



Nature Travels

outdoor experiences in Sweden



SEA KAYAKING IN ST. ANNA ARCHIPELAGO - 4 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>

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Sea Kayaking in St. Anna Archipelago: 4-day tour

Experience Code: NG4KS1

The St. Anna Archipelago is one of Sweden's premier sea kayaking areas – a beautiful region of islands, rocks and skerries lying around 150km south west of the capital, Stockholm.

The archipelago offers excellent paddling for novice and more experienced sea kayakers alike. The area is a nature reserve and is rich in both natural and cultural heritage. Due to its unique biodiversity, the St. Anna Archipelago has been proposed as one of three archipelagos in Sweden particularly suitable for National Park status.

From your start point at Stockholm Skavsta airport or Linköping station, you will travel with your guide to the Baltic coast to begin your experience. Over the next 4 days/3 nights you will have the opportunity to explore some of the myriad islands comprising the St. Anna Archipelago, from bare rocks barely breaking the surface of the water to verdant islands densely forested with pine and birch.

Sea kayaking is an ideal way to experience the landscape and wildlife of the St Anna Archipelago. During the tour you will also have a chance to improve your paddling technique and to learn about safety and navigation from your guide.

Each night you will be camping wild on a suitable island, preparing dinner together and sharing memories of the day's paddling as the sun sets over the horizon.

This experience is available both on scheduled dates and as a private tour for small groups. For private tours, you can choose to extend your stay in the St. Anna Archipelago with one or more additional days' sea kayaking.

Day 1

Meet in the morning at Skavsta airport (NYO) or Nyköping station. From here you will travel by local bus together out to the Baltic coast to where your kayaks and equipment are waiting. You will begin by packing your personal belongings and other items for the tour into dry bags, which will then be stowed into the kayaks. You are welcome to leave behind any luggage not needed during the tour. After a short introduction covering paddling technique, safety considerations, etc, you will take to the water to begin your tour, taking things easy at first to get used to your equipment and begin to relax into your experience. Later in the day you will go ashore at the one of the thousands of islands in the area, pitch camp and prepare dinner together over open fire. An evening dip is a marvellous way to round off a day's paddling in the archipelago! Accommodation for the night is wild camping in 2-person tents.

Days 2-3

As the morning sun begins to warm the rocks, you will gather for breakfast before breaking camp, repacking the kayaks and heading out towards the open sea, leaving no trace on the island to show you have been there.

The distances covered during the tour and level of challenge are flexible and will depend on factors such as weather conditions and the needs and wishes of the group. You will be paddling through a landscape of islets, rocks and skerries, into calm, secluded bays and further out towards the open sea. You will have a chance to learn or improve your paddling techniques and skills, learn about safety, how to read a coastal map and about the rich flora and fauna of the area. The archipelago is rich both in wildlife and in places of cultural and historical interest, some of which you will be able to stop and visit during the tour.

During your day's paddling, there will plenty of opportunity to take breaks to eat and relax. At the end of each day, you will pitch camp on a suitable island for the night to watch the sun set over the horizon.

Day 4

After breakfast, you will break camp and paddle for home. Exact end times will be flexible depending on departure requirements/flight schedules. Once ashore you will have something to eat before travelling by bus to Skavsta airport or Nyköping for departure.

2010 season:

- 1st-4th July
- 12th-15th August

For groups of minimum 6 persons, private tours can be arranged on custom dates between June 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:

£435/person

Private tours (based on standard 4-day itinerary as above) can be arranged for groups of min. 6 persons at standard prices. For smaller groups and custom itineraries, please contact us to discuss your requirements.

What The Price Includes:

Accommodation

Accommodation in 2-person tent for three nights.

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 with preparation of food and other tasks around the camp.

Equipment

- All necessary kayak equipment including kayak, spray skirt, paddle and life vest. Single kayaks are used as standard. Double kayaks are also available by prior arrangement.
- Tent and inflatable mattress.
- Cooking equipment.

Guides:

Experienced and knowledgeable local guide.

What The Price Does Not Include:

- Sleeping bags.
- Alcoholic drinks.

Optional extras:

- Hire of sleeping bag: £14/person

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):

If you have excess baggage that you do not wish to take with you on the tour, this can be left at the start point of the tour.

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 jeans and sweatshirts are difficult to dry.

In the kayak:

Shorts/long tights for paddling (non-cotton), long-sleeved top (non-cotton) for paddling to prevent sunburn, sandals (non-leather)/rubber boots, cap/sun hat. Sunglasses are also important when on the water, especially during summer.

During breaks and in the evening:

Outdoor pants (not jeans), long underwear pants, warm socks, underwear (non cotton), warm fleece evening jacket, hard shell (i.e. Gore-Tex), wind/rain jacket & pants, warm hat & gloves for chilly evenings (i.e. knit cap), extra T-shirts long/short (non-cotton) and shorts, pullover, swimsuit.

Equipment:

Towel and sleeping bag.

Additional:

Camera, binoculars, headlight/torch.

Health requirements/experience:

No previous kayaking experience required. You should be in good health with a reasonable level of fitness and enjoy the outdoors.

Minimum age 16 for scheduled tours. Children aged 12 and over are also welcome if sharing double kayak with adult with previous kayaking experience. For private tours, please contact us to discuss your requirements.

Ticks and TBE:

As in the UK, there are ticks in the forests in Sweden which can carry diseases such as Borrelia. You should check for ticks at the end of a day in the outdoors. If you find a tick, remove it as soon as possible by pulling the tick out straight, carefully and slowly, with the tweezers as close to the skin as possible. Ensure that you do not leave any of the insect's mouth parts attached to your skin. Wash the bite area with soap and water. In the unlikely event that you feel unwell or notice anything unusual around the area of the bite in the coming days, consult your doctor.

In some small localised areas of Sweden (mostly in the Stockholm archipelago), the ticks are known to carry a disease called TBE, or Tick-borne encephalitis, and locals spending extended periods in affected areas do vaccinate themselves. See here for a map of TBE distribution in Europe: <http://www.fasting.nu/riskarea.html>

For current advice on TBE and inoculations, please consult your doctor or see NaTHNaC at http://www.nathnac.org/ds/c_pages/country_page_se.htmNaTHNaC

Group size:

- Minimum number required for tour to run: 3 persons
- Maximum number of participants for scheduled tours: 8 persons

Groups:

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

Information about the area:

St Anna Archipelago

The St Anna Archipelago ("Sankt Anna Skärgård") lies on the east coast of Sweden 150km south-west of Stockholm, and extends from Aspöja in the north to southern Finnö in the south.

This stretch of the Baltic coast is renowned for its unique natural heritage, with thousands of bays and islands, from the bare rocky skerries of the outer archipelago to the lush green of the inner archipelago.

The area is currently a nature reserve and has also been proposed for future National Park status.

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.

By Air:

You can choose to fly to:

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

Stockholm Skavsta is by far the most convenient destination airport. From here your guide will meet you for transfer by local bus to the start point.

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 or Nyköping station: Your guide will meet you for travel by public transport to the start point. At the end of your tour, you will travel by public transport back to Nyköping or Skavsta for departure.

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. Alternatively, from Stockholm Central station you can travel by train to Nyköping (travel time 1 hour).

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.