

# FJÄLLRÄVEN CLASSIC SWEDEN PARTICIPANT INFORMATION

## INCLUDED IN THE TICKET FEE IS:

- Bus transfer from Kiruna Airport and Kiruna Railway Station Fjällräven Classic Sweden's basecamp at Högalidskolan in Kiruna. Transfer is arranged from Thursday the 12<sup>th</sup> of August.
- Bus transfer from Högalidskolan to the start in Nikkaluokta the 13<sup>th</sup>, 14<sup>th</sup> or 15<sup>th</sup> of August.
- Transport of one bag (maximum 60 Litres/20 kg) from Kiruna or Nikkaluokta to Abisko.
- Map and plastic cover for the map
- Trekking Pass
- Gas, petrol or methylated spirit. If you use petrol or methylated spirit you have to bring your own bottle.
- Freeze-dried food and bread for the hike
- Toilet paper roll
- Safety Tag
- Fjällräven Classic Trash Bag
- Fjällräven Classic Sweden medal when you have completed the hike

Bus or train transport from Abisko to Kiruna is not included in the application fee.

## BEFORE START

### Högalidskolan

In Kiruna at Högalidskolan (WGS84: 67°51'35.1"N 20°14'6.1"E) you find the check-in for Fjällräven Classic Sweden. This is where you receive the equipment included in the ticket fee and you leave your luggage for further transport to the finish in Abisko. Here you can enjoy a cup of coffee at Trekkers café and buy outdoor gear in the pop-up shop from Naturkompaniet. Högalidskolan is close to the campsite in Kiruna.

### Car Parking

If you travel by car and want to park it in Kiruna during the hike there is a limited amount of parking lots at the base camp at Högalidskolan. Furthermore, parking is available at Kiruna Ice Rink, about 500 m from Högalidskolan. Coordinates for the Ice Rink are (WGS84): 67°51'43.2"N 20°13'53.0"E. Both these parking areas are free of charge.

### Registration

You register at the check-in at Högalidskolan.

The registration at Högalidskolan is open:

Thursday 12<sup>th</sup> of August: 12:00 – 20:00

Friday 13<sup>th</sup> of August: 06:00 – 20:00

Saturday 14<sup>th</sup> of August: 06:00 – 20:00

Sunday 15<sup>th</sup> of August: 06:00 – 11:00

If you arrive to Nikkaluokta (the starting place) by car or want to stay in Nikkaluokta before the start it is possible to check-in and leave luggage there.

The registration in Nikkaluokta is open:

Thursday 12<sup>th</sup> of August: 18:00 – 20:00

Friday 13<sup>th</sup> of August: 07:00 – 16:00, 18:00 – 20:00

Saturday 14<sup>th</sup> of August: 07:00 – 16:00, 18:00 – 20:00

Sunday 15<sup>th</sup> of August: 07:00 – 13:00

## EQUIPMENT INCLUDED IN THE TICKET FEE

### Trekking Pass

You will receive your Trekking Pass at the check-in. The Trekking Pass is a small booklet that you carry during the hike. At start and finish your start and finish time respectively will be inserted in the pass by an official. At every checkpoint you are responsible to get a stamp in your Trekking Pass, there is a unique stamp at each checkpoint. At the finish the Trekking Pass will be checked.

A barcode for electronic registration is attached to your Trekking Pass. The code will be scanned at check-in, start and finish respectively.

### Map

You will receive one map at the check-in. The scale is 1:75 000 and the equidistance 20 m.

### Toilet paper roll

You will receive one toilet paper roll at the check-in. That is the toilet paper you will get for the hike.

### Food and Fuel

At the registration you will pick up fuel (gas, petrol or methylated spirit) and the first food ration for the event. You may then refill food and gas (no petrol or methylated spirit) at checkpoint Sälka (after 46.5 km) and at checkpoint Alesjaure (after 73 km). Bread will only be delivered at registration.

The refill in Sälka opens Saturday the 14<sup>th</sup> of August at 16:00 and the refill in Alesjaure opens Sunday the 15<sup>th</sup> of August at 16:00.

The food is freeze-dried meals that you prepare by adding hot water into the package. Different meals exist, among them gluten free, lactose free and vegetarian alternatives. However, we can not guarantee that all of them are available in Sälka and Alesjaure.

The gas is Primus gas for stoves with standard screw threads (see picture). If you use petrol or methylated spirit you have to bring your own bottle. To reduce waste handling we recommend you to share fuel with your fellow trekkers.



### Fjällräven Classic Trash Bag

At check-in you will get a nylon bag, in which you collect your trash during the hike. The nylon bag is reuseable. Everyone who weighs in a trash bag at the finish line that weighs at least 600 g will receive a Fjällräven price.

### Safety Tag

At the start you will receive a signal tag. This tag, along with the Trekking Pass, serves to identify a person as a participant in the Fjällräven Classic. The tag should be attached to the top of your backpack, so that it can be seen both from the front and from behind. The tag is also an aid for attracting attention in the event of an emergency.

## LUGGAGE TO ABISKO

Transport of one bag (maximum 60 Litres and max. 20 kg) from Kiruna or Nikkaluokta to Abisko is included in the application fee. Luggage that is larger or heavier can be handed in for an extra cost. At the registration you will receive a tag with your name and start number which should be attached to your luggage. In Abisko there is 24h service for check out of luggage.

## START

### Transport to the Start in Nikkaluokta

Bus transfer from Högalidsskolan to Nikkaluokta is included in the ticket fee. The transfer takes about one hour.

The buses departures at:

Friday 13<sup>th</sup> 07.00, 08.00, 09.00, 10.00, 11.00, 12.00, 13.00, 14.00

Saturday 14<sup>th</sup> 07.00, 08.00, 09.00, 10.00, 11.00, 12.00, 13.00, 14.00

Sunday 14<sup>th</sup> 07.00, 08.00, 09.00, 10.00

The buses will leave when they are full-seated. Departure times above are given as earliest departure.

### Start Registration

You have to register and receive your starting stamp in your Trekking Pass before you start. At the Start Registration you will also get the Safety Tag.

## THE HIKE

### The Route

The route you walk along is marked with painted rocks and cairns. The route runs often parallel to the winter trail which is marked with poles with red crosses. The winter trail is not recommended for summer walks.

You are responsible for navigation along the route. Please always have your map and compass at hand and make sure you are on the right trail.

In several areas along the route there are wooden planks. Please always walk on them to minimise damage even if the surrounding ground is dry. Be careful when it is wet, the planks may be very slippery.

The route has normally no difficult or dangerous passages. Be careful in the case of fog and during or after heavy rainfalls as it will result in elevated water levels in streams.

### Checkpoints

Fjällräven Classic Sweden passes six checkpoints between Nikkaluokta and Abisko. At every checkpoint you will find officials in a big tent that has 24h service. It is your responsibility to get your Trekking Pass stamped by an official. In case of emergency the officials have to leave the tent, then the stamp may be placed outside the tent and you stamp the Trekking Pass yourself.

At every checkpoint you can also find a "guest book". Please provide information about what time you passed the checkpoint. It is also possible to leave and read messages to and from other participants.

### Camping

You sleep in your tent during Fjällräven Classic Sweden. A tent may be shared by fellow trekkers. Sleeping in the cabins of the Swedish Tourist Association is not allowed.

You are free to camp where you want along the route, except in Abisko National Park (see below).

The last 15 km of the route passes through Abisko National Park. There are special regulations for where you might camp or light a fire. Within the national park you're only allowed to camp, or make a fire, around the Abiskojaure Cabins and at a special tent location near Nissanjäkk, 5km from Abisko Tourist Station.

### Waste Handling and Littering

We provide you with a trash bag to collect your waste during the hike. It is vital that you use it. You're not allowed, under any circumstances, to drop litter along the route, at checkpoints, mountain cabins or wind shelters. If you are caught doing so, you will be disqualified. We want to keep the area pristine and free from rubbish. You carry the trash bag all the way to the finish in Abisko where it may be checked.

Try to use the toilets available at checkpoints and shelters along the trail. At several checkpoints you will find urine diverting toilets. For diversion to work well, you have to sit down, quite far back on the ring. Of course, even at cabins and wind shelters, you should sit down when using the toilets. If nature calls when you're far from a toilet: Dig a small hole. Relieve yourself. Cover the hole with earth. Please bury your toilet paper as well or take it with you. NB! In Abisko National Park you're not allowed to dig, there you have to cover feces with stones and bring the toilet paper with you. Important: Do never relieve yourself in or close to a water course.

### Sunrise and Sunset

In the middle of August the sunrise is approximately at 04:00 and the sunset at 22:00.

### Water

Drinking water could be found in streams and tarns along the hike. However, do avoid small water bodies with stagnant water.

### Sauna

There are free saunas at the mountain huts in Sälka, Alesjaure and Abiskojaure. The saunas are open if the Swedish restrictions allow. Before leaving, please fill up firewood and water and make sure the sauna is clean.

### Trekking with a Dog

Remember to always keep your dog on a leash.

### Safety and Medical Care along the Route

The following applies regarding medical care and security for Fjällräven Classic Sweden:

- The major part of the route has no cell phone coverage and no access for land vehicles.
- We recommend you to complement the mandatory first aid kit with safety pins, butterfly stitches (skin closures), fluid replacement and pain reliever.
- Remember to eat and drink sufficiently to gain enough energy and to avoid headaches.
- Be careful with hygiene when taking care of wounds, use plenty of clean water and soap to rinse wounds or before you are going to pop a blister.
- Contact the checkpoint officials in case of injury or disease. A nurse or a doctor are present at each checkpoint and at the finish. They are equipped with a limited amount of first aid products and medications. The staff at the checkpoints may also contact the finish in Abisko in cases related to medical care.
- In exceptional cases, such as serious injury/disease helicopter evacuation is possible. We reserve the right to charge such an evacuation according to the current price list (1 500-5 000 SEK/person). To minimise helicopter transport in the area, or in case of bad weather, evacuation in a non-emergency case may be postponed for a couple of days.
- In the case of emergency, call 112 (SOS Alarm).
- Only cases of medical emergency are being documented. Other examinations, certificates and insurance matters, ought to be handled by your regular medical service at home.
- We are not responsible to check every participants position along the route. In case of an incident the you have to contact us. Generally there will be no organized search for people who have not reached the finish.

### Abandoning the Hike

If you decide to abandon the hike you still have to walk to Abisko or return to Nikkaluokta. If you decide to return, please contact an official at a checkpoint or call the contact phone number at +46 (0)73 832 41 20.

We have officials in Nikkaluokta the days after start. If you abandon the hike and return to Nikkaluokta you can contact the officials there. They have possibilities to arrange with transport of luggage from Abisko to Scandic Hotell Ferrum in Kiruna. Maximum two transports of luggage will depart each day, thus your luggage may arrive the following day.

### Time Limit

There is no formal time limit for completion of Fjällräven Classic Sweden. However, our staff along the trail are being gradually relieved during the hike. The checkpoints along the route are closed at the following times:

Kebnekaise:	Monday 16 <sup>th</sup> of August 12:00
Singi:	Tuesday 17 <sup>th</sup> of August 12:00
Sälka:	Wednesday 18 <sup>th</sup> of August 12:00
Tjäktja:	Thursday 19 <sup>th</sup> of August 12:00
Alesjaure:	Thursday 19 <sup>th</sup> of August 18:00
Kieron:	Friday 20 <sup>th</sup> of August 10:00

The finish in Abisko close at 13:00 on Friday 20<sup>th</sup> of August. After that you will be able to achieve your last stamp and medal in the reception at Abisko Tourist Station.

### THE FINISH IN ABISKO

#### Finish

The finish in Abisko has 24h service and you may check out your luggage at any time. There, you have access to changing rooms, showers and sauna if the restrictions allow. You pay the fee for showers and sauna at the reception.

#### Fjällräven Classic Sweden Medal

When you complete Fjällräven Classic Sweden you will receive a gold medal after finish.

#### Trekkers Inn

At the finish you will find our outdoor café Trekkers Inn that offers food and drinks. Trekkers Inn is open Saturday to Friday, the exact times will be displayed at the check-in at Högalidskolan in Kiruna.

#### Massage

At the finish in Abisko it is possible to book massage with professional masseurs. Payment is made directly to the masseur.

### TRANSPORT FROM ABISKO

We arrange transfers from Abisko to Kiruna Airport for all flight departures from Monday to Saturday morning. On request the buses will also stop in Kiruna city on the way to the airport. This transfer isn't included in the ticket price. The bus ticket Abisko-Kiruna costs 200SEK and can be purchased in Abisko at the finish. A bus timetable will be published on Fjällräven Classic Sweden's website.

In addition to these buses, there are public trains and buses. You can check public bus timetables at [www.ltnbd.se](http://www.ltnbd.se) and trains at [www.sj.se](http://www.sj.se) Trains from Abisko go to Kiruna and all the way to Stockholm and even Gothenburg as well as Narvik in Norway.

# FJÄLLRÄVEN CLASSIC SWEDEN RULES

## Mandatory Equipment

- Tent\*
- Sleeping bag (not sleeping bag cover)
- Stove\*
- Fuel\* (included in the ticket fee)
- Sleeping mattress
- Map (included in the ticket fee)
- Magnetic compass\*
- Fjällräven Classic Trash Bag (included in the ticket fee)
- Hat/beanie
- Gloves
- Thermal fleece/mid layer top in down, wool or a synthetic material
- Long underpants for a dry change
- Wind and waterproof pants
- Wind and waterproof jacket with hood
- First aid kit\* (at least elastic bandage, blister pads, compresses and tape)

\*You may share this equipment with other participant(s) if you hike together.

For safety reasons we demand the above mandatory equipment. During Fjällräven Classic Sweden you are responsible for your own safety. If you for some reason have to stay longer at one spot than you have planned in advance, the mandatory items are necessary for your own safety. Thus, it is very important that you have your personal gear. However, some of the items in the list may be shared with your fellow trekkers if you're hiking in a group. If you are sharing equipment, it is very important that you stay together during the hike.

At the start in Nikkaluokta we will randomly check that participants have their mandatory equipment. If you lack some item you have the possibility to complete your equipment in Nikkaluokta (very limited selection) or Kiruna.

## Accommodation

You sleep in a tent. If you camp close to the Swedish Tourist Association's cabins you have to follow the regulations regarding camping. You have to respect the camping restrictions in Abisko National Park.

## Utilisation of the Swedish Tourist Association's Cabins

You **are** allowed to:

- Seek shelter in the cabins at an emergency situation
- Use the saunas at Sälka, Alesjaure and Abiskojaure if the restrictions allow.
- Resupply in the cabins' shops
- Visit the restaurant in Kebnekaise and the café in Alesjaure

You **are not** allowed to:

- Sleep in the cabins
- Cook in the cabins
- Borrow equipment from the cabins

(During daytime members of the Swedish Tourist Association are allowed to prepare food and spend time in the cabins.)

## Boat Transport

It is allowed to use the boat transports where possible. Reservation and payment is done separately with the boat companies.

## Littering

It is absolutely prohibited to litter or leave waste along the trail, at the checkpoints, at any of the mountain cabins or at wind shelters. After finish your Fjällräven Trash Bag, where you collect your waste produced during the hike, may be checked. You should bury your toilet paper in the ground or take it with you.

## Stamps

At the finish you shall have all the stamps in your Trekking Pass from the six checkpoints passed during the course of the event.

## VIOLETION OF THE RULES

### Mandatory Equipment

If you lack any item of the mandatory equipment you are not allowed to start in Fjällräven Classic Sweden.

### Littering

Breach of the littering rules will result in an immediate disqualification from Fjällräven Classic Sweden and you will be prohibited to participate in any future Fjällräven events. Furthermore, littering will be reported to the police as it is a breach of the Swedish Environmental Code. The above mentioned violations of rules and other violation of rules mean that you will not receive a Fjällräven Classic medal at the finish.

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Fjällräven Classic Sweden is certified as Sustainable Event by Greentime. The award is given to public events, which work actively on reducing their environmental impact.

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