



Nature Travels

outdoor experiences in Sweden



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WINTER WEEKS IN THE MOUNTAINS - 8 DAYS

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Winter Weeks in the Mountains: 8-day experience

Experience Code: GS8AW1

Come and stay a week at a traditional, award-winning Swedish mountain station in the Grövel Lake mountains, where you will find an intimate atmosphere and stunning natural surroundings.

During the days there is a wide range of guided and self-guided activities to choose from. You can join the station's knowledgeable guides on one of the day tours offered, or alternatively you may decide to spend the day exploring the mountains on your own. Cross country or ski touring instruction can also be arranged. In the evenings you can enjoy home-cooked Swedish cuisine served in the station's fully-licensed restaurant, with its beautiful view over the Norwegian mountains to the west. Perhaps you will end the day with a herbal bath or other treatment offered in the station's mini spa or choose a massage to soften stiff muscles and replenish your energy.

This is an excellent experience for families, as children under 16 can stay in their parents' room free of charge. Children under six also eat for free. You can hire a child ski-sled for young children who cannot ski themselves, and there are activities such as "ski play" available. The Swedish mountains are a wonderful winter playground!

The Grövel Lake mountains are the ideal combination of tranquility and adventure. The mountain station offers full service and you can choose from different accommodation and board alternatives in different price categories. Give yourself a little luxury with shower and toilet en-suite or choose to have shared facilities. Choose full or half board or cook for yourself in the self-catering kitchen available.

You can go cross-country skiing, tobogganing, build snow castles, look for the tracks of birds and animals, or find a special spot to make a fire and barbecue sausages. The activities and adventures are endless in the Swedish mountains!

General information about the mountain station

Ski Trails:

Beginning directly from the station there is an extensive network of marked touring trails leading up onto the mountains and over 100km of prepared cross country ski tracks in varied terrain in the forests below the tree line. The tracks are always freshly prepared following a snowfall and are maintained in between.

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 go for ski tours on your own with the help of written 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. 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. (e.g. slideshows, quizzes, music entertainment, 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 winter clothes, skis and ice-fishing equipment. Contact us for a list of equipment available and prices. Children up to 9 years of age can borrow cross-country ski equipment (skis, poles and boots) for free (if you are a member of YHA/Hostelling International or join as part of your experience), but please advise sizes in advance.

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, massage and a range of spa treatments 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 tours in untouched natural surroundings. Here you can still listen to the sound of silence.

Dates for 2009/2010 winter season:

Booking is possible for 8 days/7 nights during the following dates:

- 27.12.09-03.01.10 (8 days Sun-Sun)
- 30.01-27.03.10 (8 days Sat-Sat)
- 27.03-04.04.10 (9 days Sat-Sun)
- 04.04.-25.04.10 (8 days Sun-Sun)

The price:

Prices below are 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.

(Please note that if you are not a member and do not wish to become a member, an additional £63/adult/8 days or £72/adult/9 days is due).

Price is based on number of adults staying in the room.

Family price:

Please note that two adults with up to two children under 16 years in the same room pay the price for two adults in double room. One adult with one child under 16 years in the same room pays the price for one adult in single room. Additional children under 16 are charged at £63/child/8 days or £72/child/9 days.

Two adults (+ up to two children under 16) sharing room:

27/12 – 03/01 £363/adult

February:

30/01-06/02 £210/adult

06-13/02 £210/adult

13-20/02 £325/adult

20-27/02 £325/adult

March:

27/02-06/03 £363/adult

06-13/03 £325/adult

13-20/03 £325/adult

20-27/03 £325/adult

April:

27/03-04/04 (9 days Sat-Sun) £415/adult

04-11/04 £363/adult

11-18/04 £325/adult

18-25/04 £325/adult

Price for additional adult in same room (any dates): £150/adult (9 days £172).

One adult (+ one child under 16 sharing room):

27/12 – 03/01 £575/adult

February:

30/01-06/02 £269/adult

06-13/02 £269/adult

13-20/02 £500/adult

20-27/02 £500/adult

March:

27/02-06/03 £575/adult

06-13/03 £500/adult

13-20/03 £500/adult

20-27/03 £500/adult

April:

27/03-04/04 (9 days Sat-Sun) £658/adult

04-11/04 £575/adult

11-18/04 £500/adult

18-25/04 £500/adult

What The Price Includes:

Accommodation

7 nights' accommodation in two (four)-person rooms with sink, shared shower and WC. All the rooms have two spare beds, which makes it possible for 4 people to stay in each room.

End of stay cleaning is included. Please note that rooms are not cleaned daily during your stay.

Accommodation upgrade available - see Optional Extras.

Meals

Self-catering, board upgrades available - see Optional Extras.

What The Price Does Not Include:

Food, treatments, daily room cleaning, rental equipment and activities.

Optional extras:

Accommodation

Bed-linen: £15 per person/stay (applies to standard accommodation only, is included if choosing upgraded accommodation).

You can upgrade to have en-suite WC and shower. Please see total prices below.

Two adults (+ up to two children under 16) sharing room with en-suite WC and shower:

27/12 – 03/01 £450/adult

February:

30/01-06/02 £316/adult

06-13/02 £316/adult

13-20/02 £410/adult

20-27/02 £410/adult

March:

27/02-06/03 £450/adult

06-13/03 £410/adult

13-20/03 £410/adult

20-27/03 £410/adult

April:

27/03-04/04 (9 days Sat-Sun) £515/adult

04-11/04 £450/adult

11-18/04 £410/adult

18-25/04 £410/adult

Price for additional adult in same room (any dates): £150/adult (9 days £172).

One adult (+ children under 16 sharing room) with en-suite WC and shower:

27/12 – 03/01 £750/adult

February:

30/01-06/02 £482/adult

06-13/02 £482/adult

13-20/02 £669/adult

20-27/02 £669/adult

March:

27/02-06/03 £750/adult

06-13/03 £669/adult

13-20/03 £669/adult

20-27/03 £669/adult

April:

27/03-04/04 (9 days Sat-Sun)	£858/adult
04-11/04	£750/adult
11-18/04	£669/adult
18-25/04	£669/adult

Food upgrades:

The following boards are available. Please note that you can add additional meals at the station on the day if there are tables available. For 27/03-04/04 Sat-Sun (9 days/8 nights) the prices in brackets apply:

Full board:

Adult:	£266	(£304)
Child 6-15:	£133	(£152)
Child 0-5:	Free	

Half board:

Adult:	£213	(£243)
Child 6-15:	£107	(£122)
Child 0-5:	Free	

Dinner only:

Adult:	£175	(£200)
Child 6-15:	£88	(£92)
Child 0-5:	Free	

Spa treatments

It is possible to pre-book treatments for an additional charge. Spa treatments need to be booked 3 weeks in advance, but are paid for on arrival at the station. Information on treatments available and how to book will be provided after booking.

Activities

Day tours and evening activities can be booked and will be paid for at the Mountain Station. The following scheduled group activities are available (other activities may also be available during your stay):

- Guided cross country skiing: 6th February to 25th April
- Ski play for children (aged approx. 4-6): New Year and 13th February to 25th April
- "Björnligan" for children (aged approx. 6-12): 13th February to 6th March and 28th March to 11th April
- Youth cross country skiing (aged 12+): 13th February to 6th March and 28th March to 11th April
- Cross country and telemark ski school: 13th February to 18th April
- Relaxation/Yoga/Qi Gong: min. once per week during New Year and 13th February to 25th April

Rental Equipment

Rental equipment should be booked and paid for in advance to ensure that the right sizes are available. Please let us know if you are interested in this and we will provide you with a list of rental equipment available and prices. Children up to 9 years of age can borrow cross-country ski equipment (skis, poles and boots) for free (if you are a member of YHA/Hostelling International or join as part of your experience), but please advise sizes in advance.

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.

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. Poles with wide base for stability in loose snow. Gaiters to prevent snow getting in to your boots. Children from 3-8 years old should have skis that allow them to do a variety of activities. They should be easy to walk, jump and turn with. The skis should not be broader than the heel of the ski boot. The length should be the same as the child's height, but 3-4 year olds need skis a little shorter than their height. When the child gets better the length can be increased. A good rule is "it is better to grow out of a ski than grow into it".

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).

Toiletries:

Soap, toothpaste, plasters, moisturiser, sun-cream, painkillers, blister tape, 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, 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.

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 general good level of fitness and enjoy 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. Such areas 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:

Direct Bus from Gothenburg or Stockholm

There are direct buses on Saturdays to/from Stockholm and Gothenburg between 13.02-27.03.10.

There are direct buses on Sundays to/from Stockholm and Gothenburg between 04.04-18.04.10.

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. 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.