



# Nature Travels

outdoor experiences in Sweden



Photo: Anders Dahlin Naturfoto

## SKI TOURING IN THE MOUNTAINS OF WESTERN SWEDEN - 8 DAYS

Nature Travels Ltd  
26 Andover Green  
Bovington, Wareham  
BH20 6LN  
United Kingdom

Tel: 01929 463774

Email: [booking@naturetravels.co.uk](mailto:booking@naturetravels.co.uk)

Website: <http://www.naturetravels.co.uk>

<b>SKI TOURING IN THE MOUNTAINS OF WESTERN SWEDEN: 8-DAY EXPERIENCE .....</b>	<b>2</b>
DAY 1 .....	2
DAY 2 .....	2
DAY 3 .....	2
DAY 4 .....	2
DAY 5 .....	2
DAY 6 .....	3
DAY 7 .....	3
DAY 8 .....	3
GENERAL INFORMATION ABOUT THE MOUNTAIN STATION WHERE THE TOUR BEGINS AND ENDS: .....	3
<b>FIXED DATES FOR 2010 WINTER SEASON: .....</b>	<b>3</b>
<b>THE PRICE: .....</b>	<b>3</b>
WHAT THE PRICE INCLUDES:.....	4
<i>Accommodation</i> .....	4
<i>Meals</i> .....	4
<i>Activities</i> .....	4
<i>Guides</i> : .....	4
WHAT THE PRICE DOES NOT INCLUDE: .....	4
OPTIONAL EXTRAS: .....	4
<b>EQUIPMENT/CLOTHES NEEDED:.....</b>	<b>4</b>
<i>Packing list (recommended):</i> .....	4
<b>HEALTH REQUIREMENTS/EXPERIENCE: .....</b>	<b>5</b>
<b>GROUP SIZE:.....</b>	<b>6</b>
<b>GROUPS:.....</b>	<b>6</b>
<b>INFORMATION ABOUT THE AREA:.....</b>	<b>6</b>
<b>COMMON SENSE AND THE RIGHT OF PUBLIC ACCESS .....</b>	<b>6</b>
<i>Respect others' privacy</i> .....	6
<i>Camping</i> .....	7
<i>Do not litter</i> .....	7
<i>Blossoms and berries</i> .....	7
<i>Protected natural areas</i> .....	7
<b>GETTING THERE:.....</b>	<b>7</b>
<i>By Air:</i> .....	7
<i>Without flying</i> .....	7
TRAVEL WITHIN SWEDEN: .....	8
<i>Direct Bus from Gothenburg or Stockholm</i> .....	8
<b>WHAT TO DO NEXT:.....</b>	<b>8</b>
<b>ADDITIONAL NOTES .....</b>	<b>8</b>

# Ski Touring in the Mountains of Western Sweden: 8-day experience

## Experience Code: GS6XW1

*Experience the beauty and silence of the winter mountains on a guided ski touring expedition through the stunning mountain landscape of Grövelsjön. At this time of year there is still no shortage of snow, but the smell of springtime is in the air and the mountains invite you to get out and explore.*

*After a day-excursion from your base at the award-winning mountain station to get accustomed to your equipment, you will head off into the wilderness for four days of cross-country ski touring through a world of birch forests and wide mountain plains. Your route takes you onto the Norwegian side of the border, passing through Femundmarka National Park. Accommodation during your experience is three nights at the mountain station in Dalarna and three nights in Norwegian mountain stations along the route.*

*At the end of your ski touring expedition, you return to the award-winning station at Grövelsjön to enjoy a sauna and farewell dinner in the quality-marked restaurant with its spectacular view over the Norwegian mountains to the west, sharing your impressions and memories of your time in the winter wilderness with your fellow adventurers. Relax and enjoy the pictures in your mind of white winter mountains glistening in the sunshine against a boundless blue sky.*

### Day 1

Arrival at the mountain station, dinner and a welcome meeting.

### Day 2

The first day you will do a tour in the area surrounding the mountain station, to brush up on your skiing technique and check the equipment is set up appropriately for a multi-day tour.

### Day 3

Start out from the mountain station towards today's goal - Sylseth on the Norwegian side of the border north of the lake. You will follow the winter trail for the first kilometres over Lång Mountain. Up by the Jakobshöjden you leave the trail and turn north. Now it will be easy skiing and you will get magnificent views from horizon to horizon. From the northern slope of the Lång Mountain you head down towards the Grötå valley, and pass the Norwegian border and continue towards Sylseth. Here a good three course dinner awaits you. Day distance: approx. 14km.

### Day 4

Today you start through thin birch forest up through the valley between the mountains Sylvola and Gröthogna. You will travel westwards and pass the lake Rönnsjön and continue into the Femundmarka national park south of the mountain Store Svuku. You will now have terrific skiing on the slopes of Store Svuku on your way down to Svukuriset and the Norwegian Tourism Authority mountain station. Day distance: approx. 16 km.

### Day 5

This day you can choose between doing a shorter day tour from Svukuriset or stay behind to rest and take it easy. You ski a couple of kilometres north up onto the heights west of Store Svuku – offering magnificent views over lake Femunden and the Norwegian mountains in the west. Here the mountain world opens up in all its glory! If you stay

behind at the mountain station you can enjoy the genuine old Norwegian mountain station environment and relax with a book in front of the fire.

### **Day 6**

You start in birch forest up and past Revlingsjön and Elgåhognas northern slopes. After a couple of kilometres you are up on the mountain plains and the skiing gets easy as you head towards the east pass Forborgen and up to the pass valley, which you follow until you reach the Swedish border and then down towards the Grövel Lake mountain station. Back again and a sauna and dinner awaits you. Day distance: approx. 23km.

### **Day 7**

This is a day to relax and soak up the atmosphere of the mountains before departure, a chance to collect your thoughts and reflect on the weeks' adventures. If you would like to do some skiing, there are 120km of prepared ski trails starting right from the door, or why not pamper yourself with a well-deserved spa treatment or massage at the station's mini-spa?

### **Day 8**

Departure.

### **General information about the mountain station where the tour begins and ends:**

#### **Rental:**

It is possible to rent a complete range of outdoor equipment from the mountain station, from winter clothing to skiing and ice-fishing gear. 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 mountain station guests. There is also solarium and massage available at the station. The mountain station has a mini spa, where treatments must be booked 3 weeks in advance. Full list of available treatments and information on how to book will be provided after booking.

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 tours in untouched natural surroundings. Here you can still listen to the sound of silence.

### **Fixed dates for 2010 winter season:**

11<sup>th</sup> – 18<sup>th</sup> April 2010

Start: Sunday 11<sup>th</sup> April at 18:00 for dinner

End: Saturday 18<sup>th</sup> April 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. £27) for an adult or 450 Skr (approx. £40) for a family. Membership cards will be collected and paid for on arrival at the mountain station in Sweden.

Price: £575/person

*(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: £639/person)*

## **What The Price Includes:**

### **Accommodation**

7 nights' accommodation in multi-person rooms in mountains stations/cabins with sink, shared shower and WC. Other accommodation options are available for the nights at the mountain station (days 1, 2 and 6). Please contact us for details.

Bedding, towels are not included. End of stay cleaning is included.

### **Meals**

Full board from dinner on day 1 to breakfast on day 8.

### **Activities**

- 1-day ski tour on Day 2
- 4-day ski tour Day 3 - Day 6

### **Guides:**

Experienced and knowledgeable local leaders and guides and safety equipment.

## **What The Price Does Not Include:**

- Ski equipment (may be hired as optional extra)
- Sleeping sheet and towels
- Alcoholic drinks

There is a well-equipped sports store at the station and it is possible to rent or buy the equipment you need. Please advise the station of your equipment requirements/sizes in advance so that they can ensure the most suitable equipment is available for you. Contact details will be provided after booking.

## **Optional extras:**

It is possible to pre-book a range of treatments at the station's mini-spa. Information on how to book and treatments available will be provided after booking. Ski equipment can be hired from the mountain station. Please advise sizes and requirements in advance. Cost for set of touring skis, boots and poles around £56/person for the duration of the tour, to be paid in Swedish Kronor when you collect your equipment.

## **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 experience, it is important that you go through your equipment and make sure it is in good order. No specialist expedition equipment is required, but

check that your equipment is in good condition and will last during a week's stay in the mountains.

### **Some tips for suitable winter equipment:**

Mountain skis with steel edges and robust bindings, 55-60 cm broad. Length approximately 20-30 cm longer than your own height. Skiing boots which are big enough to fit in thin socks and woollen socks and some insulating air and give support for the ankle. Poles with wide base for stability in loose snow. Gaiters to prevent snow getting in to your boots.

A basic foundation for a good mountain experience is the 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). You should not have cotton next to your skin, as cotton absorbs moisture and cools down as it dries.

### **Toiletries:**

Soap, toothpaste, plasters, moisturiser, sun-cream, painkillers, blister tape, small first aid kit, toilet paper.

### **Clothes:**

- 2 pairs woollen socks
- 2 sets long-sleeved, long-legged base layer, wool or synthetic
- Quick-drying sweater/shirt
- Windproof trousers and windproof jacket (with hood)
- Windproof hat which can cover your ears
- Scarf
- Winter mittens (warmer than fingered gloves), plus lighter pair of fingered gloves
- Down jacket or warm fleece, etc
- Spare gloves/hat
- Clothes and light shoes to wear in the cabins
- Something to sleep in

### **Equipment:**

- Backpack 45-60l with belt
- Sleeping bag and sleeping mat (sleeping bag should be rated to some degrees below zero, used in event of emergency; sleeping mat useful for rest stops and as emergency equipment)
- Thermos with cup
- Water bottle
- Sunglasses/ski glasses
- Sleeping sheet and towel (blankets/duvets and pillows are provided at the mountain stations)

### **Additional:**

Compass and map of the area (map details will be provided after booking – they can also be bought on site), knife, camera, binoculars.

### **Health requirements/experience:**

You should have a good level of fitness and knowledge of cross-country skiing. You should be able to ski with 10-12 kg in your backpack for periods of 6-7 hours over undulating terrain. Have previous experience of mountain tours. Minimum 15 years.

## **Group size:**

Total of min. 5 participants for experience to run. Max. group size 12 persons. 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.

## **Groups:**

It is possible for groups to book this experience on other dates by arrangement - 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 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](http://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](http://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](http://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:**

### ***Direct Bus from Gothenburg or Stockholm***

There are direct buses to/from Gothenburg and Stockholm timed to fit with the start and end of the tour. Travel time approx 9.5 hours including rest stop of 45 minutes mid-way.

You can book these buses through Nature Travels. Please contact us for timetables and prices.

### ***Other Options***

**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.

**From Oslo airports:** Travel by hire car to the mountain station. Driving time approx. 5 hours from central Oslo.

Trains in Sweden are run by national train operator SJ. For train connections and to book your tickets, see [www.sj.se](http://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](http://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.