



**Nature Travels**

outdoor experiences in Sweden



Photo: Malin Johansson

## VINDEL MOUNTAINS EXPEDITION

7 DAYS

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# Vindel Mountains Expedition: 7-day tour

## Experience Code: FH7ES1

*A week- long ride out of the ordinary! During 6 days you travel about 110 km across untouched mountains. Lodging in wooden wigwams with open fire.*

*You will have opportunity to fish for char and salmon trout. This ride gives you excellent close-to-nature experiences with good chances to see both reindeer and elk. For those interested in birds, you may see golden eagle and sea-eagle. The riding distance and tempo varies according to conditions.*

### **Day 1:**

Arrival in Ammarnäs for lunch. After lunch go through equipment and weigh and pack the personal equipment into "pack-rolls" (which you can borrow). Select horses and make ready for start towards the destination of the first stage, Tjaskal, an 8 km ride.

### **Day 2:**

From Tjaskal up onto the bare mountain, you ride northwest along Stuore Jåppe. Below is the protected area for birds, Marsivagge. There are a lot of arctic birds in this area and you may see golden eagles. If the weather is fine, you climb the highest plateaus of the mountain peak Urtstjåkke. After about 20 km you reach Lule Skeblejaure.

### **Day 3:**

You ride westward towards the Swedish-Norwegian mountain chain, Skanderna. After approx 18 km you reached Dukkejaur, where you stay the night.

### **Day 4:**

The horses take you eastward across Vindelälven to Björkfjället. If the visibility is good, you can look far away into Norway. You travel approximately 22 km across the smooth and welcoming mountains where you can try to ride in "tölt", (tölt is the Icelandic horse's fourth pace) to your next wigwam.

### **Day 5:**

You continue over Björkfjället's expansive grasslands towards the highest-situated wigwam on the route, Båsatjaure, at 1000 metres above sea level. Distance for the day approx. 20km.

### **Day 6:**

Today you leave the mountain world and ride towards Ammarnäs, taking lunch in Biergenis where you can learn how modern methods of reindeer husbandry work. By the time you are down in Ammarnäs you will have ridden approx 20 km. After a shower and sauna it will be time for a hearty farewell dinner at Ammarnäs Wårdshus. You will spend the night at the provider's hostel.

### **Day 7:**

Breakfast and home journey.

## **Fixed dates for 2010 season:**

12.07-18.07.10, 26.07-01.08.10, 09.08-15.08.10, 23.08-29.08.10

## **The price:**

£690/person

## **What The Price Includes:**

### ***Accommodation***

Lodging as per itinerary above.

### ***Meals***

All meals and accompanying drinks are included. Other drinks and snacks may be brought with you as required. Food served is from the local area and will include elk, reindeer and fish.

### ***Equipment***

Horse and riding equipment will be provided. Your personal equipment will be packed into pack-rolls, which hold approx. 40 l. You'll borrow the rolls from the local provider.

### ***Guides:***

Experienced and knowledgeable local guide.

## **What The Price Does Not Include:**

Alcoholic drinks.

## **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:***

*(please note that it is important to have the correct equipment for this experience – if there are items you are unable to source, please let us know and we will do our best to assist)*

### **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. Raincoat (not poncho), rain trousers (it's a good idea if you sew straps on so that your trouser-legs will be kept in place), T-shirt, shirt, heavy warm sweater, cap, gloves, scarf, heavy socks, a change of underwear and something to sleep in.

Long trousers without the jeans-seam on the inside of the leg. Good trousers for riding are general "outdoor trousers", but not those which are designed to convert into shorts, as the zips on the legs can chafe. Military-style trousers work very well. Riding trousers are also fine, but should not be too tight and should have room for long-johns/thermal leggings underneath. It is important to pack long-johns and long-sleeved base layer. Conditions on the mountains may vary between riding in t-shirt to requiring base layer, hat and gloves.

Rubber boots/hiking Wellingtons are best. They should not have too low an ankle and should have space for thick socks. They should fit well, give good foot support and not rub when hiking. Riding boots will be too constricting and have poor grip if you need to hike in them. Bear in mind that there will be space for an extra pair of shoes in the packing. You should count on having just one pair with you for the whole trip. Boots can be dried in the teepee if their become damp.

**Equipment:**

Warm sleeping-bag (-10 C), towel.

**Additional:**

Compass, sunglasses, matches, knife, camera, binoculars.

Map of the riding region will be provided. Those who wish to may buy Swedish mountain map BD16. The equipment will be packed into pack-rolls, which hold app. 40 l. You'll borrow the rolls from the local provider.

Fishing-rods brought must not be longer than 50 cm folded up.

Things that will not find space in the pack-rolls are thick, heavy books, pillow and gym-shoes. Remaining equipment such as like travelling clothes, suitcase, mobile etc. will be left and locked up in Ammarnäs.

**NB:** There are no ATMs in Ammarnäs. Some shops may accept card payments, but please ensure that you have adequate cash with you for your stay.

**Health requirements/experience:**

To take part in this ride no experience of riding is required. However we insist that participants part are used to the outdoor life, have a weight of max 90 kg, have a normal level of fitness and are aged 15-55 years. If you are above or under the age limit, but have good experience of riding and fulfil the other requirements you are welcome to join.

If you have special dietary needs or preferences, please contact us to discuss your requirements.

**Group size**

On the rides max 15 persons can take part. This experience is open to travellers from all over the world. Groups may be made up of participants from a number of countries, around 70% of whom are likely to be from Scandinavia.

**Groups**

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

**Information about the area:**

**Vindelfjällen** is one of largest protected areas in Europe. It contains almost all types of regions that can be found in the Swedish mountains, from primeval forests with spruces and pines, to the moors, marshes and the alpine bare mountain regions. The area has many lakes, loved by a wide variety of birds. In the reserve there is extensive reindeer breeding. The main river in the reserve is Vindelälven, with many rapids and waterfalls. The main villages are Hemavan/Tärnaby, Ammarnäs, and Adolfsström.

**Ammarnäs** is located in the heart of the Vindelfjällen nature reserve on the Vindelälven river, one of the few undeveloped rivers in Sweden. It is an attractive mountain village with a mixture of new settlers and Sami culture.

## 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:

- Stockholm Arlanda (ARN)
- Stockholm Skavsta (NYO)

- Stockholm Västerås (VST)

From Stockholm Arlanda, travel to Ammarnäs as outlined below. From Stockholm Skavsta Västerås, take flight bus to central Stockholm (travel time approx 80 mins) for onward travel as shown below.

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 via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and 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.
- **Harwich-Stockholm by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Stockholm via Copenhagen. For ferry information and booking, see [www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm](http://www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm)

#### **Travel within Sweden:**

First travel to Stockholm as shown above.

As Ammarnäs is situated in the mountain region in the far north of Sweden, we recommend you divide your journey into two parts. Both Stockholm and Östersund are pleasant towns to overnight in.

#### ***By train and bus:***

From Arlanda C (the station at Stockholm Arlanda airport) or Stockholm C (Stockholm Central station): Train to Östersund C for overnight. Bus to Ammarnäs via Sorsele. Travel time with changes approx. 13-15 hours.

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.

#### ***By air:***

You can fly from Stockholm Arlanda (ARN) to Storuman, Arvidsjaur or Östersund.

From Storuman: There is one bus a day from Storuman to Ammarnäs with a change in Sorsele. Travel time around 4-5 hours.

From Östersund: Bus to Ammarnäs via Sorsele. Travel time from Östersund 9.5-10 hours.

From Arvidsjaur: 170 km left to travel, either by rental car or by pre-booked taxi. (Tel: +46 952 10700)

Timetable information for buses from Storuman and Östersund to Ammarnäs can be viewed at [www.sj.se](http://www.sj.se). Tickets should be purchased on the bus.

#### ***By car:***

Driving directions will be given in the documentation sent with your booking confirmation.

### **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 to cultural and environmental sensitivity.