

Trusted Guide - Baltic Sea

# BALTIC SEA

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2025

**X-PLORE**®  
WILDERNESS LEARNING  
WE ARE NATURE





A magical landscape of ice, snow, secluded islands, and dancing lights in the sky, offer the experience of exploring unique nature on this winter adventure on the frozen Baltic Sea. These are the moments where we learn the most about ourselves. Discover your strength, challenges and learn how to thrive while navigating through the islands of the Swedish Luleå Archipelago.



# S L O W D O W N

Hinderson Island, covered by spruce and spine forest, surrounded by frozen sea ice is the setting where we land and get ready for the time out in the vast white wilderness. Spending two days comfortably in this cosy hotel/hostel, adapting ourselves to the environment and getting to know each other while enjoying great typical local food. Slowly and steady flowing into this 8-day adventure, skiing with the elemental forces of nature, covering between 120 and 160 km, following nature's rhythm and adapting the route to weather and the ice conditions.



# E X P L O R E

Exploring this natural wonder, quite apart from human concerns, you will be exposed and invited to essential learnings from winter camping, cross country skiing with pulk, navigation, meteorology, and safety. An opportunity to lead and co-create your own experience through route selection and choosing your level of desired adventure.





# E X P L O R E

From sleeping in a snow cave, to spending one night by yourself on one of the isolated islands, and maybe sitting around a warm and cosy fire while observing the northern lights dancing in the dark sky.





# C O N N E C T

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Building up and going deeper into what is needed and preparing yourself is the focus of the intake and two team meetings before you leave for Sweden. Once immersed in the adventure, you can let your mind and body float in a place almost free of disturbances and observe what comes out of it.

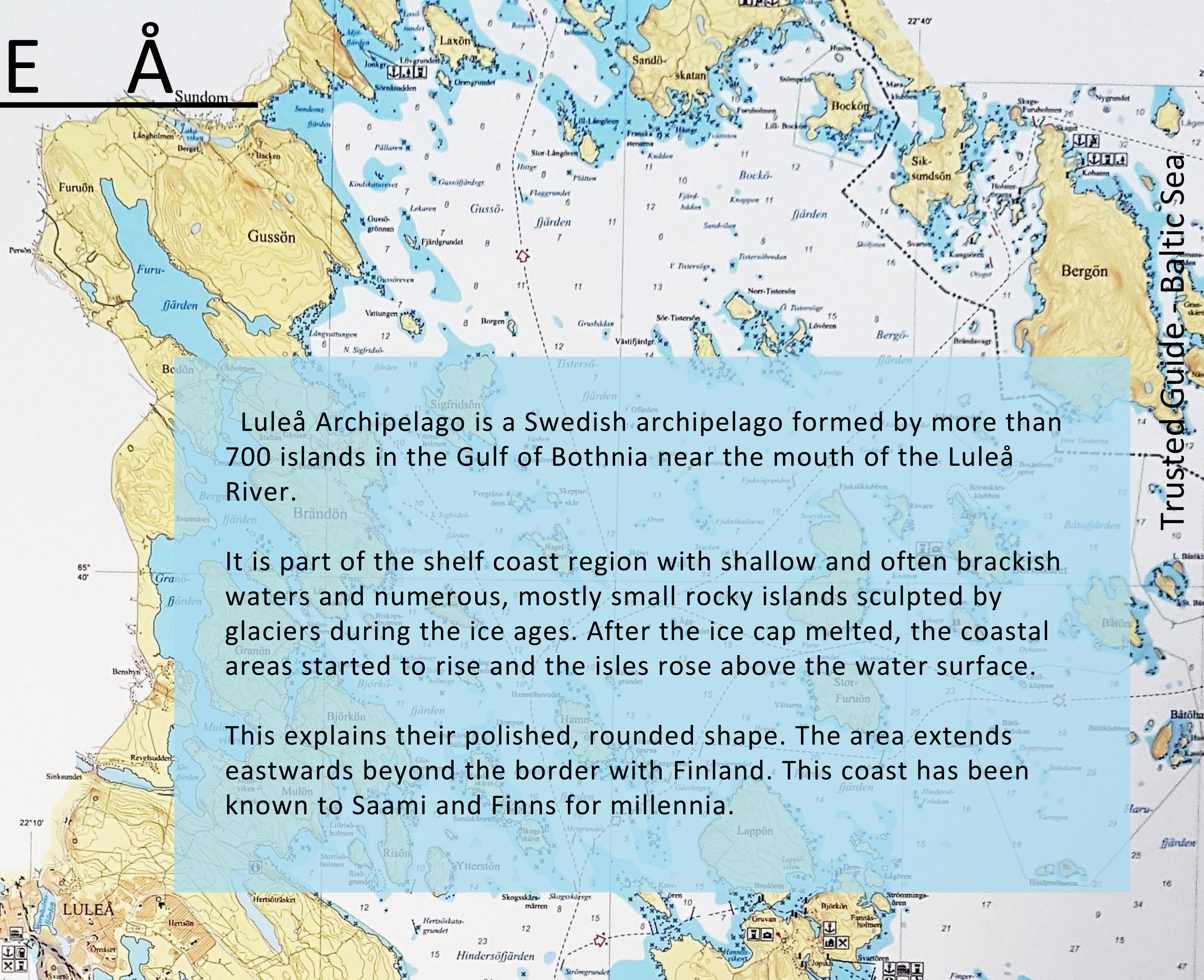






## Teckenförklaring

	Land		Servering Bastu
	Körvägar		Vandrarhem/hotell
	Stig, traktorväg		Officiell farled
	Järnväg		Lokal farled
	Tätbebyggt område		Nord om grund prick/boj
	Industriområde		Öst om grund prick/boj
	Grunt vatten, djup < 5 m		Syd om grund prick/boj
	Sten över vatten, mindre skär		Väst om grund prick/boj
	Undervattensgrund, mindre än 2 m djup		Farledsriktning
	Bränning, sten nära vattenytan		Farledsboj grön/röd
	Naturreservat		Farledsmärke, gröna (styrbord)
	Fågelskyddsområde		Farledsmärke, röda (babord)
	Restriktionsområde		Mittledsmärke Specialmärke
	Höjdkurvor, ekv 5 m Brant		Fast sjömärke
	Gles bebyggelse, enstaka byggnad		Fyr
	Gles bebyggelse, enstaka byggnad		Fri höjd under bro eller kraftledning
	Mast, väderkvarn		
	Kyrka eller kapell		
	Informationstavla Turbåtsbrygga		
	Hamn el. brygga Bränsle		
	Torrtolast Rastplats		
	Raststuga Uthymningsstuga		



Luleå Archipelago is a Swedish archipelago formed by more than 700 islands in the Gulf of Bothnia near the mouth of the Luleå River.

It is part of the shelf coast region with shallow and often brackish waters and numerous, mostly small rocky islands sculpted by glaciers during the ice ages. After the ice cap melted, the coastal areas started to rise and the isles rose above the water surface.

This explains their polished, rounded shape. The area extends eastwards beyond the border with Finland. This coast has been known to Saami and Finns for millennia.



# PRACTICAL

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Preparation, logistics and equipment are an important part to the quality of your experience. Caretaking is at the core of our being. We will be guiding you through the whole pre-travel necessities.

A couple of key points:

- Airport; We fly to Luleå, Sweden
- Hotel and food will be organised for you
- During the adventure you will sleep in shared tents
- Group equipment is offered by us
- Personal equipment is your task. We will support this process and facilitate all necessary information.
- Price excl. flight € 2850,-- p.p. (max 6 persons)



# G U I D E

After working professionally at the management level for twenty-five years, Peter decided to reinvent himself. Easy to say, but it turned out to be quite the expedition. One of the insights he embraced was 'less is more'. This led to the idea of being connected to *nothing but himself and nature for 30 days*. In nature he discovered the power of slowing down to reconnect, calmness and space. He now uses this in his work as a guide in nature/ guide at work.

Peter is 61 years old, loves activities such as running, hiking, cycling, yoga, kayaking and fitness.

During this Trusted Guide - Baltic Sea, Peter will be your guide from start to finish. If you want to have more information or you want to talk about this, or other journeys, don't hesitate to get in touch.

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# B A L T I C S E A

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