



# Nature Travels

outdoor experiences in Sweden



## HIKING WITH DOG, WHITE- WATER RAFTING & FISHING - 7 DAYS

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# Hiking with dog, White-water Rafting and Fishing: 7-day tour

## Experience Code: AS7MS1

*Experience the mountains of Jämtland in the company of man's best friend. On this extraordinary hiking tour you will care for your own dog who will also help you carry your load. These intelligent huskies draw dogsleds in the winter and they love to be active! The hike goes through beautiful forest and mountain terrain. You will have the chance to fish in beautiful mountain lakes and experience the thrill of white-water rafting!*

*Vålådalens nature reserve is approximately 1200 km<sup>2</sup>. Here there are exciting river valleys with ancient forest surrounded by expansive mountain ranges. From the mountains pour streams which become smaller and larger rivers – all with water you can drink from with a cupped hand and which on warm days invite you to take a cooling dip. The varied terrain offers numerous landscapes, from pristine forest to bare mountain plains. With a little luck you can spot endangered species such as wolverine, lynx, arctic fox, gyrfalcon and golden eagle.*

*This experience requires general good health and strength and you will be covering between 12-17 km/day when you are hiking. Every participant will care for one dog, which can help you carry 10 kg of your equipment. You will only need to carry sleeping bag, sleeping mat and your clothes in your backpack. There are beautiful fishing waters, lakes and streams in the area.*

### **Day 1:**

Arrive at the farm. During dinner your local guide will inform you about practical details and go through the hiking route with you.

### **Day 2:**

In the morning before you head off, you will go together through the equipment and you will be given proper instruction on how to walk with a pack dog. When your personal equipment is packed and your dog has its saddle bag, you will pack the car and drive to Vallbo about 15km away where the hike will start. After a long stretch uphill you will reach the wide moorlands with a beautiful view over the distant mountain peaks. You pass Grönvallen, an old Sami camp, and after that you will head towards the Issjö valley and the pyramids. From a geological perspective this is this mountain area's most interesting place with variety of geological structures.

### **Day 3:**

You have now reached the mountain plains and you walk towards Lundörstugan, where you will pitch your tents by the lake.

### **Day 4:**

You stay here for 2 nights with one day fishing in between and hopefully you will have fresh fish for dinner!

### **Day 5:**

Now it is time to head back towards civilisation - after a walk and a car drive you are back on the farm for a shower and dinner.

### **Day 6:**

Now it is time to try rafting on the river. In the morning you will pack the car with all the equipment and drive up to Tångböle strömmen, where your rafting tour will start (grade

2-3+). This will be a day of adrenaline-raising activities, all the time surrounded by beautiful nature and mountains. Approximately half-way down the stream you will stop for coffee.

### **Day 7:**

After breakfast it is time for departure.

### **Fixed dates for 2008 summer season:**

27.07 - 02.08.08.

### **The price:**

£536/adult, £358/child aged 10-12 accompanied by adult. Child will share a dog with adult.

### **What The Price Includes:**

#### ***Accommodation***

3 nights at local farm and 3 nights in tents during hike.

#### ***Meals***

All meals are included.

#### ***Equipment***

Tent, kitchen equipment, dog with saddle bag, rafting boats, lifejackets, wetsuits, helmets and paddles. Fishing equipment and fishing licences.

#### ***Guides:***

Experienced and knowledgeable local guides - all guides have a rafting licence.

### **What The Price Does Not Include:**

Alcoholic drinks.

### **Optional Extras**

It is possible to extend your stay at the farm before or after the tour at a cost of £16/person/night. Please mention this on your booking form.

### **Equipment/clothes needed:**

*NB: We advise you not to buy equipment or clothes for your trip or to incur other non-refundable expenses such as flights until you have received confirmation of your booking from us in writing.*

#### ***Packing list (recommended):***

Good equipment is comfortable and practical clothing. It is important to adapt your clothing so you do not get too hot. Open up your clothing when it gets too warm and put extra clothes on when you break so you won't get cold. Reduce the weight of your pack by using clothes that work both against wind and rain. Take warm clothing for cold days - it can be below zero even on a summer day in the mountains.

Woollen socks closest to the foot reduce the risk of blisters. Use waterproof and broken-in boots. To protect your packing against rain it is good to pack everything in plastic bags - it also makes it easier to find in the pack. A suitable pack size is 45-65 litres.

**Toiletries:**

Soap, toothpaste, plasters, moisturiser, sun-cream, painkillers, blister tape, small first aid kit, mosquito repellent, (see the "About Sweden" page on our website for further information about mosquitoes).

**Clothes:**

Take clothes you are not afraid to damage. Quick-drying materials are best. Bear in mind that jeans and sweatshirts are difficult to dry. Pack rainwear (jacket and trousers), boots, shoes, a pair of warm socks, wool socks to walk in, something to cover your head in case of heat or rain, a pair of gloves/mittens, a warm sweater, sweatshirt, T-shirt, shirt, trousers, long underpants, a pair of shorts, beachwear, underwear, anorak (or similar) and something to sleep in.

**Equipment:**

Sleeping bag, sleeping mattress, towel, camping cutlery, plates and mug, water bottle and a thermos.

**Additional:**

Compass, sunglasses, matches, flashlight, camera, binoculars.

**Health requirements/experience:**

You should have a good level of fitness, be able to walk approximately 15 km/day with backpack, like the outdoors and be able to swim. Minimum age 10 years. All activities are undertaken at your own risk.

**Group size:**

Minimum 3 persons, maximum 8.

**Groups:**

A group of minimum 3 can book this experience on other dates by arrangement - please contact us to discuss possibilities.

**Information about the area:**

Jämtland lies in the middle of Sweden. Here you will find majestic mountains and forests extending for mile upon mile, great lakes, small ponds, babbling brooks and whirling rivers. The Jämtland/Härjedalen area accounts for 12% of the total area of Sweden, but only 1.5% of the country's total population.

The water is fresh and you can drink it and fish in it everywhere in the province. Jämtland is rich in flowers and has a diverse fauna. Here live all of the four greatest predatory animals in Scandinavia: the brown bear, the wolf, wolverine and lynx. The moose and reindeer are common and often seen by the side of the road.

The mountains rise in the western parts. Jämtland offers wilderness with excellent opportunities to go hiking, berry- and mushroom-picking and biking. The whole region also offers great opportunities to go fishing in the many rivers and lakes.

**Common Sense and the Right of Public Access**

*Do not disturb, do not destroy – that is the basic principle of Sweden's right of public access. It is not an unrestricted right. Here, you can read about the rules that apply.*

The Swedish right of public access is not a law, nor is it an absolute right. It may rather be regarded as an opportunity, one that makes it possible for everyone to enjoy the

countryside. But it is an opportunity that requires responsibility, consideration and good judgement. Rules describing the kinds of consideration that must be shown are incorporated into Sweden's environmental law, and apply to everyone who exercises the right of public access.

### **Respect others' privacy**

You may travel through the countryside on foot, bicycle, horse or skis, and temporarily remain in one place, as long as there is no risk that your presence or activities will damage crops, tree plantations or other sensitive areas. But you must respect the privacy of others, and you may not cross or intrude upon private property.

### **Camping**

It is permitted to set up a tent for a day or so on ground that is not used for agriculture and is far from the nearest dwelling. The closer to a residence and the greater the risk of disturbing others, the more important it is to ask the landowner for permission.

### **Do not litter**

All sorts of littering are forbidden in the countryside. A cigarette butt in a dry summer forest can destroy resources worth millions. Glass, tins and bottle caps harm both humans and wildlife, and plastic bags cause great suffering to animals that ingest them. For this reason, bags full of litter should never be left beside rubbish bin if it happens to be full.

### **Blossoms and berries**

You may not take such items as twigs, branches or bark from living trees, including birches. Obviously, you may not take entire shrubs or trees, either. But you are allowed to pick wild berries, flowers and mushrooms, as well twigs and branches that have fallen to the ground. Certain flower species are so rare that they risk becoming endangered. These species are protected and may not be picked. Information about them is available from county administrative boards. Orchids are protected throughout Sweden.

### **Protected natural areas**

Protected natural areas, including nature reserves and national parks, usually have special rules that restrict the right of public access.

More information on the right of public access can be found on our website under About Sweden or on [www.allemansratten.se](http://www.allemansratten.se)

## **Getting there:**

*NB: We advise you not to buy equipment or clothes for your trip or to incur other non-refundable expenses such as flights until you have received confirmation of your booking from us in writing.*

### **By Air:**

The nearest international airport is Stockholm Arlanda. You can also fly into Stockholm Skavsta.

- British Airways fly to Arlanda from London Heathrow.
- SAS fly to Arlanda from London Heathrow.
- Ryanair fly to Stockholm Skavsta from London Stansted and Glasgow Prestwick.

It is also possible to fly to Trondheim in Norway.

- Norwegian fly to Trondheim Vaernes from London Stansted.

### **Without flying**

- **London-Stockholm by train via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Stockholm.

- **London-Stockholm by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and train on to Stockholm. The fastest option.
- **London-Stockholm by ferry to Denmark then train.** Ferry from Harwich to Denmark, train to Copenhagen and train on to Stockholm. 3-4 departures weekly.

### **Travel within Sweden:**

You can get to this experience by travelling to Undersåker. From Stockholm you can travel by train, bus or air. The most convenient way is to travel by train from Stockholm Arlanda. It is now possible to catch the trains directly under the airport building at Arlanda. The train ride from Arlanda to Undersåker takes approx. 8 hours with no changes. If you fly in to Stockholm Skavsta take the connecting airport bus to Stockholm Central and then you can catch the train to Undersåker from there.

Trains from Stockholm to Undersåker are run by national train operator SJ. See [www.sj.se](http://www.sj.se) for times and fares. To book your tickets contact SJ on [www.sj.se](http://www.sj.se) or 0046 771-75 75 75.

If you choose to fly to Trondheim, Norway, from the airport you travel by local train Vaernes-Hell (3min) - for timetable see [www.nsb.no](http://www.nsb.no) - thereafter with Nabolaget from Hell to Undersåker (2h 10min) - for timetable see [www.nabolaget.nu](http://www.nabolaget.nu) – click on the link “Nabolaget–tidtabell”.

Tickets can be bought on the train, cost approximately £15, and should be paid for in Swedish or Norwegian kronor depending on the start country of the journey.

More details and advice on local transport will be provided after booking. If you have any questions do not hesitate to contact us.

### **What to do next:**

If you are interested in this experience, please make sure that you understand exactly what the experience entails and are confident that you will be able to take part fully in all activities included in the trip. If you have any doubts or questions, please discuss the matter with us and we will be happy to advise. Similarly, if you have any particular health or dietary requirements that we need to be aware of, please mention these at the time of booking.

If you feel confident that you will be able to take part, then download and read our TERMS AND CONDITIONS. Then, please contact us to make sure that your chosen dates are available, and feel free to ask us anything else you like: we are keen to ensure that your trip is an enjoyable and memorable experience for you – we love Sweden and we want you to too!

For more information on how to book this trip please visit our website [www.naturetravels.co.uk/booking.htm](http://www.naturetravels.co.uk/booking.htm) or call us on 01929 463774.

### **Additional Notes**

This provider has received a prestigious Swedish Ecotourism award for its commitment to high standards to cultural and environmental sensitivity.