



Nature Travels

outdoor experiences in Sweden



COUNTRY MANOR MULTI-ACTIVITY GETAWAY

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Country Manor Multi-Activity Getaway – 1 or more days

Experience Code: SHXSA1

A relaxing combination of high-standard accommodation, inspirational cooking and a wide range of outdoor activities.

At this magical place there is a host of outdoor activities to choose from - kayaking, rowing, cycling, hiking, fishing...or just relax, take a swim in the lake and enjoy a sauna. Step outside your room and the beauty of Bergslagen is waiting for you with its dramatic landscapes, endless lakes and rich wildlife. Take the chance to explore the countryside by boat or kayak, on two wheels or on foot, with equipment available free of charge for guests.

Located on the border between Värmland and Dalarna and built in 1849, this beautifully located manor house is an ideal base for a wealth of activities available in the grounds and surrounding area. Go cycling and discover peaceful lanes and quiet deep forests, cut gracefully through the water and look out for wildlife by kayak or rowing boat, take a refreshing dip in one of the local lakes or try your luck at fishing.

The manor is beautifully situated next to a lake suitable for bathing and fishing and the surrounding countryside is excellent for walking tours. Use of kayaks, bikes, rowing boats and sauna is free for guests. The local area with over 400 lakes and flowing waters offers very good fishing opportunities - licenses and simple fishing equipment can be purchased locally.

The package includes half board in the manor's "Wrought Iron House" with a choice of 8 large individually-designed doubles (mini-suites), all with bedroom, living room and bathroom. Children stay for half price in parents' room on two-person sofa beds.

During your stay, the manor restaurant cuisine will be a very special part of the experience. All ingredients used are certified by KRAV, the Swedish organic food producers' organization, and your hostess Uta is renowned for her skills in traditional Swedish cooking.

A unique accommodation experience with access to nature's playground from the front door!

2009/2010 season:

This experience is available all year round. Special events throughout the year including New Year celebration. Best season for summer activities 1st May-30th September.

The price:

Prices are per adult in double room. Children under 12 pay 50% of the adult price in parents' room. Single supplement £14/person/night.

Bed and breakfast:

1-4 nights: £75/night

5 nights: £355

7 nights: £470

Half board (breakfast and dinner):

1-4 nights: £114

5 nights: £542

7 nights: £718

Special packages:

Christmas Table weekend, 11.12-13.12.09: Special celebration with traditional Swedish "Julbord" ("Christmas table") buffet. Standard half board rates, bed and breakfast not available. Local St. Lucia celebration.

New Year, 30.12.09-01.01.10: Join your hosts Uta and Oscar for a warm and welcoming New Year celebration. £281/adult, £141/child under 12 incl. 2 nights' accommodation with breakfast, buffet dinner, lunch cooked over open fire, five-course New Year dinner, New Year toast, outdoor activities and fire sculpture.

Nordic Ice Festival, 19.02-27.02.10: In February, the country manor hosts the Nordic Ice Festival, when ice artists, students, amateur sculptors and children come together to create beautiful shapes and images in ice, snow and fire. Standard rates. Workshops in ice sculpting: £70/adult/day, £19/child under 12/day.

Black and Red-throated Diver weekend, 23.04-25.04.10: During April the wetlands echo to the spine-tingling call of the Diver. £264/adult incl. guided Diver safari on Saturday with local guide, 2 nights' full board accommodation (breakfast, lunch and dinner).

Mushroom Picking weekends 03.09-05.10, 10.09-12.09.10, 17.09-19.09.10, 24.09-26.09.10: September is the time to go mushrooming! £272/adult incl. guided mushroom picking on Saturday and preparation of dishes with the assistance of your host, 2 nights' full board accommodation (breakfast, lunch and dinner).

What The Price Includes:

Accommodation

Accommodation is in large double rooms in building next to the manor (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. A family of four can stay comfortably in a room. The double room has a comfortable sofa bed for up to 2 children staying in parents' room.

Check in after 2pm on day of arrival.

Check out before 10am on day of departure.

Accommodation includes bedding and end cleaning.

Meals

For clients choosing half board: breakfast and 3-course dinner.

Equipment

Free access to rowing boats, kayaks and bikes subject to availability.

Additional

- Free use of sauna subject to availability.
- Transfer from/to Hällefors if travelling by public transport.

What The Price Does Not Include:

Alcoholic drinks, lunch.

It is possible to buy a fishing license for 25 Skr/day (approx £2.50) or 100 Skr/week (approx £9) on arrival.

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, 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.

Group size:

No minimum.

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 Uggle 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 and her husband Oscar.

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 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-Hällefors by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Örebro 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 Arlanda (ARN): Train to Örebro, 1 or 2 changes depending on connections. Local bus 302 to Hällefors. Total travel time around 4.5 hours with changes.

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

From Gothenburg Landvetter or Gothenburg City: Flight bus to Gothenburg Central. 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.

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.

By car:

If you would like to drive to the experience, 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.