



Kungsleden Abisko – Nikkaluokta Senior hike with guide

Hikes customized for hikers 55 years or older!

On this hike the pace is slower and the distances a little shorter so that you can really enjoy the surroundings.

The autumn is a perfect time for hiking in the Swedish mountains. It is dry and easy to walk, and the temperature is refreshing and better suited for hiking than the warmer summer months. You also get to experience the vivid colors of the mountain birch trees dressed in autumn leaves, snowy mountain tops and, with some luck, spectacular northern lights during the nights!

The northern part of the Kings trail goes from Abisko National park, full of wildlife, heading south towards Kebnekaise's massive alpine peaks. During your hike, you will walk through some of Sweden's most beautiful valleys, surrounded by mountains and glaciers as well as rivers and beautiful nature.

It is important for us that we know that you are in good and healthy condition due to the fact that on some days we hike 20 km or longer, and some parts also with quite some difference in heights. It is also preferable if you have experience from hiking with a backpack. You will carry your own belongings and, at most, food for two days, which means that your backpack's weight will increase with 1-2 kg from your original packing back home.

Information	
Price	11 495 SEK (STF Member) 12 495 SEK (Non-member price)
Meeting point	STF Abisko Turiststation
First gathering (time/place)	Arrival day at 5 pm in Abisko Turiststation
Finale (time/place)	After lunch in Nikkaluokta on departure day
Number of participants	Min 6 / max 10
Minimum age	55 years
For whom?	For you who wants to experience the Kings Trail together with other people and wants to walk with a guide for increased security and value.
Experience	Good physical condition, be able to hike 20 kilometers with 10-15 kg on your back.
Included in your package	
Accommodation	1 night at Abisko Turiststation, 5 nights in the mountain huts along the Kings Trail, 1 night at Kebnekaise Mountain Station. Beds in mixed dorm rooms.
Meals	All meals included from dinner on arrival day until lunch on departure day. The meals in the mountain huts will be of a simpler character and cooked collectively.
Transportation	No transportation is included in this package.
Guide	Guide certified according to the Swedish standard Fjälledarnormen or equivalent.
Other	Cancellation can be made up to 30 days before arrival. After that, no refunds can be made.

Preliminary Programme

Day 1: Gather at Abisko Turiststation at 5 pm for information about the hike. Followed by dinner in the restaurant at Abisko Turiststation.

Day 2: The start of Kungsleden, we follow the Abisko river to lake Abiskojaure. Distance 15 km, difference in altitude + 100 m.

Day 3: Up into the high mountains to the cabins at Lake Alesjaure. Sauna in the evening! Distance 20 km, difference in altitude + 300 m.

Day 4: A nice and short walk up to the Tjåktja cabins. In the evening there will be time to explore the area around the cabins. Distance 13 km, difference in altitude +200 m

Day 5: We cross over the Tjåktjapass at 1140 m. The valley Tjåktjavagge opens with beautiful views. Eventually we reach the Sålka cabins where we can enjoy a sauna in the evening. Distance 12 km, difference in altitude + 150 m, -300 m.

Day 6: An easy day's walk through Tjäktjavagge to the cabins at Singi. Mighty views all day. Distance 12 km, difference in altitude -100 m

Day 7: To Kebnekaise Mountain station. Surrounded by high peaks and glaciers all day. In the evening we can enjoy sauna, showers, and dinner in the restaurant. Distance 14 km, difference in altitude + 150 m, -150 m

Day 8: The last leg of the hike follows the trail east to Nikkaluoka. First, we walk down to lake Ladtjojaure, then we follow the lakes north shore to the east end, once there the trail takes us through the birch forest on an easy trail for the last few kilometers. Once we have reached Nikkaluokta we eat at the local restaurant and evaluate the week before getting on the afternoon bus back to Kiruna. Distance 19 km, difference in altitude - 200 m.

Equipment list

Equipment included	No personal equipment included.
Recommended equipment	<ul style="list-style-type: none"> • Travel sheet or lightweight sleeping bag • Thermos, foldable cup and spork • Water bottle • Backpack for hiking, around 60 L • Personal hygiene (including travel towel and soap) • Toilet paper, waste bag, matches • Compeed and other first aid for chafing • First Aid kit • Map and compass (Recommended map is Kebnekaisefjällen from Calazo) • Sit pad • Anti-repellent and mosquito hat • Sunprotective creme • Snacks • Cap or sunhat • Sunglasses • Hiking boots • Woolen socks, thin and thick • Underliner, preferably woolen • Gloves, hat, buff • Wool or fleece jacket • Rainwear or shell clothing (both jacket and pants) <p>Be careful not to use cotton since it cools when wet. Wool or synthetics are much better for hiking. Remember - light is right!</p>

Nice to have	<ul style="list-style-type: none"> • Shorts and t-shirt if the weather looks promising • Binoculars • Indoor slippers • Camera • Hiking poles
Rental in Abisko	<ul style="list-style-type: none"> • If you need to rent some equipment you can do that in the shop at Abisko Turiststation. As a member of STF and participant in a guided Kings Trail hike you get a 30% discount on rentals. For more information about what's available, prices and how to book please visit; https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/store-rental/

Practical details

For this hike you should have good physical condition. Distances between the mountain-cabins vary from 12 to 20 km. Difference in altitude on a single leg, maximum 300 meters. Suitable map is Swedish mountain map BD 6.

The cabins... the beds are fitted with mattresses, pillows, and blankets. During the summer season you should bring a light sleeping bag or a set of sheets. The cabins have a basic standard but there is no electricity or running water. We all help each other with the domestic duties, cleaning, cooking, do the dishes etc. Wooden fires or gas heats the cabins. The cooking is done on gas-stoves.

The cabins you will visit during this hike have 20-78 beds. (Rooms with 4-10 beds, male/female mixed) There are also extra mattresses and blankets in case the cabin gets full. Everyone will get shelter, if all the beds are occupied you will get a space on the floor and a mattress. You cannot book beds in advance.

The midnight sun does not shine all summer long but there is daylight 24 hours a day 15/5-31/7. In August and September, bring a small torch or a headlamp.

There are only emergency-telephones in the cabins. The phone is directly connected to the police. There is no cell phone coverage along the trail.

Food for sale...in Alesjaure and Sälka you will find small shops where you can buy dried and canned food, drinks, and snacks etc. There is no fresh food for sale in the mountain-cabins. There is also a small shop at Abiskojaure where you can find some food but not with the same variation as in Sälka and Alesjaure.

Sauna...In Abiskojaure, Alesjaure and Sälka you can enjoy a sauna!

If you have any equipment or clothes that you do not want to carry with you on the trek, we offer the service to send them to Nikkaluokta. Please bring a small bag to pack these things in. For more information about this service please contact the shop Fjällboden at Abisko Turiststation.

Equipment... In this document you will find a proposal on what to bring for the hike, pack light! Most people bring too much. The weight of your backpack should not exceed 10-12 kg during a hike between cabins.

Liquid... It is essential to keep a good liquid-balance, if you do not, you will feel tired and sluggish. Beside a thermos for warm drinks, bring a bottle and a mug. You will find crystal-clear water along the trail most of the time but in the high mountains and in the later parts of the summer it could be a few kilometers in between the creeks.

Detailed information about meeting time, guides etc. to participants of STF-groups will be sent 2-4 weeks before the hike.

Getting here

The easiest way to get to Abisko is by train. STF Abisko Turiststation has its own train station!

You can also fly to Kiruna, and from there take a bus or the train out to Abisko.

When departing Nikkaluokta the easiest journey is by bus to Kiruna railway-station or Kiruna airport.

For more information about travel alternatives to Abisko, visit:

<https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/directions/>

Questions?

If you have any further questions, do not hesitate to contact us!

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