



**Nature Travels**  
outdoor experiences in Sweden



**DISCOVER WILDERNESS**  
**CANOEING IN ROGEN**  
**4-8 DAYS**

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# Discover Wilderness Canoeing in Rogen

## Experience code: TS48CS1

*Discover Wilderness Canoeing in Rogen is the ideal canoe tour for those who have suitable outdoor experience but have not done a canoe tour in such a remote region before.*

*This self-guided canoe adventure offers you a convenient and flexible way to discover the unique paddling opportunities of this stunning mountain area in north-west Sweden close to the Norwegian border. The tour is circular, with pick-up back at the start point 4-8 days later depending on the length of tour chosen, giving you great flexibility in terms of level of challenge and distance covered.*

*You have a choice of routes for your canoe tour. You may decide to explore the system of small tarns up towards Rödsjön and Skedbro, paddling further out towards Rödviiken. If weather conditions permit, the northern end of lake Rogen offers wonderful paddling with sandy bays, clear water and glorious views. And for those with a love of fishing, the area is marvellous for grayling and trout! Alternatively, spend some time in the lovely Perch Bays area, where knarled pines dot the landscape. This area is also very good for grayling, and has a number of wind shelters where you can make a fire to cook your catch!*

*Rogen is an area of complete wilderness with virtually no infrastructure and very limited access. No previous canoeing experience is required, but you must be used to and proficient in travelling independently in remote areas and have a general good level of health and fitness for this experience. Accommodation is wild camping along the route. There are also a limited number of wind shelters at various points where, if vacant, you are welcome to spend a night. These are also the only places in the reserve at which it is permitted to make a fire.*

*In addition to a number of smaller transports, there are two portages in both directions of approx. 700m and 500m required for this tour. Depending on the route chosen, the tour may also involve additional portages of 100-500m.*

*Discover Wilderness Canoeing in Rogen is a challenging but accessible canoe tour suitable for couples, groups of friends and active families with suitable outdoor experience – a real canoeing adventure in the Swedish wilderness!*

### **Day 1:**

Meet at the canoe centre at 13.00 for information meeting. Transfer to the start point approx. 14.00. Your paddle adventure begins in Käringsjövalen with a long carry of around 700m to a series of lakes known as the West Wings. The path is well-marked and goes over stoney terrain with some boardwalks. You will normally need to walk this stretch twice – once with your rucksacks and packing and the second time carrying canoe, buoyancy aids and paddles. There is a jetty ideal for launching your canoe.

### **The Rest of the Tour:**

We recommend using the first days of your tour to explore the many bays of the lake system. There are one or two lean-to shelters in the area where you can spend the night and also make a fire. This is also an excellent area for pike and grayling fishing.

To continue your tour deeper into the reserve requires a carry of around 500m to the lake at Tandsjön, followed by shorter stretches of paddling and carrying to reach the larger lake of Rogen, offering marvellous paddling through small sections of rapids (normally max. grade 1) and flat water.

From here, your route will be dictated by the time available and weather conditions – perhaps taking you through a series of islets to the very different landscape of the Bredå Lake area, or you may instead decide to leave your canoes and spend some days hiking into this beautiful region.

Alternatively, take time to discover the many small tarns between Käringsjön and Rödviiken to the south-east of Skedbro – a route involving a number of carries, one of which, around 500m over bog, is very challenging. This route is a fantastic experience offering many choices of overnight spot and beautiful paddling through a labyrinth of peninsulars and islands. This region also generally offers more sheltered weather than other areas.

### **Pick-up Day:**

Discover Wilderness Canoeing in Rogen is a circular tour. You will be met at the start point at around 14.30-15.00.\*

*\*Under normal circumstances, you will be back in Funäsdalen around 16.45 in time for connections to night train departures. However, this cannot be guaranteed and we recommend that you plan to overnight in Funäsdalen following your tour.*

### **Fishing:**

The area in which this canoe tour takes place offers excellent fishing. Using fly-fishing or spin-fishing techniques, large trout, grayling and pike may be caught. Each year perch weighing more than 1.5 kg are caught. Fishing licences covering the areas in which you plan to paddle can be purchased from the canoe centre on arrival. Fishing equipment is available to hire – see “Optional extras” below.

### **Dates for 2010 season:**

#### **Start:**

Mondays, Wednesdays or Fridays between 15<sup>th</sup> June and 15<sup>th</sup> September\*. Meet at canoe centre at 13.00 for information meeting and transfer to start point.

*\*Note that if choosing a tour in the middle/latter part of September, you should be prepared for lower temperatures and the possibility of some early season snowfall.*

#### **Duration:**

Recommended duration 4-8 days.

Your start and end days must be Monday, Wednesday or Friday. You can also choose to extend your tour to longer than 8 days for an additional charge. Please see “Optional extras” below.

You should choose your duration based on the length of time you wish to spend in the area rather than aiming to cover a particular distance or paddle a particular route. In general, it is not possible to judge the distance you will be able to cover and decide on the most appropriate route in advance. Some participants may take two days to reach Lake Rogen from Käringsjövädden, others may require just a few hours. During your canoe adventure you will need to take into account factors such as weather conditions, your level of fitness and experience, your varying energy levels and personal preferences, and must be prepared to be flexible and adapt your plans accordingly.

**NB:** *Please note that, while there is a choice of possible durations for this experience, the number of days must be decided in advance at time of booking. If you change pick-up arrangements during your tour, you will incur additional charges for custom transfer. You must plan your tour to ensure that you are at the pick-up point at the agreed time.*

**End:**

Mondays, Wednesdays or Fridays between 15<sup>th</sup> June and 15<sup>th</sup> September. Pick-up at the start point in Käringsjövalen at around 14.30-15.00.\*

*\*Under normal circumstances, you will be back in Funäsdalen around 16.45 in time for connections to night train departures. However, this cannot be guaranteed and we recommend that you plan to overnight in Funäsdalen following your tour.*

**Price:**

£167/tour per two persons up to 8 days. Additional days £10/person/day.

For odd-numbered groups, the additional person will travel as part of a group of three in one canoe and receive an extra buoyancy aid and paddle. Price for additional person £28/tour. It is not possible for odd-numbered participants to paddle their own canoe due to the land transports involved in this tour.

Example total price for three persons: £167 + £28 = £195

**What The Price Includes:****Accommodation:**

Accommodation is wild camping. There are also wind shelters at certain locations. If these are unoccupied, you are welcome to use these for overnight stays. Wind shelters are also the only locations at which you are permitted to light a fire. Wood is supplied.

**Equipment:**

- Canadian canoe, 2-3 persons
- Paddles
- Buoyancy aids

**Tour information:**

Information on route possibilities, local points of interest, facilities, security information, suggested day hikes, recommendations for overnight spots, etc, is provided.

**Transport:**

Return transfer from the canoe centre to the start/end point for the tour.

**What The Price Does Not Include:****Map/route description:**

The tour is self-guided and you will plan your own route based on available time, level of experience and fitness, and local weather conditions. The tour cannot be done without map, which should be purchased independently. The map required is:

- Swedish Mountain Map Series Z59 Rogen 1:50,000

Maps can be purchased from [www.themapshop.co.uk](http://www.themapshop.co.uk). Please mention Nature Travels when purchasing your maps.

**Meals:**

There is no food included. You must bring all food needed during the tour with you from the beginning. There is a food store in Funäsdalen. There is one cabin within the reserve with a small provisions store. However, you should not rely on this for essential provisions as the cabin may not be open during your tour or stocks may be limited.

## Optional extras:

### **Tent hire:**

High quality Bergans tents are available to hire, in 2-person, 3-person or 4-person sizes. Please note that, like all tents rated for example 4 persons, the tents are most comfortable for 3 adults. However, you should bear in mind that a number of challenging land transports are required for this tour and weight carried should be kept to a minimum. The tents have inner tent and mosquito netting.

4-day tour: £44/tent

Additional days: £6/tent/day up to total 8 days, thereafter £4/tent/day

### **Cooking equipment:**

Trangia camping stove is available to hire (stove and utensils supplied may differ from those pictured below):



4-day tour: £19/stove

Additional days: £4/stove/day

Please note that fuel is not included. Fuel can be purchased from the canoe centre on arrival.

### **Fishing equipment:**

8-day tour: £34/rod

Additional days: £4/rod/day

### **Canoe insurance:**

When collecting your equipment in Sweden, you will be given the option to purchase canoe protection insurance. You are responsible for ensuring that your equipment is returned in the same condition as when collected. Canoeing in Rogen requires a number of land transports over uneven and rocky terrain and canoes can be easily damaged.

We therefore strongly recommend that you choose this option. Canoe insurance costs 40 SEK/canoe/night (about £4) and limits excess for damage to your canoe to 1000 SEK (about £93). Payment to be made locally on arrival. If you do not purchase insurance and damage your canoe, you may be required to pay the purchase price of a new replacement. Please note that canoe insurance covers canoe only.

## 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.*

Pack your belongings in waterproof bags. Because of the land transports involved in this route, it is necessary for you to pack your belongings in a rucksack, since equipment cannot be carried in the canoe during portages.

It is very important that you are properly equipped for a self-guided tour in a remote wilderness region. However, bear in mind that a number of challenging land transports are required and therefore that weight is at a premium. Do not overpack unnecessarily.

Temperatures during the summer months are average low (night-time) around 5 degrees C, average high 16 degrees C, though temperatures may of course be lower depending on weather conditions.

**Packing list (recommended):**

**NB! Toilet waste:** It is very important to bring a trowel or small spade for burying toilet waste. This experience features wild camping all along the route. Instructions on disposal of toilet waste will be included in the information provided after booking.

**Toiletries:**

- first-aid kit
- soap and toothpaste
- sun cream
- blister tape
- mosquito repellent (see the "About Sweden" page on our website for further information about mosquitoes)

Please ensure that items such as soap and toothpaste are fully biodegradable. A hat with mosquito netting or similar face covering can also be useful in the evenings at times when mosquito numbers are highest.

**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.

- boots (must be sturdy with good ankle support for land transports and hiking over uneven terrain)
- gaiters
- sandals/footwear for use in water and when paddling
- underwear
- base layer (long-sleeved and long-legged)
- socks, including warm socks
- mid-layer/fleece
- t-shirt/shirt
- hat
- gloves
- trousers
- shorts/bathing wear
- rainproof jacket and trousers
- something to sleep in

**Equipment:**

- tent (if not hired as optional extra)
- sleeping bag and mat
- toilet spade
- camping stove and fuel (if not hired as optional extra)
- eating utensils
- sponge and biodegradable washing up liquid
- towel
- map

**Other:**

- rucksack\*
- compass (you must be able to navigate with map and compass for this experience)
- sunglasses
- matches
- waterbottle
- knife
- camera
- binoculars
- fishing equipment
- sufficient provisions
- mobile phone (bear in mind that there is no electricity for charging equipment and that reception may be very limited)

*\*You should have a rucksack of capacity 60-100 litres with waterproof bag inside. It is much easier to plan to carry all personal equipment on your back. Dividing your packing into smaller bags or hard plastic containers is not recommended. Using a rucksack leaves your hands free during portages, making it easier to keep your balance. If total weight becomes too heavy, hike the section twice, once with personal equipment and once with canoes.*

## **Health requirements/experience:**

Swimming ability required for all participants. All participation at own risk.

Minimum 2 adults required. The tour is suitable for active families with children aged 10 over, provided your family has appropriate outdoor experience for a self-guided tour in a remote wilderness region. Families should bear in mind that long lifts and carries of equipment are required when canoeing in this area.

You should be in general good health and have a good level of fitness and strength.

Depending on the route chosen, this tour may involve stretches of whitewater, normally max. grade 1.

## **Safety:**

Rogen is an area of wilderness. There are no roads, no shops and no medical facilities. Contact details for local emergency services will be provided with your booking confirmation documentation.

While mobile reception may be possible at certain locations, you may not have reception for large parts of your tour. Emergency communications equipment is available at one cabin within the reserve.

To participate in this tour, it is therefore essential that you have experience of and are comfortable with travelling independently in a remote wilderness environment. This includes, but is not limited to, a practical working knowledge of:

- Map-reading and navigation
- First-aid and outdoor safety
- Wild camping and hillcraft

## **Groups:**

Discover Wilderness Canoeing in Rogen is ideal for groups.

## Information about the area:

The Rogen Nature Reserve is a wonderful area for wilderness canoeing - a very special moraine landscape of low mountains, ancient lichen-covered pines and a labyrinth of lakes, peninsulars, bays and islands.

The reserve was created in 1976 to preserve the unique natural heritage of this region. The highest point is Brattriet, at 1276m, with a number of other peaks between 1000m and 1200m.

Rogen is an important area for wildlife, including three of Sweden's largest and most fascinating predators – the brown bear, wolverine and lynx. Otters also inhabit the area and with luck you may see the majestic Golden Eagle and Rough-legged Buzzard circling over the landscape. In wintertime, Rogen is visited by Sweden's only population of musk ox.

## 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.allemanstratten.se](http://www.allemanstratten.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)
- Gothenburg Landvetter (GOT)
- Gothenburg City (GSE)

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-Funäsdalen by train via Cologne.** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting train/bus to Funäsdalen.
- **London-Funäsdalen by train via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg, train to Copenhagen and connecting train/bus to Funäsdalen.
- **London-Funäsdalen by ferry to Denmark then train.** Ferry from Harwich to Denmark, train to Copenhagen and connecting train/bus to Funäsdalen. 3-4 departures weekly. For ferry information and booking, see <http://www.naturetravels.co.uk/add-ons-dfds-seaways-ferries.htm>

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

**From Stockholm:** Train and bus from Stockholm C to Funäsdalen. Travel time by day train 7-8 hours with changes. Night trains are also available.

Daily coach services between Stockholm and Funäsdalen also run during the summer months, travel time approx. 9 hours. Please contact us for timetable information.

**From Stockholm Arlanda (ARN):** Train and bus from Arlanda C to Funäsdalen. Travel time by day train 7-8 hours with changes. Night trains are also available.

**From Stockholm Skavsta (NYO) or Stockholm Västerås (VST):** Flight bus to central Stockholm (travel time about 80 mins) for onward connections as above.

**From Gothenburg or Gothenburg airports:** Flight bus to central Gothenburg (travel time about 30 mins) for onward train/bus connections from Göteborg C

(Gothenburg Central station) to Funäsdalen. Night train will normally be the most convenient option.

Trains in Sweden are run by national train operator SJ. For train connections and to book your tickets, see [www.sj.se](http://www.sj.se). Click "In English" in the top right corner. Please note that the most affordable tickets are released 90 days before departure.

If you would like to drive, driving directions will be provided with your booking documentation.

### **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