



Nature Travels

outdoor experiences in Sweden



SEA KAYAKING IN SORMLANDS
ARCHIPELAGO
- 3 DAYS

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Sea Kayaking in Sörmlands Archipelago: 3-day tour

Experience Code: GL3KS1

Kayaking is an ideal way to experience the beauty and tranquility of the Archipelago just outside the small picturesque town of Trosa. This archipelago is rich in protected areas and unspoilt nature. Here magnificent adventures await you with sea eagles, seals, bare cliffs and dramatic skerries.

This is an experience for those who enjoy real nature, food, drink, high quality equipment and rewarding encounters with fellow kayakers. In Sörmlands Archipelago the untouched wilderness still exists and offers fantastic sea/archipelago kayaking for much of the year. Here you have the opportunity to meet seals, sea eagles and other wild animals in their natural habitat.

Your experience will combine culture and nature. You will travel through beautiful areas led by experienced and knowledgeable guides, sleep and eat well and you will use first class equipment. 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.

Day 1-3

Over three days (Friday- Sunday) you will paddle stable sea kayaks (mainly twins), discovering adventures, break, eat lunch and experience the wildlife of the Archipelago. You spend the nights in genuine Hilleberg tents (single or double) on comfortable inflatable sleeping mats. A big dome/gathering tent becomes a cosy meeting hall if the weather is not at its best. Food is a highlight of the tour and you will have a three course dinner. Between meals, snacks and coffee are provided. If you would like beer or wine with your dinner there is a selection on offer.

At 14.00 you meet at the harbour in Trosa, down by the quay next the boat service station, to go through the plans for the weekend, techniques and equipment. You will then be transported to the start point. When everybody feels comfortable you will paddle to your first overnight night camp. On Day 2 you continue to a new night camp and on Day 3 you will return to Trosa around 4 pm.

Fixed dates for 2008 summer season:

06.06-08.06.08, 15.08-17.08.08, 05.09-07.09.08

The price:

£335/adult

What The Price Includes:

Accommodation

Accommodation in tent for two nights. High quality Swedish Hilleberg 2-person tents and comfortable inflatable Thermarest (5 cm) camping mattresses.

Meals

All meals (2 breakfasts, 2 lunches, 2 dinners). All meals are cooked on gas stoves and include a hot dish. Usually you will BBQ for dinner. Plenty of snacks, fruit, candy, coffee,

tea and drinking water between meals are included. The guides prepare the food but the group members are welcome to help.

Equipment

Kayak, spray skirt, paddle, life vest, wind- & rainproof paddle jacket, 30 litre dry bag (for your personal equipment), tent, inflatable sleeping mattress, outdoor chair, kitchen equipment incl. all eating utensils, food, drinks, toilet, soap, mosquito repellent, disinfectant, first aid kit and communication equipment incl. GPS.

Guides:

Experienced and knowledgeable local guide.

What The Price Does Not Include:

Sleeping bags and transfer.

Optional extras:

Transfer from Skavsta airport: £40 one-way by car.

Extra day's guided kayaking, including pick-up/drop-off from accommodation in Trosa, hire of kayaks and equipment, guiding and lunch: £331/group plus £36/person. Please contact us for recommendations for accommodation in Trosa.

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):

If you have excess baggage that you do not wish to take with you on the tour, a storage room is available.

Toiletries:

Soap, toothpaste, toothbrush and personal toilet bag, plasters, moisturiser, sun-cream, painkillers, 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.

In the Kayak:

Shorts/long tights for paddling (non-cotton), T-shirt long/short sleeve (non-cotton) for paddling, sandals (non-leather)/rubber boots, cap/sun hat.

During breaks and in the evening:

Outdoor pants (not jeans), long underwear pants, warm socks, underwear (non cotton), warm fleece evening jacket, hard shell (i.e. Gore-Tex), wind/rain jacket & pants, warm hat & gloves for chilly evenings (i.e. knit cap), extra T-shirts long/short (non-cotton) and shorts, pullover, swimsuit.

Equipment:

Towel and sleeping bag.

Additional:

Sunglasses, camera, binoculars, headlight/torch.

Health requirements/experience:

You should have a normal level of fitness, like the outdoors and be over 15 years old.

Group size

No minimum for scheduled tours, maximum 10 participants.

Groups:

It is possible to book this experience on custom dates as a group of minimum 6 people. 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 low-land 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 or Stockholm Skavsta. It is easiest to fly into Skavsta airport.

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-Vagnhärad by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Vagnhärad.

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

Travel within Sweden:

You will start this experience at the entrance to the Naturrum at Stendörren Nature Reserve at 14.00 on the start day.

If you are travelling by public transport, transfer is included from the centre of Trosa and you will be picked up from the Tourist Information Centre at 12.00.

Alternatively, if you are staying the night before in Trosa and provide a contact telephone number, you will be contacted the evening before and pick-up can be arranged from your accommodation at 12.00.

Travel to Trosa

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

From Stockholm Arlanda:

Travel to Stockholm Central Station then continue as below. Travel time approx. 40 mins.

From Stockholm Central Station:

Take the train to Vagnhärad or Södertälje Syd then continue by bus to Trosa.

Alternatively, there are some direct buses to Trosa from Stockholm City bus terminal. To book this journey see national train operator SJ at www.sj.se or call +46 771 757575.

Choose "In English" in the top right hand corner, choose "Stockholm C." as your start destination and type "Trosa" as your end destination. Travel time 1-1.5 hours.

From Stockholm Skavsta:

Local bus 715 to Nyköping Bus Station (16 mins). Bus 605/705 to Trosa Centrum (approx. 1 hour), direct or with change in Vagnhärad. For bus connections call Länstrafiken on +46 77122 40 00 or ask us and we will email you the timetables.

By car:

Skavsta airport is just 30 min away, approximately 50 km. You can also get there easily from Stockholm, 45 minutes by car from central Stockholm and about 70 minutes from Arlanda airport.

If you are travelling by car/rental car the meeting point is at the entrance to the Naturrum at Stendörren Nature Reserve at 14.00.

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

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.