

TYRE TRACKS IN THE WOODS

TRIP LENGTH: 3 Days

DAYS OF DEPARTURE:

Everyday

ACTIVITIES INCLUDED:

Mountain biking x 3 days

Note: own mountain bike required

PRICE:

2100 sek per person incl. VAT/moms based on two people sharing



BRIEF ITINERARY

Day 1:

Transfer from Stockholm to Södertörn
Mountain bike towards Lida/Tyresta National Park and return

o/n Bed & Breakfast

Day 2:

Mountain bike to Årsta Havsbad
Boat from Årsta Havsbad to Utö archipelago island
Cycle/hike/sightseeing on Utö island

Return with boat

o/n Bed & Breakfast

Day 3:

Mountain bike towards Osmö and return

Transfer from Södertörn to Stockholm

FULL ITINERARY

Day 1: Lida/Tyresta National Park

TYRE TRACKS IN THE WOODS starts with a transfer from Stockholm to the region of Södertörn which lies just to the south of the city. This is an area noted for its beautiful countryside and can be most appreciated from the Sörmlandsleden, a hiking path that winds its way through the prettiest nature in the area including lakes, forest and coastal areas as well as cultural landmarks. Although it is principally a hiking path, there are many mountain bikers who test their skills on its rough and testing terrain. Today

you can choose in which direction you head but either route will take you through varied terrain and rich vegetation, passing marshlands, lakes and forest of spruce and deciduous trees with their fresh, spring leaves. For the keenest amongst you, you could make it as far as Tyresta National Park, a primeval forests **of some 5000 hectares with trees dating back over 400 years, sparkling forest lakes and a wealth of wildlife. Deer roam freely throughout whilst moose wait their turn as dusk falls.**

Overnight; Södertörn, Bed & Breakfast

Meals; Lunch & dinner

Day 2: Utö island

This morning you can opt for a day of easy mountain biking and instead take the opportunity to visit Stockholm's magnificent archipelago, an area of some 24,000 islands with its distinct vegetation and calm, fresh waters. First you follow country roads, lanes and forest paths to Årsta Havsbad where you board the boat out to Utö island. In the summer, the harbour fills with boats and, the shops are busy selling fish, bread and handicrafts. The island is know for its beautiful nature, with its nature reserve and smooth rocks lining the shore

Day 2 cont.:

– perfect for sunbathing. There are many small paths winding their way around the island enabling you to find every nook and cranny. You can even cycle to Ålö island over a little bridge where there is a beautiful white sandy beach and most of all tranquillity. Enjoy the fresh archipelago air on Utö island.

Overnight; Södertörn, Bed & Breakfast

Meals: Breakfast & dinner

Day 3: Osmö

Today offers another tough day of mountain biking. Again, you can follow the Sörmlandsleden, this time southwards and head towards Osmö. En route, you cycle through undulating wooded areas and wetlands with their rich birdlife as well as plenty of mud to help wipe the shine of the mountain bike! A section of the path is where the Danish King Kristian I together with his army marched up towards Stockholm back in 1471. You pass by lakes, both large and small and a great chance to rest the legs, or even clean them, as you take a well deserved refreshing swim.

After you return to your bed & breakfast, you will be collected and transferred back to Stockholm for your onward journey having left your tyre tracks in the Swedish countryside.

Meals: Breakfast & lunch

TRIP COST INCLUDES**Accommodation:**

Bed & Breakfast x 2

Meals:

Breakfast x 2

Lunch x 2

Dinner x 2

Activities:

Mountain biking x 3 days

Note: information only, own mountain bike required

Transfers:

Stockholm/Södertörn (Day 1)

Södertörn/Stockholm (Day 3)

Information pack:

Including detailed trail routes in English, maps, contact number etc

Nordic Trails representative

Full trip briefing

24hr emergency service

Total cost:

2100 sek per person incl. moms/VAT based on two people sharing