

KUNGSLEDEN WITH STF

HIKING AND CROSS-COUNTRY SKIING ALONG THE SWEDISH MOUNTAIN CHAIN



SVENSKA
TURISTFÖRENINGEN



Welcome to Kungsleden

Welcome to what has been called the last wilderness in Europe, the mountain chain that stretches from northern Lapland as far south as Dalarna in central Sweden. Imposing landscapes, rich culture and magnificent experiences of the natural world. Extensive protected regions that have been classified as nature reserves, national parks, and UNESCO World Heritage sites. At the end of the 19th century, the first suggestions of creating a continuous hiking trail in the mountain domain of Swedish Lapland were raised. Then, as now, the Swedish Tourist Association (STF) was the driving force. It was planned that the trail should pass through the most beautiful locations, and in this way become the “king of

trails”, which in Swedish is expressed in the name: “Kungsleden”.

Cairns were raised during the 1920s along the stretch between Kvikkjokk and Abisko, and today Kungsleden runs for approximately 430 kilometres from Abisko in the north to Hemavan in the south. The route is serviced by an extensive system of STF mountain stations, STF hostels and STF mountain cabins, which ensures that a period in the mountain realm is both easy to arrange and fun, at any time of year. Explorers of all ages hike or ski across the mountains.

The natural world of the mountains vibrates during the summer months with colours, fragrances, sound and motion. Babbling brooks extinguish

hikers’ thirst and provide a haven of rest. The long days and short nights create a magical feeling, with the midnight sun being seen from early in the summer north of the Arctic Circle.

The autumn decks the mountains in a blaze of red and yellow. The peaks are powdered with snow and the air is pure and clear. Winter is coming and the snow will be here soon. Winter brings with it its special snow surface and in the dark evenings the Northern Lights dance across the heavens. The days slowly become lighter and warmer, and spring brings another type of snow surface. The early spring offers many wonderful skiing trips, and magnificent experiences of primeval white mountains.

Lapland, a country within Sweden’s borders

Sweden has eleven summits over 2,000 metres and all of them are in Lapland. This part of the country also has many of Sweden’s most spectacular valleys. Together, they form a natural world of seldom-seen variety, from mountain forests rich in species in the valleys to nearly sterile landscapes and glaciers high on the mountains.

UNESCO has designated part of Lapland as a World Heritage Site, Laponia. This includes the national parks Stora Sjöfallet, Padjelanta, Sarek and Muddus; the nature reserves Sjauna and Stubba; parts of Kvikkjokk-Kabla; and the delta at Sulitelma and Rapadalen.

ANIMAL LIFE

The “big four” of Swedish fauna – lynx, wolverine, bear and wolf – are found here. It is also possible to see the golden eagle, white-tailed eagle, gyrfalcon, peregrine falcon, long-tailed jaeger, ptarmigan, European golden plover, bluethroat, snow bunting and many other birds. Around half of Sweden’s 400 species of birds have been sighted in Lapland. Another common sight is the king of Swedish wildlife, the elk, not least in Tarradalen and Rapadalen. Animal activity holds a low profile during the winter months, but some species change to winter coats and adapt to life in the cold. These include

the Arctic fox, Arctic hare and ptarmigan. And it’s common for skiers to see the tracks of the wolverine and lynx.

GET TO KNOW THE SAMI

Reindeer husbandry and the rich Sami culture are thriving and alive along Kungsleden. Especially in the summer you can meet Sami with their reindeer out on the mountains. Do not disturb grazing reindeer and keep dogs on a leash. More information about the Sami history, language, culture and reindeer husbandry as it is practised today is available at www.samer.se. STF also has an information folder “Realm of the Reindeer” on its website.



Suggested tours

ABISKO TO NIKKALUOKTA

The tour starts at the STF Abisko mountain station and passes through the northern entrance of Kungsleden, known as “Skapelsen”. The train stops right beside the STF Abisko mountain station and the northern starting point of Kungsleden. The trek first passes through the birch forests of Abisko National Park with its rich animal life, to the STF Abiskojaure mountain cabin.

Lapporten, one of the most famous silhouettes of the mountain realm, can be seen in the distance. Boat transport is available on the Alesjaure lake

during the summer season. From the STF Alesjaure cabin it is possible to continue along Kungsleden or take an extremely beautiful alternative via the STF Vistas and STF Nallo mountain cabins. Mountains rise steeply from the valley floor and the tour passes through forests of mountain birch and across the barren mountain landscape.

The terrain becomes more desolate when following Kungsleden to the STF Tjåktja cabins. At Tjåktapasset, the highest point along Kungsleden, one of the most powerful mountain experiences awaits. A magnificent

view across forty kilometres of the Tjåktavagge valley. It’s great to spend an extra day in the STF Sälka cabins and make a day-long outing into the unforgettably beautiful surroundings. The cabin managers along Kungsleden are happy to describe how to get to luxuriant wild strawberry beds. From the cabins at STF Singi you can continue southwards towards STF Vakkotavare, or make a detour to the STF Kebnekaise mountain station. From there you can take the bus to Kiruna in Nikkaluokta.

Information Abisko – Nikkaluokta

Fjällkarta (“Swedish mountain maps”): BD6

Distance: 105 km

Duration: 5–7 days

No. of cabins: 5 along Kungsleden, with 7 neighbouring

Mountain stores selling food: Abisko, Abiskojaure, Alesjaure, Kebnekaise, Sälka, Vistas, Unna Allakas

Saunas: Abisko, Abiskojaure, Alesjaure, Kebnekaise, Sälka, Vistas, Unna Allakas

NIKKALUOKTA TO SALTOLUOKTA VIA KEBNEKAISE

The tour starts in the village of Nikkaluokta. Fly or take the train to Kiruna, from where you can take the bus to



STF Abisko Mountain Station

Address: 981 07 Abisko.

E-mail: bokningen@stfturist.se

Website: www.svenskaturistforeningen.se/abisko, www.auroraskystation.se

Tel: 010-190 23 60.

Season: The facility is open all year, with limited service at certain periods.

Accommodation: The station has 350 beds, distributed among three different forms of accommodation. Single or double room with or without shower/WC. Place in a multi-bed room with shared shower/WC on the corridor. Spacious self-catering cabins for 4-6 people.

Food: Breakfast, lunch and evening meal with suitable wine selections. Restaurang Kungsleden has an entry in the White Guide and is certified to KRAV 2 level. It takes inspiration from the Lapland cuisine, and has an ambition to use organic raw materials produced locally. An “Exclusive Dinner” is offered at the STF Aurora Sky Station during the winter, and a “Midnight Sun Dinner” on some summer evenings.

Service: Guides, shop, rental equipment, sauna, self-catering facilities, campsite.

Activities: During the summer we offer, among other things, rambles in the midnight sun, Aurora Sky Station, elementary caving, courses in water-colours and day-long trips to Kärkevagge and Trollsjön. During the winter we offer Aurora Sky Station, Northern Lights rambles, snowshoe trekking, ice climbing, tour ski trips, summit trips and courses in avalanche survival.

Arriving: Daily train connections from Stockholm, Gothenburg, Kiruna and Narvik to the Abisko Tourist station. Flights to Kiruna or Narvik followed by bus, taxi or rental car to Abisko. (Always check the bus times when booking air tickets.) By road, take the E10.

STF Kebnekaise Mountain Station

Address: 981 99 Kiruna.

E-mail: bokningen@stfturist.se

Website: www.svenskaturistforeningen.se/kebnekaise

Tel: 010-190 23 60.

Season: March-April, middle of June-September.

Accommodation: 2-bedded or 4-bedded rooms or a sleeping cubicle in a multi-bed room. Shared shower/WC on the corridor. Single rooms are available. 220 beds.

Food: The “Elsas kök” restaurant serves breakfast, lunch, dinner and à la carte with Lapland specialities, Swedish everyday fare and newly baked pastries from its own bakery. Fully licensed.

Service: Shop, bakery, limited rental of mountain equipment, guides, sauna and self-catering facilities.

Activities: In the summer we offer high-alpine courses, climbing courses, guided trips to Sweden’s highest peak, glacier trekking, flora exploration tours, and weeks with special themes. Other tourist attractions are the giant caves in Ladtojåkka, Silverfallet in Singivagge, Kitteldalen and Tarfala. In the winter we offer courses in high-alpine ski touring and ice climbing, guided skiing trips along valleys or up onto the mountain slopes. Skilled off-piste skiers can expect to descend many metres on Jökelbäcke, on the Storglaciär or on the Hydrologräna. Cross-country skiers can find trails through the Tarfala valley and towards Singistugorna.

Arriving: Train or plane to Kiruna. Bus to Nikkaluokta, followed by 19 kilometres hiking or skiing. A 5-kilometre boat journey is possible in the summer, and snowmobile or equivalent in the winter.

Nikkaluokta, followed by 19 km walking or skiing up to the STF Kebnekaise mountain station. In the summer, it’s possible to shorten the route by 5 km by taking the boat across the Ladtojåure lake. Take a good meal in the restaurant at Kebnekaise followed by a relaxing sauna, then it’s time to continue through the mountains to the STF Singi mountain cabin. This is where you pick up Kungsleden, north to Abisko and south to Saltoluokta. The path to Saltoluokta first passes through the beautiful valley of Tjåktjavagge. Comfortable cabins with fine



fishing are waiting at Kaitumjaure and Teusajaure. As you approach the STF Vakkotavare mountain cabin, imposing views open to the south towards Sarek. A bus runs from STF Vakkotavare to the Kebnats jetty, and then cross Langas by boat or on skis to the STF Saltoluokta mountain station. Here a well-deserved shower, sauna and excellent food await – a true reward at your goal. Many people find the stretch of Kungsleden between Nikkaluokta and Saltoluokta to be its most beautiful. The route passes across open mountain moors and down into deep valleys. The stages are

reasonably short and the mountain cabins are all in beautiful locations.

Information Kebnekaise – Saltoluokta

Fjällkartan ("Swedish mountain maps"): BD8
Distance: 52 km (followed by bus from Vakkotavare to the Kebnat jetty and Saltoluokta)
Duration: 4–6 days
No. of cabins: 4
Mountain stores selling food: Kaitumjaure, Kebnekaise, Saltoluokta, Teusajaure, Vakkotavare
Saunas: Kaitumjaure, Kebnekaise, Saltoluokta, Teusajaure

KVIKKJOKK TO SALTOLUOKTA

This stage can start after spending the night at the STF Kvikkjokk mountain station. In the morning, it's time to

make your way through primeval mountain forest. STF Pårtestugan offers good fishing waters in both streams and lakes, and then the route progresses diagonally through the Rittakdalen valley. Rest for a while when you've gained some height on the open mountainscape, and point your binoculars back down to the forest, where elks and other wildlife may appear in the undergrowth. Sarekfjällen rises in its magnificence in the west at the Laitaure lake.

On the other shore, the Aktse homestead and the STF mountain cabin await, a known staging point



on travels to Sarek. It's a good idea to stay an extra day and climb Skierfe, a mountain with a glorious view across the Rapadalen delta and the summits of Sarek. Far into the Sarek region you will see a place that has the exciting name "Rovdjurstorget" (approximately "Predator Place", in Swedish).

The trail from the STF Aktse mountain cabin climbs relatively steeply to barren mountain moorland where a magical view awaits.

The summits of Sarek rise to the west, while huge expanses of lowland fells stretch to the east. In the summer, a boat service runs across the

Sitojaure lake, with the STF mountain cabin on the lake's northern shore. Continue across the Ultevi heathland with the mountain of Kierkau and its tooth-like profile, with the flat-topped peak Slugga in sight. Eventually, the tantalising goal appears – the STF Saltoluokta mountain station, with its sauna and tasty food.

Information Kvikkjokk – Saltoluokta

Fjällkartan ("Swedish mountain maps"): BD10
Distance: 73 km
Duration: 4–6 days
No. of cabins: 3
Mountain stores selling food: Kvikkjokk, Jäkkvik, Adolfsström och Ammarnäs
Saunas: Kvikkjokk

STF Saltoluokta Mountain Station

Address: 982 99 Gällivare.

E-mail: bokningen@stfturist.se

Website: www.svenskaturistforeningen.se/saltoluokta

Tel: 010-190 23 60.

Season: March-April, middle of June-September.

Accommodation: Main building and four guest cottages with a total of 100 beds. Double rooms, 4-bedded rooms and multi-bed rooms. Some double rooms have en suite shower/WC. Other rooms have showers and WC along the corridor or in a service building.

Food: Restaurant with breakfast, lunch and dinner. Here you can eat fish and game from the mountains, and berries from the larder of Lapland. Fully licensed.

Service: Shop, rental of mountain equipment, guides, sauna and self-catering facilities.

Activities: Guided wilderness tours, trips to view the midnight sun and boat trips along the Luleälv valley, fishing, ideal for families with special several weeks that explore certain topics, folk music festival.

Arriving: Train or plane to Gällivare. A bus runs every day Gällivare-Kebnats. Travel by ski the final 3 kilometres along an ice trail in the winter, or a 10-minute boat ride in the summer.

STF Kvikkjokk Mountain Station

Address: Störvägen 19, 962 02 Kvikkjokk.

E-mail: info@kvikkjokkfjallstation.se

Website: www.svenskaturistforeningen.se/kvikkjokk

Tel: 0971-210 22.

Season: Middle of February to the end of April, middle of June to the end of September.

Accommodation: 68 beds in 2-bedded and 4-bedded rooms. All with washbasin in the room: shower, WC and drying room along the corridor.

Service: Restaurant with breakfast, lunch and dinner during the tourist season, and self-catering facilities. The STF Kvikkjokk mountain station has a shop and rents out some mountain equipment and canoes. Canoe trips and guided delta tours are available.

Kommunikationer: Train to Murjek, alternatively plane to Gällivare or Luleå. Bus via Jokkmokk to Kvikkjokk.

STF Hemavan Hotel & Hostel

Address: Renstigen 1, 920 66 Hemavan.

E-mail: info@hemavansfjallcenter.se

Website: www.svenskaturistforeningen.se/hemavan

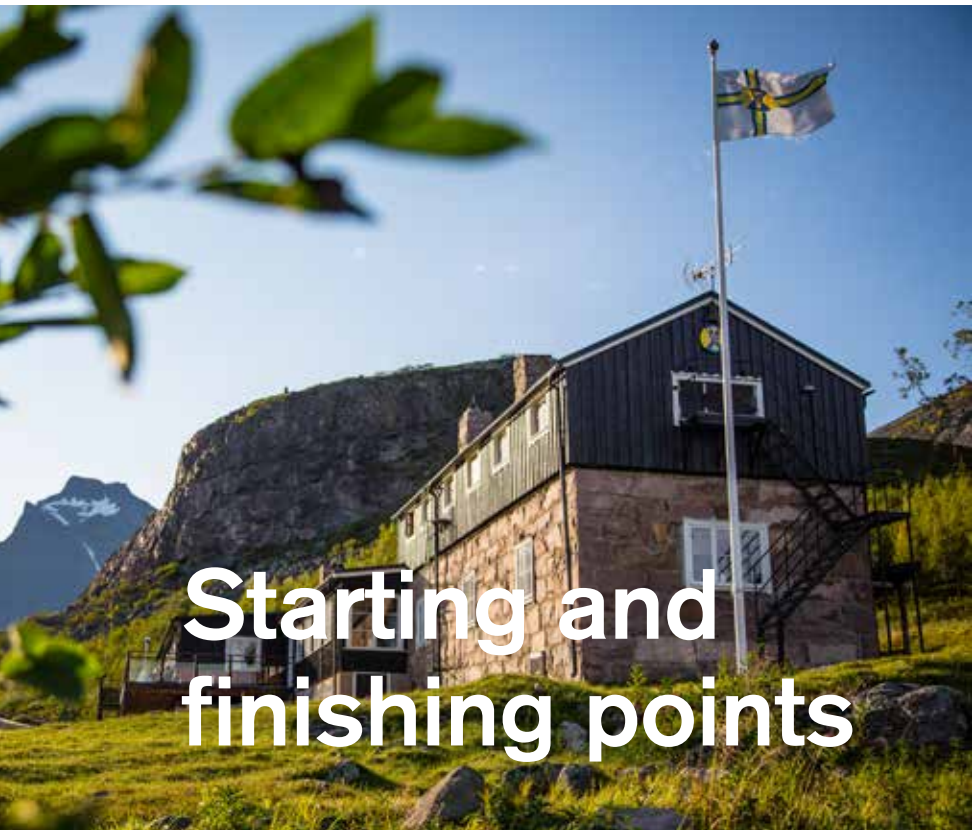
Tel: 0954-300 02.

Season: Open all year.

Accommodation: 173 beds. 2-4-bedded rooms.

Service: restaurant with breakfast, lunch and dinner, and self-catering facilities in the hostel. At the STF Hemavan hostel and hotel, accommodation is in fully equipped and modern hotel rooms with smart-TV, en suite facilities and comfortable beds. The room price includes our tasty, copious and popular breakfast buffet. We offer free WiFi to all guests, and those who want to cook for themselves are welcome to use the kitchens in our hostel building.

Arriving: Plane from Stockholm, train in combination with bus Stockholm-Vännäs-Hemavan, Inlandsbanan June-August, Laplandspilen (long-distance bus) from Stockholm, bus from Umeå.



Starting and finishing points



KVIKKJOKK TO AMMARNÄS

This tour is ideal for those seeking isolation, beautiful landscapes and magnificent views. The winter route, however, is not fully signposted. There is no clearly established system of STF mountain cabins along the route, and a tent and camping equipment are needed for overnighting in the wild. There are, however, some basic huts and other forms of accommodation, not run by STF.

The first stage is approximately 74 kilometres and ends at Jäkkvik. The second stage passes from Jäkkvik to Ammarnäs and is approximately 83 kilometres, passing through the Pieljekaise National Park.

You can get to Jäkkvik by bus from Skellefteå. Further information is available from the tourist information office in Arjeplog, telephone +46 961 14520 and www.arjeplog.se.

Information Kvikkjokk – Ammarnäs

Fjällkartan ("Swedish mountain maps"):

BD14, BD16

Distance: 157 km

Duration: 7–10 days

No. of cabins: 0

Mountain stores with food: Kvikkjokk,

Jäkkvik, Adolfsström och Ammarnäs

Sauna: Kvikkjokk

AMMARNÄS TO HEMAVAN

Many people start their mountain trek at Ammarnäs and finish at Hemavan, but it's just as possible to hike in the opposite direction, or devise a shorter mountain trek starting in either location. The route mainly passes across heathland and through shallow-bottomed valleys, offering a varying landscape with birch forest, lakes, views across barren mountain landscape, mountain moors and summits.

The trail from Ammarnäs to STF Aigertstugan starts with a climb through birch forest.

STF Aigerstugan is located by a mountain lake with plenty of fish, out in the open mountain landscape. The views are magnificent between STF Aigert and STF Servestugan. Make a detour to StorAigert, 1,101 metres above sea level with a thrilling view. In the birch forest approaching STF Servestugan you find an imposing waterfall at the bridge across Vouomentjukke.

An alternative route from Ammarnäs in the summer starts with a boat trip across Tjulträsket, shortening the distance to STF Servestugan. The route continues from STF Servestugan across mountain moorland, and the

day ends at STF Tärnasjöstugan in a park-like birch forest, with a great view across the Tärna lake and the imposing northern Storfjället. Relax for a while in the wood-fired sauna or cool off in the crystal-clear waters of the lake.

From STF Tärnasjöstugan, continue through birch forest towards the Tärnasjö archipelago with its seven bridges, the "Golden Gate" of Vindelfjäll. During the summer, a boat service crosses the Tärnasjö lake, which shortens the distance to STF Syterstugan. It's possible to climb Sytertoppen, which, with its 1,768 metres above sea level, is the highest peak in the county, from STF Syterstugan.

A cairned path runs from the peak down to STF Viterskalstugan. Most people follow Kungsleden across the Sjul-Olsaxeln and onwards through the flat-bottomed Syterskalet to STF Viterskalstugan. This trail passes through an alp-like region of high moorland. According to many, the valley is the greatest asset of the region. As you walk down from STF Viterskalstugan to Hemavan, you can see for miles across Artfjället and the glaciers of Okstindan in Norway.

Fakta Ammarnäs – Hemavan

Fjällkartan ("Swedish mountain maps"): AC2

Distance: 78 km

Duration: 5–7

No. of cabins: 5

Mountain stores with food: Aigert, Serve, Tärnasjö, Syter, Viterskalet samt Ammarnäs och Hemavan

Sauna: Aigert, Ammarnäs, Hemavan, Tärnasjö

STF ABISKO MOUNTAIN STATION – A MEMORY FOR LIFE

The STF Abisko mountain station lies nearly as far north as it is possible to come in Sweden, and has its own railway station. The location has been well chosen, and offers magnificent views of the landscape. Torneträsk (also known as "Sjumilasjön") extends to the north, while the imposing mountain formation of Lappporten can be glimpsed to the south. The Abisko region has such unique flora, fauna and geology that it was designated a national park as early as 1909. The power of the Abiskojokk canyon never ceases to attract visitors.

A trek along Kungsleden starts or ends at STF Abisko mountain station. It is also possible to spend several days here and enjoy great day-long trips, tasty food, the wood-fired sauna with swimming in Torneträsk, or

top-quality off-piste skiing on the neighbouring mountain, Nuolja. It is also popular to take the train for a day-long outing to Narvik in Norway.

In both winter and summer, the chairlift can take you up on the Nuolja mountain. When the sky is free of clouds in the summer, the midnight sun shines on visitors, while the Northern Lights sweep across the heavens when winter nights are clear. Abisko is one of the places in Sweden where sunshine and clear skies are most often found, which means that visitors can frequently experience the midnight sun at the start of summer or the Northern Lights in the winter. The Nuolja mountain is a great stage for viewing the Northern Lights, and it is possible to enjoy an excellent meal and guided viewing of the Northern Lights at STF Aurora Sky Station. The STF Aurora Sky Station has been crowned by Lonely Planet as the best place in the world for light-based experiences.

STF Hemavan Mountain Station

Address: Fjällstigen 2, 920 66 Hemavan.

E-mail: info@hemavansfjallcenter.se

Website: www.svenskaturistforeningen.se/anlaggningar/stf-hemavan-fjallstation

Tel: 0954-300 07.

Season: Open all year.

Accommodation: 96 beds. 2-4-bedded rooms.

Service: Restaurant with breakfast all year.

The STF Hemavan mountain station offers a homely alternative for individual guests, families and groups in relaxing surroundings, with ample facilities for socialising. We offer full board, half board, and accommodation only. It is possible to stay in self-catering accommodation during the summer, the spring half-term holiday and the Easter period.

Arriving: Plane from Stockholm, train in combination with bus Stockholm-Vännäs-Hemavan, Inlandsbanan June-August, Lapplandspilen (long-distance bus) from Stockholm, bus from Umeå.

Kungsleden

Length: 425 km from Abisko to Hemavan.

Highest point: Tjåktjapasset, 1150 metres above sea level.

Lowest point: Kvikkjokk, 302 metres above sea level.

Weekly stages: 5, of which 4 with STF mountain cabins.

Staying at an STF mountain cabin

The STF mountain cabins are located in sites of natural beauty along Kungsleden, separated from each other by a one-day tour (approximately 10-20 kilometres). The cabins have self-catering facilities of a simple and pleasant standard. Guests cook their own food, fetch water, clean and chop wood. The kitchens are equipped with bottled gas cookers, cooking equipment, crockery and cutlery. There is no electricity, the cabins are heated by wood-burning stoves or bottled gas. Twelve of the 16 STF mountain cabins have shops that sell food. A cabin manager is on hand during the winter and summer seasons. More information about STF mountain cabins is available at www.svenskaturistforeningen.se.

Season: Middle of February-start of May, middle of June-September (some cabins have other seasonal dates).

Accommodation: Multi-bed rooms (usually with four beds) with wide beds, mattress, pillow, duvet. Use your own bed linen or sleeping bag. It is not possible to book in advance, but room will always be made for guests, no matter how many arrive. If no beds are available, we arrange mattresses on the floor.

Payment: Payment in advance on the STF website or cash when you arrive. Some mountain cabins take payment by credit card or debit card. The lowest price for your accommodation in our mountain cabins is given when you pay online.

National Parks

Eight of Sweden's 29 national parks are located in Lapland, covering an area of nearly 6,000 square kilometers. The most famous are Sarek, Padjelanta and Stora Sjöfallet, and these, together with the Muddus national park and some nature reserves, form the area designated as "Laponia". Kungsleden and Padjelantaleden enable you to experience this unique landscape. Trails pass through most of the national parks and cabins for overnight accommodation are available in many places. The exception is the Sarek national park, which has no trails or overnight cabins.



STF KEBNEKAISE MOUNTAIN STATION – BY SWEDEN’S HIGHEST MOUNTAIN

Kebnekaise is the highest mountain in Sweden and comprises a mountain massif whose highest peak (Sydtoppen) consists of a glacier. This means that its height is continuously changing as the glacier grows and melts. Nordtoppen is slightly lower and glacier-free. The two largest glaciers in Sweden arise at Kebnekaise and spread each on one side of the mountain. The Rabot glacier, named after Charles Rabot, a Frenchman who was the first to climb Kebnekaise (in 1883), is to the west. The Björling glacier, named after Alfred Björling, second to climb the mountain (1889), lies at the south-eastern edge of the massif.

The STF Kebnekaise mountain station has been the alpine centre of Sweden for over 100 years. Knowledge and tradition permeate the walls here, and the personnel are experts in the field. Daylong excursions to the glaciers of Tarfala valley, to the moonlike landscape of Kitteldalen or to the volcano-like peak of Tuolpagorni start here. Climb Kebnekaise along the western route on your own, or take the eastern route together with one of our

professional guides. In the winter, the mountains around Kebnekaise can be climbed on skis with special skins, and the ski down is magnificent. STF also offers courses in climbing, glacier hiking and ridge hiking. The STF Kebnekaise mountain station contains adventure for all tastes.

NIKKALUOKTA – A MOUNTAIN VILLAGE WITH A LONG HISTORY

Nikkaluokta is a small mountain village located where the road ends, approximately 70 km west of Kiruna. Sami settlements have populated the mountain realm for thousands of years, but the first permanent settlements in Nikkaluokta arose at the start of the 20th century. One of the inhabitants was Nils Olsson Sarri with his wife Maria. In addition to reindeer husbandry, tourism became the dominating industry for them. The third and fourth generations of the Sarri family are now living here.

The mountain village has a wonderful and highly beautiful location. Three valleys meet here, one of which extends towards Kebnekaise. Nikkaluokta is not on the Kungsleden route, but it is an important centre for tours

in the mountains. Many people start their mountain exploration here, and take their first overnight stop at the STF Kebnekaise mountain station. The distance can be shortened in the summer months by taking a boat trip. The mountain village has a restaurant, shop, accommodation, a helicopter station, chapel and art gallery, etc. At certain times of the year, a bus runs once a day to Kiruna from Nikkaluokta. For more information: www.nikkaluokta.com

STF SALTOLUOKTA MOUNTAIN STATION – AUTHENTIC, IN NATIONAL PARK SURROUNDINGS

Mount Sarek rises on one side of the station, while Lake Langas extends from the other. STF Saltoluokta has wonderful neighbours. This is an oasis of calm and comfort, characterised by a special atmosphere and good food. We are only 3 kilometres from the closest road, but we are far, far from civilisation. Arrive here by boat or ski across the lake.

Outside the door, the UNESCO World Heritage Site Laponia beckons, and the Sarek, Padjelanta and Stora Sjöfallet national parks. After a short

ramble, a day-long excursion or a week’s hiking, come here for a three-course dinner with specialities of Lapland. The kitchen at STF Saltoluokta has made it a point of honour to offer meals using raw materials almost exclusively from the local region.

The Sami culture is close at Saltoluokta. One of the sites of the Sirge Sami camp with its beautiful church kåta (Sami tent) lies just by the mountain station. The Pietsaure lake, where the Kuoljok family has its tents, is approximately 6 kilometres’ walk away.

KVIKKJOKK – THE MOUNTAIN VILLAGE BY THE DELTA

Kvikkjokk is a small mountain village located where the road ends on the shores of Lake Saggat, where the Kamajäkkå and Tarra rivers merge to form an extensive delta. Much of the oldest history of STF is here, and one reason for this is that Sulitelma was once believed to be the highest mountain in Sweden. The first trails sponsored by STF were cleared in 1887 at Sjnjeråk and Vallespiken, and now these offer unforgettable day-long outings with a view across Sarek.

The STF Kvikkjokk mountain station has an extremely advantageous position for summer and winter tours. It is possible to trek northwards with a light rucksack, along Kungsleden towards STF Saltoluokta, STF Kebnekaise and STF Abisko. The trail southwards requires a tent and food supplies, and passes via Jäkkvik to Ammarnäs and Hemavan, while the trail westwards enters Laponia and Sarek. Wildlife tracking can be carried out in the Tarradalen valley, one of the valleys in the mountain realm with the richest wildlife. And the Padjelanta national park is only a few day’s walk away to the west. The folk at the mountain station will be happy to share expert knowledge about hiking trails and much more.

AMMARNÄS – A MOUNTAIN VILLAGE WITH UNIQUE CULTURE AND NATURE

Ammarnäs is a mountain village between the Vindelå river and the Tjulån valley.

The density of the reindeer popu-

lation is higher at Vindelfjällen than anywhere else in Sweden. Ammarnäs is the principal campsite for the Ran and Gran Sami camps. There is a chapel here, and a Sami church with many traditional bear caches. The village is also famous for “potatisbacken”, a large moraine formation on which potatoes have been grown for at least 170 years.

Some of the best fishing waters of Vindelfjällen are found around Ammarnäs, with trout, char, grayling and whitefish. Vindelälven was once used by settlers who followed the trade route to Norway. Today, it is a stimulating hiking trail, slightly off the beaten track.

Ammarnäs marks the outer edge of the Vindelfjällen nature reserve, and here the road from Sorsele ends. This is one of the largest protected natural areas in Europe. Naturum in Ammarnäs has an exhibition covering the geology, flora, fauna, climate and nature-based tourist attractions of Vindelfjällen.

HEMAVAN – A MOUNTAIN VILLAGE WITH NEVER-ENDING MOUNTAIN ADVENTURES

Hemavan is in the valley of the Ume River that winds, together with “Blå vägen” (E12), as a corridor through the Vindelfjällen nature reserve. It is also close to ski slopes and skiing facilities suitable for children. In addition to its famous winter landscape, Hemavan has a rich mountain life in the summer.

Fishing, mainly for char and trout is popular, together with other water-based activities. There are canoes for fine canoeing trips, and boats for people who want to take it easy.

Hemavan offers also uncountable opportunities for cycling, and mountain bike facilities are highly developed in the region.

Everything is here from adrenalin-rich adventure to quiet rambles.

Midnight Sun
Nuolja, Abisko end of May-middle of July
Kebnekaise peak end of May-middle of July
Lulep Kierkau, Saltoluokta start of June-middle of July
Vallespiken, Kvikkjokk start of June-middle of July.

Northern Lights
At one time it was believed that some Northern Lights phenomena were reflections onto the night sky of large schools of herring and cod out at sea. We now know that it is energy that is converted to light when the loaded particles of the solar wind collide with atoms and molecules in the atmosphere. Abisko is one of the best places in the world to see the Northern Lights: more information is available at www.auroraskystation.se.

What to carry?
The STF website has advice about clothing and other equipment for your trip. You do not need any highly specialised or expensive equipment to enjoy the mountain world.

It is also possible to rent equipment at several STF mountain stations, including skiing equipment, rucksacks, cookers and tents. If you buy food each day at the STF mountain cabins, your rucksack need not weigh more than around 10 kg in the summer.

How far can you cover in a day?
Time and speed depend, naturally, on your experience and fitness, and – more importantly – how fast you want to travel. Use approximately 3 km/hour as a rule-of-thumb.

Sweden's highest mountains (heights in metres)		
1	Kebnekaise, southern peak	2097.1*
2	Kebnekaise, northern peak	2096.8
3	Sarektjåkkå	2089
4	Kaskasatjåkkå	2076
5	Kaskasapakte	2043
6	Akka	2015
7	Pärtejåkkå	2005
8	Palkattjåkkå	2002

*Measured in September 2016. The peak is a glacier, whose height varies.

Trails, shelters and boat traffic
Lapland has more than 2,250 kilometers of national hiking trails. In the mountain areas of Sweden, there are 5,500 kilometers of trail, of which Jämtland has 1,940 kilometres and other mountain areas 1,310 kilometres. Trails for winter use are marked with red crosses. Trails for summer use are clearly defined paths marked with cairns or colour marking. Small shelters are located between mountain cabins.

STF runs a boat service between Kebnats and Saltoluokta across the Langas lake, on Teusajaure and on Akkajaure for trips to Padjelanta. There is private boat transport on the following lakes; Alesjaure, Ladjojaure, Sitojaure, Laitaure, Tjulträsk and Tärnasjön. Rowing boats are available at Teusajaure, Sitojaure and Laitaure.

And the weather?
Sudden changes in the weather and large temperature differences are relatively common in the mountains. The snow can start to melt in February and new snow can fall in June. In general, however, the weather is stable during the periods that the STF facilities are open, but you must always be aware of the weather and pack warm clothes and plenty of food, no matter what the time of year. More information is available at www.smhi.se.



DOWNLOAD OUR APP

"STF I FJÄLLEN"

Suggested routes along marked trails in the mountain domain, for both experienced and beginners.

The app contains information about mountain cabins, mountain stations, dates of seasons and opening hours, maps, the information folder "Realm of the Reindeer", advice about mountain safety, and details of how to collect STF's peak badges and cabin badges. Invaluable for every one interested in Sweden's mountain world!



STF – OPENING THE WAY TO ADVENTURES IN SWEDEN

It is a goal of STF to enable people to discover Sweden. We want to nurture and develop our unique environment, and to guide and inspire folk to large and small adventures based on our 300 accommodation facilities. From lighthouse and mountain station to ship and hotel.

STF is one of the largest volunteer organisations in Sweden, with approximately 240,000 members. An association of committed people who seek discoveries off the beaten track, deeper into the

forests, and higher up the mountain. And not least close to home, in our network of district associations. Our work never ends, because what is wonderful about Sweden is that there is always more to discover.

Join STF at www.svenskaturistforeningen.se, at an STF facility, at a district association, or by ringing Customer Services at +46 8 463 2270, and support our work, such that you and others can discover Sweden, not only today but also tomorrow.

www.svenskaturistforeningen.se/kungsleden • www.hihostels.com



Svenska Turistföreningen
P.O. Box 172 51
SE-104 62 Stockholm, Sweden



www.svenskaturistforeningen.se