

Vålådalen Mountain Station and Nature Reserve – Sample Itinerary

Day 1

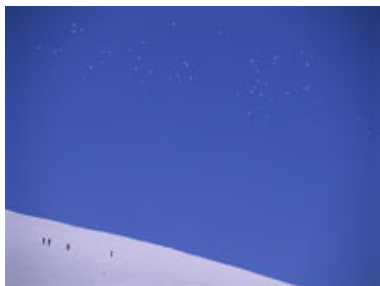
Arrive at Åre Östersund airport. Transfer to Vålådalen mountain station (approx. 90 mins), a traditional Swedish mountain lodge dating from 1923. Accommodation in shared rooms with en-suite shower and WC.

Evening activity: Snowshoeing in the northern winter night

An evening expedition on snowshoes into the winter darkness, lit only by the stars and moon. You will depart around 7pm (or by arrangement). Your tour takes you through deep forests and mountain plains to experience the silence and stillness of a Swedish winter. You may be accompanied along the way by the hooting of owls or the cries of an arctic fox.



Your destination is a traditional teepee, or “kåta”, out in the wilderness, where a roaring open fire, soft reindeer skins, and three-course evening meal of traditional Swedish food and drink awaits you. When it is time to go home, you put on your snowshoes once again for the short return journey. Finish around 11.30.



Day 2

Breakfast at the mountain station.

Day activity: Dog Sledding, Snowmobile Safari, Snowshoeing and Abseiling

You will divide into two groups to travel out into the wild beauty of Vålådalen Nature Reserve. For the outward journey, one group will travel by dogsled and the other by snowmobiles (fitted with environmentally-friendly 4-stroke engines), and vice-versa for the return journey. Once deep into the reserve, you will stop, strap on your snowshoes and walk up to a rocky outcrop, before abseiling to the bottom. This activity can be tailored to suit the wishes of the group, from easy descents of just a few metres to a challenging 80m descent. You then return to the mountain lodge by either dogsled or snowmobile.

Dinner at the mountain station.



Day 3

Breakfast at the mountain station.

Morning activity: Team-building in the winter wilds

A selection of team-building activities tailored according to your wishes, including the chance to try a storm simulator.

Lunch at the mountain station.

Transfer to Åre Östersund airport for departure.



Price:

Please contact us to discuss the particular requirements of your group and we will be happy to take forward a price quotation for you.

What is included:

- Transfer to/from Åre Östersund airport.
- Accommodation in shared en-suite rooms at Vålådalen mountain station.
- All meals from dinner on Day 1 to lunch on Day 3.
- All equipment necessary for the activities.
- Local guides.

Optional extras:

- Hire of warm overalls and boots. The overalls are ideal for snowmobiling and dog sledding. Participants may find them too warm for some other activities, e.g. snowshoeing, and may prefer to bring their own ski-wear and warm clothing. A recommended packing list can be supplied after booking.