



Nature Travels Ltd

for wildlife and outdoor experiences



Photo: Anders Dahlin Naturfoto

SKI TOURING IN THE MOUNTAINS OF WESTERN SWEDEN - 7 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>

SKI TOURING IN THE MOUNTAINS OF WESTERN SWEDEN: 7-DAY EXPERIENCE	2
DAY 1	2
DAY 2	2
DAY 3	2
DAY 3	2
DAY 4	2
DAY 5	3
DAY 6	3
GENERAL INFORMATION ABOUT THE MOUNTAIN STATION WHERE THE TOUR BEGINS AND ENDS	3
FIXED DATES FOR 2008 WINTER SEASON:	3
THE PRICE:	3
WHAT THE PRICE INCLUDES:.....	4
<i>Accommodation</i>	4
<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>	7
GETTING THERE:	7
<i>By Air:</i>	7
<i>Without flying</i>	7
TRAVEL WITHIN SWEDEN:.....	7
<i>Direct Bus from Gothenburg or Stockholm</i>	7
WHAT TO DO NEXT:	8
ADDITIONAL NOTES	8

Ski Touring in the Mountains of Western Sweden: 7-day experience

Experience Code: GS6XW1

Experience the winter mountains on skis on this tour around the welcoming Grovlesjön mountains. 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. You will spend 4 days cross-country skiing through a stunning mountain landscape with awe-inspiring views all around you.

Your route takes you onto the Norwegian side of the border passing through Femundmarka national park. Spending the nights at mountain stations and mountain cabins along the way, you will return home with memories of hearty dinners and warming fires after spending the days skiing in the white wilderness

You end the tour at the station where you started, enjoying a good dinner in the quality-marked, fully-licensed restaurant and enjoying the view over the spectacular mountains to the west, your head filled with impressions from the tour. 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 - Ryvanggård on the Norwegian side of the border north of the lake. You will follow the winter trail for the first kilometres. 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 northern slope of the Lång mountain you head down towards the Grötå valley, and pass the Norwegian border and continue towards Ryvanggård. Here a good three course dinner awaits you and a chance to relax in front of the fire. Day distance: 14km

Day 3

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. Here you will have a refreshing shower and a three course dinner, before it is time to turn in for the night. Day distance: 16 km

Day 4

This day you can choose between doing a shorter day tour or stay behind to rest and take it easy. You ski a couple of kilometres north up onto the heights west of Store Svuku – here you will have great 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 5

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 mountain station. Back again and a sauna awaits you and a farewell dinner.

Day 6

Departure.

General 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 winter clothes, skis and ice-fishing equipment. 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 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 2008 winter season:

30 March – 5 April 2008

Start: Sunday 30 March at 18:00 for dinner

End: Saturday 5 April 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. £23) for an adult or 430 Skr (approx. £33) for a family. Membership cards will be collected and paid for on arrival at the mountain station in Sweden.

Price: £378/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: £424/person)

What The Price Includes:

Accommodation

6 nights' accommodation in multi-person rooms in mountain stations/cabins with sink, shared shower and WC.

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

Meals

Full board.

Treatments and activities

1 day tour
4 day ski tour.

Guides:

Experienced and knowledgeable local leaders and guides and safety equipment.

What The Price Does Not Include:

Food, drinks, bedding and towels.

Optional extras:

There is the possibility to pre-book treatments for an extra cost. Information on how to book and treatments available will be provided after booking.

Bedding and towel: £12/set

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 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.

Here are some tips for suitable winter equipment:

Mountain skis with iron edges. 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 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 windproof (jacket and trousers), Warm winter jacket or really warm sweater, boots, shoes, two sets of warm socks made of wool, something to cover your head (windproof), two pair of winter gloves, one pair of thinner gloves, a scarf, a warm sweater, sweatshirt, T-shirt, shirt, trousers, long sleeved, long-legged underwear 2 sets, a pair of shorts, underwear and something to sleep in.

Equipment:

Bedding and towel, backpack for day tours 45-60l 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 have a good knowledge of cross-country skiing. You should be able to ski with 10-12 kg in your backpack in over undulating terrain. Have previous experience of mountain tours. Minimum 15 years.

Group size:

Minimum: 7 booked for this experience to run.

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 - 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.allemanstratten.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.

Direct Bus from Gothenburg or Stockholm

There are direct buses from the bus terminals in Gothenburg and Stockholm direct to Grövelsjön. You can book these buses through Nature Travels. Please contact us for prices.

From Stockholm:

30/03/08 – depart Stockholm 10.15 arriving Grövelsjön 18.55

06/04/08* – depart Grövelsjön 08.40 arriving Stockholm 18.20

**NB Sunday departure. It is possible to add an extra night at the mountain station if you wish. Please contact us for details.*

From Gothenburg:

30/03/08 – depart Gothenburg 10.15 arriving Grövelsjön 19.50

06/04/08* – depart Grövelsjön 08.40 arriving Gothenburg 18.30

**NB Sunday departure. It is possible to add an extra night at the mountain station if you wish. Please contact us for details.*

Other Options

You can get to this experience by passing Mora. From Gothenburg you can travel with 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 our 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.