



THE KING'S TRAIL (KUNGSLEDEN)

– BY FOOT AND ON SKIS



SVENSKA
TURISTFÖRENINGEN



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www.matsalmof.se



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The eight faces of paradise

It's been occasionally referred to as Europe's last wilderness, the mountain range stretching from Lapland down to Dalarna. If anything deserves to be called Sweden's own paradise, it is this majestic mountain world. New views and natural experiences are constantly emerging here. Large areas are protected and have been designated as nature reserves, national parks, and even world heritage sites.

Life in Lapland has many faces. The Sámi people, who have lived and worked here for thousands of years, estimate that there are eight seasons up here.

Thanks to STF and the King's Trail (Kungsleden) the innermost part of Lapland has been available to everyone for over one hundred years. To make it easier, we have chosen two periods for you, when summer and winter along the King's Trail are the absolute best: from June to September and from February to April.

During the summer season, the mountain nature of colours, scents, sounds and movement vibrate. It is essentially daylight all day and north of the Arctic Circle, the midnight sun shines brightly for several months. In September, the autumn colours are a

blaze. You can travel by foot on well-worn trails, sometimes with a break for a boat ride over a mountain lake.

Skis apply if you choose the winter season. In February and most of March, the snow temperatures are cold for ski waxing and the days quickly become longer and brighter. Late winter – early spring brings crusty snow and long, sunny days.

Let us at STF take you to this paradise. By foot or on skis. We promise that you'll take part in many exciting and inspirational encounters. Regardless of which season you choose.

Lapland – another country within Sweden's borders

Sweden has 11 peaks over 2,000 metres. And you will find all in Lapland. There is even a series of the country's most spectacular valleys here. Together, they form an exceptional, varying nature with everything from lush mountain forests down in the valleys to almost barren environments and glaciers up on the bare mountain region. In the summer, the mountain valleys can be pure jungles in spots, with both alpine blue sow-thistle and angelica as tall as a person. Trailing azalea, alpine gentian, moss campion and mountain avens are happy on the mountain moors. Higher up on the bare mountain region, you can be lucky to see the glacier crowfoot, the number one survivor of Swedish flora.

The UN organization, UNESCO, has elevated part of Lapland to the status of World Heritage Site under the name Laponia, where the national parks Stora Sjöfallet, Padjelanta, Sarek

and Muddus, the nature reserves Sjauna and Stubba, parts of Kvikkjokk-Kabla, and Sulitelma and the Rapadalen Valley delta are included.

THE BIG FOUR

Just like the paradise described in poetry, Lapland is a sanctuary for wildlife. For those who know what to look for, you can find tracks from the big four of Swedish fauna – lynx, wolverine, bear and possibly wolf. Perhaps even see one of them up close.

Up here, you also have the chance to view golden eagle, gyrfalcon, peregrine falcon, long-tailed skua, ptarmigan, eurasian golden plover, bluethroat, snow bunting and many other birds. Approximately half of the country's 400 bird species have been sighted in Lapland.

Another common sight is the king of Swedish nature, elk, not the least in the Tarradalen and Rapadalen Valleys.

Of course, wildlife takes it easy during the winter, but some species change over to their white winter colours and work as usual. Arctic fox, hare and ptarmigan are some examples. It is not uncommon for skiers to see wolverine and lynx tracks.

GET TO KNOW SÁMI LIFE

Reindeer breeding and the Sámi culture are very much alive along the King's Trail. During the summer in particular, you can meet the Sámi people and their reindeer in the mountains. Avoid disturbing grazing reindeer and please keep dogs leashed. If you would like to know more about Sámi history, language, culture and today's reindeer breeding, we recommend that you visit the Swedish mountain and Sámi museum Ajtte in Jokkmokk. You can also visit www.samer.se



Doug McKinley

Suggested tours

ABISKO TO NIKKALUOKTA

The train stops right in front of Abisko Mountain Station and the northern starting point for the King's Trail. On the way to the hut at Abiskojaure Lake the journey initially goes through a birch forest in Abisko National Park that is abundant in game.

Lapporten, one the mountain world's most famous silhouettes, watches over you during your hike.

During certain times of the summer you can take a boat across the Alesjaure Lake. From the Alesjaure hut, continue on the King's Trail or choose a very

picturesque alternative via the mountain huts in Vistas and Nallo. Here, the mountains rise sharply up from the valley and the tour interchanges between mountain birch forest and bare mountain region. The terrain becomes more barren if you hike the King's Trail towards the huts at Tjåktja.

When you reach the Tjåktja Pass, the highest point along the King's Trail, one of the mountain world's greatest experiences awaits. Forty kilometres of magnificent views over the Tjåktavagge Valley. By all means, stay an extra day in the Sålka huts and do a day tour in

this unforgettably beautiful surrounding. The hut custodians along the King's Trail will gladly inform you of their best spots. When you reach the huts at Singi, continue southwards to Vakkotavare or turn off towards the Kebnekaise Mountain Station to then go to Kiruna via the bus in Nikkaluokta. Of course, you can choose the opposite direction and walk from Nikkaluokta to Abisko.

Facts Abisko – Nikkaluokta

Mountain map BD6

Length 86 km (+19 km till Nikkaluokta)

Days 5–7

Number of huts 5 on the King's Trail (Kungsleden) and 7 adjacent

Provisions Abisko, Abiskojaure, Alesjaure,

Kebnekaise, Sålka, Vistas, Unna Allakas

Sauna Abisko, Alesjaure, Kebnekaise, Sålka

NIKKALUOKTA TO SALTOLUOKTA VIA KEBNEKAISE

This tour begins in Nikkaluokta, where you can easily get to by bus after a train or flight to Kiruna. Then, it's 19 km up to Kebnekaise Mountain Station, by foot or on skis. In the



Håkan Hjort



summer, shorten the trip 5 km by taking the boat over Ladjojaure Lake. After some good food and a nice sauna, it's time to continue in between the mountains to Singi. There, you enter into the King's Trail – with Abisko to the north or Saltoluokta to the south. The latter will initially take you through the beautiful Tjåktjavagge Valley. The lakes Kaitumjaure and Teusajaure have nice huts with good fishing.

As you approach the Vakkotavare mountain hut, magnificent views south into Sarek open up. You can relax the

STF Abisko Mountain Station

Address 981 07 Abisko, Sweden.

E-mail abisko@stfturist.se

Website

www.svenskaturistforeningen.se/abisko

Phone +46 (0) 980 402 00.

Fax +46 (0) 980 401 40.

Season Mid-February to the beginning of May, mid-June to the end of September, and Christmas and New Year's celebrations.

Accommodation There are 300 beds, from which you can choose between different forms of accommodation. Single and double rooms with shower and WC. 2- and 4-bed rooms with shower and WC in the corridor. Cottage apartments for 2–6 people with shower and WC.

Food KRAV eco-labeled breakfast, lunch and the evening's supper with the appropriate wine package added on. Après Ski in Storstugan during the winter or a beer in the light of the midnight sun during the summer.

Service Trip leader, shop, mountain equipment rental, sauna and self-catering.

Activities The summertime offers guided tours to our favourite locations, courses in, among others, digital photography, watercolour painting, and mountain birds. Midnight sun tours with the chairlift on Nuolja. The winter offers week-long courses in telemark skiing and avalanche training, ice climbing, snowmobile tours, day tours and off-piste skiing on Nuolja, touring and cross-country skiing. Abisko is possibly the world's best place to see Aurora Borealis (Northern Lights). Experience Abisko National Park with us!

Getting there Daily train connections from Stockholm, Göteborg and Kiruna to our own train station Abisko Turist. Fly to Kiruna and then take a bus to Abisko (always verify the bus times when you book your flight). Road is the European Route E10.

STF Kebnekaise Mountain Station

Address 981 99 Kiruna, Sweden.

E-mail kebnekaise@stfturist.se

Website

www.svenskaturistforeningen.se/kebnekaise

Phone +46 (0) 980 550 00.

Fax +46 (0) 980 550 48.

Season Mid-February to the beginning of May, mid-June to mid-September.

Accommodation 2- or 4-bed rooms or an alcove in the room with extra beds. Shower and WC in the corridor. Single rooms available. 196 beds.

Food The restaurant Giebme serves breakfast, lunch, supper and à la carte with Lapland specialties, Swedish home fare, and newly baked bread from our own bakery. Fully licensed.

Service Shop, bakery, rental of certain mountain equipment, trip leader, sauna and self-catering.

Activities The summertime offers high alpine courses, climbing instruction, guided tours to Sweden's highest peak, glacier walking, floral tours, and theme weeks. Other things worth seeing are the giant caves in Ladtjåjåkka, the Silver Falls in the Singi Valley, Kitteldalen Valley and Tarfala. The wintertime offers courses in high alpine ski touring, ice climbing, and guided ski tours in the valley or at altitude. For good off-piste skiers, many metres of vertical drop await in Jökälbacken, on the Storglaciären or Hydrologrännan. Ski tourers will find trails in the Tarfala Valley or towards the Singi huts.

Getting there Train/fly to Kiruna. Bus to Nikkaluokta, then hike/ski 19 km. Possible boat transport 5 km in the summer or snowmobile/tracked vehicle in the winter.



legs a little on the bus between huts in Vakkotavare and Kebnatsbryggan. Boat or skis over Langas Lake to the Saltoluokta Mountain Station are all that remain, where a reward in the form of a well-earned sauna and exquisite food await.

Many believe that the route between Nikkaluokta and Saltoluokta is the most beautiful of the entire King's Trail.

You move over vast mountain moors and down into deep long valleys. The stages are short and the hut locations stunningly located.

Facts Kebnekaise – Saltoluokta

Mountain map BD8

Length 52 km (then bus from Vakkotavare to Kebnatsbryggan/Saltoluokta)

Days 5–7

Number of huts 4

Provisions Kaitumjaure, Kebnekaise, Saltoluokta, Vakkotavare

Sauna Kebnekaise, Saltoluokta, Teusajaure

KVIKKJOKK TO SALTOLUOKTA

This stage can begin with an over-night at Kvikkjokk Mountain Station, followed by walk into an ancient mountain forest the next morning. Be on the lookout for the male capercaillie! Pårte hut offers access to good fishing in both streams and lakes. The journey continues on a traverse along Rittakdalen Valley. Take a breather a little higher up on the bare mountain region and aim your binoculars down towards the edge of the forest, where elk and other game can appear out of nowhere. As you approach Laitaure Lake, the mountains of Sarek rise in all their splendour to the west.

The Aktse homestead and STF's mountain hut are located on the other beach, known as the centre for trips into Sarek. Here, meadows still battle scythe. Stay an extra day and climb Skierfe, the mountain with its magnificent view over the delta of the Rapadalen Valley. Far into Sarek, you can get a feeling for the place with the breathtaking name Rovdjurstorget (Predator Square).

From Aktse, take yourself steeply up onto the bare mountain region and get a terrific, endless view of the country in all directions. After a boat tour, you reach STF's mountain hut on the northern beach of Sitojaure Lake. Continue over the Ultevis moor, where you have the canine tooth-like mountain Kierkaus and the sugar-like peak Sluggas in your sights. Your dream goal gradually

appears – Saltoluokta Mountain Station, with sauna and very good food.

Facts Kvikkjokk – Saltoluokta

Mountain map BD10

Length 73 km

Days 5–7

Number of huts 3

Provisions Aktse, Kvikkjokk, Saltoluokta

Sauna Kvikkjokk, Saltoluokta

KVIKKJOKK TO AMMARNÄS

This stage is designed for you who want a true wilderness experience with grandiose views, exciting places and a handful of other hikers. With the lack of an extensive mountain hut system along the way, you need to take your own tent. Still, there are simple over-night huts and other accommodation alternatives not operated by STF.

The first stage to Jäkkvik is ca. 74 km

STF Saltoluokta Mountain Station

Address 982 99 Gällivare, Sweden.

E-mail saltoluokta@stfturist.se

Website

www.svenskaturistforeningen.se/saltoluokta

Phone +46 (0) 973 410 10.

Fax +46 (0) 973 410 13.

Season March–April, mid-June to mid-September.

Accommodation Main building and four guest-houses with a total of 100 beds. Double rooms, 4-bed rooms and rooms with extra beds. Some double rooms with shower/WC. Other rooms have shower and WC in the corridor/service house.

Food The mountain world's coziest restaurant serves breakfast, lunch and supper. Here, you can eat game fish from Langas Lake, wild game from the mountains and berries from Lapland's pantry. Fully licensed.

Service Shop, mountain equipment rental, trip leaders, sauna and self-service accommodation.

Activities Guided wilderness tours, midnight sun and boat tours along the long valley of the Lule River, fishing, family-friendly with several theme weeks, and ecotourism certified theme weeks, food and folk music weeks.

Getting there Train/fly to Gällivare. Buses depart daily Gällivare–Kebnats. Ski the last 3 km on the ice trail or take a 10 min boat trip during the summer.

STF Kvikkjokk Mountain Station

Address 962 02 Kvikkjokk, Sweden.

E-mail kvikkjokk@stfturist.se

Phone +46 (0) 971 210 22.

Season February–April, mid-June to mid-October.

Accommodation 2- and 4-bed rooms, all with wash basin. Shower, WC, drying room in the corridor. 60 beds.

Food Breakfast, restaurant and self-service accommodation.

Service Small shop and self-service accommodation.

Activities Excellent base and starting point for shorter and longer tours on your own along the King's Trail, Padjelanta Trail, Nordkalott Trail and into Sarek. Celebrate a mountain wedding. *Getting there* Train to Murjek or fly to Gällivare. Bus via Jokkmokk to Kvikkjokk.

STF Hostel Ammarnäs

Address Box 9, 920 75 Ammarnäs, Sweden.

E-mail ammarnas.fiskecentrum@telia.com

Phone +46 (0) 952 600 45.

Fax +46 (0) 952 602 51.

Season Year-round.

Room types 48 beds. 2–4-bed rooms.

Service Breakfast, restaurant and self-catering.

Getting there Train to Vännäs or flight to Sorsele or Arvidsjaur and then bus.

STF Hostel Hemavan

Address Renstigen 1, 920 66 Hemavan, Sweden.

E-mail info@hemavansfjallcenter.se

Phone +46 (0) 954 300 02.

Fax +46 (0) 954 305 10.

Season Year-round.

Room types 48 beds. 2–4-bed rooms.

Service Restaurant and self-service accommodation.

Getting there Train/fly to Umeå, bus to Hemavan. Fly/bus directly to Hemavan. Road.

STF Hostel Tärnaby/Åkerlundska gården

Address Östra strandvägen 16, 920 64 Tärnaby, Sweden.

E-mail reception@tarnabyfjallhotell.com

Phone +46 (0) 954 104 20.

Fax +46 (0) 954 106 27.

Season Mid-June to mid-September.

Room types 31 beds. 2–4-bed rooms.

Service Breakfast and coffee.

Getting there Train/fly to Umeå, bus to Tärnaby. Fly/bus directly to Hemavan. Road.





Erik Hjörtsberg



STFs Bildarkiv

Starting and ending points

but it works just as well in the opposite direction, or do a shorter tour from both ends.

The way from Ammarnäs to Aigert hut begins with a climb through the birch forest. At the small fish-rich lake on the bare mountain region lies a hut, where you can relax by a wood heated sauna. You will experience fantastic views from Aigert to the Serve hut. Do a detour to Stor Aigert – 1,100 metres above sea level – with a breathtaking view. In the birch forest down by Serve hut, see a majestic waterfall near the bridge over the Vouomentjukke Stream.

An alternative from Ammarnäs begins with a boat ride on the marsh Tjulträsket, shortening the trip to Serve hut. The bare mountain region section towards Tärnasjö Lake hut ends with a park-like birch forest, a magnificent view over Tärnasjö Lake and the impressive norra Storfjället. Enjoy a moment in the wood heated sauna and take a dip directly from the beach into the crystal clear water.

From Tärnasjö Lake hut, the trail goes through birch forest between scented bogs towards Tärnasjö Lake’s archipelago with seven bridges – Vindelfjällens own Golden Gate.

You can also choose a boat ride over Tärnasjö Lake to shorten the trip to Syter hut.

From Syter hut, you can climb Syter Peak, which with its 1,768 metres above sea level is the highest peak in the county. A marked trail shows the way down to Veterskal hut. It is most common to follow the King’s Trail through the u-shaped Syterskal to Veterskal hut. Many consider the valley as the area’s major asset. From Vitskal hut down to Hemavan, the view seems endless over Artfjället Mountains and Okstindarnas glaciers in Norway.

Facts Ammarnäs – Hemavan

Mountain map AC2

Length 78 km

Days 5–7

Number of huts 5

Provisions All huts. Aigert, Serve, Tärnasjö, Syter, Veterskalet, Ammarnäs and Hemavan

Sauna Aigert, Ammarnäs, Hemavan, Tärnasjö

ABISKO MOUNTAIN STATION

Abisko Mountain Station is located as far north as you can go in Sweden. The northernmost of our mountain stations has its own train station. Abisko is well worth it, not the least when it concerns the magnificent nature.

Regardless of the season, you would be wise to take the chair lift up Mount Nuolja. Cloud-free summer nights offer you front row seats to the midnight sun. The sun shines over white precipices on cloud-free winter days and Aurora Borealis (Northern Lights) flashes during clear winter nights. All of this happens often, because Abisko is one of Sweden’s most sun-guaranteed and cloud-free places.

At 70 km long and stretching out in the north, Lake Torneträsk is blue in the summer and white in the winter. The majestic mountain Lappporten dreams to the southeast.

The Abisko area has such a unique flora, fauna and geology that it has been protected as a national park since 1909. The wild canyon of the Abiskojokk River is something that never ceases to attract onlookers. Otherwise, a pleasant calm prevails here, only to be broken by a train loaded with iron ore to Narvik or snowboarders to Nuolja.

At the Abisko Mountain Station, you can start or end your tour on the King’s Trail. Or stay and spoil yourself. Take wonderful day tours by foot or on skis, a soothing sauna with a dip in Lake Torneträsk, followed by a deli-

cious supper in the beautiful dining room.

A popular day tour is to also take the train to Narvik in Norway and breathe in a little Atlantic Ocean air.

KEBNEKAISE MOUNTAIN STATION

The honourable title of Sweden’s highest mountain will be forever consecrated to Kebnekaise. For the moment, the South Peak is highest, but the peak is covered by a glacier, meaning the its height varies. Rabots and Björlings glaciers are reminiscent of the Frenchman who climbed the mountain first and the Swede who thought he was first.

For 100 years, the Kebnekaise Mountain Station has been the country’s alpine centre. Knowledge and tradition are deeply rooted in both the walls and personnel. Do day tours to Tarfala’s glaciers, the moon landscape of the Kitteldalen valley or Tuolpagorni’s volcano shaped peak. Climb Kebnekaise’s long route on your own or the harder route with a professional guide. With hiking boots in the summer and perhaps on skis with climbing skins for unbeatable ski touring during the winter. Why not

take a course in climbing, glacier walking or ridge traversing? At the Kebnekaise Mountain Station, you decide which adventure you want to experience. In both summer and winter, the distances between mountain nature and a comfortable bed are short, making it the perfect end to your journey on the King’s Trail, or start from Abisko or Saltoluokta to Nikkaluokta.

NIKKALUOKTA

Nikkaluokta is a small mountain village located at the end of the road, ca. 70 km from Kiruna. Sámi settlements in the area have existed for several thousands of years. But the first permanent settlements in Nikkaluokta were established at the beginning of the 20th century. One of the settlers was Nils Olsson Sarri with his wife Maria. Of their 14 children, many came to work within the village’s dominating tourism industry. Today, third and fourth generation Sarri have followed in their footsteps.

The mountain village is beautifully located. Three valleys intersect here, of which one stretches out towards Kebnekaise – Sweden’s highest

Seasons on the King's Trail	
Winter: end of February until April. Summer: Midsummer to mid-September. See STF's website for exact opening periods.	
The King's Trail	
STF's pioneers began planning the trail already in the 1890s to make the mountain world of Lapland more accessible for tourists. A series of mountain huts were built at a day hike-distance from each other, connected by a marked trail. In 1926, the trail between Abisko-Kvikkjokk was ready.	
<i>Length</i>	425 km from Abisko to Hemavan.
<i>Accommodation</i>	16 places with STF mountain huts, 4 mountain stations and 2 hostels close to the mountains.
<i>Highest point</i>	Tjäktja pass 1,150 m.a.s.l.
<i>Lowest point</i>	Kvikkjokk 302 m.a.s.l.
<i>Week stages</i>	5 of which 4 with STF mountain huts.

Staying in a mountain hut

Our mountain huts are located in naturally beautiful locations along the King’s Trail, a day’s hike from each other (10 to 20 km). The huts have self-service accommodation with simple and cosy standards. You cook your own food, get water, clean and chop wood. The kitchens have LPG (liquid petroleum gas) stoves, cooking utensils, plates, mugs and cutlery. There is no electricity, and the huts are heated with wood or LPG. Of the 16 huts, 11 have shops with provisions. Hut custodians are onsite all season.

Season Mid-February to the beginning of May, Midsummer to mid-September.

Accommodation Rooms with extra beds (often 4 beds) with wide beds, mattresses, pillows, and covers. You bring your own sheets/pillow cases. No pre-booking is done, but you are always welcome to stay. If it’s full, we can arrange a mattress on the floor.

Fee Cash on site with all types of currency or with the most common payment and credit cards.

National parks

National parks are as fine a nature area can be. Sweden has 28 national parks, but plans are underway to create more. Of these, eight are in Lapland and cover a surface area of almost 6,000 square kilometres! The most known parks, Sarek, Padjelanta and Stora Sjöfallet, together with Muddus National Park and several nature reserves form what is called Lapponia. You can experience this unique nature on the King’s Trail and Padjelanta Trail. The trails cross most of the national parks and there are overnight huts in many places, with Sarek being exception, where neither trails nor overnight huts are found.

Sámi words

Terrain words can be spelled in many ways depending on the dialect.

bákti, pakte	steep cliff
cohkka, tjákká	peak
eatnu, átno	river, stream
gálsi, kaise	steep high mountain
jávri, jaure	lake
johka, jákká	stream, creek
luokta	bay
vággi, vagge	valley, u-shaped valley

Midnight sun	
Nuolja, Abisko	27/5–18/7
Kebnekaise's pea	29/5–15/7
Lulep Kierkau, Saltoluokta	2/6–12/7
Vallespiken, Kvikkjokk	4/6–9/7



mountain. From here, many mountain hikers begin their 19 km walk to the Kebnekaise Mountain Station, which can be shortened with a boat excursion. Hikers also find their way up along the beautifully winding Vista Valley. In the mountain village, you will find services such as a restaurant, shop, accommodation, helicopter station, chapel and gallery. During the regular season, there are daily bus connections from Nikkaluokta to Kiruna. For more information: www.nikkaluokta.com

SALTOLUOKTA MOUNTAIN STATION

At one end, the outposts of the Sarek mountains rise in the haze, at the other end, Langas Lake stretches out. In between lies Saltoluokta. An oasis of calm, pleasantness and comfort, where warmth, an atmosphere and good food rule. It's only 3 km to the nearest road, but rather long to civilisation. To get here, you have to go by boat or skis over the lake in the last section. You will definitely leave your everyday life behind you.

The World Heritage Site Laponia with Sarek, Padjelanta and Stora Sjöfallet National Parks opens up outside your doors.

A three-course supper with specialities from Lapland waits for you after your outing, day tour or hiking week. The kitchen in 'Salto' has made a point of almost exclusively offering raw produce from the region. The menu often has game fish from the lakes, wild game from the forests and berries from bogs in the area.

In Saltoluokta, you also get very close to the Sámi culture. One of the Sirges Sámi village settlements is right next to the mountain station, among others with a beautiful church tent. After hiking approximately 6 km, you also arrive at Pietsaure Lake, where the Kuoljok family welcome you with their tents. Many guests think that Saltoluokta realises their dreams of the mountains.

KVIKKJOKK MOUNTAIN STATION

Kvikkjokk is small mountain village at the end of the road next to Saggat Lake, where Kamajåkkå Stream and Tarra River meet into a large delta. Much of STF's oldest history is here, such as when people thought that Sulitelma was Sweden's highest mountain. The association's very first trail was cleared in 1887 on Snjierák Peak and Vallespi-

ken Peak and is today an unforgettable day tour with a view over Sarek.

Kvikkjokk Mountain Station is privately operated in collaboration with STF and is very well situated for summer and winter tours. If you would like to hike with a light pack and overnight in the mountain huts, choose the King's Trail northward towards Saltoluokta, Kebnekaise and Abisko. If you want to carry a tent and provisions, walk south via Jäkkvik towards Ammarnäs and Hemavan or westwards into Laponia and Sarek.

Here, you get the opportunity to paddle in the Tarra River, an exciting experience as is looking out for predatory animals in the Tarra Valley, one of the mountains richest valleys in wild game.

It is a few days journey westward to Padjelanta National Park. At the mountain station, you can receive a great amount of expert tips about hiking trails and much more.

AMMARNÄS

Ammarnäs is a mountain village the Vindelån and Tjulån valleys.

The Vindelfjäll Mountains are the country's richest area in reindeer.

Ammarnäs is the principal settlement in the Ran and Gran Sámi villages, where there is a chapel and Sámi church town with numerous provision sheds. The village is also known for the potato hill, a large moraine hill where 'almond potatoes' have been farmed for at least 170 years. The reindeer industry and tourism are the largest sources of income.

Around Ammarnäs is some of the Vindelfjäll Mountains best fishing sites, with char, salmon trout, grayling and whitefish. Settlers who followed the trade route towards Norway previously used the Vindelälvs River. Today, it is an exciting hiking trail that is slightly off the beaten path from the more usual stages, offering terrific experiences.

In waiting for the ice to break up, huge numbers of birds are gathering in the Ammarnäs delta, offering easily accessible bird watching.

The summer attracts many visitors to the Sámi weekend in June and a local festival in July.

In Ammarnäs, where the main road from Sorsele ends, the Vindelfjäll Mountain Nature Reserve begins. One of Europe's largest protected

nature areas. Naturum in Ammarnäs has an exhibition about the geology, flora, fauna, climate and natural things worth seeing in the Vindelfjäll Mountains.

HEMAVAN

Hemavan is situated along the valley of the Ume River, which together with the Blue Road (E12) winds itself like a corridor through the Vindelfjäll Mountain Nature Reserve.

Besides the known winter landscape, Hemavan offers delightful summer mountains.

Fishing for mainly char and salmon trout is naturally big, but even other activities in and around the water are increasing. Canoes for nice paddling tours or a boat for those who simply want to take easy are here.

In Hemavan, there are also countless cycling possibilities. Everything from great cycling adventures to quiet tours presented with a map and tips. Up in the mountains, you can get there with the help of the summer chair lift, where even your bicycle can follow along.

Aurora Borealis (Northern Lights)

Previously, some thought that Aurora Borealis was large herring and codfish way out to sea that reflected in the sky. But it is energy that is converted to light when the solar wind's charged particles collide with atoms and molecules in the earth's atmosphere.

What should I take?

You need neither extreme nor expensive equipment to be in the mountains. On our website, you will find tips about how to dress and what to bring. Should you be missing anything, most can be rented at our mountain stations, such as ski equipment, backpacks, rubber boots, rainwear, stoves and tents. If you choose to buy provisions in the mountain huts, your backpack during summer does not need to weigh more than about 10 kg.

How far should you walk?

This is, of course, entirely dependent on experience and conditioning, but in particular, how fast you want to travel. A rule of thumb is about 3 km/hour.

Sweden's highest mountains

1 Kebnekaise	2104*
2 Sarektjåkkå	2089
3 Kaskasatjåkkå	2076
4 Kaskasapakte	2043
5 Akka	2015
6 Pärtetjåkkå	2005
7 Palkattjåkkå	2002

*Measure 2003. The peak is a glacier that varies in height. The mountain reaches 2,070 m.a.s.l., the rest is ice.

Trails, bridges, lean-to and boat service

Lapland has over 2,000 km of marked trails. Winter routes are in terrain marked with red crosses. Summer routes are clear paths marked with cairns or colour markings. Rest spots are located here and there between the mountain huts. STF offers boat service between Kebnats and Saltoluokta on Langas Lake, on the lakes Teusajaure and Akkajaure for tours to Padjelanta. The lakes Alesjaure, Ladjojaure, Sitojaure, Laitaure, Tjulträsk and Tärnasjön have private boat service. Rowboats are spread out at the lakes Teusajaure, Sitojaure and Laitaure.

How are the mosquitoes?

In wetlands and birch forests, the mosquitoes can be annoying. Especially in July. Do like the reindeer and get up to higher ground, where the wind is cool. But don't disturb the reindeer. Otherwise, we can thank the mosquito because there are so many birds, fish and other animals in the mountains.

How is the weather?

There is a lot to the Swedish saying "There is no bad weather, just bad clothing." Rapid changes in weather and big differences in temperature are relatively normal in the mountains. It can be thawing in February and it can snow in June. For the most part, the weather is rather stable during those periods when we are open, but always keep an eye on the weather and equip yourself with warm clothing in your backpack during the summer. Read more at www.smhi.se

Snowmobile traffic

Large sections of the King's Trail are within areas that ban snowmobile traffic. Moreover, additional areas can also be included, on certain occasions. To find out what applies, go to website for the respective county.
Norrbotten: www.bd.lst.se/terrangkorning
Västerbotten: www.ac.lst.se/naturochmiljo/terrangkorning



THE KING'S TRAIL (KUNGSLEDEN)

The first ideas to create a continuous hiking trail in the mountain world of Swedish Lapland came at the end of 1800s. As now, the Swedish Tourist Association was the organiser. This trail would pass the most beautiful places and thus become 'the king of trails' – the King's Trail.

The stretch Kvikkjokk to Abisko was cleared during the 1920s and today, the King's Trail stretches ca. 430 km from Abisko in the north to Hemavan in the south. A well-built system of mountain stations and mountain huts is here, making hiking both easy and fun regardless if you come during the summer or winter. Take a chance and let yourself be inspired, see you in the mountains.

For more information:

www.stfturist.se/kungsleden

WE ARE WHERE YOU LEAST EXPECT IT

Have you ever slept in a charcoal-burner hut, climbed Kebnekaise, or been on an eagle-eyed swan safari? With the Swedish Tourist Association (STF), you're always as close to nature and wilderness as to culture and the big city.

Find your favourite spots around our 400 hostels, mountain stations and mountain huts.

Our cooperation agreement with Hostelling International (HI) also offers STF members access to 4,000 hotels in 80 countries.

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