

# Sweden Arctic Family Adventure

Trip Code: FSW

Version:



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Try husky dog-sledding and take your family to the spectacular Icehotel
- Go snowshoeing and enjoy the heated outdoor hot tub
- Ride a snowmobile on a frozen lake and see the northern lights
- Stay in cosy cabins, enjoy the spa with its pools and the restaurant
- Spend a magical Christmas or a celebratory New Year Eve's in this special place

## AT A GLANCE

- 5 days multi-activity and sightseeing
- Join at Kiruna

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The town of Kiruna, located 300 kilometres north of the Arctic Circle, is our base for this exciting family adventure holiday, which includes most of the classic winter activities such as snowshoeing, snowmobiling and husky dog-sledding. Close to the border between Sweden and Norway, this is the area historically known as Lapland and is home to the Sami people who still pursue a traditional way of life, grazing their herds of reindeer amongst the birch forest and open tundra. We fly in to Kiruna, the only town in this part of Sweden and transfer to the nearby wilderness centre of Camp Ripan, which provides comfortable accommodation in cosy cabins that work well for families. Camp Ripan has an excellent set-up, with a great restaurant, a northern lights lounge and a welcoming spa with heated outdoor pool. Situated within a spectacular landscape of 'taiga' forest, this is the perfect place for a winter family break and provides us with easy access to most of the classic winter activities.

We start out with a snowmobile tour which takes us on forest trails and across frozen lakes where we may be able to take part in some ice fishing. Over the next couple of days, you and your family will also travel by husky dog-sled, take a snowshoe hike and have a go at cross-country skiing on prepared trails. And, whenever the weather is clear, this is one of the best places on Earth to see the amazing northern lights. We also take an excursion to the nearby and world-famous Icehotel, where many of the rooms have been designed and sculpted by artists from around the world - an unmissable attraction. With all meals and activities included, this is an unforgettable family holiday in a veritable winter wonderland.

## Is this holiday for you?

### **Suitable for children from 6 years old.**

Providing cosy and comfortable accommodation and great food, our resort base at Camp Ripan allows us the flexibility to make this unique family adventure holiday work for most families. All the activities are in the reach of active children. When snowmobiling, children under 12 years of age will be towed in a covered sledge trailed behind the snowmobiles. Under 16yr olds are not allowed to drive the snowmobiles. Please note that the order of the itinerary (ie you may visit the icehotel on Monday rather than Sunday) is subject to change without notice. Additional warm and appropriate clothing is provided for the snowmobiling and husky sled ride. You do however need to provide your own warm clothing for the other activities, for evenings and for spontaneous playing in the snow! This is an ideal family holiday for Christmas, February half term and Easter. The KE Team loves this holiday!

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional English-speaking Swedish guide for all activities
- Kiruna Airport transfers (on day 1 and day 6)
- All land transport and activities as described
- All specialist winter activity equipment
- Additional warm clothing for the snowmobiling and husky sled ride activities
- 5 nights accommodation at Camp Ripan
- 2 visits to the Aurora Spa
- All meals included
- FREE Snow shoe and cross-country ski hire

### What's not Included

- Travel insurance
- Additional activities other than those described
- Tips for local staff
- Miscellaneous expenses - drinks and souvenirs etc

### Joining Arrangements & Transfers

The group will meet at the accommodation in Kiruna.

Airport transfers are provided for all clients.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All meals are included from dinner on day 1 to breakfast on day 6.

## Food & Water

Breakfast is an all you can eat buffet, with most breakfast items available. Cereals, bread, toast, yoghurt, spreads, omelette, scrambled egg, bacon, sausage, fruit juices, tea, coffee and hot chocolate. Most lunches are also taken at Camp Ripan and this is a single course meal, meat or fish with vegetables. Water and bread is also provided. Dinner is a 2-course meal served in the excellent restaurant. Much of the produce is harvested locally from the region and the chefs prioritise traditional Sami dishes, such as moose meatballs, reindeer, beef, salmon, Arctic char and lingon berry dessert. Dinner can be either a starter and a main course or main course and dessert. Every dish has its own story and the waiters will take pains to explain to you what you are eating. There is not usually a choice with the main dish. Simple dishes for children are also available. On some days, we may eat a snack lunch during our activity.

## Accommodation

During this trip the group will spend 5 nights at Camp Ripan on the outskirts of the modern town of Kiruna. This unusual resort hotel is comprised of several rows of wooden cabins which have twin rooms, en-suite facilities, satellite TV, tea and coffee making facilities, comfortable sitting area and drying room.

The family cabins (Room Giron) have 4 beds and can accommodate a 5th extra bed if required for children under 10yrs old. However it is more comfortable if you opt for two cabins for a family of 5 or 6 - and you can do this for no additional cost. These cabins will be next to each other. Families of 3 (2 adults and 1 child) will be in a 4 bed cabin. Families of 2 will be in a twin cabin - Room Rievssat.

The hotel reception has a bar, and a restaurant with a reputation for good local food. The proprietor of Camp Ripan is a chef and the cuisine is a priority for her. There are three 'Padel Tennis' courts, a Golf Simulator and a basic gym. Pre-booking is highly recommended for the Padel and can be done 10 days in advance. There is also a spa and two visits during your trip are included. The spa has an indoor and outdoor pool. If you are lucky you can enjoy the warmth whilst watching the Northern Lights flash through the windows.

## Group Leader & Support Staff

The group will be accompanied during each of the activities by English-speaking Swedish guides. The guides are specialist instructors in each field (i.e. husky sledding, snowmobiling or snowshoeing) and will vary with the days' activity and the itinerary.

## Spending Money

Approximately £200 for the average family should be sufficient to cover miscellaneous expenses, drinks and souvenir purchases. We recommend you take debit/credit cards to use whilst in Sweden, as it is almost a cashless economy. A beer in the restaurant at Camp Ripan costs around £8. Additional activities should be pre-booked and paid for on arrival.

## OPTIONAL ACTIVITY COSTS

Activities are usually taken with other guests at Camp Ripan and are at set times and days. Depending on the dates of your travel only certain activities will be available. Note that all days except for one, you already have an activity included in the holiday price, these options are just if you are keen to do more! All additional activities should be pre-booked to avoid disappointment. You can book and pay for these through KE. Please contact us for the full list and further details. All activities and prices are subject to change without prior notice.

- Cross-country ski trail pass: 50 SEK per person. Cross-country skis are provided free of charge. Passes can be bought locally and the trails are in walking distance
- Raidu - Encounter the Reindeer (afternoon, 4.5hrs): From 2900 SEK adult, from 1450 child (0-12yrs)
- Dogsled Tour for children and families (afternoon, 4hrs): 7500 SEK for 2 adults and 2 children (2-15yrs)
- Aurora Hunting Tour with Reindeer Sledding (evening, 6 hrs, finishing around midnight): 2495 SEK adult, 1895 SEK child (6-12yrs)
- Aurora Hunt by Dogsled (evenings 2.5hrs): 1550 SEK adult, 800 child (4-12yrs)
- Northern Lights Hunt by Snowmobile (evening, 2.5hrs): 1585 SEK adult, 795 SEK child (4-12yrs)
- Northern Lights Tour on Horseback (late afternoon, 3.5hrs, Min age 12 yrs, max weight 90kg): 2195 SEK
- Moose Safari on Horseback (all day 0900-1500 Min age 12yrs. Max weight 90kg): 2195 SEK per person
- Ice Climbing in Kiruna (afternoon, 2.5hrs, Min age 13yrs): 1295 SEK per person
- Northern Light Photo Tour (evening, 4hrs, min 10 yrs): 1690 SEK adult, 1050 SEK child (10-15yrs)
- Wildlife and Nature Photo Tour (morning, 4hrs): 1690 SEK adult, 1050 child (8-15yrs)
- Kiruna City Tour - a city on the move (morning or afternoon, 3hrs): 650 SEK adult, 200 SEK child (under

12yrs)

- Sami Cooking Tour (all day, 5.5 hrs): 1995 SEK per person
- Become a Sami Survivor (morning, 4 hrs): 1690 SEK adult, 990 SEK child (6-15yrs)

- There are also three '[Padel Tennis](#)' courts and a Golf Simulator at Camp Ripan. Pre-booking is highly recommended for the Padel and can be done 10 days in advance.

## Guidance on Tipping

You are under no pressure to tip the guides during this holiday. Tipping is the accepted way of saying thank you to your activity provider and is entirely voluntary.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The unit of currency in Sweden is the Swedish Krona.

## Climate

We are running this Arctic Sweden adventure at Christmas and also in February and the Easter holidays. There will be a noticeable difference in the climatic conditions that we can expect to encounter during these three periods. During the Christmas departures, the dominating influence will be the fact that the sun does not come above the horizon at all and there is only about 4 hours or so of good daylight. This is the season when the Northern Lights are most active. At this time of year, the temperature can be as cold as minus 25°C, but is more likely to be minus 10 to minus 15°C. However, because the air is so dry here, it does not seem so cold. The sun first puts in an appearance in early January and by mid February, there is lots of daylight (the sun rises at 0800 and sets at 1600 approx) and the temperatures start to improve. The ambient temperatures are still low, several degrees below freezing during the day and -10°C or colder at night. Thanks to the influence of the Gulf Stream it is actually warmer here than its Arctic Circle location would suggest. The early spring season is a great time to visit the Swedish Arctic. During the day the sun warms the snow, causing a little softening and then at night it re-freezes to form a crust which is perfect for snowmobiles, dog-sledges or for skiing. In February and even more so at Easter, long, sunny days are quite usual.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).



## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You should bring the following items

- Warm and waterproof snow boots
- Trainers or similar (for casual wear)
- Warm/Ski socks (2 or 3 pairs)
- Underwear
- Thermal baselayers - tops and leggings
- Waterproof padded ski salopettes OR waterproof overtrousers with warm/thermal leggings
- Casual clothes for evening wear and travel
- Fleece jacket and/or jumper
- Warm ski jacket or down jacket
- Warm hat
- Scarf
- Ski goggles and good quality sunglasses
- Warm fleece gloves
- Warm and windproof overgloves or mittens
- Daypack 20 to 30 litres (depending on how much of the kids' stuff you need to carry)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2x 1 Litre (quart) (we encourage re-filling water bottles rather than single use plastic)
- Selection of dry bags (to keep daypack contents dry)
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, antihistamine cream and tablets, and re-hydration salts (Dioralite).

### The following items are optional:

- Karrimat or similar foam mat (for lunch stops)
- 1 litre Thermos Flask

- Swimwear (for spa)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

### Equipment provided locally:

- Additional warm clothing as required
- Snowshoes
- Ski touring equipment including boots

### Notes:

Additional clothing and all equipment will be provided at Camp Ripan for all the activities. You should take the sort of warm clothing that you would use for a skiing trip. Warm outdoor clothing is available to hire at Camp Ripan for 175 SEK per person (pre-booking required), or 200 SEK on the spot.

### Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

### Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the accommodation Kiruna. A single transfer is included from/to Kiruna Airport.

### Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kiruna.

Outbound flights will usually depart from the UK in the morning, arriving in Kiruna in the late afternoon. Return flights will depart Kiruna in the early afternoon, arriving in the UK in the evening.

## Why Choose KE

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## Why KE

NOW INCLUDING FREE SNOW SHOES AND CROSS-COUNTRY SKI HIRE With all activities and meals included, this holiday is good value. Camp Ripan is an award-winning eco-friendly hotel which strives to capture the spirit of Kiruna. The core values revolve around sustainability which is at the heart of this beautiful place. Even the Father Christmas visit is done with style, creating magic for all children (big or small). Kit, Product Manager at the KE office, travelled with his family on this holiday - please feel free to call him for a chat.

**Please Note** This document was downloaded on 23/11/2024 and the trip is subject to change