

Loghome week in Swedish mountains Self-guided activities in unspoiled nordic nature

Location

Galå Fjällgård AB, Galåbodarna 810, S-845 62 Svenstavik, Sweden
Miriam & Christoph Schenk, Phone: +46-(0)70-2082209
www.gala-fjallgard.com, Instagram/ Facebook @galafjallgard

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
- 6 self-guided hikes in the surrounding woodland
- Wood-fired sauna included
- 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 Oviksfjällen 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.

The guest will experience the surrounding unspoiled nature at 6 self-guided day hikes which also includes day excursions in the surroundings. A fully description of the daily hikes and spots is included

The day hikes include the wide Arådalen Nature Reserve (114 sq km), boreal forests typical for this nordic landscape, incredible scenery above the treeline, waterfalls and hidden spots as well as local coffees and restaurants.

While hiking through this powerful nature you will see the natural habitat of typical nordic animals like reindeers, protected birds, capercaillies, owls or rabbits. Of course 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 grow and 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 (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 Self-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)
Day 3	Self-guided 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	Self-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	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	Self-guided day excursion and hiking: Djävulshalet Canyon hike (1 km, 1 hour), Flatruet mountain pass 975 m, Sweden's 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	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
Day 8	Round-up the week 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** No meals are included. The participant will arrange all breakfast, lunch and dinner by himself. The loghome is fully equipped for self-catering.
- Guide** A guide-booklet is included in the package giving full support during the stay. It is a guideline for all day hikes and excursions.
Guide is 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, lunch and dinner.
- 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

Loghome week and mountain adventures in Northern Sweden 7,500 SEK per person (680 EUR per person)
Minimum 2 persons

Dates

From mid June – end of September

Throughout the summer 2026 and 2027

7 nights arrival/ departure: Saturdays

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