

THE WATERS AND WOODS OF SÖRMLAND

TRIP LENGTH: 6 Days

ACTIVITIES:

Hiking x 3 days

Canoeing x 2 days

Steamboat x 1

Steam train x 1

DAYS OF DEPARTURE:

Everyday except Monday

PRICE:

5195 sek per person incl.

VAT/moms based on two people sharing



BRIEF ITINERARY

Day 1:

Steamboat from Stockholm to Mariefred

In Mariefred; visit village and Gripsholm's Castle

Steamtrain to Taxinge Manor House
o/n Mariefred

Day 2

Transfer from Mariefred to Åkers Styckebruk

Canoe from Åkers to Lake Klämningen

o/n Lake Klämningen

Day 3:

Canoe from Lake Klämningen to Gnesta

o/n Gnesta

Day 4:

Transfer from Gnesta to Skottvångs Gruva

Hike to Yngsviken

Transfer to Gnesta

o/n Gnesta

Day 5:

Transfer from Gnesta to Nynäs
Hiking through Nynäs Nature Reserve

Transfer to Trosa

o/n Trosa

Day 6:

Transfer from Trosa to Tullgarn Palace

Hiking to Stensund

Transfer to Stockholm

FULL ITINERARY

Day 1: Stockholm → Mariefred

THE WATERS AND WOODS OF SÖRMLAND begins with a trip on a steamboat that takes you from Stockholm, over Lake Mälaren, to the delightful 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's Castle. You will have some free time this afternoon to visit the castle or simply wander the streets of the old town and admire the lake views.

You may even decide to take the charming steam train, reminiscent of times gone by, and visit 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 steam train which takes you back to Mariefred.

Accommodation: Mariefred, Hostel

Meals: None

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

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 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.

Day 2 cont.:

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: 13 km

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. Pull into one of the remote islands in the middle of Lake Klämningen to stretch your legs. Pass by the impressive Södertuna Manor House and take in the lovely views across Lake Frösjön. Today you will paddle the whole length of Klämningen lake and stop where it ends in Gnesta town where you will have some free time to visit the lakeside town. Your canoes will be left here whilst you are transferred to your overnight accommodation, a beautifully located farm house with wonderful views of the surrounding landscape.

Accommodation: Gnesta, Bed & Breakfast

Meals: Breakfast, lunch & dinner

Paddling distance: 9 km

Lifts: None

Day 4: Gnesta

This morning you will be transferred direct from your accommodation to the start point of today's hike at Fredriksberg. 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: 20km/Estimated hiking time: 7½ hrs

Meals: Breakfast & lunch

Day 5: Gnesta → Trosa

Today's hike is located in the Nynäs Nature Reserve. You hike from Mättinge village and 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 from where you will be transferred to the charming village 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.

TRIP COST INCLUDES

Accommodation:

Hostel x 2

Bed & Breakfast x 2

Camping x 1*

*All camping equipment provided

Meals:

Breakfast x 5

Lunch x 4

Dinner x 2

Activities:

Hiking x 3 days

Canoeing x 2 days

Transfers:

Mariefred/Åkers Styckebruk
(Day 2)

Gnesta/Fredriksberg (Day 4)

Yngsviken/Gnesta (Day 4)

Gnesta/Mättinge (Day 5)

Bråfalls Såg/Trosa (Day 5)

Trosa/Näset (Day 6)

Stensund/Stockholm (Day 6)

Luggage transfers

Stockholm/Mariefred (Day 1)

Mariefred/Gnesta (Day 3)

Gnesta/Trosa (Day 5)

Transport

Steamboat from Stockholm to
Mariefred (Day 1)

Steamtrain from Mariefred to

Taxinge and return (Day 1)

Day 5 cont.:**Overnight; Trosa, Hostel****Hiking Distance: 15½ km / Estimated hiking time: 6 hrs****Meals: Breakfast & lunch****Day 6: Trosa → Stockholm**

This morning you are transferred the short way to Näset where your day hike begins. 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 by your representative and transferred back to Stockholm.

Hiking Distance: 13km / Estimated hiking time: 4½ hrs**Meals: Breakfast****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:

5195 sek per person incl.
moms/VAT based on two people
sharing