

Reference AURORA INCENTIVE



Aurora Retreat Guest House

Recommended for groups of up to 10 adults

Flights times are approximate

Outbound

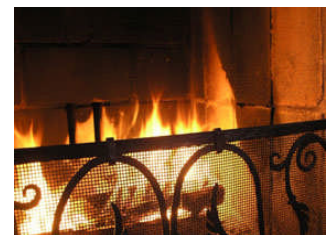
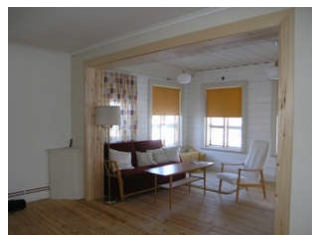
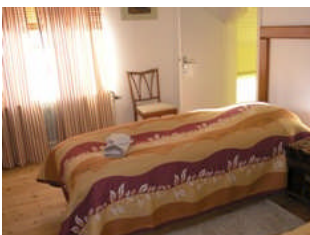
Date	Flight No	Departure		Arrival	
		Time	Airport	Time	Airport
Day 1	SK1530	0700	London Heathrow	1035	Stockholm Arlanda
Day 1	SK1042	1140	Stockholm Arlanda	1315	Kiruna

Inbound

Date	Flight No	Departure		Arrival	
		Time	Airport	Time	Airport
Day 4	SK1045	1345	Kiruna	1525	Stockholm Arlanda
Day 4	SK1523	1605	Stockholm Arlanda	1750	London Heathrow

Accommodation

Aurora Retreat Guest House (Lapland)



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.

Suggested Itinerary

Day 1 Arrival at Kiruna airport and transfer to Aurora Retreat (approx 90mins). Time to relax prior to issue of warm clothing & a welcoming evening meal.

Evening: Guided walk into the white wilderness in search of the spectacular Northern Lights

Day 2 Filling breakfast. Drive your own team of huskies. 4-5hrs of driving your own husky team through snow covered forests and over frozen lakes. Includes lunch and travel approx 35km.

Afternoon: Overnight Northern Lights tour. One of the closest to nature experiences in Lapland and a great chance to see the Northern Lights. Travel to a cosy traditional wilderness cabin with sauna by sledge (pulled by snowmobile) with no running water or electricity. Your guide will prepare your evening meal and then leave you to enjoy a night admiring the true beauty of Swedish Lapland.

Day 3 Your guide will return in the morning and as you make your way back towards Aurora Retreat you will have the opportunity to try your hand at some winter activities such as ice fishing, tobogganing, x-country skiing and snowshoes. Lunch will be served in a wilderness cabin / tent and you return to Aurora Retreat during the afternoon. During the evening you will find time to explore the village of Junosunado or sit in front of the open fire in the lounge.

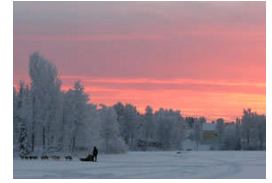
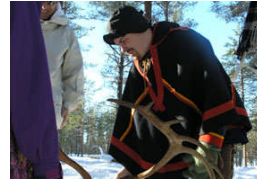
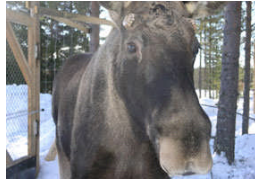
Day 4 Following breakfast you have the chance to enjoy the thrill of driving a snowmobile (2hrs). They are now common place for work & recreation across Lapland and drivers will need to be in possession of a driving licence valid in Sweden. All full UK licences are valid in Sweden. Transfer to the airport for your flight back to the UK.

Price on enquiry

You will have the entire guest house exclusively for your party

Prices includes flights, airport transfers all activities detailed above, full board accommodation & warm outdoor clothing.

Other Aurora Retreat Activities



Activities available at Aurora Retreat

- Overnight Northern Lights tour**
 One of the closest to nature experiences in Lapland and a great chance to see the Northern Lights. Travel to a cosy traditional wilderness cabin with sauna by sledge (pulled by snowmobile) with no running water or electricity. This is a private tour exclusively for your group. Must be booked prior to departure.
- Drive your own husky team**
 4-5hrs of driving your own husky team through snow covered forests and over frozen lakes. Includes lunch and travel approx 35km. Own team of huskies. Must be booked prior to departure.
- Shared husky team**
 4-5hrs of driving your own husky team through snow covered forests and over frozen lakes. Includes lunch and travel approx 35km. 2 people per husky sled. Must be booked prior to departure.
- Sami experiences**
 Historic and current day cultures of the local Sami including a sample of reindeer herding and a Sami lunch. 4-5hrs. Must be booked prior to departure.
- X-country skiing or snow shoe excursion**
 One of the best ways to explore virgin snow as skis and snowshoes open up the beauty of this white wilderness. 3hrs including snack. Must be booked prior to departure.
- Northern lights guided walk**
 A guided wilderness walk including a warming snack, searching for a location with no light pollution and looking to the skies for the brilliant Northern Lights. 2hr30. Approx price – can be booked locally.
- 2hr Snowmobile excursion – shared snowmobile ****
 The thrilling experience of snowmobiles. They are now common place for work & recreation across Lapland. Must be booked prior to departure.
- 2hr Snowmobile excursion – single rider ****
 The thrilling experience of snowmobiles. They are now common place for work & recreation across Lapland. Must be booked prior to departure.
- Moose park**
 Available during your transfer to / from Kiruna airport. 1hr. Must be booked prior to departure. Cost is for extra costs incurred by driver. Local entrance fee is approx. 100sek per person.
- Traditional bread making**
 2-3hrs hands on experience in a warm environment! Bake using fresh & organic ingredients in a traditional wood oven. Approx price – can be booked locally.
- Traditional felt making**
 3hrs hands on experience in a warm environment! An activity for all and popular with the Sami. Approx price – can be booked locally.
- Traditional wood fired sauna**
 No better place to warm up after a day in the wilderness. A roll in the snow is of course optional! Approx price – can be booked locally.
- Additional Saunas**
 Book subsequent saunas
- Equipment to Rent (per day)**
 x-country skis and snowshoes. Perfect for exploring on your own. Approx price – can be booked locally.
- Equipment to borrow**
 Kick sledge, toboggans
- Yoga**
 Yoga classes combining the classical method of Sivananda yoga with the intuitive and breathing based approach of Scaravelli

Prices

per adult
£251 (from)

per child
£130 (from)

£157

n/a

£138

£64

£120

£55

£47

£24

£51

£26

£90

£45

£109

n/a

£24 per group

£51

£26

£48

£24

£24

£12

£10

£5

£15

£15

free

free

£15

£8

- | | |
|---|---|
| <ul style="list-style-type: none"> yoga. No yoga experience necessary. 90mins. Approx price – can be booked locally. • Icelandic Horse Riding
Guided winter tours with sturdy beginner friendly horses. Must be booked prior to departure. • Classic Swedish Massage
Half or full body massage treatments by a certified massage therapist. 1hr. Approx price – can be booked locally. | <p>please ask</p> <p>£47</p> <p>n/a</p> |
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** NEW FOR 2009/10 - Driver requires a driving licence that is valid in Sweden

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
- 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

