



## ABISKO – CAVE ADVENTURE

**Kåppasjokkgrottorna is one of Sweden's longest cave systems, with winding passages and tunnels that stretch deep into the bedrock. Join us for an exciting adventure in this fascinating world underground!**

Nestled beside a mountain stream, not far from Abisko, lies this impressive cave system shaped by the forces of nature. We pack the car and drive a few kilometers before starting an easy hike of approximately 2 kilometers up to the cave entrance, Kåppashåla. Once there, we change into coveralls, helmets, and headlamps before descending into the underground.

The cave system offers two entrances, we begin with the larger passage, where winding corridors alternate with open chambers and stunning formations. For the more adventurous, there is also the option to explore the second cave, which is more physically demanding with narrow passages, a short climbing section, and tunnels that require crawling.

This experience offers both curiosity and wonder, letting you discover a side of nature that few ever get to see and one you won't soon forget!

## INFORMATION ABOUT THE EVENT

Meeting point	STF Abisko Turiststation at 10:00 a.m.
Finish	STF Abisko Turiststation at 2.30 p.m.
Minimum age	12 years (In company of a guardian)
Experience	Some mobility and physical fitness are required to move through the caves, as they include narrow passages, crawling height tunnels, and easy but vertical climbing for 1,5 meters.
Group size	Min 1/max 8

## INCLUDED IN THE PRICE

Transportation	Transportation in a minivan back and forth to Björkliden, where the hike to the cave starts
Guide	Mountain leader – certified according to the Swedish standard fjälledarnormen.
Other	The program can be changed due to challenging weather or other unforeseeable events.  Cancellation can be made up to 7 days before arrival, after that no refunds will be made

## PRELIMINARY PROGRAM

We meet at the entrance at the touriststation at 10.00 AM and take a minibus to Björkliden. From there, we hike approximately 2 kilometers up along the stream to the cave entrance. Once there, we put on the necessary equipment and go through how to move and communicate inside the cave. We start by exploring the easier cave, where we get a feel for the different elements you may encounter – such as narrow passages and a damp environment. After completing the first cave, we take a break to have some snacks and recharge. For those who want to, we then continue into the second cave, which offers a more challenging experience. When we come out, we change into dry clothes and hike back along the stream to the car. We conclude the tour at Abisko Tourist Station, where we are expected to return around 2:30 PM.

## EQUIPMENT

Included equipment	<ul style="list-style-type: none"> <li>• Caving overalls (For protection of your own clothes)</li> <li>• Rubber boots</li> <li>• Water proof gloves</li> <li>• Helmet</li> <li>• Headlamp</li> </ul>
Recomended	<ul style="list-style-type: none"> <li>• Rain gear</li> </ul>

equipment	<ul style="list-style-type: none"> <li>• Baselayer in wool</li> <li>• Dry change of clothes</li> </ul>
Rental of equipment	<p>In our rental, you can rent most equipment for your mountain adventures <a href="#">Explore our full range of gear in the shop and rental section here</a>. STF Members receive a 15% discount</p>

## INSURANCE DURING STF ACTIVITY

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

Abisko is located 250 km north of the Arctic Circle and attracts visitors from all over the world to experience the polar nights in winter, where the northern lights dance across the sky, and the endless light of the midnight sun in summer.

The tourist station is situated in one of Sweden's first national parks – Abisko National Park – and serves as the perfect starting point for those who want to stay comfortably while exploring the magnificent nature. To the south, the Kungsleden trail stretches between the iconic Lapporten – known as Čuonjavággi in Sami – and Mount Njulla on the other side. To the north, just before the Norwegian border, lies Scandinavia's largest alpine lake, Torneträsk.

From here, you can join guided tours, rent equipment, or get help planning your own adventure. With its unique combination of dramatic landscapes, accessible outdoor activities, polar phenomena, and biological diversity, Abisko is a place that inspires and touches the soul.

## FIND YOUR WAY HERE

The easiest way to travel to Abisko is by train, as the platform is located right outside the tourist station. Another option is to fly to Kiruna and continue by bus or train to Abisko.

[Here you can find directions and tips on how to travel to Abisko Tourist Station.](#)

## QUESTIONS AND CONCERNS

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

For bookings, email: [bokningen@stfturist.se](mailto:bokningen@stfturist.se), phone: +46 (0)10-190 23 60

For the facility, STF Abisko Tourist Station: [abisko@stfturist.se](mailto:abisko@stfturist.se), phone: +46 (0)10-190 24 00