

ACTIVITIES

- WINTER

Storm

In Abisko, it's always there in the background. Adding spice to winter and edge to your stay. You are greeted by high-alpine scenery, the Northern Lights, barking of dogs, reindeer and maybe elks and grouse. You can venture off on your own. But we think you'll have a richer winter experience if you're accompanied by one of our trained guides. You're in good hands with Dick Johansson, who is by far one of the most seasoned mountain guides in Europe.

Touch the sky in 2007. Winter activities

Starting in mid February and stretching through to mid May, the winter season offers activities that take you to places you'd probably never find on your own.

Peak treks, weekend/week: Let the mountains of Abisko-Riksgränsen-Narvik enchant you. Your guide plans the best trip for the day, often choosing slightly less common routes. For instance, undiscovered trails on Vassitjåkka, Melkefjellet and Partisanleden.

Peak trekking courses: Learn more from the professionals. This course takes you through the most essential uphill and downhill techniques, mountain navigation in the winter and emergency bivouacking. It also gives you basic knowledge of avalanche safety. The excursions are in the Abisko-Riksgränsen-Narvik area.

Heli-touring: A hair-raising helicopter ride into the national park, leaving you to ski back to the Lodge, sleeping one or two nights en route. Local conditions and the best snow determine what kind of trip we'll have. We spend the first and last night at the Lodge.

Heli-skiing: You are 400 kilometres north of the Arctic Circle where the skiing experience is unlike anywhere else in Sweden. Properly trained guides (UIAGM/IFMGA/IVBV) take you to the secret places. Gooseflesh is included in the price and you can stay the night in a mountain cabin with a sauna. It goes without saying that we have qualitative, well-established safety procedures.

Ice climbing: "Here today, gone tomorrow". Finding oneself in a frozen waterfall, armed with an axe and climbing irons, is definitely a sublime experience. If the waterfall happens to be north of the Arctic Circle, the experience is doubled and two thoughts shoot through your head. 1) What am I doing? 2) Why haven't I done this before?

Courses for beginners to advanced climbers. The course leader is always a qualified or trainee guide.

All courses are held at weekends, from Friday to Sunday.

After many, intensive alpine years, Mina and Dick have created the first, and thus the best, high-alpine activity centre in Sweden. IFMGA/UIAGM/IVBV qualified mountain guides take you to places you'd probably never find on your own.



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Snowshoe treks: The adventure that everyone can enjoy. Straight from the hotel to the mountain in just one stride. One of the treks leads to an ancient Lapp sacrificial site. We stop here to admire the view and if we're lucky we'll see elk and the Northern Lights.

MORE: Dog teams, ice-fishing and guided snowmobile trips. If you want to explore the area on your own, we'll be pleased to help. The area offers easy access to all kinds of skiing and there are good trails in the close vicinity. We also have a weekly programme with the day's peak trek and other activities, such as snowshoe expeditions or ski mountaineering. Sign up straight away. Activity programmes can be tailored to suit the wishes and composition of a group.

Safety first

Let's be honest – you should put your life in the hands of a professional mountain guide. All our risk activities in high-alpine terrain, such as peak trekking, climbing and heli-skiing, are led by qualified or trainee UIAGM/IVBV/IFMGA guides. It is a hallmark of quality that is also vital for all matters relating to insurance. (If you would like to find out more, please visit www.sbo.nu or www.imfga.info.)

Welcome to us in Abisko

Mina & Dick Johansson

Prices, see separate price sheet. All prices are exclusive of VAT.

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