

LOCAL INSTRUCTIONS WILL INCLUDE:

- 🐾 Harnessing your dogs to the sled
- 🐾 How to instruct and direct your dogs
- 🐾 How to use the sled's brake
- 🐾 How to stand and balance on the sled
- 🐾 How to distribute your weight whilst manoeuvring your sled
- 🐾 How to run at the side of the sled when going up hills
- 🐾 Stopping distances and speed
- 🐾 What to do if you fall off the sled
- 🐾 Understanding your guide's hand signals
- 🐾 Which types of snow and ice to avoid

All dog sledding activities include thermal overalls, gloves, socks and boots

Drinking alcohol and mushing a dog team is prohibited

Driver and passenger are able to swap places mid-way if they wish

Treat your dogs with respect – they are not tools!

The guide is King! Listen, learn, do, enjoy!



Dog Sledding

Dog sledding is perhaps the most popular of all winter activities in the Arctic; the dogs' enthusiasm is evident from the start and you will receive a rapturous welcome as soon as you arrive. Please remember, part of their enthusiasm means they will jump up and try to lick your face and they will compete with one another to do so. For us this is part of the joy and the reason why we do dog sledding, but some people, especially children, may find this a little overwhelming. Knowing what to expect in advance and anticipating it helps.

Most dog sledding activities provide the option to be either a musher (standing on the back of the sled shouting commands to the dogs), or a passenger (sitting comfortably on the sled wrapped up in blankets). You will have the opportunity to swap around, if you wish, and we recommend that you do so. The sleds do not have the best suspension, and if you are a passenger, for a length of time, you may find your legs and back start to ache and you become cold. If you suffer with back problems then this is not the activity for you.

Mushing does require that you are in pretty good physical shape. Although the dogs do most of the hard work, there will be times, i.e. going up steep inclines, when you need to run at the side of the sled whilst the dogs pull it up. A decent ability to balance and bend your knees are also a big help. If you are in any doubt at all about the suitability of this activity, just ask - it's what we do!

All dog sledding activities begin with full instructions - how to harness your dogs to the sled, how to start, stop, balance and call out commands to the dogs - this will include health and safety information and demonstrations. It is important that you listen carefully and, if you are at all unsure or feel you need further help, make sure you bring this to our supplier's attention in order that they may help you further. Do not be embarrassed about asking them to go over it with you again; we much prefer to have overqualified participants rather than overwhelmed ones!

Although you will be provided with specialist clothing for your activity, you will still need to wear your own base and mid layer clothing. Mushing a dog team is actually harder work on your muscles than you may think and it is common for some stiffness – similar to having done a workout at the gym – a few hours after the trip.

It is very important that you inform your Travel Insurance provider that you have booked a dog sledding trip as part of your holiday package to ensure you are properly covered.