



Nature Travels

outdoor experiences in Sweden



**CANOEING FROM FOREST
CABIN IN SOUTHERN SWEDEN
- 4 OR MORE DAYS**

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Canoeing from Forest Cabin in Southern Sweden: 4 or more days

Experience Code: LE8DW1

Southern Sweden is lovely canoeing country - a region of thick forest, calm rivers and clear lakes ideal for exploring by canoe. Canoeing from Forest Cabin in Southern Sweden is a flexible experience where each day brings a fresh adventure. Taking a different self-guided canoe tour each day, you will be paddling the waters of three of the counties of southern Sweden: Halland, Småland and Västergötland. The area is rich in wildlife and particularly good for birdwatching, and canoeing is a marvellously quiet and unobtrusive way to encounter the varied fauna of the region.

From your base at a comfortable forest cabin, you will head out each morning to discover a different area. In consultation with your host, you can choose canoeing day tours appropriate to your interests and preferred level of challenge.

Canoeing from Forest Cabin in Southern Sweden has something for everyone. Couples seeking a romantic getaway will find the quiet lakes and forests of southern Sweden a tonic to stir the heart! Families or more mature clients who do not wish to camp wild can combine the adventure and tranquility of self-guided canoeing with the comfort and convenience of cabin accommodation, with the distances covered each day tailored to suit your needs and abilities. Groups of friends travelling together can opt for longer routes to discover even more of the beauty of the landscape, with the opportunity to socialise and spend time together at the cabin in the evening.

This self-guided canoe experience is available on custom dates by arrangement between mid-May and mid-September. With a minimum stay of 4 days (arrival and departure + 2 days' canoeing) up to stays of a week or more, Canoeing from Forest Cabin in Southern Sweden is a flexible and accessible canoeing holiday suitable for all. You can even choose to spend a day fishing from a rowing boat as an alternative to canoeing. Whatever your particular focus or level of ability, you will find the lakes and forests of southern Sweden a marvellous landscape to discover by canoe!

Arrival Day:

On arrival, you will be met and shown to your cabin. Depending on your arrival time, your host will give you an introduction to the area and you will have a chance to discuss the activities of the coming days either in the evening or the following morning.

Canoeing Days:

Each day you will head out to discover a new part of this beautiful region on a series of canoeing day-tours. Routes will be chosen and suggested in consultation with your host depending on your preferred level of challenge and particular preferences.

You will be given instructions and information for your day's paddling and, if you have chosen a tour requiring transfers, transported to the start point and met in the late afternoon for transfer back to your cabin for the evening, where you can reflect on the day's adventures.

If you wish, for one of the days you are welcome to take a rowing boat as an alternative to a canoe and spend your day fishing in one of the quiet lakes in the area. The most commonly caught species are pike, perch and pike-perch.

Departure Day:

After end cleaning of your cabin, it is time to prepare for your departure. Please check out of your cabin by 12.00.

2010 season:

This experience can be booked on custom dates by arrangement between 15th May and 15th September.

Either the arrival or departure date must be a Saturday.

The price:

Minimum duration 4 days/3 nights. Min. 2 adults required for safety reasons.

- £186/adult, £93/child aged 2-12, children under 2 free of charge.
- Additional canoeing day + overnight in cabin: £70/adult/day, £35/child aged 2-12/day, children under 2 free of charge.

Two canoe day-tours are possible from the cabins. These tours do not require canoe transfers. Before 16th July, bird conservation regulations mean that canoe day-tours begin approx. 1km walk from the cabins. After 16th July, tours begin approx. 400m from the cabins.

A number of additional options for canoe day-tours which require transfers are possible in the local area. Your host will transfer you to the start point in the morning and meet you for return transfer at an agreed point in the afternoon. For these options, there is an additional charge for transfers of 175 SEK/person/day (about £16), to be paid locally.

What The Price Includes:***Accommodation:***

- 3 or more nights in cabin fully-equipped with kitchen, shower and toilet. Bed linen and towels will be provided.

Equipment:

- All necessary equipment including lifevests is provided. Canoes used are 2-3 person Canadian canoes.
- Map of the area.

Activities:

- 2 or more self-guided canoe day tours planned in consultation with your host. Possibility to use rowing boat for fishing on one day.

Transfers:

- Local transfer from Fegen to/from your cabin on arrival/departure.

What The Price Does Not Include:

- Food. The cabins are fully-equipped for self-catering. There is a small local store 5km away and a larger store 10km away for purchasing provisions.
- End cleaning of cabin.

Optional Extras:

A number of additional options for canoe day-tours which require transfers are available in the local area. Your host will transfer you to the start point in the morning and meet you for return transfer at an agreed point in the afternoon. For these options, there is an additional charge for transfers of 175 SEK/person/day (about £16), to be paid locally.

If you choose to go fishing for a day on the private lakes in the area, persons over 15 years of age are required to purchase a fishing licence locally for a small additional charge.

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.

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).

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), 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. In spring and autumn the weather can be rougher on the water and we recommend warm clothes. You should also bring shoes or sandals you can use in the water.

Additional:

Sunglasses, matches, knife, camera and binoculars.

Health requirements/experience:

This experience is suitable for anyone in general good health who enjoys the outdoors. No previous canoeing experience is required. Minimum 2 adults required for safety reasons. Swimming ability is required for adults.

Groups:

Larger groups can be accommodated. Please contact us to discuss your requirements.

Information about the area:

The county of Halland is a richly fertile area and was originally a province of Denmark, becoming part of Sweden in the 17th Century. The area was the scene of conflict for many years from the 13th century onwards, as Sweden, Denmark and also Norway competed for power in Scandinavia.

The neighbouring county of Småland in many ways typifies idyllic rural Sweden and is home to some of Sweden's greatest cultural and historical icons: Astrid Lindgren,

children's author creator of Pippi Longstocking ("Astrid Lindgren's World" is a very popular attraction for families and is within easy travelling distance); the botanist Linnaeus, whose system of classification still forms the bedrock of modern biology; Ingvar Kamprad, the founder of IKEA, and one of Sweden's oldest cities, Kalmar. Over 50% forest, with a large number of lakes and valuable areas of bogland, Småland also contains three of Sweden's national parks: Store Mosse, Norra Kivill and Blå Jungfrun.

The county of Västergötland has a varied landscape ranging from the hills of the southern Swedish highlands in the south and east to the plains of the north and west. To the west lie the islands of the Gothenburg archipelago, while to the north the county borders Sweden's two largest lakes, Vänern and Vättern.

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:

- Gothenburg City
- Gothenburg Landvetter
- Copenhagen Kastrup

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-Fegen by train and bus:** Lunchtime Eurostar to Brussels, train to Cologne, overnight sleeper to Copenhagen and onward connections to Fegen.
- **London-Fegen by train and bus via Hamburg.** Early evening Eurostar to Brussels, overnight sleeper to Hamburg and onward connections to Fegen. The fastest option.
- **Harwich-Fegen by ferry, train and bus:** DFDS ferry Harwich to Esbjerg (Denmark), then onward connections to Fegen via Copenhagen.

Travel within Sweden:

Transfer to/from your cabin is included from Fegen. Please let us know your arrival and departure times so that transfer can be arranged.

From Gothenburg City or Gothenburg Landvetter airports: Flight bus into central Gothenburg (travel time 20 mins). Train and bus to Fegen (travel time around 3 hours).

From Copenhagen Kastrup airport: Train and bus to Fegen (travel time around 4 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.

More details and advice on local transport will 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 tour has received a prestigious Swedish Ecotourism award for its commitment to high standards to cultural and environmental sensitivity.