



ACTIVITY WEEK – SAHLSTRÖMSGÅRDEN

Arrival day: Sunday
Departure day: Saturday

Find out more about the activities here:

Monday – Canoeing

Take a Canadian canoe or a sit-on-top kayak along the waterways of Värmland. You'll be surrounded by beautiful nature, enjoying true freedom. The birds will entertain you and the flowers will be in their brightest bloom. The canoes have room for two adults and a child but you can easily row them with one adult and one or more children.

Tuesday – Hiking the 7-torp trail, 7.9 km

The 7-torp trail in Lekvattnet is steeped in history. Most of the trail goes along old paths that were created by the Forest Finns. The trail passes 7 torps (crofts), all originally belonging to Forest Finns. You'll pass by the border between Norway and Sweden.

Wednesday – Lumberjack, whole day

Live like a lumberjack for a day. A challenge/adventure for the whole family, where cooperation is key. You'll build your own raft from logs and ropes, and float with the help of the flow of the Klarälven river.

Thursday – Beaver safari, evening

We'll go out on the Klarälven river with a rubber boat or canoe, looking for beavers. It's all about keeping quiet, because beavers have excellent hearing. When dusk falls, it's the best time to catch a sight of nature's own master builder

Friday – Värmland Moose Park

You'll spend a couple of hours getting up close with moose, along with an expert guide who will tell you all about the 'king of the forest'. You'll learn how to find moose out in the wilderness and how they live. You'll also get a chance to stroke the moose and feed them, if you like

Price per person in a double room:

5400 kr (Minimum two adults)

Children aged 4-12 sharing a room with an adult pay half price.

Maximum two children per room.

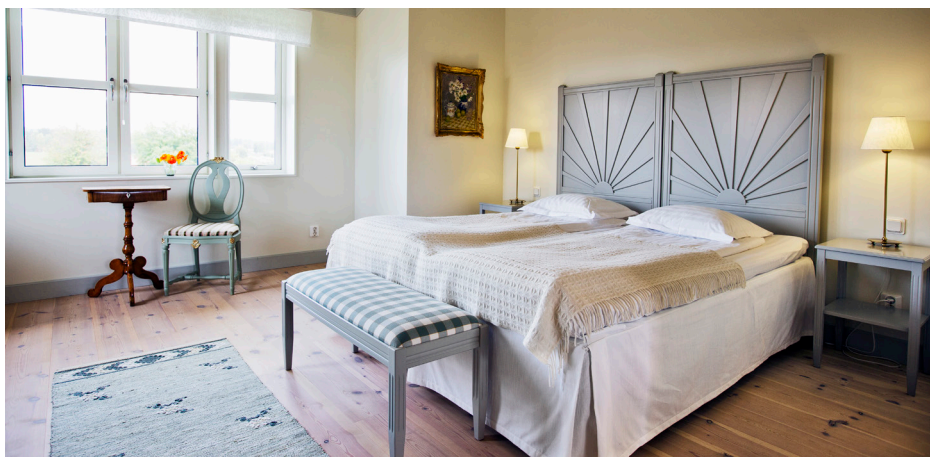


Come to beautiful Värmland and explore the forests and countryside with activities arranged by Vildmark i Värmland.

You'll stay with us at Sahlströmsgården, which is located out in the countryside, close to lakes and forests.

Eat some delicious food in our restaurant before a good night's sleep after the challenges of the day.

We'll give you suggestions on activities or places to shop that you can visit in your free time.



SAHLSTRÖMSGÅRDEN

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