

INFORMATION SHEET

Kungsleden Abisko – Kebnekaise
Summer 2026



KUNGSLEDEN ABISKO – KEBNEKAISE

Join us on a hike along the northern part of the Kungsleden trail. Together we will journey through some of Sweden's most majestic valleys, surrounded by mountains and glaciers. We are staying in huts along the way and spend two nights at Kebnekaise

This is an unforgettable adventure from the lush Abisko National Park to the high alpine mountain massif of Kebnekaise. This stretch offers extraordinary natural experiences, varying depending on the time of the season. Early summer brings the magical midnight sun and bright summer nights, while late in the season you'll encounter vibrant autumn colours and a chance to witness the dancing northern lights. This hike requires physical fitness and experience in carrying a backpack, as some days exceed 20 km with significant elevation changes. During the hike, you'll carry food for up to two days in addition to your regular gear. Join us for an experience to remember for the rest of your life.

Note! The trip from September 5-12 is specifically arranged for those who are 55 years or older and want to hike with participants in the same age group.

INFORMATION ABOUT THE EVENT	
Meeting point	STF Abisko Turiststation
First gathering	Arrival day at 5 p.m. at STF Abisko Turiststation
Finale	After lunch in Nikkaluokta on departure day
participants	Min 6 / max 10
Minimum age	16 years (in the company of a guardian)
For whom?	For you who wants to experience the King's Trail together with other people and wants to walk with a guide for increased safety and value
Experience	Good physical condition, be able to hike 20 kilometers with 12-15 kg on your back.
INCLUDED IN THE PRICE	
Accommodation	Bed in mixed room in STF Abisko Turiststation. Bed in mixed room in STF huts: Abiskojaure, Alesjaure, Tjäktja, Sälka & Sing. Bed in mixed room in STF Kebnekaise Mountain station.
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 standard and cooked collectively.
Guide	Mountain leader – 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 – Arrival in Abisko We gather at STF Abisko Turiststation after the arrival of the late train. A shared dinner and an overview of the week's program await. Day 2 – Abisko to Abiskojaure We follow the Abiskojokk river through Abisko National Park. This is a relatively easy hike to the Abiskojaure cabins, covering 15 km with an elevation gain of 100 meters. Day 3 – Abiskojaure to Alesjaure A hike with beautiful views and open landscapes. In the evening, we can enjoy a wood-fired sauna. The hike is 21 km with an elevation gain of 300 meters.

Day 4 – Alesjaure to Tjåktja Today's leg to the Tjåktja cabins is short and pleasant. In the evening, you'll have time to explore the surroundings. 13 km hike, +200 meter of elevation.

Day 5 – Tjåktja to Sälka We head towards the highest point on the Kungsleden trail, the Tjåktja Pass (**1140 meters above sea level**). The day offers breathtaking views, and by the afternoon, we reach Sälka, where a sauna is available. The hike is 21 km with an elevation gain of +150 meter then a descent of -300 meters.

Day 6 – Sälka to Singi We continue through the majestic U-shaped Tjåktjavagge valley to the Singi cabins. The hike is **12 km**, with a descent of **100 meters**.

Day 7 – Singi to Kebnekaise Mountain Station The trail turns eastward, leading us into the Ladtjovagge valley. We arrive at STF Kebnekaise Mountain Station, where a shower, sauna, and a delicious dinner await. The hike is **14 km**, with an ascent of **150 meters** followed by a descent of **150 meters**.

Day 8 – Kebnekaise Mountain Station to Nikkaluokta After a hearty breakfast buffet, we begin our hike towards Nikkaluokta. The trail follows the shoreline of a lake before leading us through a birch forest to Nikkaluokta. Here, we finish the week with a shared meal and reflection before the bus takes us to Kiruna. The hike is **19 km**, with a descent of **200 meters**.

[For more information about the route and details about each section, visit STF's official trail page.](#)

EQUIPMENT

Equipment provided	Shared safety equipment, such as communication devices for emergencies and a first aid kit. Note: Personal equipment is not included.
Equipment to pack	- Hiking boots covering the ankles - Hiking pants (synthetics or cotton-synthetic-blend) - Waterproof jacket and pants (hardshell/rainwear) 2 long-sleeved base layer shirts and pants (wool or synthetics: one for hiking, one for evenings, nights, and as a dry change) - Thin wool or fleece jumper - Lightweight down jacket or warm fleece jacket - Several pairs of woolen socks, both thin and thick - Comfortable underwear - Buff and beanie - Gloves (preferably wind- and water-resistant) - Extra pair of lightweight, quick-drying shoes (such as Crocs or trainers, for stream crossings and use around the huts) - Cap or sunhat

	• Sunglasses • Trekking backpack (approx. 50 L) • Sleeping pad or sit pad (for breaks) • Travel sheet or lightweight sleeping bag (Note: Always bring a pillowcase and bed sheet, even if you use a sleeping bag) • Water bottle, 1 L • Thermos flask and/or food thermos, at least 0.5 L (we need warm water for preparing our lunches and hot drinks during the day) • If no food thermos: lunchbox with lid or a large cup for lunches • Spoon or spork • Eco-friendly toiletries (note: the huts have no wastewater treatment) • Lightweight travel towel • Small personal first-aid kit (including blister pads and tape, medication) • Toilet paper, waste bags, matches, hand sanitizer • Sunscreen and insect repellent • For hikes in August/September: headlamp or small torch • Your favorite snacks •
Nice to have	• Hiking poles • Recommended hiking map: “Kebnekaise, Abisko och Riksgränsen” 1:50.000 by Calazo • Compass • Binoculars • Mosquito head net (not needed in September) • Power bank (no electricity in the huts) If the weather looks promising: • 1-2 t-shirts (wool or synthetics) • Shorts • Swimwear
Tips	• Dress in layers for hiking (“onion principle”): base layer, mid layer, and outer shell if needed. • Avoid cotton as it cools when wet; wool or synthetics are much better. Wool keeps you warm even when damp and/or while you are resting, plus it resists odor; synthetics only work well during activity. • It's a good idea to pack your clothes waterproof, either in dry bags or simply in plastic bags. • Pack light! In addition to your personal gear, you will also carry food and some group safety equipment; be prepared for around 2 kg of extra weight.

Rental of equipment	In our rental, you can rent most equipment for your mountain adventures Explore our full range of gear in the shop and rental section here STF Members receive a 15% discount
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PRACTICAL INFORMATION

Mountain Cabins

The beds are equipped with mattresses, pillows, and duvets. You must bring a travel sheet or a lightweight summer sleeping bag + a pillowcase (it is mandatory to cover all bedding). The cabins are simple and functional, with no electricity. Heating comes from wood or gas stoves, and cooking is done on a gas stove. Candles are provided. All guests are expected to help with chores such as cooking, washing up, fetching water and firewood, and cleaning. All waste must be carried out, except for clean metal cans.

Provisions are available for purchase at **Abiskojaure, Alesjaure, and Sälka**. You can buy dry goods, canned food, drinks, and snacks (no fresh produce). The selection may be limited late in the season. Saunas are available at Abiskojaure, Alesjaure, and Sälka.

Note: Emergency phones are available in the cabins and are directly connected to the police. Mobile phones usually do not work in the mountains.

Midnight Sun and Light Conditions

The midnight sun shines between approximately May 15 and July 31, providing 24-hour daylight. In August and September, you will need to bring a headlamp, as the nights become darker, with a chance to see the northern lights.

Packing Tips

A well-packed backpack with your personal gear should weigh between 10–12 kg. Many people bring too many clothes; use your spare clothes wisely and change into a separate set for the evenings that you don't hike in. It is also possible to wash some clothes by hand in the huts. Pharmacies offer travel-sized toiletries—choose the lightest options.

Pack Transport

If you have extra luggage you don't want to carry during the hike, you can send it to Nikkaluokta for a small fee. Bring a small bag for this purpose, and contact Fjällboden at STF Abisko Turiststation to arrange the transport.

Hydration and Water

Maintaining proper hydration is essential for your well-being and to avoid injuries during the hike. In addition to a thermos, bring a water bottle and a cup. Crystal-clear running water is usually available along the trail. However, on the high plateau, streams may be sparse, particularly in late summer, so plan your water supply carefully.

Detailed Information

Registered participants will receive detailed information about schedules, guides, and other important details approximately **2–3 weeks before the start of the hike**.

INSURANCE DURING STF ACTIVITY

If you are a member of STF (Swedish Tourist Association) and participate in an activity organized by STF, you are covered by an accident insurance during the activity. The insurance also applies to children in the member's company until the child turns 15, leaders, and cabin hosts at STF.

[Read more about accident insurance during STF activities here.](#)

ABOUT THE AREA

Abisko is located 250 km north of the Arctic Circle and attracts visitors from all over the world to experience the polar nights in winter, where the northern lights dance across the sky, and the endless light of the midnight sun in summer.

The tourist station is situated in one of Sweden's first national parks – Abisko National Park – and serves as the perfect starting point for those who want to stay comfortably

FIND YOUR WAY HERE

The easiest way to travel to Abisko is by train, as the platform is located right outside the tourist station.

Another option is to fly to Kiruna and continue by bus or train to Abisko.

[Here you can find directions and tips on how to travel to Abisko Tourist Station.](#)

QUESTIONS AND CONCERNS

If you have any questions, feel free to call or write to us.

For bookings, email: bokningen@stfturist.se, phone: +46 (0)10-190 23 60

For the facility, STF Abisko Tourist Station: abisko@stfturist.se, phone: +46 (0)10-190 24 00