



Abisko – Intro to Mountain Hiking

Join this tour to learn the skills needed to head out on a hike in the Swedish mountains.

Have you been dreaming about hiking in the Swedish mountains and sleeping in a remote mountain hut? Look no further! This is a perfect introduction to trekking in Swedish Lapland. Together with a guide and a small group of other hikers you will walk 15 km south along the Kungsleden trail, starting in Abisko. After the first day of hiking you will reach the Abiskojaure mountain huts, where you will spend the next two nights. During your time there you will learn how to navigate with a map and compass, pros and cons with different kinds of equipment, what to think about when crossing a river and much more. After this tour you will be equipped with the knowledge needed to head out on longer hikes in the Swedish mountains.

Information	
Meeting point	STF Abisko Turiststation
First gathering (time/place)	Arrival day at 5 pm in Abisko Turiststation
Finale (time/place)	Around 4 p.m. in Abisko Turiststation on day 4.
Number of participants	Min 6 / max 10
Minimum age	16 years

For whom?	For you who wants to experience the Swedish mountains together with other people and wants to walk with a guide for increased security and value.
Experience	Participants should be in good physical health and be able to hike 15 km with a 10-15 kg backpack.
Included in your package	
Accommodation	Bed in mixed dorm room at Abisko Turiststation – 1 night Bed in mixed dorm room at the Abiskojaure mountain huts – 2 nights
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 tour.
Guide	Guide certified according to the Swedish standard Fjälledarnormen.
Other	The program can be changed due to challenging weather or other unforeseen events. Cancellation can be made up to 30 days before arrival, after that no refunds will be made. If the tour does not reach the minimum number of participants, it will be canceled 30 days before scheduled date.

Preliminary Program

Day 1: Gather at Abisko Turiststation at 5.00 p.m. for information about the weekends program. Followed by dinner in Restaurant Kungsleden.

Day 2: After the breakfast buffet we pack our bags and get ready for a day of hiking. We will hike south on the Kungsleden trail, along the Abiskojåkka river until we reach lake Abiskojaure. After following the eastern shore of the lake, we reach the Abiskojaure mountain huts located on the southern shore.
Distance 15 km, difference in altitude +100 m.

Day 3: On this day we will do a day hike in the area surrounding Abiskojaure, the tour will be planned according to the current weather, and the wishes and capabilities of the group. The focus this day will be to practice navigation, river crossings etc.

Day 4: On the last day we hike back to Abisko Turiststation, we will reach the Turiststation with time to spare before the afternoon train heading south.
Distance 15 km, difference in altitude -100 m.

Equipment list	
Equipment included	No personal equipment included.
Recommended equipment	<ul style="list-style-type: none"> • Travel sheet or lightweight sleeping bag. Note! You always have to bring a sheet and pillowcase, even if you use a 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) • Sitting pad • Anti-repellent and mosquito hat • Sunprotective creme • Snacks • Cap or sunhat • Sunglasses • Hiking boots • Woolen socks, thinner and thicker • 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.</p> <p>Remember - light is right!</p> <p>The midnight sun does not shine all summer long, but it is daylight 24 hours a day during late May until end of July. In August and September, bring a small torch or a headlamp.</p> <p>You can find a lot of this equipment in the store in Abisko.</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/>

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.

For more information on travel alternatives to Abisko, please visit:

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

Questions?

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

Booking Office:

Email: bokningen@stfturist.se

Phone number: +46 (0)10 - 190 23 60

STF Abisko Turiststation:

Email: abisko@stfturist.se

Phone number: +46 (0)10 - 190 24 00