

# FURTHER INFORMATION

## LAPLAND - THE HUSKY TRAIL

Our challenge is to spend five days sledding through the rolling highlands and deep forests of Lapland covering over 250km from Norway you will journey into Sweden through wild and untouched nature and finish at the world famous Ice Hotel (the original!) in Jukkasjarvi!

Our challenge begins in the Arctic city of Tromso, where we make our way to the Dog Sled Centre in order to meet our husky companions.

This charity challenge is suitable for beginners to sledding as full training will be given – all you need to join our challenge is a thirst for extreme adventure! This is no ordinary charity challenge – we will be required to erect our own tents, cook for ourselves and fulfil all camping duties with the equipment provided. In addition to looking after ourselves, we'll also be responsible for looking after our teams of huskies – be assured, this is a true, “hands on” wilderness challenge!

Watching the Northern Lights and tending to our dogs will give us an exact experience for living as the Laplanders do. This is one of our most popular charity challenges and is oversubscribed year-on-year... a truly unforgettable experience awaits you.

“BELIEVE YOU CAN”



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## INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change including the accommodation details noted within this document and the facilities available.

If you have any other questions regards the challenge you are about to embark upon which are not answered in this document, please do not hesitate to contact the office on 01244 676454 or email

[customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com).

## FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.



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## ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing..” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising

event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year...join them...join us!

## MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 10.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

## RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.





# LAPLAND - THE HUSKY TRAIL



## CHALLENGE HIGHLIGHTS

- Drive your own team of husky dogs across the Arctic.
- Learn how to dog sled in a long distance expedition.
- Sleep in secluded timber cabins.
- Possibility to see the Northern Lights.

## A FEW NOTES ON THE REGION

Lapland is not a country in itself, but is in fact made up of regions in Norway, Sweden, Finland and Russia. Lapland is traditionally the home of nomadic reindeer herders and of course Lapland's most famous resident - Santa Claus!

Lapland among other Arctic areas has something unique and world known – The Arctic Circle. In other words a border, where north of it the sun does not set in mid-summer and does not rise in mid-winter. The Arctic Circle is perpetually moving and its geographical position is not static, in fact it can move almost 2 metres in a day and more than 100 metres per year.

During our challenge, the sun rises at approximately 7-8am and sets about 5-6pm during this time you can expect clear blue skies with the most amazing

colours. Outside of these times it will be as night-time in the United Kingdom, with the exception that as the area is covered in snow from November to May, there is a good level of reflection making it possible to see where you are walking. There are many hills sheltering a rich fauna and flora. If you are particularly lucky, you may see the Northern Lights (Aurora Borealis) which appears in the sky as white, red or green lights dancing through the atmosphere.

### Fact File - Norway

- **Population:** 4.9 million.
- **Capital City:** Oslo.
- **Religion:** Christian (86.3% Evangelical Lutheran).
- **Languages:** Norwegian Nynorsk, Norwegian Bokmal, Northern Sami.
- **Time difference to GMT:** +1 hour.

### Some useful hints & tips

- To say hello to someone in Norway use 'hallo' or 'hei'.
- Anything that you don't want to freeze overnight – e.g. spare batteries, contact lens solution - pop it in your sleeping bag and have it as a sleeping partner!
- Don't treat your dogs as pets, they're working dogs and only respond to specific commands given by the dog sled leaders – they are however, very

friendly and you will develop a special bond as the week progresses!

## CLIMATE & TEMPERATURE

As you are in the Arctic Circle expect a challenging climate with snow and ice as far as the eye can see, which lasts from November to May. Our challenge takes place in spring when the daytime temperature is just above freezing and relatively pleasant. However, it can still be very cold at night and temperatures can drop to below -20°C. It is essential that sleeping bags are able to withstand temperatures lower than -20°C. Due to the changing weather patterns in the Arctic Circle, the itinerary (as published) may be subject to change to incorporate amendments to the route due to excessive snow, etc.



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## HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history**. Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 64 years of age or over at the time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is given as a guideline only – always seek professional advice:

- Confirm that primary courses and boosters as recommended for life in Britain are up to date.

If you do receive vaccinations, it is advisable to carry a vaccination certificate with you. In addition, people on prescription medication should carry a

note from their Doctor stating the treatment, drug name and dosage.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your Doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend that you use a high factor sunscreen and re-apply regularly.

## SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each and a satellite phone will also be taken (to be used in an emergency situation only).

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.

- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

Our guides have several lock boxes that can be used at the campsites.

**Credit card for emergencies** – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

## CURRENCY

Currency used is the Norwegian Kroner (NOK) and this is readily available from your local high street. The current exchange rate is 10 NOK to £1GBP. You can use Norwegian Kroner in Sweden so there is no need to take 2 different sets of currency. There will **NOT** be an opportunity to visit a bank until we are back in Tromso **AFTER** the expedition, so please ensure you take all necessary currency with you.





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## PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

British passport holders do not require a Visa to enter Norway or Sweden.

## TRAVEL INSURANCE

We strongly recommend that you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and details of how to apply are given in your welcome pack letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no

exclusion clauses limiting protection for the type of activities included in the challenge.

## FLIGHTS

Flights normally depart the UK very early in the morning and arrive back into the UK early to late evening. Your flights will normally have a combined total of approximately 4.5 hours flying time on both the outbound and inbound legs, including any stopovers and can often include two separate flights on each leg.

Your exact flight details will be confirmed to you in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and will be in economy class. If you would like us to look into upgrading you to a different class please contact Global Adventure Challenges at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or call us on 01244 676454.



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## LUGGAGE & KIT

Whilst we are sledding, your main piece of luggage with any items that you don't need on the trail will stay at the Dog Sled Centre and then be transferred to our hotel in Tromso, ready for when you return from your challenge. All other items and baggage will go in your sled.

Essential items are shown on the kit list. Snow-boots will be provided by the Dog Sled Centre for sledding and are worn throughout the day. Participants may wish to take extra shoes to change into, although these are not necessary. Nightwear – due to the very cold temperatures, participants usually wear their thermal clothes rather than normal nightwear. Tracksuit bottoms may be useful to sleep in for extra comfort.

As purchasing some of the kit mentioned on the kit list can prove to be expensive, the following kit will be provided to you on arrival and is included in the cost of your challenge:

- Parka and trousers
- Snow boots
- Gloves (mittens x1 pair)
- Sleeping bag
- Double sleeping pad

Your waterproofs need to fit over everything else that you'll be wearing, including your parka and trousers, so we recommend that you use cheap,

lightweight ones that are at least a couple of sizes bigger than you normally need.

## EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.

## ACCOMMODATION

Our first night will be spent at the Dog Sled Centre in a traditional lavvo (a large static tent) with a roaring fire in the middle to keep us warm. Reindeer skins will be used as matting for extra comfort, in addition to our own sleeping mats. Whilst on trail, we will be camping with two people per tent. Upon our return to Tromso after the challenge, we'll stay in a comfortable hotel, twin-share, with en-suite washing facilities.

We submit our rooming lists for your challenge 8 weeks before the challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) if you would like the cost of a single supplement.

Please note that the accommodation details given further on in the challenge itinerary section of this document are strictly subject to change. This includes the facilities and services available on each night.



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## TOILET & WASHING FACILITIES

There is only **ONE** shower available at the Dog Sled Centre and none during the trip.

There are no toilet facilities on the expedition itself. Participants are issued with their own roll of toilet paper (which must be burnt properly after use) and will need to use the nearest tree. Remember – this is a **CHALLENGE!**

Remember to wash your hands wherever possible to avoid getting stomach upsets. A bottle of antibacterial hand gel is a must.

## TELEPHONE & WI-FI

Telephone and Wi-Fi are readily available in Tromso, and any other major town or city we stop at, but due to the type of terrain in the areas we sled through mobile telephone signals will at times be non-existent or patchy at best obviously this varies with the terrain.

Wi-Fi – will again be patchy and dependent on our terrain unless we are in a major town. More information on Wi-Fi availability at our accommodation stops can be found later in this document.

Whilst there is no electricity available on the sledding expedition itself, there will be the opportunity to charge electrical items at the Dog Sled Centre and our hotel in Tromso so make sure you bring the appropriate travel adapter for Norway.

## OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Celebratory meal	£50 - £70
Travel insurance	£63
Spending money	£200 - £250
Hotels the night before your UK departure and/or the night of your UK arrival	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transport you are taking – flights and trains are quicker but also more expensive than going by coach

Norway is a very expensive country, for example the average cost of a pint of lager is 90NOK (£9)!

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!

**Tipping** - is appropriate, customary and always appreciated.

Your guides work in teams and evenly split all gratuities they receive. Your tip should reflect the quality of service you received and anything special your guides did to enhance your trip. We recommend a guideline of 150NOK from each person, but this does depend on your budget and what you feel is appropriate.





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## DIFFICULTY & TERRAIN

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 2 (Tough).

Some of the sledding will be fairly demanding, please don't underestimate this challenge just because you aren't trekking or cycling long distances. We travel through mountains and hills, dismounting to help push the sled when the gradient becomes too steep for the huskies to pull alone. You will be sledding for 5 consecutive days and expect long, but extremely rewarding days – at least 14 hours. You will participate in all aspects of the challenge, including feeding, bedding and preparing the dogs, putting up and taking down tents, making hot drinks and generally helping around camp. Your typical day begins at around 8.30am when you will prepare the dogs (feeding, harnessing and clearing up after them) and your sled for the day. You will then depart for the first leg of the day's sledding at about 10.30am. The day ends with you again feeding and preparing the dogs for the evening, setting up camp and any other campsite duties as required. Full training will be given on how to steer and brake the sled.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to

restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. GAC reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

## CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Tough', could have an 'Extreme' day or we may find that a 'Tough' challenge may have a 'Challenging' day.

### TOUGH

A 'Tough' challenge features more demanding activities and the days are generally longer and harder than a challenge graded as 'Challenging'!

The challenge is likely to involve considerable amounts of camping using facilities that we aren't accustomed to in the UK.

The weather can be more unpredictable on these challenges.

## TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardio vascular fitness is essential in order to complete these challenges and prior fitness preparation is a MUST! It is important that you are fit enough to complete the challenge.

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Tough' and we strongly recommend training for this challenge.

### Our training tips include:

- Any form of endurance exercise would be good training.
- It is best to improve and work on your cardio-vascular fitness, stamina, leg and joint strength.
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of exercise over consecutive days.



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## SUPPORT ON YOUR CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK and professional, knowledgeable and experienced local mushers. The ratio of guides to participants is 1:5 ensuring everyone is well looked after.

A comprehensive first aid kit will be carried with the group at all times. All Global Adventure Challenges leaders are 16 hour outdoor first aid qualified. Our in-country ground crew are also wilderness first aid trained.

Medical care in Norway is of a high standard, however you may have to pay for any medical treatment.



## FOOD, WATER & REFRESHMENT STOPS

Most dietary requirements can be catered for as long as we know in advance.

The main source of food is fish, with meat, cheese and bread in plentiful supply. Breakfast consists of muesli (full of energy to set you on your way), followed by a cold lunch and hot dinner (usually meat and rice/pasta/potatoes). The watchword here is 'high energy'. Each tent (two mushers per tent) will be supplied with a Food Box – this will have all you need to make your own breakfast, lunch and dinners. The dinners are 'Dry Tech' and require boiling water adding to them. They are very tasty and nutritional. Camp stoves will be provided.

The celebratory meal in the Ice Hotel or Tromso is not included – Norway is a very expensive country so please budget approximately £50 - £70 for food and drinks.

Rest stops will be whenever needed and when it is appropriate to stop and will depend on the dynamics of the group.

Water in Norway is extremely clean and you can fill your drinking water bottles at camp every day from the frozen lakes, rivers and water holes you are camping next to. This is perfectly safe and no sterilisation tablets (or their equivalent) are

required. If desired, you can carry a hot drink (e.g. tea/coffee) in your thermos flask during the day.

Wash hands wherever possible to avoid stomach upsets. We strongly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.



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DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	SLED STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK and arrive Tromso	Approx. 30 minute transfer from airport to Dog Sled Centre.	Dog Sled Centre Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Dinner	N/A	Distance sled: 10km	<ul style="list-style-type: none"> <li>Upon arrival in Tromso, we transfer to the Dog Sled Centre where we will meet lots of high-spirited Huskies!</li> <li>We are then given a briefing and go through the specialist equipment, show us how to drive the dogs and set up camp.</li> <li>Time permitting we will take a short trip to practice our new dog-sledding before enjoying our evening meal.</li> </ul>
Day 2:	Approx. 2 hour transfer from Dog Sled Centre to the start point of our sledding challenge.	Camp Mobile phone signal: Yes Wi-Fi: Yes Electricity: No	Breakfast, lunch and dinner	Tough	Distance sled: 30km Sledding time: 4 hours	<ul style="list-style-type: none"> <li>After breakfast we load our dogs, sleds and equipment into trailers and board our bus for a scenic 2 hour drive to Signal Valley which is the starting point for our adventure.</li> <li>Our goal for today is to reach the Tri-Nations Border (between Norway, Sweden and Finland) sledding through the mountains and forest. Tonight we sleep in our tents under the stars after enjoying our evening meal at camp.</li> </ul>
Day 3:	N/A	Camp Mobile phone signal: Yes Wi-Fi: Yes Electricity: No	Breakfast, lunch and dinner	Tough - Extreme	Distance sled: 55km Sledding time: 5 ½ hours	<ul style="list-style-type: none"> <li>After breaking camp we set off and head further along the Swedish side of the border. We start with a steep uphill climb and ascend 800m to enjoy the incredible views.</li> <li>We maintain this altitude for the morning and then in the afternoon there will be some deep descents (try your best to keep your balance!) as we drive down to Keinovopio.</li> <li>We will then set up camp before our evening meal and then we can relax for the evening.</li> </ul>
Day 4:	N/A	Log Cabin Mobile phone signal: No Wi-Fi: No Electricity: No	Breakfast, lunch and dinner	Tough	Distance sled: 45km Sledding time: 5 hours	<ul style="list-style-type: none"> <li>After our morning duties of making breakfast, harnessing our dogs and breaking camp, we push on with our dog sledding challenge.</li> <li>Today, we head deep into the mountains of Sweden - home of the Sami people. We may even see the occasional reindeer on the long push to our next camp at Rostojavri, which is known locally as the Fish Camp. Here, we will be treated to an overnight stay in a log cabin!</li> </ul>





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DAY	TRANSFERS	ACCOMMODATION	MEALS	DIFFICULTY RATING	TREK STATS (APPROX.)	ITINERARY NOTES
Day 5:	N/A	Camp Mobile phone signal: Yes Wi-Fi: Yes Electricity: No	Breakfast, lunch and dinner	Tough	Distance sled: 55km Sledding time: 5 ½ hours	<ul style="list-style-type: none"> <li>We set off for yet another very exciting day as we head back down the mountains to the tree-line and into the depths of the Swedish forest.</li> <li>This is one of the longer days on the sled and we mostly follow snow mobile tracks, which are challenging and bumpy but guarantee so much fun as they twist and turn through the forest. This is our opportunity to put our expert mushing skills to the test.</li> </ul>
Day 6:	N/A	Ice Hotel Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast and lunch	Tough – Extreme	Distance sled: 75km Sledding time: 7 ½ hours	<ul style="list-style-type: none"> <li>Today is the longest day of the challenge. We sled through more dramatic forest and then down onto the lakes and rivers that guide us to the famous Ice Hotel in Jukkasjarvi.</li> <li>Upon arrival we will be given a tour of the mystical Ice Hotel before being shown to our cabins where we will stay tonight. We can then relax and enjoy our celebratory meal in the Ice Hotel restaurant before spending the rest of the evening sharing our stories and experience at the Ice Bar.</li> </ul>
Day 7:	5 hour transfer back to Tromso	Hotel Mobile phone signal: Yes Wi-Fi: Yes Electricity: Yes	Breakfast, lunch and dinner	N/A	N/A	<ul style="list-style-type: none"> <li>After a big breakfast at the Ice Hotel, and feeding our trusted companions for the last time, we take a 5 hour transfer back to Tromso, stopping along the way for a scenic lunch break.</li> <li>We will arrive in Tromso late afternoon with time enough to say goodbye to our dogs before heading to our hotel where we will stay tonight.</li> <li>After a rest and a freshen up we can then enjoy the evening celebrating our achievements and exploring Tromso.</li> </ul>
Day 8:	Approx. 20 minute transfer to airport	N/A	Breakfast	N/A	N/A	<ul style="list-style-type: none"> <li>Following breakfast we transfer to the airport to catch our flight back to the UK.</li> <li>We arrive back into the UK, say our final goodbyes as a group and make our onward journey home.</li> </ul>

