SUMMER PROGRAM 2025 - LOFSDALEN

Unforgettable summer adventures in Lofsdalen: Activity program

We're excited to partner with you in providing your clients with a memorable Lofsdalen summer experience. Each adventure blends breathtaking scenery with authentic Swedish nature experiences—from beaver safaris to mountain hiking. Your guests will also have time for self-exploration.

Our summer program runs from **July 1 to September 30, 2025**, with options for both a **7-day adventure** and a shorter **3-night stay**. Prices below are in **SEK**. Please note that the final invoice will be in SEK and all prices exclude VAT.

If you're interested in selling the activity program, you'll receive direct contact with both the activity organizer and the accommodation provider. This allows you to coordinate directly and ensure your clients have a seamless experience in Lofsdalen.

Lofsdalen provides a large media bank filled with high-quality images and videos to help you promote our destination. This resource is designed to make it easier for you to showcase Lofsdalen's unique offerings and attractions. Feel free to use these materials in your marketing efforts to better engage your customers. Access the media bank here: Lofsdalen Media Bank.

June in Lofsdalen: Lofsdalen is also a fantastic destination in June, with accommodation available throughout the month. While guided activities are not included in the package at this time, there are plenty of self-guided options to enjoy, from scenic hikes and wildlife spotting to water activities on Lake Lofssjön.

Visit Lofsdalen is a project co-founded by ERUF, Region Jämtland Härjedalen, Härjedalens kommun and companies in Lofsdalen to increase our international guests.

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7-Day activity program

Price: 4200 SEK per adult / 3200 SEK per child (10-15 years)

Arrival Day: Sunday

Check-In: Guests will check in to their cozy cabin or mountain apartment, ready to begin their Lofsdalen experience.

Day 1: Monday - Beaver Safari

Experience: Start the adventure with a guided beaver safari along a beautiful mountain stream, just 20 minutes from Lofsdalen. Guests will quietly approach the water to observe beavers in their natural habitat. The tour includes coffee along with a traditional Swedish fika and storytelling by the guide.

Day 2: Tuesday - Hike through Swedish mountains & forests

HIKE

Join a guided hike (ca. 8 km) in the Swedish mountains, a stunning trail offering panoramic views of Sonfjället National Park in the distance. Experience the untouched beauty of the Swedish wilderness while learning about the local flora and fauna.
Swedish fika is included of course.
Cost: Included in the package.

Day 3: Wednesday - Explore Lofsdalen at your own pace

REST DAY

Take the day to relax or try one of Lofsdalen's many activities such as downhill biking, kayaking, or a refreshing swim in Lofssjön. See optional activities below
Cost: Rest day, optional activities at your own expense.

Day 4: Thursday - Wildlife safari by car

WILD ANIMALS

We'll travel in convoy along a route where we will hopefully spot wildlife that lives in the area. Keep your eyes open for reindeer, moose, bear, golden eagles, and other iconic Swedish wildlife as the guide shares fascinating insights into the region's ecosystem.
Swedish fika always included.
Cost: Included in the package.

Day 5: Friday - Learn the basics of wilderness survival

Bushcraft course

In this course, you will learn the fundamentals of bushcraft, focusing on building essential survival skills for the wilderness. We'll cover key topics such as fire-making techniques, navigation, and foraging for food. This course is perfect for anyone who wants to learn basic survival skills and become more self-reliant in nature and feel confident in handling various outdoor situations.

Day 6: Saturday - Rest day

RELAX TIME

A day to relax and reflect on the week's activities, or perhaps try another adventure from our optional activities list.
Cost: Rest day, optional activities at your own expense.

Day 7: Sunday - Departure

Check-out and departure. We hope you leave with unforgettable memories of Lofsdalen's wilderness.

Price for the 7-Day Program: 4200 SEK per adult / 3200 SEK per child (10-15 yrs old) (excl. VAT)

3-Day activity program

- **Arrival options**: Sunday or Wednesday
- **Price**: 2100 SEK per adult / 1600 SEK per child (10-15 years)

Itinerary:

Arrival Sunday:

- Monday: Beaver Safari
- Tuesday: Hike through the scenic Swedish mountains

Arrival Wednesday:

- Thursday: Wildlife safari by car
- Friday: Bushcraft course

Description:

This package is perfect for both beginners and seasoned adventurers, offering a balance of guided activities and free exploration.

- Minimum Age: 10 years
- Equipment Rental: Available upon request; please notify us in advance.
- Activity Duration: Each activity lasts 3-4 hours.
- Starting Times: Will vary based on weather and time of year. You'll receive specific details from your guide closer to the date.

OPTIONAL ACTIVITIES

Optional experiences can be arranged, adding flexibility to the program. All additional activities are available for guests to book independently.

DOWNHILL LOFSDALEN BIKE PARK

In the Lofsdalen bike park, the focus is on families, beginners, and intermediate riders. There are 16 kilometers of trails that offer truly long and enjoyable rides. You can comfortably and safely ascend with our six-seat chairlift. Staff are always on hand to assist you with getting on and off with your bikes.

PRICING:

Lift pass prices (2024 rates; 2025 prices pending but expected to be similar)

- 1-Day Pass: 335 SEK (approx. €30) per adult / 270 SEK (approx. €24) per youth.
- Single ride lift pass: 70 SEK for adults (approx. €6), 60 SEK for youth (approx. €5)

Note: EUR prices are based on today's exchange rate and may vary. Final pricing is subject to change for 2025. The prices are **including VAT.*

More info: https://www.lofsdalen.com/sv

LOFSDALEN´S DISC GOLF

The course is located at the foot of Hovärken, with the start near the children's slope

Here, you can choose your level of activity—whether you're looking for a challenging workout or a pleasant outing with an added challenge. The course winds through hilly terrain along the children's slopes, with obstacles like elevation changes, bushes, ski lifts, an

Frisbees can be rented at the Guest Center right next door.

ACTIVITIES & PRICING:

Greenfee fee including 1 disc (ages 16+ / 8-15 years)

Activities & pricing: Disc Golf Green Fee

- **Green fee with 1 disc** (ages 16+ / 8-15 years):
  1 day: 100 SEK (approx. €9) / 60 SEK (approx. €5)
- **Green fee with 2 discs** (ages 16+ / 8-15 years):
  1 day: 130 SEK (approx. €11) / 90 SEK (approx. €8)
- **Green fee with 3 discs** (ages 16+ / 8-15 years):
  1 day: 150 SEK (approx. €13) / 110 SEK (approx. €10)

Prices in EUR are based on today's exchange rate. Please note that the final price in Euros may vary according to the exchange rate at the time of payment. The prices are **including VAT.*

WATER ACTIVITIES

Lake Lofssjön offers a variety of water activities. Rent a SUP, canoe, kayak, and/or motorboat and head out onto the lake. Surrounded by mountain peaks, you'll glide across the water's surface.

Bring your fishing rod and make a stop to see if the fish are biting.

More info: https://www.lofsdalen.com/sv

PANORAMA TRAIL

Starting point/parking area - The trail center at Hovärken's parking lot.

The Panorama Trail is Lofsdalen's accessible trail, inviting everyone to experience the mountain. It is a wide, well-maintained multi-use trail suitable for both cyclists and hikers. Here, you can walk with a stroller, walker, or wheelchair. Go as far as suits you. Cyclists are warmly welcome but should yield to hikers, who always have the right of way.

The entire trail leads up to Hjärtat in Lofsdalen Fjällpark MTB, offering a magical view of the surrounding mountains

FJÄLLPARKEN MTB

Mountain biking in Lofsdalen Fjällpark MTB offers trails for all skill levels. Each trail features stunning views, making it easy for everyone in the family to find a favorite route. You can access the area conveniently via the Lången Express lift or by parking at the Hovärken trail center, located at the top of Hovärksvägen. Gather around the grill area and enjoy a full day of biking.

ACTIVITIES & PRICING:

- **Trail without lift:**
  - Adult, 1 day: 140 SEK (approx. €12)
  - Child (8-15 years), 1 day: 70 SEK (approx. €6)
- **Trail with lift (includes 2 single rides/day):**
  - Adult, 1 day: 245 SEK (approx. €21)
  - Child (8-15 years), 1 day: 185 SEK (approx. €16)

Prices in EUR are approximate and based on today's exchange rate. Final payment will be in SEK, including VAT.

PADEL: FUN FOR THE WHOLE FAMILY

For those interested in staying active indoors, we recommend booking a session of padel. This fast-paced racket sport is a fun and social way to stay fit. Courts are available for booking, and equipment can be rented on-site.

www.lofsdalen.com

VÅFFELSTUGAN AND VILDMARKSKÅTOR: A UNIQUE WILDERNESS EXPERIENCE

During the day, Våffelstugan offers light lunches like soup, toasted sandwiches, and delicious waffles. Enjoy a crispy waffle with a stunning view of the mountains. Larger groups can book Våffelstugan for dinners and parties.

In the evening, Våffelstugan provides an experience of fine dining with local ingredients such as bear, cloudberries, moose, and reindeer. Guests are entertained with captivating stories about bears and the history of Lofsdalen. After dinner, you can also enjoy a hot tub and stay overnight in wilderness huts—advance booking is required.

For more details and booking, visit www.vaffelstugan.se

MOUNTAIN FISHING IN LOFSDALEN

Lofsdalen is renowned for its excellent and diverse fishing opportunities. In the waters in and around Lofsdalen, you can catch trout, arctic char, grayling, and perch.

The largest trout caught in the 20 km long Lake Lofssjön weighed 9.75 kg and measured 90 cm in length (recorded in 2016).

ACTIVITIES & PRICING:

BUY YOUR FISHING PERMIT ONLINE AT IFISKE.SE

Purchase your fishing permit on *iFiske* for the Lofsdalen-Glöte, Råndalen, and Svegs Herrö areas. Fishing permits for Sörvattnet can be bought from local vendors in Lofsdalen: Destination Lofsdalen (where you can also rent boats on Lake Lofssjön) at 0680-413 50.

More info: https://www.lofsdalen.com/sv/fiske

TROLLSTIGEN

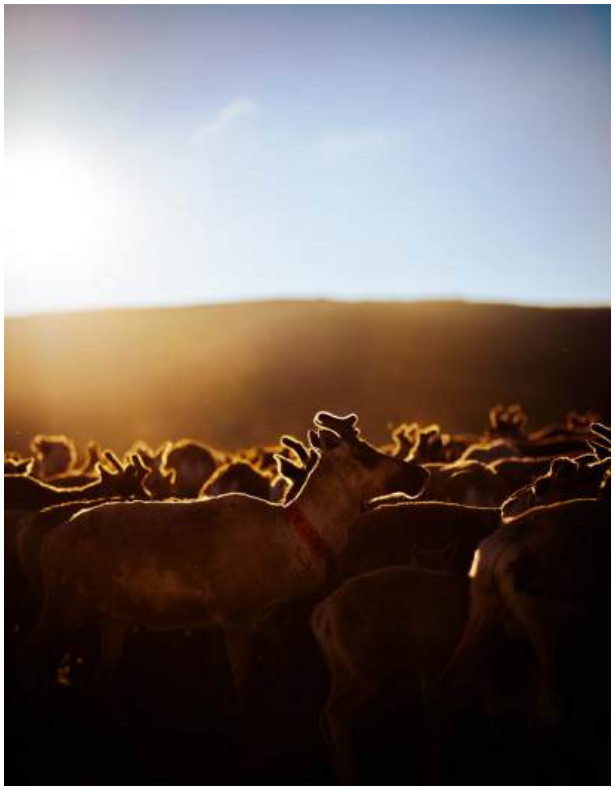
Trollstigen is a charming trail perfect for the whole family. You can reach it by parking just before Sömlingsån. Drive toward Västvallen, and you'll see the Trollstigen sign on the left side. Along the way, you'll encounter several friendly trolls. It's an easy trail suitable for all ages, with quiz questions for children placed along the path. There are also several grilling areas, making it a great spot for both picnics and fishing.

SOLGROPEN

If you're looking for an easy way to enjoy stunning mountain views, the short hike to Solgropen is perfect. The trail from the Hovärken trail center parking lot is neither long nor steep. It is boardwalked across wetlands and streams, making it easy to navigate even without hiking boots.

Solgropen, as the name suggests, is a sun-filled hollow that soaks up plenty of sunshine. In winter, it becomes a cozy, sheltered spot with sunlight nearly all day long. In summer, the hollow can get muddy and waterlogged, but it's still a lovely place to take a break.

Even though it's a short, simple hike on the open mountain, on a clear day, you can see all the way to Nipfjället and Fjätervålen. For those who want a quick and convenient way to experience the mountains and enjoy an outstanding view, Solgropen is a must-see.



RENAR, SÖRVATTNET

In Sörvattnet, 20 kilometers from Lofsdalen, Sunna offers you the chance to meet reindeer up close. Visit the reindeer in their enclosure and listen as herder Sunna shares stories about the animals and the art of reindeer herding.

Looking for an adrenaline kick? Hop into a sled and be amazed by the reindeers' strength as you glide through the serene winter landscape. The farm also sells reindeer meat, antlers, and hides.

For more information about the activities and bookings, visit Renar.se

HIKE ALONG THE SOUTHERN SIDE OF LOFSSJÖN

Enjoy a leisurely hike along the southern side of Lofssjön. Stop by the charming Våffelstugan (Waffle Hut) for a delightful Swedish treat before continuing your journey along the lakeside trail.

Price: 1.050 SEK ex. VAT per person (min. 4 people)

HIKE IN SONFJÄLLETS NATIONAL PARK

Lofsdalen is unexpectedly close to Sonfjällets National Park, a truly fantastic destination for excursions into untouched wilderness

An early start as we head into one of Sweden's bear-densest national parks: Sonfjället. Your guide will lead you through its scenic landscapes while sharing knowledge about the wildlife that inhabits this beautiful wilderness.

Price: 1.250 SEK ex. VAT per person (min. 4 people)

MUSK OX CENTRE TÄNNÄS

Step into the enchanting world of the Musk Ox Centre in Tännäs, Härjedalen, where you'll have the chance to encounter musk oxen in their natural habitat. Guided by our knowledgeable staff, you'll be taken on a journey back in time as you explore the wilderness of Härjedalen. Book your guided tour now and support our vital work in protecting the musk oxen and preserving the wilderness of Härjedalen for future generations.

Travel options to Lofsdalen: Flights, trains, and car rentals

Flights and Car/Bus Rentals

Visitors can reach Lofsdalen through several convenient routes, whether by air, train, or car. Below are options to ensure a smooth and enjoyable journey to the Swedish mountains.

Flights

- **Stockholm Arlanda (ARN)**: Arlanda is Sweden's largest international airport with connections worldwide, including numerous SAS flights.
  From Arlanda:
    - **Car rental**: Drive directly to Lofsdalen in about 6-7 hours.
- **Connecting flights to Östersund**: Fly to **Östersund Åre Airport (OSD)**, from where you can rent a car for a 2,5 hour drive to Lofsdalen
- **Jonair flight to Sveg**: Take a connecting **Jonair flight to Sveg Airport** for an 1 hour drive to Lofsdalen.
- **Scandinavian Mountains Airport (SCR) in Sälen**: For winter travelers, Sälen is a nearby airport with seasonal flights offering easy access. Rental cars and shuttles are available to Lofsdalen.
- **Oslo Gardermoen Airport (OSL):** From Oslo, a scenic 5-6 hour drive or train to Lofsdalen.

Train and Bus

Train from Germany to Sweden: From cities like Hamburg and Berlin, you can take a direct train to Copenhagen and then onward to Stockholm. This is a convenient option, especially with night trains.

Train to Mora or Sveg: From Stockholm, you can take a train to Mora or Sveg. The train from Stockholm to Mora takes about 3.5 hours, and the journey to Sveg is slightly longer.

Bus from Mora or Sveg to Lofsdalen: Buses run from Mora and Sveg to Lofsdalen, but transfers may be required. Be sure to check the bus schedules carefully or consider renting a car for the final leg of the journey.

Inlandsbanan (The Inland Railway): This scenic railway runs through central Sweden, reaching Mora and Östersund during summer. Travelers can journey through stunning landscapes, with stops that bring the Swedish wilderness up close. For travelers arriving by **Inlandsbanan (The Inland Railway)**, the best stop is **Sveg**. From Sveg, continue by **rental car or bus** for the remaining scenic drive to Lofsdalen. This route offers the opportunity to explore central Sweden's nature and landscapes comfortably before reaching the mountain destination.

Driving the Whole Way

Driving from Germany via Denmark: Take the ferry from Puttgarden to Rødby or via Flensburg to Sweden. Then drive from Malmö through Sweden, past Stockholm, and onward to Lofsdalen.

Driving Directly through Sweden: The journey is approximately 1600-1800 km depending on your starting point and takes about 18-20 hours without long stops.

For a scenic road trip to Lofsdalen:

From Stockholm: Stop in **Tällberg** – a charming lakeside village along Lake Siljan in Dalarna. Known for its traditional Swedish architecture, panoramic lake views, and cozy cafes, Tällberg is a perfect halfway stop to enjoy the beauty of Dalarna's culture and landscapes.

From Oslo: Take a break at **Fulufjället National Park**. Located just before Idre on the Swedish side, this park offers breathtaking landscapes, including the famous Njupeskär waterfall—Sweden's highest. The park is ideal for hiking, wildlife spotting, and experiencing the unspoiled nature of the Nordic mountains before continuing on to Lofsdalen.