



**Nature Travels**

outdoor experiences in Sweden



## FAMILY BUSHCRAFT ADVENTURE - 5 DAYS

Nature Travels Ltd  
26 Andover Green  
Bovington, Wareham  
BH20 6LN  
United Kingdom

Tel: 01929 463774

Email: [booking@naturetravels.co.uk](mailto:booking@naturetravels.co.uk)

Website: <http://www.naturetravels.co.uk>

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# Family Bushcraft Adventure

## Experience Code: DV5TS1

*Children love learning and practising the basic skills of bushcraft – cooking out of doors, learning how to identify animal tracks in the forest, using a map and compass to find their way, making tools and catching fish!*

*Sweden is an ideal environment for adults and children alike to explore the natural world and learn the art of bushcraft. Its vast forests, rich fauna and flora and the freedom to camp will make Sweden the perfect outdoor playground for active families. Family Bushcraft Adventure is accessible to families with children aged 8 or over with an interest in nature and the outdoors. No previous experience of canoeing or bushcraft is needed. The study and practice of bushcraft skills teaches teamwork, develops independence and self-confidence, and instills a deep respect for the natural world – qualities of enormous benefit to both young and old – and Sweden's clear lakes and dense forests provide a marvellous location for a family adventure!*

*Family Bushcraft Adventure gives you and your children the chance to re-connect with nature, to learn important skills long forgotten in the hustle and bustle of the modern world, and to spend some valuable time together building connections and strengthening relationships as a family – all in the beautiful natural setting of the hills and forests of Jämtland in north-western Sweden. Families of four or more persons can book private tours on custom dates by arrangement between May and September. Alternatively, it is possible to book spaces on scheduled date tours.*

*You will spend your five-day adventure in the company of an expert bushcraft guide, who will instruct you in the traditional skills of bushcraft. Your experience begins as you climb into Canadian canoes to paddle quietly across the still waters of Lake Revsund to your bushcraft camp on the island of Ammaron, where you will spend the next few days camping wild in a traditional teepee-style tent.*

*You will have the opportunity to make simple tools and implements from natural materials, including walking sticks, fishing rods and spoons. You will fish for your supper in the clear waters and learn how to cook your catch over an open fire. The surrounding forests are rich in bird and animal life, and if you know what to look for, the forest inhabitants reveal their presence and habits in fascinating ways.*

*Each evening you will return to camp to recount the day's adventures around the fire, sleeping soundly under canvas surrounded by the sounds and smells of the nighttime forest.*

### **Day 1:**

You will be met at the railway station in Bräcke and paddle your canoes over to the bushcraft camp on the island of Ammaron, the third largest freshwater island in Sweden. Here you will have lunch and dinner prepared out of doors. In the evening, you will take advantage the long Swedish evenings to explore the area on a guided hike through the forest. Accommodation in traditional teepee, sleeping comfortably on reindeer-skin rugs.

### **Day 2:**

Awaking from your first night under canvas, you will begin your first full day in the wilderness by preparing a breakfast of pancakes, home baked bread, eggs and bacon – which will taste all the more delicious for being enjoyed in the fresh open air! You will then take to your canoes for a short canoe tour, during which you will be shown how to catch fish. On this day, you will learn how to make some simple tools from natural

materials, including a fishing rod, walking stick and spoon. You will also search the forest and learn to identify edible plants. Dinner will be a traditional Swedish meal of meatballs, potatoes, salad and fruit.

### **Day 3:**

After breaking camp, on this day you will be learning how to navigate through the forest using a map and compass. You will set off for a 5-hour hike in the woods, looking for the tracks of some of the many animals which inhabits the forest. Among the tracks you may spot are elk, deer, fox and badger – and you may even catch sight of their owners! The skies above and forest around you will echo to the sounds of a wide variety of woodland birds. Lunch will be prepared out of doors. On your return to the camp, you will have a well-deserved dinner of soup, home-made bread, grilled chicken with rice and nuts and fruit.

### **Day 4:**

After breakfast, you will hike to Storsand where you pitch camp again. On your arrival at the camp spot, it is time for a well-deserved treat – wilderness style! You will heat up the wood-fired hot-tub and soothe your muscles beneath the open skies. Dinner will be prepared in a "Dutch oven" (a heavy metal pot), with chilli, beans, salad and fruit. After a long relaxing evening recollecting your many adventures of the past few days, you will retire for your final night in the teepee.

### **Day 5:**

You will have breakfast together for the last time around the fire, before tidying the camp ready for departure. You will then be transferred back to the railway station at Bräcke.

## **Dates for 2010 season:**

Scheduled dates:

- 26-30 July 2010
- 09-13 August 2010

Family Bushcraft Adventure is also bookable as a private experience for groups of min. 4 persons on custom dates by arrangement between May and September. Groups of 3 persons possible for additional supplement.

## **Price:**

£440/adult, £371/child under 16. Recommend minimum age 8 years. For younger children, please contact us to discuss your requirements.

For private tours, price above applies for groups of min. 2 adults + 2 children. Groups of 3 persons are also possible, charged at adult rate per person.

## **What The Price Includes:**

### ***Transport:***

Return transfer to/from Bräcke railway station if required.

### ***Accommodation:***

Traditional teepee.

### ***Accommodation:***

All meals are included from lunch on day 1 to breakfast on day 5.

**Equipment:**

2-person Canadian canoes with life-vests and paddles. All equipment necessary for bushcraft instruction. Sleeping bags and reindeer skin mattresses in the teepee.

**Guiding:**

Services of expert bushcraft guide during the tour.

**Other:**

Use of wood-fired hot-tub at Storsand on evening of day 4.

**What The Price Does Not Include:**

Alcoholic drinks.

**Optional extras:**

If you wish, transfer can be arranged to/from Frösön (Åre Östersund) airport. Cost 1000Skr/group/way (about £93) for up to 4 persons, to be paid on site in Sweden.

**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, plasters, moisturiser, sun-cream, painkillers, blister tape, mosquito repellent, toilet paper (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), sturdy shoes/boots for hiking, shoes/sandals, a pair of warm socks, something to cover your head in case of heat or rain, a pair of gloves/mittens, a warm sweater/fleece, sweatshirt, T-shirt, shirt, trousers, long underpants, a pair of shorts, beachwear, underwear, anorak (or similar) and something to sleep in. Footwear for use in water. Bear in mind that clothing required will depend also on the time of year at which you travel.

**Equipment:**

Knife.

**Additional:**

Sunglasses, towel, matches, camera and binoculars. Sleeping bags are included in the price, but you should bring a sleeping sheet to go inside your bag.

**Health requirements/experience:**

You should be in good general health. This experience is suitable for the whole family. Recommended minimum age 8 years. Younger children may be possible by arrangement.

**Group size**

Total minimum number of 2 adults + 2 children required for scheduled tours to run. Maximum group size 8 persons. Groups of minimum 2 adults + 2 children can book private tours on custom dates by arrangement. Smaller groups are also possible for an additional supplement.

## **Information about the area:**

Jämtland lies in the north-western part of Sweden, bordering Swedish Lapland to the north and Norway to the west. It is the second-largest province in Sweden, making up just over 8% of the country's total area but with an average population density of just over 3 persons per square kilometre. More than two thirds of Jämtland's population lives in the small number of urban centres in the province, making rural Jämtland very sparsely-populated and ideal for wilderness activities.

## **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:**

You can choose to fly to:

- Trondheim Vaernes (Norway)
- Stockholm (Arlanda or Skavsta)
- Åre Östersund (via Stockholm)

For details of flight connections see [www.naturetravels.co.uk/holidays-in-sweden.htm](http://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](http://www.naturetravels.co.uk/add-ons-flygbussarna.htm)

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

### **Without flying**

- **London-Stockholm by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Stockholm.
- **Harwich-Stockholm by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Stockholm via Copenhagen.

### **Travel within Sweden:**

**From Trondheim Vaernes (Norway):** Travel by local train to Hell (3min) then train to Bräcke. You can see timetable information and book the journey from Hell to Bräcke at [www.bokatag.se](http://www.bokatag.se). Click on the English flag. Enter "Hell" as start destination and "Bräcke" as end destination. Tickets for local train Vaernes-Hell should be bought on site. Travel time 4.5-5.5 hours with changes.

**From Stockholm Arlanda (ARN):** Train to Bräcke. Travel time 4-6 hours direct or with changes.

**From Stockholm Skavsta (NYO):** Flight bus to Stockholm Central Station then onward by train to Bräcke. Travel time from Stockholm 4.5-6 hours direct or with changes.

**From Åre Östersund airport:** Bus or taxi to Östersund station. Train to Bräcke. Travel time from Östersund around 1 hour or less direct.

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

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](http://www.naturetravels.co.uk/booking.htm) or call us on 01929 463774

### **Additional Notes**

This provider is a member of the Swedish Ecotourism Society.