



## THE JÄMTLAND TRIANGLE - SELF GUIDED (summer)

**Hiking the Jämtland Triangle is to experience a Swedish hiking classic with fantastic adventures and comfortable accommodations. On your own, you hike via Storulvån, Sylarna, and Blåhammaren – here is a complete hiking package for you.**

With a lighter backpack, you can enjoy the best of mountain hiking – vast landscapes, fresh air, and relaxation – while taking advantage of the charm and comforts of the mountain stations. At Storulvån, you are welcomed by a cozy atmosphere and served meals in the restaurant. At Blåhammaren, Sweden's highest mountain station, you prepare your own meals in the self-catering kitchen and admire the stunning views through the round sauna window. At Sylarna, surrounded by majestic mountains and breathtaking nature, you end your day with a delicious dinner and once again a relaxing moment in the sauna.

Your first night will be spent at STF Storulvån, followed by a night at Blåhammaren, and the third night at Sylarna. Take the opportunity to extend your trip with an extra night at either Sylarna or Storulvån. Both mountain stations offer excellent day trips, either self-guided or with a guide, allowing you to fully immerse yourself in the stunning mountain landscape.

### INFORMATION ABOUT THE EVENT

|          |                                                  |
|----------|--------------------------------------------------|
| Location | STF Jämtland Mountains                           |
| Start    | STF Storulvån Fjällstation (check in from 15.00) |
| Finish   | STF Storulvån Mountain Station                   |

### INCLUDED IN THE PRICE

|                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Accommodation     | At Blåhammaren: Shared in multi-bed room / dorm<br>At Sylarna and Storulvån: Shared in twin room                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Meals             | <p>Full board from dinner on the day of arrival to lunch pack on the day of departure (drinks are NOT included in dinners). <b>Please notify in advance if you have any dietary restrictions.</b></p> <p>At Storulvån and Sylarna, dinner and breakfast are served in the restaurant, and lunch packs are prepared at breakfast.</p> <p>At Blåhammaren, you pick up ingredients from the store and cook it yourself in the self-catering kitchen.</p> <p>All accommodations also have a shop if you wish to supplement with a treat or anything else.</p> |
| Other information | Cancellation can be made up to 7 days before arrival. After that, no refund of the paid amount will be provided.                                                                                                                                                                                                                                                                                                                                                                                                                                          |

### PRELIMINARY PROGRAM

**Day 1** Your first night will be spent at Storulvån, and the first included meal is dinner. Arrive early to enjoy a short hike in the surrounding area and test your equipment, or arrive in the afternoon, check in, and round off the day with a delicious dinner. If you need to complete your gear, a shop and rental service are available at Storulvån.

**Day 2** After a hearty breakfast, you'll start the hike toward Blåhammaren Fjällstation, 12 km to the west. Early on, you'll leave the mountain birch forest behind and take on the steepest ascent of the trip. Enjoy your packed lunch out on the trail, hopefully accompanied by stunning views. Once you reach Blåhammaren, don't miss the excellent sauna with panoramic views of the northern mountains. Here, you'll prepare your own dinner with ingredients collected from the station's store.

**Day 3** Today's section takes you to Sylarna Fjällstation, a 19 km stretch across open mountain terrain. This is the longest day of the hike, but if the weather cooperates, you'll be rewarded with breathtaking views of the towering, high-alpine peaks of Sylarna ahead of you. Upon arrival, you'll have the opportunity to shower and rest before being served a delightful dinner in the restaurant.

**Day 4** On your final day in the mountains, you'll hike 16 km back to Storulvån Fjällstation. The route takes you across the open fell and then down into the mountain birch forest you passed through two days earlier. Back at Storulvån, you can pay a service fee to enjoy a warm shower before heading home.

Extend your stay with an optional extra day trip at Sylarna to take in the majestic surrounding peaks – a perfect opportunity to explore more of this stunning mountain landscape!

| EQUIPMENT             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Included equipment    | <ul style="list-style-type: none"> <li>At Storulvån, you will receive a travel sheet and travel towel (150 x 75 cm) that can be used at all mountain stations. You can take these with you after the tour and use them for future trips.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Recommended equipment | <ul style="list-style-type: none"> <li>Backpack 40-55 liters with a hip belt and rain cover.</li> <li>Hiking boots (not running shoes)</li> <li>Hiking pants</li> <li>Rain suit/shell suit (the jacket should have a spacious hood)</li> <li>Insulating layer (warm jacket with down or synthetic filling)</li> <li>Middle layer in fleece or softshell</li> <li>1-2 base layers of wool or synthetic material</li> <li>Underwear</li> <li>Warm socks, preferably in some kind of wool blend</li> <li>2 pairs of gloves/mittens</li> <li>Hat and possibly headband/buff</li> <li>Cap (protects against both sun and rain)</li> <li>Thermos and water bottle (approximately 1L each)</li> <li>Sunglasses and sunscreen</li> <li>Blister tape and Compeed</li> <li>Toiletries</li> <li>Headlamp</li> <li>Cup/Mug</li> <li>Map of the Jämtland Mountains</li> </ul> <p>For more equipment tips - <a href="#">Read more here (only in Swedish)</a></p> |
| Equipment rental      | <p>Read more here <a href="#">STF Storulvån - Shop &amp; Rental</a></p> <p>Equipment must be pre-booked. STF members receive a 15% discount in our rental shop.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## TIPS PÅ TURER OCH AKTIVITETER

### Guided Tours at STF Sylarna:

**Summit Ascent of Storsylen:** An experience combining challenge, adventure, and breathtaking views. The journey begins through rolling mountain heaths and continues into exciting alpine hiking until reaching 1,762 meters above sea level. The higher you climb, the more impressive the views of the mountain landscape become.

**Day Trip to Tempeldalen:** A dramatic and beautiful experience in the mountains. The hike takes you through a unique landscape characterized by majestic cliffs and fascinating formations, making it easy to understand the origin of its name.

### Guided Tours on STF Storulvån

**Getryggen Loop (approx. 15 km round trip)** The tour begins along the Blomsterstigen, and the guide will lead you through both birch forests and open mountain terrain. You'll circle around Getryggen and pass through Getporten, a natural passage between Sönnertväråklumpen and Getryggen's north side, before returning to the mountain station.

**Mountain Running (approx. 15 km)** For those who prefer to move with light feet, we offer a half-day outing in running shoes. An experienced guide will lead you across mountain heaths and show you the best running trails in the area.

**Mountain Intro for Families (approx. 4 km)** Bring your family along for an exciting and educational activity day focused on an introduction to mountain hiking. This tour is designed to engage both young and old participants and prepare you for future mountain adventures.

**Lillulvårundan (approx. 7 km)** On this day trip, we explore old trails along three nearby waterways – Storulvån, Handölan, and Lillulvån. This is an excellent choice for those who want a lighter hike at a relaxed pace or for families looking to discover the mountains together with a guide.

*Feel free to talk to us at the mountain stations for tips on enjoyable day trips.*

## ABOUT THE AREA

STF Storulvån Mountain Station is located in the heart of southern Jämtland's mountains, surrounded by the Snasahögarna peaks to the west, the Bunner Mountains to the east, and the Syl massif to the south. The station is the last stop before entering the roadless wilderness. Here, you can enjoy a wide range of outdoor activities year-round – in summer, hiking trails attract both beginners and experienced hikers, while winter offers excellent opportunities for ski touring and alpine ski adventures. Autumn enchants with its vibrant colors, crisp air, and tranquil nature.

Storulvån provides both traditional outdoor experiences and more adventurous activities – from family-friendly excursions to challenging mountain treks. The station serves as an

ideal base for exploring the surrounding area and then returning to its comforts, or as a starting point for multi-day hikes deeper into the mountains. Welcome!

### HOW TO GET HERE

To STF Storulvån, you can travel conveniently and sustainably by train to Duved or Enafors, followed by a connecting transfer that takes you all the way to the mountain station. [Visit STF Storulvån's website for detailed directions and tips on how to get here.](#)

With a valid STF membership, you receive a 10% discount on all tickets with both SJ and Snälltåget.

### ANY QUESTIONS

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

Booking: [bokningen@stfturist.se](mailto:bokningen@stfturist.se), phone: +46101902360

Storulvån Mountain Station: [storulvan@stfturist.se](mailto:storulvan@stfturist.se)