

BYGDETRÄSK, SWEDEN

THE POLE TO POLE ACADEMY

Offsite. On Purpose.

The Pole to Pole Academy is our purpose-developed training centre located deep within the boreal forests of northern Sweden. Situated just outside the secluded village of Bygdeträsk, it offers a unique environment for expedition preparation, immersive learning, and personal development.

Originally developed to support expedition training for remote polar journeys, the Academy has evolved into a centre for cold-weather expertise, trusted by expedition teams, corporate clients, elite adventurers, and individuals seeking a meaningful challenge. The surrounding area provides an ideal environment for high-impact training and personal growth.

The Pole to Pole Academy provides a structured, high-quality environment to explore your potential. With customised programmes running throughout the year, it's a place where boardroom ideas meet real-world adventure and where your limits are respectfully yet confidently challenged.

THE POLE TO POLE ACADEMY FACILITIES

The Pole to Pole Academy is an all-season training facility located in the heart of Västerbotten County, just 45 minutes from Skellefteå Airport and 90 minutes from Umeå Airport. With our vehicles based at the Academy, we provide convenient airport transfers and local transport for activities during your stay.

The Academy can host up to 20 guests with sleeping arrangements that include two shared dormitories for eight people each and three smaller rooms sleeping up to four additional guests. Facilities feature communal showers, a large dining room, and a fully equipped commercial kitchen where the Academy's in-house chef prepares three daily meals and traditional Swedish fika throughout the course.

Our dedicated classroom comfortably seats 30 participants and includes teaching aids such as whiteboards, a projector, flipcharts, and a flexible layout suitable for seminars, briefings, collaborative workshops, or a more relaxed learning atmosphere.

The building benefits from fibre optic broadband, powered by a robust mesh network to ensure reliable internet throughout the entire facility. Guests also have access to the sauna, and in winter, the building is ski-in/ski-out directly from the front door. Just a five-minute walk from the Academy is our nearest lake, Bygdeträsket, which is used for activities in both summer and winter.

All equipment is stored on site, and our large hall serves both as a practical demonstration space and a fully equipped gym. In winter, guests can use ice spikes for lake walks or running, and bikes are available for hire to explore the forests and tracks around the Academy.

KEY FACILITIES

Bedrooms

- Two spacious shared dormitory bedrooms, each for eight people, with single beds and personal storage.
- A twin bedroom that provides a flexible option ideal for instructors, team leaders, or guests who prefer more privacy during their stay.

Classroom

- Flexible layout with different configuration options suitable for lectures, workshops, or small group breakouts.
- Includes whiteboards, flip charts, and a projector.
- Includes teaching aids and printed training materials upon request.
- In-room tea and coffee-making facilities available throughout the day.
- Excellent connectivity enables remote presentations, research, or hybrid sessions.

Dining Facilities

- Flexible layout for communal dining, meetings, or informal sessions.
- Hot and cold drinks available throughout the day.
- Three meals served daily, with menus customised to the group's needs and dietary requirements.
- Daily fika breaks – a Swedish tradition of sharing coffee and snacks, providing time to pause, connect, and recharge.
- The space can be reallocated as an extra classroom, with a large-screen TV for presentations and briefings.

Recreation Room

- The Rec Room, also known as the Wooden Moose, is a laid-back communal space with a bar, darts, books, board games, and other activities.
- A versatile space that provides a cosy, social atmosphere, making it suitable for hosting evening gatherings, celebrations, or team-building events.
- Can be set up as a breakout room for informal sessions or group discussions.

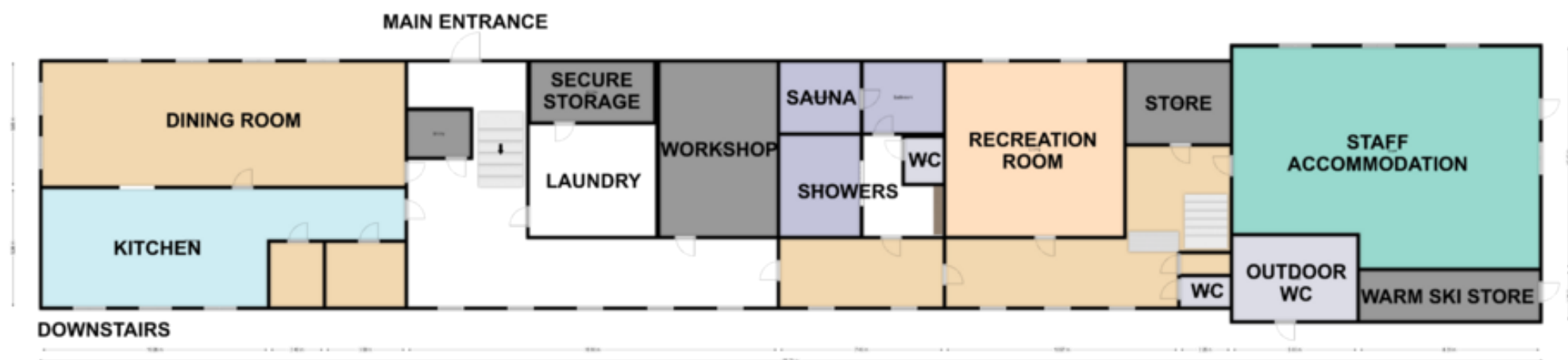
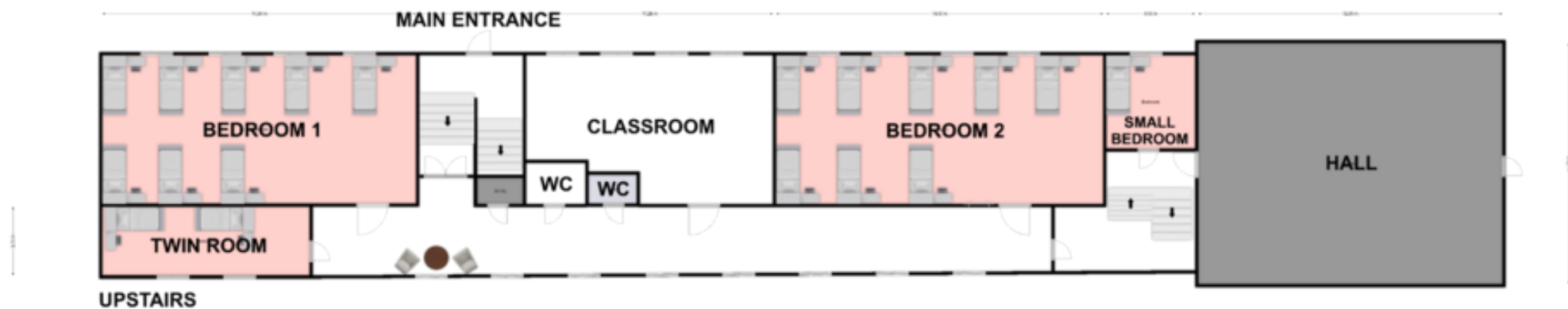
Showers & Sauna

- Shared showers that can be locked for comfort and privacy.
- A traditional Swedish sauna is open every evening.

Main Hall

- Spacious indoor area used for practical lessons, skills training, and equipment setup.
- Serves as a flexible area for group activities or movement-based sessions.
- Equipped with fitness equipment available 24/7, unless reserved for scheduled training or group sessions.

POLE TO POLE ACADEMY FLOOR PLAN



PROGRAMME AND ACTIVITIES

At Pole to Pole, we typically plan our offsite experiences around a five-day stay, as we believe it provides the best use of time in Sweden, balancing training, immersion, and exploration. While we recommend a minimum of five days to use the area and the Academy's resources, we are entirely flexible. We can arrange both shorter and longer stays, depending on your group's objectives and availability.

Below is a list of seasonal winter and summer activities that can be incorporated into your stay or run as standalone experiences while in Sweden.

| WINTER | |
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| Activity | Description |
| Cold Weather Instruction | Specialist environmental training, as well as support from the Pole to Pole instructors throughout the trip. |
| Snowshoe or Skiing Lessons | Lessons on moving on snow using either snowshoes or cross-country skis, suitable for complete novices to learn the fundamentals, are taught by the Pole to Pole instructors. |
| One-night Expedition | A guided and fully supported one-night expedition in the local area with daysacks or pulks with team equipment to be self-sufficient for the period of the expedition. The night can either be spent in expedition-grade tents or in a remote traditional log fire-heated cabin. |
| Open Fire Cooking | Traditional Swedish cooking over an open fire in the local area. Can be combined with a snowshoe walk. |
| Extreme Cold Weather Bushcraft | Fire lighting, brushwood shelters, snow shelters (conditions dependant), and emergency signalling. |
| Nature Appreciation | An outdoor session allowing mindful observation and enjoyment of the natural environment, fostering well-being, curiosity, and a deeper connection between the individual and nature. |
| Ice Assessment Training | Practical session on ice assessments, safety, and self-rescue techniques using ice augers, screws, and picks. |
| Ice Swimming | A cold-water immersion session to build confidence and resilience followed by a sauna to rewarm. |
| Ice Fishing | A unique and traditional outdoor activity with specialist fishing equipment. Excellent activity when attached with ice assessment training. |
| Aurora Safari and Celestial Navigation | An evening activity to view northern lights and discuss astro navigation while on the expedition. Weather dependant. |
| Dog Sledding | Half-day dog sledding session, where after an introduction, participants drive their own dog team aimed at understanding the foundational skills required to ride and drive dog sleds. |

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| Down Hill Skiing | A community Swedish ski slope with full or half-day lift pass and equipment hire available from the ski shop. |
| Fat Biking | A guided fat biking trip in the local area. |
| Fika Making | A session with the in house Pole to Pole chef making traditional Swedish sweet treats. |
| Professional Photographer | An experienced cold-weather photographer to capture the week. We can also provide support for non-Pole to Pole photographers. A Pole to Pole photographer is an additional cost. |
| Adventure and Expedition Keynote Speakers | A large selection of adventure speakers is available to deliver keynote speeches or to host delivery sessions. Can be delivered remotely or in person. A Pole to Pole speaker is an additional cost. |

| SUMMER | |
|---------------------------------------|--|
| Activity | Description |
| Paddleboarding, kayaking, or canoeing | Instruction and hire of paddle based water activities to explore the local lakes. |
| Outdoor Swimming | Swimming in the local lake. An instructor can be arranged, on request. |
| Fishing | A traditional summer outdoor activity. |
| Gravel Biking | A guided gravel bike trip through the local area. |
| Downhill Mountain Biking | A half-day trip to a downhill bike park with uplift services. |
| Hiking | A guided hiking trip through the remote woods to local beauty spots. With a range of routes available to suit all abilities and ambitions. |
| Outdoor Open Fire Cooking | Traditional Swedish cooking over an open fire in the local area using a Muurikka, a traditional Nordic cooking pan. |
| Survival Bushcraft | Fire lighting, brushwood shelters, and emergency signalling. |
| Nature Appreciation | An outdoor session allowing mindful observation and enjoyment of the natural environment, fostering well-being, curiosity, and a deeper connection between the individual and nature. |
| Dog Sledding | Half-day dog sledding session, where after an introduction, participants drive their own dog team aimed at understanding the foundational skills required to ride and drive dog sleds. Summer sessions are held on wheeled carts. |
| Fika Making | A session with the in house Pole to Pole chef making traditional Swedish sweet treats. |
| Professional Photographer | An experienced photographer to capture the week. A photographer is an additional cost. |

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| <p>Adventure and Expedition Keynote Speakers</p> | <p>A large selection of adventure speakers is available to deliver keynote speeches or to host delivery sessions. Can be delivered remotely or in person.</p> <p>A Pole to Pole speaker is an additional cost.</p> |
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Below is an example five-day programme. However, all our programmes are customisable and can be tailored to your specific requirements, goals, and timeframes.

| Time | Activity | Location | Remarks |
|-----------|-------------------------------------|----------------------|--|
| Day One | | | |
| PM | Flights | Skellefteå Airport | There are several daily flights from the UK to Stockholm Arlanda with same day connections to Skellefteå. |
| | Transit to the Pole to Pole Academy | Accommodation | 45 min travel from Skellefteå Airport. |
| | Dinner | Dining Room | Full meal, pending flight times. |
| | Welcome Brief | Dining Room | |
| Day Two | | | |
| AM | Breakfast | Dining Room | Continental buffet with coffee and tea. |
| | Dog Sledding | Husky Kennels | A half day dog sledding with participants driving their own dog team. |
| | Lunch | Dining Room | |
| PM | Self-Directed Session | Classroom/Local Area | Full use of the Academy's indoor and outdoor facilities with support from Pole to Pole staff. |
| | Dinner | Dining Room | |
| Evening | Sauna | Pole to Pole Academy | A traditional sauna in the Pole to Pole Academy. |
| Day Three | | | |
| AM | Breakfast | Dining Room | Continental buffet with coffee and tea. |
| | Snowshoe Walk | Local Area | A lesson on how to use snowshoes and poles followed by a mini expedition to a remote traditional Swedish log cabin that overlooks the lakes. |
| | Lunch | Dining Room | |

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| PM | Self-Directed Session | Classroom/Local Area | Full use of the Academy's indoor and outdoor facilities with support from Pole to Pole staff. |
| | Dinner | Dining Room | |
| Evening | Aurora Safari | Local Area | Conditions pending, a short walk onto the lake to see a clear view of the night sky without light pollution to view the northern lights. |
| Day Four | | | |
| AM | Breakfast | Dining Room | Continental buffet with coffee and tea. |
| | Ice Breaking | Local Area | Theory and practical of the ice formation on the lakes, followed by using the ice auger to drill holes and the opportunity to take part in the iconic ice breaking drill or to simply swim in the ice hole followed by a sauna. |
| | Lunch | Log Cabin | Lunch cooked on the open fire by the log cabin. |
| PM | Self-Directed Session | Classroom/Local Area | Full use of the Academy's indoor and outdoor facilities with support from Pole to Pole staff. |
| | Celebratory Dinner | Dining Room | A traditional Swedish three course dinner to celebrate the end of the week. |
| Evening | Lecture/Talk | Pole to Pole Academy | Topics can range from Antarctic expeditions, nature immersion, Samí culture, local lore etc. |
| Day Five | | | |
| AM | Breakfast | Dining Room | Continental buffet with coffee and tea. |
| | Self-Directed Session | Classroom/Local Area | Full use of the Academy's indoor and outdoor facilities with support from Pole to Pole staff. |
| | Lunch | Dining Room | |
| PM | Departure | Skellefteå Airport | Pending flight times, transfers to the airport and flights back to the UK. |

WEATHER AND CLIMATE

The Pole to Pole Academy is located in Västerbotten County, just south of the Arctic Circle. The climate is subarctic: long, cold winters with dependable snow cover, and short, mild summers. Conditions can change quickly, so preparation for extremes is crucial.

Snow cover usually begins in November, with the lakes freezing over in December. Snow and ice typically remain on the lakes until April, with the larger lakes thawing as late as June.

Temperatures

- **Winter (Nov – Mar):** -5°C to -15°C, with cold spells below -25°C common.
- **Spring (Apr – May):** -2°C to +10°C, with lingering night frosts.
- **Summer (Jun to Aug):** +15°C to +22°C daytime highs; cool nights around +8°C.
- **Autumn (Sep - Oct):** +10°C in early September, falling to near freezing by late October.

Daylight

While the Academy is not quite at a high enough latitude to experience true midnight sun, it still receives up to 22 hours of daylight in June with a midnight sun effect. In winter, daylight lasts just under four hours per day in late December and early January. September and March have about 12 hours of daylight each day.

Season Highlights

- **Winter:** Deep snow, aurora borealis, and extreme cold.
- **Spring:** Bright days, firm snowpack, excellent ski/snowshoe conditions.
- **Summer:** Midnight sun, forests in full bloom, long outdoor days.
- **Autumn:** Crisp air, colourful foliage, first snowfalls.

Climate Resilience

The weather in the region can change rapidly. Temperatures may swing by 20°C in a day, clear skies can quickly change to snowstorms within hours, and daylight varies from near-constant sun to near darkness. All participants should come prepared for unpredictable, fast-changing conditions, and follow the Pole to Pole clothing and equipment guidance.

GETTING THERE

Reaching the Pole to Pole Academy is straightforward, with several travel options depending on your starting point and the season.

Flying

The nearest airport is Skellefteå, which is a 45-minute road transfer to the Academy. Alternatively, Umeå Airport is a 90-minute road transfer and offers different flight options from Stockholm.

There are numerous direct flights daily from Gatwick, Heathrow, Manchester, and Glasgow airports to Stockholm Arlanda and several same-day connecting flights to both Skellefteå and Umeå. To clear passport control and meet your connecting flight, you will need at least a 60-minute transfer time in Stockholm.

Flight time from the UK to Stockholm is approximately two hours, and connecting internal flights are approximately 50 minutes.

We recommend flying into Skellefteå, where collection can be arranged and onward travel is straightforward.

Rail

Umeå also features a major train station near the city centre that provides direct connections to Stockholm. Transfer arrangements from the station can also be made.

Transfers

We provide group transfers from the airports or train stations as part of the package price. Individual transfers can be arranged at an additional cost. Please let us know if you would like any personalised travel advice or transfer coordination.

WHAT IS INCLUDED

| Service | Description |
|--|--|
| Shared Transport inc. Airport Transfers | Group transfers from and to Umeå or Skellefteå airports or Umeå Train Station. Individual transfers can be arranged. Road transport to training areas and activities, where required. |
| Accommodation | The Pole to Pole Academy can host up to 20 guests with additional accommodation options nearby for higher capacity requirements. On request, sole use of the Academy can be arranged. Single rooms are available for an additional price. |
| Academy Facilities | Use of the facilities in the Academy, including the classroom with teaching aids, gym equipment, and sauna. |
| Full Board | All meals while in accommodation and hot drinks prepared by our in house chef. This includes a continental breakfast, lunch, and two course evening meal as well as a final night celebration dinner. Fika will also be made available throughout. |
| Training and Instruction | All instructor fees and specialist training are included as part of the package. |
| Specialist Equipment | Any specialist equipment is provided as part of the package. |
| Organiser Support | Support from the Pole to Pole team in the build-up the package, which includes information packs, equipment lists, recommended clothing providers, and organisational support. |

WHAT IS NOT INCLUDED

| Service | Description |
|---------------------|--|
| Individual Clothing | Personal and specialist environmental clothing is not included. A full and thorough clothing and equipment list will be provided on booking. |
| Travel Insurance | All participants are required to arrange their own travel insurance, which must cover the activities in this proposal and medical emergencies. |
| Travel to Sweden | Flights to and from Skellefteå or Umeå are not included and should be booked independently. |

Price

Prices start from £1,600 per person (excl. VAT) with a minimum of eight participants. Smaller groups can be facilitated on request. Sole use of the Academy hire options is available.

Payment

Once you have spoken to a member of the team to discuss your requirements, a non-refundable deposit of 20% of the total trip price is required to confirm your booking.

Full payment of the final balance is required no later than 90 days before the start of the package.

Cancellation

In the event the client decides to cancel their trip at any time between booking and the trip's commencement, a deduction will be made from the advance amount. This is due to Pole to Pole's obligation to pay providers, personnel, and resources during the planning process.

The cancellation will only be effective from the date that the cancellation is received in writing by email. Cancellation charges will be payable as follows:

- A non-refundable deposit of 20% is charged on booking.
- A cancellation fee of 100% is charged if cancelled 90 days or less from the Challenge departure date.

Rescheduling

We do not routinely offer rescheduling, but if there is flexibility, we may be able to facilitate a request if the course is rescheduled in the same season. However, if you are unable to attend the date you booked in the same season, you will need to cancel your booking.

Cancellation will only be effective from the date that the cancellation is received in writing by email. Cancellation charges will be payable as previously stated.

Contact Information

To discuss a Pole to Pole Offsite, please contact the team through explore@poletopole.com or call 07908 760410.