



Nature Travels

outdoor experiences in Sweden



Photo: Anders Dahlin Naturfoto

SPA AND HIKE IN THE SUMMER MOUNTAINS - 5 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>

SPA AND HIKE IN THE SUMMER MOUNTAINS: 5-DAYS	2
GENERAL INFORMATION ABOUT THE MOUNTAIN STATION	2
PERIOD FOR 2008 SUMMER SEASON:	3
THE PRICE:	3
WHAT THE PRICE INCLUDES:.....	3
<i>Accommodation</i>	3
<i>Meals</i>	4
<i>Treatments and activities</i>	4
<i>Guides:</i>	4
WHAT THE PRICE DOES NOT INCLUDE:.....	4
OPTIONAL EXTRAS:	4
EQUIPMENT/CLOTHES NEEDED:	4
<i>Packing list (recommended):</i>	4
HEALTH REQUIREMENTS/EXPERIENCE:	5
GROUP SIZE:	5
GROUPS:	5
INFORMATION ABOUT THE AREA:	5
COMMON SENSE AND THE RIGHT OF PUBLIC ACCESS	6
<i>Respect others' privacy</i>	6
<i>Camping</i>	6
<i>Do not litter</i>	6
<i>Blossoms and berries</i>	6
<i>Protected natural areas</i>	6
GETTING THERE:	7
<i>By Air:</i>	7
<i>Without flying</i>	7
TRAVEL WITHIN SWEDEN:.....	7
WHAT TO DO NEXT:	7
ADDITIONAL NOTES	8

Spa and Hike in the Summer Mountains: 5-days

Experience Code: GS5SS1

Indulge yourself in some luxury - be selfish and think just about yourself, recharge your batteries over the course of a few relaxing days for body and soul in the mountains of Jämtland.

Yoga, relaxation, Qi Gong or gymnastics are some of the activities that you can participate in. You can take walks in peace and solitude or join one of the mountain station guides on one of the mountain tours that are offered.

During the evenings you will enjoy tasty dinners in the station's fully licensed restaurant - an extra bonus is its beautiful view over the Norwegian mountains in the west. Included in the price is one free spa treatment for 30 or 50 minutes depending on which of the packages you choose. For an additional fee you can of course book extra treatments.

The mountains welcome you to some relaxing days in the wild.....health and quality of life are the keywords for this experience.

General information about the mountain station

What can I do myself?

Suggestions for different tours are available both in written form and from the staff at the mountain station. You can rent canoes and go canoeing on the Grövel lake, rent bikes and take bike rides in the area, or go for hikes on your own with the help of walking guides and well-marked trails in the area.

Day excursions:

There are both full day and half day excursions you can join during your stay. Half day excursions are 5 hours. Full day excursions are 6-7 hours.

The day excursions start at 9.30 all days. They are between 8km and 20 km and cover varied terrain from old dense mountain forest to mountain plains, from steep, hilly terrain to flat easily-walked mountain plains. The walks often have different themes, such as culture, birds, national park etc.

Full day excursions cost between £15 and £23, depending on what is included (bus journey, boat journey etc.)

Half day excursions cost around £10.

Please ask at the reception on arrival for available excursions during your stay.

Evening programmes:

Activities are provided almost every evening of the week, but they can vary throughout the season - most take place at the station but some are in the surrounding area.

Examples: beaver safari, slideshows, barbeque nights, music in Storsäterns mountain chapel, quizzes, evening walks, try yoga, try Qi Gong, etc.

For some of the evening activities there is a small charge.

Please ask at the reception on arrival for evening activities during your stay.

Rental:

It is possible to rent equipment at the mountain station - complete outdoor equipment: everything from rain clothes, tent, Trangia (camping stove, sleeping mats, canoes, fishing equipment, boots etc). Contact us for a list of equipment available and prices.

Store:

At the mountain station there is a wide range of outdoor equipment and also food such as bread, canned goods, dried fruit and veg, sausages, meat, fish, milk products and toiletries.

The sports store has a good range of clothes, boots, backpacks, fishing equipment, outdoor kitchens, maps etc.

Restaurant: The mountain station has a certified, fully licensed restaurant.

Other facts:

Sauna is included for all the mountain station guests. There is also solarium and massage available at the station.

The mountain station is situated just below the tree line and you can easily reach the mountain plains. Three national parks and large nature reserves offer you fantastic hikes in untouched natural surroundings. Here you can still listen to the sound of silence. Fishing licences for all fishing waters in the area are sold in the reception.

Period for 2008 summer season:

Between 01.07 and 23.08.08 this experience is available for ANY consecutive 4 nights.

Between 24.08.07 and 28.09.08 the experience is available for 4 nights Sunday-Thursday or 3 nights Thursday-Sunday. NB: during this period the price for the 4 night or 3 night experience is the same.

The price:

Prices below are prices for members of the International Youth Hostel Federation (Hostelling International), YHA or the STF (Swedish Tourist Association).

If you are not already a member, in order to qualify for the prices below you must purchase a membership card for the STF. This costs 295 Skr (approx. £26) for an adult or 430 Skr (approx. £38) for a family. Membership cards will be collected and paid for on arrival at the mountain station in Sweden.

The Big SPA package: £371/person in two person rooms

The Small SPA package: £264/person in two person rooms

Please note that if you are not a member and do not wish to become a member, the non-member price for this experience is:

The Big SPA package: £407/person in two person rooms

The Small SPA package: £301/person in two person rooms

What The Price Includes:**Accommodation**

The Big SPA package:

4 nights' accommodation in two person rooms with shower and WC. Bedding, towels and bathrobe included.

The Small SPA package:

4 nights' accommodation in two person rooms with bunk beds and sink, shared shower and WC. Bedding, towels are not included - see Optional Extras.

End of stay cleaning is included.

Meals

All meals, full board.

Treatments and activities

The Big SPA package:

50 minute treatment of choice, participation in yoga relaxation, Qi Gong or gymnastics (depending on which are offered the days of your stay – NB not all days have an exercise slot).

The Small SPA package :

30 minute treatment of choice, participation in yoga relaxation, Qi gong or gymnastics (depending on which are offered the days of your stay – NB not all days have an exercise slot).

Guides:

Experienced and knowledgeable local leaders and guides.

What The Price Does Not Include:

Drinks.

Optional extras:

The Small SPA package:

Single room supplement: £40/5-day-package

Bedding and towels: £14/set/stay

Extra days: £62/day

The Big SPA package:

Single room supplement: £101/5-day package

Extra days: £77/day

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):

To get most out of your stay, it is important that you go through your equipment and make sure it is OK. Do not make things too complicated just because you are going to the mountains. For day tours from the mountain station you do not need any advanced equipment, but check that everything is in good condition and will last during a week's stay in the mountains.

A basic foundation for a good mountain experience is the old layer principle - one inner layer which transports moisture away and lets out heat, one middle layer that keeps you warm but still lets the moisture out and one outer layer that allows the moisture to evaporate and protects against wind and weather. Good basic clothing is a long-sleeved, legged underwear set (inner layer), a sweater, shirt that dries easily (middle layer) and jacket and trousers that breathe and protect against the wind (outer layer).

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), small first aid kit.

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), windproof jacket, boots, shoes, a pair of warm socks, socks made of wool, something to cover your head in case of heat or rain, a pair of gloves/mittens, a scarf, a warm sweater, sweatshirt, T-shirt, shirt, trousers, long sleeved, long-legged underwear set, a pair of shorts, underwear and something to sleep in.

Also bring training clothes and soft clothes for participation in Qi Gong, yoga etc.

Equipment:

Bedding and towel (if not chosen or included), backpack for day tours 30-45l with belt, sitting mat, water bottle, thermos with cup.

Additional:

Compass and map of the area (map details will be provided after booking – they can also be bought on site), sunglasses, knife, camera, binoculars, plastic box to store your lunch package in.

There is a well-equipped sports store at the station and there are possibilities to rent equipment - you can buy or rent the equipment you need. If it is possible please let them know in advance and check and book so the equipment you need is available. Contact details will be provided after booking.

Health requirements/experience:

You should have a good level of fitness and like the outdoors.

Group size:

There is no minimum for this experience.

Groups:

It is possible for groups to book this experience - please contact us to discuss your requirements.

Information about the area:

The Grövel Lake and the Grövel Lake Mountains are situated in the northern part of Dalarna. The area is characterized by low mountains and old-growth pine forest and here and there streams and wells break through. Just a couple of kilometres apart lie the sources of the Dalälven and the Klarälven-Götaälv rivers.

The Grövel Lake Mountains are a collective term for the area surrounding the lake which stretches over the border between Sweden and Norway. The highest mountain on the Swedish side is Storvätteshågna at 1,204 m. On the Norwegian side there are a few peaks that reach above 1,200 m. Reachable on a day walk lie Store Svuku and Gröthågna, which are both around 1,400 m. The traces of the Ice Age are tangible and this makes the area geologically interesting.

The mountain flora largely consists of bushy vegetation. In the stream valleys you can find some of the mountains' characteristic plants such as Two-flower Violet and Garden Angelica. Small rodents, hare, foxes and elk are the mammals visitors can count on seeing. Wolverine, lynx and bear have a secure presence in the area. The lynx and bear population has increased and wolves wander through the area. The Ptarmigan, Siberian Jay and the Scandinavian Dipper are characteristic birds of the area. Of the raptors, Golden Eagle, the Rough-legged Buzzard and the Gyr Falcon breed in the area.

The Merlin population has increased during recent years and they are now the most common bird of prey in the area.

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:

The nearest international airport is Stockholm Arlanda. It is also possible to fly into Stockholm/Skavsta and Gothenburg.

- British Airways fly to Arlanda from London Heathrow.
- SAS fly to Arlanda from London Heathrow, Manchester and Edinburgh.
- Ryanair fly to Gothenburg from London Stansted and Glasgow Prestwick.
- Ryanair fly to Stockholm Skavsta from London Stansted and Glasgow Prestwick.

Without flying

- **London-Stockholm by train via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen & connecting trains to Borlänge.
- **London-Stockholm by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and train on to Borlänge. The fastest option.
- **Harwich-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 or Gothenburg as shown above.

From Stockholm Skavsta take the connecting airport bus to Stockholm City terminal.

You can get to this experience by passing Mora. From Gothenburg you can travel by train or bus to Mora via Örebro and Borlänge. From Stockholm central or Arlanda Central you can travel by train via Borlänge.

Sleeper trains from Stockholm to Northern Sweden are run by www.connex.se. Trains have sleepers, some with private toilet and shower, couchettes, seats, bar and even cinema.

Daytime trains from Stockholm to most cities in Sweden are run by national train operator SJ, see www.sj.se for times and fares or call 0046 771 75 75 75. You can travel the whole way with the train and bus journey on one ticket.

After arriving in Mora, you have a direct bus to Grövelsjön.

Travel time from Gothenburg approximately 11-12h and from Stockholm City Central or Stockholm Arlanda central (the airport) travel time approximately 8-9 hours.

More details and advice on local transport will 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 provider has received a prestigious Swedish Ecotourism award for its commitment to high standards to cultural and environmental sensitivity.