



## Sámi eco adventures



### Day trip: Gáisi – Mountain hike in Sápmi

***The mountains are calling. A crooked mountain birch that stands all kinds of weather, a breath of air that plays with buzzing mosquitoes in dwarf shrub heaths. Views for miles across lake Torneträsk with impressive mountain peaks, valleys, and waterfalls as a backdrop. Join us on a wonderful hiking trip during the bright seasons in the Kiruna-Abisko mountain range where the reindeer still roam freely, and the varied landscape shows itself in all its glory.***

Travel on foot is healthy and the original mode of transport in the mountains during bare ground season. This is a perfect day trip for those interested in fresh mountain air and nature which is home to the Sámi people and reindeer, a cultural landscape that also is affected by railway and other activities.

The guide will pick you up by minibus at Reindeer Lodge or any hotel in Jukkasjärvi/Kiruna and takes you northwestward, up to the mountains, all in less than an hour's drive. The higher up we move, the more the countryside opens up and the mountains spread out in front of us.

We park the bus at Torneträsk station, check our equipment and start our hike with a light incline through low mountain birch forest and up above the tree line. The bare mountain area welcomes us with stunning and expansive views, snow-capped mountain peaks and lush valleys.

Wildlife is rich and if we are lucky, we can observe migrating reindeer and lemmings. Our guide's trained eyes make it more likely that we do not miss anything along the way, and there is time to stop and enjoy, at a murmuring mountain creek for example. The water is clean and crystal clear and tasting a cup of water from the brook is both refreshing and thirst-quenching. The hike is approximately 5 to 8 km kilometres where the final view from mountain Nagirvárri is worth the effort.

We make a stop at a suitable spot for our lunch break. Food is part of the experience, and we prepare it from ingredients from nature's pantry in Sápmi. While the coffee is brewing, our guide talks more about nature, wildlife and reindeer husbandry that is conducted in this territory and shares exciting experiences he has had. When we come down from the mountain again, we head back to Kiruna/Jukkasjärvi where we arrive in the late afternoon.

<b>PRICE:</b>	SEK 1500 per adult. SEK 750 per child (8-12 years).
<b>PERIOD:</b>	Monday, Wednesday and Saturday every week, 6 June - 30 September 2022.
<b>START:</b>	09.30 Nutti Sámi Siida Yard, Marknadsvägen 84, SE-981 91 Jukkasjärvi.
<b>END:</b>	17.00 Nutti Sámi Siida Yard.
<b>RETURN TRANSFER WITH MINIBUS (included, to be advised at booking):</b>	
<b>PICK-UP OPTIONS:</b>	09.30 Reindeer Lodge and Icehotel, 10.00 Kiruna hotels/Tourist Center.
<b>DROP-OFF:</b>	Appr 16.30 Kiruna hotels/Tourist Center, 17.00 Icehotel and Reindeer Lodge.
<b>FOOD:</b>	Sámi lunch with flatbread, lingonberry juice and coffee/tea included. <i>Food allergies/intolerances/vegetarianism to be advised at booking.</i>
<b>EQUIPMENT:</b>	Loan of daypack included. Wind and water-resistant clothing and boots, as well as an extra sweater and extra socks are brought by each guest. Mosquito repellent and sunscreen are recommended to bring.
<b>GROUP SIZE:</b>	Min 2, max 8 people.
<b>LANGUAGE:</b>	English and Swedish.
<b>TERMS:</b>	Minimum age for the tour is 8 years. General good level of health and fitness required. Hiking, appr 10-15 km, in both pathless and trailed mountainous terrain. Guests who participate in our activities are obliged to follow the safety instructions assigned by the staff. Activities are adapted to prevailing weather conditions for the safety and well-being of animals and guests
<b>QUALITY:</b>	Nature's Best, Sápmi Experience and Sustainable Arctic Destination certified.