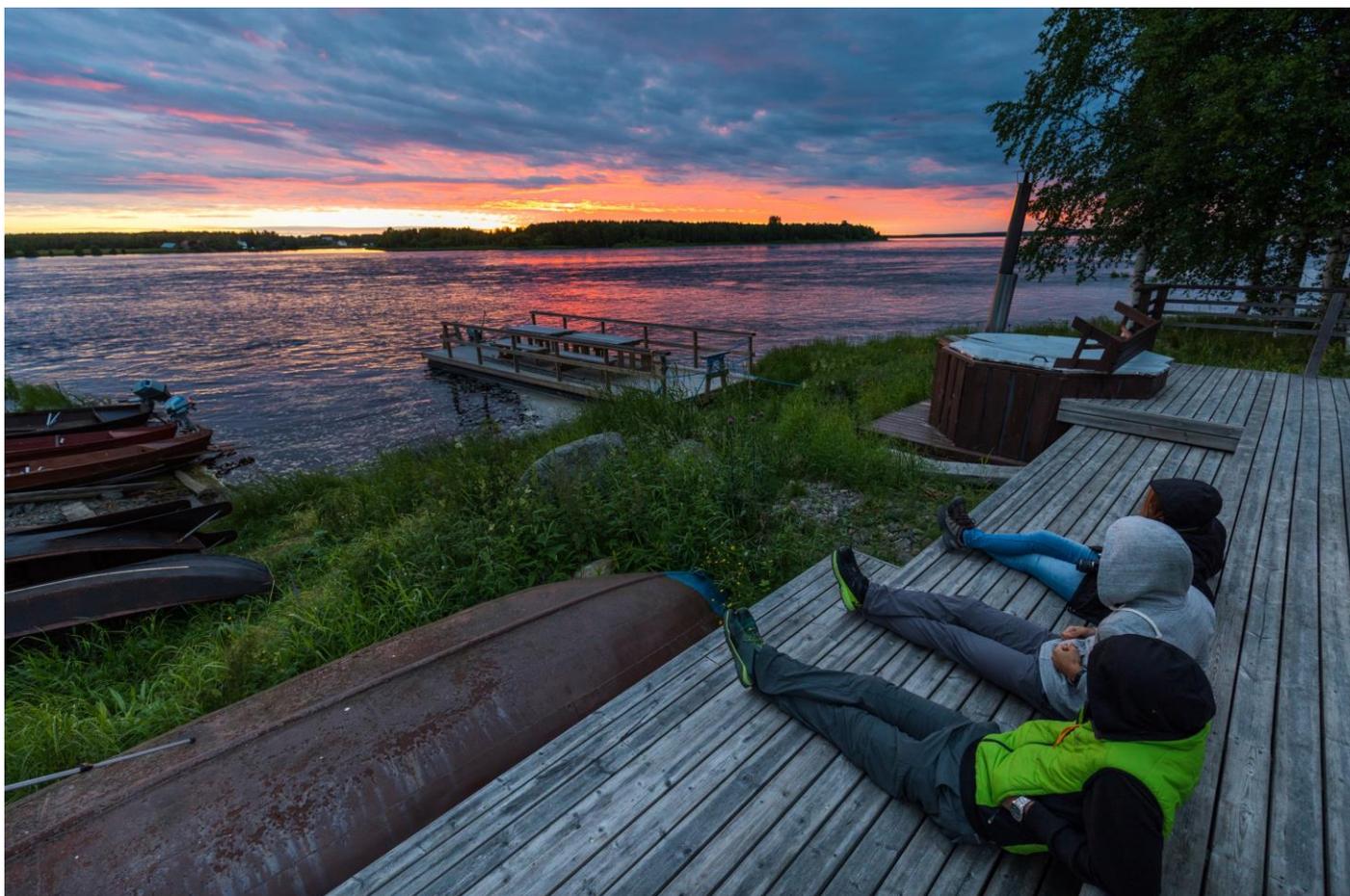




RELAX IN THE ARCTIC NATURE

White nights and midnight sun

A detox tour away from stress and mass tourism sites



Find yourself in our beautiful nature

Find yourself in the Heart of Lapland. This pristine area is situated at the border between Sweden and Finland, away from mass tourism routes. It is the ideal destination for a detox tour in the middle of the summer. In this period, you can experience white nights, as it never gets dark, even in the middle of the night. This unreal atmosphere will envelope you and the ever-present water will surround you. Our day tours will take you to historical, cultural and foodie attractions in the area. Untouched nature will be around you all the time. Let the crisp air of the Great North regenerate you.

This tour has been devised based on the feedback of numerous customers, who have visited Lapland during the summer, and have told us how this place has regenerated them and given them extra strength and energy. Based on these reports, we have decided to build a tour that serves the purpose of finding your inner energy, aided by the wonderful nature of Lapland.



THE TOUR IN SHORT

Duration: 6 nights

Participants: min 4, max 9

Departures: 8-14 July and 14-20 August 2019

Difficulty level: easy

Climate: warm temperate to cool, humid and windy

Clothes: recommended both summer and light autumn gear

Transfers: own 9-seater minivans

Tour leader: included, English-speaking

Meals: half board

Distance travelled: approx 700 km

Countries: Finland, Sweden

Main places visited: Haparanda – Tornio – Kemi – Haparanda Archipelago – Kukkola – Aavasaksa – Juoksenki

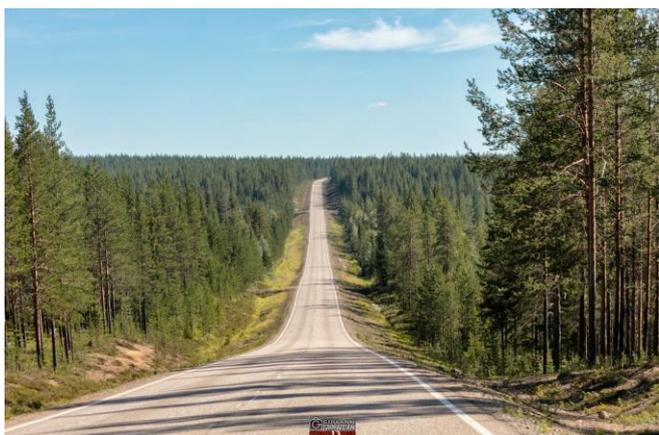
Highlights: water, white nights, midnight sun, fishermen, Lapland traditions, history, culture, nature



[Day 1] – WELCOME TO LAPLAND. Arrival at the **Kemi-Tornio** airport, where we will welcome you with a sign. Transfer with our minivan to **Kukkola** (45 minutes) where you will lodge in cosy apartments located in a rural area. Each apartment has a living room with kitchenette, WC/shower and 3 twin rooms (one of which has a separate, private WC/shower). Upon supplement, 2-person miniapartments are available, also for single use. The apartments are located close to the Tornio river shore, and the resort includes two restaurants, and a wooden hut where we will have a welcome **dinner** based on **grilled whitefish**, a local specialty. During the summer **it never gets dark**, and as midnight nears the sky paints with incredible colours. You can freely enjoy these moments after dinner.

[Day 2] – FISHERMEN AND TRADITIONS: Breakfast is served in the apartment or in the restaurant. Afterwards, we sail across the river to **Kukkolaforsen**, on the Swedish shore, the location of an old **fishermen village**, part of which stands still today, as well-preserved as ever. Here you find the headquarters of the Swedish sauna academy: locals are used to socializing in a room where the temperature is 100 degrees Celsius! During a guided tour, we visit some of the most iconic buildings of the village: the mill, the millman's house, the sawmill and the fish museum, where local traditions are explained.

The evening will wrap up with a **sauna**, where a delicious **fish-based dinner** is served. We later return to Finland.



[Day 3] – HISTORY AND LANDSCAPE. Today, after breakfast, we drive in search of history, culture and the best landscapes of the Tornio River valley, a jewel so underrated you'll wonder why you haven't come here before. Our first stop is at **Aavasaksa** (1h transfer), where we walk the steps of French explorer Maupertuis, who came here in the 18th century in order to measure the curvature angle of Earth's surface. Aavasaksa has also an interesting story as the **first tourist resort of Lapland** – we visit the Keisarinmaja, a mansion house built for the Kaiser, who eventually never made it up here. Later, we drive to **Matarenki** (10 minutes), where we see one of the best-preserved wooden churches of Lapland, dating back from the early 17th century. Its organ, a masterpiece of German build, is the largest in Sweden. We then drive to **Juoksenki** (20 mins), a sleepy village which happens to be crossed by the Arctic Circle. We learn how the exact position of the Arctic Circle sways in cycles lasting 18,6 and 20000 years. **Lunch** is served in the cafe of a local souvenir factory, where you can also buy souvenirs. In the evening, we reach **Hulkoffgården** (45' transfer), where we can visit a family-run organic farm, where vegetables are harvested, and cattle and reindeer are raised. We spend some time with the local **reindeer** and feed them. **Dinner** is served in the award-winning restaurant, wisely run by chef Kurt Hulkoff. Evening return (1h) to Kukkola.

[Day 4] – BIOWATCHING. After breakfast, we start our biowatching day near the Tornio river mouth. **Riekkola-Välivaara**, and its Finnish equivalent **Alkunkarinlahti**, are incredible places, situated a stone's throw from the city, yet home to thousands of birds and other animals. The Finnish side is amazingly located next to one of Europe's largest steel mills.

The tour will continue in nearby areas, which will be chosen according to the weather. In the evening, we visit the old Kemi harbour, and have **dinner** in one of the many restaurants that overlook the sea.





[Day 5] – IN SEARCH FOR RINGED SEALS. After breakfast, we transfer to the **Nikkala Harbour**, where we board M/S Bosmina for a 5-hour cruise in the otherworldly **Haparanda Skärgård archipelago**, a UNESCO World Heritage site. With a bit of luck, we can admire the **Baltic ringed seals** (*pusa hispida botnica*) in their natural breeding habitat. The cruise includes a **light lunch**. In the afternoon, we get back to Tornio and visit the town centre, after which we have **dinner**. Later, we get back to Kukkola for a stroll in the white night.

[Day 6] – THE TORNIO RIVER. Breakfast as usual. Today we spend the day in the middle of the Tornio river waters. The Tornio is Europe's longest free-flowing river. We board a **floating raft**, for a cruise in the middle of this large river. You will be able to find yourself again and see the world from a different perspective: take stunning pictures of the bucolic landscape or try your luck at fishing. We prepare a **light lunch** during the cruise. In the afternoon, we switch to the southern side of the river, where Europe's longest rapids give us a shot of adrenaline! We descend the rapids twice on a **rubber raft** (this activity is optional and requires good physical form). We end up the day with a typical dinner in the white night.

[Day 7] – GOODBYE, LAPLAND! Breakfast. Transfer to the Kemi-Tornio airport for your return flight. End of the tour.



OPTIONAL ACTIVITY - Rubber rafting on the Kukkola rapids: €95 per person

Rafting is done on a rubber raft in the Kukkolankoski rapids. These are 3500 m long and descend roughly 15 metres. We tackle the rapids twice: the first time we take an easy route, while the second time we challenge ourselves with a harder route. Lunch is included and is served in the nearby restaurant. The activity requires a minimum of 5 participants.

Photography equipment

Lapland offers a plethora of photo opportunities. In order to get the best shots out of your stay, we recommend you bring a reflex or last-generation mirrorless camera, a wide-angle lens (up to 18 mm) for landscapes, a medium tele lens for everyday use (for instance a 28/70 mm), as well as a long tele lens (at least 200 mm) for wildlife.

Obviously, any last-generation smartphone will enable you to take decent quality shots during the day.



RELAX IN THE ARCTIC NATURE

INFORMATION AND PRICE

PRICE: €1590 (adults in a twin room with shared WC/shower). Children 4-11 years: €990

SUPPLEMENT per person:

- twin room in three-room apartment with reserved WC/shower: €90 double, €180 single.
- 2-person miniapartment with private WC/shower: €180 double, €360 single.

AIRPORT: Kemi-Tornio (KEM).

THE PRICE INCLUDES:

- lodging as described (please see supplement list)
- Half board: breakfast and dinners (water and coffee/tea included)
- English-speaking tour leader
- All listed activities and all entrance fees
- All transfers in our private minibuses

THE PRICE DOES NOT INCLUDE:

- Flights
- Lunches
- Alcohol and soft drinks
- Extras
- Travel insurance
- Everything that is not specifically mentioned in the tour programme

IMPORTANT NOTE:

The Arctic is subject to ever-changing weather, and while summers tend to be relatively warm, rain or wind can disrupt programmes, especially those that involve sailing. In these cases, we always prioritise your safety, and decide the best strategy on the spot. No refund will be due for cancelled or reduced activities due to unsafe weather conditions.

FURTHER INFORMATION AND RESERVATION:

- email: info@lappone.com
- Mobile phone/Whatsapp: (+358) 45 188 0577

