Finland Wilderness Snowshoe Adventure

Trip Code: WSF

Version:

WINTER	GUIDED GROUP	MODERATE
		4



HIGHLIGHTS

- Get ‘off the beaten track’ on a 3-day, baggage-supported, cabin-to-cabin, snowshoe trek
- Sleep in a lakeside cabin and remote, candlelit wilderness huts; relax in saunas and try ice swimming
- Explore the tranquil, snow-covered, wild taiga (boreal forest)
- Discover 4000-year-old rock paintings

AT A GLANCE

- 5 days snowshoeing
- Join at Kuusamo

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

With its serene boreal forest, frozen lakes, traditional saunas and cosy, snow-blanketed, cabins the Hossa National Park in Finland is the perfect place for an introductory snowshoe adventure. We begin with 3 nights at our comfortable cabin base, spending a few days getting used to walking with snowshoes, exploring the ice-covered lakes and searching out mysterious prehistoric rock paintings. Having mastered our snowshoeing technique we next head out on a 3 day journey travelling off trail, through an abundance of soft, powdery snow, between remote, candlelit, wilderness cabins. This is a chance to immerse yourself in the tranquillity of the nature in this remote and pristine part of Finland, and to unwind and leave behind the stresses of modern life. Each evening there will be a chance to warm up in a traditional Finnish sauna and, for the brave, there's also the prospect of cooling down the traditional way post sauna - with a bit of ice swimming! With snowshoes and poles included and weekly, guaranteed, departures from January to March this fantastic holiday is a great introduction to snowshoeing and the ideal winter getaway.

Is this holiday for you?

This moderately graded winter holiday is an excellent introduction to snowshoeing. No previous experience is needed, but a reasonable level of fitness required. We will be trekking for around 6 hours a day on average, covering around 5-8km, over undulating terrain. The walking time includes a lunch stop of around 1 - 1.5hrs. It should be noted that snowshoeing is more tiring than walking, especially in deep powder. During our 3-day, circular, cabin to cabin, trek you will only be required to walk with a light day pack as your baggage will be transferred between accommodation for you. Accommodation throughout will be in remote cabins, some without modern facilities, but all with a warm and cosy atmosphere.

If snow conditions do not permit snow-shoeing on any of the routes, the group will follow an alternative winter hiking itinerary.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Snowshoes and poles
- Single timed airport transfers on arrival & departure
- All accommodation as described
- All meals
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as ‘optional’

What's not Included

- Travel Insurance
- Optional extra activities
- Miscellaneous expenses - souvenirs and drinks etc.

Joining Arrangements & Transfers

The group will transfer together from Kuusamo Airport to our cabin accommodation on the evening of Day 1 of the Land Only itinerary.

The transfer is timed to coincide with the arrival of the Finnair flight from London Heathrow Airport.

Additional group transfers are available for those arriving on select direct UK flights.

On the last day of the Land Only itinerary, there will be a single transfer back to Kuusamo Airport timed for the check in of the early afternoon return Finnair flight to London.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfast is usually served around 8am and will be taken at the cabins and will consist of bread, cheese, ham, porridge, muesli, yoghurt, coffee and tea. Lunch will be served around midday and will be taken seated around a fireplace on the route and will consist of warm soup, bread, ham, cheese, sausages, coffee, tea and chocolate / biscuits. Dinner is the main meal of the day and will again be served at the cabin by our guide around 7/8pm. There is usually meat or fish, vegetables, fresh salad, bread and dessert. We will usually enjoy a hot drink and snack on returning to the cabin each day, but during the snowshoeing days there is no other food served except the lunch, so it's recommended to bring some of your own favourite snacks (chocolate, muesli bars etc.) from home. You will be able to make your own hot drinks at the cabins. Beer (2€ per can) and wine (10€ per bottle) is available to purchase.

Special meals are available on request. Please inform any your dietary requirements at the time of booking. Meals are carefully planned ahead of time and it is possible to cater for most dietary requirements if informed in advance.

Accommodation

We will spend 4 nights at a comfortable, spacious, lakeside cabin base, with multiple bedrooms and a separate dining room and kitchen. The cabin base is centrally heated. Accommodation here will be in bunked rooms, either twin share or in segregated rooms of up to 3. At the base cabin we will have shared shower/bathroom/toilet facilities.

During our 2 night expedition we will stay in smaller, cosy, wilderness cabins, with no electricity and heated by wood stoves. At the wilderness cabins we will sleep in non-segregated bunked rooms of up to 4 people. The toilets are in a separate building. Though showers are not available at the wilderness cabins (all water must be fetched from the well!), it will be possible to wash in the sauna. Though the bathroom facilities can appear basic, overnighting in the heart of the wilderness and staying in a traditional forest cabin, more than makes up for the lack of hotel facilities.

FINNISH SAUNA
Saunas are a way of life in Finland.The sauna is considered to be a holy place where both body and soul are washed. We will have the opportunity to enjoy a sauna every evening during the tour, except on arrival night.

At the cabin base we will have use of a separate electric sauna, shared with another nearby cabin. At the wilderness cabins there will be either a small wood-fired sauna attached to the cabin or in a separate building nearby. The guide will arrange 'sauna shifts', with separate times for each cabin, and separate times for male/female. Depending on demand it may be possible to arrange shorter private sauna sessions / washing time.

Finnish people traditionally don't sauna in mixed groups or wearing towels/swimming suits. As we will have exclusive use of the sauna during our designated shifts, if you would prefer not to fully embrace this tradition, it will be acceptable to wear swimwear or a towel.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately €100 per person should be allowed for tips, soft drinks, and miscellaneous expenses. There is no currency exchange or ATM as Kuusamo airport and there will be no possibility to withdraw/ exchange money on leaving Kuusamo. You should the opportunity to exchange money if transitting through Helsinki Airport. There is little opportunity for spending money on this tour and all meals are included. There are small souvenir shops at the Hossa Visitor Centre and at the Reindeer Farm which both accept credit cards, cash will only be needed for tips and for soft drinks/alcohol etc... beer (2€ per can) and wine (10€ per bottle) is available to purchase at the cabins.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your leader. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Whilst on our 3-day hut to hut trek we will be given smaller bags in which to pack the luggage we need for our overnight stays, these bags will then be transported between huts for us so we only have to carry a daypack each day. Any additional luggage can be left at our cabin base. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

Group Members

We sell this holiday in conjunction with our local operator in Finland. This enables us to gather together sufficient numbers of like-minded adventurers to get the holiday up and running quickly. For this holiday the minimum age is 14 yrs, however it is unusual to have people under 16yrs.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, running, cycling and swimming are good for developing cardiovascular fitness and stamina.

Climate

In January, February and March day time temperatures vary between -5^{o}C to -20^{o}C. Cloudy skies, sunshine, cold winds and snowfall are all possible, so you should be prepared for all eventualities.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Waterproof hiking boots / snowboots*
- Gaiters
- Trainers or similar (for evenings at the cabin)
- Warm woollen socks
- Regular socks
- Warm and windproof trousers and/or ski trousers, salopettes
- Waterproof and windproof jacket
- Daypack of approximately 20-30 litres capacity
- Thermal baselayer - leggings
- Thermal baselayer shirts - long sleeve
- T-shirts / casual shirt
- Underwear
- Fleece jacket or warm jumper
- Warm jacket (down)
- Warm and waterproof gloves or mittens
- Head torch and batteries
- Warm Hat (also see provided items)
- Emergency whistle
- Survival blanket/bag
- Buff/Balaclava (to protect face from wind/cold)
- Sunglasses with side protection
- Daypack 30 litres
- Sun protection (including for lips)
- Water bottle (we encourage re-filling water bottles rather than single use plastic)
- Thermos flask
- Washbag and toiletries
- Basic First Aid Kit consisting of the following: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Warm jacket e.g. down
- Ski goggles (useful if weather bad)
- Antibacterial hand wash
- Camera
- Swim wear (for ice swimming)
- Neoprene boots (for ice swimming)
- Travel towel (bath towels are provided)
- Sleeping bag liner (for use in wilderness cabins)
- Slippers (for use in the wilderness cabins)
- Pen-knife (remember to put all sharp objects in hold baggage)
- Earplugs (especially if you are not the one snoring!)
- Reusable cloth bag for shopping (to avoid plastic bags)

THE FOLLOWING ITEMS are Provided:

- Snowshoes and Poles (if you wish to take your own walking poles, make sure that they have snow baskets fitted.)
- Bed linen at base cabin
- Sleeping bags and warm liners at wilderness cabins

NOTE:

The shoes worn for snowshoeing should be warm/waterproof, with a thick sole, and there should be enough space for you to wear woollen socks.

*Sorel/Kamik winter boots are available for hire. Please inform us your shoe size in advance, if you wish to hire boots.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Kuusamo. Single timed transfer to/from Kuusamo Airport to our cabin base are provided.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kuusamo.

Why Choose KE

Why KE

Join KE on this Finnish winter journey, which includes your snowshoes, poles, baggage transfers and all meals. All that is left for you to do is to enjoy the amazing scenery, charming cabin stays and traditional saunas.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change