

Nordic hiking days in Jämtland

Full-guided week with high-comfort loghome

Location

Galå Fjällgård AB, Galåbodarna 810, S-845 62 Svenstavik, Sweden
Miriam & Christoph Schenk, Phone: +46-(0)70-2082209
www.gala-fjallgard.com, Instagram/ Facebook @galafjallgard

Best season	August - September
Group size	2-4 people
Duration	7 days (6 nights)

Highlights

- Stay at comfortable loghome with fireplace
- 4 guided days with local guide to enhance your experience
- Wood-fired sauna included
- Outdoor cooking on open fire
- Cosy evenings in the barbecue-house
- Unspoiled nature in mountains and old-growth forests
- Experience the homeland of reindeers and other nordic animals

Description

The mountains of Oviksfjällen offer vast scenery for hiking adventures in the heart of Northern Swedens region of Jämtland. This tour provides 4 guided hiking days with stay in genuine loghome at the lodge. Each day you will return to the lodge and enjoy the comfortable accomodation while you will experience unspoiled nature and some secret spots in the surroundings during the day.

The day-hikes include the wide Arådalen Nature Reserve (114 sq km), boreal forests typical for this nordic landscape, stunning waterfalls and a summit pass, views from a plateau over the river valley and of course hiking to the summit of the Oviksfjällen, the peak of Hundshögen with its fascinating view.

While hiking through this powerful nature you will see the natural habitat of typical nordic animals like reindeers, protected birds, capercaillies, owls or rabbits. Of course we are spotting for moose and we might even detect traces from bear, lynx or wolverine.

August and September are autumn season in the Swedish mountains. The colours of nature are shifting from green to more mixture of red and yellow. It is time for berry-picking and look out for mushrooms (depending of season). There is already more darkness during the nights and end of august marks the start of the season for northern lights.



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Itinerary

Day 1	<p>Arrival in the afternoon Check-in of participants Welcome meeting: wilderness bar, presentation of the lodge and the tour week Evening dinner: grillkota with open fire</p>
Day 2	<p>Breakfast Transfer (20 minutes) Introduction hike: Arådalen's nature reserve and mountain pasture "Östra Arådalen", lunch outdoors, the vast nature of the mountain area of Oviksfjällen, cultural heritage of mountain pastures, genuine old-growth boreal forest (from 5 km, 4 hours), transfer back Wood-fired sauna on demand, individual time Evening dinner</p>
Day 3	<p>Breakfast Forest walk from the lodge: The boreal forest – old-growth forest, lichens and marsh (1.5 hours, 2 km) Lunch at the lodge Afternoon-hike from the lodge: Gråhögen mountain lake and Predikstolen viewpoint, different types of forests, mountain pasture Galåbodarna (2-3 hours, 4-5 km) Wood-fired sauna on demand, individual time Evening dinner</p>
Day 4	<p>Breakfast Time for reconnect with nature and silence or a day for individual self-guided activity Lunch at the lodge or for taking it outdoors Wood-fired sauna on demand Evening dinner</p>



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Itinerary

Day 5	<p>Breakfast</p> <p>Transfer (50 minutes)</p> <p>Day excursion and hiking: Djävulshalet and Rövralfallet waterfalls (2 hours), lunch outdoors or at the village of Ljungdalen, transfer (50 minutes), Flatruet mountain pass 975 m, Swedens' highest public road accessible by a vehicle, spectacular scenery over the tree line (1.5 hours)</p> <p>Transfer (30 minutes)</p> <p>Wood-fired sauna on demand</p> <p>Evening dinner: local restaurant, transfer (55 minutes)</p>
Day 6	<p>Breakfast</p> <p>Transfer (30 minutes)</p> <p>Day hike: Hundshögen – summit of the Oviksfjällen 1,371 m, stunning view over the surrounding peaks, glacial terrain of the mountain lakes "Dörrsjöarna", lunch outdoors (600 m altitude difference, 4-5 hours hike), transfer back</p> <p>Wood-fired sauna on demand, individual time</p> <p>Evening dinner</p>
Day 7	<p>Breakfast</p> <p>Summing up the week, departure of the participants</p> <p>Transfer to the airport or train station</p>



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Included

- Accommodation** Accommodation in genuine loghome, fully equipped (fireplace, kitchen, bathroom, living area). Each house is equipped with 2 sleeping rooms, each room sleeping 2 persons, in total 4 persons. Limitation of 2 persons per cottage against extra charge. Bedding and towels are provided. Firewood, wifi and final cleaning is included.
- Sauna** Wood-fired sauna is available on all days. The participants will learn how to heat up a wood-fired sauna by their own.
- Meals** All meals from dinner day 1 to breakfast at departure day. There is focus on local produced ingredients and traditional Swedish dishes. Breakfast will be served in the cottage (breakfast basket). Lunch will often be prepared so that each participant will carry it by his own on the dayhike. Please inform about special dietary prior booking.
- Guide** Local guide with more than 20 years of knowledge of the area.
- Transfers** Local transfers if needed for certain daily activities. Group transfer between the lodge and to Åre-Östersund airport (OSD) or train station in Östersund at the start/ end of the tour.

Good to know

- Health requirements** Good physical condition able to hike 10-15 km per day even in pristine terrain, sometimes offside official trails.
- Need to bring with you** Hiking boots, backpack for day-hikes, outdoor clothing prepared for any weather condition from sun or rain to cold wind, beverage bottle. A list containing necessary equipment information will be provided in advance.
- Bad weather** In case of bad weather conditions the content of the tour will be adapted. The guide is able to choose other hiking spots that might be more suitable at such conditions or suggest alternatives fitting the wishes of the participants.
- Food and beverages** The participant will buy food and beverages by its own and arrange breakfast and meals except 2 evening dinners.
- Alcohol** Alcoholic beverages are not included but can be purchased by the participants before the tour.
- How to get there** The region of Jämtland can be reached by flight to Åre-Östersund airport (OSD) or by train from Stockholm to Östersund. From Östersund there will be arranged group transfer with all the participants to the lodge.



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Prices

Nature and Hiking days Jämtland	16,900 SEK per person (1,580 EUR per person)
Surcharge maximum 2 persons/cottage	2,800 SEK per person (250 EUR per person)

Dates

24.08.2026 – 30.08.2026

13.08.2027 – 19.08.2027

27.08.2027 – 02.09.2027

Other dates on request

