

A MULTI ACTIVITY ADVENTURE

TRIP LENGTH: 5 days **DAYS OF DEPARTURE:**
Everyday except Monday

ACTIVITIES:
Cycling x 1 ½ days
Canoeing x 1 day
Hiking x 1 day
Boat trips x 1

PRICE:
3995 sek per person incl.
VAT/moms based on two
people sharing



FULL ITINERARY

Day 1: Stockholm → Mariefred

A MULTI ACTIVITY ADVENTURE starts with a trip on a steamboat that takes you from Stockholm, over Lake Mälaren, to the delightful village of Mariefred. The village with its lakeside location, many shops and cafes and historical buildings including the impressive Gripsholm's Castle is well worth a wander. You could also take your bicycles and cycle through green fields, deep forests and along the shores of Lake Mälaren to the isolated Taxinge Manor House. Taxinge Manor House is not only a beautiful manor house set in glorious surroundings but it is famous for its cakes. Plenty of time is allowed to marvel at the display. After your tea break, you board the charming steam train from Taxinge, reminiscent of times gone by, and make your way back to the village of Mariefred.

Accommodation: Mariefred, Hostel

Meals: None

Cycling Distance: 15km/Estimated cycling time: 1hr

Day 2: Mariefred → Lake Klämningen

A short transfer takes you to the start of your canoeing trip where you are met and provided with your canoes. After your canoe introduction, the route takes you through remarkable scenery as you paddle gently down Lake Marviken to Laxne. The area has its own unique character because of its geological history - the mountain split in two and as a result Lake Marviken is today bordered by 50 metre high cliffs. Here you will have time to enjoy your picnic lunch looking out over the beautiful lake views.

After lunch, you get back into your canoes and continue paddling as the lake widens into the beautiful Lake Klämningen. Take advantage of the clean, fresh water as you stop at one of the small beaches lining the lakeshore.

BRIEF ITINERARY

Day 1:

Steamboat from Stockholm to Mariefred
In Mariefred; visit Gripsholm's Castle, cycle to Taxinge Manor House, return with steamtrain
o/n Mariefred

Day 2

Transfer from Mariefred to Åkers Styckebruk
Canoe from Åkers to Lake Klämningen
o/n Lake Klämningen

Day 3:

Transfer from Lake Klämningen to Mellan Marviken
Hike to Yngsviken
Transfer from Yngsviken to Gnesta
o/n Gnesta

Day 4:

Cycle from Gnesta to Trosa via Tullgarn Palace
o/n Trosa

Day 5:

Free day in Trosa
Transfer from Trosa to Stockholm

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TRIP COST INCLUDES

Accommodation

Camping x 1* / Hostel x 2
Bed & Breakfast x 1

* All camping equipment provided

Day 2 cont.:

And enjoy the quiet and calm as you gently paddle down the middle of the lake, listening only to the birds and softly lapping waves. A short while after entering Lake Klämningen you will find your camp set up for a peaceful night among the wildlife.

Accommodation: Lake Klämningen, Camping

Meals: Breakfast, lunch & dinner

Paddling distance: 13km

Lifts: 4 (40m, 50m, 20m & 300m)

Day 3: Lake Klämningen → Gnesta

This morning you will be transferred direct from your accommodation to the start point of today's hike at Djupvikssjön. This hike is a true wilderness stretch which takes you through varied landscape, passing lakes, both large and small, forests and hills with delightful views across the Sörmland landscape. Stop to enjoy your lunch and a refreshing swim in one of the many remote lakes en route. You hike in the direction of Gnesta to an inlet called Yngsviken where you will be picked up and transferred back to your accommodation at Gnesta, a beautifully located farmhouse with wonderful views.

Overnight; Gnesta, Bed & Breakfast

Meals: Breakfast, lunch & dinner

Hiking Distance: 13.5km/Estimated hiking time: 5hrs

Day 4: Gnesta → Trosa

The next morning you can choose to take a short break at your Bed & Breakfast before continuing your journey onwards by bicycle to Trosa. When you are ready, you cycle through the Swedish countryside at its very best; pine forests, sparkling lakes and open meadows. After a short while you reach the royal Tullgarn Palace, an 18th century royal palace located on the seashore with magnificent views of the Baltic waters. Relax and enjoy your lunch in the delightful palace gardens.

After lunch you continue your journey by bicycle the short stretch to the seaside town Trosa, a charming 17th century town called 'the World's End' because of its location on the banks of the Baltic Sea with endless views of the ocean all around. The little square, surrounded by old wooden houses, marks the centre of town and the walkway along the canal as it winds its way to the ocean is not to be missed.

Accommodation: Trosa, Hostel

Meals: Breakfast

Cycling Distance: 46km/Estimated cycling time: 3¾hrs

Day 5: Trosa → Stockholm

Today you are free to either wander the streets of Trosa and enjoy the many shops, cafes and restaurants, or cycle around the adjoining island of Öbolandet or why not rent a sea kayak and explore the waters of Trosa's archipelago. At an agreed time, you are transferred from Trosa back to Stockholm.

Activities:

Cycling x 1½ days / Canoeing x 1 day
Hiking x 1 day

Meals:

Breakfast x 4 / Lunch x 2
Dinner x 2

Transfers:

Stockholm accomm/harbour (Day 1)
Mariefred harbour/accomm. (Day 1)
Mariefred/Åkers St. (Day 2)
Lake Klämning/Djupviksjön (Day 3)
Yngsviken/Gnesta (Day 3)
Trosa/Stockholm (Day 5)

Luggage transfers:

Stockholm/Mariefred (Day 1)
Mariefred/Gnesta (Day 2)
Gnesta/Trosa (Day 4)

Transport

Steamboat between
Stockholm/Mariefred (Day 1)
Steam train between Taxinge
/Mariefred (Day 1)

Information pack:

Including detailed trail routes in
English, maps, contact number etc
Nordic Trails representative
Full trip briefing
24hr emergency service

Total cost:

3995 sek per person incl. moms/VAT
based on two people sharing

NORDIC TRAILS
Active adventures in Sweden