



Nature Travels
outdoor experiences in Sweden



Photo: Staffan Widstrand

CANOE TOURS ON KLARÄLVEN

4/7 DAYS

Nature Travels Ltd
26 Andover Green
Bovington, Wareham
BH20 6LN
United Kingdom

Tel: 01929 463774

Email: booking@naturetravels.co.uk

Website: <http://www.naturetravels.co.uk>

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Canoe Tours on Klarälven: 4-day (50 km) or 7-day tour (100 km)

Experience Code: 4 day: VV47CS1-4, 7-day tour VV47CS1-7

The Klarälven runs the length of Värmland, from north to south. Its serpentine meanderings make it a major feature of the Värmland landscape. Its waters flow gently and the landscape ranges from steep valleys to flat, cultivated land. An ideal canoe tour for the whole family where you paddle on your own.

Please note that this is not a guided tour. This is a discovery of your own, taken at your own pace and you will choose your own camping spot each night. You will be given detailed guidance and advice before the start of the tour by the local provider.

Day 1:

(detailed information you will need for your experience, including a description of the route, is sent out once full payment has been received)

Your tour starts in Gunnerud, which you reach either by bus or car. Once you've arrived in Gunnerud you check in at the reception. You will now receive your equipment and the information necessary about paddling technique and your route. You can now buy a fishing license for the tour if you wish. Together with the local providers you take some time to mark the places on the map where you have to launch and take the canoe out of the water, and some nice camping spots. Together you load the bus and head for the starting point.

The Rest of the Tour:

The seven day tour starts higher upstream and you start in Brannäs. You head south under the bridge by Brannäs and after approximately 2 km of paddling you have the church of Dalby in sight, on the eastern side of the river. The beautiful, light blue steeple is one of the tallest in Sweden, at 60 m. In the steeple is also the church bell from the 12th century. It is worth a small trip! Further south, about two hours paddling from Brannäs, you reach the Liknäs bridge. In the small village of Liknäs there are two convenience stores, a gas station and a small medical centre with a pharmacy and so you continue down the river until you reach the part of the river where the four day tour starts.

The four day tour starts at the Klarälven Camping ground. Two rivers curve more south and you reach the village of Stöllet, with convenience store, bank and a small pizzeria grill. A few kilometres away from Stöllet you reach the arched bridge of Osebol, nowadays closed to traffic. Here you can follow the road 200m westwards and you will reach a small pleasant village shop. About one and half a kilometres south of the bridge you pass a timber raft construction site on the western side.

And so your tour continues along the Klarälven river until you reach Gunnerud. There are stores, cafes, nice villages along the route and plenty of opportunities to go ashore and explore. You get a very nice detour if you decide to follow Halgån upstream until after approximately 2 km you reach the waterfall Brattfallet and its canyon. As the high water comes it is a breathtaking sight!

As you are getting closer to the end of your trip, you keep the canoe close to the western side of the river. When you see the buoy in the water, you have reached the end of your trip.

Dates for 2010 summer season:

Start:

- Standard season 27.06-15.08.10: Start days Sundays and Thursdays, check-in between 13.00 and 14.00.
- Early/late season tours 06.06-23.06.10 and 16.08-25.08.10: Start days Mondays, Tuesdays and Thursdays. Check in latest 21.00 the day before your tour for transfer at 08.00 on your start day.
- Out-of-season tours May and September: Start any day except Sundays, times by arrangement. Minimum 4 adults. Smaller groups are possible, charged at the full rate for 4 adults.

Meeting: Canoe centre in Gunnerud, 95 km north of Karlstad along road 62.

Price for 4-day tour:

Price £/person	Adult	Child 6-15yrs	Child 0-5yrs
Basic canoe package inc. kitchen equipment	108	54	27

Price for 7-day tour:

Price £/person	Adult	Child 6-15yrs	Child 0-5yrs
Basic canoe package inc. kitchen equipment	133	67	34

What The Price Includes:

Equipment

The following equipment is included in the tour:

Canoe equipment: 2-person Canadian canoe, paddles, buoyancy aids, one waterproof pack cylinder per canoe, water can, canoe rope, topographical map, toilet spade, cleaning sponge and rubbish bags.

Kitchen equipment contents: Hurricane stove* with methylated spirit, cups, plates, cutlery, carving-knife, cutting board, spatula, cheese slicer, whip, butter knife, can/bottle opener, potato peeler, bowl, dish brush, washing-up liquid, kitchen roll, matches and storage box.

Please be careful with the canoe and the rest of your equipment! If some part of the equipment should break as a result of misuse or carelessness, you may be charged for the damage caused.

**Sample contents (stove supplied may differ from that pictured):*



Instructor:

Services of experienced and knowledgeable instructor before your tour starts.

Transport:

Transport by bus for participants and equipment from the meeting point to the start point of the tour (tour route returns to meeting point in Gunnerud).

What The Price Does Not Include:

Food, tent, sleeping bag.

Please note that this is not a guided tour. This is a discovery of your own, taken at your own pace and you will choose your own camping spot each night. You will be given detailed guidance and advice before the start of the tour by the local provider.

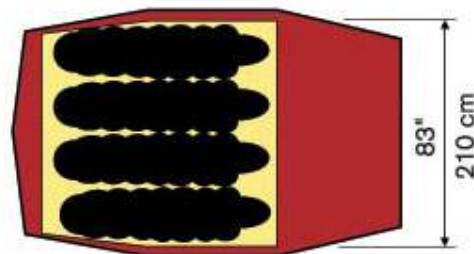
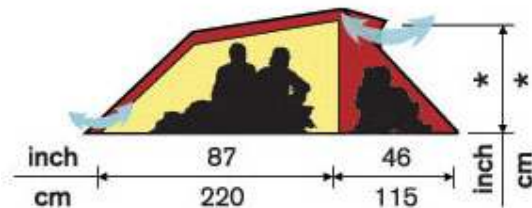
Optional extras:

There are sleeping bags and tents available for hire. See descriptions and price list below.

Accommodation

High quality 3/4-person Hilleberg tents are available to hire. Please note that, like all tents rated 4 persons, the tents are most comfortable for 3 adults. The tents have inner tent and mosquito netting. Please see specifications below:

HILLEBERG NALLO 4



Meals

There is no food included.

There are opportunities to shop in Stöllet, Osebol and Ekshärad for the four-day trip and Björby, Stöllet, Osebol and Ekshärad for the seven-day trip.

Provisions package

You can choose to add a food package for the tour. The food provided is that eaten by a typical Swedish family. At the start of the tour you will be given a provisions box with the food for the trip (if you have specific dietary requirements, please let us know so that arrangements can be made).

The exact contents of the package may change depending on the season and availability. The food is purchased from small, local countryside shops.

Typical ingredients include: bread, butter, cheese, juice, milk, yoghurt, muesli, coffee, tea, salami, jam, meatballs, fishballs, Swedish beef stew, ham, sausages, pork loin, mashed potatoes, onions, carrots, vegetables, beetroot, apples, biscuits, tomatoes, cucumber, rice, macaroni, asparagus soup, cauliflower soup, salt and pepper.

Sleeping bag package

Sleeping bag, sleeping bag liner and sleeping mat.

4-day tour:

Additional	Adults	Children 6-15yrs	Children 3-5yrs
Sleeping bag package	£13	£13	£13
3/4-person tent*	£48		
Provisions**	£76	£69	£63

*Price given is per tent

** If choosing this option, please note that for organisational reasons all persons travelling together must choose food packages (i.e. it is not possible to split packages). You are also welcome to purchase provisions independently for your tour if you wish.

7-day tour:

Additional	Adults	Children 6-15yrs	Children 3-5yrs
Sleeping bag package	£15	£15	£15
3/4-person tent*	£67		
Provisions**	£95	£87	£80

*Price given is per tent

** If choosing this option, please note that for organisational reasons all persons travelling together must choose food packages (i.e. it is not possible to split packages). You are also welcome to purchase provisions independently for your tour if you wish.

If you wish to buy a fishing licence, this may be purchased in Gunnerud on the day of 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.

To make your canoe trip more comfortable, pack all your equipment in waterproof bags.

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). 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. 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.

Equipment:

Sleeping bag, sleeping mat, towel, tent (if not hired as optional extra).

Additional:

Compass, sunglasses, matches, knife, camera, binoculars, sufficient food and a good book.

Health requirements/experience:

Swimming ability required by adults. All participation at own risk. Minimum 2 persons.

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

The canoe tour is on calm flowing water. The Klarälven tour involves fairly light paddling with no lifting and you will be travelling downstream for the whole tour.

Groups:

Every 14th participant free. We reserve the right to assign groups to certain camp sites. For groups of min. 14 other departures outside the above-mentioned season are available.

It is possible to book this tour for larger groups. Please contact us for a quote.

Information about the area:

Värmland is often described as the province of nature and culture. It is also a province of wilderness with unspoiled forests, distant blue mountains and shimmering wild waters for fishing and canoeing.

The people of Värmland are known for being friendly and helpful. Hospitality and obliging manners are also typical characteristics for a person from Värmland. Värmland is an excellent recreation area. There are a lot of lakes, streams, high mountains and deep forests. And through it all runs the river Klarälven, the largest river in Sweden.

The Klarälven River and valley

Klarälven is the longest river of Sweden, about 270km long and runs the length of Värmland, from the Norwegian border in the north to Lake Vänern in the south. It has its sources in the Härjedalen from where it runs further on into Norway and the area of Femund and runs back into Sweden. In Norway it is more of a white-water river, slowing down south of Sysseleback and finally changes its character into a slow and calm river, heading for its outlet in the Vänern lake.

Klarälven is both of historical and geological interest. It is a typical example of an "old river" that has eroded and dug its way through the primary rocks for thousands of years. Today it winds its way through the rock and sandy soil of the valley in numerous meanderings (86 of them from Sysseleback to Gunnerud). In the northern part the forested valley side plunge steeply into the river, while further south the landscape is flatter and opens out onto meadows and cultivated land.

The special meanderings of the river also give the beautiful sand beaches along the way. The former Pilgrims' Way (Pilgrimsleden) runs alongside the Klarälven, it was used during the 11th century by monks and pilgrims on their pilgrimage to the grave of Olov the Holy in Nidaros, now Trondheim, in Norway. These pilgrimages have had its impression on the valley. The churches lay with a days walk (20-30 km) from each other. Apart from the religious function of the churchyards were a safe place to spend the night- safe from animals, ambushes and more (the pilgrim usually carried all their belongings with them). Around these churches, markets and small villages naturally developed, where the handling of all sorts of merchandise were common. Still, until this day, the valley reminds you of this.

Keep a lookout for wild animals. The forests of Värmland are home to elk, roe deer and foxes. At the border towards Norway there are wolves, bear and lynx, but it is very difficult to catch a glimpse of any of them. The biggest inhabitant of the river is the beaver and if you keep real quiet and still in the dusk you have good chances to see this fascinating animal.

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, Skavsta or Västerås)
- Gothenburg Landvetter or City
- Oslo (Norway)
- Copenhagen (Denmark) with onward flight to Karlstad

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

Travel within Sweden:

Travel to this experience via Karlstad and then on with bus or rental car.

From Stockholm: Train to Karlstad. Travel time 2.5-3.5 hours direct.

From Stockholm Arlanda (ARN): Flight bus to Stockholm (40 mins). Train to Karlstad, travel time 3-4 hours with one change.

From Stockholm Skavsta (NYO): Train to Karlstad. Travel time 4-5 hours with changes.

From Stockholm Västerås (VST): Local taxi bus to Västerås. Train to Karlstad. Travel time 3.5-4.5 hours with changes.

From Gothenburg Landvetter or City: Flight bus to Gothenburg Central. Train from Gothenburg Central station, travel time approx. 2.5 hours. Direct or with changes.

From Oslo: Train or bus from central Oslo to Karlstad, usually direct. Travel time 3-3.5 hours.

From Copenhagen: Fly direct to Karlstad with SAS.

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.

After arriving in Karlstad, you have the option to travel by bus (travelling time 2 hours), or rent a car (travelling time 1 hours 10 min). More details and advice on local transport will be provided after booking. If you would like to drive, full driving instructions can be provided 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.