



Abisko – First mountain tour

Tag along on an overnight tour in Abisko national park. With skis under your feet, you get to experience the beautiful Arctic landscape.

Maybe you have been hiking in the mountains during summer, but have not dared to do it during the winter yet? Then this is the tour for you. The guide will lead you to the Abiskojaure mountain cabin, where you will spend two nights. The days will be filled with beautiful skiing and lots of knowledge passed on from the guide. On this tour you will learn everything needed to do longer ski tours from cabin to cabin in the Swedish mountains.

Information	
Meeting point	STF Abisko Turiststation
First gathering (time/place)	Day 1 at 5 pm in Abisko Turiststation
End (time/place)	Day 4 at 4 pm in Abisko Turiststation
Number of participants	Min 6 / max 10
Minimum age	16 years old in the company of a guardian
For whom?	For you, who want to experience a Nordic ski tour with other people and want to learn what it takes to do a longer Nordic ski tour on your own.

Experience	Participants should be in good physical health and be able to carry a 12 kg backpack for 8 hours when moving. You should have earlier experience with skiing of any kind.
Other	<p>The program can be changed due to challenging weather or other unforeseen events.</p> <p>Cancellations can be made up to 30 days before arrival, after that no refunds will be made.</p> <p>If the tour does not reach the minimum number of participants, it will be cancelled 30 days before the scheduled date.</p>
Included in your package	
Accommodation	1 night at Abisko Turiststation, 2 nights in the Abiskojaure mountain cabin. Beds in mixed dorm rooms.
Meals	<p>All meals included from dinner on arrival day (day 1) until lunch on departure day (day 4).</p> <p>The meals in the Abiskojaure mountain cabin will be of a simpler character and cooked collectively.</p>
Transportation	No transportation is included in this tour.
Guide	Guide certified according to the Swedish standard Fjälledarnormen.

Preliminary program
<p>Day 1: Gathering at Abisko Turiststation at 5 pm after the afternoon train arrival for information about the weekends program. Followed by dinner in Restaurant Kungsleden. <i>Night in STF Abisko Turiststation.</i></p> <p>Day 2: After the breakfast buffet, we pack our bags and get ready for a day on skis. We will ski south on the Kungsleden trail, along the Abiskojaure river until we reach lake Abiskojaure. After crossing the frozen lake, we will reach the Abiskojaure mountain cabin located on the southern shore. Distance 15 km, difference in altitude +100 m. <i>Night in Abiskojaure Fjällstugor</i></p> <p>Day 3: On this day we will do a daytrip in the area surrounding Abiskojaure. The tour will be planned according to the current weather and snow conditions, and after the wishes and capabilities of the group. During this day there will be more focus on learning the basic skills needed to do skiing tours on your own. <i>Night in Abiskojaure Fjällstugor</i></p>

Day 4: On the last day we ski 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	
Included equipment	<ul style="list-style-type: none"> • Safety equipment for the group (first aid kit, repair kit, wind sacks, shovels)
Recommended equipment (not included)	<ul style="list-style-type: none"> • Nordic back country touring skis with steel edge • Boots compatible with your skis • Skiing poles with large baskets, 4 inches+ • Climbing skins, short skins are preferable (if these are compatible with your skis) • Ski wax, if you do not have wax free skis • Thermos, at least 0,7L • Water bottle • Backpack approx. 60 liters with a relief belt • Sunglasses • Goggles • Personal hygiene (soap, micro towel, toothbrush, toothpaste) • Personal medicines and first aid • Blister-kit (compeed, leukoplast, sports tape etc) • Toilet paper and garbage bag • Foldable cup and spork • Insulating sleeping mat or big sitting pad (made of cellular plastic) • Light sleeping bag, comfort temp +/- 0 C • Travel sheet/liner if you don't want to use the sleeping bag first night at Abisko Turiststation • Map of the area and compass • Headlamp • Your favorite snacks • Two thin liner socks + two thicker socks, preferably woolen • Two sets of woolen underwear, one for skiing and one for the cabin • Windproof pants • Wind- and water-resistant jacket or anorak. • Warm hat • Buff • Gloves and mittens • Warm second layer, fleece or wool • Down jacket or an extra warm second layer • Snow gaiters

	<ul style="list-style-type: none"> • Sun protection, SPF15 or higher <p>You can find a lot of this equipment in the store in Abisko.</p> <p>Remember to avoid over-packing! Light is right. Beyond your personal equipment, you will carry food, water and common safety gear.</p>
Nice to have	<ul style="list-style-type: none"> • Slippers • Camera • Binoculars • Book
Rental in Abisko	<p>If you need to rent some equipment you can do that in the shop at Abisko Turiststation. As a member of STF and a participant in a guided tour you get a 15 % discount on rentals. For more information about what's available, prices and how to book please visit:</p> <p>https://www.swedishtouristassociation.com/facilities/stf-abisko-mountain-station/store-rental/</p>

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, don't hesitate to contact us.

Booking Office:

Email: bokningen@stfturist.se

Phone number: +46 (0)10 190 2360

STF Abisko Turiststation:

Email: abisko@stfturist.se

Phone number: +46 (0)10 190 2400