

# The Arctic Challenge 2026

*An inspiring adventure into the heart of Lapland*



Set in the heart of Arctic Lapland, this is a land of vast wilderness, frozen lakes and rivers, the extraordinary Aurora Borealis, herds of reindeer, the occasional moose, snow dusted tundra and endless Boreal Forest. Ice and snow are the norm for many months of the year, and the dog and ski are still essential for everyday use during the long winters. Here, just north of Kiruna (67°51'N 20°13'E) and 150 km into the Arctic Circle is where the Arctic Challenge is held.

The Arctic Challenge is a once in a lifetime, inspiring wilderness endurance Challenge. Held over four days, it incorporates a 35km dog sled race, 20km hike, ice fishing, orienteering, woodland fire lighting and a light-hearted Swedish quiz. Participants do not need to have previous experience of any activity, as all instruction will be provided in situ by your guides.

**We are seeking 20 intrepid adventurers to join the Challenge in 2026!** You can either enter as a team of four or as an individual and you will be allocated to a team. Throughout the Challenge each event is scored to encourage healthy competition! The Challenge concludes with a visit to the bar at the Ice Hotel at Jukkasjärvi, a well-earned finish to your efforts spent in this unique and unspoiled landscape, followed by prize giving. **Could you be the winning team?**

## Key information

|                               |   |   |
|-------------------------------|---|---|
| <b>Duration</b><br><br>4 days | <b>Activities</b><br><br><ul style="list-style-type: none"> <li>• Orienteering</li> <li>• Dog sledding</li> <li>• Hiking</li> <li>• Ice fishing</li> <li>• Fire lighting</li> <li>• Swedish Quiz</li> </ul> | <b>Fundraising target</b><br><br>£2000 min fundraising target per person (80% of the fundraising target must be raised at least 1 month before the Challenge) |
| <b>Country</b><br><br>Sweden  | <b>Location</b><br><br>Kiruna, Lapland  | <b>Registration fee</b><br><br>£300 registration fee per person (excluding flights)   |



***“Wow - what an incredible and unforgettable experience... meeting everyone from the charity and organisations who support it, was amazing. I will definitely be raving even more about the work you all do and how important this charity is!”***

**Sarah, Arctic Challenge 2025**

## Itinerary

### Day 1

An early start to catch the flight to Stockholm and onwards to Kiruna, Sweden's most northerly city, located in the province of Lapland.

At Kiruna, the group will be met by the in-country team and a short transfer takes us to our base camp lodge. After coffee and a safety briefing, you will be issued with arctic clothing and given an introduction in driving and sled dog handling before helping harness your dogs and heading to the

wilderness camp by the light of your own head torch.

Once at the wilderness lodge, you'll be given map reading instruction, and we'll all have dinner, wine, and a chat about tomorrow's events to complete the evening.

### Day 2

Your day starts with a short (1/1.5 hr.) orienteering challenge, finishing on the frozen lake where, armed with an auger you drill a hole through the ice and try your hand at fishing Arctic style. You return to camp for a quick coffee where teams will again harness their dog teams and compete in time trials over a 35km circuit across frozen lakes and through arctic forests.

There will be a brief midday break for refreshments and recuperation before the time trials continue in the afternoon under torchlight.

Your group will arrive back at the wilderness camp by early/mid-afternoon. After a brew and warm up, there's a fire lighting challenge using

only naturally occurring materials and a box of matches. The day finishes with a sauna (and optional snow roll), Swedish quiz and dinner.

### Day 3

Today is the 'Big One'. It's time to commence on the Nordic hike where you will set off on a 20km race, starting from the wilderness camp. The marked route will take you through the back country via Karpasjarvi and finish back at the base camp lodge some 3.5 – 5.5 hours later. With all groups safely back in the warmth, you'll be given hot soup and showers, and we'll visit the Ice Hotel for some decidedly chilly cocktails in ice-sculpted glasses. Finally, back to base camp for tallying scores, prize giving and a celebration dinner.

### Day 4

A relaxed breakfast and transfer to Kiruna airport for the flight to Stockholm and your onward connection to the UK.



## Practical details

### Conditions

The Arctic is a harsh environment, and temperatures can drop to as low as -35 or more. In the event of a light breeze, it is likely to feel even colder. The sun doesn't rise above the horizon from late-November to mid-January and we will have approximately five to six hours of twilight per day. As a result, a large portion of the main events will be undertaken in near darkness, adding to the challenge. However, on the plus side, this is also the best time to see the extraordinary Aurora Borealis, or Northern Lights.

### Fitness

Although the days will be relatively short, the activities you take part in will test you physically - especially the hike. Therefore, some pre-challenge fitness and endurance training is strongly recommended, such as time spent on the cross trainer and hill walking/running.

### Instruction

Instruction for all activities will be provided by the local guides in all disciplines. They are based in the area, so are very knowledgeable about the area and the conditions,

so you will be in good hands. This is a challenging weekend with a steep learning curve. However, it's eminently achievable and with a bit of fitness training and preparation, will provide you with a huge sense of personal achievement, as well as an opportunity to build some lasting friendships.

### Dog sleds

These are one-man sleds that you drive standing up with a team of three or four dogs, mainly Greenland dogs and huskies.

### Food and shelter

You will spend two nights at the wilderness lodge where you will be sleeping in team dormitories lit by candlelight and kept warm by wood burning stoves. There will then be one night spent at the base camp lodge where there are showers, electricity, and again team rooms and dormitories. The food provided will be typical for the region, including moose or reindeer and salmon. Vegetarians and Vegans are easily catered for.

### In country transport

Pick-ups and drop offs by minibuses or other suitable vehicle equipped with snow tires will be provided. Skidoos are used by safety staff and will be on hand to pick you up if you'd like to stop or take a break at any point during the challenges.

### Flexibility and safety

At times we shall be in a remote wilderness area with poor communications. Issues such as natural disasters, political disturbances, mechanical breakdown, poor acclimatisation, client fitness or accidents can occasionally delay or interfere with the Challenge.

The weather can be unpredictable, and, where necessary, the programme may have to be changed to suit the conditions. The guides and instructors have the final say on whether individual participants are able to continue in any of the activities for safety reasons. Although every effort will be made to ensure the smooth running of the Arctic Challenge, you must be aware of the above and accept both the risks and possible delays and take all necessary precautions yourselves.



## What the trip includes:

- Kiruna airport transfers to and from base camp lodge at Kaupinnen.
- Accommodation at base camp lodge at Kaupinnen.
- All meals from dinner on Friday (day 1) up to and including breakfast on Monday (day 4).
- All activities during the Challenge, guiding, equipment and instruction as per the programme.
- Equipment provided includes the following however you can bring your own if you prefer; insulated all-in-one sledding overalls, thick winter hats gloves, sleeping bag, heavy duty cold weather boots.

## The following is not included in the trip:

- Flights to and from Kiruna – all participants will need to organise their own flights.
- Insurance - all participants will need to organise their own rescue and repatriation insurance.
- Drinks at the Ice Hotel.
- Alcoholic and soft drinks other than teas and coffee at base camp and wilderness lodges.



## Kit list:

Feel free to print this page if it helps—you can tick off items as you pack.

|   |                          |  |                          |
|---|--------------------------|--|--------------------------|
| What you will need to bring   |                          | Wash kit   | <input type="checkbox"/> |
| Expedition duffel/backpack (easier to carry across snow and in your dog sled than a suitcase) | <input type="checkbox"/> | Personal first aid kit (inc. plasters and Compeed for blister treatment)                             | <input type="checkbox"/> |
| Sleeping bag liner OR single duvet cover  | <input type="checkbox"/> | Swimsuit / shorts for the sauna  | <input type="checkbox"/> |
| 35-45L backpack (for carrying items you may need during the activities)                       | <input type="checkbox"/> | Day clothing (for travel and in the lodges)  | <input type="checkbox"/> |
| Waterproof walking boots  | <input type="checkbox"/> | Trainers for inside the hut (floors are likely to be wet from melted snow)                           | <input type="checkbox"/> |
| Ski/down jacket   | <input type="checkbox"/> | Snacks (something high energy and bite-sized so it's less likely to freeze, e.g. homemade flapjacks) | <input type="checkbox"/> |
| Winter weight or ski trousers   | <input type="checkbox"/> | Towel  | <input type="checkbox"/> |
| Fleece  | <input type="checkbox"/> | Personal medication  | <input type="checkbox"/> |
| Wicking or merino tops to use as base layers  | <input type="checkbox"/> | Portable phone charger   | <input type="checkbox"/> |
| Thick and long trek/ski socks (at least 3 pairs)  | <input type="checkbox"/> | Alcohol /drinks for the evening (optional)   | <input type="checkbox"/> |
| Thermals / long johns   | <input type="checkbox"/> | Hot water bottle (optional)  | <input type="checkbox"/> |
| Gloves, mittens (thick and thin)  | <input type="checkbox"/> | Lip salve  | <input type="checkbox"/> |
| Woolly hat / beanie   | <input type="checkbox"/> |  |                          |
| Head torch and spare batteries  | <input type="checkbox"/> |  |                          |
| Water bottle (a camelback is likely to freeze)  | <input type="checkbox"/> |  |                          |
| Thermos   | <input type="checkbox"/> |  |                          |
| Balaclava   | <input type="checkbox"/> |  |                          |
| Ski goggles   | <input type="checkbox"/> |  |                          |
| Hand warmers  | <input type="checkbox"/> |  |                          |