



Nature Travels

outdoor experiences in Sweden



Photo: M. Jonson

HOWLING WITH WOLVES - 2 DAYS

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Howling with Wolves: 2-day tour

Experience Code: SK2WS2

A hair-raising walk on the wild side and chance to learn more about this fascinating predator.

Wolves have always been one of Sweden's most magical and iconic animals - mysterious, charismatic, wild and powerful, they fire our imaginations and awaken our primal spirit.

On this extraordinary forest adventure, you will travel on foot and by car through one of the country's most active wolf territories escorted by a skilled local guide. The experience offers you the chance to hear and howl along with a wolf pack, to see their tracks and feel their presence in the surrounding wilderness. Hearing the howls of a wolf pack in its natural habitat is a unique and spine-tingling sensation.

The tours are run in cooperation with scientists at Sweden's premier predator research centre. The centre focuses and tracks the movements of some of Sweden's most important predators, including the brown bear and lynx as well as the wolf. The tour begins with a visit to the station and a detailed lecture on wolves by a leading wolf researcher, who will inspire you with tales of first-hand encounters with the wolves in the nearby territory. Then it's time to head out into the woods to create your own wolf experience!

You will be spending the night in the heart of the wolf territory in a Sami "lavvu", or teepee. The tent can comfortably accommodate 8 people and each participant will have their own sheepskin rug. You will prepare dinner together in the forest over open fire and the wolf tour will take place in the surrounding forest.

The lavvu can be set up in the best possible location for hearing the wolves. In conjunction with the local wildlife research station, tracking information is available on the whereabouts of the wolf pack, which enables your guide to choose the camp location accordingly.

The tent will provide comfortable sleeping accommodation, but you should be aware that there will not be much time for sleep during your night out with the wolves! You will be awake until late into the night as part of your experience, and up again with the sunrise (between 3am and 5am).

2010 season:

01.07-02.07.10, 24.07-25.07.10, 07.08-08.08.10, 21.08-22.08.10, 28.08-29.08.10, 04.09-05.09.10, 11.09-12.09.10, 18.09-19.09.10, 25.09-26.09.10

Groups of min. 4 persons can also book experiences on other dates by arrangement.

The experience begins in the afternoon of Day 1 and ends after breakfast on Day 2.

The price:

£185/person.

Group rates are available for groups of 5 or more persons. Please contact us for details.

What The Price Includes:

Accommodation

One night's accommodation in 8-person "lavvu" (teepee) in the heart of the wolf territory. Each participant will have their own sheepskin rug.

Meals

Dinner day one and breakfast day two.

Guides:

Experienced and knowledgeable local guides.

Transfer:

Transfer from Skinskatteberg, minibus transfer during parts of the tour.

Additional:

Visit to wildlife research station, wolf lecture, wolf tracking safari.

What The Price Does Not Include:

Alcoholic drinks. Sleeping bags.

Optional extras:

Sleeping bag + liner: £9/person/stay.

Extra night in charcoaler forest huts: £33/person.

You will stay in basic but comfortable forest huts lit by candles and warmed by a roaring open fire. This is Sweden's most primitive hostel, where you leave the modern world and its comforts behind and live in harmony with nature for a while. You will cut your own firewood for the evening's campfire and prepare a wilderness dinner together in the open. Many of the ingredients for your meal are collected from the forest, and you blend your own lingonberry drink with fresh water from the forest well.

There are several comfortable outhouses. There are no showers but you can take in lake Skärsjön or clean yourself in the little steam just nearby. During your stay, you will use genuine oil lamps for lighting up the evenings and a stove to heat your hut. There is no electricity. Fresh drinking water is available for fetch in the forest well - it is regularly tested and government approved as excellent drinking water. A First Aid kit is available in the storehouse and staff have First Aid training. The nearest health centre is in Skinnskatteberg, 3km away. There is a general hospital in Fagersta, 23km away, and the regional hospital is 65km away in Västerås. There is free car parking on the gravel road just 50 metres from the experience.

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.

Clothes:

Pack rainwear (jacket and trousers), boots, shoes, a pair of warm socks, a pair of gloves/mittens, a warm sweater, sweatshirt, T-shirt, shirt, trousers, a pair of shorts, beachwear, underwear, anorak (or similar) and something to sleep in.

Additional:

Camera, binoculars, sleeping bag, pillow and a drinking water bottle.

Health requirements/experience:

Good general health. Participants should be able to walk on rough terrain through forest. Minimum age 15 years for scheduled tours. For private groups, please contact us to discuss the suitability of the tour for younger children.

Group size:

Maximum 8.

Groups:

Groups of minimum 4 persons can book this experience on other dates by arrangement. Group rates are available for groups of 5 or more persons. Please contact us to discuss your requirements.

Information about the area:

Västmanland

Västmanland is one of Sweden's most interesting provinces, offering a multitude of different attractions, both historical and otherwise. Västmanland is a province of small distances. You only have to travel short distances in order to encounter extremely diverse landscapes and vegetation zones. The southernmost part of the province consists mainly of Mälaren's archipelago. Animals, plants and deciduous forests are characteristic of this part of the province. The middle of Västmanland consists mainly of very fertile agricultural farmland. The northern region is dominated by vast pine and fir forests.

Bergslagen

The mining district of Central Sweden, Bergslagen, is a historically, culturally, and linguistically distinct region of Svealand in central Sweden. It covers several districts - Värmland, Närke, Västmanland, Dalarna, Uppland and Gästrikland. In the heart of Bergslagen is Skinskatteberg, beautifully situated between the two lakes Övre- and Nedre Vättern.

The Kolar Village

You will stay in the charcoal-burner village in real charcoal-burner cottages! "Kolare" is the Swedish name for charcoal-burner and at the village the skills and traditions of the charcoal-burner are kept alive today. The charcoal pits or stacks were built vertically. Building the stack and then covering it with broken coal and earth required equal measures of skill and care. Once the stack had been lit, the charring process would take two to three weeks. There was always a danger that trapped gases would cause the stack to flare up suddenly, throwing off the broken coal and earth, with, at worst, the entire stack going up in flames. Voids could also occur, causing the stack to collapse, so the charcoal-burner had to sit watch over the stack continuously, day and night, and be ready to intervene at any time. The charcoal produced from a stack would only be enough to keep the blast furnace fuelled for two days, yet it represented two or three

weeks of work for the charcoal-burner. Still, it was absolutely vital that an adequate supply of charcoal was maintained.

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
- Stockholm Västerås

Transfer from Västerås can be arranged for an additional charge.

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-Skinnskatteberg by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Skinnskatteberg.
- **Harwich-Skinnskatteberg by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Skinnskatteberg via Copenhagen.

Travel within Sweden:

To reach this experience you travel to Skinnskatteberg from where pick-up can be arranged at no extra charge.

From Stockholm Arlanda (ARN) or Stockholm Central: Train and/or bus to Skinnskatteberg, travel time around 3 hours with changes. Routes vary depending on time of journey.

From Stockholm Västerås (VST): Taxibus to centre of Västerås. Train/bus to Skinnskatteberg. Total travel time around 2.5 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.

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.