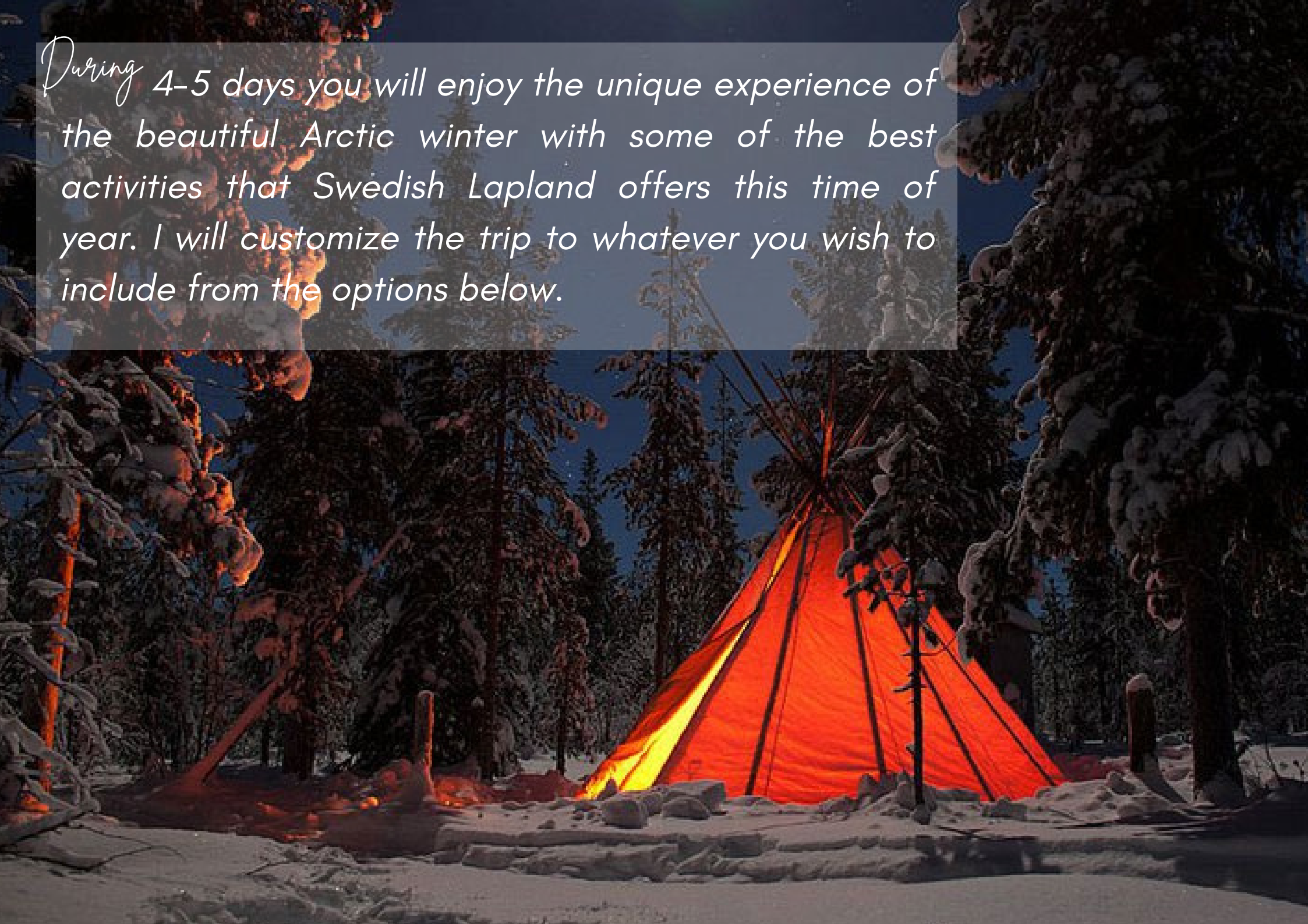


Arctic adventure in Swedish Lapland



Walk, Talk and Eat
Cecilia Swensson Health Coach

During 4-5 days you will enjoy the unique experience of the beautiful Arctic winter with some of the best activities that Swedish Lapland offers this time of year. I will customize the trip to whatever you wish to include from the options below.





Visit the famous and original **Ice Hotel in Jukkasjärvi** to see all the Ice art that is created from scratch every year out of the ice of the Torne River. You choose whether you would like to spend a night in the cold accommodation of the Art suites or if you prefer a warm hotel room after the visit of the breathtaking hotel and the famous Ice bar.

Dinner in Jukkasjärvi, we eat in the warm traditional "Wärdshus" where a fantastic meal composed of the local specialties is served.

Fjellborg Arctic Journey take us on a **2-day dog sledge trip** in the big outdoors along the Torne river. The adventure starts with info on how to manage your team of dogs and the sledge. You also get equipped with warm clothes to stay comfortable. You will be traveling in silence from the Fjellborg Homestead in Poikijärvi across the magic white, frozen Arctic landscape for about 18 km. You will drive your own team of dogs, prepare for action! If you rather sit on the sledge as one of the guides drive the sledge, that is off course also possible.





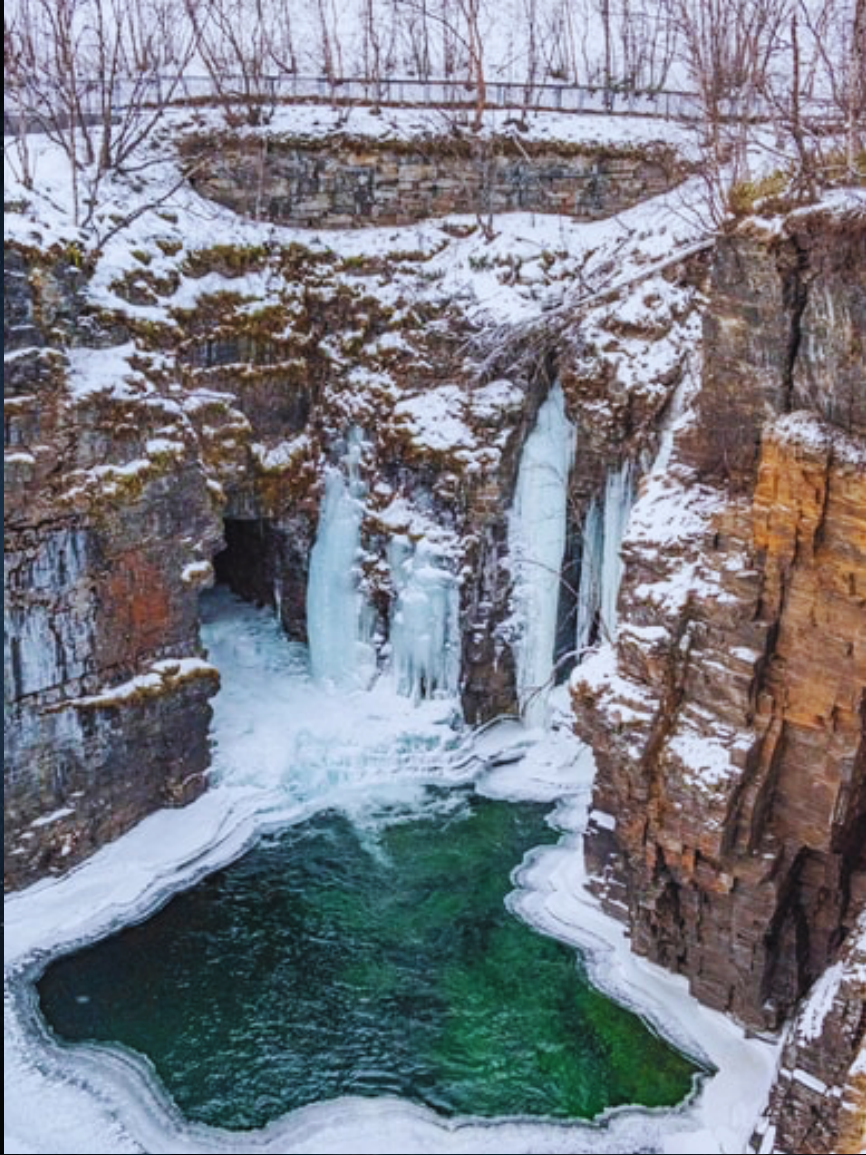
*At the end of our day, we will see the lights of the camp located close to the river in the arctic wilderness. We will stay overnight in the **private Väkkärä lodge** where you can enjoy the classic Sauna, with or without ice swim or snow roll. You sleep in very comfortable cabins, dinner and breakfast is served in the main lodge. In the morning we harness the dogs to continue the adventure that takes us back to civilization and the Fjellborg Homestead in Poikijärvi.*





Guided snowmobile tour on tracks along the Torne River from Jukkasjärvi or up in the mountain birch forest of the Abisko national park. Drive your own snowmobile or be the passenger, whatever suits you, when we go deep into the wild.





A visit to **Abisko National park** by the big lake Torne Träsk. This is one of the best places to get a chance to see **the Northern lights/Aurora borealis** in the northern hemisphere.

Stay one night at Abisko Mountain lodge (famous for it's spring Heliskiing). After dinner we take a chairlift up the mountain Nuolja where there is an exhibition about the northern lights and from where the night-time view over the mountains, lake and the dancing lights is magical.



Kiruna offers some of the best **cross-country tracks** in Sweden. A lot of them are equipped with electric lights so that you can use them during the dark part of the year. The arctic landscape is magical in the evenings when you enjoy really good, lit ski tracks and everything is white around you. You can combine the cross-country skiing with a visit to Aurora Spa at Hotel Ripan.

One of the **world's biggest underground iron ore mine** lies in Kiruna. There is approximately 800 km of road lying underneath Kiruna reaching the depths of 1600 meters. They offer a guided tour to see parts of the mine, its history and how it functions today. It's also possible to include a tour explaining, how the town center is being moved and rebuild in a new location, because of the instability that the mine underneath the town has caused.



Cecilia Swengsson

I live in Verbier and work as professional Ski Instructor at the Swiss National Ski School and I am also a fully educated Massage therapist, licensed Yoga Teacher and Integrative nutrition health coach. I am a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan and China. I have been offering Trekking trips with Yoga and Massage in Verbier, Italy, Spain, India, Nepal, Morocco and Norway since 2006.

From 1988-1998 I was living in Kiruna and the mountains close by. This area and the people in it have a special place in my heart.

*More about my work here
www.walktalkandeat.com*

Join me!

The price will depend on what you want to include and on how many you are in your group. I have so far done trips for groups of 8-17 people. I will give you the exact price when I know what you want.

Price example of 3 nights/4 days 8 people

SEK 19 000 per person not included is your flight to Kiruna.

To book contact me

cecilia.swensson@netplus.ch