



## Back to Nature Autumn in Lapland



**Aurora Retreat**

**Dates available: Sept 3-10, Sept 10-17, Sept 17-24, Sept 24-Oct 3, Oct 3-11 2011**

**Price 12 500 SEK/adult, 7500 SEK/child under 15** (sharing room with parents)

Accommodation in double room, meals from dinner day 1 to breakfast day 8, transfer from arrival city in Lapland (Kiruna, Gällivare), activities specified on itinerary below and equipment for activities are included in price  
Transfer from Luleå, Sweden, and, Kittila and Kolari, Finland also possible, please enquire for details

Autumn is the perfect season for enjoying the nature of Lapland. The extraordinary colours of the nature, harvest of wild and cultivated food, crisp clean air, and the possibility of seeing the first Northern Lights displays of the year are highlights of autumn in Lapland. The hauntingly beautiful calls of the Whooper Swans gathering on the river by the retreat are another of the unique experiences that await you.

This holiday is all about small-scale, genuine experiences and discovery. We invite you to explore, be inspired by the landscape and untouched nature, and take part in the local culture.

Accommodation is in small village retreat guesthouse, far off the beaten tourist track. 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 that we offer.

### **Accommodation**

The retreat guesthouse is located in a small village surrounded by expansive forests, pristine lakes and mighty, untouched rivers. The guesthouse is a timber building dating from the 1920's. There are six simple, yet pleasant and comfortable, double rooms with private or shared bathrooms. There is a dining hall, a spacious group gathering room with a fireplace, and quiet corners for reflection and relaxation. The guesthouse provides a calm and peaceful atmosphere and fits in well with the surrounding nature and community.

### **Cuisine**

The autumn harvest of wild and cultivated food is rich in our area of Lapland. Meals and snacks at the guesthouse are freshly prepared with the highest quality, organic and local ingredients available. Root vegetables, grains and pulses form the basis of most meals. Occasionally, local wild meat or fish will be offered. We happily accommodate those with special diets with creatively prepared, fresh food.

## Itinerary

- Day 1** **Transfer** from airport or train station in Kiruna or Gällivare to Aurora Retreat.
- Day 2** Daytime **Visit to an old forest Ecological Park**. A day of guided walking in a truly amazing area with deep ravines, dramatic cliffs, lush untouched forests, wetlands and bubbling streams
- Day 3** **Wild foods and garden harvest day**. Spend the day with your guide collecting food nature has given us and then prepare a very special autumn meal to enjoy together at the guesthouse. Depending on what is available the week of your trip - Fresh caught fish, wild mushrooms and berries, and/or fresh herbs and vegetables from the retreat's organic garden will form the basis for a spectacular meal
- Day 4** **Early morning wildlife safari by bus**. Enjoy the beauty of the dawn and travel through areas where moose, reindeer and forest birds are often sighted. At a scenic spot stop for breakfast. Afterwards, visit to a **Moose Park** where you will meet these incredible and beautiful animals at arm's length and learn all about them.  
**Afternoon Introduction to felt-making** Under the guidance of an experienced felt maker you will learn the basics of this fascinating traditional craft and make your own felt project
- Day 5** **Bread-baking in a traditional wood-fired stone oven**. With pure water and freshly milled flour we will bake our own delicious bread according to both traditional and new recipes
- Day 6** Morning at your leisure. Option to make a short walk or cycle tour on your own in the forests surrounding the village. Packed lunch available if you wish.  
Afternoon: **Overnight Wilderness Excursion**. Depending on the group's interest and ability, walk or cycle to our scenic wilderness camp, where you will be accommodated in a rustic cabin without electricity or running water. Your guide will help fire the sauna and make sure you are comfortable for the night. With luck, the Northern Lights will dance over the night sky
- Day 7** Morning Awake at the wilderness camp. Your guide returns. **Guided walk** in the area of the camp. In the afternoon return to Aurora Retreat
- Day 8** **Transfer** to departure airport or train station in Kiruna or Gällivare



### Financial Security

Your holiday with us is protected by a travel guarantee lodged with the Swedish Legal, Financial and Administrative Services Agency

**Sustainable Travel?** Naturally! Check our website for more details of our sustainability practices

### Information and booking

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