

# SÖRMLAND'S BACKROADS AND SILENT LAKES

**TRIP LENGTH:** 6 Days

**ACTIVITIES INCLUDED:**

Canoeing x 3 days  
Cycling x 3 days  
Steam train x 1  
Boat trips x 1

**DAYS OF DEPARTURE:**

Everyday except  
Wednesday

**PRICE:**

5800 sek per person incl.  
VAT/moms based on two  
people sharing



## BRIEF ITINERARY

**Day 1:**

Transfer from Stockholm to Strängnäs  
Cycle from Strängnäs to Mariefred via Taxinge Manor House  
Stream train from Taxinge to Mariefred  
***o/n Mariefred***

**Day 2:**

Transfer from Mariefred to Åkers Styckebruk  
Canoe from Åkers Styckebruk to Lake Klämningen via Laxne  
***o/n Lake Klämningen***

**Day 3:**

Canoe from Lake Klämningen to Lake Sillen via Gnesta  
***o/n Gnesta***

**Day 4:**

Canoe from Lake Sillen to Sille.  
Cycle from Sille to Trosa  
***o/n Trosa***

**Day 5:**

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

**Day 6:**

Cycle from Gnesta to Mariefred via Laxne  
Steamboat to Stockholm

## FULL ITINERARY

**Day 1: Stockholm → Mariefred**

SÖRMLAND'S BACKROADS ANE SILENT LAKES begins with a transfer to historic Strängnäs whose history stems back to the Viking era due to its location right on the shores of the beautiful Lake Mälaren. Strängnäs is one of Sweden's oldest towns and is most noted for its imposing cathedral, built in 1260. and perched high on a hill.

After your visit to Strängnäs, you take your bikes and cycle through green fields and deep forests and along the shores of Lake Mälaren to the isolated Taxinge Manor House.

Taxinge is not only a beautiful manor house set in glorious surroundings but it is famous for its cakes. Plenty of time is allowed to marvel at the display. After your tea break, you board the charming steam train from Taxinge, reminiscent of times gone by, and make your way back to the 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 - a stones throw from your second night's accommodation.

**Accommodation: Mariefred, Hostel**

**Meals: None**

**Cycling Distance: 35km/Estimated cycling time: 2¾hrs**

**Steam train trip: Mariefred – Taxinge Manor House, 45 mins**

**Day 2: Mariefred → Lake Klämningen**

A short transfer takes you to the start of your canoeing trip where you are met and provided with your canoes. After your canoe introduction, the route takes you through remarkable scenery as you paddle gently down Lake

### **Day 2 cont.:**

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 many 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. A short while after entering Lake Klämningen you will find your camp set up for a peaceful night among the wildlife.

**Accommodation:** Lake Klämningen, Camping

**Meals:** Breakfast, lunch & dinner

**Paddling distance:** 13km

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

### **Day 3: Lake Klämningen → Gnesta**

This morning, you continue your journey by canoe down Lake Klämningen, again stopping at beaches to swim or soak up the summer sun. Pass by the impressive Södertuna Manor House and take in the stunning views across Lake Frösjön. After a morning of canoeing in the fresh air, you will look forward to stopping at Gnesta for a rest and some well deserved lunch. After lunch, your voyage continues down the narrow Sigtuna canal that opens out in your final lake - Lake Sillen. Another beautiful lake, you can appreciate its solitude and scenery as you paddle to your accommodation for the night, an impressive manor house located on its shore at Mälby on the outskirts of Gnesta.

**Accommodation:** Gnesta, Bed & Breakfast

**Meals:** Breakfast, lunch & dinner

**Paddling distance:** 17km

**Lifts:** 1 (900m)

### **Day 4: Gnesta → Trosa**

This morning you complete the journey down some of Sweden's most scenic lakes. From Mälby, you take your canoes for the last time and paddle down Lake Sillen to the small and secluded beach at Sille. Here you can enjoy another chance to swim in the calm lake waters.

At Sille you collect your bicycles and cycle along quiet country lanes 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 a marvellous archipelago. Here you will arrive in the afternoon so that you have time to wander around this charming little town, enjoying its many restaurants and shops.

**Accommodation:** Trosa, Hostel

**Meals:** Breakfast & lunch

**Paddling distance:** 9km

**Lifts:** None

**Cycling Distance:** 15km/**Estimated cycling time:** 1.5hrs

## **TRIP COST INCLUDES**

### **Accommodation:**

Hostel x 2

Bed & Breakfast x 2

Camping x 1\*

\*All camping equipment provided

### **Activities:**

Canoeing x 3 days

Cycling x 3 days

### **Meals:**

Breakfast x 5

Lunch x 4

Dinner x 3

### **Transfers:**

Stockholm/Strängnäs (Day 1)

Mariefred/Akers Styckebruk  
(Day 2)

Stockholm harbour/accomm.  
(Day 6)

### **Luggage transfers:**

Strängnäs/Mariefred (Day 1)

Mariefred/Lake Klämningen  
(Day 2)

Lake Klämningen/Gnesta (Day 3)

Gnesta/Trosa (Day 4)

Trosa/Gnesta (Day 5)

Gnesta/Stockholm (Day 6)

### **Transport**

Steam train from Mariefred to

Taxinge Manor House (Day 1)

Steamboat from Mariefred to  
Stockholm (Day 6)

**Day 5: 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. You pass by the town of Gnesta again where you can stop for refreshments before you head to your overnight destination just outside of Gnesta at a manor house set amid the rolling hills.

**Accommodation: Gnesta, Bed & Breakfast**

**Meals: Breakfast & dinner**

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

**Day 6: 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 may stop for refreshments at the village shop or continue on your journey back into the Swedish forests until you reach the small Lake Älgsjön. This makes the ideal stop to enjoy your picnic lunch in the peaceful and beautiful surroundings.

After lunch, you continue by bicycle through the forests, passing hidden lakes until you return to the charming town of Mariefred from where you board the steamboat to take across lake Mälaren all the way back to Stockholm.

**Meals: Breakfast & lunch**

**Cycling Distance: 45.5km/Estimated cycling time: 4hrs**

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

**Information pack:**

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

**Total cost:**

5800 sek per person incl.  
moms/VAT based on two people  
sharing