

## SOMETHING TO GET YOU STARTED...

**RESEARCH...** The Smorgasbord website ([sverigeturism.se/smorgasbord](http://sverigeturism.se/smorgasbord)) is a brilliant reference point if you're planning a trip and tells you everything from what to eat fermented herring with (boiled potatoes and bread, apparently), to key Swedish phrases like 'tala långsamt' ('speak slowly, please'). It also has more everyday useful stuff, like how to get around, where to stay and what to do in pretty much all the most popular tourist destinations.

**BOOK...** For tailor-made trips with an outdoorsy slant, visit [naturetravels.co.uk](http://naturetravels.co.uk). They specialise in Sweden and can set you up with everything from a stay in a two-person romantic log cabin in the woods to a week of horse riding, hiking and dog sledging adventures.

**FLY...** Our new flight-finding discovery is [kayak.co.uk](http://kayak.co.uk). This excellent search engine always seems to come up trumps with the cheapest flights. Expect to pay between £30 to £100 return for flights to Stockholm.

## 10 Fun on the farm

Sample a slice of rural Sweden by spending a few days at Larsbo Gård – Åsa and Lasse Frick's pretty clapperboard farmhouse in Hälsingland, which, surrounded by forests and lakes and 7km away from its nearest neighbour, demands utter relaxation. Kids can borrow a canoe and go exploring *Swallows And Amazons*-style or spend their days being a farm hand; feeding animals, riding the horse and cart and collecting eggs before breakfast. There's also a great bathing spot just a few minutes away, with beautifully clear (but often shockingly cold) waters, as well as plenty of good fishing opportunities for outdoorsy men to entertain themselves.

**NEED TO KNOW:** Prices during summer start at £46 per person per night, on a half-board basis (children three to 14 are £23 and children under three are free). Call 01929 463774; [naturetravels.co.uk](http://naturetravels.co.uk). ■

