



Nature Travels
outdoor experiences in Sweden



DANCE OF THE BLACK GROUSE, CALL OF THE DIVER – 4/5 DAYS

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Dance of the Black Grouse, Call of the Diver – 4/5 days

Experience Code: SH45WS1

Join Aulis, your local expert bird guide and naturalist, for a glimpse into the world of the Black Grouse as it performs its spring mating ritual in the heart of the forest.

Your experience begins on a Wednesday with a night at an atmospheric country manor, the venue for our popular Country Manor Multi-activity Getaway with an evening of wonderful food prepared from local ingredients. Thursday and Friday you will spend out in the beautiful nature of Bergslagen in the company of your guide.

The Black Grouse will be central to your experience of nature over the next two days. The comical and flamboyant display of the male Black Grouse, known as the lek, takes place at traditional sites which may have been used for this purpose for generations. The male birds crouch down and circle the ground, with their tails fanned wide to show off the white under-feathers contrasted against their black plumage. Males have a conspicuous red "wattle" above each eye, which they inflate as they produce a distinctive bubbling sound which can be heard over a kilometre away.

Thursday night you will spend in a traditional teepee out in the forest, with food prepared for you over open fire. On Friday you will return to your welcoming base at the country manor for a celebratory dinner and a chance to reflect on your experiences.

If you wish, you can choose to stay on at the country manor for the weekend, watching the graceful black and red throated divers which come to the area to nest and listen to their magical calls echoing across the quiet lakes. On Saturday you will visit a number of locations ideal for watching these unique birds with your guide before returning for a final night of friendship and comfort at the country manor.

Autumn 2008 dates:

16.04-19.04.08 (20.04.08 with Divers add-on)

23.04-26.04.08 (27.04.08 with Divers add-on)

The price:

Dance of the Black Grouse (4 days/3 nights): £425/adult full board*, £213/child under 12 in adults' room (please see "Health Requirements/Experience" below).

Dance of the Black Grouse with Call of the Diver add-on (5 days/4 nights): £573/person*, £279/child under 12 in adults' room (please see "Health Requirements/Experience" below).

**Prices based on 2 adults sharing double room at the country manor. For single room supplement add £38 to total price.*

What The Price Includes:

Accommodation at the Country Manor

Accommodation is in large double rooms in a building next to the manor house (no accommodation is available in the manor house itself). The rooms are more like mini-suites than rooms - each is approximately 30 sq. metres with bedroom, living-room and bathroom.

Check in after 2pm on day of arrival. Check out before 10am on day of departure.

Accommodation includes bedding and end cleaning.

Accommodation in Teepee

On Thursday night you will sleep in a traditional tent teepee in the forest.

Meals

Full board from dinner on the Wednesday to breakfast on the day of departure.

Additional:

Guiding services of knowledgeable local guide; Free use of sauna subject to availability.

Transfer from/to Hällefors if travelling by public transport.

What The Price Does Not Include:

Drinks.

Optional extras:

Black and Red Throated Diver Weekend:

The Dance of the Black Grouse experience ends with breakfast on the Saturday. You can extend your visit with a day of guided birdwatching in the area focusing on Black and Red Throated Divers followed by an additional night at the Country Manor.

Diver add-on: £148/adult, £74/child under 12 in adults' room, full-board including guiding.

If you wish, you can take part in the Diver weekend without the Black Grouse experience.

Diver Weekend only: £256/adult*, £128/child under 12 in adults' room (please see "Health Requirements/Experience" below) including 2 nights' accommodation in double rooms at the Country Manor, full board and one day's guided birdwatching.

Dates: Friday 18th to Sunday 20th April 2008; Friday 25th to Sunday 27th April 2008.

**Prices based on 2 adults sharing double room at the country manor. For single room supplement add £38 to total price.*

You can also choose to add additional nights at the Country Manor. For price information please see <http://www.naturetravels.co.uk/multi-activity-sweden-country-manor-shxsa1.htm>

Equipment/clothes needed:

NB: We advise you not to buy equipment or clothes for your trip or to incur other nonrefundable expenses such as flights until you have received confirmation of your booking from us in writing.

Packing list (recommended):

Toiletries:

Soap, toothpaste, plasters, painkillers, blister tape, personal first aid kit.

Clothes:

Pack raingear (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 sweater, sweatshirt, T-shirt, shirt, trousers, long underpants, a pair of shorts, beachwear, underwear, anorak (or similar) and

something to sleep in.

Additional:

Sunglasses, camera, binoculars.

Health requirements/experience:

Good general health. Children are very welcome on this experience, but please note that successful wildlife observation does demand a certain degree of patience and discipline. There is no minimum age, but children should be able to walk 5-8km and to be quiet when necessary for wildlife watching.

Group size:

Minimum 4 participants for experience to run. Maximum 16 participants.

Information about the area:

The Manor lies on the border between Värmland and Dalarna in the heart of Sweden with its beautiful lakes and forests. In 1849 Captain Ugglå had the manor built for his private use. He chose one of the most beautiful spots in the area. In times gone by water and wood were used to power the production of iron and made the area wealthy. The environment has now restored itself and it is spiritual energy that is most noticeable nowadays for visitors to the area. Today the manor is owned by Uta Riedel and Oscar Jansson.

Hällefors is close to both Värmland and Dalarna. It is set in a beautiful location with a variety of activities available in the surrounding area. Hiking on trails or in nature reserves, fishing or canoeing in more than 400 lakes and waterways or biking on quiet roads through deep forests are all possible.

Västmanland is a historical Swedish province, or *landskap*, in central Sweden. It is a province of small distances. You only have to travel short distances in order to encounter extremely diverse local landscape types and vegetation zones. The northern region is dominated by vast pine and fir tree forests. There are a number of nature reserves in Västmanland and they all reflect the provincial nature contrasts and give the opportunity to study the local flora and fauna. The fauna is plentiful and includes beaver, deer and elk. There is also a rich bird life in Västmanland including ptarmigan and hazel hen. There are a number of beautiful lakes and rivers that offer splendid fishing, including pike-perch, bass, trout and salmon.

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 nonrefundable 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
- Stockholm Västerås
- Gothenburg City
- Gothenburg Landvetter

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-Hällefors by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Örebro and bus to Hällefors.
- **Newcastle-Hällefors by ferry and train:** DFDS ferry Newcastle to Stavanger (Norway), then onward train to Örebro via Oslo and bus to Hällefors.
- **Harwich-Hällefors by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Örebro via Copenhagen and bus to Hällefors.

Travel within Sweden:

The manor lies 12km north-east of Grythyttan in the northern part of Örebro county, 350km from Gothenburg and 280km from Stockholm. Both Stockholm and Gothenburg are pleasant towns to spend a night or two in.

By train and bus:

From Stockholm Västerås: Local bus or taxi to Västerås Central. Direct train to Örebro. Local bus 302 to Hällefors. Total travel time around 3.5 hours incl. changes.

From Stockholm Arlanda: Train to Örebro, 1 or 2 changes depending on connections. Local bus 302 to Hällefors. Total travel time around 4.5 hours incl. changes.

From Gothenburg Landvetter or Gothenburg City: Flight bus to Gothenburg Central (can be booked through Nature Travels – see www.naturetravels.co.uk/add-ons-flygbussarna.htm). Direct train to Örebro. Local bus 302 to Hällefors. Total travel time 4.5-5 hours incl. changes.

Transfer from Hällefors is included in the price.

To book train and bus tickets, go to www.sj.se (Tel: 0046 771-75 75 75). Click “In English” in the top right hand corner, and type in your start point and “Hällefors” as your end point to see timetable information and prices. You may need to copy and paste the Swedish characters for Västerås and Hällefors. The most affordable ticket type is “Just Nu Klass 2”. Please note that tickets are released 90 days before travel and prices will not be displayed if you are checking information more than 90 days in advance.

By car: The manor lies just outside Hällefors in Västmanland. Full driving instructions can be provided after booking.

If you have any questions, please do not hesitate to contact us - we will be happy to advise you on suitable connections.

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 of cultural and environmental sensitivity.