



Nature Travels

outdoor experiences in Sweden



WINTER AT THE NORTHERN COMFORT LODGE - 8 DAYS

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Winter at the Northern Comfort Lodge

Experience Code: DV8AW1

The Northern Comfort Lodge is a spacious, comfortable, traditionally-constructed Swedish log cabin located on the shore of Lake Revsund in Jämtland. The lodge has everything you might expect of an idyllic Swedish log cabin – a beautiful lakeside/forest location, spacious, airy living area, private sauna and a wood-burning stove.

But the lodge also has a few surprises – including a larger wood-heated outside sauna and hot-tub “bathing barrel” right by the water’s edge!

Whatever you are looking for from a log cabin holiday - be it adventure, romance or an active family break, the Northern Comfort Lodge offers an ideal location for couples, families or groups of up to 8 persons. Accommodation at the lodge is divided into four bedrooms, each sleeping two persons, with a large open-plan kitchen and living area, decorated throughout in traditional style.

In winter, Jämtland lies thick with snow. The lakes freeze over and the landscape becomes a magical winter playground. If it is relaxation you are looking for, the lodge is an excellent base to simply enjoy the quiet and beauty of the snow-clad forest (perhaps while the children go off to build snowmen or make snow-angels!). If you would prefer more adventurous experience, there is a wide range of both guided and self-guided activities available, including snowshoeing, cross-country skiing and ice fishing. Dog sledding tours in the surrounding area are also available. You can choose to drive your own sled (a real winter adventure!) or for families with children, you can relax on the sled while an expert local musher guides you through the winter landscape.

A stay at the Northern Comfort Lodge is an uplifting, close-to-nature experience suitable for all ages and levels of ability. The lodge is normally available for booking for 8-day periods Saturday-Saturday. Outside high season other start days and durations may be possible. Please contact us to discuss your requirements.

Dates for 2008/2009 winter season:

The Northern Comfort Lodge is available for hire throughout the year. Best winter conditions December-April. Standard rental period is 8 days Saturday-Saturday. Other start days and durations may be possible. Please contact us to discuss your requirements.

High season: July, August, December-March

Low Season: April-June, September-November

Price:

Low Season: £492/cabin/week

High Season: £670/cabin/week

At times, it may be possible to rent the cabin on a per-night basis (minimum stay 3 nights). Cost £99/cabin/night during high season or £81/cabin/night during low season including bed linen and towels. Please contact us to discuss your requirements.

What The Price Includes:

Transport:

Return transfer to/from Bräcke railway station if required.

Accommodation:

4 x 2-person rooms in Northern Comfort Lodge with self-catering. Bed linen and towels are included. There is a store to purchase food 3km away, within walking or cycling distance.

Facilities:

For rental periods of one-week or more, use of the internal sauna is included in the price. Also included in the price is one session in the outside lakeside sauna and hot-tub "bathing barrel". For stays of less than one week and for additional sessions, please see "Optional extras" below.

What The Price Does Not Include:

Use of internal sauna and use of external sauna/hot tub for stays of less than one week. End cleaning (can be added as optional extra).

Optional extras:

Sauna/hot-tub

There are two saunas available at the lodge, both wood-heated. The internal sauna is available for use at a cost of £11/session. You will be given the wood to heat the sauna yourselves.

For guests staying one week or longer, one session in the outside wood-fired sauna and hot-tub "bathing barrel" is included. The outside sauna and hot-tub will be prepared for you.

Internal sauna/session: £11

Outside sauna and hot-tub/session (extra sessions): £134

Self-guided activities

- Hire of snowshoes: £12/person/day
- Ice fishing on lake Revsund: free of charge
- Hire of cross-country skiing equipment: £7/person/day

Guided activities

During your stay at the lodge it is possible to pre-book the following guided activities:

- Dog sledding tour (4 persons per sled) including outdoor lunch: £99/adult, £54/child.
- Dog sledding tour (driving own dogsled) including outdoor lunch, 5 hours: £125/person
- Guided snowshoeing/ice fishing tour: £268/group, minimum 4 persons.

End cleaning

If you do not wish to clean the cabin yourself on your departure, there is an optional end-cleaning charge of £41.

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.

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 warm winter wear (jacket and trousers), boots, shoes, a pair of warm socks, something to cover your head, a pair of gloves/mittens, a warm sweater, sweatshirt, T-shirt, shirt, trousers, long underpants, underwear and something to sleep in.

Additional:

Camera, binoculars and some good books.

Health requirements/experience:

You should be in good general health. This experience is suitable for the whole family.

Group size

Minimum 1 adult. The lodge can accommodate up to 8 adults.

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

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 our Travel Add-ons page at <http://www.naturetravels.co.uk/category-add-ons.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.
- **Newcastle-Bräcke by ferry and train:** DFDS ferry Newcastle to Stavanger (Norway), then onward train to Bräcke via Hell.
- **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. 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: Train to Bräcke. Travel time 4-6 hours direct or with changes.

From Stockholm Skavsta: First travel to Stockholm Central Station then onward by train to Bräcke. Travel time 4.5-6 hours direct or with changes. Flight buses from the airport into central Stockholm can be booked online through us at www.naturetravels.co.uk/add-ons-flygbussarna.htm

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

Trains within Sweden can be booked through national train operator SJ - see www.sj.se (+46 771- 75 75 75). 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 or call us on 01929 463774

Additional Notes

This provider is a member of the Swedish Ecotourism Society.