



## STORULVÅN – STAY ON YOUR OWN

**For those in search of outdoor adventures surrounded by stunning natural beauty, Storulvån Mountain Station awaits. Nestled at the end of the road and surrounded by breathtaking views, it offers the perfect blend of comfort and adventure.**

At Storulvån, you can enjoy comfortable accommodations and delicious meals – the perfect starting point for exploring the mountain wilderness at your own pace. Shape your days exactly as you wish, whether you're heading out on a solo adventure or planning an experience for the whole family. Why not embark on a longer hike around Getryggen, take on the challenge of summing a peak in Snasahögarna, relish the freedom of a trail run across the winding mountain paths, or opt for a relaxing and family-friendly outing along the Lillulvårundan trail? Whether you're seeking grand adventures or peaceful outings, the mountain lodge is always ready to welcome you back as your safe and comfortable base.

Below, you'll find tips on hiking trails and destinations to fill your days with unforgettable experiences.

INFORMATION ABOUT THE EVENT	
Location	STF Storulvån Mountain station
Participants	For anyone who wants to explore the mountains in the southern part of Jämtland independently and at their own pace.
Experience	No prior experience is needed.

INCLUDED IN THE PRICE	
Accommodation	In your selected room type
Meals	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>
Other information	Cancellation can be made up to 7 days before arrival. After that, no refund of the paid amount will be provided.

## TIPS FOR DAYTOURS AND ACTIVITIES

### Activity Ideas for All Levels to Explore on Your Own

**Stor-Ulvån's Outlet (approx. 1.5 km round trip)** This is the shortest and easiest tour in the area. Follow the gravel road east behind the mountain station. After a short walk, you'll reach Handölan via an easy-to-navigate trail. A cozy outing along Stor-Ulvån, perfect for little adventurers.

**Collapsed Bridge over Handölan (approx. 2.5 km round trip)** Discover the remains of the bridge that was swept away by ice in December 2016. Cross the bridge near the mountain station and follow the trail through the birch forest to the foundation where the bridge once stood. A light and scenic walk-through marshland.

**The picnic table (approx. 3 km round trip)** A shorter hike that takes you to the treeline with a stunning view. Follow the summer trail across Storulvån and past the old station. Along the trail to Sylarna and Blåhammaren, there's a picnic table – perfect for a break with views of Getryggen and Bunnerfjällen.

**Storulvåfjället (approx. 6–7 km round trip)** Start with the hike to Fikabordet and then follow the trail toward Blåhammaren. A small sign will guide you to a charming path leading to the top of Storulvåfjället. Enjoy beautiful rest spots along the way.

**Lill-Ulvån's Suspension Bridge (approx. 6–7 km round trip)** Follow the trail to Sylarna after Fikabordet. At Lill-Ulvån, you'll cross an exciting suspension bridge with a lovely picnic area and swimming spot on the other side.

**Getryggen's Summit (approx. 7 km round trip)** A challenging hike offering breathtaking views. Follow the trail behind the round house near the mountain station and head up to the summit. Requires good weather and energy, but the reward is incredible!

**Getporten (approx. 8 km round trip)** Drive to Snasahögarna and hike up the valley. Here, you'll enjoy incredible views of both Blåhammaren and Ånnsjön.

**Snasahögarnas Shelter (approx. 10 km round trip)** Hike along the trail at Norder-Tvärån up to the shelter. This route offers varied terrain and can be combined with Getporten for a longer day trip.

**Ulvåtjärn (approx. 12 km round trip)** Follow the trail to the picknick table and onward to Blåhammaren. After 6 km, you'll reach Ulvåtjärn with beautiful mountain heaths and a wind shelter – perfect for a snack break.

### **Guided Tours**

**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 Söner-Tväråklumpen 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.

### **Other Activities**

**Build Bark Boats:** Use natural materials and let your boats sail in Storulvån.

**Swimming:** Experience cold, refreshing mountain water at the swimming spot near the mountain station.

**Borrow Games:** Challenge the family in kubb, boule, or croquet – available to borrow.

**Try Camping:** Rent a tent and try camping close to the mountain station or further out.

**Mountain Bingo:** Borrow a bingo card and compete to see who can spot the most items in nature.

**Relax and Enjoy:** Savor waffles in the restaurant or unwind in the cozy sofas at the mountain station.

**Mountain Orienteering:** Test the orienteering course and challenge your skills.

**Day Trips by Car:** Visit Hanriis Café in Handöl, hiking trails in Storlien, or the beautiful Handölsforsarna waterfalls.

### **Ask Us On-Site!**

We're always happy to help with personalized tips and ideas to make your stay unforgettable. Storulvån offers activities and experiences for everyone, regardless of age or experience. Explore the mountains your way and create memories that will last a lifetime

<b>EQUIPMENT</b>	
Recommended equipment	<p><b>Clothing:</b></p> <ul style="list-style-type: none"> <li>• 1–2 base layers in wool or synthetic materials</li> <li>• Durable pants and hiking pants</li> <li>• Mid-layer in fleece or softshell</li> <li>• Insulating layer, e.g., thick sweater or lightweight jacket</li> <li>• Rain/shell clothing (jacket with hood and pants)</li> <li>• Warm socks, preferably wool (+ extra pairs)</li> <li>• Hat or headband and buff/scarf</li> <li>• 2 pairs of gloves/mittens</li> <li>• Hiking boots or rubber boots (trail shoes with a sturdy sole for dry, warm days)</li> </ul> <p><b>Equipment for Packing and Hiking:</b></p> <ul style="list-style-type: none"> <li>• Backpack for day trips (20–40L)</li> <li>• Water bottle</li> <li>• Thermos</li> <li>• Sitting pad or sleeping pad</li> <li>• Cup/mug</li> <li>• Toiletries</li> <li>• Wind sack</li> <li>• Basic first aid kit</li> </ul> <p><b>Sun and Insect Protection:</b></p> <ul style="list-style-type: none"> <li>• Sunglasses</li> <li>• Sunscreen</li> <li>• Insect repellent or mosquito hat</li> <li>• Blister tape/plasters</li> </ul> <p><b>Additional Items:</b></p> <ul style="list-style-type: none"> <li>• Favorite snacks for energy during hikes</li> <li>• Camera (to capture memories)</li> <li>• Lunchbox for packed meals</li> </ul>
Nice to have	<ul style="list-style-type: none"> <li>• Blister tape/plasters</li> <li>• Favorite snacks for energy during hikes</li> <li>• Camera (to capture memories)</li> <li>• Lunchbox for packed meals</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>

## 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.

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