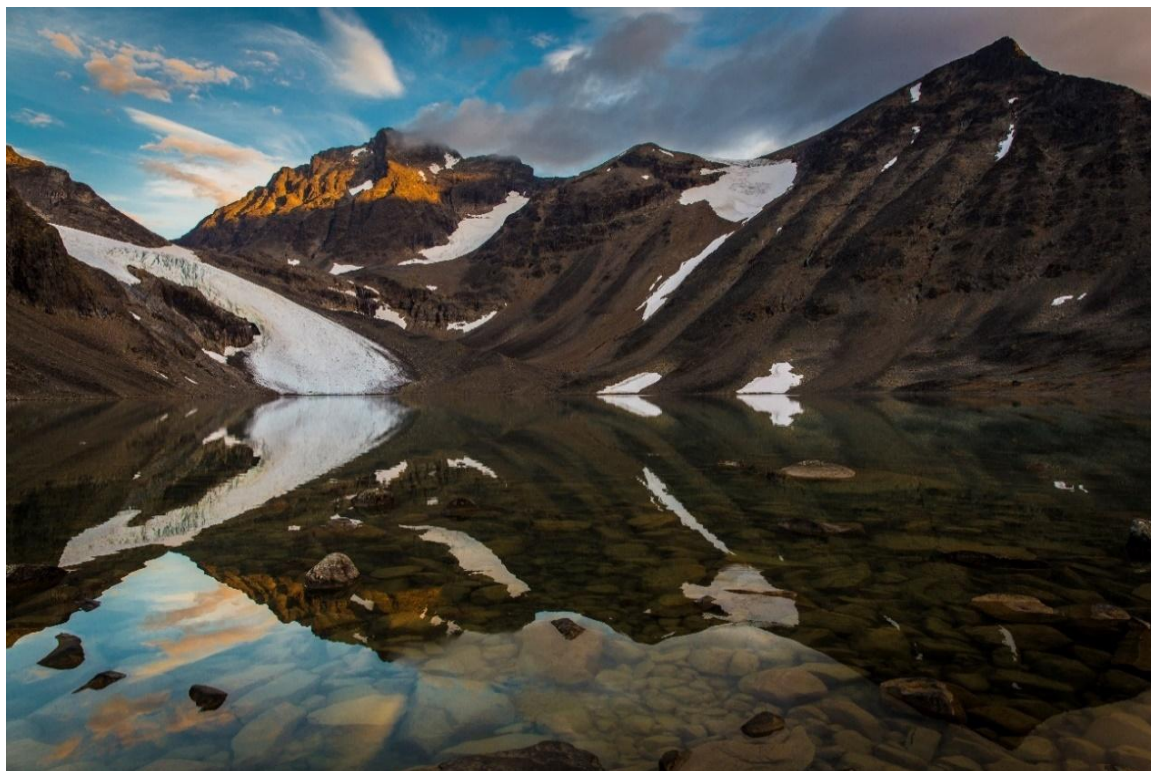




Kebnekaise – Glacier research at Tarfala

Join us on an educational hike to the Tarfala research station, which conducts research on some of Sweden's glaciers. Enjoy a hike in an environment that blends everything from large ice fields to deep valleys, with views of four of Sweden's highest mountains. Spend a full day in beautiful alpine settings where you will be offered everything from knowledge about the surrounding mountains to a deeper understanding of the research conducted on the glaciers in the area and their significance for our environment.

INFORMATION OM ARRANGEMANGET	
Dates	Saturdays every second week during the period of 5/7–13/9-2025.
Meeting point	STF Kebnekaise Mountain Station at the sign marked “topptur” outside the main building.
Time	8 am outside the main building
Finished	Late afternoon around 6 pm at Kebnekaise Mountain Station.
Participants (min/max)	Min 4 / Max 20
Minimum age	12 years old accompanied by guardian

For whom?	For those who want to experience/learn more about nature, glacier research, and the mountains.
Previous experience	Be able to hike approximately 15 km at a leisurely pace in mountain terrain.
INCLUDED IN THE PRICE	
Accommodation	Not included. Book accommodation at STF Kebnekaise fjällstation or contact bokningen@stfturist.se , (+46) 010-1902360.
Meals	Lunch package and fika/snacks are included.
Guide	Guide with local knowledge.
Övrigt	Cancellation is possible up to 7 days before arrival. After that, no refund will be provided. The tour may be canceled in case of insufficient bookings or severe weather. Take the opportunity to book an extra night at STF Tarfala Mountain Hut; you can learn more about the hut here.

PRELIMINARY PROGRAM

We gather at 8:00 outside at the sign marked “topptur” in front of the main building. We leisurely hike together up to the Tarfala Research Station. Along the way, we take short breaks featuring mountain trivia, additional information, and snacks.

Once we arrive at the Tarfala Research Station, we enjoy our packed lunch indoors or outdoors, depending on the weather. Shortly thereafter, the station staff holds an interactive lecture on their research and the significance of glaciers for climate, environment, and nature, followed by a guided tour of the research station.

After the tour, we hike back to the mountain station, or alternatively, you can hike to the STF Tarfala Mountain Cabin for an overnight stay. We return to Kebnekaise Mountain Station around 6:00 PM.

EQUIPMENT

Equipment included	No equipment is included in this activity
Recommended equipment	• Comfortable, water resistant hiking boots • Clothing according to weather • Water bottle
Nice to have	• Binoculars and camera • Sun screen

	• Chafing patch • Snacks • Hiking poles • Seating pad
Rental of equipment	You can equip yourself for your mountain adventure in our shop and rental service. We offer rentals for equipment suitable for both summer and winter trips. Learn more about our range in the shop and rental section here.

INSURANCE OF 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

The high mountain area of Kebnekaise in the Kiruna Mountains is one of Sweden's highest mountain regions. People have been coming here to climb Kebnekaise for over 100 years. Today, the area is known for both challenging alpine adventures and easily accessible tours. It is also a natural milestone on your journey along the Northern King's Trail and the Dag Hammarskjöld Trail.

The mountain station provides full services, including a restaurant with a full bar, sauna, and service facilities for those who prefer to cook their own meals.

The guide office is there to offer you, as a guest, an amazing adventure or support if you prefer to go on your own. We also offer the option to rent equipment or obtain information about the area.

FIND YOUR WAY HERE

The mountain station is located in a remote area and can be reached through a 20 km journey, either by hiking or skiing, depending on the season. The starting point for your Kebnekaise adventure is in Nikkaluokta, which is about a 1-hour drive or bus ride from Kiruna.

We recommend environmentally friendly travel. From Stockholm/Göteborg, there are daily train departures to Kiruna with connecting buses to Nikkaluokta.

The Nikkaluokta Express serves both Nikkaluokta station and the train station.
<https://nikkaluoktaexpressen.se/>

There is a 19 km hike between Nikkaluokta and Kebnekaise.

For more detailed travel information, click [here](#).

Did you know that, as an STF member, you are eligible for discounts on SJ and Vy?

QUESTIONS AND CONCERNS?

If you have any questions, feel free to call or email us. You can find frequently asked questions and answers [here](#).

Booking:

Email: bokningen@stfturist.se

Phone: 010-190 23 60

STF Kebnekaise Mountain Station:

Sports office/rental: Kebnekaise.sport@stfturist.se

<https://www.svenskaturistforeningen.se/boende/stf-kebnekaise-fjallstation/>

Tarfala Research Station:

<https://www.su.se/tarfala-forskningsstation/>