



## First Mountain Tour – an adventure in Laponia

Would you like to try out Nordic mountain skiing but don't know how? Then this is the perfect tour for you!

Winter in the mountains can be fantastic when the sunlight is reflected by meter deep snow and untouched widths, with fantastic skiing in all directions. We will take you to the classic Saltoluokta mountain station and to the STF cabin at Lake Sitojaure. In this area, you will find a number of great skiing trips in a beautiful mountain environment. Your guide will help you to improve your skills and give advices on how to make mountain skiing safe and enjoyable!

INFORMATION ABOUT THE FIRST MOUNTAIN TOUR	
Price	SEK 8555 (Member price)
Meeting point	Saltoluokta mountain station
First gathering	Meetup in the reception approximately half an hour

	after arrival of the afternoon bus
End of event	After breakfast the last day
Number of participants	Min 6 / max 12
Age	Minimum 18 years
For whom?	Anyone who would like to experience a ski tour in Swedish Lapland but lack some skill or experience to do it on their own
Previous experience	You should be in good physical shape and have previous skiing experience
Single room upgrade	If we have spare rooms at Saltoluokta mountain station it's possible to upgrade to a single room against a fee
<b>INCLUDED IN YOUR STAY</b>	
Lodging	Dorm rooms at Saltoluokta mountain station and Sitojaure cabin.
Meals included	<p>All meals included, from dinner on the arrival day to breakfast on departure day.</p> <p>In the cabin we cook together and take care of the daily dutys.</p> <p>All the meat we serve at our dinners at Saltoluokta mountain station are wild meat or reindeer. The fish is locally caught.</p> <p>We love to serve you vegan and vegetarian alternatives upon request. If you have special diet requirements, please let us know on forehand: <a href="mailto:saltoluokta@stfturist.se">saltoluokta@stfturist.se</a>.</p>
Transport	Snowmobile transfer over lake Langas on arrival and departure is included.
Guide	Guide with relevant experience, certificats and knowledge of the area.
Other information	Cancellation can be made up to 30 days before arrival. After that, no refunds can be made.

## PROGRAMME

### Day 1

Gathering at Saltoluokta mountain station approximately 30 minutes after the bus from Gällivare has arrived to Kebnats bus stop. Saltoluokta is located in a desolate land. Staff from Saltoluokta mountain station will meet you with snowmobiles and sledges, which will take you the last bit to Saltoluokta. After a shorter presentation, you will be able to borrow equipment that you ordered. Later on, we will dine together in Saltoluokta's classic dining room. We will try out the equipment after dinner and go

through the week's program.

### Day 2

A day tour in the surroundings of Saltoluokta where you get a chance to practice both with your personal equipment, and the group's common safety equipment. Today you will eat lunch outdoors before returning back to Saltoluokta. We will do the last adjustment for our packing at the mountain station. What you do not need during the ski tour, can be left at Saltoluokta.

In the afternoon there will be a common transport by snow mobiles with sledges, for the group to Sitojaure mountain cabin. We will bring all food for the week to Sitojaure, which can easily be adapted to special dietary requirements and possible allergies. Possibility to ski the last bit to the cabins while your provisions and packing will be transported the whole way. Total distance to Sitojaure is 19 km.

You have to book and pay the transport with Laponia Adventures separate Saltoluokta – Sitojaure, 1150 sek, through this website

<https://laponiaadventuressweden.rezdy.com/387383/f-rsta-fj-llturen-transport-salto-sito>

### Day 3

Day-tour in the snow-proof surroundings of Sitojaure. Perhaps we will make a trip to Rinim and the impressive mountain massifs at the western end of the lake. Current weather conditions determine today's trip.

### Day 4

We will make a day trip in more hilly terrain, if the weather permits. We will try to go up with skins and then enjoy a beautiful downhill ride in untouched snow!

### Day 5

Today it's time for you to try your new skills! You will have the opportunity learn how to plan your own tour, and practice navigating skills. Sitojaure is the perfect area for skitouring!

### Day 6

After 4 days out in the mountains it is time to return to Saltoluokta, where the sauna is waiting for us! This time we will ski the whole way. In the evening dinner will be served in the restaurant. Together we will evaluate the week. Distance to Saltoluokta 19 km, difference in altitude is + 150 m, then -400 m.

### Day 7

Our week together is over after breakfast. A common transport over Lake Langas to the bus towards Gällivare will be provided.

The program can be changed due to current weather and snow situation. Time for gathering and ending in this tour will be adjusted to current timetable for local buses.

## EQUIPMENT

Equipment included	<ul style="list-style-type: none"> <li>Safety equipment for the group (first aid kit,</li> </ul>
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	<p>wind sacks, shovels, thermarest)</p> <ul style="list-style-type: none"> <li>• Rental ski package (skis, skins, poles, boots)</li> </ul> <p>Need to be <a href="#">prebooked here</a>.</p>
Recommended equipment	<ul style="list-style-type: none"> <li>• Thermos, at least 0,7L</li> <li>• Water bottle</li> <li>• Backpack for day tours, at least 50 L</li> <li>• Sunglasses</li> <li>• Goggles</li> <li>• Personal hygiene (soap, micro towel, toothbrush, toothpaste)</li> <li>• Personal medicines and first aid</li> <li>• Blister-kit (compeed, leukoplast, sports tape etc)</li> <li>• Toilet paper and garbage bag</li> <li>• Foldable cup and spork</li> <li>• Travel sheet or sleeping bag</li> <li>• Map and compass</li> <li>• Small notebook and pen</li> <li>• Headlamp</li> <li>• Snacks</li> <li>• Two thin liner socks + two thicker socks, preferably woolen.</li> <li>• Two sets of woolen underwear</li> <li>• Windproof pants</li> <li>• Wind- and waterresistant jacket or anorak.</li> <li>• Warm hat</li> <li>• Buff</li> <li>• Gloves and mittens</li> <li>• Warm second layer, fleece or wool</li> <li>• Down jacket or an extra warm second layer</li> <li>• Snow gaiters</li> <li>• Sun protection, SPF20 or higher</li> </ul> <p>You can find a lot of this equipment in the store in Saltoluokta.</p> <p>Think about not over-packing! Light is right.</p> <p>It's nice to bring a bag to store the personal items that you don't need in the cabin until you get back.</p>
Nice to have	<ul style="list-style-type: none"> <li>• Slippers</li> <li>• Camera</li> <li>• Binoculars</li> <li>• Book</li> </ul>

Rental equipment	<p>A rental ski package is included, however we need to know your sizes (length, shoe size) in order to book this for you. Please let us know what equipment you need for the tour: <a href="mailto:saltoluokta@stfturist.se">saltoluokta@stfturist.se</a></p> <p>At Saltoluokta you can also rent backpacks, gaiters, thermoses and some other equipment you will need. Read more about our rental equipment and prices <a href="#">here</a>.</p>
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## ABOUT THE AREA

On the border to the great National Parks Stora Sjöfallet/Stour Mourkke, Sarek and the UNESCO World Heritage site Lapponia you find Saltoluokta mountain station.

Saltoluokta mountain station was built in 1912 and our main building of today is from 1918. We still use the over hundred year old furniture in our restaurant. In our store and rental you find almost everything you need for your stay.

We have an open wifi for our guests, it's not very fast though. Telia and Telenor have good phone coverage in the area (not everywhere).

Our tours and events are quality assured with the ecotourism quality mark Nature's Best, which means we do our best to not make a negative impact on our nature, to work with local entrepreneurs and take in counter the specific biotopia in the area.

Dogs are not welcome on our guided events.

Welcome to Saltoluokta and Lapponia!

## GETTING HERE

To Saltoluokta: Train or flight to Gällivare, bus 93 towards Ritsem. Disembark at Kebnats, then follow the marked trail in winter or pay for a snowmobile transfer.

By car, take road 45, turn off at the sign towards Saltoluokta, in between Jokkmokk and Gällivare. Journey time by train and bus from Stockholm 21 hours, from Gothenburg and Malmö 28 hours. Flight Stockholm-Gällivare 2 hours.

We always recommend environment friendly travel and encourage you to take the train. As an STF-member you have a discount on your travel with SJ.

## QUESTIONS?

[Here](#) you find answers to our frequently asked questions. Didn't find what you are looking for? Don't hesitate to contact us!

Booking:

bokningen@stfturist.se

Telephone: +46 10 190 23 60

STF Saltoluokta mountain station:

[saltoluokta@stfturist.se](mailto:saltoluokta@stfturist.se)

+46 10 – 190 23 50

[www.saltoluokta.se](http://www.saltoluokta.se)