

ARCTIC WEEKEND

SWEDEN



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A 4-day trip to the stunning Arctic, dogsledding through the snowy frozen tundra of Northern Sweden, with your own dogs and sled. You will experience the beauty of the Polar region, eat some local food, stay in a comfortable lodge and cabin and hopefully see the Northern Lights.

7th - 10th March 2024
Just 7 spaces available

Northern Sweden
Moderate Fitness & Lots of Enthusiasm!



WELCOME

Hi, and welcome to Peak Dynamics.

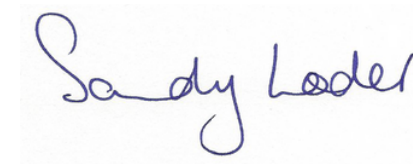
I have been travelling to the Arctic and Scandinavia for over 10 years, looking for, creating and running authentic and unique journeys for our clients. The aim is to provide immersive and original experiences that take you on a journey physically and mentally, as well as an enriching metaphorical journey in your life.

Adventure is an integral part of being human. It facilitates personal growth and development while also having fun on holiday. When in the great outdoors in a location you have never been to, using equipment such as a dogsled, you learn more about yourself. Adventure opens your mind, and you will surprise yourself with what you can achieve.

I want to ensure you have an amazing, unique experience on this long weekend trip and return home with 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.



Sandy Loder
Founder & Chief Executive
Peak Dynamics

"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."

"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 us on a 4-day dogsled through the Arctic tundra. This long weekend will give you a short burst of what life in the Arctic is like, working with the amazing and friendly husky dogs whilst travelling through the frozen and snowy Arctic woods on your own dogsled.

ETHOS

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

SEASON

The Arctic Lapland has a subarctic climate with short cool summers and long cold winters. The snow cover lasts from October to early May, but snowfall can occur year-round. The average temperature range in March is -4c in the day to -13c at night. The nights will still be dark giving you an excellent opportunity of seeing the Northern Lights.



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.

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.

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.

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.

ITINERARY

DAY 1

On arriving in the Arctic, you will be transferred to the start of the trip, where we will kit you out with cold-weather clothing, have lunch, give you a briefing on the trip, and then show you how to dogsled. You will then head off across the frozen river and along a wooded trail to an amazing Arctic Lodge, where you can relax, have a traditional wood-heated sauna and enjoy a true authentic Scandinavian 3-course dinner.

DAY 2

In the morning, after breakfast, you will harness your dogs and pack your bags into your sled. You will then head out into the forests of the Arctic tundra, following a trail to our next destination for the night. On the way, we will stop and cook and eat lunch. Once we arrive at the Cabin/Homestead, you will unharness the dogs, prepare their food, and light the wood-burning sauna. Then head inside to the warmth of the house, enjoy a wood-burning sauna and then a 3-course dinner before bed.



DAY 3

In the morning, as the sun rises, you will head out to feed the dogs, who have slept out on the snow. After a warming breakfast, you will pack up and head out to prepare the sleds and dogs. The dogs will drive you along a spectacular trail for the day before arriving back at your Lodge for the night, where you can enjoy a sauna, drink and a fabulous Scandinavian dinner. It is your last night in the Arctic, so hopefully, the skies will be clear, and the Northern Lights will appear for you.

DAY 4

After a warm night in your bed and a hearty breakfast, you will pack your sled for the last time before we head up and over the hills on your sleds back to where you started. You will say goodbye to your dogs and head to the airport for your flight home, enriched by the experience.



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 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 actually 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

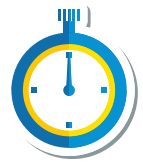
The oldest archeological evidence of this mode of transportation has been dated to around 1,000 A.D. As far as archeologists can tell, dog sledding was invented by the native and Inuit people in the northern parts of modern Canada, and it then rapidly spread throughout the continent. In those days, it 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.

KEY FACTS



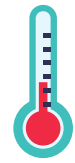
CLOTHING

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



DURATION

4-days & 3-nights



TEMPERATURE

The temperature could range between a High -4°C to a Low -13°C



PHONE SIGNAL

There is a full mobile signal during the whole trip



TRANSFER 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 and look after the dogs. The dogs run at about 10 to 15 mph, and you will travel in a single file. Bring only a little in your bags, or your sled will travel more slowly than others. You may lose your concentration or balance and fall off at some point, but don't worry - we've all done it, and if you get separated from your sled, it will be stopped quickly.

You are out on your sled all day, so you will feel tired by the end of the day. So strong legs, a good sense of balance, good concentration and some strength in your arms are required. It would help if you were averagely fit for this trip..

ACCOMMODATION

Arctic Lodge has 5 cabins containing 4 beds in each, a shared sitting area and wood burning stove. You will have cotton sheets and a duvet. There is electricity, wi-fi, flushing toilets, hot showers and hair dryers.

We will also be staying in the following:

Homestead has one small 4-bed guestroom downstairs and upstairs, a loft space dormitory with 7 twin-sized beds. There are two seating areas downstairs, with a large wood-burning stove and oven. There is limited electricity for charging phones and no wi-fi. There is a wood-burning sauna for washing in. The toilets are outside.

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. Lunch and dinner meals typically consist of Arctic char, Moose or Reindeer. We can accommodate dietary requirements. You will need to eat quite a bit in the cold as you burn more calories than in your everyday life.

VISA & PASSPORT

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



PRICING & BOOKING

PRICE: £ 3,200 PER PERSON (ex VAT)

WHAT IS INCLUDED

- Transfer from and to the Airport in the Arctic
- Loan of all key Arctic clothing and dog-mushing gear
- Dogs and dogsled
- Professional Guides including Sandy Loder
- All meals including beverages
- All accommodation
- A goody bag - which will include a very warm quilted jacket

WHAT IS NOT INCLUDED

- Flights to and from Kiruna
- Any drinks (beer, wine or coke etc) purchased while on the trip
- Personal Equipment
- Personal Travel Insurance
- Visas (if required)

ENQUIRIES

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

HOW TO CONFIRM YOUR BOOKING

1. Click on the '**BOOK NOW**' below or the next page. This will take you through to the Booking Form.
2. Complete the Booking Form.
3. We will send you an invoice for a 25% deposit.
4. Once the invoice is paid, your place is confirmed.
5. The balance invoice will be sent you 10 weeks prior to the trip.
6. We will also send you a detailed Itinerary and Kit list

Click on 'BOOK NOW'

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www.peak-dynamics.net



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

Life is a journey...



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Sandy Loder
m: +44 (0)7867 970655
e: sandy.loder@peak-dynamics.net