



Nature Travels

outdoor experiences in Sweden



Photo: Staffan Widstrand

CANOE TOURS ON ROTTNAN 4 DAYS

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Canoe Tours on Rottnan: 4-day tour

Experience Code: VV4CS1

Rottnan is a small forest river which offers wonderful canoeing. The tour starts on the Swedish/Norwegian border by Rottnefem and ends approximately 35 km south by lake Skallbergssjön.

Narrow and winding parts where pine and spruce trees stand close to the river blend with smaller lakes and open views. The river runs through Värmland's Finnish Forest and offers a real wilderness feeling. You will also pass a small village and a few farms on your way south.

Keep a lookout for wild animals. The forests of Värmland are home to elk, roe deer, foxes, wolves, bear and lynx and if you keep quiet and still near dusk you may see beaver in the river.

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 Torsby, which you reach either by bus or car. Once you've arrived in Torsby you check in at the reception. You will now receive your equipment and the necessary information about paddling technique and your route. You can now buy a fishing licence 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 good camping spots. Together you load the bus and head for the starting point.

The Rest of the Tour:

The tour starts 10 meters into Norway at Rottnefem. Your course runs downstream through Ingevadsjöarna. If the water level is low there can be problems down near Myrgubbsjöarna, but if you try to keep your canoes in the outer curves of the river where it is deepest you should manage. Towards Koskilamp the river current can be stronger for a while, depending on the water level (but there is no white water). Then you pass the lake Långsjön and the Lake Vittjärnsjön which have crystal clear water.

And so your tour continues along the river Rottnan until you reach the lake Skallbergssjön. You paddle through Skallbergssjön and you are approaching Gustafsdal, the end of the tour. You should land at the southern end of the lake, on the western shore. Here you will be picked up and taken back to Torsby.

Dates for 2010 spring/summer season:

Start: Any day except Sundays 01.05-30.09.10, times by arrangement.

Minimum 4 adults. Smaller groups are possible (for safety reasons must contain minimum 2 adults), charged at the full rate for 4 adults due to transport logistics.

Meeting: Torsby (within walking distance of train station), 100 km north of Karlstad along road 45.

Price for 4-day tour:

| Price £/person | Adult | Child 6-15yrs | Child 0-5yrs |
|--|-------|---------------|--------------|
| Basic canoe package inc. kitchen equipment | 111 | 56 | 28 |

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 in Torsby to/from the start and end point of the tour.

What The Price Does Not Include:

Food, tent, sleeping bag.

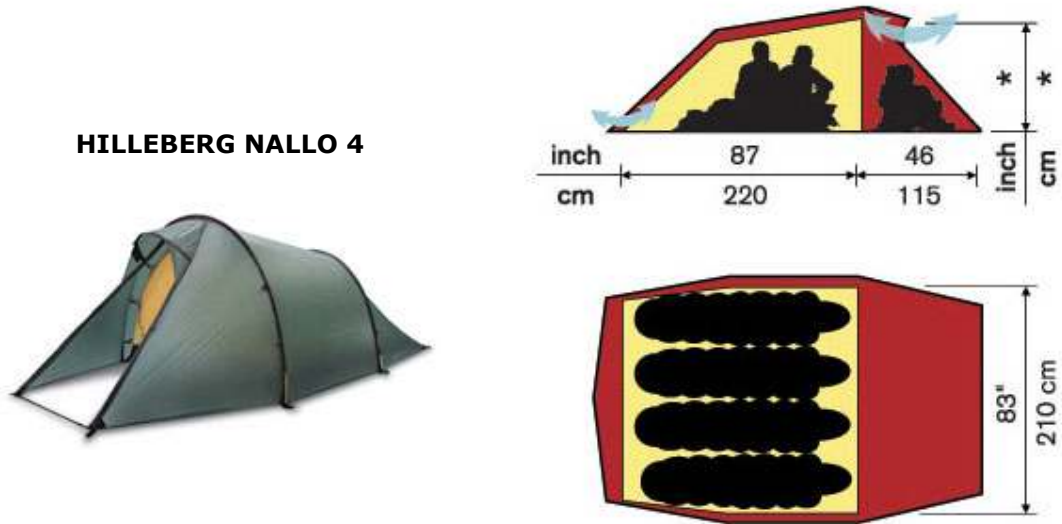
Please note that this is not a guided tour. This is a discovery of your own, taken at your own pace and you will choose your own camping spot each night. You will be given detailed guidance and advice before the start of the tour by the local provider.

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:



Meals

There is no food included. There are opportunities to shop in Torsby before you leave.

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 | | |

** Price given is per tent

If you wish to buy a fishing licence this may be purchased in Torsby 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, but you need no previous knowledge or experience. However we recommend you to be used to outdoor life.

The canoe tour is on calm flowing water. The tour involves no lifting. However, during dry summers you may have to step out of the canoe and drag the canoe next to you for short distances.

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 quotation.

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 Finnish Forest - Rottnan

The Rottnan meanders through the north Värmland Finnish Forest. It is called the Finnish Forest because of the Finnish farmers who migrated here from the east during the 16th and 17th centuries. They specialised in burning and beating the land. Their whole way of life was based around this technique. On the burnt land they cultivated rye. In this way

they managed to sustain themselves in this isolated forest landscape. (The land was considered far too hostile by Swedish farmers). It was here that the largest Finnish communal buildings were erected. Today the Finnish place names and traditional dishes still survive. A number of farms have been preserved in their original condition.

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
- Gothenburg
- 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-Torsby: Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and connecting trains and buses to Torsby.

Harwich-Torsby: DFDS ferry Harwich to Esbjerg (Denmark), then onward trains and buses to Torsby via Copenhagen.

Travel within Sweden:

From Stockholm Arlanda (ARN): Flight bus to Stockholm Central. Train from Stockholm Central station to Torsby. Travel time around 5.5 hours, often with one change to either bus or connecting train in Karlstad.

From Stockholm Skavsta (NYO): Train and bus connections to Torsby. Travel time 5.5-6.5 with changes.

From Stockholm Västerås (VST): Taxi-bus to Västerås. Train to Torsby. Travel time around 6 hours with changes.

From Gothenburg: Flight bus to Stockholm Central. Train from Gothenburg Central station to Torsby, travel time around 5.5 hours, with one change to either bus in Karlstad or to connecting train in Kil.

From Oslo: Trains and buses to Torsby via Kil. Travel time approx 5 hours with changes.

From Copenhagen: Fly direct to Karlstad with SAS. Check with airline for transport to Karlstad town centre. Bus or train to Torsby, (travel time 2.5 hours), or rent a car (1.5 hours).

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.

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.