



Nature Travels Ltd

for wildlife and outdoor experiences



HIKE, BIKE AND CANOE IN OSTERGOTLAND 4-7 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>

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Hike, Bike and Canoe in Östergötland: 4-7 days

Experience Code: SA467MS1

This is an adventure tour where experiencing nature is central - an outdoor holiday with a local guide suitable for anyone in average physical condition.

You will be travelling on foot, by mountainbike and, if you wish, by canoe, experiencing the stunning natural surroundings of the forests and lakes of Östergötland with aim of getting close to nature.

Accommodation is in comfortable ensuite rooms in a newly renovated log cabin. You will be served home-cooked meals based on the season and always prepared with local produce, including wild game and fish from lake Sommen, trying to bring together the best of Swedish cuisine based on traditional home cooking and natural ingredients. Even when you are outdoors, the food will be a feast. Your host is a skilled chef, a finalist in the "Wilderness Chef of the Year" competition.

The waters and forests of Östergötland await you for a holiday of exploration and discovery!

Depending on your chosen length of stay, the experience includes 1 or 2 days' hiking, 1 or two days' cycling and optional one day canoeing. The order of activities may vary according to the needs and wishes of participants.

Arrival Day:

Transfer to/from Tranås is included in the price. For other transfer options please see "Optional Extras" below. You will have time to get to know the farm and other guests. Dinner prepared for you at the farmhouse pub.

Hiking - Day 1:

After breakfast you walk out of the farm with a light day pack on your back. You will hike on foot through the majestic fairy-tale forests up to the plateau of Kungabordet with its incredible views over the surrounding wilderness. Up here you have lunch. From here you will follow the winding Östgötaleden, a trail that passes through nature reserves, by old wolftrap holes, past farmstead ruins and other signs of the historic interactions between man and beast, past streams, lakes and open fields. Back home, dinner will be served and the bar will stay open for guests who wish to linger and share their memories of the day.

Biking – Day 1:

Along small forest tracks and road, your leisurely bicycle ride takes you up and down the hills, out into open fields and to mature forests of pine, spruce and birch. You take your time to enjoy the ride. Later in the journey you reach Smedstorp Double Mansion, a cultural heritage site of national interest now run by the Museum of Östergötland. Here you stop and set out to walk through a piece of living history which will take you back 300 years to show you how people in Sweden lived in those days. After some time for rest and refreshments you roll on to Tidesrum Church, one of Sweden's oldest wooden churches dating back to the 13th century. When you begin to feel hungry you will break for lunch before continuing along small, natural forest tracks, passing by an old iron mill on your way home.

Hiking – Day 2:

On this day you will head west, following old hiking tracks in the expanse of surrounding forest. If you are quiet you have the possibility to see moose/elk and roe deer. You will certainly see their tracks, and with luck those of the wild boar and lynx. In the sky you probably will hear or see Golden Eagles and hawks. You will have lunch at a restaurant in a countryside museum before changing direction and hiking back for a hearty dinner in the pub at the farm.

Biking - Day 2:

Today you turn the bikes to the north and cycle around a large island by lake Sommen. You will have wonderful views most of the time, passing nature reserves, mountains, bays and old farms. After lunch at the ferry point you will visit an old watermill which has been beautifully restored. Cycling this day will be on old roads, passing small villages and farms.

Additional Canoeing Day:

After breakfast you will get into the canoes and follow the river Stångån downstream, canoeing through a stunning landscape of shining lakes, floating slowly through moose country. The gentle splash of your paddles will probably be the only human sound. You will choose a suitable spot for lunch before continuing your journey along the river, looking out for wildlife and historic cultural sites along the way. This is a leisurely day – there is no need to hurry, and at the end of your tour you will be picked up and transferred back to the farm for a hot shower and an evening at the farmhouse pub.

Departure Day:

Breakfast at the farm and transfer to your chosen point of departure.

Fixed dates for 2008 summer season:

Start days any Friday between 15th May and 25th September 2008.

The price:

4-day tour: £454/person (incl. 1 day hiking, 1 day biking, 3 nights accommodation)

6-day tour: £681/person (incl. 2 days hiking, 2 days biking, 5 nights accommodation)

Additional canoe day: £113/person (incl. 1 night accommodation)

What The Price Includes:

Transport

Transfer to/from Tranås.

Accommodation

The accommodation is in a recently-renovated old timber cottage. The cottage has two 2-bed rooms and one 3-bed room, all of which are en-suite. Meals are served in the farmhouse pub, which also includes a common area for relaxation and socialising.

Meals

You will be served dishes made from local Swedish ingredients. The local guides use game from the forests and fish from the lakes and whatever the surrounding forests, waters and fields have to offer depending on the season. The package includes full board. Beer and wine are available at extra cost during the meals.

Equipment

You will be supplied with backpack and rain poncho for hiking, cycles and cycle helmets for mountain biking and all canoeing equipment including life jackets for canoeing.

Guides:

Experienced and knowledgeable local guide.

What The Price Does Not Include:

Alcoholic drinks.

Optional extras:

Transfer from Tranås is included in the price. It is also possible to book transfer from Linköping at a cost of £34 return per 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):**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 pair of gloves/mittens, a warm sweater, sweatshirt, T-shirt, shirt, trousers, long underpants, a pair of shorts, beachwear, underwear, anorak (or similar) and something to sleep in.

Additional:

Compass, sunglasses, matches, knife, camera, binoculars.

Health requirements/experience:

Beginners are welcome on this tour. You will be fine as long as your overall physical condition is average to good. No prior knowledge is required. Detailed instructions for all activities will be given. If you choose to add the optional canoeing experience, you should be able to swim at least 50m.

Participants

Minimum age 12 if accompanied by adult, otherwise 18. Maximum weight 110kg.

Group size

Minimum 1, maximum 7 participants.

Information about the area:

"Ydrebygden", as the region is called, lies in the borderland between the Swedish counties of Småland and Östergötland on the north side of the southern Swedish highlands. Here you find large forests with pine and spruce, but also deciduous forest

surrounding glittering clear water lakes and mountains.

The region has been inhabited since the Stone Age and there are many exciting traces of man that your guides can tell you about. The area in which you will travel is a sparsely populated area of about 30.000 hectares, and it may be days before you see another human being. Resting places will often be beside a lake or an old farm-ruin.

In the forests you travel, there is plenty of wildlife: moose, roe deer, wild boar, fox and lynx. In the air, there are golden eagles, eagle owls, ospreys and falcons among the raptors. There are always some animals which cross the trails during the tours.

The inhabitants of the region have always been close to the Trolls, the Giants, the Elves and the very special "Skogsrået" (forest lady) and the "Näck" - the naked fiddler in the stream.... Here, the tales and sagas still live - and it is not hard to understand...when night falls you may feel as if someone is watching you and it might be difficult to know what your eyes are really seeing....

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 at 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:

By air you can choose Copenhagen Kastrup, Stockholm Arlanda, Stockholm Skavsta or Linköping Airport.

- British Airways fly to Arlanda and Copenhagen from London Heathrow.
- SAS fly to Arlanda and Copenhagen from London Heathrow.
- SAS fly to Copenhagen from London City.
- Easyjet fly to Copenhagen from London Stansted.
- Ryanair fly to Stockholm Skavsta from London Stansted.
- Skyways fly to Linköping in cooperation with SAS from Stockholm Arlanda or Copenhagen Kastrup.

Without flying

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

Travel within Sweden:

Transfer from Tranås is included in the price.

First travel to Stockholm Skavsta or Copenhagen as shown above. From Copenhagen Kastrup and Stockholm Arlanda there is a train connection to Tranås. It is now possible to catch the trains directly under the airport building at Arlanda, Stockholm. The train ride from Arlanda to Tranås and takes approx. 4 hours and often involves 1 or 2 changes.

From Skavsta there is a bus transfer to Linköping. From Linköping there is a train to Tranås.

To book your tickets contact national train operator SJ, see www.sj.se for times and fares. (+46 771-75 75 75).

You can also opt to book a transfer directly from Linköping at additional cost – see “Optional Extras” above.

If you would like to drive, driving instructions can be supplied after booking with both maps and descriptions.

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 or call us on 01929 463774

Additional Notes

This tour has received a prestigious Swedish Ecotourism award for its commitment to high standards to cultural and environmental sensitivity.