

WEEK END IN STOCKHOLM AND KAYAK - 3 OR 4 DAYS

Self-guided city break & a 1- day guided sea kayaking



Just an hour away from Central Stockholm, during a kayaking day, discover the Scandinavian archipelago between Finland and Sweden, a unique place in the world! With around 25,000 islands of all shapes and sizes, the Stockholm archipelago is a privileged place for observation of marine and land wildlife rich in variety and colour. It is not unusual to see many birds such as the Crane, the White-Tailed Eagle, the Osprey, the Razorbill, the Black Tern or the Cormorant... In a few days only, experience both Stockholm, "the Venice of the North", the Swedish capital, historical, modern and cultural (home of the Vikings) and the nature and wilderness just steps away.

TOUR HIGHLIGHTS:

- Self-guided walking visit of Stockholm off the beaten track with detailed maps and road book.
- Kayak activity certified Swedish eco-label.
- Full day in the wild archipelago of Stockholm.
- Observation of rich and varied fauna and flora.
- Local kayak & nature guide.
- A wide choice of great optional activities.

TERRES NORDIQUES TIPS:

- This program presents no difficulty.
- You must be able to swim 200m and be used to walking 3 to 5 hours on easy terrain.
- Our favourites: Vasa Museum, Stockholm by bike, terraces on the waterfront, the old part of town, never ending sunrises and sunsets, only steps away from the Swedish wilderness.

ADDITIONAL STAY IN SWEDEN:

Based in Sweden, specialist in this destination, we suggest different possibilities of extensions.

- Hike a day in the Tyresta National Park just 30 min away from Stockholm.
- Hike or bike from island to island in the archipelago of Stockholm.
- 3 to 6 days guided or self-guided sea kayaking on the West Coast
- 6 days hiking in Lapland guided by the Sami, with reindeer...

Don't hesitate to contact us for any additional tailor-made stay in Sweden. Visit www.exploresweden.net

PROGRAMME

Day 1: Arrival in Stockholm.

Hotel or Hostel

- From the train station or one of Stockholm airport you travel to your hotel or hostel.
- Depending on your arrival time, you can choose your favourite city excursion (museum, shop or walk in Stockholm...).

OPTIONAL [Evening Stockholm Wildlife Safari.](#)

Our expert guides show and help to interpret the animals, the nature and the rich history the nearby buildings evoke. They know where the king of the forest, the elk usually wanders at dusk to graze and search for water. Our 3-4h minibus tour with short walks navigates through rural landscapes, meadows, pastures and hillsides, with typical red cottages and well-preserved, classic manor houses. From here, just 20 min away from the busy Stockholm downtown, the nation of Sweden developed. Here lived the Vikings who raised their runestones – many of them are still standing.

Timetable & Price included in the price section below.

Day 2: Kayaking day in the archipelago

Hotel or Hostel

Departure from your hotel around 8.15 by public transport for the archipelago. It is less than one hour's ride to the small port of Stavsån. From there, by taxi boat you reach your starting point for your kayaking day. After learning simple paddle techniques, together with other English-speaking participants, you immediately start off paddling surrounded by amazing islands. On the way, your guide will tell you more about the archipelago, and you will observe both the rich fauna and flora. He will take you to the finest islands, skerries and inlets. Surprisingly few visitors come here and it is easy to find a deserted island to take a swim and stop for a rest with a well-prepared lunch. You will be back at your hotel around 19.00 using the same transports as on your way out.

Day 3: Stockholm – Travel back home

- Depending on your arrival time, you can choose your favourite city excursion (museum, shop or walk in Stockholm...).

Travel back home by train or plane.

OPTIONAL [Stockholm guided bicycle tour](#)

One of the best ways to explore the many islands that make up Stockholm, the “Venice of the North”, is by bicycle. For 2 and a ½ hours, you will encounter famous sights such as the old town (Gamla stan) and the Royal Palace. However, the main reason to use bicycles to tour Stockholm is to be able to explore some of the city's beautiful hidden jewels (culture, history and nature).

Timetable & Price included in the price section below.

If you choose a 4-day WE

Day 3 Discovery of Stockholm on foot out of the beaten track

Hotel or Hostel

- Visit Norrmalm, Östermalm and Djurgården.
- Lunch recommended at Rosendals Trädgård in the National Urban Park in Stockholm.
- Crossing by ferry to the island of Gamla Stan (Old Town).
- Visit Gamla Stan, the old town and the plateau of Södermalm.

It is possible to swap days 2 and 3

Day 4 Stockholm – Travel back home

- Depending on your arrival time, you can choose your favourite city excursion (museum, shop or walk in Stockholm...).

Travel from downtown Stockholm back home by train or plane.

Important: The kayak program obviously depends on weather conditions and the guide can change the route accordingly.

PRICE (based on shared 2 persons room)

Hostel	Kayak days	Adult price	Estimation in € (1/11/2010) ¹	Estimation in £ (1-11-2010) ¹	Students & children 12 -15	Estimation in € (1/11/2010) ¹	Estimation in £ (1-11-2010) ¹
3 days	Thu-Fri	3090 SEK/Pers	335 €	290£	2990 SEK/Pers	325 €	280£
	Sat-sun	3290 SEK/Pers	355 €	310£			
4 days	Thu-Fri	3650 SEK/Pers	395 €	340£	3550 SEK/Pers	385 €	330£
	Sat-sun	3950 SEK/Pers	425 €	370 £			

3* Hotel ²	Kayak days	Adult price	Estimation in € (1/11/2010) ¹	Estimation in £ (1-11-2010) ¹	Students & child. 12 -15	Estimation in € (1/11/2010) ¹	Estimation in £ (1-11-2010) ¹
3 days	Thu-Fri	3290 SEK/Pers	355 €	310£	3190 SEK/Pers	345 €	300£
	Sat-sun	3490 SEK/Pers	375 €	325£			
4 days	Thu-Fri	4190 SEK/Pers	450 €	390£	3990 SEK/Pers	430 €	375£
	Sat-sun	4390 SEK/Pers	475 €	410£			

¹ Prices are in SEK (Swedish Kronor). Payment in other currency will be charged at the rate of the invoice day.

² Prices valid June 23 – August 14 and for nights on Friday & Sunday. All other days : + 300 Sek/night/pers

Prices include:

- 2 or 3 nights in Hostel or 3*Hotel in Stockholm depending on your choice based on shared 2-persons room, including breakfast. To avoid paying single supplement, you can share a 3-persons room, [contact us](#)
- 1 travel card valid 72h for Stockholm public transport network
- 1 road-book containing all the detailed maps and itineraries.
- 24h/7 phone support

During kayak day

- 1 lunch
- 1 or 2 persons sea kayak with all necessary equipment.
- Experienced English-speaking kayak guide.
- Boat connection to and from Stavsånäs to kayak starting point.
- The loan of a rain coat (pre book!)

Prices do not include:

- Travel to/from your accommodation on arrival and departure day. See [Getting there](#)
- Breakfast day 1
- Lunch (except on kayak day) and evening meals

Single extra:

Hostel: 250 Sek/person/night.

3* Hotel: 590 Sek/person/night.

- The luggage room at Stockholm Central Station (40 to 70 Sek/casier by size or luggage.
- Luggage transfers.
- Drinks and other personal expenses.
- All services not specified in the above program or in the "our prices include".
- Personal travel and cancellation insurance.

Optional : [Evening Stockholm wildlife safari](#)

Duration: 3-4h - Including English-speaking guide, transport, snacks & refreshments.

Price adult : 590 sek/pers

Student & children under 16: 350 sek/pers

Times:

27 May - 14 July: 20.15
 15 July - 4 August: 19.45
 5 - 11 August: 19.15
 12 - 23 August: 18.45

Optional : [Stockholm by bike](#)

Duration: 2h30 incl bike, English-speaking guide, Price adult : 290 sek/pers

Student & children under 16: 190 sek/pers

Times

1 June – 28 August:

Everyday at 10.45 & 14.45

14 - 29 May & 31 August - 18 September :

Wednesday to Sunday at 10.45 & 14.45

No tours : 24 & 25 June

PRACTICAL INFORMATION

Dates:

- In June, the kayaking day is scheduled on 4, 5, 26 and 30 June 2011.
- From June to August, the kayaking days are Thursday to Sunday.
- In September, the day kayaking is scheduled on 3, 4, 10, 11, 17 and 18 September 2011
- Dates on demand in April, May and October. Other dates can be booked on request for a group of minimum 2 people with an additional fee for 2 and 3 people.

Length of the tour: 3 or 4 days including arrival and departure day.

Group size: 2 to 9 people. It is possible to privatize a group for the kayak trip. [Contact us](#) for a quote.

Age: Minimum 12 for the sea kayak trip.

Please [contact us](#), we can arrange a special family tour with children under 12 for you.

Degree of difficulty: This trip is open to all. You need to be able to swim 200m during the kayaking day and be used to walking 3 to 5 hours a day on easy terrain.

Best time to go:

Before mid-summer the water is colder, but the nights are light, the archipelago has very few visitors and birdlife is at its most intensive. There are also opportunities for orchid paddling if you know where to look... and we do! After midsummer greater numbers of tourists arrive, however we can mostly still find our own deserted island. Towards the end of August and into September the pristine bird-protection areas are open, the water is still warm, beautiful autumn colours beckon and the archipelago is almost deserted. Many think that this is perhaps the nicest time to explore.

Climate:

We always expect some sunshine, windy or rainless conditions. On average one rainy day a week, can be expected. The remaining days should have fair weather although several days of rain could be experienced on occasions. During July and August average day temperatures are normally between 20-25° Centigrade and a few degrees lower at night. But it can be colder, especially at the beginning of summer, so make sure to bring some warm clothes to be on the safe side. Water temperatures usually range between 15° and 22° C. Refreshing warm for sure! May and September is normally a bit colder, sometimes even below 15°C at daytime. [View todays weather in Stockholm.](#)

Who can join the tour:

This trip is open to all. You need to be able to swim 200m during the kayaking day and be used to walking 3 to 5 hours a day on easy terrain. Our day tour is at an easy tempo to suit both beginners and more experienced alike. Most participants have no previous experience of paddling, but the techniques are easy to learn. After a short training session in the stable kayaks we set off on our discovery journey. Weather conditions can obviously vary, but strong winds are rare. Generally there are no or little waves as you are paddling in protected waters between the islands of the archipelago. There are very little currents & tides. Your self-guided tour in Stockholm is mainly on foot. At anytime you can take public transports. We also recommend other short discovery trips (guided tour of Stockholm by bike, evening wildlife safari ...)

If you have all of this, we will provide the rest: knowledge, equipment and security organization.

Accommodation:

- 2 or 3 nights in Hostel or 3* Hotel in Stockholm depending on your choice based on twin rooms, including breakfast

Food: Meals are not included except for the lunch during the sea kayak activity day. Self-catering facilities are available in guest kitchen at hostel and some hotels.

Guide:

Swedish kayak guide speaking fluently English. Our tour guides are experienced paddlers with excellent knowledge of the archipelago, its history, flora and fauna. They know their way to the finest islands, skerries and inlets. First aid education. Our partner is a proud member of the Swedish Ecotourism Association.

Kayaks: Very stable and easy to paddle one and two-man sea-kayak.

Phone: Mobile network is very good in most areas around Stockholm.

Electricity:

Normal electric current in Sweden is 220 volts AC in 50 cycles (same plugs as in France)

Time:

Sweden is UTC/GMT +1 hour and changes time during the summer. There is no time difference with France, Belgium, Switzerland but +1hour with England.

In general, shops are open Monday through Friday from 10:00 to 18:00 and on Saturday until 15:00. Many museums are closed on Mondays.

Money: The national currency is the krona (Sek).

Currency exchange is done in Forex currency exchange offices or banks. Visa, MasterCard, American Express and Diners Club cards are widely accepted. Electronic debit cards can be used in most shops and most banks are equipped with ATMs machine.

Opening hours for banks:

Monday to Friday from 9:00 a.m. to 3:00 p.m. All banks are closed on weekends and on public holidays.

1 EUR = 9,25 SEK and 1 SEK = 0.11 EUR (Currency Rates on 1/11/2010)

Cost of living - ideas:

Meals

- 80 to 200 Sek/pers for lunch (without beverages) depending on location chosen.
- 150-500 Sek /pers for dinner (without beverages) depending on location chosen.

Drinks and other personal expenses.

- 1 soft drink or juice varies between 25 and 35 Sek
- 1 coffee on average 25 to 35 Sek
- A strong beer (starköl) varies between 40 and 60 Sek depending on where you take it.
- 1 glass of wine (white or red) 55 to 90 Sek depending on where you take it.
- 1 bottle of wine (white or red) from 180 to 350 Sek for house wine depending on the restaurant.
- 1 bottle of wine bought at Systembolaget (Prices from 50 Sek for a table wine).

HEALTH

Vaccinations:

There are no vaccinations required for Sweden. The Center for Disease Control (CDC) however recommends to all international travelers to stay current on routine vaccinations and Hepatitis B shots. For vaccinations, visit your doctor at least 6 weeks before travelling to Sweden.

Medical Emergencies in Sweden:

Call 112 nationwide in Sweden to reach emergency services (police, medical response, fire department). The number is toll-free and the operators speak English.

Safety of Water & Food in Sweden:

There are no health concerns regarding food and water in Sweden. Running water is clean and safe everywhere. However, no matter where you travel, you should always wash fresh fruits and/or vegetables before consumption.

TRAVEL DOCUMENTS:

Passport and visa:

Sweden is part of the Schengen Agreement.

That means that citizens of EU countries and Switzerland can enter Sweden with a passport or a national identification card (passports are recommended) and stay up to three months.

Non-EU passport holders from Australia, New Zealand, Canada and the US can enter and stay in Sweden without a visa for up to three months.

Citizens of South Africa and many other African, Asian and some Eastern European countries require tourist visas for entry. These are only available in advance from Swedish embassies (allow two months); there's a non-refundable application fee of Skr315. Visas last up to three months, and extensions aren't easily obtainable.

Visa is not usually required but non-EU citizens are advised to check with their Swedish Embassy.

If you are travelling with your children, you should know that:

Children and young people under the age of 16 must have their own child passport if they want to travel abroad (unless they are on a collective passport). An application for a passport for a child or young person under 16 must be signed by a parent or someone with parental responsibility. A passport for a child under 16 is valid for five years.

GENERAL INFORMATION

Sweden ecotourism unique experience

Terres Nordiques - Explore Sweden - and its partners' aim is to provide the feeling of the area by offering experiential tours with the best ingredients of **Sweden**: nature, culture, adventure as well as sharing local people's life and their rich culinary traditions.

As members of the Swedish Ecotourism Society, our team, our partners and our guides are personally invested in sustainable tourism. Most of Terres Nordiques - *Explore Sweden* - tours have the Swedish Ecotourism Society quality label.

Respect and conservation of natural and cultural environment is our priority. Our passage may have unintended consequences on the balance of biodiversity or natural habitat. Therefore, prior to new tours in Stockholm area, we always consult the Office for the Environment of the Archipelago. Our guides and service providers have extensive knowledge of the environment. Involvement in discussions about the future development of the area as a destination and thinking environmentally with everything we do in business is part of our principles. Our rule of conduct is to support the local economy, to share local knowledge with the best quality and safety available.

The Right of Public Access in Sweden – Allmansrätten:

The Right of Public Access is a unique right to roam freely in the countryside- whether it is to take a walk, go kayaking, climb a mountain or just sit down on a rock to think. But with the right come responsibilities – to take care of nature and wildlife and to show consideration for landowners and for other people enjoying the countryside. In protected areas such as national parks and nature reserves there are special rules designed to protect valuable natural and cultural features. In other words: Don't disturb – don't destroy!

Right of Public Access is for everybody. (The literal meaning of the Swedish term, allemansrätten, is 'everyman's right').

More information on [the right of public access](#).

Ticks

There are ticks in the Stockholm area, which can carry diseases such as Borrelia. At the end of each day in the outdoors, you should check for ticks. If you find one, remove it by pulling the tick carefully out, using tweezers as close to the skin as possible. Ensure that you do not leave any of the insect's head parts attached to your skin. Wash the area. In the unlikely event that you notice anything unusual around the area of the bite in the next couple of weeks, consult your doctor. For your information, ticks generally occur in grassy areas, whereas during your kayak tour you will be mostly on rocky ground.

In some localised areas of Sweden (mostly in the Stockholm archipelago), the ticks are known to carry a disease called TBE, or Tick-borne encephalitis. Locals spending extended periods in affected areas do vaccinate themselves. For a map of TBE distribution in Europe and latest updates, visit www.tickalert.org

WHAT WE RECOMMEND YOU TO BRING DURING THIS TOUR.

A non-exhaustive list:

- A large travel bag (duffle bag, backpack or travel bag with wheels, easier to carry). We recommend a 15 kg baggage maximum apart from your hand luggage.
- Hiking backpack with a capacity of 30L for day use. It should have a comfortable belt and good ventilation for the back.

1) Specific clothes for the day:

- Walking shoes (lightweight and strong)
- 2 sweaters or fleece (1 light and 1 hot)
- 1 or 2 shirts, 2 t-shirts, 1 or 2 comfortable pants for outdoor activities.
- 2 or 3 pairs of comfortable socks.

For the Kayak activity don't forget:

- Sports sandals.
- Shorts & Swimsuit
- Towel
- Long sleeve T-shirt.
- Hat or cap
- Windproof jacket (Goretex style)
- 1 warm fleece
- Sun-glasses.
- Camera and extra batteries
- A pair of binoculars.
- High protection sun-screen and lipstick.
- A Personal water bottle (a soft drink bottle is OK) minimum 1L.
- Also bring some extra dry clothes if you get wet (though this happens very seldom).
- Rain/wind gear (basic rain gear available on request)

If you wear glasses or contact lenses we recommend you to bring another set.

2) Clothing for the evening in town:

- A comfortable casual outfit and remember that it can get cool.

3) Other:

- Headlamp and extra batteries.
- Knife
- 1 compass
- 1 plastic bag to protect the road book documents
- A good book.

4) Personal pharmacy:

- Keep your current medications.
- Elastoplast, 2nd skin, painkiller, anti diarrhea, eye lotion, moisturizing cream, a roll of tape, a box of adhesive bandages, ready for use disinfectant kits, 10 sterile pads, ...
- Tissues, lighters.
- Mosquito repellent.

5) Equipment provided

- Sea kayak with all necessary equipment.

If you are flying, we strongly recommend you to travel with your minimum touring day clothes on you and personal belongings in your handbag, in case your luggage gets lost during the trip.

GETTING THERE

How to get to Stockholm:

Until TERRES NORDIQUES – Explore Sweden has confirmed the trip, no later than 21 days before departure, when booking your domestic or international trains or flights tickets, make sure you can change & cancel without any fees. We are not responsible for any non-refundable expenses you incur until our trip is guaranteed.

No later than 10 days before the trip starts, you will receive some final information about your local journey. For any further enquiries, don't hesitate to [contact us](#).

IF YOU ARE ALREADY IN SWEDEN

TRAIN

→ *We suggest you to travel by train, as it is the most environmental friendly option.*

Public transport in Sweden is very good quality and **TERRES NORDIQUES - Explore Sweden** - encourage you to travel by train or public transport for your own travel within Sweden:

- Passenger trains and intercity buses provide regular service for longer distances.
- Most local residents use public transport such as buses, subways, trams, and suburban trains in Stockholm and other main cities.
- The bus, train, and subway transports are safe.

You can book on www.sj.se

FLY

Fly from/to Stockholm from/to other parts of Sweden:

You can book your flight on one of the few companies listed:

www.sas.se, www.malmoaviation.se,
www.nextjet.se, www.norwegian.se,
www.skyways.se

or contact us to help you.

Stockholm has several airports.

- **Stockholm – Arlanda** main international airport, located 40km North of the centre of Stockholm
- **Stockholm – Bromma** airport, located 15km from the centre. Except for Brussels Airlines, it is mostly used for domestic flights and from the Baltic countries.
- **Stockholm-Skavsta** airport, located 110 km south of Stockholm's centre. It is best served by low-cost companies such as Ryanair.
- **Stockholm-Västerås** Airport, located 100 km west of Stockholm. It is best served by low-cost companies such as Ryanair.

Göteborg (Gothenburg) has several airports.

- **Göteborg – Landvetter** main international airport, located 25km from the centre.
- **Göteborg – City Airport**, located 17km from the centre. It is best served by low-cost companies such as Ryanair.

FROM STOCKHOLM AIRPORTS

The transfer from Stockholm Arlanda airport to / from the hotel in Stockholm.

→ **We suggest you to travel by the airport express train : Arlanda Express, as it is the fastest and the most environmentally friendly way of travelling between Stockholm City and Arlanda Airport.**

Different options are possible:

1- **TRAIN** - Arlanda Express (20min) to T-Centralen (central station).. www.arlandaexpress.se

→ 240 Sek one way / adult

→ 460 Sek return / adult.

2 – **BUS** - Flygbussarna to T-Centralen (central station). 40min depending on the traffic.

→ 119 Sek one way / adult*

→ 219 Sek return / adult*.

3 - **TAXI** (30 to 40 minutes or more depending on traffic conditions):

→ Around 500 Sek/one way for 2-3 pers.

→ Around 700 Sek/one way for a taxi minibus up to 6 people.

(We recommend Taxi Stockholm +46 815 00 00).

The transfer from Stockholm Bromma airport to / from the hotel in Stockholm.

Different options are possible:

1 - **BUS** - Flygbussarna to T-Centralen (central station). 20min or more depending on the traffic.

→ 79 Sek oneway/adult*

→ 150 Sek return /adult*.

2 - **TAXI** (20min or more depending on traffic conditions):

→ Around 300 Sek one way for 2-3 pers.

→ Around 400 Sek one way with taxi minibus up to 6 people.

(We recommend Taxi Stockholm +46 815 00 00).

The transfer from Stockholm Skavsta airport to/from the hotel in Stockholm.

1 - **BUS** - Flygbussarna to T-Centralen (central station). 80min depending on traffic conditions.

→ 139 Sek oneway/adult*

→ 249 Sek return /adult*.

* Prices Flygbussarna are indicative for tickets purchased on the bus. For more information on prices for family, youth and senior visit www.flygbussarna.se

Once you reach T-Centralen Stockholm central station by Train or by Bus, you need to walk or to use public transport to your hotel or hostel.

PUBLIC TRANSPORT IN STOCKHOLM www.sl.se

With your travel card, you can get to all the meeting points in the programme or in option, and you can follow all the self-guided itineraries mentioned in your roadbook. You cannot travel from & to the airport with flygbussarna, Swebus, or Arlanda Express.

TO TRAVEL FROM THE REST OF EUROPE

TRAIN

Travel to Sweden with train from the southern part of Europe:

It's easy to travel from all the big cities in Europe (Paris, Brussels, London, Amsterdam...) to Sweden by train or by train and ferry. This is a lovely journey and it will take 1 full day travelling: you will arrive in Stockholm on the next day.

You first need to reach Cologne or Hamburg from your own town:**-To reach Cologne:**

From Paris and Brussels for example, the train "thalys" leaves during the afternoon to Cologne.

And from London, you first need to take the "Eurostar" to Paris or to Brussels.

-To reach Hamburg:

You will need to catch a night train "City Night Line" from Paris or from Brussels.

And from London, you first need to take the "Eurostar" to Paris or to Brussels.

From Cologne or from Hamburg to Sweden:

- From Cologne, you will take a night train to Copenhagen.

- The fastest way to come to Sweden by train will be through Hamburg with the morning train to Copenhagen.

- And then, from Copenhagen to Stockholm with the speed train "X2000".

FLY

Fly to Sweden:

SAS Scandinavian Airlines, the national carrier, operates connecting flights to major cities in Sweden via Stockholm. Through co-operation with the Star Alliance members, **SAS** links many parts of the world directly to Sweden.

By Air from Europe

SAS joins with all major European air carriers in linking major Swedish cities to the rest of the Continent on a daily basis: **Lufthansa, Austria, British Airways, Finnair, Brussels Airlines...**

By Air from France:

You can fly direct to Stockholm and Göteborg 3 times/day with **SAS** and/or **Airfrance** from Paris/Charles de Gaulle, and several times/week from Nice. **SAS** also have daily connections to Sweden via Copenhagen from Nice and Lyon.

Air France flies to Stockholm and Gothenburg from Paris / Roissy and the province.

Ryanair fly from Paris/Beauvais to Stockholm/Skavsta twice a day and from Paris/Vatry to Stockholm/Skavsta 3 times a week. Ryanair also provides links from Paris and Biarritz to Göteborg, from Marseille to Malmö and from Marseille, Biarritz, Béziers and Grenoble to Stockholm.

Norwegian offers several departures per week Nice-Stockholm.

City Airline runs daily flight Lyon-Gothenburg and Nice-Göteborg.

By Air from Switzerland:

You can fly direct from Geneva and from Zurich to Stockholm with **SAS, Swiss, Easyjet** or **Norwegian**.

City Airline runs daily flight Zurich-Göteborg.

By Air from UK:

Sweden has never been more accessible with a large number of direct flights from the UK and a maximum flight time of three and half hours. You can fly direct to both Stockholm and Gothenburg with **SAS, British Airways** and **Ryanair**. **Norwegian** and **Viking Airlines** fly direct to Stockholm and **EasyJet** fly from London Gatwick to Gothenburg.

In January 2011 British Airways is adding flights to Stockholm from London City.

Malmö is easily accessible via Copenhagen in Denmark with the Öresund Bridge and **SAS, British Airways, EasyJet, BMI** and **Norwegian** fly here.

EXTEND YOUR STAY IN SWEDEN

As a Sweden based company, TERRES NORDIQUES - Explore Sweden offer many possibilities to extend your stay and enjoy more extensively this great nature country:

A city-break in Stockholm and its archipelago:

- You can relax in one of our favourite hotels in Central Stockholm, *Green Capital 2010* and enjoy the beautiful colours and the contrast between nearly deserted islands and city life of Stockholm (shops, restaurants, museum...).
- You can try the unique experience of a traditional Swedish sauna.
- Bike several days around the archipelago.
- Hike in Tyresta National Park.
- Or extend your kayak experience

Elsewhere in Sweden:

- Trek with the Sami in Lapland.
- Kayak on the west coast
- Visit one of Sweden's islands Gotland, Gotska Sandön or Öland...

This is just a small taste of what we can offer you. We will have the pleasure of sharing our passion for Sweden and to tailor-making your experience in the heart of Scandinavia.

BOOKING AND PAYMENT

1- Before making any booking, carefully read our details about the program to make sure that the trip you are looking at meets your expectations and that you are able to take fully part of all the activities included in it. Of course, in case of any doubts or if you have further questions, you can contact us.

2 – Call us or send us an email to check availability. For any inquiry by email we will answer within 48h. We will make a 4 to 5 day- pre-booking, thus allowing you to complete the booking form emailed to you.

3 – Send us by post (or email us scanned) your booking form signed after you have read carefully our terms & conditions. A bank transfer deposit of 20% with a minimum of 500 SEK (or full payment for any booking less than 30 days before departure or if the trip duration is 4 days or less) will be necessary to confirm this booking. Our prices are in SEK (Swedish kronor). We indicate prices in €, £ and US\$. If you wish to make payment in a currency other than SEK, please inform us, so that we can give you the day rate. In that case, full payment on booking with us is requested.

4 – We will send you a confirmation of your booking with a receipt of the amount of your deposit by email.

5 – Final confirmation: Some trips require a minimum number of participants to be guaranteed. We will only be able to confirm your trip once this minimum is reached. We will inform you as early as we can and no later than 21 days prior to departure (See our terms & conditions).

6 – Without further notice, we should receive full payment 30 days prior to the departure date. For any booking less than 30 days before departure, full payment will be requested.

7 - No later than 10 days before the trip starts, you will receive some final information such as place and time of meeting, useful contacts and vouchers when needed...

TERMS AND CONDITIONS

See our website page [Terms and Conditions](#).

INSURANCE

When you travel with us, we require you to be insured during the duration of your trip. In the booking form, it is important that you complete the insurance section. Make sure your insurance covers all activities involved in the trip. Contact us if you don't have any insurance.