



Nature Travels

outdoor experiences in Sweden



WORKING HOLIDAYS WITH
NATURAL HORSEMANSHIP
- 7 DAYS

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Working Holidays with Natural Horsemanship: 7 days/6 nights

Experience Code: SA8ES1

A unique opportunity to work with Northern Swedish horses and learn the techniques of Natural Horsemanship in the forests of Östergötland.

For around four hours each day, you will assist with the general horse and maintenance work required in the day-to-day running of the farm and stables. Work will depend on the season and may include fencing, cleaning the stables, painting, training the horses, cutting the grass or working in the workshop.

You will have the opportunity to go riding for at least three hours each day. The farm is well-known as a centre of excellence for Natural Horsemanship techniques and you will learn a great deal about the way this method is used with the farm's Northern Swedish horses, practising the art on long rides through forested hills and picturesque pastures. You will be given a thorough briefing on these sturdy, strong horses and how to ride and handle them using Natural Horsemanship methods.

Accommodation during your stay is in one or two-bed rooms at the farm. Breakfast, lunch and dinner are served with the family or in the farmhouse "pub", where everyone gathers to relax and socialise in the evenings. The food served at the farm is local produce wherever possible, with game and fish from the surrounding forests and lakes.

This is a flexible experience with start days any Thursday during April, May and September. Minimum stay is one week Thursday-Wednesday, but you are welcome to extend your stay with as many additional days at the farm as you wish.

Dates for 2010 season:

It is possible to begin this experience on any Thursday in April, May and September. Minimum stay one week Thursday-Wednesday (7 days/6 nights). You are welcome to extend your stay with additional days.

The price:

£334/person for 7 days/6 nights. Additional nights £48/person.

What The Price Includes:

Accommodation

Accommodation is in one or two-person rooms at the farm. Bed linen and towels are included. There is also free internet access available at the farmhouse "pub".

Meals

Breakfast, lunch and dinner is eaten together with the family at the farm or in the farmhouse "pub". Local produce is used wherever possible, including game and fish from the surrounding forests and lakes. Alcoholic beverages are available for purchase.

Working Holiday

As part of your experience you will be working around four hours each day, assisting with general maintenance duties and care/training of the horses as required on the farm.

Riding

You will have the opportunity to ride for at least three hours per day during your stay.

Horses

Northern Swedish Cold Bloods, trained to be safe and secure. The horses are handled and ridden with care and have Swedish cavalry saddles, developed over hundreds of years for both rider and horse for tough conditions and long rides over rough terrain. You will ride bitless but with a kind of ridehalter, otherwise known as a sidepull.

Equipment

Shortchaps, rain ponchos and approved riding helmets.

Transfer

Transfer to/from Tranås station.

What The Price Does Not Include:

Alcoholic drinks, which are available for purchase in the farmhouse pub.

Optional extras:

It is also possible to book transfer from Linköping for £41 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:

Bring along good riding pants so that the friction is between the pant and the saddle – with normal riding pants the friction is between the pants and your skin, which is certainly not comfortable on a long ride.

Take clothes you are not afraid to damage - you will also need suitable working clothes for working on the farm. Quick-drying materials are best. 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:

You should be able to handle a horse at walking pace, trot and gallop in a forest environment. Weight limit 110kg (240 pounds). You should be in general good health and able to participate fully in the maintenance work at the farm and care of the horses.

Participants

Minimum age 18.

Group size:

There is no minimum group size for this experience.

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 is Golden Eagle, Eagle Owl, Osprey and Falcon among the raptors. There are always some animals who 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 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 (Landvetter or City)
- Copenhagen

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-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.

From Stockholm Arlanda (ARN): Flight bus to Stockholm Central (40 mins). Train to Tranås, travel time approx. 3 hours with one change.

From Stockholm Skavsta (NYO): Flight bus to Linköping (90 mins). Train to Tranås, travel time 45 mins direct.

From Stockholm Västerås (VST): Taxibus to central Västerås, train to Tranås. Travel time around 4 hours 45 mins with changes.

From Gothenburg Landvetter or City: Flight bus to central Gothenburg. Train to Tranås. Travel time around 5 hours with changes.

From Copenhagen: Train to Tranås, travel time around 4.5 hours with changes.

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 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.