



Finland

Autumn Adventure in Kuusamo

6 Days

This autumn adventure offers a real challenge for those students who want to put navigational, camping and leadership skills to the test. We arrive in Kuusamo, known for its stunning natural landscapes, which include vast forests, numerous lakes, and the rugged hills of the Koillismaa region. Over the course of our trip we will develop our skills and test our fitness as we embark on two separate hikes. The first of these will be a guided 10km hike in Riisitunturi National Park 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
Our adventure begins today as we fly to Kuusamo airport. After a 30-minute drive we will arrive at the Adventure Apes Lodge where the guide team will welcome us with a homemade dinner and tour briefing. Together with our guides we will get familiar with all the personal and common gear, ensuring we have everything we need to stay warm, dry and happy during our adventure. We will also have the opportunity to familiarise ourselves with any equipment that may be new to us. Later we will get an introduction to Finnish sauna culture and have the chance to kick off our adventure by relaxing in a traditional wood-heated sauna.
- Day 2** **Preparations for guided day hike** BLD
After a big healthy breakfast, we will take part in a short orienteering exercise in the Lodge surroundings. Following this we will practice how to use our gas cooker and cook our lunch outdoors in pairs. We will also brush up on our fire-making skills under the supervision of the guides and enjoy our snack by the open fire we have made in small teams. Later on we start packing our backpacks and prepare our meal plan for the next day. When everything is packed we will go through the safety plan with our guide. After the evening sauna it is time to enjoy our dinner at the Lodge and get a good night's rest before our hike tomorrow.
- Day 3** **Day hike in Riisitunturi National Park** BLD
Today it is time to kick off our day hike to Riisitunturi National Park. We will arrive at the National Park after a 30-minute transfer and our guide will give us an introduction to the coming hike. We will take turns in navigating and leading the team through forests and fells. After a busy morning we stop for lunch outdoors and cook our lunch together in pairs. Our guide will also tell us interesting facts about Finnish nature. Following lunch we continue the hike and enjoy a snack in a fireplace along the way. At the end of the hike we will return to the starting point in the dark and the bus will take us back to the Adventure Apes Lodge in the evening. After a relaxing sauna we gather around the dinner table together and enjoy a meal together as a team.
- Day 4** **Preparation for independent day hike** BLD
After a good night's sleep it is time to enjoy breakfast together at the lodge. Today is the day we will step up as a team and take initiatives planning the route, meals and appointing team responsibilities for tomorrow's independent day hike. In the afternoon it is time to have some fun and play indoor games in the sports hall. For those of us that would like to have an extra challenge, there is the opportunity to do some night-time orienteering in the dark.
- Day 5** **Independent hike in Oulanka National Park** BLD
The hiking day begins with breakfast at the lodge. We will take a bus transfer to Oulanka National Park where we will test the skills learnt during the week in small teams. We will navigate through Small Bear Trail, the most popular hiking route in Finland and do some team tasks along the way. We will plan our meal stops and prepare our own meals over an open fire, with a leave-no-trace policy. We will cross hanging bridges over white-water rapids and take turns in leading and practicing our leadership skills. Following the hike, we return to lodge late in the evening and after some gear maintenance, will have the chance to relax in the warmth of a traditional wood heated sauna. To finish the day we will take some time for self reflection and think about the adventure we have been on together. After a delicious farewell dinner party we head to bed for our final night in Finland.
- Day 6** **Departure and return to UK** B
A great adventure never ends, it merely changes form to become part of who you are. On day six our hiking adventure in the Finnish Lapland will transform into some of our best memories. Finally, we will transfer back to Kuusamo airport to catch our return flight back to the UK.



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 information sessions
- ATOL financial protection
- 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 on request

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
- Emergency Medical & Repatriation Insurance
- 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

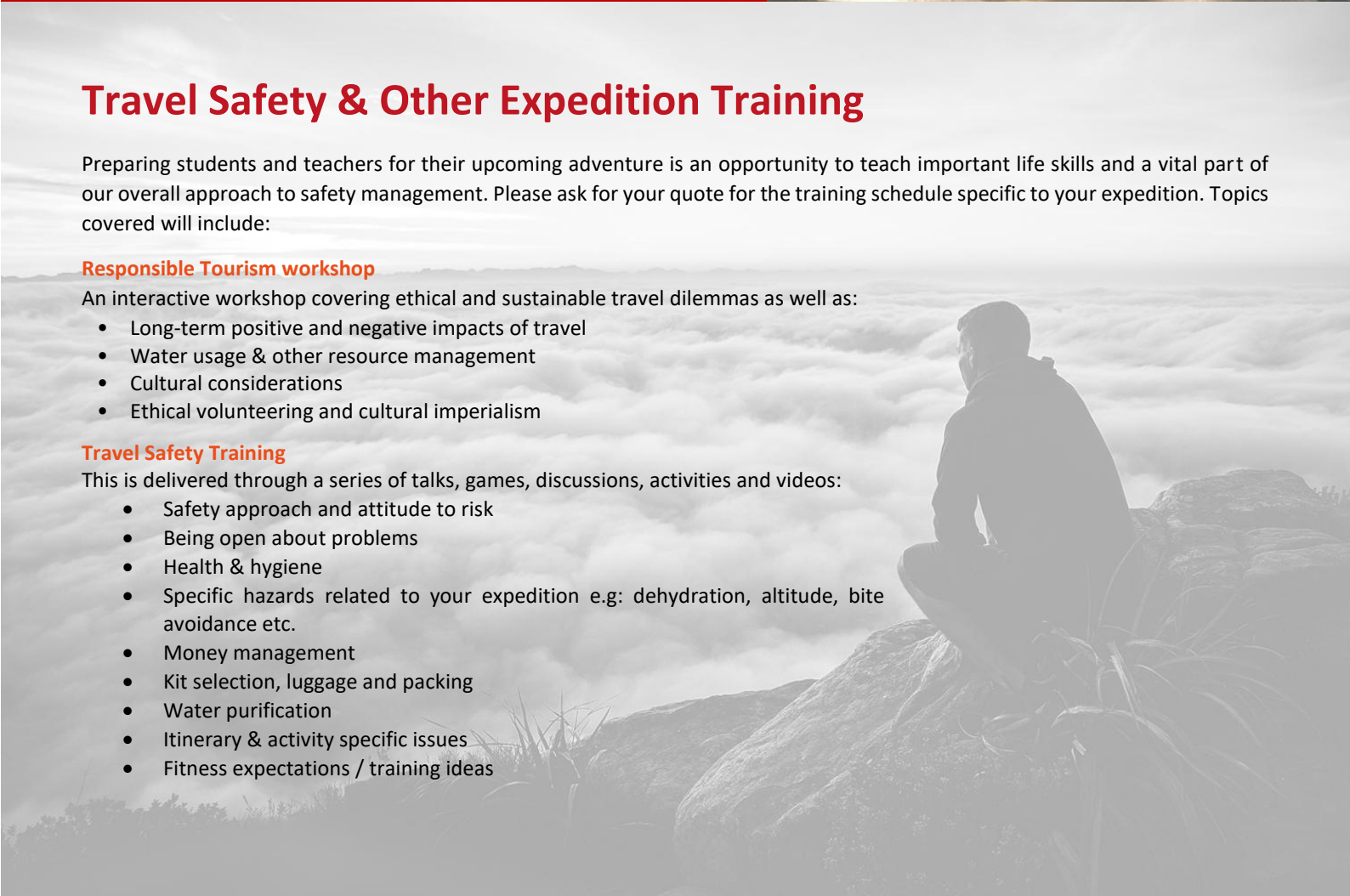
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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.

"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:

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