

ICE ADVENTURES

WINTER FAT BIKING

Bikes designed for ice and snow

This fat biking experience takes place in the remote landscape of Northern Sweden. Designed to teach essential fat biking techniques and cold-weather cycling skills, the journey progresses from introductory rides to more challenging snow-covered trails and frozen lakes.

Guided by experienced Pole to Pole instructors, the expedition concludes with a journey to a remote, traditional Swedish log cabin, where dinner is cooked over an open fire beneath the winter night sky before overnighiting. Perfect for those looking to build confidence and skills in extreme environments.

Overview

Location	Duration	Month	Difficulty
Sweden	7 Days	March	5

ICE ADVENTURE – WINTER FAT BIKING

The Pole to Pole Winter Fat Biking experience is built on extensive expertise in some of the world's most challenging environments. Our instructors have led expeditions through polar regions and cycled on every continent. Always prioritising safety, endurance, and meaningful challenge, the Winter Fat Biking adventure in Northern Sweden is no exception.

The trip takes place in the forests, frozen lakes, and snow-covered trails of Västerbotten. Riders will advance through increasingly remote and challenging terrain, learning to handle fat bikes across ice, packed snow, and forest trails. While technical cycling skills are introduced, the real challenge lies in the conditions: freezing ambient temperatures, limited daylight, and the demands of the snow conditions.

Our experienced team carefully prepares and delivers each aspect of the trip. From equipment selection and cold-weather layering to route planning, nutrition, and field strategy, participants receive comprehensive support from beginning to end. Our trusted local partners help ensure that all logistics, contingency plans, and emergency protocols are in place throughout the journey.

For those prepared to test their limits, embrace the silence of cycling in the snow, and move with purpose through a frozen landscape, this experience offers an unforgettable blend of challenge and discovery.

Itinerary

This itinerary has been designed based on numerous seasons of polar training and expeditions. As with all adventurous activities in remote regions, circumstances can change, and Pole to Pole may need to make adjustments, possibly at short notice. We, along with our partners, strive to adhere to the published schedule; however, we appreciate your patience if unforeseen circumstances necessitate adjustments.

Pole to Pole Winter Fat Biking Adventure – Sweden

Day 1

Arrive at Skellefteå Airport and transfer to the Pole to Pole Academy to settle in and meet the rest of the course.

Day 2

Equipment issue and a mix of classroom, practical lessons, and an introduction to the fat bikes.

Day 3

A mix of classroom and practical lessons with a focus on fat biking technique.

Day 4

Full fat bike cycle trip in the local area.

Day 5

Full fat bike cycle trip ending at a remote, traditional log hut where the course will stay for the night.

Day 6

Breakfast at the hut before cycling back to the Pole to Pole Academy for lunch to de-service the bikes and equipment. In the evening, a celebration dinner will be served.

Day 7

Departure day and travel back home.

The **Pole to Pole Winter Fat Biking Adventure** is a progressive programme that blends classroom instruction with practical lessons, equipping you with the vital skills needed to fat bike on remote snow and ice-covered trails.

What's included

Pole to Pole have handpicked our partners and providers based on their experience, quality, and reliability. The following list is included in your booking:

Winter Fat Biking Adventure - Sweden

Fitness programme	Support in planning and preparation for training and the Adventure
Airport transfers from Skellefteå Airport, Sweden	Fat bike rental
Comfortable shared accommodation in the Pole to Pole Academy	Expedition equipment
Full board, fika, and hot drinks in the Academy	Expedition nutrition

Not included

Winter Fat Biking Adventure - Sweden

Insurance coverage – personal, medical, evacuation, or otherwise

Flights to Skellefteå, Sweden

Accommodation other than the Pole to Pole Academy

Personal clothing and equipment

Equipment

The cold-weather environment requires the purchase of specialised personal clothing. Please see below for the full kit list for the Winter Fat Biking Adventure. If you have any questions, please don't hesitate to ask a member of our team.

On booking, the team will provide you with a checklist.

Clothing

Warm hat

Balaclava – full face optional

Hardshell salopettes/trousers – good quality and suitable for skiing

Face mask – can be attached to balaclava or separate

Insulated trousers – can be insulated over-trousers or thick ski salopettes

Buff

Hard shell jacket – good quality and with a hood

Sunglasses – Cat-3 UV protection

Cold weather liner socks x 2 pairs

Goggles – Ideally with interchangeable lenses or two pairs. One set of lenses with clear/yellow and one cat-3 protection

Cold weather mid socks x 2 pairs

Underwear – Lycra or merino sports shorts – **not cotton**

Cold weather thick socks x 2 pairs

Long sleeve baselayer top – to be of wicking material (synthetic or merino)

Warm and waterproof winter boots – **cycling shoes are not recommended**

Long thermal bottoms – to be of wicking material (synthetic or merino)

Thin liner gloves – silk, wool, or synthetic. Consider touch screen compatible gloves for using technology

Midlayer jacket – PrimaLoft or fleece etc.

Insulated gloves/mitts – warm glove with a weatherproof outer shell

Insulated jacket – natural or synthetic down. Suitable to -20°C

Weatherproof outer mitts – a shell mitt that can fit over insulated gloves or mitts

Personal Equipment

Dry bags – various sizes to waterproof and store equipment

1L vacuum flask x 2

1L wide mouth bottle – Nalgene or similar style for drinking

Whistle

Multitool – to have a knife and pliers

Toothbrush & toothpaste – manual toothbrush

Toiletries for the overnight – sanitary products, Sudo crème, earplugs etc.

Personal first aid kit – plasters, balms, pains relief, foot tape, antiseptic, scissors, anti-bac hand gel, lip balm, sun cream

Electronic

Headtorch – Preferably rechargeable

Power bank – for charging electronics

Batteries – for personal electronic devices

Watch

Phone – not essential but good for photos

Charging cables – for personal electronic devices

Equipment Provided by Pole to Pole

Daysacks

Fat Bikes

Communications – solar panel, battery pack, safety phones, and navigation equipment.

Toilet – toilet paper and toilet bags

Meals – expedition food, packing zip lock bags, stoves, stove boards, fuel, fuel bottles, cookware

Medical – comprehensive team first aid equipment

Training

Training for an expedition in austere conditions requires a good level of physical and mental fitness. While you do not require Olympic levels of strength and endurance, we recommend that you follow the fitness programme that we provide you, as well as increase your cycling activity, preferably over undulating terrain.

If you would like more guidance on training, please speak to one of our team members.

Payment

You can pay your deposit and balance using the links on the invoice or via bank transfer. If you send money by electronic bank transfer, you are responsible for covering the cost of any associated transfer fees.

Cancellation

A non-refundable deposit of 20% of the total trip fee is required on booking.

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.

Insurance

We recommend that all guests have appropriate travel insurance that covers the nature of the activity being undertaken on the booked course and protects them from cancellation.