

# DAY TRIP: EXPERIENCE SÖRMLAND'S NATURE BY CANOE

## BRIEF ITINERARY

- 08.30 Hotel pick-up in Stockholm. Transfer to Sörmland
- 09.30 Arrive Åkers Styckebruk. Canoe briefing
- 09.45 Canoe to Lake Klämningen. Picnic lunch
- 15.30 Arrive Lake Klämningen. Transfer to Mariefred
- 16.00 Arrive Mariefred. Free time in Mariefred
- 17.30 Depart Mariefred. 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 transported 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.

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. 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.

At the end of your canoeing trip, you will be collected and transferred to the charming village of Mariefred. Mariefred was founded in 1605 and is famed for its narrow, winding streets and colourful, wooden houses as well as being home to one of the most important and magnificent castles in the region, Gripsholm. After a visit to Mariefred, you will be transferred back to your accommodation in Stockholm.

### **Meals: Lunch**

**Paddling distance: 13km/Estimated paddling time: 5hrs**

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



## TRIP COST INCLUDES

### Activities

Canoeing x 1 day

### Meals

Picnic lunch x 1

### Transfers

Stockholm to Åkers Styckbruk  
Lake Klämningen to Mariefred  
Mariefred 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

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