

NORWEGIAN WINTER ADVENTURE

28 February - 3 March 2019

with Founder of Resiliencework: Nicki Bass

*"Helping you to grow resilience
through adventure"*



- GROW -
- CHALLENGE -
- EXPLORE -

"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 wilderness

13:30: Start skiing with sleds

16:00: Establishing expedition camp

20:00: Dinner around the fire

Night in expedition tents.

DAY THREE - 2 MARCH 2019

08:00: Breakfast in tent

10:00: Skiing trip

13:00: Lunch on trail

14:00: 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.resiliencework.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, rugged 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 dogs
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 kennel
18:00: Driving back to Lodge
Time out: sauna & jacuzzi
20:00: Dinner & wine
Night Kirkebyfjellet 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.

PRICE:
£ 2,965
PER PERSON,
SHARING

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.

"Changing your perception of your own limitations and accomplishing things you never knew you could do."

Nicki Bass



