

FOOTPRINTS ACROSS DALES AND WOODLAND

TRIP LENGTH: 4 Days

ACTIVITIES:

Hiking x 3 days
Cycling x ½ day
Canoeing x ½ day
Boat trip x 1

DAYS OF DEPARTURE:
Everyday except Friday

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



BRIEF ITINERARY

Day 1:

Transfer from Stockholm to Tullgarn Palace
Hiking to Stensund
Transfer to Trosa
o/n Trosa

Day 2:

Transfer from Trosa to Nynäs
Hiking through Nynäs Nature Reserve
Transfer to Gnesta
o/n Gnesta

Day 3:

Transfer from Gnesta to Skottvångs Gruva
Hike to Yngsviken
Transfer to Gnesta
o/n Gnesta

Day 4:

Cycle from Gnesta to Laxne
Canoe from Laxne to Åkers Styckebruk
Transfer to Mariefred
Steamboat from Mariefred to Stockholm

FULL ITINERARY

Day 1: Stockholm → Trosa

FOOTPRINTS ACROSS DALES AND WOODLAND begins with a transfer by your representative to the start point of your day hike, at Näset. This hike takes you through the Tullgarn Nature Reserve and past the impressive Tullgarn Palace, an 18th century royal palace located on the seashore with magnificent views of the Baltic waters. Guided tours available and café/restaurant. From the palace, you hike towards Trosa to Stensund where you will be collected and transferred straight to Trosa village for your overnight stay. Trosa is 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.

Overnight; Trosa, Hostel

Hiking Distance: 13km / Estimated hiking time: 4½ hrs

Meals: None

Day 2: Trosa → Gnesta

Today's hike is located in the Nynäs Nature Reserve. You hike from Mättinge village, along the Baltic shores, passing by the impressive 17th century Nynäs Manor House where you can rest your legs and enjoy a guided tour or rent a canoe. You then continue hiking through the nature reserve until you reach your final destination at Bråfalls Såg. Here you will be collected and transferred to the outskirts of Gnesta where you can enjoy the peace and tranquillity of your charming Bed & Breakfast with wonderful views across the beautiful countryside.

Day 2 cont.:

Overnight; Gnesta, Bed & Breakfast

Hiking Distance: 15½ km / Estimated hiking time: 6 hrs

Meals: Breakfast, lunch & dinner

Day 3: Gnesta

This morning you will be transferred direct from your accommodation to the start point of today's hike at Lövviken. This hike takes you through varied landscape, passing lakes, both large and small, forests and hills with delightful views across the Södermanland landscape. You hike at times past the long Lake Klämningen, pausing to enjoy your lunch and the remarkable scenery of the area.

You hike in the direction of Gnesta to an inlet called Yngsviken where you will be picked up and transferred back to your overnight at Gnesta.

Overnight; Gnesta, Bed & Breakfast

Hiking Distance: 15.5km/Estimated hiking time: 5¾ hrs

Meals: Breakfast & lunch

Day 4: Gnesta → Stockholm

This morning, you cycle from Gnesta to Laxne along the shores of the beautiful Lake Klämningen where you have plenty of opportunity to stop and swim in the clear waters. At Laxne, you are met with your canoes and given your canoe introduction. Your picnics are also provided so that you can continue your journey up Lake Marviken to Åkers Styckebruk, pausing to enjoy your lunch and the remarkable scenery of Lake Marviken. 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. At Åkers Styckebruk, you are transferred to the charming town of Mariefred, founded in 1605 and 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. Here you board the steamboat to take you back to the buzz of Stockholm city.

Cycling Distance: 26½ km/Estimated cycling time: 2½ hrs

Canoeing Distance: 9km/Estimated canoeing time: 3½ hrs

Meals: Breakfast & lunch

Steamboat trip: Mariefred → Stockholm, 3½ hrs

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TRIP COST INCLUDES

Accommodation:

Hostel x 1

Bed & Breakfast x 2

Meals:

Breakfast x 3

Lunch x 3

Dinner x 1

Activities:

Hiking x 3 days

Cycling x ½ day

Canoeing x ½ day

Transfers:

Stockholm/Näset (Day 1)

Stensund/Trosa (Day 1)

Trosa/Mättinge (Day 2)

Bråfalls Såg/Gnesta (Day 2)

Gnesta/Lövviken (Day 3)

Yngsviken/Gnesta (Day 3)

Åkers St./Mariefred (Day 4)

Luggage transfers:

Trosa/Gnesta (Day 2)

Gnesta/Stockholm (Day 4)

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