



Nature Travels
outdoor experiences in Sweden



GOTA CANAL ACTIVITY BREAK

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Göta Canal Activity Break: 1 or more days

Experience Code: TTXMS1

An ideal experience for those seeking a combination of relaxation and adventure, this flexible multi-activity package gives you the opportunity to plan your days as you wish to discover the beautiful waters of the Göta Canal.

There is a wide range of activities to try which are included in the price of your stay, including kayaking in the peaceful canal waters, cycling along miles of towpath and biking trails, or why not take a rowing boat and discover your own private picnic spot across the lake? If you haven't tried Nordic Walking before, you should definitely have a go. This stimulating hiking technique has become enormously popular all over the world as an accessible and fun way to keep fit.

The "House of Nature" is a newly-constructed building with light, airy rooms made from environmentally-friendly materials and paints, a tranquil and positive place to return to at the end of your day's activities. It is built entirely of timber and insulated with cellulose fibre. Windows and doors have all been made in local carpenters' shops. The buildings have been cleared of electromagnetic fields and all white goods use the minimum amount of electric power. Calcimine- and linseed oil-based paints have been used for the exteriors, while interiors are treated with beeswax. Meals are taken in the beautiful garden café, where you will be served a selection of local organic produce, from vegetarian quiche to smoked local fish and home-baked bread.

How much you choose to do during your stay is entirely up to you. If you have a particular passion for cycling, you may decide to spend each day exploring a different part of the area on two wheels. Or perhaps you would like a cycle tour one day followed by a kayaking excursion on the lake the next? Maybe you prefer simply to sit beneath the blossom in the garden, watch the occasional canal boat drift lazily by and make the most of the long summer evenings. The choice is yours...

Dates for 2008:

Accommodation at the "House of Nature" is available for booking year-round.

All activities should normally be available from late March to early November. Please don't hesitate to ask if you would like to discuss activity possibilities for a particular season.

Price:

Member price:

One adult in own room: £103/adult/night*

Two or more adults in one room: £79/adult/night*

Children under 16 years: £59/child/night*

**Prices above are for members of the International Hostel Federation (Hostelling International), YHA or the STF (Swedish Tourist Association). If you are not already a member, in order to qualify for the membership prices below you must purchase a membership card for the STF. This costs 295 Skr (approx. £26) for an adult or 430 Skr (approx. £38) for a family. Membership can be purchased on arrival.*

Non-member price:

One adult in own room: £115/adult/night

Two or more adults in one room: £85/adult/night

Children under 16 years: £63/child/night

What The Price Includes:

Meals:

Full board (breakfast, lunch and dinner) during your stay.

Accommodation:

The "House of Nature" has four 4-bed rooms and one 6-bed room. You will stay in your own private room and each room has its own private allocated WC/bathroom.

Activities:

All necessary equipment for the following activities (cycle helmets not included):

- Kayaking
- Cycling
- Rowing
- Nordic Walking

You are free to choose which activities you would like to do and combine them as you wish (subject to availability of equipment). If you would like to guarantee availability of equipment for particular activities during your stay, please let us know what activity you would like on each day and we will be happy to arrange this for you.

What The Price Does Not Include:

Alcoholic drinks, cycle helmets.

Optional extras:

Transfer

If you are travelling by public transport, transfer to/from Töreboda can be arranged for £8/person single way or £15/per person return.

Bedding and towels

£8/person/stay.

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, 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. Pack rainwear (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 warm sweater, sweatshirt, T-shirt, shirt, trousers, long underpants,

a pair of shorts, beachwear, underwear, anorak (or similar) and something to sleep in. Footwear for use in water.

Bear in mind which activities you will be participating in when planning your packing. If you would like to discuss clothing for particular activities, please contact us.

Equipment:

Cycle helmet if you would like to go cycling during your stay.

Additional:

Bedding and towels (if not purchased as optional extra). Sunglasses, knife, camera, binoculars and a good book.

Health requirements/experience:

To be able to fully enjoy the range of activities available, you should be in good health and have a reasonable level of fitness.

Groups:

The "House of Nature" can accommodate groups of up to 22 persons. Please contact us to discuss your requirements.

Information about the area:

The Göta Canal is Sweden's best-known waterway, running 150 miles from Mem to the south of Stockholm to Sjöberg on the lake of Vänern.

The Göta Canal is an incredible technical achievement. Around 54 miles of the canal's total length is manually constructed, with 58 locks. The canal was built between 1810 and 1832 and is really a series of man-made connections between a number of beautiful lakes. At the time, construction cost around £700,000, the equivalent of well over one billion pounds today. The canal workforce consisted primarily of soldiers, 58,000 of whom laboured for a total of seven million 12-hour days. Almost all the heavy excavation work was done manually.

The "House of Nature" is situated on the shores of a 50 square kilometre lake, the highest on the western section of the Göta Canal, with one of the canal's two manually-operated locks just outside.

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:

The most convenient airports to fly to are:

- Stockholm Västerås
- Gothenburg City
- Gothenburg Landvetter

You can also choose to fly to Stockholm Arlanda.

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

Travel within Sweden:

From Stockholm Arlanda airport: Train to Töreboda (3.5-4.5 hours with changes depending on connections).

From Stockholm Västerås airport: Flight bus to Västerås (40 mins). Direct train to Töreboda (2 hours).

From Gothenburg City or Gothenburg Landvetter airports: Flight bus to Gothenburg (20 mins). Direct train to Töreboda (around 1hr 50 mins).

Transfer from Töreboda can be arranged for a small additional charge (see Optional Extras above).

Flight bus tickets can be booked direct through Nature Travels. Please see www.naturetravels.co.uk/add-ons-flygbussarna.htm.

To book train 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/end points to see timetable information and prices. You may need to copy and paste the Swedish characters for Västerås and Töreboda. 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.

If you are planning to hire a car, full driving directions will be supplied after booking.

If you have any questions, please 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 provider has received a prestigious Swedish Ecotourism award for its commitment to high standards to cultural and environmental sensitivity.