



Nature Travels

outdoor experiences in Sweden



Photo: Staffan Widstrand

SUMMER FUN ON A FOREST FARM

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Summer Fun on a Forest Farm

Experience Code: LGXSA1

Åsa and Lasse Frick welcome you to their farmhouse deep in the forest! This is a unique and out-of-the ordinary experience for those who value peace, quiet and nature. Come and stay and experience the forest up close. Enjoy the tranquillity of the woods, try your luck at fishing in one of the many lakes nearby, get to know the animals on the farm or take a trip by horse & carriage on a guided tour of the historic surroundings.

You can borrow a rowing boat or Canadian canoe and take a quiet paddle round any of the lakes. Just a few minutes' walk away is an excellent bathing beach where you can take an evening dip and listen to the melancholy song of the divers. If you feel like making a really energetic contribution to biological diversity, you can lend a hand and learn how to make hay the old-fashioned way. Åsa and Lasse do their haymaking with horses or scythes, leaving the grass to dry on the hillside or on drying racks depending on the weather. There's loads to see and do out in the quiet. Enjoy a warm, friendly welcome and give yourself and your family a few days' gentle relaxation!

The farm is located deep in the forest, 7 kilometres from the closest neighbour, with an interesting history and a real feeling of space in both the house and barns. Over the years, more and more people have discovered this magical place and have come to enjoy the tranquillity and be looked after by Åsa and her husband Lasse. This is a peaceful, enjoyable and instructive farm holiday for individuals, couples, families and groups.

As well as taking guests, Åsa and Lasse also run a small-scale farm, breeding Gute sheep, cultivating of vegetables for the farmhouse cuisine and tending old hayfields and pastures. The smallholding includes two working horses; they do the heavy work involved in haymaking and harvesting of hay and pull carriages and sleds for guided tours in the forest. Traditional farming techniques are used which respect and enhance natural biodiversity.

Åsa and Lasse have worked to recreate the open landscape that was once there in the forest. To help them they have Gute sheep and their two horses. The main building offers cosy rooms for guests and during the winter they have a small cafe open at weekends, serving everything from sandwiches to waffles and cakes.

There are also chickens on the farm and the breakfast eggs come directly from the henhouse to your breakfast table, "home-made eggs" as one young guest called them!

Take your pick from a long list of things to do:

- Come and stay and experience the forest up close
Enjoy the tranquillity of the woods
- Spend time with, get to know and feed the animals on the farm
Try your luck at fishing in one of the many lakes nearby
- Go for walks in the surrounding forest
- Go swimming in the lakes
- Collect your own breakfast eggs
Borrow a Canadian canoe and go paddling on the lake
Go rowing in a rowing boat on the lake
- Take a guided tour by horse and carriage

Take the time today and book an relaxing holiday in the Hälsingland forest.

This experience is located in the middle of the forest. There is no public transport and you will need to get there by car. It is possible to arrange transfer, see Optional Extras.

The 2008 summer season:

The summer season runs from first week in June to middle of September, although you are welcome to go on any dates. Please contact us for availability.

The price:

Half board:

- Adult: £56/person/night
- Children 3-14 years: £28/child/night (in parents' room)
- Children under 3: FREE (in parents' room)
- Single room: £64/person/night

Full board (all meals):

- Adult: £80/person/night
- Children 3-14 years: £40/child/night (in parents' room)
- Children under 3: FREE (in parents' room)
- Single room: £88/person/night

What The Price Includes:

Accommodation

Accommodation at the farm in 2 or 4 person bedrooms with shared shower and toilet for two rooms.

Meals

Half board: Breakfast and one meal/day (main course with coffee and cake). Additional meals/snacks can be purchased on site.

Full board: Breakfast, lunch and 2-course dinner (main course with dessert), snacks during the day.

Full board for 2 nights or more: As above plus one 3-course dinner, 1 hour's horse and sleigh/carriage ride, one outside meal.

Full board for 4 nights or more (min 2, max 4 persons in a group): As above plus free transfer to/from Söderhamn (normal cost 500Skr, around £45, one-way).

Equipment

Rowing boat, canoe.

Guides:

Experienced and knowledgeable local guide who can tell you a great deal about the history and what there is to do in the local surroundings.

What The Price Does Not Include:

Alcoholic drinks, optional extras (see below)

Optional extras:

It is possible to arrange transfer from Söderhamn or Bollnäs at a cost of 500Kr/single way/car (about £45) with 4 people. For pick up from other sites, please contact us for a quotation.

The following extra activities can be arranged:

Tour with horse and carriage: £38/hour

Fishing (including fishing licence and one hour's guiding): £29 + £8/person over 13/day;
£29 + £19/person over 13/week

Fishing equipment: £5/person/day

Also do not miss, in Järvsö, just 40 km away:

The Järvzoo animal and nature park has the longest boardwalk in Europe, some 3 km (2 miles) long and steering the visitor through a cross-section of the rich nature of the province of Hälsingland. In Järvzoo you will find only Scandinavian animals and birds, living in an environment as close to their natural habitats as possible. Open all year round. This park is well worth a visit. Animals include wolverines, arctic foxes, wolves, bears, elk and lynx.

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):

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).

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), boots, shoes, a pair of warm socks, something to cover your head in case of heat or rain, a warm sweater, sweatshirt, T-shirt, shirt, trousers, a pair of shorts, beachwear, underwear, anorak (or similar) and something to sleep in.

Equipment:

Fishing equipment, towel.

Additional:

Sunglasses, camera, binoculars and some good books.

Health requirements/experience:

You should be in good general health.

Group size

Minimum: 1 adult

Information about the area:

Hälsingland

Hälsingland is one of the most exciting provinces in Sweden. In this part of Sweden you will find a broad choice of activities and interesting places to visit.

The distinctive feature of Hälsingland is its moraine-landscape, from the interior to the coastline. The whole coastline is rough because of hard water floods. Hälsingland is also characterized by many peninsulas, necks of land, so called "halsar". "Halsar" translated into English means "necks" and has probably given the name to the province of Hälsingland.

Just between route E4 and the coastline you will find the moraine-landscape surging. You will find large areas with a lot of banks. Another thing which is typical for Hälsingland is the high altitudes along the whole coastline. The highest mountain, Garpkölen, is 671 meters high and is situated at Ytterhogdal (the Ytterhog Valley).

The richest parts of the countryside are in the valleys of Ljusnan and Voxnan. There is an abundance of lakes in the area. Orsjön, Kyrksjön, Varpen, Bergviken and Marmen are large water-reservoirs and the landscape is characterized by water power.

Söderhamn

The city is located on the east coast of the province and there is a beautiful archipelago with about 500 islands and skerries. The entire coast is named after the largest island and is called Jungfrukusten (Virgin coast).

Hudiksvall

Hudiksvall is the second oldest town in northern Sweden and was founded in 1582. The town is a commercial centre with an interesting cultural history as well and there are many fine old buildings in the area to study.

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.

This experience is located in the middle of the forest, close to everything in Hälsingland. 40 km to Hudiksvall City, 40 km to Bollnäs, 40 km to Söderhamn and 40 km to Järvsö, and to all of what these locations have to offer regarding attractions and events. There is no public transport and you will need to get there by car. It is possible to arrange transfer - see Optional Extras.

By Air:

You can choose to fly to:

- Stockholm Arlanda (the most convenient airport)
- Stockholm Skavsta
- Stockholm Västerås

For details of flight connections see our Travel Add-ons page at <http://www.naturetravels.co.uk/category-add-ons.htm>

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

Without flying

- **London-Söderhamn/Bollnäs by train via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Stockholm and onward to Söderhamn/Bollnäs.
- **London- Söderhamn/Bollnäs by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and train to Stockholm and onward to Söderhamn/Bollnäs. The fastest option.
- **London- Söderhamn/Bollnäs by ferry to Denmark then train.** Ferry from Harwich to Denmark, train to Copenhagen and train to Stockholm and onward to Söderhamn/Bollnäs. 3-4 departures weekly.

Travel within Sweden:

From Stockholm: Train from Stockholm City terminal to Söderhamn (travel time around 2 hours, usually direct) or Bollnäs (travel time 2.5-3 hours, direct or with one change). Alternatively, travel to Enångers by Y-buss (to check times and prices call +46 771-33 44 44) or with Harjedalingen (+046 680 60580) to Vallsta.

From Stockholm Arlanda airport: Train to Söderhamn (travel time around 1hr 45 mins, usually direct) or Bollnäs (travel time 2-2.5 hours, direct or with one change).

From Stockholm Skavsta airport: Flight bus to Stockholm City terminal (can be booked direct through us – please see <http://www.naturetravels.co.uk/add-ons-flygbussarna.htm>, travel time 20 mins). Onward from Stockholm as described above.

From Stockholm Västerås airport: Local bus to Västerås centre. Train to Söderhamn (travel time 3-4 hours with one or more changes) or Bollnäs (travel time 3.5-4 hours with one or more changes).

To see train connections and book tickets, go to www.sj.se or call +46 771 75 75 75. Click "In English" in the top right corner. The most affordable ticket type is "Just nu 2 klass". Please note that prices are only displayed and tickets released for booking 90 days before travel.

If you come by train, pick-up from Söderhamn or Bollnäs can be arranged at additional charge. Please see Optional Extras.

By car: The farm lies in the forest off the E4 north between Söderhamn and Hudiksvall. Detailed driving instructions 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.