



Nature Travels

outdoor experiences in Sweden



**MOUNTAIN BIKING IN THE
FORESTS OF OSTERGOTLAND
- 4 DAYS**

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Mountain Biking in the Forests of Östergötland: 4-day tour

Experience Code: NG4BS1

The quiet forests and country tracks of Östergötland offer an ideal setting for a long weekend of mountain biking. On this four-day mountain biking tour you will be "active all the way", taking to two wheels right from the airport.

While you head off into the forest, your luggage will be transported to your accommodation, giving you every opportunity to make the most of your time in the area. Accommodation during the tour is at a local hostel with all meals included.

Each day you will head out to discover the best of what the area has to offer for MTB tours in the company of a local guide. The level of challenge can be adapted according to the needs and wishes of the participants, and there should even be time to try one or two other activities during your stay in the area, including swimming, canoeing and fishing in one of the region's many lakes.

For scheduled tours, a fairly high tempo is maintained and you should have previous experience of mountain biking. For private tours, the level of challenge can be adapted to suit the needs and requirements of the group. Private tours are possible for groups of min. 6 persons and additional days can also be added to extend your time in the area.

Day 1

Meet in the morning around midday at Skavsta airport (NYO). After a short introduction meeting with your guide, you will go through your equipment and be given your mountain bikes. You will bike towards your hostel accommodation for the night while your luggage is transported separately. This stretch of your tour will be mostly on narrow roads. Later in the afternoon you will arrive at the hostel, where you can check in and relax after your journey. Dinner will be served and afterwards you may take advantage of the long Swedish summer evenings for a short biking tour.

Days 2-3

After fortifying yourselves for the day with a good Swedish breakfast and preparing your packed lunches, you will head off to explore the best tracks in the area, taking time to try the most enjoyable sections a number of times. During the day you will stop for lunch out of doors, perhaps taking a dip in one of the region's many lakes. Depending on the preferences of the group, you can choose to return to the hostel for a short break or spend the whole day out in the wilds of Östergötland. If weather conditions are suitable, you will have dinner out of doors. Other activities may also be incorporated in the day's programme, including swimming, canoeing and fishing.

Day 4

After breakfast, you will head back towards Stockholm Skavsta airport or Nyköping station for departure, with the chance to take a shower before leaving the forests of Östergötland behind. End time approx 18.00 (times dependent on flight departures).

2009 season:

- 22-25 May
- 24-27 July
- 28-31 August

For groups of minimum 6 persons, private tours can be arranged on custom dates between April and October at standard prices. Smaller private groups are also possible. For private tours, additional days may be added. Please see "Optional extras" below.

The price:

£463/person

Private tours (based on standard 4-day itinerary as above):

- Group of min. 6 persons: standard prices. Additional day + night: £103/person.
- Group of 5 persons: standard price for 6 persons - £228 (total price for 5 persons £2550)
- Group of 4 persons: standard price for 6 persons - £452 (total price for 4 persons £2326)

What The Price Includes:

Accommodation

Shared 4-person cabins in local hostel, 3 nights. Cabins have bunk bed accommodation and kitchenette. Bedding is included. Shower and toilet facilities in separate building. Private cabins are also available for couples or solo travellers at additional cost. Please contact us to discuss your requirements.

(Please note that the exact location of accommodation for a tour may vary depending on availability and other factors).

Meals

All meals from dinner on Day 1 to lunch on Day 4. Please let us know in advance if you have any particular dietary requirements. Everyone assists in preparation of meals together with your guide.

Equipment

- Bike: 24-gear Nishiki bikes with aluminium wheels and front suspension, Shimano brakes and gears. Choice of SPD or standard pedals (please let us know your preference in advance).
Gears: Shimano Deore
Weight: 13kg
Rims: Double-bottomed rims
Brakes: V-brakes



- Helmet

Guides:

Experienced and knowledgeable local guide.

What The Price Does Not Include:

- Alcoholic drinks.
- End cleaning of hostel accommodation.

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, toothbrush and personal toilet bag, plasters, moisturiser, sun-cream, painkillers, 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 suitable clothing will also be dictated by the month in which you visit – please don't hesitate to ask if you have any questions.

While biking:

- Training/cycling clothes suitable for high-tempo activities.
- Suitable footwear (if you plan to use special cycling shoes which attach to the pedals, please let us know in advance)

Other:

- Comfortable clothes and shoes for leisure time.
- Fleece or sweater.
- Wind/rain jacket and pants.
- Extra T-shirts (non-cotton for active use)
- Shorts, swimsuit.
- Something to sleep in.

Equipment:

Towel.

Additional:

Sunglasses, camera, binoculars, headlight/torch.

Health requirements/experience:

Scheduled tours: Previous mountain biking experience required – a fairly high tempo is maintained. You should be in good health with a good level of fitness. Min. age 16.

Private tours: Previous mountain biking experience helpful – the level of challenge of the tour can, to a certain extent, be adapted to suit the needs and wishes of the participants. General good health with a good level of fitness. Recommended minimum age 12 years (mountain bikes are adult size).

Group size:

- Minimum number required for tour to run: 3 persons
- Maximum number of participants for scheduled tours: 10 persons

Groups:

This experience is ideal for groups. Please contact us to discuss your requirements.

Information about the area:

Östergötland is a county in south-east Sweden, bordering Småland to the south, Västergötland and lake Vättern (Sweden's second largest lake) to the west, Närke and Södermanland to the north and the Baltic Sea to the east. The northern part of the county is hilly and heavily forested with a large number of lakes. To the east of Östergötland lies an archipelago of around 118 sq.km.

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:

You can choose to fly to:

- Stockholm Skavsta (NYO)
- Stockholm Arlanda (ARN)
- Stockholm Västerås (VST)

NB: Stockholm Skavsta is by far the most convenient destination airport. Your tour begins from here. Your guide will meet you and you will collect your bikes to begin your MTB tour directly.

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.

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

Without flying:

- **London-Nyköping by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Nyköping.
- **Harwich-Nyköping by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Nyköping via Copenhagen. DFDS ferries can be booked online through us at www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm.

Travel within Sweden:

From Skavsta airport: Your tour begins from here. Your guide will meet you and you will collect your bikes to begin your tour directly.

From Stockholm Arlanda or Stockholm Västerås airport: Flight bus to Stockholm Central station (40 mins), flight bus from Stockholm Central station to Skavsta airport (80 mins). Flight buses can be booked online through us at <http://www.naturetravels.co.uk/add-ons-flygbussarna.htm>. From Stockholm Arlanda, you can also travel into central Stockholm by the Arlanda Express train.

From Nyköping station: Local bus to Skavsta airport.

By Car:

Please let us know if you plan to travel by car and we will forward driving instructions.

If you have any questions do not hesitate to contact us. More details and advice on local transport will be provided after booking.

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 prestigious Swedish Ecotourism certification for its commitment to high standards to cultural and environmental sensitivity.