



Nature Travels

outdoor experiences in Sweden



Photo: Anders Dahlin Naturfoto

**TREKKING IN THE MOUNTAINS
OF WESTERN SWEDEN
- 6 DAYS**

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Trek in the Mountains of Western Sweden: 6-day stay

Experience Code: GS6TS2

Enjoy days of peace, quiet and fresh air in the mountains of western Sweden on this guided trek led by an experienced local guide in the beautiful rolling mountains of Dalarna. The tour is suitable for adults and older children with a love of the outdoors and a general good level of fitness.

The atmosphere of the mountains greets you the moment you sit down beside the warming fireplace of the mountain station. Here you will start and end your trek over easily-hiked mountain meadows, across mountain plains and through ancient dense mountain forest. Your hike will take you on both sides of the Swedish-Norwegian border. The mountain station is situated just on the border between the mountain forest and the mountain plains - here the road ends and the wilderness starts.

The first day gives you a relatively easy start, covering around 12km across a landscape of mountain heathland towards your goal for the day, Vålådalen Gård. Your second day covers a greater distance, around 19km, across mountain plains with expansive views and, towards the end of the day, down through a section of ancient forest to spend the night next to Femudden lake.

Starting in pine forest, you will then trek towards Svukuriset, travelling through a very special landscape peppered with stones and the stumps of ancient trees. The landscape opens up to give stunning views down the 60km length of Lake Femudden. Your final day's hiking covers around 18km, with opportunities for a dip in the lake at lunchtime.

Your trek ends with a short boat trip back towards the mountain station for a well-deserved dinner. Why not soothe those tired muscles with a sauna? The ideal end to your trek in this dramatic yet accessible mountain region!

Day 1

Arrival at the mountain station. 17.30–19.00 dinner is served. At 20.00 you will all meet for a welcome and to go through your trek.

Day 2

Between 8.00-9.00 you have breakfast, then at 10.00 you will start your trek. Today you will walk from Grövelsjön to Valadalen Gård, a distance of approximately 12km. The first day is an easy hike over open mountain heaths. On this day you have a chance to get a sense for what feels right and wrong with your body and equipment. Overnight accommodation and 3-course dinner at Valadalen Gård.

Day 3

Walk from Valadalen to Elgå, 19 km, taking you across the mountain plains and into mountain forest for the last stretch before Elgå. This day offers beautiful views over the Norwegian mountains in the west. Overnight accommodation and dinner at Femund Fjellstue, beautifully situated next to Lake Femudden.

Day 4

Today's hike take you from Elgå to Svukuriset, 10km. Starting in thin pine forest, you soon climb above the tree line, by the mountain of Gråvola north of Elgå. A very special landscape opens up - stony, hard with dry tree stumps. From Gråvola you will have a magnificent view over the lake of Femudden, 60 km long. Towards the north you now see the goal for today, Svukuriset mountain station with the mountain Store Svuku in the background. Here you will spend the night and enjoy a 3-course dinner.

Day 5

From Svukuriset you will trek 18 km to Sylen, beginning on the marked trail south towards Rönnsjön and the mountain Gröthogna north of Grövelsjön. At lunchtime you will reach lake Rönnsjön – with the chance to take a dip! After lunch you continue round the mountain Sylvola and down Sylen, where you will catch the boat over to the southern part of lake Grövelsjön. Back at the mountain station where you started a warm sauna awaits you and a final dinner together to reflect on your adventures.

Day 6

Breakfast and departure.

Information about the mountain station where the tour begins and ends:

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 information:

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.

Fixed dates for 2010 summer season:

3rd-8th August 2010

Start: At the mountain station 3rd August at 17.30 for dinner. Welcome and information meeting 20.00.

End: At the mountain station 10th August at 10:00 after breakfast.

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 450 Skr (approx. £38) for a family. Membership cards will be collected and paid for on arrival at the mountain station in Sweden.

Member price:

£473/adult
Children 13–15 years: £237/child

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:

Non member price:
£500/adult
Children 13–15 years: £250/child

What The Price Includes:

Accommodation

5 nights' accommodation at mountain stations. Bedding and towels not included.

Meals

All meals, full board.

Guides:

Experienced and knowledgeable local leaders and guides.

What The Price Does Not Include:

Alcoholic drinks.

Optional Extras:

Additional nights at the mountain station before or after your tour can be added for £82/adult/night including full board (price based on membership of STF/YHA).

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, backpack 40-50l 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 general good level of fitness and enjoy the outdoors. Minimum age 13 years.

Group size:

Minimum total number of participants for experience to run: 7.
Maximum number of participants: 12.

This experience is open to travellers from all over the world. Groups may be made up of participants from a number of countries, around 60% of whom are likely to be from Scandinavia.

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:

You can choose to fly to:

- Stockholm (Arlanda, Västerås or Skavsta)
- Gothenburg (City or Landvetter)

For details of flight connections see 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

Many airlines offer discounts on rental cars in connection with their flights.

Without flying

- **London-Grövelsjön by train via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen & connecting trains/buses to Grövelsjön.
- **London-Grövelsjön by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and trains/buses to Grövelsjön.
- **Harwich-Grövelsjön by ferry and train via Denmark.** Ferry from Harwich to Denmark, train to Copenhagen and trains/buses to Grövelsjön.

Travel within Sweden:

From Stockholm Arlanda (ARN): Train to Mora, bus to Grövelsjön. Travel time around 7 hours 45 mins with one or two changes.

From Stockholm Skavsta (NYO): Flight bus to central Stockholm. Train and bus to Grövelsjön. Travel time around 10 hours with changes.

From Stockholm Västerås (VST): Train to Mora, bus to Grövelsjön. Travel time around 8.5 hours with changes.

From Gothenburg City or Gothenburg Landvetter airports: Flight bus to central Gothenburg. Train to Mora, bus to Grövelsjön. Travel time around 11 hours with changes.

Trains in Sweden are run by national train operator SJ. For train connections and to book your tickets, see www.sj.se. Click "In English" in the top right corner. Please note that the most affordable tickets are released 90 days before departure. You can buy a ticket for your whole journey, including train to Mora and onward bus to Grövelsjön. More details and advice on local transport will be provided after booking.

If you have any questions, please 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.