, which is about 2,200 km south of the North Pole, in the far north of Norway. It lies about 350 km inside the Arctic Circle. During the 19th century, Tromsø became known as the 'Paris of the North'. How this nickname came into being is uncertain, but the reason is generally assumed to be that people in Tromsø appeared far more sophisticated than visitors from the south typically expected. The likes of Roald Amundsen, Umberto Nobile and Fridtjof Nansen made use of the know-how in Tromsø on the conditions in the Arctic and often recruited their crews in the city.

## WILDLIFE

The Arctic Lapland is home to the bear, wolverines, lynx and the elusive Arctic fox. They are normally shy and do not cause any danger to humans. The animals you are most likely to see are reindeer and moose and birds such as the ptarmigan and eagle.



# ABOUT THE ARCTIC

## THE SÁMI PEOPLE

The Sámi people (often known as Lapps or Laplanders) are Finno-Ugric people inhabiting the Arctic area of Sámi, which today encompasses parts of northern Norway, Sweden, Finland, the Kola Peninsula of Russia and the border area between south and middle Sweden and Norway. Traditionally, the Sámi have pursued a variety of livelihoods, including coastal fishing, fur trapping and sheep herding. They are best known for their semi-nomadic reindeer herding.

## NORTHERN LIGHTS

The Northern Lights or Aurora Borealis is a spectacular phenomenon that occurs when electrically charged particles from the sun enter the earth's atmosphere and collide with gases such as oxygen and nitrogen.





# OUTLINE ITINERARY

## DAY 1

On arriving in the Arctic city of Tromsø, the capital of Arctic Norway, we will transfer to the hotel, where you will be able to relax for the rest of the day and see some of the sights of Tromsø, including the Arctic museum. This city is the start of many polar expeditions and often referred to as the 'Gateway to the Ice Sea'. In the evening, you will be given a briefing on the trip, issued your goody bag, followed by dinner.

## DAY 2

After an amazing breakfast at the hotel, and issuing kit for the trip, we will transfer to the starting point for 5-days of dogsledding across the Arctic. . You will be introduced to your team of huskies and given instructions on how to handle the dogs, pack and drive your sled. We will then start our journey up into the Arctic Mountains.

## DAY 3

The next day you will traverse across the largest area of permafrost in Europe. Travelling over and round magnificent mountains, we continue into the remote heartland of the indigenous Sámi tribe, where we stay for the night. If the conditions are right, we will dogsled off the trail across the virgin mountain snow. An unbelievable experience.



## DAY 4

After our stay in one of the remotest places in Northern Sweden, we head north into Finland, where we head to a comfortable hotel for the night. Time to enjoy a beer, a glass of wine, a sauna and watch the sunset.

## DAY 5

After breakfast, we will head out into the Finnish mountains for the day. We will stop for lunch on the journey. In the afternoon, we will return to the hotel for a drink, sauna and dinner.

## DAY 6

Our final full day on the sleds will involve travelling across a lake, possibly to the tripping of Sweden, Norway, and Finland, and back up into the mountains before dropping down into Norway and the finish. From here, we will take you back to the hotel in Tromsø for a final dinner in one of Tromsø's old quayside warehouses.

## DAY 7

In the morning, you can either stay on and spend the day in Tromsø or else catch the morning flight back home via Oslo.



# THE HISTORY OF DOGSLEDDING

Dogs have always been an important part of society, and that is perhaps truer in the Arctic than anywhere else in the world. Their thick fur and padded paws made them well-designed to survive and thrive in the cold and snow and dogs have had a huge hand in helping shape life in the far north. One of the most iconic ways people have worked with dogs to establish a life in the Arctic Circle is dog sledding.

## AROUND THE WORLD

Colonists quickly recognized the value and power of using dogs during winter, and European settlers quickly began incorporating sled dogs into their lives. The French Canadian military used dog teams during the Seven Year's War. They were particularly useful because they were less expensive than horses, but were equally (and often more) equipped to handle large loads and freezing weather. The idea eventually made its way back to Europe. It was particularly appealing to polar adventurers, who saw the value of using these animals on their quests to find the poles. Roald Amundsen, the Norwegian explorer who became the first person to reach the South Pole, famously used dog sleds on his journey.

## DOGSLED RACING

The first official dog-sled race took place in Nome, Alaska in 1908 and this route would become famous a little over a decade later, when Leonhard Seppala, a Norwegian native, delivered diphtheria medicine to the struggling town. The Iditarod is the most famous dog sled race in the U.S. and the modern route stretches all the way from Anchorage to Nome - the first winner took three weeks to make the entire journey in 1973. Inspired by the Iditarod, Norwegian sledders established the longest dog race in Europe, the Finnmarkslopet. The first race was in 1981, and only three mushers participated. Today, interest is high with two separate classes covering 310 and 620 miles respectively.

## FIRST DOG SLEDS

The oldest archaeological evidence of this mode of transportation has been dated to around 1,000 A.D. As far as archaeologists can tell, dog sledding was invented by the native and Inuit people in the northern parts of modern Canada, and it then rapidly spread throughout the continent. In those days, it was usually just a single dog pulling minimal cargo - usually firewood and other supplies. As time went on, however, the power of using multiple dogs became more appealing. Larger loads could be carried over longer distances when the effort was distributed over more animals. Even so, dog-sled teams were much smaller than they are today, usually consisting of between two to six dogs per sled.





A wide-angle photograph of a vast, flat, light-colored landscape, possibly a frozen body of water or a snow-covered plain. The horizon is low and straight, with a few small, dark, indistinct shapes. The sky is a deep, clear blue, and a bright sun is positioned in the upper center, creating a lens flare effect. The overall scene is serene and minimalist.

Come and find time for some mindfulness in the Arctic





Define Your Own Journey







"I chose to join Sandy on his trip to the Arctic and it proved to be an excellent experience, not just because of the sheer beauty of the place, but also because of the focus and determination it brought out in my 19 year-old daughter with whom I went".









# KEY FACTS



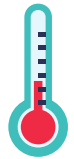
## CLOTHING

Key clothing will be issued on arrival. You will be given a detailed kit list



## DURATION

6-days & 5-nights



## TEMPERATURE

The temperature could range between a High -1°C to a Low -15°C



## PHONE SIGNAL

There is a pretty good mobile signal and we also carry a satellite phone

## TRANSFER TO & FROM AIRPORT

c. 20 minutes



## TIME ZONE

+1 hour ahead of GMT (London time)











# PRACTICAL INFORMATION

## DOGSLEDDING & FITNESS

You will have your own dogsled and 4 dogs. You'll be shown how to drive and stop the sleds, as well as look after the dogs. The dogs run at about 10 to 15 mph and you will travel in single file. You may at some point lose your concentration or balance and fall off but don't worry - we've all done it and if you do get separated from your sled it will be stopped quickly. Don't bring too much in your bags or your sled will travel more slowly than others.

You need to be averagely fit for this trip. You are out on your sled all day, so you will feel tired by the end of the day. So strong legs, a reasonable sense of balance, good concentration and some strength in your arms is required.

## ACCOMMODATION

During the trip in the mountains, we will be staying in comfortable and warm mountain huts including a hotel, but it is important to remember it is an 'expedition' so the accommodation will include shared rooms, bunk beds, sleeping bags and dormitory-style for the first two nights of the expedition. Washing is done in the saunas. Toilets are in external buildings, as there is no running water due to the cold.

However, you will be pleased to know that you will stay in a hotel on the first and last night, as well as two nights of the trip.

You will start and finish your trip in a hotel in Tromsø.

## MEALS

All meals are freshly made. No rations. Breakfast will consist of porridge, eggs, cured meats, fruit, cheese, bread, jam and butter. Copious amounts of coffee and tea. Typically, dinner meals will consist of Arctic char, Moose or Reindeer. Lunch is more of a picnic-style affair, with flasks of soup, coffee and tea. We can accommodate dietary requirements. In the cold, you will need to eat quite a bit as you will be burning more calories than in your normal life.

## VISA & PASSPORT

If you do not have a UK or European passport, please check whether you will need a visa. Also make sure your passport has a minimum of 6 months before it expires.







# PRICING & BOOKING

**DATES: 13 - 19TH April 2023** - subject to a minimum of 6 people booked by 1st February 2024

**PRICE: £ 3,900 PER PERSON (Please note this is ex VAT)**

## WHAT IS INCLUDED

- Transfer from and to the Airport in Tromsø (if you arrive and depart on the designated flight)
- All transport to the mountains and back
- 3 Experienced Mountain and Dogsledding Guides, including Sandy Loder
- Loan of all key Arctic clothing and dog-mushing gear
- Dogs and dogsled
- All meals - except for lunch before the trip in Tromsø
- All accommodation, including hotels
- A goody bag including a quilted jacket

## WHAT IS NOT INCLUDED

- Flights to and from Tromsø
- Any drinks (beer, wine or coke etc) purchased while on the trip
- Personal Equipment
- Personal Travel Insurance
- Visas (if required)
- Single Room Supplement for the hotel in Tromsø and in Finland - £450

## HOW TO BOOK

Click below or Visit Arctic Experience on our website and fill out the booking form at the bottom of the page. A 25% deposit is required within 7 days of receiving the booking form. The balance is due no less than 8 weeks before your departure date.

# BOOK NOW



[www.peak-dynamics.net](http://www.peak-dynamics.net)

Click on 'BOOK NOW'



## ENQUIRIES or QUESTIONS

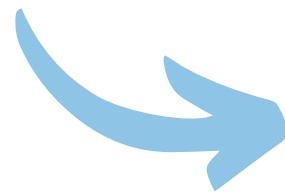
Please call Sandy Loder on +44 (0)7867 970655 or email [sandy.loder@peak-dynamics.net](mailto:sandy.loder@peak-dynamics.net)

"Definitely do the trip...  
on a fun basis and as an experience...  
it was mind-blowing"

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Click on 'BOOK NOW'



**BOOK NOW**

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[www.peak-dynamics.net](http://www.peak-dynamics.net)

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