

Reference: AR2



Aurora Retreat Guest House & Stockholm 2011/12

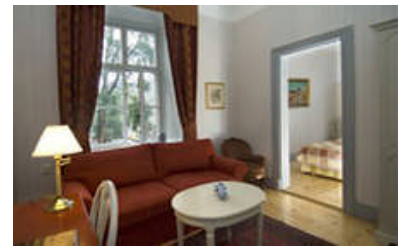
Flights Approx. times

Date	Flight No	Departure		Arrival	
		Time	Airport	Time	Airport
Day 1	SK526	1030	London Heathrow	1405	Stockholm Arlanda
Last day	SK1045	1345	Kiruna	1525	Stockholm Arlanda
Last day	SK1523	1605	Stockholm Arlanda	1750	London Heathrow

Flights may also be available from Manchester and Edinburgh however availability is much more limited than Heathrow

Stockholm

Columbus Hotel *** (2 nights)



Day 1 to day 3

An excellent small and personal hotel located in a listed building from 1780 and on the fashionable island of Södermalm. The building was converted into the Columbus Hotel in 1976 and fully refurbished just 2 years ago. Just 10 mins walk from the centrally located Gamla Stan (Old Town) and 2 mins from the nearest underground station.

Overnight Train times are approximate and flights are also available

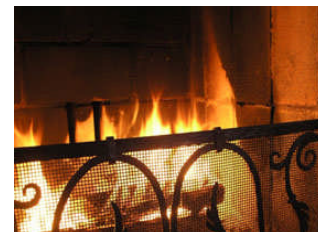
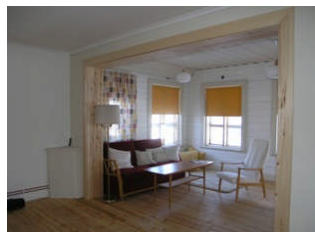
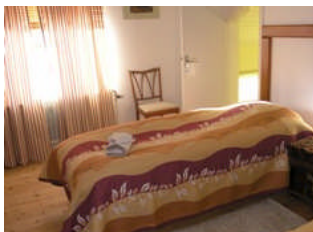


Departure			Arrival		
Date	Time	Station	Date	Time	Station
Day 3	1812	Stockholm C	Day 4	0837	Gällivare Stn

A comfortable, relaxing and environmentally friendly way to travel between Stockholm and Lapland offering snow covered views as you relax in your own private 2 or 3 bed cabin. Meals can be purchased on board in the restaurant car.

Lapland

Aurora Retreat Guest House – 3 nights



Switch off your mobile, escape and relax! Located deep within the Arctic Circle in Northern Lapland (almost in the middle of nowhere!) is the small traditional Swedish village of Junosuando and Aurora Retreat. You will be amazed by the expanse, the openness and the silence. Your holiday at Aurora Retreat is about genuine small scale winter activities and encounters in some of the most stunning and picturesque scenery in Swedish Lapland, whilst caring for nature, the local community and the wider impacts of our actions. This is not your traditional tourist destination as tourists are few and far between.

The Aurora Retreat log cabin dates back to the 1920's when it was the village bakery and vicarage. Today it is a large beautiful eco-friendly 6 bedroom, old, recently refurbished timber house. The living areas comprise of a dining area, activity rooms and relaxation areas where you can read, relax or indulge in conversation with the other guests. There is of course the luxury of the smell, crackle and sensation of a real log fire. After a day enjoying the snow there is no better place to warm up than in the wood fired sauna.

Meals are an integral part of your experience at Aurora Retreat log cabin and you will be catered for on a full board basis from an evening meal on your first day to breakfast on your day of departure. Your hosts Maya and Mikael serve food that builds and balances the body and spirit. Their unique cuisine is freshly prepared with the highest quality, organic, local ingredients available. Meals are created that are high in nutrient content and life energy, and satisfying to the senses. Any imported products, such as coffee and chocolate are fair trade. Although most of the meals are vegetarian you may also find fresh fish (local rivers and lakes) and wild meat, such as reindeer or elk are served. Special dietary needs and requests can of course be accommodated.

During your stay there are numerous traditional Lapland activities and excursions to take part in. Northern Lights tours and husky rides are all arranged by local operators. Other activities include yoga, a relaxing massage, felt making, visit to a sami reindeer herder, moose park, kick sleds, snow shoes, stay in an igloo and bread baking. Kick sleds and sledges can be borrowed free of charge.

There is also the option of staying at a wilderness camp, with no running water, electricity or modern conveniences - this is a true experience with nature. Your guide will be there to help you prepare the food and light the fires to warm the log cabin and sauna. Your guide will return in the morning. Possible activities during this tour include ice fishing, igloo building, sledging and cross country skiing.

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Price from £1360 per person based on 2 people in double / twin room

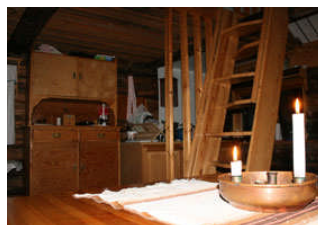
Extra nights at Aurora Retreat full board from £86pp

Price from £1315 per person based on 4 people in double / twin rooms

Extra nights at Aurora Retreat full board from £78pp

Prices include flights, overnight train (room only), b&b in Stockholm, full board accommodation & warm outdoor clothing at Aurora Retreat, transfer from Gällivare Train Stn to Aurora Retreat & transfer from Aurora Retreat to Kiruna airport.

Northern Lights Log Cabin



During your stay in the remote wilderness of Swedish Lapland you may choose to spend a night at a remote traditional wilderness log cabin. The log cabin is accessible by snowmobile and is located at the side of a small lake. You will also find a traditional lakeside sauna. Swedish Lapland is recognised as one of the best locations to see the northern lights. This remote location, with zero light pollution is a great location not just to see the Northern Lights, but star gaze and simply enjoy each others company. This is a private tour exclusively for your group. Your guide will be there to help you prepare the food and light the fires to warm the log cabin and sauna before leaving you to enjoy the true silence of nature. Your guide will return in the morning. Possible activities during this tour include ice fishing, igloo building, sledging and cross country skiing. More detailed prices at

<http://www.simplysweden.co.uk/auroraactivities.php#snow>

Activities at Aurora Retreat

<http://www.simplysweden.co.uk/auroraactivities.php>

Trip notes:

This holiday to Swedish Lapland is all about small-scale, genuine experiences and discovery. We take you away from tour groups and tourist areas into the real Lapland, inviting you to explore, be inspired by the winter landscape and untouched nature, and take part in the local culture.

Accommodation is in a beautiful small village guesthouse, far off the beaten tourist track. With a wide range of activities and flexible approach in designing your programme, your needs and interests will be well catered for. Let us know if you have any special requests and our team will do the best to arrange for them.

Personal and reliable service from your hosts and guides, authentic experiences of the local culture and nature, the time and space for well-being and relaxation, and, of course, respect and care for nature and the community we are a part of, is fundamental to all on offer.

Accommodation: The Aurora Retreat guesthouse is located in a small village, well off the beaten tourist track and surrounded by expansive forests, pristine lakes and mighty, untouched rivers. The guesthouse is a timber building dating from the 1920's which has been renovated with environmentally sustainable living in mind. There are six simple, yet elegant and comfortable, double rooms with shared bathrooms and sitting area. 2 of the bedrooms now have ensuite bathrooms. There is a dining hall, a spacious group gathering room with a fireplace, and quiet corners for reflection and relaxation. It's possible to rent the entire house for your private use or to rent just one of the bedrooms. The guesthouse provides a calm and peaceful atmosphere and fits in well with the surrounding nature and community.

Cuisine: Meals and snacks are freshly prepared with the highest quality, organic and local ingredients available. Your hosts strive to create meals that build and balance the body and satisfy the senses. Root vegetables, grains and pulses form the basis of most meals. Small amounts of imported produce add variety. Coffee, tea, chocolate and bananas are fair-trade. Approx. 90% of all the ingredients are organic or local wild food (fish, meat, berries). Most meals are vegetarian. Occasionally, or, if requested, local meat or fish is on offer. We happily accommodate those with special diets with creatively prepared, fresh food.

How this holiday makes a difference:

This holiday is a small scale experience offering time for genuine experience and encounters with the culture and nature of the region. The essential ground of this holiday is sustainable, holistic living. At Aurora Retreat they are committed to sustainability practices that maintain and restore the health of natural ecosystems, local economies and the well-being of guests. This includes:

- Cooperation with other local companies to benefit the local economy and create work opportunities in an area with high unemployment

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- Our guides and hosts inform about and encourage awareness and appreciation for the local environment and culture during their contact with visitors
- We encourage guests to take part in local events in the area such as markets or concerts
- Guests are provided with healthy food, locally and organically grown whenever possible
- We reduce, reuse and recycle and encourage our guests to minimise their waste production and use our recycling station
- We encourage our guests to use the outdoor clothing we have available instead of buying new outerwear that they may not have use for again after their trip
- The guesthouse is warmed with wood pellets which are a renewable energy source and care is taken to lower the thermostat at night to save energy
- The guesthouse has dry compost toilets and a waste water recycling system
- A leave no trace policy in all outdoor activities
- Utilising our own energy for transportation as much as possible by walking, skiing or kick-sledging and using small vans or the public bus when necessary to transport guests over longer distances