



### **Trip Overview: The Nordic Skating Adventure**

The **Nordic Skating Adventure** consists of a **4-day, guided all-inclusive weekend**, starting from the moment you arrive at Arlanda airport on Thursday morning until your departure by plane on Sunday evening.

In addition to transport by minivan (with the guide acting as your driver), this arrangement further includes 3 nights of **full-board accommodation** (alcoholic beverages, power bars etc. excluded), chosen by you (Hostel or Hotel accommodation).

You will be picked up in the arrivals hall Arlanda Terminal 2 10.30-11 by our local ice guide, who will take you by minivan to our base camp 10 minutes away.

**Alternatively, and by agreement with the guide, pick-up can take place at another agreed site.**

At the base camp, you can change your clothes and will be provided with our complete tour skating and safety equipment, including a set of tour skates and boots.

After changing we will drive to the closest ice for a first skate and lunch (sandwiches, fruit coffee or tea). Depending on ice conditions we might drive 30 minutes or 3-4 hours to our chosen skating area.

In general, we will book your accommodation 24-72 hours in advance. We will stay in the same accommodation for 3 nights if possible. If the ice conditions change, we move to another location to accommodation closer to a better skating area.



## Ice Safety

Your rucksack is vital for carrying your gear and, crucially, as a **flotation device**. To ensure it functions perfectly as a float, always:

- Place your dry sack, with your extra change of clothes, at the very bottom.
- Secure the leg strap around your leg.
- Fasten both your hip and chest straps.
- Adjust the shoulder straps to keep the rucksack as low as possible.

We adapt to the ice and weather, constantly evaluating conditions. The decisions regarding distance, safety, and when to turn back demand seasoned judgment and an unwavering commitment to safety.

Naturguiden ice guides bring years of experience as leaders in local ice-skating clubs around Sweden.

Never skate in front or out of sight of your ice guide, follow the same tracks as your ice guide.

We will practice how to use the safety equipment before starting the tour.

## What We Provide:

- Boot, skates and skating poles
- Safety rucksack with ice claws and rescue line
- Helmet, knee and elbow pads
- Drybag for your clothes and towel
- Thermos, lunch box, water bottle, and a comfortable seat pad
- The guide carries a first aid kit



**Self-Supplied Gear:** You are allowed to use your own skates if they are the Scandinavian/Nordic type with separate cross-country boots using NNN or BC bindings. You are also allowed to use your own helmet and protection.

### **Bring Your Essential Gear (Packed in the Dry Sack):**

A complete change of clothes is required. Pack these items in your dry sack, from bottom to top, for quick access:

- Gloves /mittens
- Socks
- Trousers
- Underwear
- Base layer
- Cap
- Long sleeve shirt
- Towel
- Light down jacket (also used for brakes)

### **How Should You Dress for a Skating Tour?**

Tour skating is like cross-country skiing or hiking in mountainous terrain, involving a relatively constant activity level. Proper dressing is crucial, and we recommend the **3-layer principle**.

This method uses different garments to manage moisture, provide insulation, and protect against wind and precipitation, ensuring you stay warm and dry. The flexibility of layering allows you to easily adjust your clothing to suit changing conditions.

- Expect temperatures around 0°C (32°F) or slightly below. On particularly cold days, the temperature can drop below -10°C (14°F). In such cases, keep a warm sweater readily accessible in your rucksack.
- Protect your head with a not-too-thick beanie that will fit under a helmet. For keeping your hands warm, we **strongly recommend mittens** instead of gloves.



Other non-essential things to bring with you:

- Small dry bags for your valuables
- Battery pack
- Lip Balsam
- Sunscreen
- Power bars and snacks
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We look forward to meeting you and please don't hesitate to contact us with any questions!