



## Wild Lapland in the Summer

### FINLAND

A **real riding adventure in the wilds of Lapland** where you will travel through a captivating and rugged wilderness in the heart of a remote region far from the usual tourist spots. You will ride along sandy roads, wild forests, around lakes and over hills and fells. Stay overnight in wilderness cabins without electricity or running water. During your **riding holiday in Finland**, experience authentic Finnish cuisine, fresh salmon, herring and reindeer.

<b>Trail Riding</b>	 <b>6 days/ 4 days riding</b>	 <b>From £1,425</b>	
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### ITINERARY

## Highlights

- Ride through the quiet wilderness of Lapland, far from the usual tourist spots
- Stay in rustic cabins in the wilderness, with no water or electricity: into the wild!
- Enjoy the Finnish culture and authentic cuisine of delicious fresh salmon, herring, reindeer meat, Kainuu cheese, mushrooms and wild berries
- Experience the phenomena of the midnight sun

## Day 1 — 1 : Europe - Kittilä - Levi - No riding

Flight from Europe to Kittila via Helsinki. You will be met at the airport and driven through the landscapes of forests and lakes to the region Fell. You are on the edge of the Arctic Circle, in the heart of the Boreal Forest. You will be taken to the horse camp, close to the village of Levi - tonight you are staying in Aurora wilderness cabins in a peaceful, remote location. You will meet your guide Päivi and have an introduction of the next day's programme.

Dinner and overnight with shared facilities.

## Day 2 — 2: Levi - Näkkälä - Wilderness Cabin - 18 km riding

Throughout your time in Lapland, you will be responsible for the care of your own horse. All chores, cooking and cleaning of the wilderness cabins will be done as a group. The horses are sure-footed and docile and are used to being ridden by different people. The transport of your luggage will be done via quad bike as there are no serviceable roads in this area.

After breakfast pack up your bags before being transferred to Näkkälä Village in Enontekiö. After arrival in Näkkälä, you will prepare the horses and saddle them, and the first trail ride is ready to start. You will get to know your horses and routines. On the first day the route goes alongside sandy roads, hillocks and hills in fell forest. The riding distance today is ca. 18 km. At lunchtime, you prepare a picnic lunch by the campfire. In the afternoon you arrive at a wilderness cabin you we have dinner and spend the night.

Overnight in a wilderness cabin without private facilities, running water and electricity.

## Day 3 — 3 : Wilderness camp - Pöyrisjärvi - 25 km riding

After breakfast you will pack up camp and prepare the horses and continue your ride. The terrain is mainly treeless sandy hillocks and fells with small, beautiful streams and lakes, bogs and hills. At midday, enjoy a picnic lunch by a campfire. You will ride to Pöyrisjärvi, to the summer place of reindeer herders, where your home for the next two nights will be very a basic wilderness cabin without electricity or running water. After taking care of the horses, you prepare dinner and get ready for a good night's sleep.

## Day 4 — 4 : Pöyrisjärvi. - 25 km riding

After breakfast, saddle your horse and explore the surroundings and the sand dunes of lake Pöyrisjärvi. The area consists of rolling fell and forests, with an abundance of wildlife. You are getting close to the border with Norway. You might encounter Sami summer villages, still inhabited part of the year. It is an important area for fishing, hunting and reindeer husbandry for the few locals who live there.

Daily routines are as usual. No mobile connection!

## Day 5 — 5 : Pöyrisjärvi - Näkkälä - 25 km riding

After breakfast, the group takes care of the horses and start your trail riding back to the village of Näkkälä. After taking care of the horses, you will be transferred back to the first camp, where you can enjoy the sauna and a delicious farewell dinner.

Overnight in the Aurora wilderness cabins.

## Day 6 — 6 : Levi - Kittilä - Europe - No riding

After eating a final Finnish breakfast and saying your goodbyes to your hosts and guide, you will be driven back to the airport.

### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
09/08/2021	14/08/2021	£1,425		Open
16/08/2021	21/08/2021	£1,425		Open

## Price details

- Flights to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.
- Rates are per person, based on riders sharing simple communal accommodation.
- Groups are made up of 2-6 riders plus English-speaking guides
- If you wish to hire a sleeping bag and liner, a price of approx £20/€25 per person for the week can be paid on arrival.
- Extra activities (canoe tours, hiking tours) can be arranged, please contact us
- Children aged 12+ are welcome to join the ride depending on their level of fitness and riding abilities.
- New dates can be opened on request for groups of 4+ riders.

- Rider weight limit: 110 kg/ 17.3 st / 242 lbs

### Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

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### SUPPORT TEAM

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1 Finnish, English speaking, tour leader

### LOGISTIC

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1 horse equipped with saddle and bridle

1 support quad

### INLAND TRANSPORTS

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Airport transfers

### ACCOMMODATION

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Accommodation in a lodge or cabins, something with no electricity or running water.

### MEALS

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Full board from first dinner Day 1 to last breakfast Day 6

### ADDITIONAL EQUIPMENT

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Saddle bags

## Price doesn't include

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### MEALS

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Free lunches on day 1 and 6

### TRANSPORTS

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International flights

### EXTRA

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Tips to local team

### INSURANCE

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Cancellation and travel insurances are not included. Please note that insurance is mandatory. We recommend to take out an insurance policy as soon as your travel is booked in case of cancellation.

Visas and personal purchase

## Optional

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### ACCOMMODATION

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Equipment to rent: sleeping bag: see dates and prices

Extra activities like canoeing tours, hiking tours

## EQUESTRIAN INFO

## Horses

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A herd of hardy, cold blooded horses that have for centuries met all the equestrian needs of the harsh lands of Lapland. They were used for agricultural work and are a robust yet sturdy lightweight breed. They are docile yet forward going and are suitable for all levels of riders. They are ridden in English tack.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

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This trip is suitable for both intermediate and experienced riders.

## **PACE**

The pace of the ride is dictated by the terrain, there will be opportunities for long trots and canters when the terrain allows.

## **TACKING ABILITY AND PARTICIPATION**

You will be asked to groom, saddle and unsaddle your own horse. You will be responsible for the care of your own horse. All chores, cooking and cleaning of the wilderness cabins will be done as a group.

## **TRIP CONDITIONS AND REQUESTED EXPERIENCE**

You must be in good physical condition as you will spend long days in the saddle. This is a demanding trail and you should be riding fit, and be prepared for this.

It is essential that you approach this trip understanding that the accommodation will be basic and you will be living rustically, out in the open, with rudimentary facilities. You will spend several nights in communal dormitories, which will include sharing toilet facilities.

No previous trail ride experience is necessary, though a love of wildlife and the great outdoors is essential!

## **EQUESTRIAN EQUIPMENT**

Saddlebags are provided.  
Horses are ridden in English saddles.

We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit

## **TRAVEL INFO**

### **COMFORT**

Your first and last night will be spent in the hosts' home.

At the equestrian centre, a converted former school, a warm welcome awaits you; the centre's accommodation is basic but comfortable, consisting of dormitory rooms with shared bathrooms.

Whilst out riding the trails, you will sleep overnight in either kota (traditional tents) or in rustic log cabins with no running water or electricity.

### **MEALS**

Meals consist of Lapland's specialties like sauteed reindeer, salmon, white fish, forest mushrooms and berries, etc.

### **CLIMATE**

Lapland's summer temperatures can reach 27°C and the days are often mild, between 15 and 20°C. However, it's important to bring warm clothes with you for the evenings and the colder days. Don't forget that during this period you will be able to experience the midnight sun - consider bringing an eye mask to help you sleep through the night!

### **GUIDE AND LOCAL TEAM**

Päivi is a horse riding instructor and owner of a herd of Finnish horses. her husband Pasi is a musher, who drives a team of 40 huskies and takes tourists on 2 day long-distance treks in the winter. Together they own an agency in Lapland that offers riders and amateur Nordic sports enthusiasts a chance to get the best out of the region. In the summer months, Päivi leads groups of riders through the wilds of Lapland, sometimes with Pasi by her side.

### **TIPS**

Tipping is not obligatory, however if you would like to, please give it to one of the local team.

### **PACKING LIST**

Important: there are mosquitoes in this area in the summer. Please make sure to bring a mosquito spray and a face net is strongly recommended.

## Head

- Equus Journeys STRONGLY recommends wearing a helmet. We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong and light and comfortable. Alternatively, under hat protective wear is available (Ranch & Rider, Lexington Safety Products) as well as western helmets (Troxel).
- Sunhat
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana
- Warm hat for cold nights when camping

## Upper body

- Thermals (long or short sleeved)
- Long sleeved shirts provide protection from the sun and are an extra layer
- T-shirts
- Lightweight fleece or jumper
- Warm fleece or jumper (and a spare in case one gets wet)
- Warm and waterproof jacket - it can rain at any time of year and the evenings can be particularly cold
- Swimming costume - for swimming/bathing in rivers/hot springs

## Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Thermals
- Casual trousers for the evenings, such as jeans or tracksuit bottoms
- Waterproof over trousers

## Hands and Feet

- Comfortable riding boots. We recommend short boots/hiking boots with half chaps but you may wish to take long chaps as an extra layer against inclement weather. We don't recommend taking your favourite long leather boots in case they get damaged
- Waterproof shoes/boots can be useful for abundant dew in the mornings or when it rains
- Trainers/Crocs or equivalent light shoes for moving around the camp in the evenings
- Several pairs of warm, thick socks
- Gloves - your hands are particularly exposed to the sun, cold or rain whilst riding. Waterproof gloves can be particularly useful

## Nightwear

- Sleeping bag - one with a protection factor down to - 5 celsius, but we strongly recommend one with at least - 8 or 10 celsius
- Sleeping bag liner - silk, cotton or fleece - to add an extra layer of warmth
- Inflatable mattress or sleeping mat - strongly recommended
- Pyjamas, tracksuits or thermals for sleeping in

## Other useful items

- Towels - camping ones will both dry and pack more easily
- Small backpack for accessing items required during the day (carried by support crew)
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Headtorch or small torch for moving around camp at night - bring spare batteries and bulbs
- Water bottle (2 litres or 2 x 1 litre)
- Swiss army knife
- Wet Wipes or equivalent (for when washing facilities aren't available)
- Toilet paper and a lighter to burn it with after use
- Small plastic bags for your rubbish
- Ear plugs (for light sleepers)
- A soothing cream will be useful to treat areas irritated by long hours in the saddle
- Mosquito spray/bite soothing cream, and, possibly, mosquito net. Mosquitoes are everywhere in the summertime!

## Medical kit

- Any medication you regularly take
- Sunscreen and lip balm - should be high factor
- Insect repellent, preferably containing deet
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses

- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Water purification tablets
- Antiseptic wipes
- Handwash gel

#### General recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (passport, camera, sunscreen, lipbalm etc)
- Please don't take a hard sided suitcase. Your luggage should be soft sided with a capacity of 60-80 litres. We recommend taking a backpack or similar.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- Please take your rubbish home with you. There are no recycling facilities, so take your used batteries, aerosols etc. back home and dispose of them appropriately. Try to leave excess packaging material at home before travelling
- If you prefer travelling light, please choose a biodegradable soap or washing powder/liquid to do your laundry once in the country

## VISA & HEALTH

### Formalities

British citizens: other nationalities, please contact us.

#### Visas

If you hold a British Citizen passport, you don't need a visa to enter Finland.

The rules on travel will stay the same until 31 December 2020.

#### Visas from 1 January 2021

The rules for travelling or working in Europe will change from 1 January 2021:

- you will be able to travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training
- if you are travelling to Finland and other Schengen countries without a visa, make sure your whole visit is within the limit. Visits to Schengen countries within the previous 180 days before you travel would count towards the 90-day limit
- The 90-day limit for visa-free travel will begin on 1 January 2021. Any days you stay in Finland or other Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control for Finland, you may need to:

- show a return or onward ticket
- show you have enough money for your stay, and
- use separate lanes from EU, EEA and Swiss citizens when queueing
- Your passport may be stamped on entry and exit.

#### Passport validity

The rules on travel will stay the same until 31 December 2020.

Your passport should be valid for the proposed duration of your stay; you do not need any additional period of validity on your passport beyond this.

#### Passport validity from 1 January 2021

From 1 January 2021, you must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your passport over 10 years may not count towards the 6 months needed.

Check your passport is valid for travel before you book your trip. You will need to renew your passport before travelling if you do not have enough time left on your passport.

Please visit for the FCO website for up-to-date information - <https://www.gov.uk/foreign-travel-advice/finland/entry-requirements>

#### ADDRESSES OF CONSULATES

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## Health

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Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine.

Please visit: <https://www.gov.uk/foreign-travel-advice/finland>

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## Insurance

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It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

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## Voltage

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In Finland the power sockets are of type F. The standard voltage is 230 V and the standard frequency is 50 Hz.

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## Budget and money

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Euro is the local currency. All major international credit cards are accepted in Finland.

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## Telephone and jetlag

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Phone code: 00+358+number.