

ADVANCE PROGRAM/COURSE:

"Sweden Canoe Tour"

Short description/content	<p>Fancy an adventure? Canoe tour in the footsteps of the Vikings</p> <p>In the calm waters of Värmland, Sweden, canoeing becomes a real adventure. The quiet gliding of the canoe on the clear lakes and calm rivers allows you to connect directly with nature. The banks tell silent stories of past adventures, while the sun slowly disappears behind the treetops. With a clear starry sky around the campfire, you can enjoy the community and nature to the fullest. It is a moment of pause, sharing and enjoying together – an experience that makes the magic of canoeing in Värmland unique.</p>
Date/Time	Saturday 02.08. – 08.08.2026
Meeting place	<p>Scandiatrail AB, Grunnerud 301, 672 92 Årjäng. Sweden. Tel +46 70 5733086, +46 70 5516888</p> <p>Journey: The camp is located on the edge of the wilderness, but can be reached by Flixbus from many countries. The most convenient connection is by plane to Oslo or Gothenburg. From there by bus/train to Arjäng, about 30 km from the camp. From Arjäng either by taxi or on foot (day hike)</p> <p>Taxi Aräng – Camp Tel. +46 573 10150</p> <p>Arrival by car</p> <p>From Gothenburg about 280 k to Camp Grunnerud. Take the E6 from Gothenburg towards Oslo, in Uddevalla turn towards Bengtsfors (road 172) Through Bentsfort towards Halden. After about 5 km in the direction of Lennartsfors, in Lennartsfors to Gunnerud (5 km)</p>
Expiration	12.30 p.m. Welcome and getting to know each other in the camp, presentation of the tour, briefing then we paddle to our first overnight stop.
Requirements	Condition for paddling, you should be able to swim.
Materials	<p>Rainwear (jacket and pants)</p> <p>Thin Down or Primaloft Jacket</p> <p>Functional underwear</p> <p>Long and short trousers</p> <p>Warm sweater for the evening</p> <p>Swimwear</p> <p>Towel</p> <p>Trekking shoes and water shoes</p> <p>Headgear, cap</p> <p>Sunglasses</p>

	<p>Sunscreen Buff or similar Headlamp with spare batteries Sleeping pad Good warm sleeping bag Possibly light hammock Dishes Bottle Water Pocket knife Small drybag possibly. also larger if available Food for 7 days, we cook on an open fire or on a stove Food can also be pre-booked! Toilet paper, biodegradable Toiletry bag, with biodegradable products (we wash ourselves in the lake) First-aid kit Thin rope as a clothesline Angel who wants to ;) Bug spray Valid staff or passport A little cash Travel insurance Travel cancellation insurance (is recommended)</p>
	<p>Provisions for 2 pers. Can be booked separately Cost for provisions box for 2 pers. / 7 days 195 euros. Please book 4 weeks before the tour starts</p>
Included services	<p>7 days 2-person canoe, waterproof barrel, life jacket, tent for 2 pers., guide, stove with 1l methylated spirits, water canister Costs for locks, fee for campsites,</p>
Price	650.00 Euro/person from 4 participants