



Nature Travels

outdoor experiences in Sweden



**SELF-GUIDED HIKING IN THE
KYNNE HILLS - 4 OR MORE
DAYS**

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SELF-GUIDED HIKING IN THE KYNNE HILLS: 4 OR MORE DAYS	2
ARRIVAL DAY:	2
HIKING DAYS:.....	3
ADDITIONAL DAYS:	3
DEPARTURE DAY:	3
2010 SEASON:	3
THE PRICE:	3
WHAT THE PRICE INCLUDES:.....	3
<i>Accommodation:</i>	3
<i>Self-guided hiking:</i>	3
WHAT THE PRICE DOES NOT INCLUDE:	4
OPTIONAL EXTRAS:	4
<i>Meals:</i>	4
<i>Accommodation:</i>	4
<i>Canoeing:</i>	4
<i>Transfer:</i>	4
<i>Other:</i>	4
EQUIPMENT/CLOTHES NEEDED:	4
<i>Packing list (recommended):</i>	4
HEALTH REQUIREMENTS/EXPERIENCE:	5
GROUP SIZE:	5
GROUPS:	5
INFORMATION ABOUT THE AREA:	5
COMMON SENSE AND THE RIGHT OF PUBLIC ACCESS	5
<i>Respect others' privacy</i>	5
<i>Camping</i>	6
<i>Do not litter</i>	6
<i>Blossoms and berries</i>	6
<i>Protected natural areas</i>	6
GETTING THERE:	6
<i>By Air:</i>	6
<i>Without flying</i>	6
TRAVEL WITHIN SWEDEN:	7
WHAT TO DO NEXT:	7
ADDITIONAL NOTES	7

Self-guided Hiking in the Kynne Hills: 4 or more days

Experience Code: WV4TS1

The Kynne Hills lie in the county of Bohuslän, just a short distance inland from the coast in West Sweden. The area is ideal for hiking, offering a feeling of the wilderness and landscape in many ways similar to the Taiga areas of northern Sweden.

From your base at a simple but comfortable 2-person cabin, you will head out each day to explore the area on a different self-guided walking tour. Depending on the route, your host will transfer you to the start point of the day's tour or you will hike out from the camp to be collected at the end point later in the day. You will be provided with detailed description including points of interest and map for your day's hiking.

Some of the trails have been specially created by your host, and guests at the cabins are the only persons permitted to hike in these areas. Self-guided Hiking in the Kynne Hills is a tranquil and very private hiking experience with a real taste of the vast wilderness areas found much further north.

This is a region of atmospheric forests, open moors covered with heather and quiet, clear lakes. The area is rich in wildlife, and in the skies above you may see an osprey silhouetted against the sky, hear the lonesome calls of the black-throated diver and golden plover echoing across the still water, or spot a majestic crane strutting proudly through the wetlands.

The distance covered each day is around 17-20km depending on the route chosen. You take the day at your own pace, pausing to enjoy the view across a lake or perhaps explore a beaver hide, returning in the evening to the welcoming atmosphere of the camp. The camp is simple but has fully-equipped kitchen for self-catering and a lovely wood-fired sauna with private lake – perfect for soothing tired muscles after a long walk! The evening is yours to enjoy as you wish: barbecue your dinner over hot coals, warm your toes by the campfire, or simply sit back and reflect on the day's adventures and listen to the evening birdsong.

Self-guided Hiking in the Kynne Hills is a relaxing and flexible experience. From the freshness of early spring through the long, heady days of summer to the rich forest colours of autumn, each season has its own special charm. If you wish, you are welcome to extend your stay in the area with additional hiking days, or why not take a canoe for a day and explore the quiet waterways? Whichever options you choose and whenever you visit, the stresses and anxieties of modern life are likely to feel a world away!

Arrival Day:

On arrival, your host will meet you and show you to your cabin and around the camp's facilities.

Accommodation is in 2-person cabins at the camp. The camp has kitchen for self-catering and also barbecue and wood-fired sauna facilities. If you wish, food packages for your stay are available as an optional extra – please see below.

After settling in, you can take a walk around the area to get to know the terrain as you begin to adjust to a rather slower pace of life! You prepare dinner in the self-catering kitchen or on the camp barbecue. You will also go through the tour you will be doing the following day together with your host. Your host knows the area intimately and will be happy to advise you on suitable clothing based on the weather, etc, and answer any

questions you may have. Then it's time to retire for your first night in the quiet of the Kynne Hills!

Hiking Days:

Starting from the camp, your first day's tour takes you north for about 18km. Later in the day, your host will collect you at a pre-arranged point and time for transfer back to the camp.

For your second day's walking, the day begins with transfer north. This day's route takes you south for about 20km, to arrive back at the camp in the evening.

For each day, you will be given a detailed map and route description, and your host will be on hand before your tour to answer questions and advise on points of interest to look out for.

Additional Days:

The opportunities for hiking in the Kynne Hills are many and varied, and if you choose to extend your stay with additional days, you will find no shortage of exciting and beautiful routes.

You also have the option to take a canoe for a day to explore the beautiful lakes and waterways, giving a very different perspective on the area.

Departure Day:

After breakfast and end cleaning of your cabin (if not added as optional extra), it is time to check out. Please return route descriptions and other materials and vacate your cabin by 12.00

2010 season:

Dates by arrangement between 7th May and 3rd October 2010.

Minimum stay 4 days/3 nights. You are welcome to extend your stay with additional nights.

The price:

£147/person based on minimum 2 persons.

What The Price Includes:

Accommodation:

- 3 nights in simple 2-person camping cabin (additional nights can be added). There are just six cabins in total at the camp. The camp has a kitchen and barbecue area for self-catering and wood-fired sauna. The sauna will be lit for at least one night during your stay.

Self-guided hiking:

- 2 days' self-guided hiking including advice of your host, detailed map and route description and local transfers between the camp and start/end points as required.
- "Pick-up" insurance: If you have to curtail your hike for any reason, your host will meet you at the nearest road connection for transport back to the camp. Contact number will be included in your route information.

What The Price Does Not Include:

- Meals (food packages are available as an optional extra)
- Bedding and towels (may be hired as optional extra)
- End cleaning of cabin (may be added as optional extra)

Optional Extras:

Meals:

- Food package for 4 days/3 nights, including provisions for 3 breakfasts, 2 outdoor lunches and 3 dinners: £56/person (please let us know if you have any special dietary requirements)
- Food package for additional days (breakfast, outdoor lunch, dinner): £23/day

Accommodation:

- Additional nights in cabin: £23/person/night (£18/person/night for members of IYHA/Hostelling International)
- Supplement for single occupancy of cabin: £10/person/night.

Canoeing:

- Canoeing day including canoe, paddles, buoyancy aids and local transfers for canoe tour: £45/person/day

Transfer:

- Transfer between Hedekas and cabin on arrival/departure: £10/person/way

Other:

The following optional extras can be paid for locally in Swedish Kronor on arrival:

- Bedding and towels: 100 SEK/person/stay
- End cleaning of cabin: 140 SEK

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), waterproof hiking boots with good ankle support, a pair of warm socks, something to cover your head in case of heat or rain, 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 and we recommend warm clothes - a pair of gloves/mittens, warm sweater, etc. You should also bring shoes or sandals you can use in the water if canoeing.

Additional:

Sunglasses, matches, knife, camera and binoculars.

Health requirements/experience:

This experience is suitable for anyone in general good health who enjoys walking and the outdoors. You should be comfortable with hiking distances of up to 20km over rough terrain. Swimming ability required if canoeing.

Children accompanied by an adult are very welcome on this experience provided they are used to hiking and comfortable with the distances covered.

Group size:

Minimum 2 persons required.

Groups:

Groups of up to 12 persons can be accommodated. Please contact us to discuss your requirements.

Information about the area:

The Kynne Hills are a high plateau in the county of Bohuslän in West Sweden. A landscape of cracked valleys has created a large number of watercourses and lakes – the area is sometimes referred to as the "vattenfjället" or "water mountain".

In this area, many tree species such as the mountain birch and grey alder have their most southerly habitat. The region is also rich in wildlife, including deer, elk, wolves, lynx and beaver.

The highest point of the Kynne Hills is Vaktarekullen at 207m above sea level. One of Sweden's long-distance hiking trails, the Bohusleden, passes through the hills on its way to the coastal town of Strömstad. As well as being wonderful for hiking, the area also offers many opportunities for canoeing, fishing, and mushroom and berry picking.

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

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

Travel within Sweden:

Transfer to/from the camp can be arranged from Hedekas. Please see "Optional extras" above.

From Gothenburg City or Gothenburg Landvetter airports: Flight bus into central Gothenburg (travel time 20 mins). Train to Munkedal then local bus to Hedekas (travel time from Gothenburg around 2 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. However, travel between Gothenburg and Munkedal is a local journey with fixed fares.

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.