

# LAND OF LAKES AND CASTLES

**TRIP LENGTH:** 4 Days

**DAYS OF DEPARTURE:**  
Monday & Wednesday

**ACTIVITIES:**

Cycling x 2½ days  
Hiking x ¼ day  
Canoeing x ½ day  
Boat trips x 2

**PRICE:**  
3800 sek per person incl.  
VAT/moms based on two  
people sharing



## BRIEF ITINERARY

**Day 1:**  
Transfer from Stockholm to  
Nyköping  
***o/n Nyköping***

**Day 2:**  
Boat from Nyköping to Stendörren  
Nature Reserve  
Hiking in Stendörren  
Cycle from Stendörren to  
Trosa via Nynäs Manor House  
***o/n Trosa***

**Day 3:**  
Cycle from Trosa to Gnesta via  
Tullgarn Palace  
***o/n Gnesta***

**Day 4:**  
Cycle from Gnesta to Laxne  
Canoe from Laxne to  
Åkers Styckebruk  
Transfer to Mariefred  
Steamboat from Mariefred to  
Stockholm

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## TRIP COST INCLUDES

**Accommodation:**

Hostel x 2  
Bed & Breakfast x 1

**Meals:**

Breakfast x 4 / Lunch x 2  
Dinner x 1

## FULL ITINERARY

**Day 1: Stockholm → Nyköping**

LAND OF LAKES AND CASTLES starts in the charming city of Nyköping where your accommodation for the first night is in the heart of the city. Nyköping has everything that Sweden is best known for: history, culture, beautiful countryside and a glorious archipelago on its doorstep. It is one of Sweden's oldest towns and here you can visit Nyköpingshus, its famous fortress dating back from the Middle Ages where you can learn more about the fascinating history of this region. Alternatively stroll along the river flowing through the heart of the town until you reach the busy seaside harbour with its restaurants and shops. The harbour has a lively atmosphere in the summertime and there are some interesting galleries, antique and craft shops from the local artisans.

**Accommodation: Nyköping, Hostel**

**Meals: None**

**Day 2: Nyköping → Trosa**

This morning, you board the boat from Nyköping which takes you directly across to the Stendörren Nature Reserve, considered by many to be one of the most beautiful archipelagos in the world because of its distinct feeling of peace and tranquillity in an unspoilt nature.

Here you have the rest of the morning to hike across the many islands using their intriguing system of suspension bridges, or swim in the clean, refreshing Baltic waters.

After your picnic lunch in the Reserve, you take your bikes and cycle along country lanes through the varied countryside; evergreen forests, meadows and lakes. You pass the impressive 17th century Nynäs Manor House where you can rest your legs and enjoy a guided tour, take a canoe or kayak, or hike the trails in the manor house grounds. En route, you can also stop at Sandvik beach for a quick swim in the sea before you continue

## Day 2 cont.

your journey on to the seaside town of Trosa. Trosa is visited by many Stockholmers in the summer months because of its unique location surrounded by both open landscape and another marvellous archipelago.

**Accommodation: Trosa, Hostel**

**Meals: Breakfast & lunch**

**Cycling Distance: 43km/Estimated cycling time: 3 hrs**

**Boat trip: Nyköping → Stendörren Nature Reserve, 1½ hrs**

## Day 3: Trosa → Gnesta

The next morning you can choose to take a short break in Trosa before continuing your journey onwards. 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.

When you are ready, you continue your cycle journey stopping first at the royal Tullgarn Palace, an 18th century palace located on the seashore with magnificent views of the Baltic waters. Relax and enjoy your lunch in the beautiful palace gardens.

After lunch continue your journey by bike, enjoying the Swedish countryside at its very best; pine forests, sparkling lakes and open green fields. Soon you arrive at the outskirts of Gnesta where you can enjoy the beautiful views and tranquillity of your charming Bed & Breakfast.

**Accommodation: Gnesta, Bed & Breakfast,**

**Meals: Breakfast & dinner**

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

## 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 canoe 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. 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.

**Meals: Breakfast & lunch**

**Cycling Distance: 26.5km/Estimated cycling time: 2½ hrs**

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

**Steamboat trip: Mariefred → Stockholm 3½ hrs**

## Activities:

Cycling x 2½ days

Canoeing x ½ day

Hiking x ¼ day

## Transfers:

Stockholm/Nyköping (Day 1)

Åkers Styckebruk/Mariefred

(Day 4)

Stockholm harbour/accomm.

(Day 4)

## Luggage transfers

Nyköping/Trosa (Day 2)

Trosa/Gnesta (Day 3)

Gnesta/Stockholm (Day 4)

## Transport

Boat from Nyköping to

Stendörren (Day 2)

Steamboat from Mariefred to

Stockholm (Day 4)

## Information pack

Including detailed trail routes in

English, maps, contact numbers

Nordic Trails representative

Full trip briefing

24hr emergency service

## Total cost

3800 sek per person incl.

moms/VAT based on two people

sharing

**NORDIC TRAILS**  
Active adventures in Sweden