



Nature Travels

outdoor experiences in Sweden



Photo: M. Björnwall

MOUNTAIN BIKING IN ARE, JAMTLAND - 7 DAYS

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Mountain Biking in Åre, Jämtland: 7-day tour

Experience Code: AU7BS1

The mountain region of Åre in north-west Sweden offers some of the country's best opportunities for mountain biking. Led by an experienced local guide who knows the area intimately, you will head out from your base at a comfortable self-catering apartment in the village of Åre for a series of mountain biking day excursions exploring the spectacular mountain and lake scenery of the area.

Perhaps best-known as a top Alpine skiing destination and host of the 2007 Alpine World Ski Championships, Åre is also a marvellous area for exploring on two wheels. Dominated by the peak of Årefjället and offering a wide choice of day-tours, Åre is an ideal base for a mountain biking holiday.

With daily distances of 20-60km depending on routes and altitude differences of 250m-800m, you will have the chance to experience some of the varied mountain biking tours possible in the region, from biking around the 1420m Åre Skutan peak to a mountain tour in the Storulvån region to the beautifully scenic Karl Johan's track over into Norway.

Mountain Biking in Åre, Jämtland is suitable for those with some previous experience of biking on small paths and tracks with a general good level of health and fitness. Full bike hire facilities are available in the village of Åre, or alternatively you are of course welcome to bring your own equipment.

Day 1

Your guide will meet you from Östersund airport or train station for bus transfer to Åre. Afternoon in Åre with time to hire bikes for the tour or check over your own if you have brought your bike with you. Accommodation is in apartments with fully-equipped kitchen, bathroom and sleeping accommodation for 6-8 persons.

Day 2

After breakfast and preparation of lunch packages, it's time for some biking! This day takes you around the area of the Åre Skutan peak. Biking on gravel roads and single tracks, possibly with a detour past an old mine in the area, where you can stop for coffee.

Distance: approx. 44km

Time: approx. 5 hours' biking

Altitude difference: approx. 800m

Day 3

The day begins with a bus transfer of around 1 hour to the mountain area of Storulvån – a scenic and slightly more challenging ride above the tree line (option for easier route depending on group preference). You may see reindeer by the side of the tracks. Both routes take you through a wild mountain area some distance from the nearest roads. Sauna at the mountain station at Storulvån before returning to Åre tired but happy.

Distance: 30-40km

Time: approx. 3-6 hours' biking

Altitude difference: 150m (easier route), 600m (harder route)

Day 4

After breakfast, this day is free for you to choose activities as you wish. You may wish to do some self-guided biking, go for a hike or explore the village of Åre. Alternatively, your

guide can help you arrange horseback riding, high altitude adventures, kayaking or canoeing in the area (at additional charge).

Day 5

Back on two wheels today for a tour closer to Åre. Starting with a short bus ride, you will follow a beautiful track running along the Indals River, biking on a combination of roads, gravel and single tracks. Today you will have the opportunity to do some Downhill biking – a joyful experience!

Distance: 20-40km

Time: 2-5 hours' biking

Altitude difference: 250m

Day 6

Make sure your camera is packed for today's tour, when you follow the scenic Karl Johan's way, an easy but very enjoyable track taking you all the way to Ådalvollen in Norway. There is an easy return to Åre given you time to stop and admire the views.

Distance: approx. 56km

Time: 4-5 hours' biking

Altitude difference: 250m

Day 7

After breakfast, you pack your bags and memories before transfer back to the train station or airport for departure.

2010 season:

- 11-17 July
- 18-24 July

For groups of 6-8 persons, private tours are also possible on other dates by arrangement.

The price:

£759/person

What The Price Includes:

Accommodation

Accommodation in 6-8 person apartments with fully-equipped kitchen for self-catering.

Transfers

Return transfer to/from Östersund and all local transfers as outlined above.

Guide

Experienced and knowledgeable local guide.

Other

Sauna in Storulvån Day 3.

What The Price Does Not Include:

- Bike rental/helmet. Facilities available in Åre, cost around 1100 SEK/6 days (about £100). Rental includes helmet. Theft insurance is available as an optional

extra. Lock is included if theft insurance is chosen.

- Meals. Apartments are fully equipped for self-catering. Provisions can be purchased in Åre.
- Bed linen and towels for apartment accommodation (see "Equipment/clothes needed" below).
- Optional additional activities Day 4.

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):

Toiletries:

Soap, toothpaste, toothbrush and personal toilet bag, plasters, moisturiser, sun-cream, painkillers, 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 suitable clothing will also be dictated by the month in which you visit – please don't hesitate to ask if you have any questions.

While biking:

- Training/cycling clothes suitable for high-tempo activities.
- Wind/rain jacket and pants (raingear is important, as conditions can change quickly in the mountains).
- Suitable footwear.

Other:

- Comfortable clothes and shoes for leisure time.
- Fleece or sweater.
- Extra T-shirts (non-cotton for active use)
- Shorts, swimsuit.
- Something to sleep in.

Equipment:

Towel.

Additional:

Bed linen/sleeping sheet + pillow cover for apartment accommodation. Sunglasses, camera, binoculars, headlamp/torch.

Health requirements/experience:

You should have previous experience of biking on small paths/tracks and feel comfortable covering the distances as outlined in the itinerary above. General good level of health and fitness.

Please note that this tour is not suitable for complete beginners.

Group size:

- Minimum number required for tour to run: 6 persons
- Maximum number of participants: 8 persons

Groups:

This experience is ideal for groups. Please contact us to discuss your requirements.

Information about the area:

Åre is a small village in the mountain area of Jämtland in north-west Sweden. One of the world's top Alpine ski areas in wintertime, the Åre region also offers some of Sweden's best mountain biking possibilities during the summer.

Overlooked by the peak of Åre Skutan, 1420m, the Åre area has been inhabited since the Stone Age, when hunters and fishermen took advantage of the region's natural resources. Later, in medieval time, pilgrims would pass through the Åre valley en route to the cathedral in what is now Trondheim in Norway.

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

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:

You can choose to fly to:

- Stockholm Arlanda (ARN)
- Stockholm Skavsta (NYO)
- Stockholm Västerås (VST)
- Trondheim (Norway)
- Åre Östersund (via Stockholm)

For details of flight connections see www.naturetravels.co.uk/holidays-in-sweden.htm. Click on the airport icons to see connections to/from each airport.

Flight buses from Swedish airports into the city can be booked online through us – see www.naturetravels.co.uk/add-ons-flygbussarna.htm

Many airlines offer discounts on rental cars in connection with their flights.

Without flying

- **London-Östersund by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Östersund.
- **London- Östersund by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and train on to Östersund. The fastest option.
- **Harwich- Östersund by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Östersund via Copenhagen.

Travel within Sweden:

Transfer to/from Åre is included from Östersund airport or Östersund train station.

From central Stockholm: Direct train to Östersund, travel time approx. 5.5 hours.

From Stockholm Arlanda (ARN): Train to Östersund, travel time approx. 5 hours, usually direct.

From Stockholm Skavsta (NYO): Take the connecting airport bus to Stockholm C (Stockholm Central station, 80 mins) for onward direct train to Östersund, travel time approx. 5.5 hours.

It is also possible to travel by night train from Stockholm. There are sleeping compartments and more affordable couchette compartment with six beds, where bedding consists of a sheet sleeping bag with a blanket and pillow.

Trains in Sweden are run by national train operator SJ. For train connections and to book your tickets, see www.sj.se. Click "In English" in the top right corner. Please note that the most affordable tickets are released 90 days before departure.

From Åre Östersund airport: Transfer to Åre is included.

From Trondheim Vaernes (Norway): You will reach Åre station before Östersund and should alight there. From the airport, travel by local train to Hell (3 mins) then train to Åre (2 hours). You can see timetable information and book the journey from Hell to Åre at www.bokatag.se. Click on the English flag in the lower right hand corner. Enter "Hell" as start destination and "Åre" as end destination. Tickets for local train Vaernes-Hell should be bought on site.

More details and advice on local transport will be provided after booking. If you have any questions, please 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 or call us on 01929 463774

Additional Notes

This provider is a member of the Swedish Ecotourism Society.