

**Reference TR2009**

Photos: © Hipfel / Stark



**Timber Rafting in Värmland 2009**  
Price is for \* adults, \* children and includes

**Flights from London** times are approximate

Date	Flight No	Departure		Arrival	
		Time	Airport	Time	Airport
*	SK526	1035	London Heathrow	1405	Stockholm Arlanda
*	SK527	1520	Stockholm Arlanda	1700	London Heathrow

**Flights from Manchester** times are approximate

*	SK2548	1005	Manchester	1325	Stockholm Arlanda
*	SK2549	1635	Stockholm Arlanda	1800	Manchester

**Hire Car**

<b>Type</b>	Volvo V50 or similar with a/c
<b>Pick up Time</b>	Stockholm Arlanda 1 hr after landing

<b>Extras</b>	*
<b>Drop off Time</b>	Stockholm Arlanda 2 hrs prior to departure

**Hotel accommodation**

**Sundbyholms Slott**



Sundbyholm Castle from the 1640's is situated at the southern shore of Lake Mälaren, with a long natural sand beach. Local activities include riding, wood fired saunas, nature walks and several picturesque small towns. Perfectly located at 60mins from Stockholm Arlanda Airport and just 3hr45 from the start / finish of your rafting adventure. Other highlights include Europe's northern most beech forest, glass blowing, an award winning harbour and the many islands in Lake Mälaren and all just 70 miles from Stockholm.

## Expedition

A unique holiday taking you on an adventure on nature's terms. We bring you the opportunity to fulfil your childhood dreams and live just like Tom Sawyer. Enjoy the thrill and revel in the satisfaction of building your own floating transport and accommodation before drifting through forests and small villages.

Spend 4 nights (approx 30 miles) or 7 nights (approx 60 miles) rafting along Sweden's longest river where logging was a major part of local life. In 1991 the last logs drifted along the river, as trains and lorries began to take the strain. Since this time the tradition has continued in the form of timber rafts and now you have the opportunity to see some of Sweden's very best unspoilt nature. A waterproof camera is good to have as you may see wild animals including elk, roe deer, badgers and beavers.

Picturesque towns and villages line the river so you can moor up and explore these fascinating old churches, abandoned cabins and local craft shops, all of which have a story to tell!

You will be provided with all the equipment required to build your raft, life jacket, kitchen equipment, food, sleeping bag, mattress and a tent. You will be given expert guidance and tuition in the safe construction of your timber raft, which will weigh nearly 2 tonnes upon completion!

## Itinerary

### Day 1

Fly into Stockholm and stay at Sundbyholms Slott on your way to Gunnerud.

### Day 2

After arrival in Gunnerud for 5pm you receive your introduction and safety briefing for your adventure and the next few days enjoying the tranquil, idyllic scenery of Värmland. You will be provided with a tent (4 person), mattress, sleeping bag and provisions.

### Day 3

You are taken to your chosen departure point where you build your raft under the expert guidance of your instructors. You will be provided with a map and receive instructions on how to steer your raft along the Klarälven avoiding sandbanks and other obstacles. Renting a canoe makes coming back to land just that little bit easier! All aboard, off we go! Enjoy the pristine countryside, sit back, relax, swim or try to catch your evening meal with some fishing (licence can be purchased prior to departure).

### Day 4 onwards

The Klarälven flows at approx. 2km per hour, which allows for plenty of time to explore the small villages that line your route and buy provisions such as milk and bread. You will be able to keep track of time and distance with the map provided so you know how far you need to travel each day. Each night you choose your own spot to moor up. You may choose to sleep on the raft or pitch the tent on the shores.

### Arrival in Gunnerud

Arrive in Gunnerud by 5pm where you dismantle your raft and depart with life long memories of this adventure in nature's playground. Drive to Sundbyholms Slott where you can enjoy the luxury of your hotel room, a shower, a sauna and let someone else do the cooking!

### 4 night rafting total 6 nights

Price from £895 per person based on 4 adults

Total price from £3085 based on 2 adults 2 children

### 7 night rafting total 9 nights

Price from £995 per person based on 4 adults

Total price from £3425 based on 2 adults 2 children

## Timber Rafting trip notes:

### Departure dates

7<sup>th</sup> June to 26<sup>th</sup> August 2009

Sun, Mon & Wed (also Fri between 10<sup>th</sup> Jul & 10<sup>th</sup> Aug)

### Equipment list (recommended):

Standard toiletries, plasters, moisturiser, sun-cream, mosquito repellent (please visit our website for more information on Sweden - <http://www.simplysweden.co.uk/sweden.php>), quick drying clothes, clothes you don't mind getting damaged, rain jacket, fleece jacket, wet shoes, towel, t-shirts, trousers and shorts. Remember jeans are not recommended as they do not dry easily. You may also find sunglasses, matches and a knife useful along with hard wearing gloves for building the raft.

### Equipment provided:

Sleeping bag and mattress	provided in quote above, reduce price by £14pp for 7 night tour and £11pp for 4 night tour if you wish to use your own
4 man tent	provided in quote above, reduce price by £68 per tent for 7 night tour and £45 per tent for 4 night tour if you wish to use your own
Kitchen equipment	either a BBQ or stove will be provided
Canoe	you can rent a canoe for £99 for the longer tour or £82 for the shorter tour. Recommended to help manoeuvre the raft
Food	food is provided that is eaten by a typical Sweden family. Perishables such as milk and bread will need to be purchased en route

Life jacket / buoyancy aid

All the equipment to build your raft

### Other information:

Adults should be confident swimmers and a reasonable level of fitness is required as there is a substantial amount of physical activity involved in building and guiding the raft. It is important to note that many normal families from across Europe take part in these tours and thoroughly enjoy them. You must enjoy the outdoor way of life to fully appreciate this fantastic tour through some of the most naturally beautiful areas of Sweden. A minimum of 2 adults (16 yrs and older) is required per raft. You participate at your own risk. We are here to answer any questions you may have.