



# Nature Travels

outdoor experiences in Sweden



## STOCKHOLM ACTIVE - 8 DAYS

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## Stockholm Active – 8 days

### Experience Code: STA3KS1

*The city of Stockholm – “Venice of the North” – is one of the world’s most beautiful capital cities. There are few other cities which offer such opportunities for real nature experiences so close to hand.*

*Stockholm Active gives you a chance to explore the quieter, greener (and bluer!) parts of Stockholm life from your base at comfortable accommodation in the city. Over seven days you will experience the very best of what the beautiful city of Stockholm and its surrounding natural areas have to offer, sea kayaking through the thousands of islands of the Stockholm Archipelago, hiking through one of Sweden’s most ancient forests, biking through hidden city streets and going on a safari in search of some of the region’s wildlife.*

*Your experience includes four guided activities led by local guides: a cycle tour of the city, wildlife safari, archipelago sea kayaking and forest hiking day, as well as time to explore Stockholm at your own pace. A travel card valid for the whole Stockholm public transport network is included, giving you freedom to explore wherever you wish!*

*Your city cycle tour is the perfect way to discover the hidden secrets of Stockholm’s streets, including sights such as “Gamla Stan”, Stockholm’s Old Town, the Royal Palace and Vasa Museum. Stockholm is an ideal city for exploring on two wheels, and your cycle tour takes you off the beaten track to discover its stunning gardens, 17th century wooden houses and the world’s first National Urban Park, an arc of green stretching through the city more than six miles long and a real oasis of calm.*

*In the evening, when sounds and smells are heightened, is a marvellous time for wildlife spotting. The area around Stockholm is home to a rich diversity of wildlife including moose, deer, wild boar and hare, and in the company of an expert local guide you will explore the forests by vehicle and on foot.*

*Your archipelago sea kayaking tour begins just 50 minutes from the city centre and will take you out into the unique natural treasure of the Stockholm Archipelago with its 24,000 islands, rocks and skerries. No previous kayaking experience is required and you will be given a short instruction session by your local guide before setting off for a memorable day on the water, stopping at an island of your choosing to prepare lunch. Though just a short distance from the city, the archipelago feels like another world, and you may very well find that you are lunching on your own private island!*

*The forest of Tyresta in Tyresta National Park is the closest undisturbed forest to any European capital, a magical “troll forest” with ancient trees dripping with moss and crystal clear forest lakes. Just 30 minutes from Stockholm city, hiking in Tyresta is a real taste of the Swedish wild. Your expert local guide will help you discover some of the rich flora and fauna of this area. You may be accompanied on your hike by the eerie call of the Black-throated Diver, or “Loon”, echoing through the forest.*

*Whether you are combining some days in Stockholm with one of our other outdoor experiences or making Stockholm the main focus of your holiday in Sweden, Stockholm Active will show you some of the best sides of this wonderful city and its surroundings on foot, by paddle and in the saddle.*

### **Sunday:**

Arrival. Travel independently to your hotel for check-in.

## **Monday:**

(Breakfast included)

### ***11.30-13.30: Guided cycle tour beginning in Stockholm's Old Town***

Stockholm is a marvellous city for exploring by bicycle. During the tour you will take in some of the city's main sights, such as the City Hall and Royal Palace, and also discover some of Stockholm's hidden and lesser-known cultural and natural treasures.

Stockholm is built on a series of islands, each with its own special character, and wherever you are you are never far from water. You will be cycling along the water's edge, over bridges, along quiet lanes and through Stockholm Ekopark, the world's first National Urban Park.

From your local guides you will hear tales of the city past and present, biking through areas not accessible by bus or boat. Stockholm is very well set-up for cyclists, with an extensive network of cycle paths and car-free green areas. You will make a number of stops along the way, biking short distances between points of interest.

This tour is suitable for participants in good general health and able to ride a bike and is also suitable for children.

### ***20.00-24.00: Guided wildlife safari by vehicle with short hike***

Start between 19.00 and 20.30 depending on time of sunset, travel time just 20 minutes from the city centre. Transfer to forest location outside the city, going in search of some of the rich wildlife of the area including moose, deer, wild boar and hare. There is a short hike in forest terrain (approx. 15 mins), so suitable footwear should be worn.

## **Tuesday & Wednesday:**

(Breakfast included)

Days reserved for self-guided activities and exploration of the city. You may choose between a visit to the Vasa Museum, shopping in the Old Town or exploring the city's many green areas. Detailed information with map and travel card for free travel on the city's public transport network will be provided.

## **Thursday:**

(Breakfast and lunch included)

### ***Full Day Sea Kayaking in the Stockholm Archipelago***

From the jetty at Stavsånäs, just 50 minutes from central Stockholm by local bus, your experience begins with a short boat ride to the island of Runmarö. Here your guide will meet you and you will have the chance to go through your equipment and have a short instruction session. You will then head off for your day sea kayaking in the archipelago, stopping for a swim before lunching on a suitable island. The archipelago is a wonderful area for discovering by kayak with a rich flora and fauna, including the White-tailed Sea Eagle and Osprey.

In the afternoon you will return to the jetty on Runmarö for an afternoon "fika" or snack before taking the return boat to Stavsånäs. You will be back in central Stockholm around 18.00-19.00.

No previous kayaking experience is required. Stable single kayaks are used as standard. Double kayaks are also available on request.

If for any reason you do not wish to go kayaking, there are also very pleasant walks from the kayak centre.

**Friday:**

(Breakfast included)

Day reserved for self-guided activities and exploration of the city (map, information and travel card for public transport provided)

**Saturday:**

(Breakfast and lunch included)

***Full Day Hiking in Tyresta National Park***

From central Stockholm, it is just 30 minutes by public to Nyfors and Tyresta National Park, an area of ancient forest and Stockholm's closest wilderness. Your hiking tour begins at Nyfors waterfall, a cultural heritage area and the site of mills and gunpowder factories since the 15<sup>th</sup> century. From the well-preserved village of Tyresta you pass into the National Park, with its traces of Stone Age civilisations. Your local guide knows the area intimately, and you will have a chance to learn not only about the flora and fauna of this fascinating region but the history of the park and the efforts to preserve this valuable natural area. You will be hiking along the Sörmland Trail through meadows and deep forests, with some lovely viewpoints over the surrounding area. In the heart of the park, you will stop for lunch at Lake Årsjön with a chance to take a dip if you wish in the clear waters, perhaps accompanied by the unique and atmospheric call of the Black-throated Diver.

Total distance approx 12km, 5-6 hours' hiking including guiding and lunch.

**Sunday:**

(Breakfast included)

Free day and departure.

**Dates for 2010 season:**

Start days every Sunday from 27<sup>th</sup> June to 22<sup>nd</sup> August 2010.

**Price:**

£871/person based on shared 2-person rooms. Single supplement £260/person.

**What The Price Includes:**

***Accommodation:***

- 7 nights' accommodation in two-person rooms in three-star hotel (single occupancy also available)
- Buffet breakfast each morning
- Self-catering facilities available in guest kitchen at hotel

***Transport:***

- 7-day travel card valid for Stockholm public transport network, to be used for independent travel to/from the meeting points for guided activities and also during self-guided days.

**Activities:**

## Cycle Tour of Stockholm:

- Cycle hire and helmet
- Rain poncho if conditions are wet
- Local guide

## Evening Wildlife Safari:

- Wildlife safari by vehicle including short hike
- Local guide

## Sea Kayaking in the Stockholm Archipelago:

- Single or double sea kayak with all necessary equipment (please let us know in advance if you would like to reserve a double kayak)
- Lunch and snacks during the tour (please let us know if you have any special dietary requirements)
- Local guide
- Return boat transfer between Stavsånäs and Runmarö (15 mins)

## Hiking in Tyresta National Park:

- Full day's hiking
- Qualified local nature guide
- Picnic lunch (please let us know if you have any special dietary requirements)
- Detailed information including map

## Other:

- Map and information for self-guided activities

**What The Price Does Not Include:**

- Meals not specified above
- Alcoholic drinks
- Travel to accommodation on arrival day

**Optional extras:**

You are welcome to extend your stay in Stockholm with additional days at your accommodation before and/or after your experience. Please contact us to discuss your requirements.

Stockholm Active can also be combined with a number of other Nature Travels experiences within convenient travelling distance of the city. Please contact us for suggestions or browse our range of experiences in the area at [www.naturetravels.co.uk/holidays-in-sweden.htm](http://www.naturetravels.co.uk/holidays-in-sweden.htm)

**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:**

Plasters, moisturiser, sun-cream, painkillers, 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.

Approximate temperatures during June-August are average low 14 degrees C (night), average high 22 degrees C (day).

Cycling: Suitable clothing for cycling in parks and urban areas. Rain poncho will be provided in wet weather. A helmet is included as standard.

Wildlife Safari: Suitable footwear and clothing for short evening hike (approx. 15 mins) in forest terrain.

Sea Kayaking: Shorts/leggings for paddling (non-cotton), T-shirt long/short sleeve (non-cotton) for paddling, sandals (non-leather)/rubber boots, cap/sun hat, windproof and rainproof jacket or softshell.

Hiking: Suitable hiking footwear with good ankle support, water-resistant. Clothing for hiking, which may include outdoor pants (not jeans), underwear, windproof and rainproof jacket and pants, T-shirts long/short (non-cotton) and shorts, fleece or pullover, swimsuit and towel.

**Equipment:**

Day-pack for personal items during the tours.

**Additional:**

Sunglasses, camera, binoculars.

**Health requirements/experience:**

You should be in good health with a normal level of fitness. No previous kayaking experience is required, but participants must be able to swim at least 200m. Distance covered on hiking tour approx 12km.

Minimum age 12 years.

**Ticks and TBE:**

As in the UK, there are ticks in the forests in Sweden which can carry diseases such as Borrelia. You should check for ticks at the end of a day in the outdoors. If you find a tick, remove it as soon as possible by pulling the tick out straight, carefully and slowly, with the tweezers as close to the skin as possible. Ensure that you do not leave any of the insect's mouth parts attached to your skin. Wash the bite area with soap and water. In the unlikely event that you feel unwell or notice anything unusual around the area of the bite in the coming days, consult your doctor.

In some small localised areas of Sweden (mostly in the Stockholm archipelago), the ticks are known to carry a disease called TBE, or Tick-borne encephalitis, and locals spending extended periods in affected areas do vaccinate themselves. For a map of TBE distribution in Europe and latest updates, please see: <http://www.tickalert.org/tbe-countries.html>

For current advice on TBE and inoculations, please consult your doctor or see NaTHNaC at [http://www.nathnac.org/ds/c\\_pages/country\\_page\\_se.htm](http://www.nathnac.org/ds/c_pages/country_page_se.htm)

**Group size:**

Minimum total participants for tour to run: 2 persons  
Maximum group size for guided tours 9-16 persons depending on activity.

## **Groups:**

Tailor-made tours for groups based on the activities above are possible on other dates by arrangement. Please contact us to discuss your requirements.

## **Information about the area:**

Stockholm is a city like no other - a city built on 14 islands, where you are never far from the water. Well-preserved medieval buildings stand alongside modern architecture. Stockholm is also home of the Nobel Prize, and just outside the city an archipelago of 24,000 islands is waiting to be explored.

Stockholm is a city of contrasts - water and islands, history and innovation, small town and big city, short winter days and long, light summer nights - with a dazzling array of impressions. Thanks to the city's compact size, you can see and do most things in a short space of time. Experience Stockholm's many contrasts. Go back 750 years in time and feel the medieval atmosphere of the Old Town "Gamla Stan" as you wander through the narrow streets. Stockholm has history, but also the latest in fashion and IT. The fashion-conscious Stockholmers are often used as a test market by international companies as they are quick to pick up on the latest trends. This is most obvious on the island of Södermalm, a hotbed of fashion, youth culture and entertainment. Stockholm is one third water, one third green belt and one third city. The island of Djurgården, the world's first National City Park, is only a short walk from the pulse of the inner city. Stockholmers and visitors alike come here to relax in the leafy shade.

In Sweden, the seasons are another contrast. During the long summer nights the sun barely dips below the horizon, making summer an ideal time for outdoor activities.

## **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](http://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 (ARN)
- Stockholm Skavsta (NYO)
- Stockholm Västerås (VST)

For details of flight connections see [www.naturetravels.co.uk/holidays-in-sweden.htm](http://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](http://www.naturetravels.co.uk/add-ons-flygbussarna.htm)

Many airlines offer discounts on rental cars in connection with their flights.

### ***Without flying***

**London-Stockholm by train:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains to Stockholm.

**Harwich-Stockholm by ferry and train:** DFDS ferry Harwich to Esbjerg (Denmark), then onward train to Stockholm via Copenhagen. DFDS ferries can be booked online through us – see [www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm](http://www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm).

### ***Travel within Sweden:***

**From Stockholm Arlanda (ARN):** Flight bus to Stockholm Central (40 minutes). You can also take the Arlanda Express train.

**From Stockholm Skavsta (NYO):** Flight bus to Stockholm Central (90 minutes).

**From Stockholm Västerås (VST):** Flight bus to Stockholm Central (75 minutes).

***Travel to each experience:***

**Cycle Tour of Stockholm:** The meeting point for the tour is in Gamla Stan (Stockholm's Old Town).

**Sea Kayaking in the Stockholm Archipelago:** Underground train (T-bana) to Slussen for local bus to Stavsånäs (travel time from Slussen approx. 50 minutes).

**Hiking in Tyresta National Park:** Bus from Gullmarsplan underground station in Stockholm to Nyfors, where you will meet your guide (travel time approx. 30 minutes).

Detailed advice on local transport will be provided after booking.

**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](http://www.naturetravels.co.uk/booking.htm) or call us on 01929 463774.

**Additional Notes**

This provider has received a prestigious Swedish Ecotourism quality mark for its commitment to high standards to cultural and environmental sensitivity.