



SVENSKA  
TURISTFÖRENINGEN

## Information Sheet

Winter 2024

Kungsleden Abisko – Kebnekaise on Nordic  
backcountry skis



### Kungsleden Abisko – Kebnekaise on Nordic backcountry skis

**Ski through a frozen arctic landscape that constantly changes as you travel through natural valleys surrounded by high mountains, 200 km north of the Arctic Circle.**

The King's trail is Sweden's most famous ski- and hiking trail. Now, we invite you to a winter adventure that starts in Abisko National Park and ends in the mighty high mountains surrounding Kebnekaise.

You live comfortably in our mountain stations and cabins along the trail.  
Guides, full board accommodation and safety equipment is all included in this tour.

Some daily distances are about 20 km or longer with high differences in altitude. Therefore, you must be in good physical shape and have previous experience from skiing with a backpack. You will carry provisions for a maximum of 2 days and some shared safety equipment. Therefore, the weight of your backpack increases by 2-3 kg, in addition to what you packed at home.

Information	
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	16 years old
For whom?	For you who want to experience the Kings Trail together with other people and want to ski with a guide for increased security and value.
Experience	Good physical condition, be able to ski 20 kilometers with 10-15 kg on your back.
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, 5 nights in the mountain huts along the Kings Trail, 1 night at Kebnekaise Mountain Station. Beds in mixed dorm rooms.
Meals	<p>All meals included from dinner on arrival day until lunch on departure day.</p> <p>The meals in the mountain huts 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><b>Day 1:</b> Gather at Abisko Turiststation at 5 pm for information about the hike. Followed by dinner in the restaurant at Abisko Turiststation.</p> <p><b>Day 2:</b> Skiing through the birch forest in Abisko National Park to Lake Abiskojaure. The STF cabins are situated on the south side of the lake. Here you can enjoy a wood heated sauna! Distance 15 km, difference in altitude +100 m.</p> <p><b>Day 3:</b> You are now leaving the National park as you are skiing up into the high mountains. The cabins in Alesjaure are visible a long time before you are there. Sauna in the evening! Distance 20 km, difference in altitude +300 m.</p>

**Day 4:** Today's leg to the cabins in Tjåktja is short but pleasant.

Distance 13 km, difference in altitude +200 m.

**Day 5:** We cross over the Tjåktjapass at 1140 m, the highest point of the King's trail. The valley Tjåktjavagge opens up with spectacular views. Easy skiing all the way down to the STF cabins at Sälka. Sauna in the evening!

Distance 12 km, difference in altitude +150 m, -300 m.

**Day 6:** Another day of easy skiing down the majestic valley of Tjåktjavagge to the cabins at Singi.

Distance 13 km, difference in altitude -100 m.

**Day 7:** Today's leg takes us through a narrow pass to the east before entering the valley of Ladtjovagge. We are now skiing towards Kebnekaise Mountain station where you can enjoy a sauna and a shower before dinner will be served at the restaurant! Distance 14 km, difference in altitude +150 m, -150 m.

**Day 8:** The last leg of the week takes us down to Nikkaluokta through the lower parts of the valley of Ladtjovagge. We will eat in the local restaurant before saying goodbye to everyone. Buses to Kiruna will depart in the afternoon.

Distance 19 km, difference in altitude -200 m

Equipment list	
Equipment included	<ul style="list-style-type: none"> <li>• Safety equipment for the group (first aid kit, bivy bags, shovels)</li> </ul>
Recommended equipment	<ul style="list-style-type: none"> <li>• Nordic back country touring skis with steel edge</li> <li>• Boots compatible with your skis</li> <li>• Skiing poles with large baskets, 4 inches+</li> <li>• Climbing skins, short skins are preferable (if these are compatible with your skis)</li> <li>• Ski wax</li> <li>• Thermos, at least 0,7L</li> <li>• Water bottle</li> <li>• Backpack approx. 60 liters with a relief belt</li> <li>• Sunglasses</li> <li>• Goggles</li> <li>• Personal hygiene (soap, micro towel, toothbrush, toothpaste)</li> <li>• Personal medicines and first aid</li> <li>• Blister-kit (compeed, leukoplast, sports tape etc)</li> <li>• Toilet paper and garbage bag</li> <li>• Foldable cup and spork</li> <li>• Light sleeping bag, comfort temp +/- 0 C</li> <li>• Map and compass</li> <li>• Headlamp</li> <li>• Your favorite snacks</li> </ul>

	<ul style="list-style-type: none"> <li>• Two thin liner socks + two thicker socks, preferably woolen</li> <li>• Two sets of woolen underwear</li> <li>• Windproof pants</li> <li>• Wind- and water-resistant jacket or anorak</li> <li>• Warm hat</li> <li>• Buff</li> <li>• Gloves and mittens</li> <li>• Warm second layer, fleece or wool</li> <li>• Down jacket or an extra warm second layer</li> <li>• Snow gaiters</li> <li>• Sun protection, SPF15 or higher</li> </ul> <p>You can find a lot of this equipment in the store in Abisko.</p> <p>Think about not over-packing! Light is right.</p>
Nice to have	<ul style="list-style-type: none"> <li>• Slippers</li> <li>• Camera</li> <li>• Binoculars</li> <li>• Book</li> </ul>
Rental in Abisko	<ul style="list-style-type: none"> <li>• You can add a ski package for 1995 SEK. Included in this package is skis, boots, poles, and the transportation of the equipment back to Abisko. If you choose to add this package you need to fill out a booking form and email it to <a href="mailto:Abisko.butik@stfturist.se">Abisko.butik@stfturist.se</a> preferably no later than 60 days before arrival. If we receive the booking form later than that we cannot guarantee availability of skis and boots in your size.</li> </ul>

### Practical details

For this mountain tour you should have good condition and experience from skiing with a backpack. Distance between the mountain-cabins varies from 13 to 20 km. Difference in altitude on a single leg, maximum 400 meter. Suitable map is Swedish mountain map BD 6, preferably the 2012 edition or newer.

In the cabins the beds are fitted with mattresses, pillows, and blankets. During the winter-season you should bring a sleeping bag, a light summer sleeping bag will do fine. The cabins have a basic standard and there is no electricity or running water. We all help each other with the domestic duties such as cleaning, cooking, do the dishes etc. Wooden fires or gas heats the cabins. The cooking is done on gas-stoves. If you bring electronics that you want to charge, bring a power bank.

The cabins you will visit during this ski tour 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 until late spring. The nights are still dark in March and April. Therefore, bring a small torch or a headlamp.

There are only emergency-telephones in the cabins. The phone is directly connected to the police. Mobile phones will not work out in the mountains.

Food for sale: In Abiskojaure, Alesjaure and Sälka you will find small shops where you can buy dried and canned food, drinks, snacks etc. There is no fresh food for sale in the mountain-cabins.

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 tour, 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 tour, pack light! Most people bring too much. The weight of your backpack should not exceed 10-14 kg during a ski tour between cabins. You will add another 2-3 kg to your packing with food and common safety equipment. The pharmacy has toiletries in travel size, choose the smallest and easiest.

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. A good advice is to put your water bottle in an extra sock or glove in your packing, to keep it from freezing.

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!

Booking Office:

Email: [bokningen@stfturist.se](mailto:bokningen@stfturist.se)

Phone number: +46 (0)10 190 2360

STF Abisko Turiststation:

Email: [abisko@stfturist.se](mailto:abisko@stfturist.se)

Phone number: +46 (0)10 190 2400