

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# FINLAND

## Northern Lights and Life in Lapland



February 18 - 24, 2018

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### TRIP HIGHLIGHTS

- ▶ Take a reindeer sleigh and search for the Aurora Borealis; nature's most resplendent lightshow.
- ▶ Enjoy dinner with leading Finnish women, including former Finnish President Tarja Halonen and Anne Berner, Managing Director of Marimekko
- ▶ Revel in a private concert performance
- ▶ Experience Finnish cuisine: cook a traditional lunch and enjoy dinner with a Sami family in their Lavvu, a traditional dwelling made from logs and reindeer hides.
- ▶ Ride a snowmobile to the majestic Sampo Icebreaker

### QUICK VIEW ITINERARY

Day 1: Arrive in Helsinki

Day 2: Visit Temppelinaukio Rock Church and the Lotta Svärd Museum, private concert

Day 3: Learn to cook a Finnish meal, dinner with leading Finnish women

Day 4: Search for the Aurora Borealis by reindeer sleigh

Day 5: Snowmobile safari, icebreaker cruise - swim if you dare!

Day 6: Drive a dog sled, visit a local Sami home, learn about local handicrafts

Day 7: Depart Rovaniemi

### TRIP PRICE

Main Trip: \$6,490

Optional Single Accommodations: \$1,000

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is this trip  
right for me?

We rate this trip as easy to moderate. You should be able to walk comfortably for a few hours and be prepared for a cold climate. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important  
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

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### Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before November 20, 2017.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates. If you do not have a passport, please apply now!

### Money:

The local currency of Finland is the Euro. ATMs are accessible throughout the trip, and credit cards can be used. Note that Visa and MasterCard are more commonly accepted than American Express. You will want to bring a credit card with an electronic chip.

### Suggested Gratuities:

- ▶ Guide: \$3 per day
- ▶ Drivers: \$2 per day

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**Arrive:** Arrive in Helsinki, Finland (HEL) on February 18, 2018 by 6:00pm

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**Depart:** Depart Rovaniemi, Finland (RVN) on February 24, 2018 any time. Most US-bound flights will depart early in the morning.

We are happy to help you make your flight and travel arrangements. Please contact us at:

how do I get  
there?

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your  
bags!

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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**Packing Considerations:** You are traveling to Finland in the winter - it is going to be cold! Temperatures range from 37°F to -13°F. You should be prepared for these temperatures and plenty of snow.

### Clothing and Gear:

- 2 pairs long underwear pants (mid or heavy weight)
- 2 long underwear tops (mid or heavy weight)
- 1 lightweight fleece shirt/sweater
- 1 mid-weight fleece sweater/jacket
- 1 down vest
- 1 wind shell with hood
- 1 warm winter jacket (we recommend pairing a heavy weight down jacket with a Gore-Tex shell for insulation and wind protection)
- 2 pairs wool or polypropylene liner gloves
- 1 pair insulated mittens
- 1 pair shell mitten (waterproof to cover the insulated mittens)
- 1 hat that covers your ears
- 1 synthetic neck warmer/gaiter/Buff
- 4 pairs wool socks
- 1 pair fleece pants
- 1 pair insulated/waterproof pants
- 1-2 nicer outfits for Helsinki
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)

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### Essentials Continued:

- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

the important  
stuff

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

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You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your  
bags!

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

the fine print

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

your adventure  
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In this spirit, the successful adventure traveler should be a

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### your adventure in depth

#### DAY 1

Sunday  
2/18/18

### Arrive in Helsinki

Don't let Finland's modern, 21st century attitude fool you. This country on the Baltic Sea is brimming with rich history and heritage. Finland is home to some spectacular outdoor settings, from truly enormous areas of untouched countryside, nearly 200,000 lakes, and beautiful natural parks, to famous snow hotels and igloos.

#### Pick-up and Transfer

You will be picked up at the Helsinki Airport by your guide. Enjoy a short introduction to the city on the way to your hotel.

#### Welcome Dinner

Enjoy a Welcome Dinner with your group this evening.

#### Accommodations

Hotel Haven

#### Meals Included

dinner

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### your adventure in depth

#### DAY 2

Monday  
2/19/18

#### Accommodations

Hotel Haven

#### Meals Included

breakfast, lunch, dinner

### Helsinki

In Finland, girls are likely to do better in school than boys. In fact, 53% of university students in Finland are women, and 64% of graduating university students are women. Women are also more likely to complete a PhD in Finland: 54.5% of PhD students are women!

#### Helsinki City Tour

Enjoy a full day city tour of Helsinki with a special focus on history and religion. Explore the Lutheran Cathedral, Temppelinaukio Rock Church, Russian Orthodox Church, and War Museum.

#### Lunch

Have a delicious lunch at Restaurant Krapihovi.

#### Experience the Lotta Museum

Visit the Lotta Museum this afternoon. In 1944, towards the end of Finland's involvement in the Second World War, the Central Board of the Lotta Svärd Organization founded the Finnish Women's Aid Foundation to provide assistance for women and children who suffered from the war. According to its present by-laws, the Foundation may also assist the training of women for crisis-related activities and maintain the traditions of the Lotta Svärd Organization. On its 60th anniversary, in 2004, the Foundation was renamed the Lotta Svärd Foundation. Lotta is a name for young girls and ladies who joined the organization, most of them helping on the front lines, in war hospitals, cooking meals for soldiers, working in watch towers, and giving alarms of approaching bombers. Some of these fearless ladies are still alive today, now in their 80s and 90s. You will have the opportunity to meet them and hear their stories! Enjoy chatting with the Lotta ladies over coffee and pastries.

#### Private Concert

Visit Villa Kokkonen for a private concert. Villa Kokkonen is a masterpiece of architecture, designed by Alvar Aalto for the composer Joonas Kokkonen and his family in 1969. Enjoy listening to Sibelius, performed by pianist Ms. Elina Viitaila and opera singer Mr. Antti A. Pesonen.

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#### DAY 3

Tuesday  
2/20/18

### Helsinki

The coastline of Helsinki is beautifully decorated and spans over 315 islands. Some unique and popular souvenirs to take home from Finland are salty licorice candy and timeless, authentic, Finnish glassware.

#### Cooking Experience

Cook a typical Finnish homemade lunch with “Marthas” and then enjoy the meal with them today. This cooking experience will be a learning experience as well! Towards the end of the 19th century, Finland was struggling under the Russian Empire. A number of women decided that Finland needed to start educational work at grass-roots level, and they founded the Martha Association in 1899. The association started to do home economics work, first by making house-to-house visits, and later developing planned courses. The Martha Organization is very much alive today. They have carried out local development projects with African Women’s NGOs since the early 1980s. The projects provide poor women with information on home economics, such as the nutritional value of locally-produced food, and with entrepreneurship skills, as well as small-scale financing for their business ideas.

#### Afternoon at Leisure

Explore and do some shopping on your own this afternoon.

#### Dinner

Have an unforgettable dinner at Restaurant Sipuli with leading Finnish women, including Tarja Halonen, the former President of Finland, Anne Berner, Minister and CEO, Tiina Alahuhta-Kasko, the Managing Director of Marimekko, and Bishop Irja Askola.

### Accommodations

Hotel Haven

### Meals Included

breakfast, lunch, dinner

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#### DAY 4

Wednesday  
2/21/18

### Helsinki to Rovaniemi

Rovaniemi is the official Hometown of Santa Claus on the Arctic Circle in Lapland, Finland, where culture, outdoor activities, and fairy tales come together!

- Morning Flight** Fly from Helsinki to Rovaniemi this morning. Have a brief introduction to Rovaniemi on the way to your hotel.
- Afternoon at Leisure** Explore Rovaniemi on your own this afternoon, or take an optional trip to Santa Claus Village for lunch and to meet Santa Claus himself!
- Search for Northern Lights** Search for the Aurora Borealis by reindeer sleigh. One or two women will ride on each sleigh with two guides leading the group and one guide following behind. This is an experience you will never forget!
- Dinner in a Wilderness Hut** Enjoy an outdoor dinner in a Lappish teepee this evening!

#### Accommodations

Santa Claus Hotel

#### Meals Included

breakfast, lunch, dinner

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DAY 5  
Thursday  
2/22/18

Accommodations  
Santa Claus Hotel

Meals Included  
breakfast, lunch, dinner

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### Rovaniemi

Experience the thrill of an Arctic Day at sea. Take a snowmobile ride to the majestic Sampo Icebreaker boat. The Sampo is the only icebreaker in the entire world dedicated for tourism, taking passengers around the northern Gulf of Bothnia (part of the Baltic Sea) out of Finnish Lapland.

#### Snowmobile Ride to the Sampo Icebreaker

Enjoy a full day excursion to Kemi for a snowmobile ride along the frozen sea, northern Gulf of Bothnia, to the Sampo Icebreaker. Board the boat for a four-hour cruise. You will have a chance to swim/float in the sea in special thermal dry suits! Once you are in the water, you will realize that it is warmer (or less cold, depending on your point of view) in the water than on the ice. As a matter of fact, the water is never colder than 32° - any colder and it would freeze.

#### Lunch

Enjoy lunch on the Sampo Icebreaker.

#### Optional Snowshoeing

Take an optional snowshoe hike after lunch. The hike will be just over a mile, but it is a spectacular way to see the landscape.

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#### DAY 6

Friday  
2/23/18

### Rovaniemi to Sinetta

The Sámi, an indigenous people, have inhabited the Arctic for at least 5,000 years. The Sámi, whose homelands stretch across northern Finland, Sweden, and Norway, and a corner of northwestern Russia, are the only indigenous people of the European Union.

#### Dog Sledding Excursion

Drive to a husky farm for a four-hour dog-sled ride. When you arrive at the husky farm it will be quite noisy because all dogs will be excited and eager to race. Two women will share each sledge, and this will be a 'speedy ride.' The dogs will be harnessed for the sledges, followed by safety instructions, and after that you will "take-off!" The dogs will be very quiet and do not make a sound during the ride. Later, you will have some time to spend at the farm, pet the huskies, get to know them, and hopefully even see some puppies too! You will also meet the family that runs the farm.

#### Visit a Sami Home

Visit a typical Sámi home of a local handicraft artist, who will prepare a little souvenir made of reindeer bone or skin. You will have the opportunity to learn about the Sámi culture and spend time with the artist and his family.

#### Farewell Dinner

Enjoy a farewell dinner at the Ice Restaurant. You will wear special capes for added warmth.

#### Enjoy the Winter Outdoors

After dinner, spend some time at the snow sauna or an outdoor hot tub. Look for the Northern Lights one last time - hopefully they show themselves!

Accommodations  
Arctic Snow Hotel

Meals Included  
breakfast, lunch, dinner

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#### DAY 7

Saturday  
2/24/18

### Sinetta and Depart

Enjoy one last breakfast in Finland before departing for the US.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

- Hotel Haven** Hotel Haven in Helsinki is designed to provide homely warmth, exclusive comfort, and high-quality services. The hotel is conveniently situated in the attractive setting of Helsinki's Market Square. Enjoy the view of the Market Square and harbor of Helsinki from your breakfast table, relax by the fireplace in the foyer, and enjoy hot beverages or cocktails at Bar Haven.
- Santa Claus Hotel** The Santa Claus Hotel is a modern hotel in the heart of Rovaniemi, the capital of Lapland, and is a convenient place from which to explore the stunning natural surroundings.
- Arctic Snow Hotel** The Arctic SnowHotel is carved each year to look slightly different. The room temperature is 32-41°F, but by using the well-insulated sleeping bags intended for extreme conditions combined with reindeer furs, you can be sure you will sleep soundly. On the shores of the lake the moonlight, stars, and Northern Lights illuminate the silent, Lappish nature.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ One AdventureWomen Associate

#### Not Included:

- ▶ International airfare to and from Finland
- ▶ Optional visit to Santa Claus Village
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities