

SÖRMLAND'S HIDDEN TREASURE

TRIP LENGTH: 7 Days

DAYS OF DEPARTURE:
Everyday

ACTIVITIES:

Canoeing x 6 days

OPTIONAL ACTIVITIES:

Cycling / Fishing

PRICE:

4995 sek per person incl.
VAT/moms based on two
people sharing

FULL ITINERARY

Day 1: Stockholm → Skebokvarn (Lake Båven) → Svanö

SÖRMLAND'S HIDDEN TREASURE starts with a transfer from Stockholm (alt. Skavsta airport, Nyköping) to the Skebokvarn Outdoor Activity Centre on the shores of Lake Båven in the heart of Sörmland, a county recognized for its beautiful landscape with countless lakes, wild nature and welcoming countryside. Your journey by canoe allows you to appreciate Lake Båven, Sörmland's hidden treasure, from its best vantage point – the water.

After your canoe introduction, you set off with your camping equipment the short paddle to your first overnight on the island of Svanö. Fortunately, Lake Båven is still waiting to be discovered by mass tourism so when canoeing in this area, discovering your own campsite and enjoying the exciting sensation of having the nature all to yourself is no hard challenge. Imagine the peace and quiet when the sun sets and your only company is the loon heard in a distance.

Accommodation: Svanö island, Camping

Meals: Lunch & dinner

Paddling distance: 4km

Day 2: Svanö → Sandviks Gård

Today you are on your own, quite literally, to experience the peace and tranquillity of the lake as you paddle the long stretch between Svanö and Sandviks Gård. Lake Båven lies in the heart of the county and is quite unique for this part of Sweden because of its huge expanse of untouched, remote and wild nature only a stone's throw from Stockholm. Here, you can experience authentic Scandinavian wilderness along with clear water, rare birds, and of course, peace and quiet.



BRIEF ITINERARY

Day 1:

Transfer from Stockholm to Skebokvarn, by Lake Båven in Sörmland

Prepare canoes

Canoe from Skebokvarn to Svanö island

o/n Svanö island

Day 2

Canoe from Ädön island to Sandviks Gård

o/n Sandviks Gård

Day 3:

Free day at Sandviks Gård

Alt; paddle from Sandviks Gård to Sibro Kvarn swimming area, passing Vibyholm's manor house. Hiking on Djurön island. Return to Sandviks Gård

Alt; paddle from Sandviks Gård northwards towards Sparreholm following the lake's west coast as far as Rockelsta Manor House. Visit and hiking on Aspön island nature reserve and both Valö islands. Return to Sandviks Gård

Alt; rent bikes to explore the area by land / Alt; fishing trip

o/n Sandviks Gård

Day 4:

Canoe from Sandviks Gård to

Dagnäsön nature reserve passing through the Lake Båvenoarna islands' nature reserve. Hiking on Dagnäsön island.

o/n Majholmen island

Lake Båven is one of the largest of the approximately 800 lakes in Sörmland and is connected with a wide system of lakes and streams, together offering more than 500 km of canoe routes. It also boasts some of the cleanest waters in Sweden. It is a protected area because of the rare birds and the special characteristics of the nature. Its crystal clear waters are the protected home of the wells, a rare catfish of enormous dimensions. This unexploited wilderness gives you the opportunity to see many wild animals in their natural environment, such as the moose, the roe deer as well as rare birds. Each year the ospreys and the loons come back to their nests.

Accommodation: Sandviks Gård, Bed & Breakfast

Meals: Breakfast & lunch

Paddling distance: 11km

Day 3: Sandviks Gård

Sandvik is a manor house with estate originating from the 18th century and is located close by the hamlet of Ripsa. The location of Sandvik is in an area of outstanding natural beauty, with views straight across the waters of Båven.

Today you are free to do as much or as little canoeing as you desire. You could paddle southwards to Sibro Kvarn swimming area, passing Vibyholm's manor house and possibilities to hike on Djurön island. Or head northwards following the lake's west coast as far as Rockelsta Manor House. Along the way you could stop by Aspön island nature reserve and both Valö islands to stretch your legs on their hiking paths. Aspö island's northern and middle areas are a designated nature reserve. The island is undulating and there are many beautiful viewpoints to be seen which can be reached by hiking path.

If you want to take a break from paddling, then why not explore the area by bicycle or take a fishing trip out into the rich waters of Båven.

Accommodation: Sandviks Gård, Bed & Breakfast

Meals: Breakfast & lunch

Paddling distance: Free choice

Day 4: Sandviks Gård → Majholmen

Today you pack your bags and leave behind the delightful Sandviks Gård as you head eastwards across the lake towards your camping location for the night at a small island called Majholmen. The route takes you past the admired Båven island's nature reserve. The reserve is made up of 15 islands and islets in the middle area of Lake Båven and is known to be a favoured area for moose to swim from island to island. **Dagnäsö island nature reserve is yet another beautiful reserve known to be frequented by loons and ospreys.**

Accommodation: Majholmen, camping

Meals: Breakfast, lunch & dinner

Paddling distance: 12km

Day 5: Majholmen → Grytsberg Säteri

After a night out in the fresh, pure Båven air, you are ready to set off again, this time northwards, towards the village of Stjärnhov where you pass the first (and last) shop on your journey. The route also takes you through a beautiful river south of Stjärnhov called Natån stream which winds its way through dense woodland and opens out into the equally beautiful Lake Kyrksjön. After a few more miles of canoeing you will see a church spire

Day 5:

Paddle from Majholmen to Grytsberg Säteri passing Stjärnhov, Natån river and Kyrksjön lake
o/n Grytsberg Säteri

Day 6:

Free day at Grytsberg Säteri.
Alt; paddle northwards to Lake Misteln passing through Jättnaån river and return to Grytsberg Säteri
Alt; Swimming at Lake Kyrksjön's beach
Alt; Horse riding locally
Alt; Cycling quiet roads around Gryt
Alt; fishing trip
o/n Grytsberg Säteri

Day 7:

**Free morning at Grytsberg Säteri
Afternoon transfer to Stockholm**

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TRIP COST INCLUDES

Accommodation:

Bed & Breakfast x 4
Camping x 2*

*All camping equipment provided

Meals:

Breakfast x 6
Lunch x 5
Dinner x 2

Activities:

Canoeing x 6 days

Transfers:

Stockholm/Lake Båven (Day 1)
Lake Båven/Stockholm (Day 7)

standing proud amidst the trees. Grytsberg Säteri B&B is the church's neighbour. Grytsberg offers idyllic summer housing in the heart of Sörmland where you can experience living in traditional timber lodges in an authentic 17th century environment. The houses have rustic terraces and each is located in a pleasantly secluded area with lovely views of lake Kyrksjön and surrounding pastures and meadows.

Accommodation: Grytsberg Säteri, Bed & Breakfast

Meals: Breakfast & lunch

Paddling distance: 14km

Day 6: Grytsberg Säteri

Today you are free all day to put your legs up and enjoy the beautiful location of Grytsberg Säteri. For those of you with energy to spare, take your canoes and explore the area further - paddle northwards to Lake Misteln passing through Jättnån river or paddle the shorter distance to Lake Kyrksjön's beach for a swim. Alternatively explore the area by land on either horseback or bicycle. Either way enjoy an evening by the lake taking advantage of the lakeside sauna.

Accommodation: Grytsberg Säteri, Bed & Breakfast

Meals: Breakfast

Paddling distance: Free choice

Day 7: Grytsberg Säteri → Stockholm

This is your last day in the area of Båven. A representative will arrive to collect you from Grytsberg and transfer you to Stockholm (alt, Nyköping) for your return journey.

TRIP COST INCLUDES

Information pack:

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

Total cost:

4995 sek per person incl.
moms/VAT based on two people
sharing