



KEBNEKAISE – GUIDED TOUR SOUTH SUMMIT

Climbing Kebnekaise is a dream for many. Take the opportunity to join an unforgettable tour to Kebnekaise's south peak and Sweden's highest view. Together with a knowledgeable guide, you will have the best conditions for a successful summit climb.

This is a unique opportunity to challenge yourself, push your limits and experience Kebnekaise's magnificent mountain world up close. The tour is physically demanding but rewards you with magnificent views and an unforgettable nature experience. With a knowledgeable guide by your side, you get the best possible conditions for a successful summit ascent where you don't have to think about pace, route choices and safety assessments.

The summit tour attempt takes about 10-15 hours depending on the weather conditions on the mountain and whether the ascent takes place via the eastern or western trail. From the start of the season in the summer of 2026, our guided tours to Kebnekaise's south peak will go via the western trail, but our hope is to be able to move the tours to the eastern trail if and when the conditions on the mountain allow it.

In recent years, the mountain environment, especially along the eastern trail, has changed rapidly as a result of climate change. Glaciers are melting faster, snow and ice conditions vary more and the risk of rockfalls has increased. Therefore, we need to let nature show what is possible before we can make a decision.

A preliminary safety assessment of the Eastern Route will be conducted in mid-June. If everything looks good, the tours can be moved over starting from July 10. If the snow and weather conditions require more time, we will wait a few more days before making a decision.

Western Route

The Western Trail is the most common route to the summit of Kebnekaise. It stretches over 20 kilometers round trip and usually takes between 10 and 15 hours. It is a physically demanding hike with an altitude difference of about 1800 meters as you hike up and then down 300 meters before climbing Kebnekaise. The terrain is of an alpine character and is lined with varying surfaces such as snow, ice, very rocky, uneven and steep environments, which means that the hike is often perceived as longer and tougher than the distance suggests. However, the western trail is not quite as technically demanding as the eastern trail. During the hike, you pass streams, mountain heaths, rocky ground and steep slopes before reaching the top.

Eastern Route

The eastern trail is technically challenging even for the experienced hiker and climber and if you do not have the knowledge, it should be completed with a guide. The tour takes between 8-12 hours and is around 15 km round trip and an altitude difference of 1500 meters as you hike directly up to the top. The eastern trail differs from the west as the east passes over glaciers and snowfields, which requires the right equipment and knowledge to travel over glaciers with the correct technique. As well as a climbing section that is secured with a Via-Ferrata, which in itself requires specific equipment.

INFORMATION ABOUT THE EVENT	
Meeting point	STF Kebnekaise Mountain Station
Gathering	<p>Important! It is mandatory to attend the information meeting on the evening before your summit attempt. The meeting takes place the evening before the date stated in your booking confirmation or the selected date on the website. Attendance at this meeting is required to participate in the summit attempt.</p> <p>Day 1: The Summit Attempt The date stated in your booking confirmation or the selected booking date on the website. The exact start time will be announced during the information meeting the evening before.</p>
Conclusion	Upon return, around 6:00 PM at the mountain station.
Number of participants	At least 2 participants for the tour to take place. Maximum of 30 participants.

Minimi age	18 years old without a guardian. 16 years old in the company of a guardian. Under 16 years old, you need to book a private guide, valid from the age of 12."
Previous experience	<p>You need to be in good physical shape and feel comfortable moving in varied mountain terrain for 15 kilometre and 1500 meters of elevations up and down. The tour is physically demanding and involves activity in an alpine setting. You should be mentally prepared to cope with physical demands, navigate challenging weather conditions, and be at high altitudes.</p> <p>You should not have a fear of heights or knee problems.</p>

INCLUDED IN THE PRICE	
Accommodation	Not included
Meals	Lunch package is included
Guide	Mountain leader - Certified according to the Swedish standard Fjälledarnormen.
Other information	<p>Cancellations can be made up to 7 days before arrival; after that, no refund of the paid amount will be issued.</p> <p>If the activity does not reach the minimum number of participants required, the tour will be canceled no later than 14 days before the booked date. It is possible to pay up to the amount corresponding to the minimum number of participants to ensure the tour proceeds.</p> <p>If weather conditions or hazardous circumstances during the tour require us to turn back, this will happen without a refund. However, if the tour is canceled entirely, the full amount will be refunded, except for an administrative fee of 300 SEK.</p> <p>The pace of the tour is carefully adjusted to ensure we reach the summit and return in good time without becoming overly fatigued. Participants who cannot maintain the pace will be turned back by the guide, and no refund will be issued in such cases.</p> <p>Our ambition is always to conduct the summit attempt via the western Route. However, prevailing weather conditions or other unforeseen natural events may occur. A canceled tour will not automatically be rescheduled for the following day. Please contact the rental service for information about the applicable terms.</p> <p>If you plan to have dinner at the restaurant the evening before your summit attempt, we recommend choosing a seating time of 5:30 PM or 9:00 PM, as the mandatory summit briefing is held at 8:00 PM.</p>

PRELIMINARY PROGRAM

Important! Mandatory Briefing: 8:00 PM, duration approximately 45 minutes.

Attendance at the information meeting on the evening before your summit attempt is mandatory. The meeting takes place the evening before the date stated in your booking confirmation or the selected date on the website. Participation in the summit attempt requires attendance at this meeting. During the meeting, the guides will review the equipment and explain how the tour will be conducted.

Day 1: The Summit Attempt

Meeting time: Around 7:00 AM (exact time will be announced on-site and depends on the number of groups departing that day). If the weather is deemed too risky to reach the summit, the guide will inform you during breakfast. The summit attempt is physically demanding and involves approximately 10-15 hours of activity in alpine terrain. The pace is set to ensure we reach the summit and return before both guests and guides become too fatigued.

On-site, you can test your fitness level to see if you can maintain the pace using our summit test. The test is designed to measure if you can maintain a pace of 6 vertical meters per minute. The total test duration is 40 minutes. Speak to the rental service for information on where the test is conducted.

EQUIPMENT

Included equipment

- Daypack
- Hiking pole
- If the ski touring attempt takes place via the eastern trail, mandatory climbing equipment for via ferrata sections (helmet, harness, via-ferrata loop and crampons is also included).

Obligatory equipment

- Rain gear/shell clothing (jacket, pants)
- Hiking pants
- Hat or alternatively, a buff/headband. Both are good to bring.
- Two pairs of gloves. One pair should be a work/mountaineering glove (durable), and one warmer pair (especially important later in the season).
- Baselayer (synthetic or wool)
- Socks in wool or synthetic material
- Insulated jacket (down or synthetic)
- Fleece sweater or another mid-layer
- Water bottles totaling at least 1.5 liters. In warm weather forecasts, the guide may require you to carry 2 liters of water.

	<ul style="list-style-type: none"> • Personal snacks you enjoy • Sunglasses • Hiking boots. Available for rent for those who don't have their own. The boots need to be stiff and provide ankle support (the sole should not bend). • The guide may refuse a guest to join the tour if the boots or clothing are deemed inadequate.
Nice to have	<ul style="list-style-type: none"> • Drybag • Termos • Sun screen • Hydration tablets. • Blister plasters. • Extra baselayer shirt. • Headlamp (later part of August and September)
Rental of equipment	<p>Gear up for your mountain adventure with our shop and rental service! We provide equipment rentals tailored for both summer and winter trips. Explore our full range of gear in the shop and rental section here. STF members receive a 15% discount.</p>

INSURANCE DURING STF ACTIVITY

Kebnekaise – Guided Tour to the South Summit is an activity that involves traversing high alpine terrain. By participating in this activity, participants are exposed to risk factors such as falls from significant heights, slips on glaciers, rocky or snowy slopes, potential snow bridges, and crevasses, among others. The guide is trained in wilderness first aid and will make every effort to minimize potential risks during the activity. However, participants must acknowledge the inherent risks involved, ensure they have the appropriate equipment as outlined in the table above, and always adhere to the guide's instructions.

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 service, including a restaurant with a fully licensed 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. [For more detailed travel information, click here.](#)

We recommend environmentally friendly travel. Did you know that, as an STF member, you are eligible for [discounts on train tickets with SJ and Vy](#)? 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/?lang=en>

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