



The Jämtland Triangle – On your own (winter)

Ski on your own between the mountain stations of the Jämtland Triangle. Your accommodation is pre-booked, and all meals are included at each stay. At Storulvån and Sylarna, you can sit down in the restaurant to enjoy well-prepared meals, while at Blåhammaren, you collect your food bag from the store and cook it yourself in the self-catering kitchen. Just pack your backpack and set off on this magical mountain tour.

INFORMATION OM ARRANGEMANGET	
Accommodation	At Blåhammaren: shared dormitory. At Sylarna and Storulvån: shared three-bed room.
Meals	All meals included. From dinner on the day of arrival to a packed lunch on the day of departure (drinks are NOT included in dinners). At Storulvån and Sylarna, dinner and breakfast are served in the restaurant, and packed lunch is made during breakfast. At Blåhammaren, you pick up your food bag in the store and prepare it yourself in the self-catering kitchen. The food bag includes dinner, breakfast, and packed lunch,

	<p>and the portions are adapted to the number in your booking.</p> <p>There is a shop at all accommodations if you want to buy a treat or other items.</p> <p>Please notify us of any special dietary requirements in advance.</p>
Other information	<p>Cancellations can be made up to 7 days before arrival.</p> <p>After that, no refund will be given for the amount paid.</p>

PRELIMINARY PROGRAM

Day 1:

Your first night is at Storulvån, and the first meal included is dinner. Arrive early and take a tour in the surrounding area to test your equipment, or arrive in the afternoon, check in, and end the day with a warm shower and dinner. There is an opportunity to rent or complete your equipment at the Storulvån shop. Lunch can be purchased in the restaurant.

Day 2:

After a hearty breakfast, you set off towards Blåhammaren Fjällstation, 12 km away. You leave the mountain birch forest behind you and face the steepest climb of the tour on the first day. You'll have your packed lunch out on the mountain and, hopefully, enjoy the magnificent views around you. Once you arrive, don't miss the sauna with views of the mountains to the north. For dinner you collect your food bag from the store and prepare it yourself in the self-catering kitchen.

Day 3:

Today's goal is Sylarna Fjällstation and 19 km of skiing across the open mountain terrain. It's the longest stage of the tour but with plenty of downhill skiing. If the weather permits, this day offers absolutely stunning views of the high alpine peaks of Sylarna in front of you. Once at Sylarna, you can enjoy the sauna and rest before being served a delicious dinner in the restaurant.

Day 4:

The last day ends with a 16 km return to Storulvån Fjällstation, crossing the open mountain terrain and descending through the birch forest you left two days earlier. Back at Storulvån, you can pay a service fee to take a warm shower before heading home.

Take the opportunity to do an extra day tour around Sylarna and enjoy the majestic mountains surrounding you. You can add extra nights at both Sylarna and Storulvån.

EQUIPMENT	
Recommended Equipment	<ul style="list-style-type: none"> • Alpine ski touring skis with steel edges • Alpine ski touring boots • Poles • Climbing skins, short or long • 1-2 base layers, wool or synthetic • Mid-layer in fleece or softshell • Shell clothing without insulating lining (the jacket should have a roomy hood) • At least 2 pairs of ski socks, preferably a wool blend • Insulating layer (warm jacket with down or synthetic filling) • 2 pairs of gloves/mittens • Hat and possibly a headband/buff • Thermos and water bottle (about 1L each) • Sunglasses and ski goggles • Sunscreen and blister tape • Toiletries • Headlamp • Seat pad • First aid kit • Shovel • Backpack that holds your gear and packed lunch, about 40-50 liters • Travel sheet and travel towel <p>Prepare at home by test packing your backpack, weighing it, and testing it on a longer walk or ski tour to ensure everything feels comfortable. When packed, your backpack should weigh no more than about 10-12 kg (with a full thermos and water bottle).</p>
Rent Equipment	<p>Visit STF Storulvåns website</p> <p>All STF-members have 15% discount in the rental shop.</p>

ABOUT THE AREA

The open mountain landscape offers vast views over large parts of the Jämtland mountain world, with both steep, pointed peaks and soft, rounded hills. The welcoming mountain stations provide a personal touch and excellent food. This is where fantastic mountain memories and experiences are created that will stay with you for the rest of your life.

HOW TO GET THERE

Arrive by train to Duved and connection with bus that will take you to STF Storulvån mountain station. For reservation call +46 647 704 77. Or fly to Östersund and rent a car at the airport, followed by a 2 hour drive to Storulvån. By car: drive on the E14 past Åre. After about 40 km, take a left turn and follow the signs to STF Storulvån mountain station. For more detailed information, contact us: +46 101902370 storulvan@stfturist.se

As an STF member, you get a discount on all traintickets. [Read more on our website.](#)

QUESTIONS

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

Booking: bokningen@stfturist.se

Booking, phone: 010-190 23 60

Storulvån Mountain Station: jamtland.fjallsport@stfturist.se