

# DAY TRIP: EXPERIENCE SÖRMLAND'S NATURE BY CANOE AND ON FOOT

## BRIEF ITINERARY

- 08.30 Hotel pick-up in Stockholm. Transfer to Sörmland
- 09.30 Arrive Åkers Styckebruk. Canoe briefing
- 09.45 Canoe to Krampan
- 12.30 Arrive Krampan. Picnic lunch. Transfer to Lövviken
- 13.00 Arrive Lövviken. Hike to Nysätter
- 17.00 Arrive Nysätter. Transfer to Stockholm
- 18.30 Arrive Stockholm accommodation

*Note this is an approximate itinerary*

## FULL DETAILS

This morning, you are picked up from your hotel in Stockholm and transferred out of the city to the beautiful county of Sörmland lying south of Stockholm. We head towards the town of Åkers Styckebruk where you meet with your canoes and start your journey down this intriguing lake system.

You start your canoeing trip on Lake Visnaren and continue down the beautiful Marviken Lake system. 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. Your picnics are also provided so take the opportunity to pull ashore and have lunch by the lake shore, pausing to enjoy the remarkable scenery of Lake Marviken.

After half a day's canoeing you will come to your pick up point at Krampan where you will be collected and transferred to the start of the hike, by Lövviken.

You hike further southwards following the Sörmlandsleden, a hiking path that winds its way through Sörmland's prettiest parts. This hike encapsulates the best of the Sörmland landscape, taking you through varied landscape of lakes, both large and small, forests and hills with delightful views across the countryside. At the end of your half day hike by Nysätter, you will be collected and transferred back to your hotel in Stockholm.

### **Meals: Lunch**

**Hiking Distance: 10km/Estimated hiking time: 4hrs**

**Canoeing Distance: 7½ km/Estimated canoeing time: 2¾ hrs**



## TRIP COST INCLUDES

### Activities

- Canoeing x ½ day
- Hiking x ½ day

### Meals

- Picnic lunch x 1

### Transfers

- Stockholm to Åkers Styckebruk
- Krampan to Lövviken
- Nysätter to Stockholm

### Information Pack

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

### Price

- 795 sek per person incl. moms/VAT
- 595 per child sharing a canoe