



**Nature Travels**  
outdoor experiences in Sweden



Photo: Staffan Widstrand

## CANOE TOURS IN BERGSLAGEN - 7/14 DAYS

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<b>CANOE TOURS IN BERGSLAGEN: 7 OR 14-DAY TOUR.....</b>	<b>2</b>
DAY 1: .....	2
THE REST OF THE TOUR: .....	2
<b>DATES FOR 2010 SUMMER SEASON:.....</b>	<b>3</b>
<b>PRICE FOR 7-DAY TOUR: .....</b>	<b>3</b>
<b>PRICE FOR 14-DAY TOUR: .....</b>	<b>3</b>
<b>WHAT THE PRICE INCLUDES: .....</b>	<b>4</b>
<i>Equipment</i> .....	4
<i>Instructor:</i> .....	4
<i>Transport:</i> .....	4
WHAT THE PRICE DOES NOT INCLUDE: .....	4
OPTIONAL EXTRAS:.....	4
<i>Accommodation</i> .....	4
<i>Meals</i> .....	5
<i>Provisions package</i> .....	5
<i>Sleeping bag package</i> .....	5
<i>Maps:</i> .....	5
<i>7-day tour:</i> .....	5
<i>14-day tour:</i> .....	6
<b>EQUIPMENT/CLOTHES NEEDED:.....</b>	<b>6</b>
<i>Packing list (recommended):</i> .....	6
<b>HEALTH REQUIREMENTS/EXPERIENCE: .....</b>	<b>7</b>
<b>GROUPS:.....</b>	<b>7</b>
<b>INFORMATION ABOUT THE AREA: .....</b>	<b>7</b>
<b>COMMON SENSE AND THE RIGHT OF PUBLIC ACCESS .....</b>	<b>7</b>
<i>Respect others' privacy</i> .....	7
<i>Camping</i> .....	8
<i>Do not litter</i> .....	8
<i>Blossoms and berries</i> .....	8
<i>Protected natural areas</i> .....	8
<b>GETTING THERE:.....</b>	<b>8</b>
<i>By Air:</i> .....	8
<i>Without flying</i> .....	8
TRAVEL WITHIN SWEDEN: .....	8
<b>WHAT TO DO NEXT:.....</b>	<b>9</b>
<b>ADDITIONAL NOTES .....</b>	<b>9</b>

## Canoe Tours in Bergslagen: 7 or 14-day tour

**Experience Code: 7-day VV714CS1-7, 14-day VV714CS1-14**

*This is the region for those of you who are seeking quiet, unspoilt nature. Surrounded by marsh and forest, Canoe Tours in Bergslagen runs in a remote area through a series of small lakes and rivers.*

*Bergslagen is wonderful canoeing country. You will be camping wild each night, planning your days and distance to cover each day as you wish. A fishing licence can be purchased for fishing along parts of the tour.*

*Depending on your chosen route and duration, the total distance covered for Canoe in Bergslagen is between 85 and 105km. To increase the level of challenge, the total distance can also be extended by the addition of a number of detours into side lake and river systems.*

*This canoe tour also requires about 10 land crossings, the longest transport needed being 4-9km depending on water levels. A canoe trolley is included as part of your equipment to assist with land transports.*

*The land transports required and the remote nature of much of the area makes Canoe in Bergslagen the most challenging of our canoeing tours. No previous experience of canoeing is required, but you should be used to and enjoy the outdoor life.*

*Northern Värmland is a fascinating and diverse area, with ancient logging routes, narrow networks of lakes and rivers and enchanting woodland meres. The flora and fauna of Värmland is a cross-section of Swedish species. This is where the north and the south of Sweden meet along the plant geographic boundary of Norrland, which is also the northern limit of the oak.*

*Northern Värmland and the Norwegian borderland is a region that is ideal for lovers of nature and wildlife.*

### **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 reception. You will now receive your equipment and the information necessary about paddling technique and your route. You can also now buy a fishing licence for the tour if you wish. Together with the canoe centre staff, 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 note some suitable camping spots. Together you load the bus and head for the starting point.

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

You put your canoes into Västra Sundsjön and start paddling south, heading for the most southerly point of the lake. Along the shore there are many suitable camping places. At the southern end of the lake, you take the canoes out of the water and do your first land transport, about 700m, and then launch into Östra Sundsjön, heading north through a beautiful labyrinth of floating islands.

Your tour continues through lakes, canals and creeks with a total of 10 land crossings, the longest 4-9km depending on water levels. Unless water levels are low, it is normally

possible to step out of the canoe and drag it alongside for much of the distance during the longest transport.

Bergslagen is the name given to the old mining areas reaching over Västermanland, the southern parts of Dalarna and the east of Värmland. The natural surroundings in Bergslagen offer a beautiful area of connected lakes and rivers, superb for paddlers.

There are some small stores (but please note that you should not rely on these stores for essential provisions, as you may arrive outside opening hours) and a campsite along the route and at one point you have the choice of two different routes. You can take your time and consider your strength and the time you have left when deciding which route to choose.

Your tour ends 7 or 14 days later at Sjärfors, where you will be met for transfer back to Gunnerud. When you start your tour on a Saturday you will be picked up by bus on following Friday at 14.30.

On this tour you have the option to do the tour in 7 or 14 days. If you choose to do the tour in 14 days, you will have time to build in rest days and days for detours and explorations on land. This tour has two lengths. The longer route is suitable for the 14-day tour or, if you feel you have the energy and time, this route is also possible for the 7-day tour.

For the 14-day route, it is also possible to combine our Canoe in Bergslagen and Canoe on Svartälven experiences into one extended tour (around 200km, prices as for 14-day Canoe on Svartälven tour). Please contact us for details.

## Dates for 2010 summer season:

### Start:

- Standard season 26.06-14.08.10: Start days Saturdays, check-in between 13.00 and 14.00.
- Out-of-season tours June, end of August 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 (for safety reasons, must contain min. 2 adults).

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

### Price for 7-day tour:

Price £/person	Adult	Child 10-15yrs
Basic canoe package inc. kitchen equipment	137	69

### Price for 14-day tour:

Price £/person	Adult	Child 10-15yrs
Basic canoe package inc. kitchen equipment	205	103

## **What The Price Includes:**

**NB:** There is no topographical map included in this package. This can be ordered at the time of booking. The price includes a canoe trolley.

### ***Equipment***

The following equipment is included in the tour:

Canoe equipment: 2-person Canadian canoe, paddles, buoyancy aids, pack cylinder, water can, canoe rope, canoe trolley, 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/from the start/end points of the tour.

## **What The Price Does Not Include:**

Food, tent, sleeping bag.

Maps are not included, but may be ordered when booking (see Optional Extras). Please see "Optional extras" below for a list of the maps required. It is not possible to do the tour without maps!

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.

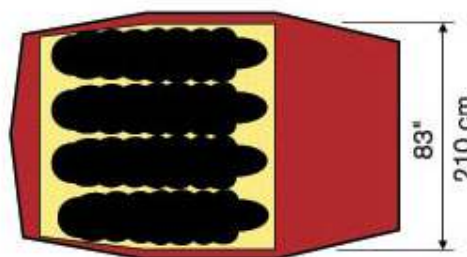
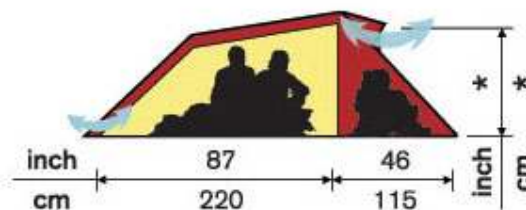
## **Optional extras:**

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. Please note that because of the remote area in which you travel there are not many opportunities to buy food during this tour and because of this we recommend you to bring all the food you need for the trip with you.

**Provisions package**

You can choose to add a food package for up to 7 days. 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.

**Maps:**

You will require a set of maps for this experience. The maps required are:

- 626 Hagfors, 636 Äppelbo

Maps can be purchased online through The Map Shop ([www.themapshop.co.uk](http://www.themapshop.co.uk)). Alternatively, you can order maps through us and collect them along with the rest of your equipment in Sweden.

**7-day tour:**

<b>Additional</b>	<b>Adults</b>	<b>Children 10-15yrs</b>
Sleeping bag package	£15	£15

3/4-person tent*	£67	
Set of maps*	£25	
Provisions**	£95	£87

\* Price given is per tent or per set of maps

\*\* 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.

#### **14-day tour:**

<b>Additional</b>	<b>Adults</b>	<b>Children 10-15yrs</b>
Sleeping bag package	£23	£23
3/4-person tent*	£100	
Set of maps*	£25	
Provisions** (7 days only)	£95	£87

\* Price given is per tent or per set of maps

\*\* 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 sure your trip is as comfortable as possible, pack your belongings in waterproof containers. Because of the land transports involved in this route, it is necessary for you to pack your belongings in a rucksack, since the canoe trolley cannot be heavily loaded.

#### **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, maps (if not purchased as optional extra), 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 adults.

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

The canoe tour is on calm running waters or small to medium sized lakes. The Bergslagen tour requires a number of land transports, the longest of which is 4-9km depending on water levels. During the land transports the canoe can be transported on the canoe trolley but you will need to carry all other equipment. This tour may be too demanding for younger children and is unsuitable for children under 10. If you have younger children, our Canoe on Svartälven or Canoe on Klarälven tours may be more suitable. Please don't hesitate to ask if you have any questions.

## **Groups:**

Canoe in Bergslagen is suitable for groups of up to max. 10 persons.

## **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 of a person from Värmland. Värmland is an excellent recreation area. There are a lot of lakes, streams, high mountains and deep forests.

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 them.

## **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, 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](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-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](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.

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](http://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.