

Explore Swedish mountains in Jämtland Stay in genuine loghome for hiking in Sweden

Location

Galå Fjällgård AB, Galåbodarna 810, S-845 62 Svenstavik, Sweden
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Best season	Mid June – end of September
Group size	2-4 people
Duration	8 days (7 nights)

Highlights

- Rental of one comfortable loghome fully equipped with kitchen, bathroom, sleeping rooms, living area with fireplace
- 2 guided day hikes with local guide to enhance your experience
- 4 self-guided hikes in the surrounding woodland
- Wood-fired sauna included
- 2 prepared dinners with cooking on open fire
- Booklet for self-guided hikes during the stay
- Unspoiled nature in mountains and old-growth forests
- Experience the homeland of reindeers and other nordic animals

Description

The mountains of Ovixsfjällen offer vast scenery for hiking adventures in the heart of Northern Swedens region of Jämtland. This package includes one week rental of a genuine loghome with high comfort at the lodge. The cottage is fully equipped for self-catering by the guest. There will be a welcome dinner at day 2 and a cosy final dinner at the last evening of the week.

The guest will get introduced in the surroundings at 2 guided day hikes to experience the unspoiled nature and some secret spots in the mountains.

The other days the guest will be offered further self-guided hiking options by the local guide. The guided day hikes include the wide Arådalen Nature Reserve (114 sq km), boreal forests typical for this nordic landscape and views from a plateau over the river valley.

While hiking through this powerful nature you will see the natural habitat of typical nordic animals like reindeers, protected birds, capercaillies, owls or rabbits. We are spotting for moose and we might even detect traces from bear, lynx or wolverine.

Mid of June is starting point for summer hiking season in the Swedish mountains. Flora starts to bloom while August and September are characterized by autumn season. Then colours are shifting to a mixture of red and yellow. It is time for berry-picking and mushrooms (depending of season). There is already more darkness during the nights and end of august marks the start of the season for northern lights.



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Itinerary

Day 1	Arrival day Check-in from 3 pm Rental of loghome is included for 7 nights
Day 2	Welcome meeting: wilderness bar, presentation of the lodge Guided hike: Arådalen's nature reserve and "Östra Arådalen" mountain pasture , the vast nature of the mountain area of Oviksfjällen, cultural heritage of mountain pastures, genuine old-growth boreal forest; (from 5 km, 4 hours) Evening welcome dinner
Day 3	A day for individual self-guided activity Day excursion and hiking: Klövsjö mountains and Fettjåfallet waterfall , coffees and restaurants, lake and bath in Klövsjö. Optional: suspension bridge and canyon Trångforsen + Åsarna stonebridge. Supermarket.
Day 4	Guided day hike: Hundshögen – summit of the Oviksfjällen 1,371 m , stunning view over the surrounding peaks, glacial terrain of the mountain lakes "Dörrsjöarna"; (600 m altitude difference, 4-5 hours)
Day 5	A day for individual self-guided activity Self-guided hike: Nybodarna mountain pasture , mountain brooks, old-growth forests, graceland of reindeers (10 km 3 hours) Time for reconnect with nature and silence
Day 6	A day for individual self-guided activity Day excursion and hiking: Djävulshalet Canyon hike (1 km, 1 hour), Flatruet mountain pass 975 m, Swedens' highest public road accessible by a vehicle, spectacular scenery over the tree line, hike (7 km, 2 hours), village of Ljungdalen. Optional: restaurant and dinner
Day 7	A day for individual self-guided activity Morning Self-guided walk: Windshelter at mountain brook (1.5 km, 1 hour) Afternoon self-guided hike: Gråhögtjärnen mountain lake , view over the lake Time for reconnect with nature and silence Evening dinner: grillkota with open fire, round-up of the week
Day 8	Departure of the participant, latest 10 am



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Included

- Accommodation** Accommodation in genuine loghome with fireplace fully equipped with kitchen, bathroom and living area. One cottage is equipped with 2 sleeping room, each room sleeping 2 persons, in total 4 persons.
Bedding and towels are provided. Firewood, wifi and final cleaning is included.
- Sauna** Wood-fired sauna is available on all days. The participants will learn how to heat up a wood-fired sauna by their own.
- Meals** 2 meals are included in the evening: welcome dinner at day 2 and a final dinner at the last evening of the week.
The remaining meals as well as breakfast will be arranged by the guest. The loghome is fully equipped for self-catering.
Please inform about special dietary prior booking.
- Guide** A local guide with more than 20 years of knowledge of the area will guide on 2 day hikes.
Guide is also available at lodge for assistance.
- Transfers** No transfers are included. The participants needs to arrange rental car at the Åre-Östersund airport (OSD) or train station in Östersund at the start/ end of the tour. The distance between Östersund and the lodge is 85 km.

Good to know

- Health requirements** Good physical condition able to hike 5-15 km per day even in pristine terrain.
- Need to bring with you** Hiking boots, backpack for day-hikes, outdoor clothing prepared for any weather condition from sun or rain to cold wind, beverage bottle. A list containing necessary equipment information will be provided in advance.
- Bad weather** In case of bad weather conditions the content of the tour will be adapted. The guide is able to choose other hiking spots that might be more suitable at such conditions or suggest alternatives fitting the wishes of the participants.
- Food and beverages** The participant will buy food and beverages by its own and arrange breakfast and meals except 2 evening dinners.
- Alcohol** Alcoholic beverages are not included but can be purchased by the participants in local stores.
- How to get there** The region of Jämtland can be reached by flight to Åre-Östersund airport (OSD) or train from Stockholm to Östersund and rental car. You can also drive with own car.



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Prices

Explore Swedish mountains
on hikes in Jämtland

10,800 SEK per person (980 EUR per person)
Minimum 2 persons

Dates

From mid June – end of September

Throughout the summer 2026 and 2027
7 nights arrival/ departure: Saturdays
7 nights arrival/ departure: Saturdays

