



Finland

Finland Canoe Adventure

7 Days

Located just below Arctic Circle in the land of the midnight sun, our wilderness base is situated in a truly spectacular setting. This far north, the summer days are long and perfect for this fun-filled week of adventure. We will learn how to paddle and be wild camping along the riverbanks in the vast forest. This adventure is a perfect opportunity to discover new skills and work as part of a team. We will also have the opportunity to learn about the local flora and fauna, enjoy wild swimming and get an insight into Finnish sauna culture! Oh yes, and did we mention the magical Northern Lights?



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1

Depart UK and Arrive Finland

D

On the first day of our adventure we depart the UK and fly to Kuusamo airport. On arrival we will transfer 30 minutes to our lodge where the guide team will welcome us with a homemade dinner and tour briefing. Together with the guides we will review the route plan and get familiar with all our kit, ensuring we have everything we need to stay warm, dry and happy during our adventure. To finish the day we will get an introduction to Finnish sauna culture by relaxing in a traditional wood heated sauna.

Day 2

Paddling

BLD

After a big healthy breakfast it is time to start our gear preparations. Our guide will provide us with all the necessary equipment and show us how to use it. We will learn how to set up our tent and how to use our gas operated cooker. Next we will go through our food plan and pack our food in daily food bags, making our daily life easy and organised. When everything is packed we will enjoy lunch at the Lodge and go through our safety plan together. Next we will transfer to the canoeing starting point. We will change into our swimming costumes and show our guides that we know how to swim. Our guides will then demonstrate how to rescue ourselves from a capsized canoe and we will practice this important skill together. When we have finished our preparations, it is time to take a group picture and kick off our canoeing adventure! Along the way, we will learn basic canoeing skills such as how to paddle forward, backwards and sideways. We will arrive at our camp in the late afternoon and set our tents up in the wild. Soon it is time to start cooking dinner by a lean-to shelter under the supervision of our guides.

Day 3

Paddling

BLD

After a good night's rest it's time to start cooking breakfast together as a team. Following breakfast we take the camp down and pack our canoe with a leave no trace policy. We will paddle on a big open water until noon when we will arrive at a beautiful sandy beach to have a longer lunch break. we will continue paddling in the afternoon and after a while we will arrive at our next camp, another sandy beach. When we have pitched our tent it is time to start preparing dinner again. After our meal we will have a chance to do some stretching together and if we want, we can even go swimming under the midnight sun.

Day 4

Paddling

BLD

This morning we will wake up early for the longest day of canoeing. Luckily we will be getting faster as we have improved our paddling skills over the past couple of days. Again we will stop on a sandy beach to enjoy our lunch and arrive at another camp in the late afternoon to cook dinner over an open fire. In the evening it is time to play some team building games before heading to bed for a good night's rest.

Day 5

Day hike around lake

BLD

This morning we will cook breakfast together as a team at our camp site. Today will be a bit different as we won't be packing our canoes away. Instead we will put on our trainers and pack our day bag for a 16 kilometer hike. We will cross a lake by a rowing boat and cook lunch using our gas cookers.



After lunch we will have a chance to go swimming on a sandy beach. If we are lucky we might even spot some reindeer! In the evening we will return to your camp and cook dinner over an open fire and give supportive feedback to our teammates.

Day 6 **Charity work, Summer Olympics and Sauna**

BLD

Today we will return to our starting point, unpack our canoes/kayaks and do some gear maintenance. Your guides will teach you how to take good care of your gear so that it will serve you on your adventures for years to come. Soon it is time to contribute to the local community and do some maintenance work for the hiking area. We will do some maintenance for the hiking facilities under the supervision of the hiking area maintenance staff. In the afternoon, after lunch it is time to boost your team building skills with some educational team building tasks and Summer Olympics. Prepare for lots of laughs! After all the hard work it is time to go swimming and relax in a sauna by the lake. After your arrival at our Lodge in the late afternoon you will have a farewell dinner together with your new friends.

Day 7 **Return to the UK**

B

Time to say goodbye and airport transfer. We like to say a great adventure never ends; it merely changes form to become part of who we are. On day eight our summer adventure in the Finnish Lapland will transform into some of our best memories as we will be transported to Rovaniemi airport (RVN) to catch our return flight in the morning.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

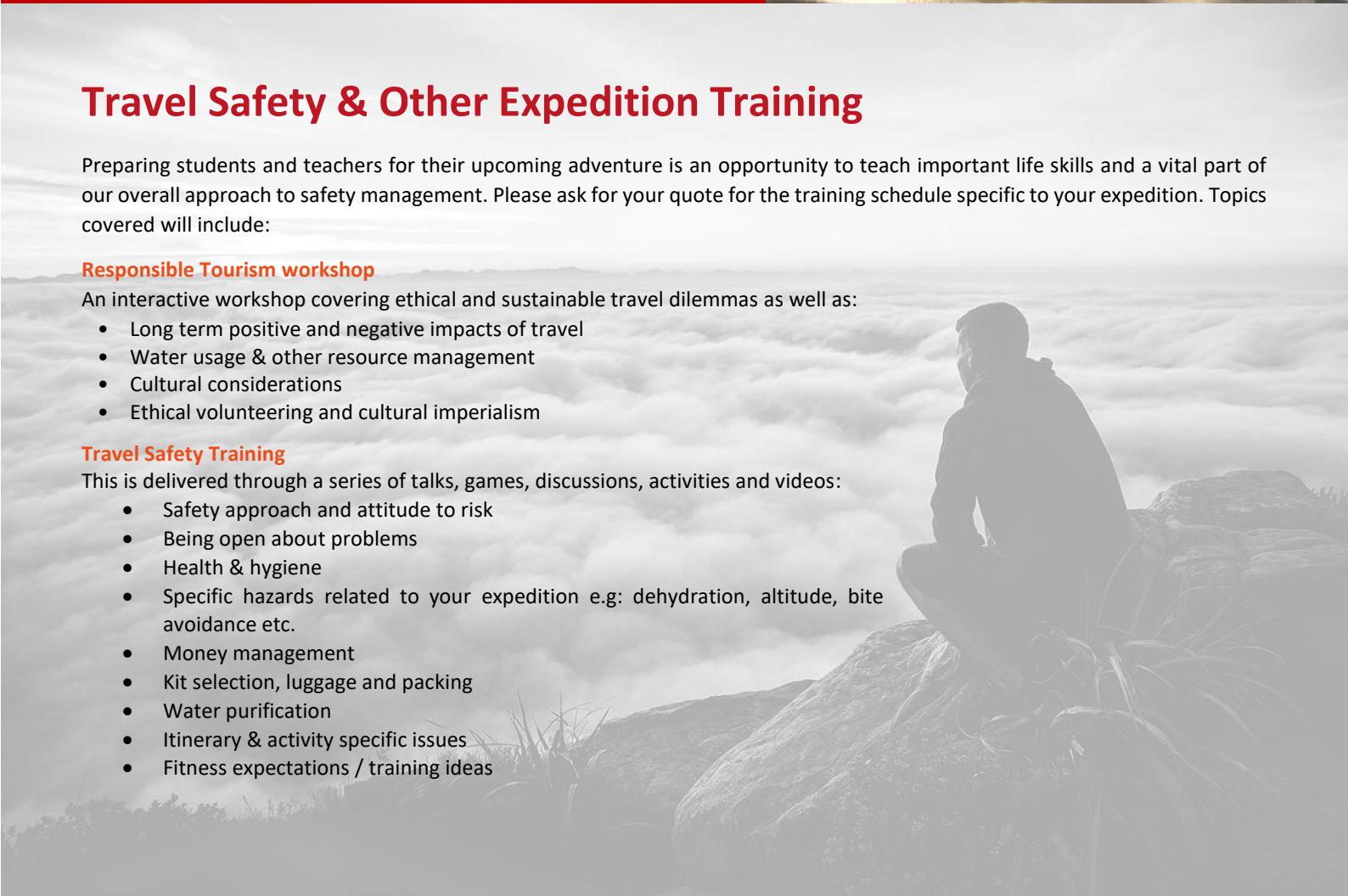
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

STC Expeditions, 6b King Street, Exeter, EX1 1BH

t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk

