



SWEDEN

Swedish Canoe Expedition

TRIP SUMMARY

7 Days / 6 nights

Depart UK airport – Stockholm

Internal flight Stockholm – Ostersund

**Return: Saturday/Sunday
Ostersund – Stockholm – UK**



INTRODUCTION

One of the best ways to explore Sweden is on the water; imagine canoeing gently across lakes and rivers, through some of the most tranquil and unspoilt vast wilderness Sweden has to offer.

ITINERARY

DAY 1: Fly from the UK to Sweden's capital city Stockholm then catch another internal flight north to Ostersund, upon arrival you will be met by Intrepid Expeditions staff with transport waiting to drive you to the remote location that Intrepid Expeditions use for their winter activities. (The cabin is very basic no electricity no indoor bathroom no TV/phones or computers). But let's face it this week is all about going back to nature.

DAY 2: After breakfast we say goodbye to the cabin for the next 5 days and travel for one hour until we meet the canoes at the drop off point.



After a safety briefing and a familiarising ourselves with the canoes its time to load up and head out into the vast silent wilderness.

DAYS 2 – 5: Each day will consist of paddling about 10 kilometres across various lakes and rivers in a relaxing and enjoyable atmosphere whilst maintaining a steady pace. An opportunity to fish whilst canoeing will always be available.





(Trip: continued)



Each evening we will find a suitable spot to make camp for the night, sometimes it may be a sheltered bay or a remote island, and when the tents are up it's just a case of sitting around the campfire or going

for a spot of fishing/walking, or just simply soaking up the surrounding scenery and wildlife.

Each day has a similar routine, what changes is the lakes/ rivers and landscape. At two points along the journey the canoes have to come out of the water to be portaged around some rapid sections of river.

During the summer months the sun shines for up to twenty hours a day, which is ideal as we are not restricted by the number of daylight hours, this gives us plenty of time to relax and full fill our days.



DAY 6: Once we arrive back at the cabin this day is basically free for relaxing and sorting any personal admin out. The evening meal is usually a BBQ cooked by our Swedish friends.

DAY 7: Unfortunately all good things must come to an end and time to head back to the UK.





(Trip: continued)

WHAT'S INCLUDED?

Food (during time in cabin)
 Transport to and from Ostersund airport and the cabin, and to the canoe drop-off point.
 Canoe
 Paddles
 Storage barrel
 Buoyancy jacket
 Fishing licence
 Spirit cooker and fuel
 Tent/hammock
 Insurance
 Instructor/guide

WHAT'S NOT INCLUDED?

Flights/although these can be arranged through an ATOL agent
 Personal expenses
 Rations for the canoe phase
 Personal travel insurance

CLIMATE STATISTICS

Temp	Sunset	Sunrise
June	17c	2300hrs 0250hrs
July	18c	2230hrs 0315hrs
August	16c	2130hrs 0440hrs

Please note these are average climate statistics and temperatures can get a lot higher/lower.

Total distance covered 65 kilometres

PASSPORT, VISA AND VACCINATIONS

All that is required is a current valid ten year passport.
 Plus a current European health insurance card.

FITNESS

Please note that you do not have to be super fit to attend this trip as it is quite relaxing, however participants must be a competent swimmer.



Please complete this form and post to:

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