



**Nature Travels**  
outdoor experiences in Sweden



Photo: Annica & Torkel Idestrom

**MOUNTAIN MAGIC FOR  
BEGINNERS  
4 DAYS**

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## Mountain Magic for Beginners: 4-day tour

**Experience Codes: ATI6TS1**

*Keen on spectacular mountain walks but with little experience of mountain life? After this experience you will be able to get around safely and easily in the mountains and the wilderness all on your own.*

Over these days you will learn everything from how to interpret the weather and use a compass to how to keep your strength up and get a good night's sleep in a tent. After a hearty breakfast, you have your first theory lesson before putting on your walking boots and setting out for the mountains in Vålådalen's and Sylarna's impressive mountain region in western Jämtland.

You begin at a comfortable pace, getting gradually accustomed to the complete silence and vast open spaces. Everybody carries his or her own personal equipment and food. In the evening you can be sure of hearing interesting conversations around the camp fire since both your leaders, Annika and Torkel, have extensive experience of mountain and outdoor life, having participated in long expeditions in the Swedish mountains and Greenland.

Part of the mountain course includes practical training in a storm simulator in which you can experience exposure to a hurricane force wind under safe conditions. You can also feel how hard the wind actually blows at a mere 10 metres per second and practise putting up a tent or using a wind sack. The only thing that counts when you are confronted with a real life problem is knowledge and experience!

The experience begins around 08.30 with breakfast at the mountain station in Vålådalen and ends with lunch at the station in the afternoon of the final day and a session in the sauna and hot tub to relax those stiff muscles! Participants departing by train that evening will also receive a picnic dinner to take with them. If you choose to extend your experience with a stay at the mountain station, a reduction on the price of dinner that evening will be offered in lieu of picnic dinner.

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

27<sup>th</sup>–30<sup>th</sup> August, 5<sup>th</sup>–8<sup>th</sup> September

Groups of minimum 5 persons can book this experience on other dates by arrangement.

### **The price:**

£438/person

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

#### ***Accommodation***

Three nights outside in tent. Tent, kitchen, and camping equipment are included. Please contact us if you would like to arrange accommodation at the mountain station before or after your tour.

#### ***Meals***

All meals are included from breakfast on the starting day to dinner on the final day.

#### ***Equipment***

Tent, stove, safety equipment, compass.

**Guides:**

Experienced and knowledgeable local guide and trainer.

**Transfer:**

Transfer from Undersåker train station is included in the price.

**What The Price Does Not Include:**

Alcoholic drinks.

**Optional extras:**

Accommodation at mountain station before and/or after your tour. Please contact us for accommodation options and prices.

**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):**

Pack in backpack 60-80 litres (available to hire).

**Toiletries:**

Soap, toothpaste, plasters, moisturiser, sun-cream, painkillers, blister tape, 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/windproof (jacket and trousers), boots, shoes, a pair of warm socks, thin socks (not cotton), hat, scarf, a pair of ski-gloves (thin), a warm sweater, long-sleeved t-shirt, T-shirt, shirt, trousers, long underpants, a pair of shorts, beachwear, underwear (not cotton) and something to sleep in.

**Equipment:**

Sleeping bag (available to hire), sleeping mat (available to hire), towel, plates, cup, cutlery, water bottle 0.5-1 litre, flashlight or headtorch.

**Additional:**

Sunglasses, matches, knife, camera, binoculars, washing cloth, toilet paper, small plastic bags for rubbish, map (Swedish map Gröna Kartan, Mountain Version Z53 Vålådalsfjällen).

**Health requirements/experience:**

Generally good health. Minimum age 13. Be able to walk with own pack weighing 13-17 kg for 14 km walking distance/day, but generally 10km. Height difference around 200m.

**Group size**

Minimum total number of participants for tour to run: 5 persons

Maximum number of participants: 12 persons

## Groups

It is possible to book this tour as a group. Please contact us for more information.

## Information about the area:

### Jämtland

Vålådalen lies within the province of Jämtland. Here you will find majestic mountains and forests extending for mile upon mile, great lakes, small ponds, babbling brooks and whirling rivers. Some of the rivers are still untouched and run unrestrained.

The water is fresh and you can drink it and fish in it everywhere in the province. Jämtland is rich in flowers and wildlife. Here live all of the big five of the greatest predatory animals in Sweden; the brown bear, the wolf, wolverine, lynx and the golden eagle. The moose and reindeer are common and often seen by the side of the road.

The mountains rise in the western parts of Jämtland. The rest of the province is mainly covered with forests and cultivated areas. Both Jämtland and Härjedalen offer wilderness with excellent opportunities to go hiking, berry and mushroom picking and biking.

### The Vålådalen Nature Reserve

Vålådalen nature reserve is approximately 1 200 km<sup>2</sup>. Here there are exciting river valleys with ancient forest surrounded by wide 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 opportunities, from pristine forest to bare mountain plains. With a little bit of luck you can spot endangered species such as wolverine, lynx, arctic fox, gyrfalcon and golden eagle.

Wilderness is sometimes a word that is misused. In the Vålådals mountains there are Stone Age remains which show that people have lived there for thousands of years. After that the land was used by reindeer herding Sámis and farmed by farmers. Today there are not many farmers in Vålådalen, but the reindeer herding still lives on.

The Vålådalen village lies beautifully located in an area as far as you can travel into the river Våls valley, surrounded by forest and plains. Still today you can experience the feeling of wilderness in Vålådalen. It is there when you pitch your tent on the mountain plains.

## 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

- British Airways fly to Arlanda from London Heathrow.
- SAS fly to Arlanda from London Heathrow.

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 & 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 passing Undersåker. Transfer from Undersåker train station is included in the price.

First travel to Stockholm or Trondheim as described above.

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.

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. Type in Arlanda C or Stockholm C (if you stay a night before in Stockholm) into the "from:" box and copy and paste "Undersåker" into the "to:" box. You will need the "å" character.

If you choose to fly to Trondheim in Norway, from the airport you travel by local train Vaernes-Hell (3min) - for timetable see [www.nsb.no](http://www.nsb.no) - thereafter by train 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 £38 return, and should be paid for in Swedish or Norwegian kronor depending on the start country of the journey.

You can also choose to fly in to Stockholm Arlanda and continue by plane to Östersund airport with SAS. From Östersund airport transfer can be arranged to an additional price, please see optional extras above.

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