

Swedish mountain

Contributed by Administrator
Tuesday, 31 January 2006
Last Updated Thursday, 02 March 2006

The Swedish mountain region

The Swedish mountain regions stretches from Treriksroset in the north to Dalarna in the south. There is plenty of opportunities for families and experienced outdoor people to take on suitable challenge along this mountain range.

Throughout this vast forest and mountain regions in Lapland there is a lot of trails suitable for all types of hiking, and backpacking activities. If you are a beginner encountering the wilderness or experienced outdoor type in pursuit of spectacular challenges this is the place.

Awaiting everyone are beautiful surroundings with magnificent scenery where you can enjoy the priceless luxury of total silence and fresh clean air, calm lakes, sparkling streams rushing down the mountain side or quiet flow through the deep forest. You can even see wild animals like the moose or if you are lucky predatory animals such as bear, wolverine, lynx and in rare occasion the wolf.

You have the advantage and ability to choose from nature experience that appeal to you. The Swedish mountains can offer all kinds of experience. Those of you who seeks solitude in the wilderness will maybe embark on a hiking trip with your own camping equipment, or if you prefer you can hike all day and then sleep in a comfortable bed after a well-prepared dinner in one of many type of housing and facilities.

There are a lot of simple mountain cabins along the Swedish hiking trails, many of which have provisions, and at trail intersections you will find mountain stations with many conveniences. Here can you take a well-deserved break before continuing your hike.

For those of you looking to witness the magic of the midnight sun while hiking, we recommend you to go further up north to the start of the 425 kilometre long Kungsleden (the King's trail) in Abisko. You can start further south if you prefer that and go from Nikkaluokta and hike into the Kebnekaise range and in to the country's highest alpine region.

From top of Kebnekaise you are treated to an endless panoramic view over a mountain landscape that cover almost a tenth of Sweden's total area! South of Kebnekaise you have the famous Kaitum river one of many rivers in Lapland, Kaitum river is famous around the world for its fantastic game fish. You also have the national parks, Sarek, Padjelanta and stora sjofallet (The big seafall).

Furthest south you will find yet another mountain region with two beautiful villages that are connected by the Kungsleden trail, Ammarnäs and Hemavan. Along the journey between these two villages, which takes five days, you will discover Vindel Mountain's the largest nature reserve in Europe. On this trail and distance you can cross five suspension bridges and two plank bridges.

In the centre of Sweden you will find the counties of Jamtland and Harjedalen. Here can you experience a great number of beautiful nature scenery like the famous Tannforsen, the largest waterfall in Sweden. You can also find and a great number of historical monument describing this area through thousands of years. The trail continues by the Storulvan's mountain station along to Sylarna. From the peak of Storsylen you can see far into Norway and virtually all of the mountain regions of Jamtland. In sharp contrast to Sylarna the mountains of Dalarna are round in appearance. From Grovelsjon mountain station you can follow the famous Linnéstigen trail along the beautiful Lake Grovelsjon and on to the village of Sylen the last point on this trip or the first if you will.