



8 Days

# Finland

## Summer Wilderness Survival

Located on the edge of the Oulanka National Park, 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. Learn how to track in the vast forest where bear and wolverine roam. Discover a new found taste for elk and freshly caught salmon and forage for your own wild berries. After learning new wilderness and survival skills and understanding about local flora and fauna, enjoy wild swimming and natural saunas as well as spending a night in shelters on the Russian border. Oh yes, and did we mention the magical Northern Lights?



# Recommended expedition itinerary

Day  
1

## Arrive Kuusamo

On arrival in Finland, we will transfer to Basecamp Oulanka, where we will have the chance to settle in to our new surroundings. After dinner, we will have the opportunity to enjoy wild swimming in the river, followed by our first sauna experience.

---

Day  
2

## Wilderness skills & kayaking on Lake Juuma

After breakfast, we will be straight out into our new environment learning new wilderness skills, including fire making and first aid. We will have the chance to prepare ourselves for our time in the wilderness and learn about what we will need to take with us. Our guide will also teach us navigation and orienteering techniques and how to follow tracks in the forest. After lunch, which will include freshly picked blueberries, we will learn how to navigate in our canoes and kayaks on Lake Juuma. After a short lesson we will spend the following two hours navigating to check points around the lake. After a long day we will prepare a traditional smoke sauna (savusauna). This skill was the only way to survive in the past up in the northern Taiga area. After dinner, we will experience a detoxing swim in the wild water - a truly mentally and physically refreshing experience.

---

Day  
3

## Oulanka National Park - rafting & orienteering

After a healthy breakfast of Finnish porridge and local berries we head out into the Oulanka National Park and the Kärpäskelhä - an old meadow along the River Kitka. After donning all the necessary rafting gear and receiving a safety briefing, we will move out to the Jyrävä waterfall for a rafting lesson. The Oulanka National Park is known for its rivers and canyons and we will spend the next two hours negotiating 7km of white water and deep canyons. The rest of the morning will be spent working on essential conservation work as the national park attempts to reinstatse the Kärpäskelhä meadow back to how it was 60 years ago.

We will then stop for a good lunch, which will be important to set us up for an afternoon in the wilderness of Oulanka. This is your chance to learn to navigate in this remote area. The only other inhabitants are elk and reindeer. After spending 18km of navigation practice in the wilderness, we will return and enjoy a natural sauna and hearty meal ....elk anyone?

---





Day  
4

## Oulanka National Park - wood chopping, foraging & ropeways adventure!

Today, we will have an easy morning organising our kit and recovering from the previous day's adventure! There will also be the important team task of chopping wood for the sauna. This will all be done using traditional saws and axes. After that, part of the group will help with the maintenance work on the wildlife trail next to the lodge, while the rest of the group partakes in essential foraging. After lunch the adventure continues as we head to the ropeways over Sirkka creek. All the essential equipment is provided as is some nerve! After this it is a refreshing wild swim in the creek and then back to the sauna - this in Finland after all!

Tonight it's alfresco dining prepared by the fire!

---

Day  
5

## Canoeing expedition on the River Oulanka

After a morning walk to the Oulanka Visitor Centre and lunch, we canyoon back to the Logging Lodge to pick up the canoes. The River Oulanka is great for canoeing with strong currents but no rapids. After a three hour paddle we leave the canoes at the beach to walk back to our base at the Logging Lodge. Dinner and, yes, you guessed ... a sauna!

---

Day  
6

## Canoeing expedition to Lake Paanajärvi

After breakfast we continue paddling towards the Russian border which, because the River Oulanka is famous for meandering, it is easy to spot. The river opens up to Lake Paanajärvi and when we have reached the border zone we can enjoy our lunch gazing across into Russia! Here we have the opportunity to track wildlife, golden eagles and capercaillie. If we are lucky we might see the tracks of brown bear. This is where you can make a choice to spend a night under the stars and shelters, or head back to the Logging Lodge.

---

Day  
7

## Return to camp & final day activities

After spending a night in the wildernes (or not!) we will head back to the lodge. We will have the chance to freshen up and enjoy some activities close to the base camp.

---

Day  
8

## Flight to UK

Transfer to Kuusamo and fly to London.

# Further information

## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel 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
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

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

## Your expedition timeline



## Physical expedition rating:

● ● ● ○ ○ 3/5

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 some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:

● ● ○ ○ ○ 2/5

Expect to find local life broadly familiar to that in the UK, however aspects of the trip are likely to be in remoter areas where differences are more profound. Whilst English may not be the native language, you can expect it to be widely spoken. There may be some cultural differences and although western pallets should be well catered for there will be the opportunity to try new dishes.

# A journey of 1,000 miles...

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



## 1 Get your tailor-made proposal and 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 itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination 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 at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



t: 01392 660056 | e: [schools@thestc.co.uk](mailto:schools@thestc.co.uk) | w: [www.thestc.co.uk](http://www.thestc.co.uk)