



Western Sweden Kayaking & Hiking Adventure

10 Days



The Adventure Company | EST. 1969

MT·SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Western Sweden Kayaking & Hiking Adventure

Take off for a fun-filled kayaking adventure along western Sweden's majestic fjords. On a blue mussel expedition, discover how to harvest your own for dinner. Spot pretty eiders, pale gray terns, dark-feathered cormorants, and other sea birds as you paddle these pristine waters. Trek up the stunning nature reserve of Karlingesund and pass the historic ruins of the Dragsmark Abbey, then reward yourself with a dip in the chilly northern seas. Explore the narrow streets of Karingon, an adorable island community, and feast on freshly caught crayfish.

Details

Arrive: Gothenburg, Sweden

Depart: Gothenburg, Sweden

Duration: 10 Days

Group Size: 4-16 Guests

Minimum Age: 18 Years Old

Activity Level:



Testimonials

"A prominent reason we have chosen MT Sobek as our favorite adventure travel company has been the excellent travel guides."

Carol

"Traveling with MT Sobek is like gaining a new set of close friends that have shared an incredible experience together."

Mark N.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1.888.831.7526

✉ INFO@MTSOBEK.COM

Why Take This Trip With Us?

REASON #01

MT Sobek has been crafting unique adventures for 50 years and first led tours in Sweden in 2005.

REASON #02

Our expertly guided expedition through the country's western fjords combines scenic kayaking and hiking with pit stops at postcard-perfect villages.

REASON #03

We include a day of paddling in the picturesque Nordstrommarna and daily opportunities to sample fresh sustainably caught local seafood.

What to Expect



ACTIVITIES

Miles of paddling and hikes through pristine fjords, scenic drives, birdwatching, harvesting mussels on a boat expedition, and tours of coastal towns.



LODGING

Beautifully styled historic boutique hotels, resorts and artsy B



CLIMATE

Expect good weather, with coastal breezes. Weather can change quickly. Temperature will range between 60° and 85°F.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Joakim is a kayaking instructor with a NIL (Nordic Instructors License), and a BCU 4* Leader (British Canoe Union) as well as a Level 2 Coach and EPP Blue Examiner. He has led sea kayaking tours in England, the USA, Turkey, New Zealand, Thailand, Croatia, Finland and China. In addition to kayaking, he has cycled on six continents, and has a particularly arcane penchant for long hot days of cycling in remote deserts. His travels have given him a wide array of hilarious stories including being captured by Indian security forces on a ski tour in in Kashmir to receiving an award for best looking bicicleta in the Knasbollen Cup, a prestigious football tournament. Joakin possesses strong leadership, a charismatic personality, and always has a

Jarno is a good natured guide who loves spending time living a lifestyle amidst the outdoors. He is on the record professing deep appreciation for a tranquil fikarastens (coffee break), and recognizes the importance of relaxing and having a good time. His easygoing, friendly, and fun-loving demeanor make him well received amongst MT Sobek travelers. He is an avid climber, sea kayaker and white water paddler, free diver, cyclist, ice skater and takes pride "nerding out" in nature.

Jarno Joona

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Itinerary

DAY 1

ARRIVE IN GOTHENBURG & JOURNEY TO LYCKORNA

The adventure starts at the Landvetter Airport in Gothenburg, where you meet the group and transfer to the coastal town of Lyckorna, on the shore of Havstens fjord. After settling in at the hotel, you'll regroup for a briefing about the upcoming adventure and enjoy a welcome dinner.

Meals: D

DAY 2

EXPLORE HAVNSTENS FJORD BY KAYAK & HARVEST BLUE MUSSELS

After breakfast, try out the paddling equipment and head out for a warm-up paddle among the islands of the fjord, spotting sea birds and resident harbor seals along the way. Have lunch on an island and return to the hotel for a shower before the blue mussel expedition in the fjord. Walk through the historic seaside resort to the M/S Marta expedition boat and sail away. Learn how the blue mussels are farmed, harvest your own, and return to land for a feast at the famed Blue Mussel Bar.

Activity: 4 hours/7 miles kayaking

Meals: B, L, D

DAY 3

TRANSFER TO BOKENAS & KAYAK THE KOLJO FJORD

Check out of the hotel after breakfast and transfer (25 miles) to the next destination, the Bokenas Hotel. From here, enjoy a day trip by kayak among the tall islands in the Koljo fjord. Launch directly from the hotel, with the lunches packed, and head out to a lovely beach on Stegelholmen island. Stop here for lunch and some rest, before returning to the hotel in the afternoon. Enjoy free time to have a dip in the pool, before a relaxed dinner at the hotel's restaurant.

Activity: 5 hours/7.5 miles kayaking

Meals: B, L, D

DAY 4

KAYAK IN NORDSTROMMARNA

After breakfast, make a short transfer (15 miles) to Karlingesund for a day of paddling in the picturesque Nordstrommarna, one of the region's favorite areas for kayaking. Look out for sea birds such as eiders, gulls, terns, oyster catchers, cormorants, and grey heron. Stop for lunch and a walk around the storybook island of Bassholmen, before continuing the trip. Once back on land, take a short transfer back to Bokenas.

Activity: 5 hours/8 miles kayaking & easy walking

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Meals: B, L, D

DAY 5

HIKE THE BOKENAS COASTAL TRAIL

Today swap the kayaks for hiking boots and hike the coastal trail around Bokenas. Set off after breakfast with a quick transfer to the starting point. The loop takes in the waterways of both Koljofjorden and Nordstrommarna, through a beautiful nature reserve of Karlingesund and passing the historic remnants of Dragsmark's old convent. After the hike, have a swim in the salty water or unwind before the short transfer to the charming community of Fiskebackskil. Enjoy dinner in the hotel's dining room.

Activity: 6-hour/8.5 miles hiking

Meals: B, L, D

DAY 6

KAYAK AROUND GASO ISLAND

After breakfast overlooking Gullmarn, Sweden's largest fjord, hop into your kayak right outside the hotel, to explore the more barren outer archipelago with red granite as the trademark of the landscape. Have lunch on an island before landing again at Gullmarsstrand sometime in the afternoon. After the paddle, unwind at the hotel's spa, with its two saunas and a pool with splendid views of the small town of Lysekil on the other side of the fjord. Before dinner, take a stroll through Fiskebackskil's narrow lanes lined with beautifully restored old wooden houses.

Activity: 6 hours/7.5-10 miles kayaking

Meals: B, L, D

DAY 7

EXPLORE KARINGON ISLAND & FEAST ON CRAYFISH

Rest your kayaking muscles today and head out for a day of island-hopping. After breakfast, transfer by vehicle to Orust island to catch a ferry to the island of Karingon, located in the outer band of islands with fabulous horizon views and a picturesque fishing community. Hike through the island's narrow streets and footpaths, and over barren gneiss rocks. For lunch, feast on freshly caught crayfish. In the afternoon, have a swim in the sea if you wish, before settling in at the hotel and enjoying dinner together.

Activity: 1.5 hours/2 miles hiking

Meals: B, L, D

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DAY 8

KAYAK THE WEST SIDE OF ORUST ISLAND

From Edshultshall, on the west side of Orust, navigate northwest to an amazing area with a maze of islands that lie south of the Hermano nature reserve. Enjoy a picnic lunch at the sandy beach at Champagne Bay before heading back a different way to Edshultshall. While kayaking, be on the lookout for the marvelous rock formations the area is known for, as well as curious harbor seals basking on the rocks. Enjoy dinner this evening at the charming Mia's Boathouse seafood restaurant.

Activity: 6 hours/10 miles kayaking

Meals: B, L, D

DAY 9

FOLLOW TRAILS ON HERMANO ISLAND

Today swap kayaks for shoes again, and head out to explore the island of Hermano. After breakfast, take a ferry to the start of the hiking trail, in one of the oldest and most densely built-up fishing villages on the coast, Gullholmen, which dates to the 13th century. Hike through extraordinarily varied scenery, paired with great sea views and a picnic lunch in a scenic spot. Back in Gullholmen, have dinner together at one of the seaside restaurants.

Activity: 4 hours/8 miles hiking

Meals: B, L, D

DAY 10

DEPART FROM GOTHENBURG

Have a final breakfast at the B

Meals: B

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Dates

Aug 12 - 21, 2019

Jul 6 - 15, 2020

Aug 10 - 19, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 4,895 per person

2020

\$ 4,895 per person

Additional Cost

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All necessary kayaking gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your adventures guide(s) and driver(s)
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Optional travel protection

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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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