



A LARGELY UNDISCOVERED DESTINATION FOR THE WILDLIFE AND NATURE TRAVELLER, **Bob Carter** OF NATURE TRAVELS DESCRIBES HIS FAVOURITE OUTDOOR ACTIVITIES IN SWEDEN.

Canoeing and Sea Kayaking

What makes Sweden so good for canoeing and sea kayaking?

Water, water, everywhere! A hundred thousand lakes (give or take a few), thousands of miles of rivers, stunning archipelago networks of thousands of islands on both the east and west coast, plus the freedom to camp wild, afforded by the Swedish Right of Public Access.

Is it for experts only?

Not at all. For canoeing, we offer self-guided tours suitable for even very young children, right up to challenging wilderness expeditions. For sea kayaking, beginners should normally consider joining a guided tour, though self-guided options for novices are also available.

What about the mozzies?

Ah, I'm glad you asked! Sweden does have mosquitoes, so you should dress appropriately and take repellent. That said, numbers vary greatly, both year to year and within the season and also by location – so you might find you see more mozzies than you expect or perhaps none at all!

Hiking

What time of year is best to go?

That depends on where in Sweden you would like to go hiking. In the far north, conditions aren't suitable in the mountains until around mid-June onwards, with the season ending in mid-September. Further south, anytime between May and October can be a very good time to go. In the far north, the midnight sun offers a very special experience from June onwards, while the colours of autumn in September are stunning.

What's the toughest tour you offer?

That would be our Sarek National Park Expedition. Sarek is often called 'Europe's Last Wilderness', an area without any paths, bridges, or other infrastructure and offering a real challenge for those with suitable experience.

Are all the tours guided?

No, we offer both self-guided and guided options for hiking. For all self-guided tours, a minimum of two people are required for



safety reasons, but if you're two or more there's a wide choice, from cabin-to-cabin hiking in Swedish Lapland, including the King's Trail, Sweden's best-known hiking path, to accessible day tours from a fixed base in Dalsland in the south west.

Dog Sledding

What's the best thing about dog sledding?

For me it's a combination of working with the dogs and getting to know them, travelling through some stunning winter scenery in a low-impact way (I'd much rather be dog sledding than snowmobiling!), life in the cabins and of course some good chances for the Northern Lights if touring in the far north. We offer dog sledding in both Sweden and Norway.

Do guests get to mush their own dog teams?

Absolutely! That's a major part of the

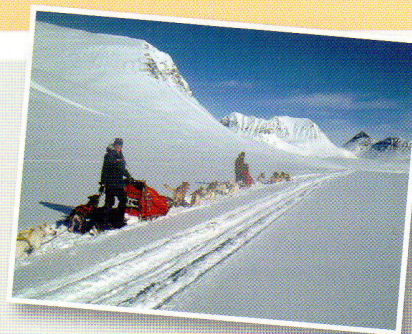
experience. All our dog sled tours are based on adult participants driving their own sleds.

What's the accommodation like?

Most tours are based on staying in simple wilderness cabins along the route, where you'll chop wood for firewood and fetch water from the lake.

Winter camping! Isn't that cold?

We make sure everyone's well-equipped. The camping tours normally take place in the later part of the season – the 'spring winter' as it's called in the far north – when temperatures are milder and there are more hours of daylight.



Is dog sledding mainly for adults?

Actually our four-day, Discover Dog Sledding tour is ideal for active families with children as young as six. Some of the longer tours and mountain tours are more physically challenging and suitable for adults only, but we also offer longer tours suitable for age 13 and upwards.