



JOURNEYS  
OF THE SPIRIT

# Aurora Borealis with Sarah

4 - 17 November 2026



A journey to Scandinavia is a journey into the heart of the North — where wild beauty meets ancient tradition. Together, we will wander through snow-dusted forests, stand before roaring rapids that never freeze, share stories with the Sámi under the glow of the fire, and trace rivers and fells where time feels suspended.

In glass-roofed Aurora Cabins, we will gaze up at the celestial dance of the Northern Lights, wrapped in warmth while the Arctic sky shimmers above. This is a land where nature still whispers its old magic — a place to not only witness, but to feel deep in your soul.

# Your 14 Day Itinerary

## Day 1

Wednesday 4 November

Stockholm, Sweden



Welcome to the capital of Sweden. Stockholm is situated on 14 islands and on the banks to the archipelago where Lake Mälaren meets the Baltic Sea. The city centre is virtually on the water. Our arrival day is free to explore this unique and wonderfully enchanting city.

△ Overnight: Freys Hotel, Stockholm

We are spending 3 nights in this charming family owned hotel that has unique and individually styled rooms with bright décor and up to date facilities. Located in the centre of Stockholm making it very easy to walk and explore this wonderful city.

Overnight: Freys Hotel, Stockholm

## Day 2

Thursday 5 November

Stockholm (B/D)

After breakfast, we meet our local guide and enjoy a 3-hour walking tour around the hidden treasures and most interesting areas of Stockholm. We will explore the amazing Old Town, visit the colourful Stortorget Square and witness the famous Changing of the Royal Guard ceremony.

After our tour we have the rest of the day free to explore Stockholm on our own ...and there are plenty of options here for us to enjoy!

In the evening we are experiencing an authentic cozy Viking restaurant - going back in time to feel the spirit of the local people and their food.



△ Overnight: Freys Hotel, Stockholm

## Day 3

Friday 6 November

Stockholm (B/L)

Following a leisurely breakfast, we walk to the pier (easy walking distance from our hotel) to experiencing Stockholm from a different perspective – from a boat! Our Royal Canal experience will give us a duck's view of these unique thoroughfares throughout this city on the water.



After our water journey, we meet our private guide and proceed by public transport (experiencing Stockholm like a local!) to the Skansen Museum – the world's first open-air museum founded in 1891. Skansen exhibits the country's life before the industrial era. During our tour we will take a fascinating journey through the five centuries of Swedish history, see the large collection of traditional rural houses and visit the museum's zoo that represent over 75 different species of both domestic and wild Scandinavian animals, including brown bears, seals, lynx and wolverines.

Later we will walk to the nearby Vasa Museum rated as the most visited museum in the whole of Scandinavia. This museum is famous for being home to the only intact 17th-century ship in the world – the Vasa. It sank on its maiden voyage in 1628 and was salvaged 333 years later. It managed to preserve more than 95 % of its body in its original state.

After we finish our tour, we are having lunch in the Vasa Museum next to the ship. Late afternoon and evening is free to shop, explore, eat, drink and be merry!

△ Overnight: Freys Hotel

# Day 4

Saturday 7 November

Lulea, Storforsen - Sweden (B/L)



After breakfast, we meet our private driver in the hotel lobby and he takes us to the airport for a short flight to Lulea in the north of Sweden. We are met at the other end and transferred to our hotel in Lulea.

We will drive to Storforsen - northern Europe's largest rapid, about an hour from Lulea. The amount of water breaking down is so immense that it never freezes over even in the middle of winter. The whole area around the rapids is a nature reserve, and even if the river is the main attraction, the surrounding landscape is equally fascinating. The river used to run slightly west of its current flow and the old riverbed has turned into an area of dramatic cliffs and streams. At Storforsen we can also walk on a 2 km nature trail on wooden walkways, which will take us upstream and very close to the rapids.

Our private guide will prepare a traditional meal over an open fire at a scenic spot. BBQ Swedish style! Delicacies from the region and Swedish fika will complete our gourmet food experience.

This will be a completely relaxing day to soak in the atmosphere of this powerful place.

#### Overnight: Clarion Hotel Sense, Lulea, Sweden

This hotel is in the centre of Lulea and features unique photo art and designer furniture in each room creating a wonderful atmosphere to this hotel which is at the gateway to the Arctic Circle.

# Day 5

Sunday 8 November

Swedish Lapland (B/L)

Today we have a real treat in store for you! We will share our day with Lars Eriksson, whose family have lived in remote Flakaberg as Sami's for seven generations. We will meet his reindeer and Lars will tell us stories about his unique lifestyle. This will give us some unique insights into the Sami culture.

In Lars cabin we will share a lunch made by his lovely wife Anette. After lunch we will get appropriately dressed and head off into the forest on skis or snowshoes. It is about 6 km to Gorkim Lake where Lars will serve us coffee by the fire in his Sami cot. On our way back we will stop at the Arctic Circle Monument to appreciate how far north we are.

#### Overnight: Clarion Hotel Sense, Lulea, Sweden



# Day 6

Monday 9 November

Tree Hotel, Harads, Sweden (B/D)



After breakfast we check out of Lulea and leave for the magnificent Tree Hotel Lodge – a truly magical place!

We are welcomed by the owners and shown around the property where we will learn of the story of how the Tree Hotel became a reality. We will also have a leisurely stroll through the fields and forests that this hotel is surrounded by – unspoilt nature at its Swedish best!

Our home for the next 2 nights has all its unique tree rooms suspended 4 – 6 metres above the ground and accessible by ramp, bridge or electric stairs. Two tree sauna buildings – large enough to hold all of us – are up amongst the century old pines.

In the evening we are having dinner in the local village of Harads.

Overnight: Tree Hotel – This very unique hotel is neatly nestled among the trees of the Harads forest in the middle of pristine nature. Designed by some of Scandinavia's leading architects our tree rooms feature up-to-date décor and modern facilities. The in-house restaurant focuses on wild game and locally sourced ingredients.

# Day 7

Tuesday 10 November

Free day and Sami Dinner, Sweden (B/D)

Today we will enjoy our amazing surroundings – perhaps a walk, a sauna in another Tree cabin or a very lazy morning reading your book from your bird's eye view in the trees!

Tonight is going to be an amazing dinner experience. In the glow of the fire, we will experience a Sámi bear ceremony. We will hear of the legend of the Bear, the rituals, the hunting, a little of the culture of the sámi and why they celebrate this. The sámi are the only indigenous people of Scandinavia and the northernmost indigenous culture of Europe. They inhabit from Sweden in the south to the Arctic circle in the north and their most common livelihood is semi-nomadic reindeer herding. This is the beginning of our connection and understanding of this unique and wonderful culture.

Our night includes sámi songs and stories by Katarina Rimpi, a 3 course a la carte dinner and local alcohol free drinks created from local produce. Wine and beer are available in addition.

[Overnight: Tree Hotel, Sweden](#)

# Day 8

Wednesday 11 November

Rovaniemi, Finland (B/D)

After breakfast, we venture onward to Finland. Our driver will take us from Sweden into the heart of Finnish Lapland to the village of Rovaniemi. Free time in the afternoon to settle into your hotel and explore around it.

In the evening we will enjoy a wonderful gastronomic experience at an authentic Lappish restaurant, which also happens to be in the Michelin Guide. The atmosphere of old Finland, married with a delicious array of gourmet morsels on our special menu, will be yet another experience to remember.

[Overnight: Arctic Light Hotel, Rovaniemi.](#)



# Day 9

Thursday 12 November

Kätkävaara, Finland (B/Snacks)

After breakfast get ready to experience some breathtaking scenery!

Partly bare fells (Fell is old Norse word meaning 'mountains rising above the alpine tree line') climb towards the skies in the Kätkävaara region. Rivers with crystal clear waters, vast string bogs and dense forests lie in the valleys between these fells. We get to immerse ourselves today within this stunning environment.

Part of our time here will be walking the Kätkävaara nature trail which travels along the shores of the ancient seas. The 7 km trail weaves through this nature sanctuary and there are many scenic points to stop and ponder and breathe in the beautiful energy of this special area. At our halfway point when we reach the top of the Kätkävaara fell, there is a log hut where we can rest and enjoy the spectacular views. From this breathtaking vista we can see the entire Southern Lapland.

We return back to our hotel and our evening is at leisure.

[Overnight: Arctic Light Hotel, Rovaniemi](#)



# Day 10

Friday 13 November

Rovaniemi, Finland (B/Light Dinner)



After a leisurely breakfast, we have free time to enjoy the town of Rovaniemi or explore the stunning surroundings of where we are staying.

Tonight, we are having an Aurora Picnic. Away from the city lights and into the dark, tranquil nature - hopefully capturing the breathtaking dancing lights! You will hear many stories about the phenomenon of the Aurora Borealis, both folklore and fact, while our guide prepares our delicious evening snacks and hot beverages.

We return back to our hotel late.

△ [Overnight: Arctic Light Hotel, Rovaniemi](#)

# Day 11

Saturday 14 November

Inari, Northern Lapland (B)

Following breakfast, we leave Rovaniemi and we drive up and into the picturesque Inari region in Northern Lapland, a region known as the centre of the Sami culture and famous for its amazing Northern Lights experiences.

Upon arrival to the village of Inari, our last and most spectacular hotel awaits us -the famous Wilderness Hotel. After we check-in we have the rest of the day free to explore our amazing surroundings.

You will be enjoying three nights in your Aurora Cabins so we can maximise the possibility of experiencing the extraordinary natural phenomenon of the northern lights. Laying in your warm and cozy cabin you will be able to see it from your bed when it reveals itself, or outside experiencing the dancing lights in the cold night air. Truly breathtaking!

△ [Overnight: Wilderness Hotel Inari, Aurora Cabins](#)

With a Premium view onto Lake Inari and the northern sky, our spacious Aurora Cabins are an absolute delight! The glass thermal roof ensures the windows will stay clear, even in the lowest temperatures. The warmth and amenities of your cabin will ensure you the most comfortable aurora-observing experience. There is even an Aurora alarm that will alert you when the northern lights appear; so you can sleep soundly, knowing that you won't miss out!



# Day 12

Sunday 15 November

Inari, Lapland (B)

After breakfast you will have the most amazing experience – riding with the Huskies on wheels and visiting the husky farm where you will learn and appreciate the role that these unique animals have in this part of the world. The husky ride is subject to it snowing, so if it is not, the husky ride is not guaranteed. You will still be able to visit the husky farm.

In the afternoon we have free time to enjoy our incredible surroundings. So much to do. Or not. It is totally up to you.

Overnight: Wilderness Hotel Inari, Aurora Cabins

# Day 13

Monday 16 November

Inari, Lapland (B)

Free day.

Early evening we will experience an authentic Finnish sauna – this is a private experience just for your group. Most households in Finland have a sauna and it's an integral part of their wellness culture. It is very cleansing, healing and a perfect way to complete our journey to the Arctic Circle.

Overnight: Wilderness Hotel Inari, Aurora Cabins

# Day 14

Tuesday 17 November Departure from Inari to Ivalo (B)

Our journey together throughout these amazing lands is now complete. After breakfast, we transfer to Ivalo airport for our departing flights.

**Important note:** whilst every effort is made to adhere to this itinerary, please keep in mind this is a spiritual journey in the remote Arctic Circle & Scandinavia. There may be changes to this itinerary due to weather conditions, the places we visit & the people we meet. We believe that when we immerse ourselves into the essence of this sacred land & culture, magical things happen. Always top of mind is to ensure you experience the authentic nature of this extraordinary part of the world & we ask of you to be open to the magic of the situations that present themselves. Hyvä matkaa.



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# Prices and Inclusions

**4 - 17 November 2026**

**A\$16,880 per person in twin share rooms throughout**  
**A \$3800 single supplement**

## *Your journey includes ...*

- 13 nights in boutique style accommodation with private ensuite bathrooms
- All breakfasts
- 6 dinners
- 3 lunches & a snack on Day 10
- All private transfers according to the itinerary
- English speaking local guides
- Walking city tour in Stockholm; Skansen & Vasa Museum tours; Harads Tree Hotel tour
- Royal Canal boat tour in Stockholm
- Economy class flight from Stockholm to Lulea
- Sami experience in Lulea – includes private guide, transfer, lunch, skiing or snowshoe equipment, boots, jacket, pants, warm beverages, home baked pastry)
- Day trip to Storforsen Rapids with BBQ
- Aurora hunting with husky ride experience (subject to weather)
- Katavaara Nature path trail experience
- Aurora picnic
- Silence of Nature path walking experience
- Sauna's at the Tree Hotel
- All other experiences included in the itinerary
- Our own vehicle for our journey
- Transfer to the airport on departure
- All local taxes
- Prices above are in Australian Dollars
- Guided by Sarah Gamble from Stockholm to Ivalo
- ...and as is usual on our journeys, a few magical surprises!

### What is not included:

- International flights to Stockholm and from Ivalo, Finland
- City taxes - Euro 1 - 5 per person per night charged by many city hotels. Paid on checkout.
- Travel Insurance
- Meals & activities not stated in the itinerary
- Laundry and items of a personal nature



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# Booking Form

## Aurora Borealis with Sarah 4 - 17 November 2026

SURNAME \_\_\_\_\_ & FIRST NAME AS PER PASSPORT \_\_\_\_\_

NAME YOU LIKED TO BE CALLED \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE CONTACTS: MOBILE \_\_\_\_\_ Do you have FaceTime? \_\_\_\_\_

EMAIL \_\_\_\_\_

DEPARTURE DATE: \_\_\_\_\_ FROM (CITY): \_\_\_\_\_

SINGLE ROOMS THROUGHOUT  or TWIN SHARE  COST: AUD \$ \_\_\_\_\_

FLIGHTS TO BE ORGANISED BY YOURSELF \_\_\_\_\_ OR IF YOU NEED ASSISTANCE \_\_\_\_\_

TRAVEL INSURANCE POLICY ISSUED \_\_\_\_\_ OR QUOTE REQUIRED \_\_\_\_\_

PASSPORT NATIONALITY \_\_\_\_\_ PASSPORT NUMBER \_\_\_\_\_

EXPIRY DATE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ANY DIETARY ALLERGIES \_\_\_\_\_

MEDICAL CONDITIONS WE NEED TO BE AWARE OF: \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

NON-REFUNDABLE DEPOSIT – AUD \$2500 PER PERSON DUE WITHIN 7 DAYS OF BOOKING

(Please refer to your Terms and Conditions for payment options) PAID \_\_\_\_\_

FINAL BALANCE – DUE ON OR BEFORE THE 04 SEPTEMBER 2026 PAID \_\_\_\_\_

HOW DID YOU HEAR ABOUT US? \_\_\_\_\_

I have read, understood and agree to the attached Terms & Conditions for my Journeys of the Spirit Retreat

Signature \_\_\_\_\_ Date \_\_\_\_\_

Email your booking form to [juliejourneys@outlook.com](mailto:juliejourneys@outlook.com) or text a photo to Julie at +61 42 77 66 716



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# Journeys of the Spirit Terms & Conditions

## Bookings:

All reservations can be made directly to **Journeys of the Spirit** by:

## Phone/SMS/WhatsApp/FaceTime:

**Phone:** In Australia: 0427 766 716   **International:** +61 427 766 716

**Email:** [juliejourneys@outlook.com](mailto:juliejourneys@outlook.com)

**Web:** [www.journeysofthespirit.com.au](http://www.journeysofthespirit.com.au)

To assist us in fulfilling your requirements efficiently, please provide us with the following details for each person on your completed and signed Booking Form:

- Your passport details – nationality, number, expiry date
- Your surname and first name **exactly** as per your Passport
- Date of birth
- Any special requirements ie special dietary meals, medical conditions and any other details we need to be aware of.

## Deposits

**A non-refundable deposit of AUD \$2000 per person is required within 7 days of booking to secure your reservation.**

## Final Balance

Due **8 weeks prior** to your Journeys of the Spirit retreat departure.

## Payment

Payments can be made by direct credit or credit card. If you wish to pay by credit card, please email us so we can send you the link to do this online. The merchant fee for using credit card is between 2 – 3%, dependent on your card. **Payment plans are available**

## Australian Bank Account details:

BSB: 016 376      Account: 298625571

Name: Journeys of the Spirit Pty Ltd Trust account

SWIFT code: ANZBAU3M      ANZ Bank Kardinya, Western Australia

**Please put your surname and trip / date as the reference and advise us via email or SMS of your receipt number.**

## Travel Insurance

It is a mandatory condition of booking any Journeys of the Spirit holiday that you are adequately insured for the duration of your journey. In some instances, credit card insurance may not be adequate coverage for some destinations.

Prices and itineraries are subject to change without notice due to weather, political and social unrest, currency fluctuations and any other unforeseen circumstances. If these arise, the Journeys of the Spirit journey/retreat may be affected.

## Cancellation Policy

Time	Cancellation fee
Deposit paid & prior to full payment	Full deposit
After full payment and more than 42 days prior to departure	Deposit + AUD \$1500 per person + any ground operator/supplier cancellation charges
Less than 42 days prior to departure	100% cancellation fee per person

## Refunds

No refunds are available for cancellations or amendments once the journey or retreat has commenced, or for any unused services including transportation, accommodation, meals, treatments, or activities. If you cancel due to unforeseen circumstances, you may be able to make a claim through your travel insurance policy. Please contact your insurer directly for advice.

Journeys of the Spirit Pty Ltd and its agents act solely as agents for participants in all matters relating to accommodation, transport, sightseeing, tours, restaurants, guide services, spa and retreat facilities, and facilitators. We are not liable for any accident, illness, injury, loss, damage, disease, death, or irregularity arising from services provided by third-party suppliers.



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