



Finland

Trek in the land of the midnight sun

8 Days

This fully guided hiking school camp takes you to the wild with likeminded travelers willing to explore one of the most beautiful National Parks of Finland. Experience the best of the Arctic summer as we hike across beautiful old growth forests and white-water rivers in the Finnish Lapland. Hike by day and enjoy the evening campfires together with your small group under the Northern sky. Cook on an open fire, go to a wilderness sauna and swim under the midnight sun where we will take turns navigating through forests and fells. On our penultimate day our skills are put to the test as we set off on an independent hike in Oulanka National Park. This adventure will be the ultimate lesson in teamwork, leadership, planning and personal development.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1

Arrival in Kuusamo and preparations

D

We will be picked up from Kuusamo (KAO) airport according to our flight arrival time in the afternoon. After a 30 minute drive we will arrive at our lodge where our guide team will welcome we will enjoy with a welcome dinner and a tour briefing. Later on we will get a gear introduction and our guides will hand out the hiking gear needed on this tour. Soon it is time to settle in our room and get some rest before our hiking adventure begins.

Meals included: Dinner

Total driving time: 30 min

Hiking distance: none

Hiking time: none

Difficulty level of the route: -

Accommodation: at our Lodge in bunk beds in shared rooms

Difficulty level of the route: -

Accommodation: at Adventure Apes Lodge in bunk beds in shared rooms

Day 2

Begin your hiking adventure at the Arctic Circle

BLD

After a big healthy breakfast it is time to start our hiking preparations. Together with our guides we will review the route plan and get familiar with all the personal and common gear, ensuring we have everything we need to stay warm, dry and happy during our adventure and know how to use any equipment that may be new to us. Our guides will provide us with all the necessary equipment we will need for camping in the wild. We will learn how to set up our tent and how to use our gas operated cooker, for example. When everything is packed we will enjoy our lunch and do our final preparations. Next we will get transferred to our hiking starting point at the Arctic Circle. After our guide has taken a group photo at the Arctic Circle sign it is time to start our hike! Today the hiking route is easy without much elevation, and it takes we through pristine Finnish forests with gorges, cliffs and lush herbs. We will stop by a fireplace for a small snack after which we will continue our hike deeper into the Oulanka National Park. We will arrive at our camp in the evening and set our tent in the wild. Soon it is time to start cooking dinner by a lean-to shelter under the supervision of our guides. All the camp chores will be done together as a team and this is our chance to make new friends by the evening campfire.

Meals included: Breakfast, Lunch, Snack, Dinner

Total driving time: 1 hour

Hiking distance: 13 km (8 miles)

Hiking time: 4-6 hours

Difficulty level of the route: 1/5

Accommodation: in tents (2 people sharing) Eco toilet available.

Day 3

Views over a canyon, river crossings and wilderness sauna

BLD

After a good night sleep well slept night it is time to start cooking breakfast together as a team. Soon it is time to take our camp down and pack our backpack with the leave no trace policy. Today's hike will take us through stunning views over a canyon and we will also cross rivers by hanging bridges over white waters. We will enjoy a longer lunch break in a wilderness hut along the way. In the afternoon we will arrive at our next camp: a traditional Finnish cabin surrounded by pine forest.



After cooking our dinner we will have a chance to smoothen our tired muscles in a wilderness sauna and go swimming in the river.

Meals included: Breakfast, Lunch, Snack, Dinner

Hiking distance: 20 km (12.4 miles)

Hiking time: 6-8 hours

Difficulty level of the route: 2/5

Accommodation: in basic cabins (4 people sharing). Eco toilet available.

Day 4

Oulanka visitor center and two loop hikes

BLD

Today is an easy day and we will have a lazy morning to cook our own breakfast and hike two optional short distance loop trails. In between these two loops, we will stop at the Oulanka National Park Visitor Center to learn about Finnish nature, have a delicious buffet lunch and enjoy some free time. In the afternoon we will arrive at our next camping ground, where we will prepare for our traditional Finnish dinner. We will learn how to make a fire with a striker and enjoy a proper three course meal prepared over an open fire.

Meals included: Breakfast, Buffet lunch in a restaurant, Snack, Dinner

Hiking distance: 12 km (7.5 miles)

Hiking time: 4-5 hours

Difficulty level of the route: 2/5

Accommodation: in tents (2 people sharing). Eco toilet available.

Day 5

Hike along the river

BLD

After another camp breakfast it is time to continue our hike. Today our hike will take us over a ridge overlooking Oulanka river. We will enjoy lunch in a wilderness hut and have several short stops in camping places along the way. If we are lucky, a Siberian Jay will join one of our breaks. We will finish the day by arriving at our next campsite at the shores of River Kitka.

Meals included: Breakfast, Lunch, Snack, Dinner

Hiking distance: 21 km (13 miles)

Hiking time: 6-8 hours

Difficulty level of the route: 2/5

Accommodation: in tents (2 people sharing). Eco toilet available.

Day 6

Short but demanding hike and river rafting

B

We will have our camp breakfast and continue our hiking. Today we will climb lots of stairs but will be rewarded by stunning views in the end. Lunch will be enjoyed along the way and we will arrive early in the afternoon at our next stop: a wilderness hotel in the middle of nature. Here we will have the opportunity to go river rafting in the River Kitka, hike the Small Bear Trail, or just take it easy and relax. In the evening, we will gather with our guide and fellow hikers for dinner in a restaurant. In the evening, we may relax in the warmth of a sauna again.

Meals included: Breakfast, Lunch, Snack, Dinner

Hiking distance: 10 km (6.2 miles)

Hiking time: 4-5 hours

Difficulty level of the route: 3/5

Accommodation: in a wilderness hotel in twin rooms (2 people sharing)

Day 7

The Grand finale

BLD

Today after our big healthy breakfast in a restaurant, we will prepare for the last stretch of our hiking journey. We will proceed to hike through quite a lot of terrain with elevation and enjoy stunning views across the Nordic skyline. We will enjoy lunch, hike up to the highest point in Kuusamo and stop for snacks in the most beautiful spots of this hike. We will cross the finish line in Ruka Village in the evening, where we will have a farewell dinner with our hiking mates and guides. Later on we will be transferred to our lodge where the traditional wood heated sauna is waiting for us.

Meals included: Breakfast, Lunch, Snack, Farewell dinner

Hiking distance: 23 km (14.3 miles)

Hiking time: 7-9 hours

Difficulty level of the route: 5/5

Accommodation: at our Lodge in bunk beds in shared rooms

Day 8

Time to say goodbye

B

We like to say a great adventure never ends; it merely changes form to become part of who we are. Today our hiking adventure in the Finnish Lapland will transform into some of our best memories as we will say goodbye to our guide team after breakfast. We will have a 30-minute transfer to Kuusamo airport (KAO) in the morning to catch our return flight.



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

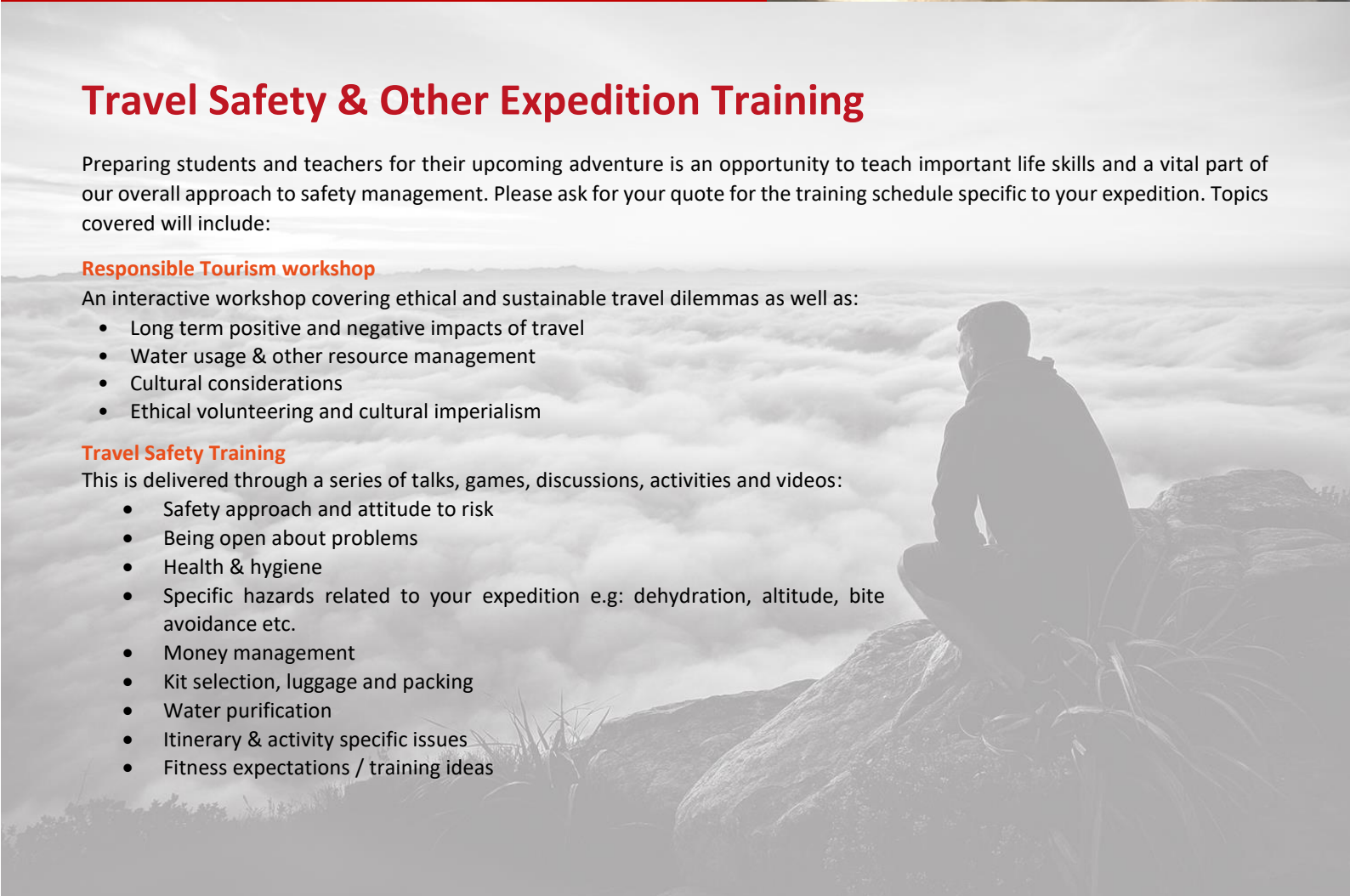
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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

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