



Rise and shine:  
Hitting the  
water at sunrise

## PADDLING THE ARCHIPELAGOS IN SWEDEN

Zoe Burke discovers coastal life by kayak

It's early morning in Grebbestad, a fishing village on the west coast of Sweden, and the weather is calm – good news as I'm here to discover the coastline by water. As the sun rises, I face the daunting task of lowering myself (for the first time ever) into a kayak, before tentatively paddling off with the group and guides Kathrine and Torbjörn. Within minutes, I can see what they meant when they told us this is the best and most beautiful way to explore these archipelagos.

Gliding past the rocky islands, we pause every now and then to take a closer look at the seabirds, basking seals and landmarks, including actress Ingrid Bergman's cabin. After a hard morning's paddle we stop for lunch in a secluded bay. The peace here is absolute, with only the sounds of clear water lapping at the shore.

Re-energised, it's on to the island of Val, where rocks give way to

sweeping lawns and Fjällbacka Valö Guest House. We're greeted by Hans, who cooks us a delicious salmon dinner and entertains us with anecdotes of island life.

After a night camping on our own private island and breakfast at Väderöarna Guest House, we tackle the Weather Islands, which are battered by strong winds pretty much all year round. But us now-seasoned kayakers manage to make it through the choppy, narrow channels safely, before a leisurely paddle back to Grebbestad, in time to sample the famous oysters at Q Skär restaurant.

By the end of my trip, I'm tired and my arms have never ached so much, but I'm converted to kayaking and more than a little in awe of the beautiful coastline I wouldn't have been able to explore without one.



Panoramic view  
from the boats



### TRAVEL FACTS

Three-day guided kayaking and camping package with naturetravels.co.uk from £420pp, inc quipment. Visit [westsweden.com](http://westsweden.com)

Edited by Alexandra Shakespeare Photos Alamy, Getty Images, Henrik Tygg, imagebank.sweden.se