

IN THE MIDDLE OF
SCANDINAVIA

WILDERNESS AND WATER FOR FAMILIES

Fun – Educational – Safe

We believe a good family holiday is all about spending time together and coming home with new memories of educational and fun experiences. This route suggestion provides all of this and more! To experience all the exciting things listed here you would need at least two weeks. Stretch it out to really have time to get into that holiday mode – or pick your favorites if you are short of time.

Welcome to The Middle of Scandinavia!



14 - 16 days – A Family Fun Route Suggestion In The Middle of Scandinavia





1 Järvzoo and The Big 5 Predator Research Centre

Come and experience a zoo that resembles the real wilderness! At Järvzoo you meet Nordic animals such as bears, moose, reindeer, wolves, musk ox and lynx in their wild environment, through a three km long adventure on foot. An experience that fits children, family and all animal and nature lovers.

● www.jarvzoo.se

2 Scandinavian Wildwatch

Scandinavian Wildwatch organises several kinds of wildlife safaris for the whole family, such as brown bear watching, beaver safaris both from land on water, and moose safaris. Their bear cabin, on the edge of a marsh, is newly built and of a good standard with bunk beds.

● www.scandinavianwildwatch.com



3 Gränsland Jägerstugan

Experience the genuine countryside and the forest's silence in Sweden's wildest hostel Jägerstugan. Spend the night in a primitive charcoal worker's hut or in the renovated and comfortable "Hunters Lodge". Fetch water from the creek, cook over the open fire fall asleep to the whispering sounds of the forest. If you are lucky, you'll also hear the wolf howling or the female elk calling its calf. At Jägerstugan you will be living in accordance with the conditions that prevail in the wilderness, without running water and electricity.

● www.gransland.net/EN/jagarstugan-wilderness-lodge



4 Gårdsjö Moose Reserve

Get up close and personal with The King of the Forest – the mighty moose! At Gårdsjö Moose Reserve the whole family will learn all you never knew you needed to know about these magnificent animals. Travelling on a trailer pulled by a tractor, you will get so close to the moose you can touch them! The guide Lefte Lind is famous for his fun and educational tours.

● www.gardsjoalgpark.se



5 Kolarbyn Eco Lodge

Family Expedition

A family adventure in Kolarbyn with a thrilling survival theme. In this fast paced activity, children learn about animals and nature, to make fire with steel, what you can eat in the forest and get to solve challenging problems together. An educational and fun adventure for the whole family. Extend your Kolarbyn experience with a night or two in one of the charcoal-burner huts if you really want to get back to basics! Called "Sweden's most primitive hotel" neither electricity nor running water will disturb your wilderness experience. Here you can happily fall asleep in front of the crackling fireplace and awake to beautiful bird song. Certified with "Nature's Best"

● www.kolarbyn.se



6 Beaver Safari with WildSweden

Join WildSweden's experienced guides on a silent evening tour on the lake. They get close to several of the shy beavers almost every time. The peacefully winding waterways of the pristine Bergslagen forests are home to one of the most remarkable mammals of the taiga eco-system – the beaver. Age limit: 8 years. Certified with "Nature's Best"

● www.wildsweden.se

Meet
Nordic animals
in their natural
environment

7 Västerås & Kokpunkten Action Water Park

Time for some city life again? Stay in Västerås by Lake Mälaren. For more waterfun action make sure to visit Kokpunkten Action Water Park – an unusual and thrilling indoor water slide park in central Västerås.

● www.kokpunkten.se

8 Gold panning

Visit Kopparberg in Bergslagen, and learn how to pan for gold with world champions in gold panning. Suddenly, it happens! Under the gravel so it gleams, is it really gold? Yes, gold is found almost everywhere, you just have to know how to find it. The big challenge is to get the gold to remain in the pan, it requires the right technology. And that is what you gonna learn. Your instructors have over 50 World Championship medals under their belts. In the gold panning school we talk about everything a beginner needs to know. A little history, a little bit about gold properties, where in nature you should look, and of course a lot about the magic and mystery of gold. This is followed by a demonstration how to pan. How is it possible to find those little delights. Then it's your turn to try to pan for gold!

● www.guldaventyr.se

9 Örebro and Gustavsvik

Stay in the town of Örebro and have fun at the indoor water slides at Gustavsvik's brand new "Lost City". A fun adventure suitable for a rainy day!

● www.gustavsvik.se

10 Tiveden's National Park.

Make a stop at Tiveden National Park. Take a guided hike, go horseback riding or kayak on the lake.

● www.tiveden.se/

11 Stay with Hellen at Ulvsbomuren Farm & Wildlife Activities

Hellen runs a farm in the middle of the forest. Stay in her self contained cottage and visit the farm animals. Go for nature walks. Do a canoe tour on a little forest lake. Take a picnic basket and visit the sheep in the pen. And make sure you buy at least one of Hellen's home cooked dinners! With produce from the farm and the forests an Ulvsbomuren meal is both tasty and a lesson in where food comes from. Certified with "Nature's Best".

● www.ulvsbomuren.se

12 Vildmark i Värmland – Build your own log raft!

Build your own raft of logs and ropes and spend a day floating down the river Klarälven in Värmland. During your timber-raft tour you are certain to have some memorable and occasionally exhilarating experiences. If you like spending your time outdoors and don't fear a trip not planned in every second - and for which you will have to do some physical hard work – this timber raft tour will suit you very well. Tour selected as one of National Geographic Traveler's "50 Tours of a Lifetime" 2013! Age limit 7 years. Certified with "Nature's Best".

● www.vildmark.se



Tour on
National
Geographic's list
"50 Tours of
a Lifetime"

13 Naturbyn, Långserud

Get right into it! Stay in a cabin without electricity or water. Use a log fire for warmth and soak in a wood fire bath tub. A great way to ease in to the Swedish wilderness!

● www.naturbyn.se

14 Fetsund Lenser

Fetsund Lenser is a former sorting and bundling site for log driving. The 2,5 km long site is now a National Heritage Site beautifully situated by the river Glomma and the offers the unique and exiting experience of «walking on water» on the connecting rafts. A guided tour offers an interesting insight into the historical importance of this industry and the everyday life of the plant workers. The Wetland Centre offers child friendly exhibitions and activities showing the biological diversity in the wetlands of the nearby Nordre Øyeren nature reserve.

● www.akershus.com

15 Budor

Deep forests, marshlands, soft rolling mountains and open landscapes – this is an idyllic location during wintertime with lots of snow, which is perfect for cross-country skiing. There is also a small ski center, which is available for downhill skiing, snow tubing and sledding. During summer and fall, you can experience the stillness, the wildlife, and bike and hike the trails and backroads, as well as pick berries and mushrooms. Budor Gjestegård have modern apartments for rent as well as self-service mountain houses and cabins.

● www.budor.no

16 INSPIRIA science center

INSPIRIA is a science center where visitors are encouraged to learn through interactive exhibitions. Through the themes; Energy, Environment, Space and Health – moms, dads, grandparents and kids are encouraged to learn more about these themes by exploring and experimenting the different exhibitions and participate in the various activities offered throughout the day. Being a guest at INSPIRIA is a great way to spend time with the family and some of the exhibitions are interactive which allows the visitors to store their experiences online, access them and share their memories with friends and family.

● www.inspiria.no



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FACTS



What do I need to consider before I travel and how do I get to Sweden?

From Gävle, on the east coast, to the Norwegian border in the west, the distance is about 400 kilometres. The easiest way to get around is by car. If you travel by car, there is a bridge between Denmark and Sweden or ferryconnections for example to Gothenburg. If you prefer to fly to Sweden and arrive at Stockholm Arlanda airport, you are near the eastern parts of the Middle of Scandinavia. If you are going to visit the western parts, we recommend you to fly to Karlstad (via Frankfurt), Oslo and Gardermoen airport or Moss Rygge airport.

Find more useful information at
www.visitsweden.com/sweden/Travel-guide/Getting-around-in-Sweden



What do I need to consider before I travel and how do I get to Norway?

Norway is a vast country and the best way to get around is by car. From the south of Østfold to the north of Hedmark the distance is about 500 km. If you are planning to visit the western parts of The Middle of Scandinavia, you can fly to Oslo and Gardermoen airport, Rygge airport or Karlstad airport (via Frankfurt). It will take about 2 hours to travel by car from Oslo to Sweden and Värmland. If you are travelling by car, you can arrive in Oslo via ferry connections from Kiel, Fredrikshavn and Copenhagen.

Find more useful information at
www.visitnorway.com/en/About-Norway

Welcome to the Middle of Scandinavia!

www.mid-sweden.com
www.theheartofsweden.se
www.vastmanland.se
www.visit-akershus.no
www.visitelverumregionen.no
www.visitoslofjord.com
www.visitvarmland.se

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