



Nature Travels

outdoor experiences in Sweden



ICE SKATING ON NATURAL ICE SINGLE DAY TOURS

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Ice-Skating on Natural Ice

Experience Code: GL11W1

So, you thought you had done it all? No – this is a rather different winter experience! In the wintertime the archipelago and up-country lakes make up a labyrinth of ice for participants in this exclusive sport. We offer one-to-one or guided group tours in the Southern Stockholm/Trosa area with experienced and well-trained skating instructors.

Ice-skating is an ideal way to experience the beauty and tranquility of the Archipelago and lakes in the winter. It is an experience that will change your life. The feeling of gliding soundlessly over clear ice is as fantastic as it sounds. Trosa and the beautiful Sörmland countryside is an ice eldorado. From amazing experiences with archipelago tours among skerries and golden eagles to the saga-rich lakes with their beautiful castles and mansions: there is more ice than you imagine!

Your experience will combine culture and nature. You will experience a beautiful nature setting in the company of knowledgeable and experienced guides. Depending on the weather conditions and the experience of the members in the group you will choose between the calm inner archipelago, the lush central archipelago or meet the horizon among the skerries of the outer regions.

This experience takes place in the beautiful archipelago of Trosa in Sörmland, situated just south of Sweden's capital, Stockholm. Often you can skate from the end of October to the beginning of April. The ice changes and you need to know where the ice is best on a particular day. If you go on this experience, you will be given an unique experience, skating where the ice is best at the time. If you have never skated on long-distance skates before, don't worry - you will be surprised how quickly a beginner learns to long-distance skate calmly and safely. Dangerous? Absolutely not - with the right security equipment and knowledgeable guides you are in safe hands.

See you soon on the blank shiny Swedish ice!

Dates for 2008/9 winter season:

This tour can be booked on dates between end of November to the end of March by a group of 1-5 adults or a group of 6-20 adults. For larger groups, please contact us for a quotation.

The price:

£309 per group of 1-5 adults plus £36 per person.
£607 per group of 6-20 adults plus £36 per person.

For a full day 9am-4pm.

Sometimes transports up to 1 hour are needed to get to the best ice.

What The Price Includes:

Full day guiding and instruction on lake or sea ice with experienced guides/instructors.

Meals

Substantial picnic lunch.

Equipment

Full equipment is included.

Everyone participating in this experience will be provided with:

- Long distance ice skates (please provide shoe sizes).
- Backpack 40-50L, soft pack, no frame with both waist and groin straps.
- Complete change of clothes from socks to hat, packed in waterproof bags.
- Ice picks in strap around your neck.
- Knee pads.
- Ice stick or double ski poles.
- Helmet, not essential if you are over 15, but recommended to protect your head.
- Children under 10 should wear a life jacket.

Guides:

Experienced and knowledgeable local guide.

Transport:

Transfer to/from your accommodation in Stockholm or Trosa to/from ice skating sites.

What The Price Does Not Include:

Accommodation.

We recommend that you stay at least a night in Trosa: it is a lovely fishing town well worth a stay. Good local hotels in Trosa town are: www.bomans.se or www.trosastadshotel.se .

A good hostel is: www.vandrarhemmetsnipan.com.

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:

Moisturiser and sun-cream.

Clothes:

Dress for winter activity, as if you were going cross-country skiing. Consider that the clothes need to breathe because you are active. Different layers are always good. Also, bring a complete extra change of clothes and something warm to put on during breaks.

Equipment:

Full equipment is provided. Please see "What the price includes" above.

Additional:

Sunglasses, camera, binoculars.

Health requirements/experience:

You should have a normal level of fitness, swimming ability, and like the outdoors. No ice-skating experience necessary - you will be taught the basics and the right technique.

Group size:

Minimum 1 person.

Groups:

It is possible to book this experience as a larger group. Please contact us for a quotation.

Information about the area:

The landscape of Södermanland varies a great deal from area to area. It is a region rich in water, with several rivers and more than one thousand lakes.

Södermanland is the perfect place to spend a holiday if you are interested in breathtaking nature panoramas as well as historical sights. There is a large variety of outdoor and wildlife activity and for this reason Södermanland is the perfect place for "eco-tourism". It is the province for those who appreciate lowland nature.

Södermanland's history is strongly reflected in all its numerous well-preserved historical remains, from runic stones through to modern age architecture.

Södermanland has an abundance of water. There are about a thousand lakes here and a beautiful archipelago with thousands of islands, a paradise for adventurers. The archipelago has become one of Sweden's most popular places to spend holidays. The bed-rock on the islands is predominantly granite and gneiss.

Trosa

The local provider for your experience is located in the beautiful archipelago of Södermanland in the historic rural fishing town of Trosa. Trosa is a true idyll with a lovely town centre along a small river and with a variety of good hotels, restaurants and shopping.

The town of Trosa, with 4,200 inhabitants, is surrounded by the stunning and unexploited archipelago. This is a true wilderness that offers great sea kayaking in the summer. Trosa is a popular place to visit in the summer, partly due to the municipal archipelago, and partly because the town itself is picturesque. You can stroll by the stream of Trosaån through central Trosa, seeing its small wooden houses. A humorous nickname for Trosa is "the end of the world". One can only guess why.

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
- Stockholm Skavsta (the most convenient option)

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 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.
- **London-Stockholm by ferry to Denmark then train.** Ferry from Harwich to Denmark, train to Copenhagen and train on to Stockholm. 3-4 departures weekly.

Travel within Sweden:

First travel to Stockholm Arlanda or Stockholm Skavsta as shown above. If you require accommodation in Stockholm, we offer affordable accommodation in a quiet yet central part of the city – please see www.naturetravels.co.uk/add-ons-stay-on-the-way.htm.

Airport bus transfer into the city can also be booked directly through us – please see www.naturetravels.co.uk/add-ons-flygbussarna.htm

Travel to Trosa

Trosa lies approximately 70 km south of Stockholm and 50 km north of Nyköping. Skavsta Airport is just 50km away.

By public transport:

You can reach Trosa easily by public transport. Take the train to Vagnhärad and after that continue by bus to Trosa or Västerlång. There are direct buses to Trosa from Stockholm City bus terminal and from Nyköping, Gnesta and Södertälje. There are buses between Skavsta Airport and Trosa - this journey often involves one or two changes.

Buses between Vagnhärad and Trosa and buses between Skavsta Airport and Trosa are run by Länstrafiken (tel: 0046 771-22 40 00 or ask us and we will email you the timetables).

Trains can be booked through national train operator SJ - see www.sj.se (+46 771- 75 75 75).

By car:

Ryanair often offers a discount on rental cars with Hertz. Skavsta airport is just 30 min away, approximately 50 km. Trosa is also easily accessible from Stockholm, just 45 minutes by car from central Stockholm and about 70 minutes from Arlanda airport.

Please tell us if you plan to travel by car and we will send you driving instructions.

It is possible to arrange pick-up and drop-off at Skavsta. Please contact us for more information.

If you have any questions do not hesitate to contact us. More details and advice on local transport will be provided after booking.

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 has a partnership with Leave No Trace. The Leave No Trace Center for Outdoor Ethics is an international non-profit organization dedicated to promoting and inspiring responsible outdoor recreation through education, research and partnerships. Leave No Trace builds awareness, appreciation and respect for our wild lands.