



Nature Travels

outdoor experiences in Sweden



LOG CABIN ESCAPE IN VARMLAND - 8 DAYS

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

Tel: 01929 463774

Email: booking@naturetravels.co.uk

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

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Log Cabin Escape in Värmland: 8 days

Experience Code: FG8AS1

A log cabin in Sweden is an ideal escape from the stresses of modern life – a place to unwind and give some time to the truly important things in life.

The three traditionally-constructed log cabins are attractively situated just 75m from the lakeside near a small hamlet in the west of Värmland, with hiking, fishing, canoeing and cycling all available from your doorstep. The log cabins sleep up to six persons and each log cabin has a large veranda with table and chairs, perfect for cooking out of doors or just sitting and enjoying the view over the lake. Each log cabin also includes its own boat with environmentally-friendly 4-stroke engine which can be used to explore three local lakes. To the north stretches "Finnskogen", the Finnish Forest, a beautiful area ideal for hiking tours.

Couples seeking a romantic getaway will find endless miles of forest tracks to explore in privacy and seclusion, or why not take the boat included with the log cabin and strike out for your own private landing spot across one of the lakes?

For outdoor and nature enthusiasts, the area's vast forests, myriad lakes and rolling hills are rich in wildlife, including elk and beaver, and if the season is right the woods will be bursting with berries and mushrooms just waiting to be picked.

For families, the area provides a wealth of possibilities, with canoes and mountain bikes available for hire to help you explore. And after a hard day of activity, you can relax with a sauna!

Depending on the season, the waters are also excellent for fishing. The log cabins lie within the Mången-Treens fishing preservation area, and as well as the three larger lakes, there are around 30 smaller ones in the local area, constituting 1750 hectares of fishing waters in all. The fish here have not been stocked in the lakes: these waters are their natural habitat. The fishing works on a "catch and release" basis, i.e. the fish that are caught must be let back into the water. As a guest, however, you are allowed to eat from your catch during your stay. Apart from "spin-fishing", many different angling techniques, including fly-fishing, can be used. Your local provider will be happy to discuss different fishing methods. Your hosts or fishing guides are always there to guide you if you wish, and it is possible to arrange personal guides for the day. You will have a map of the whole fishing area and "deep maps" for the three larger lakes, good for those who like to find the perch hides.

The log cabins are available year-round, and in the winter the area is wonderful for cross-country skiing, with prepared trails running right outside the door. The lakes freeze over and it is possible to try your luck at ice fishing, and for those interested in downhill skiing, there is a local slope just 30 minutes away.

With the log cabin as your base, the forests, hills and lakes of Värmland are just waiting to be explored!

2010 season:

This experience is available all year round. For those interested in fishing, the best fishing season is May to the middle of June and from end of August through the whole of September and part of October.

The price:

During high season the week runs from Saturday-Saturday, during low season other start days and durations may be possible - please do not hesitate to ask if you have any questions.

High Season: June/July/August, Christmas and New Year

- High Season: £725/cabin/week
- Low Season: £526/cabin/week

What The Price Includes:

Accommodation

Log cabins for 4 (+2) adults, situated just 75m from the water. Each cabin is suitable for 4 adults or a family of six. There are facilities for drying and laundry and a sauna in a nearby building. Please note that bedding/towels are not included. Please let us know in advance if you have any special requirements (e.g. cot, high chair).

Meals

Self-catering: the cabins are fully-equipped for self-catering. The nearest shop is 20km away, 15 min by car or your host will be happy to assist you if needed.

Equipment

Life jackets, Linder 440 aluminium fishing boats with 4-stroke engines. The boats are in the three larger lakes. Environmentally friendly fuel can be bought on site. You will receive one per cabin and are able to use the boats in all the lakes. Extra boats and engines are available for hire on site.

Map covering the whole fishing area and "deep maps" for the three larger lakes.

Guides:

You will receive experienced and knowledgeable guidance on the area on request. Information on the local area, services in the area and culture will be provided as well as guidance on fishing ethics, fishing tips and bait. It is possible to arrange one or more days' guiding on site.

Additional:

Cleaning of the cabin on departure.

What The Price Does Not Include:

Food and drinks, bedding and towels, fishing equipment.

Optional extras:

Bedding and towels: £11 per person/stay

Canoe: £21/day

Mountain bike: £15/day. Child sizes for children aged approx 8-12 years are also available.

It is possible to arrange for transfer from the train station in Arvika (or Torsby) at a cost of £24/transfer one-way. Up to four persons can be accommodated in each transfer. For larger groups, please contact us for a quotation.

Taxi transfer can also be reserved through us from Oslo Gardemoen airport (payment to be made locally in Swedish Kronor), at an approximate cost of 1500 SEK/transfer one-way.

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 (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, 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. In spring and autumn the weather can be rougher on the water and we recommend warm clothes.

Equipment:

Bedding and towels (if not chosen as optional extra), fishing equipment.

Additional:

Sunglasses, matches, knife, camera, binoculars and food. The nearest store is 20km away, 15 min by car or your host will happily assist you if needed.

Health requirements/experience:

You should have general good health – guests of all ages are welcome. The summer is most suitable for families. In spring and autumn the weather can be rougher on the water and we recommend warm clothes.

Group size:

The cabins are suitable for families of up to six persons. Each cabin is suitable for up to 4 adults.

Groups:

It is possible to book this experience as a group. Please contact us for further details and a quote. The site can take a group of 15-20 persons.

Information about the area:

Mången-Treens fishing reservation area:

Stor-Treen and Mången are two small lakes located north of Arvika and are managed by the Mången Treens FVO, located in the municipality of Arvika and Sunne. Stor-Treen is located 190 meters above sea level and Mången is located 212 metres above sea level. The two lakes offers good fishing possibilities for perch, pike, Gullspång salmon, Gullspång trout and Brunnhytte trout. Many big fish are caught here every year.

In the surrounding area there are a large number of streams and other fishing waters.

Värmland

Värmland is often described as the province of nature and culture. It is also a province of wilderness with unspoiled forests, distant blue mountains and shimmering wild waters for fishing and canoeing.

The people of Värmland are known for being friendly and helpful. Hospitality and obliging manners are also typical characteristics for a person from Värmland. Värmland is an excellent recreation area. There are a lot of lakes, streams, high mountains and deep forests. And through it all runs the river Klarälven, the largest river in Sweden. There are also other open waters in Värmland where you can find excellent fishing spots.

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.allemanstratten.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
- Stockholm Skavsta (NYO)
- Stockholm Västerås (VST)
- Oslo International
- Oslo Torp
- Gothenburg Landvetter
- Gothenburg City

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

- **Harwich-Arvika by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Arvika via Copenhagen.

Travel within Sweden:

From Stockholm Arlanda: Flight bus to central Stockholm. Train to Arvika approx. 3.5 hours with one change.

From Stockholm Skavsta or Stockholm Västerås: Train to Arvika approx. 5-6 hours with changes.

From Oslo Gardemoen International or Oslo Torp: Check with your airline for transfer to central Oslo. From Oslo take a direct train to Arvika (around 2.5 hours).

From Gothenburg City or Gothenburg Landvetter: Flight bus to central Gothenburg. Train to Arvika approx. 3.5-4 hours with one change.

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.

It is possible to arrange for transfer from the train station in Arvika at a cost of £23/transfer one-way for up to four persons. For larger groups, please contact us for a quotation.

Once on-site, it is not essential to have a car - if you need help with anything, your local provider will be happy to assist you.

More details and advice on local transport will be provided after booking.

By car: Arvika is located 155km from Oslo and 361km from Gothenburg. If you would like to drive, full driving instructions can 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 or call us on 01929 463774

Additional Notes

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