

"You are braver than you believe, and stronger than you seem and smarter than you think." A.A Milne

# TRAVEL ITINERARY



### DAY ONE - 28TH FEBRUARY 2019

You will be met at Trondheim Airport (TRD) in the mid-afternoon by Arctic guide Petter Thorsen and tour leader Nicki Bass, and transferred to Kirkebyfjellet Lodge where you will spend the night.

Nicki and Petter will present an indoor workshop: "The art of polar thinking and survival: How to plan and prepare for arctic - clothing, kit, mental preparation and attitude." before an exceptional dinner using locally sourced food and wines.

#### **DAY TWO - 1 MARCH 2019**

Today will be a practical outdoor workshop on polar travel and winter camping including: skiing techniques, how to pack sleds, food & nutrition, hydration, frostbite & injuries, tour planning and navigation. You will also learn the ins and outs of winter camping: organising the tent, sleeping bags, mats and sleeping comfort, as well as how to put up and secure tents in a storm. The main focus is entirely on staying comfortable and safe in cold weather conditions. Making snow your friend, not your enemy!

08:00: Breakfast

09:00: Packing personal equipment

12:00: Lunch

13:00: Transfer to the wilderness13:30: Start skiing with sleds16:00: Establishing expedition camp

**20:00:** Dinner around the fire Night in expedition tents.

# DAY THREE - 2 MARCH 2019

08:00: Breakfast in tent10:00: Skiing trip13:00: Lunch on trail14:00: Back to camp

**14:00:** Outdoor workshop: Winter survival skills. snow shelters, snow caves, making fire etc.

**19:00:** Dinner in camp Night in expedition tents.

Join this amazing adventure Ice Tracks & Nicki Bass tour!

Ice Tracks Expeditions
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Resiliencework www.reseliencework.co.uk

# DAY FOUR - 3RD MARCH 2019

**08:00:** Breakfast in tent **09:00:** Breaking camp

11:00: Skiing back to 'civilisation'

12:00: Lunch on trail

**15:00:** Arriving Storulvån Mountain Station for some relaxation time in the sauna

19:00: Dinner and chill out by the fireplace at

Storulvån Night at Storulvån.

Storulvån is a stunning, ruggerd Swedish mountain lodge, with accommodate for 2 to 4 people per room (or single rooms at an extra cost).

#### DAY FIVE - 4TH MARCH 2019

**08:00:** Breakfast in lodge

**09:00:** Drive to dogsledding camp (30 min)

**09:30:** Dogsledding introduction and harnessing the

11:30: Mush!

Depending on the snow conditions, there may be an option to split the group with half with one group driving dogs and the other group enjoying a snow shoe safari.

**13:00:** Lunch around campfire **14:00:** Continue dogsledding

18:00: Establishing camp or sleep in cabin

19:00: Dinner in cabin

Night in cabin.

# DAY SIX - 5 MARCH 2019

**08:00:** Breakfast around campfire

**09:00:** Packing equipment & camp. Leaving no trace.

12:00: Dogsledding back to kennel18:00: Driving back to LodgeTime out: sauna & jacuzzi

**20:00:** Dinner & wine Night Kirkebyfje**ll**et Lodge.

## DAY SEVEN - 6TH MARCH 2019

08:00: Breakfast

10.00: Sorting out equipment

**12:00:** Tour debrief **13:00:** Lunch

14:00: Transfer to Trondheim Airport.

## **INCLUDED IN THE PRICE**

All airport transfers

• 2 nights at Kirkebyfjellet (twin rooms)

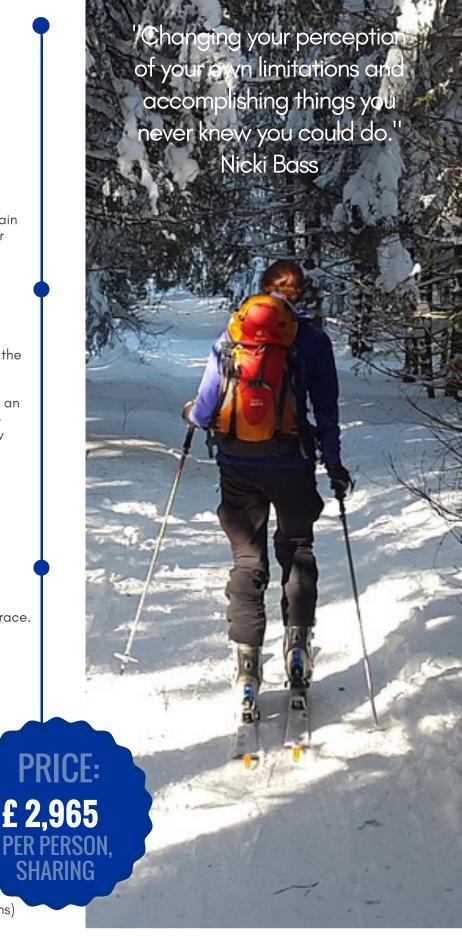
1 night at Storulvån Mountain Station (twin rooms)

2 nights in expedition tents (shared)

1 night in cabin (shared)

All meals

- 3 days of Arctic Expedition Course and winter survival activities
- 2 days dogsledding & overnight in mountain cabin
- Equipment for skiing: skis, boots, poles, sleds, outer winter sleeping bags, sleeping mats, tents, stoves and other winter camping equipment.
- Equipment for dogsledding: thermal suits, boots and mitts.



## **NOT INCLUDED**

- Flights to Trondheim Airport approximate cost £250 per person. Price will be confirmed at the time of booking and depending on availability.
- Wine, beer and soft drinks
- Personal sleeping bag (can be rented from £55 for the entire trip)
- Snacks (approximately 1 kg per person) for the days in the field.









