

# DAY TRIP: EXPERIENCE SÖRMLAND'S NATURE ON FOOT

## BRIEF ITINERARY

- 08.30 Hotel pick-up in Stockholm. Transfer to Sörmland
- 09.30 Arrive to Fredriksberg.
- 09.45 Hike from Fredriksberg to Yngsviken. Picnic lunch
- 17.15 Arrive Yngsviken, Gnesta
- 17.30 Transfer from Gnesta to Stockholm
- 18.15 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 beginning of your hike at Fredriksberg.

You hike 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. You hike up Ulvsättersbergen hill where you can

enjoy the beautiful, mile-wide views across the Swedish countryside. You hike through typical Swedish woodland, intercepted by smooth rocks with a rich plant and animal life. If you are quiet you may be able to see or hear black grouse, capercaillie, cranes amongst other birdlife. You then climb up Lövviksbergen hill where you have beautiful views across Lake Klämningen and the farming area to the south. Lake Klämningen is about 10km long and lies in a fault valley which also continues north into the Marviken network of lakes.

This stretch takes you into the wilderness, passing many inland lakes, forest, hills and marshland. For many years this was an inaccessible part of the country. You continue on towards the nature reserve at Lake Stora Envätten, 62 meters above sea level.

You hike in the direction of Gnesta to an inlet called Yngsviken where you will be collected and transferred to back to Stockholm.

**Meals: Lunch**

**Hiking Distance: 20 km/Estimated hiking time: 7.5 hrs**

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## TRIP COST INCLUDES

### Activities

Hiking x 1 day

### Meals

Picnic lunch x 1

### Transfers

Stockholm to Fredriksberg,  
Sörmland  
Yngsviken (Gnesta) to  
Stockholm

### Information Pack

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

### Price

595 sek per person incl.  
moms/VAT

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