

FULL BOARD PACKAGES FOR OUTDOOR ENTHUSIASTS (2-8 PEOPLE)

Read about our 2 - 4 day hiking packages, 2 day e-bike package and our winter packages

Here is your chance to experience the best of the High Coast's amazing landscape! We have carefully selected a number of recommended outings highlighting the character of the region and featuring locally produced taste sensations. We hope that your visit will be filled with personal and genuine service, pleasant, relaxing and peaceful accommodation and time together making great outdoor memories.

2 - 4 DAY HIKING PACKAGES WITH FULL BOARD

We offer hiking packages with full board for 2-4 days.

Our two-day package includes hikes along the World Heritage Trail. We will drive you to the start of your hikes at the picturesque fishing village of Bönhamn and to Rotsidan Nature Reserve from the fishing village of Barsta.

Our three- and four-day packages also include hiking in Skuleskogen National Park and Skuleberget, please note you need your own car to get to the start of these day hikes.

OUR PHILOSOPHY BEHIND THE PLANNING OF ALL OUR PACKAGES

- Your focus should be on spending quality time with yourself and the people you are with and to fill it with wonderful experiences; leave the details to us!
- We believe in personal service and hope that you will have a relaxing time with us.
- Our packages include only carefully selected and varied outings that reflect the character of the High Coast World Heritage Site and that can be adapted to suit the interests of you and your group.
- A welcome letter filled with practical information will be sent to you the week before you arrive so you know what you can expect and so there is time to adjust your menus or other details if needed.
- Maps, information and a personal introduction are provided for every outing
- Locally produced organic food thanks to the local restaurants we have partnered with.
- Prepared breakfast ingredients waiting for you in the fridge, plus ingredients for packed lunches and snacks for outings.
- Transfer to the beginning of hikes in Nordingrå.
- Accommodation in twin rooms or in the artist's studio including linen, towels and bathrobes.
- Comfortable beds with Nordic Swan Eco Labels to sleep in between adventures plus access to our sauna.
- Inspirational books on the area for you to borrow while you are here
- We have experienced all the activities we include in our packages when we were here as tourists.
- Welcome all outdoor enthusiasts!

Hiking daytrips: Pelle Åbergsgården is the perfect location for hiking holidays with the beautiful 100-km World Heritage Trail going right past our door. We are also close to the Skuleskogen National Park with its famous canyon Slåttdalsskrevan and popular Skuleberget – these are both much-appreciated day trips among our guests.

Restaurants: During the summer season, we partner with the restaurant Gårdsbutiken that has been nominated for the White Guide several years in a row, and that has won Entrepreneur of the Year from Landsbyggare. We also partner with Mjälloms Tunnbröd & Deli, Skutskepparen and Mannaminne.

The restaurants Gårdsbutiken and Vårdshuset Mannaminne are within walking distance from us along the Björnåsleden trail. Skutskepparen is on the World Heritage Trail and Mjälloms Tunnbröd & Deli is a 25-minute drive away by car.

Outside the summer season, we also partner with Björkudden restaurant and the Höga Kusten restaurant/hotel that are both known for their delicious menus. These restaurants are about 35 minutes away by car

Getting here: You can drive here in your own car or take the train to Härnösand/Kramfors and rent a car from there. You can take the bus to Nordingråvallen/Ullånger. We can pick you up from the bus stop for a fee. The local World Heritage Bus that operates during the summer season stops close to us – get off at the bus stop named Björnås.

Welcome to us and we hope you enjoy exploring the World Heritage Site on foot.

TWO-DAY HIKING PACKAGE WITH FULL BOARD

Visit the gems of the World Heritage Trail, the fishing village Bönhamn, breath-taking mountain viewpoints and Rotsidan Nature Reserve on the coast.

The package includes:

- Two days of hiking starting at 09:00
- Two nights' accommodation in a twin room including linen/towels and bathrobe
- A two-course and a three-course dinner at local restaurants
- Ingredients for two breakfasts in fridge
- Ingredients for two packed lunches and snacks in fridge
- Focus on organic and locally grown produce
- Transfer to the start of each day's hike and clear information for your hikes.
- Sauna and shower in separate building

Our packages that combine accommodation and hiking give you the opportunity to enjoy our cultural heritage as well as hiking through beautiful nature. The day hikes are easily adapted to suit your interests and level of fitness. We have prepared a two-day itinerary but we can easily adapt it to suit your wishes.

ITINERARY:

Day 1: Approx 15 km, intermediate level

Transport with the World Heritage Bus or your hosts to the fishing village of Bönhamn with its quaint fishing chapel, boatsheds, summer flea market and café. Hike to Lake Älgsjö and climb to the top of Älgsjöberget to get a fantastic view of the archipelago including the islands of Hägbonden and Ulvön. Your hike continues along the Edsätterfjärden inlet passing several swimming beaches and then up to the top of Själandsklinten (which can be seen from Pelle Åbergsgården). Enjoy the views of the sea, forest and lakes. Once you have walked down the mountain, you will find a delicious dinner waiting for you at the popular restaurant Gårdsbutiken. After dinner you have just a short walk back to Pelle Åbergsgården.

Day 2: Alt 1, approx.15 km, intermediate level

Hike directly from Pelle Åbergsgården over the mountain to the outdoor museum Mannaminne and enjoy the impressive collection created by artist Anders Åberg who was Pelle Åberg's son. You can see Pelle Åbergsgården in miniature form at the agricultural museum. There is another mountain for you to climb today – Stortorget – you might recognise the view from TV4. From here you can continue around Ringkallen where you can admire the unique geology of the area and Sörleviken, which is currently a narrow inlet but due to the constant land uplift in the area it will soon be a lake.

Day 2: Alt 2, approx.15 km, easy level

Start the day with your hosts driving you to the quaint fishing village of Barsta. Take the time to visit the fishing chapel from the 1600s before hiking the easy trail to Rotsidan Nature Reserve that passes by beaches and goes through forests. You can enjoy your picnic lunch here and take a swim in the sea. There are picnic areas along the beach and you can clearly see evidence of land uplift everywhere you look. Your hike continues to Fällvikshamn and then back to Fällsvik where there is a tiny museum to visit and a popular summer flea market. A soft sandy road through the Sörleskogen forest lies ahead with pretty picnic spots along the way and beautiful views over Sörleviken. The last part of your hike is along the road back to the village of Björnås that has amazing views of Ringkallen and cobble fields high up above the narrow Sörleviken inlet and the pretty Ångermanland landscape with cows and horses grazing in green meadows.

The total distance hiked in the two days is about 30 km.

3-DAY HIKING PACKAGE WITH FULL BOARD AND LOCAL HIGHLIGHTS

Experience a day hike in Skuleskogen National Park visiting the famous canyon Slåttdalsskreven and two days of hiking along the World Heritage Trail visiting the fishing village of Bönhamn, climbing to the top of mountains Älgsjöberget and Sjalansklinten for the fantastic views and then walk through the Rotsidan Nature Reserve by the sea.

The package includes:

- Three days of hiking starting at 09:00
- Three nights' accommodation in a twin room including linen/towels and bathrobe
- Two two-course and one three-course dinner at local restaurants
- Ingredients for three breakfasts in fridge
- Ingredients for three packed lunches and snacks in fridge
- Focus on organic and locally grown produce
- Transfer to the start of each day's hike in Nordingrå and clear information for your hikes.
- Sauna and shower in separate building

We are in the heart of Nordingrå right on the World Heritage Trail and we can provide you with three suggestions for daytrips. Our packages that combine accommodation and hiking give you the opportunity to enjoy our cultural heritage and hiking through beautiful nature. The day hikes are easily adapted to suit your interests and level of fitness. Please note you will need your own car to complete the trip to the canyon Slåttdalsskreven in Skuleskogen National Park.

ITINERARY:

Day 1 WORLD HERITAGE TRAIL Approx. 13 km, intermediate level

Catch a ride with the World Heritage Bus or your hosts to the fishing village of Bönhamn with its fishing chapel, boatsheds, summer flea market and café. From here, hike to Lake Älgsjö and climb to the top of Älgsjöberget to get a fantastic view of the archipelago including the islands of Hägbonden and Ulvön. Your hike continues along the Edsätterfjärden inlet past several swimming beaches and then up to the top of Sjalansklinten (which can be seen from Pelle Åbergsgården). Enjoy the view over the sea, forest and lakes. Once you have walked down the mountain, you will find dinner waiting for you at the popular restaurant Gårdsbutiken. After dinner you have just a short walk back to Pelle Åbergsgården.

Day 2 WORLD HERITAGE TRAIL Approx 13 km Easy level

Start the day with your hosts driving you to the quaint fishing village of Barsta. Take the time to visit the fishing chapel from the 1600s before starting on the easy hike to Rotsidan Nature Reserve that passes by beaches and goes through forests. You can enjoy your picnic lunch here and take a swim in the sea. There are picnic areas along the beach and you can clearly see evidence of land uplift everywhere you look. Your hike continues to Fällvikshamn and then back to Fällsvik where there is a tiny museum to visit and a popular flea market in the summer. On your way back to the village of Björnås, you'll pass a beautiful view of Ringkallen and the cobble field high up above the narrow inlet Sörleviken. The scene is typical for rural Ångermanland with its working farms and picturesque scenery.

DAY 3, Alt 1: SKULESKOGEN NATIONAL PARK and SLÅTTSDALSKREVAN CANYON from the South Entrance

If you decide on this alternative, you will need to drive yourself to the South Entrance of the Skuleskogen National Park. If you choose the second alternative we will drive you to the start of your hike in Omne.

Slåttdalsskrevan Canyon is an impressive place to visit and your hike there will take you along a section of the High Coast Trail starting at the South Entrance of the national park. After about four kilometres you will reach the canyon that divides the mountain Slåtthögen in two. It is almost 200 metres long, seven metres wide and 40 metres deep. You can choose to continue to Tärnättvattnen and have a picnic lunch by the sea and a swim. From here, you can head back along the sea and then through the coastal forest by the water. If you want to go for a longer hike, you can take the loop through Näskebodarna and then back to your car. The hike is about 10 km long.

On the way back to Nordingrå you can visit the town of Docksta, home to famous shoe manufacturers Docksta Sko and also Mjälloms flatbread bakery. These are two popular attractions in the area.

If you decide against hiking in Skuleskogen National Park, you have two beautiful hikes to choose between along the World Heritage Trail: Omneberget Nature Reserve and Ringkallen with its unique geological rock formations.

DAY 3, Alt 2: OMNEBERGET NATURE RESERVE Two sections, approx. 13 km total

Start with a transfer to Omneberget, a south-facing mountain that has rare flora and rich birdlife. Its steep slopes trap the heat resulting in an unusually warm climate for these parts that makes it possible for many plants that don't usually grow this far north to thrive here. The unique environment is now a nature reserve and up above the wind shelter there is a beautiful sweeping view of both the sea and the surrounding mountains and forests. From here, the trail goes down to Lake Ömnesjön, which is one of the area's best swimming lakes. Take a dip if you want and then continue along the sea and boat harbour in Omne and then over the mountain and through the forest to the village of Orsta. In the summer, you will find a popular gallery open here with a different artist exhibiting each week. The gallery is right next to Lake Själandssjön so you have the chance of another swim before hiking the last bit of the trail back to Pelle Åbergsgården past the village of Själand, restaurant and cafe Gårdsbutiken and on along Björnåsleden back to the farmhouse.

4-DAY HIKING PACKAGE WITH FULL BOARD AND HIGH COAST HIGHLIGHTS

Experience the area by climbing up to the top of Skuleberget, checking out the visitor centre Naturum with its informative exhibitions on the dramatic land uplift in the region, and visiting local food and handcraft producers. Spend your second day hiking to the famous canyon Slåttdalsskrevan in Skuleskogen National Park and day three and four in Nordingrå hiking the World Heritage Trail to see highlights such as the fishing village of Bönhamn, the top of mountains Älgsjöberget and Själandsklinten, the Barsta Chapel from the 1600s and Rotsidan Nature Reserve.

The package includes:

- Four days of hiking starting at 09:00
- Four nights' accommodation in a twin room including linen/towels and bathrobe
- Three two-course and one three-course dinner at local restaurants
- Ingredients for four breakfasts in fridge
- Ingredients for four packed lunches and snacks in fridge
- Focus on organic and locally grown produce
- Transfers to the start of each day's hike in Nordingrå plus maps and clear information for your hikes.
- Sauna and shower in separate building

We are in the heart of Nordingrå right on the World Heritage Trail and we provide you with **four** suggestions for daytrips. Our packages combine accommodation and hiking to give you the opportunity to enjoy our cultural heritage and hiking through beautiful nature. The day hikes are easily adapted to suit your interests and level of fitness. Please note you need your own car for the daytrips to Skuleberget and to the canyon Slåttdalsskrevan in Skuleskogen National Park.

Itinerary:

Day 1 SKULEBERGET:

Skuleberget is the highest till-capped mountain in the High Coast at **294** metres above sea level and it has a magical view from the top as well as the restaurant Toppstugan. You can climb up the sheer mountain face if you are in the mood for a true adventure – all equipment can be hired from the Via Ferrata that is right by the visitor centre Naturum. Make sure you visit Naturum and the exhibition on the dramatic land uplift in the area. On the way back to Nordingrå you can visit the town of Docksta, home to famous shoe manufacturers Docksta Sko and also Mjälloms flatbread bakery before enjoying dinner at the restaurant in Norrfällsviken. This day requires your own car to get around.

Day 2 SKULESKOGEN NATIONAL PARK Approx. 10 km

Slåttdalsskrevan Canyon is an impressive place to visit and your hike there will take you along a section of the High Coast Trail starting at the South Entrance of the Skuleskogen National Park. After about four kilometres you will reach the canyon that divides the mountain Slättberget in two. It is almost 200 metres long, seven metres wide and 40 metres deep. You can then continue to Tärnättvattnen and have a picnic lunch by the sea and a swim. From here, you can head back along the cliffs and through the coastal forest. If you want to go for a longer hike, you can take the loop through Näskebodarna and then back to your car. The hike is about 10 km.

This day also requires your own car to get around and includes a two-course dinner at Skutskepparen in Barsta.

Day 3 WORLD HERITAGE TRAIL Approx 13 km, intermediate level

Your hosts will transport you to the fishing village of Bönhamn where you can visit the old fishing chapel, boat sheds and summer flea market and café. Hike to Lake Älgsjö and climb to the top of Älgsjöberget to get a fantastic view of the archipelago including the islands of Hägbonden and Ulvön. Your hike continues along the Edsätterfjärden inlet past several swimming beaches and then up to the top of Själandsklinten (which can be seen from Pelle Åbergsgården). Enjoy the view of the sea, forest and lakes. Once you have walked down the mountain, you will find dinner waiting for you at the popular restaurant Gårdsbutiken. After dinner you have just a short walk back to Pelle Åbergsgården.

Day 4 WORLD HERITAGE TRAIL Approx 13 km easy level

Start the day with your hosts driving you to the quaint fishing village of Barsta. Take the time to visit the fishing chapel from the 1600s before starting the easy hike to Rotsidan Nature Reserve that passes by beaches and goes through forests. You can enjoy your picnic lunch here and take a swim in the sea. There are picnic areas along the way and you can clearly see evidence of land uplift everywhere you look. Your hike continues to Fällvikshamn and then back to Fällsvik where there is a tiny museum to visit and a popular flea market in the summer. Take the lovely walk through the forest along a soft sandy trail in Sörleskogen. Stop for a last break at the pretty picnic spot with breath-taking views of Sörleviken and Ringkallen. On your way back to the village of Björnås, you pass a beautiful view of Ringkallen and the cobble field high up above the narrow inlet Sörleviken. The scene is typical for rural Ångermanland with its working farms and picturesque scenery.

The package is completed with a three-course dinner at Vårdshuset Mannaminne that Pelle Åbergsgården has a historical connection with. A visit to the second floor of the agricultural museum at Mannaminne will give you the chance to see our farm in miniature form. Why not finish your visit with a last walk to the top of Stortorget above Mannaminne – you might recognise the view from TV4.

Then you can enjoy a final night's sleep with us before breakfast and departure the following day.

EXPERIENCE NORDINGRÅ BY E-BIKE WITH OUR E-BIKE PACKAGE

Take the chance to explore Nordingrå by biking through the fantastic countryside, soaking up the cultural heritage of the area that has 52 villages, 52 mountains and 52 lakes. Bike to Rotsidan Nature Reserve and hear the waves hitting the shore before you can even see the sea. Get really close to nature that blends seamlessly with the area's cuisine and cultural history along the way. Due to the distances and undulating terrain, we have organised e-bikes for our guests. Visit us and experience two days with full board and e-bike rental. Self-catering guests staying with us are also welcome to rent our e-bikes or regular bikes. *You can also combine our biking and hiking packages, please contact us for more information.*

TWO-DAY E-BIKE PACKAGE WITH FULL BOARD FOR 2-8 PEOPLE

Our e-bike package allows you to enjoy the cultural history of the area as well as take short walks or hikes. You can adapt your day to suit different experience levels and to make sure you pass places that are of interest to you. We have prepared the following two-day package that comes with excellent maps of the Nordingrå area in the World Heritage Site. Popular attractions such as Rotsidan Nature Reserve, Bönhman fishing village, Omneberget and Omnebadet beach, Myller Kultur och Händelser, Båtsmanstorpet, Nordingrå Church, Barsta Chapel, Mannaminne and Själandsklinten are included in the package.

Pelle's two-day e-bike package includes:

- Two days of e-bike hire from 09:00
- Two nights' accommodation in a twin room including linen/towels and bathrobe
- A two-course and a three-course dinner at local restaurants serving local delicacies
- Ingredients for two breakfasts in fridge
- Ingredients for two packed lunches and snacks in fridge
- Focus on organic and locally grown produce
- E-bike, helmet, lock, map and clear information for your biking adventures.
- Sauna and shower in separate building

RESTAURANTS:

Restaurants: During the summer season, we partner with the restaurant Gårdsbutiken that has been nominated for the White Guide several years in a row, and that has won Entrepreneur of the Year from Landsbyggare. We also partner with Mjälloms Tunnbröd & Deli, Skutskepparen and Mannaminne.

The restaurants Gårdsbutiken and Vårdshuset Mannaminne are within walking distance from us along the Björnåsleden trail. Skutskepparen is on the World Heritage Trail and Mjälloms Tunnbröd & Deli is a 25-minute drive away by car.

Outside the summer season, we also partner with Björkudden restaurant and the Höga Kusten restaurant/hotel that are both known for their delicious menus. These restaurants are about 35 minutes away by car

WINTER MAGIC IN THE HIGH COAST

Go snowshoeing in the Rotsiden Nature Reserve with the noise of the sea in the background or try cross-country skiing directly from your door. How about ice-skating on thick, crystal clear ice in the Vågsfjärden inlet. Light a campfire at one of our picnic spots and enjoy amazing views. Step out of the sauna and admire the starry night sky as you cool down. Relax and sleep well in our comfortable beds after spending an exciting day exploring the High Coast World Heritage Site. We offer packages with full board in the winter for both couples and small groups.

Winter package with full board

Winter stretches from December to March here at Pelle Åbergsgården. Our winter packages with full board include carefully selected winter activities in the Nordingrå region and Skuleskogen National Park. Activities can vary depending on the weather and your preferences. We want to know what you are interested in and what level of experience you have so we can put together the perfect package for you.

The first decision to make is how you want to eat. Other than this, the basic structure of our packages is the same with two days of adventures, two nights' accommodation with full board in twin rooms in our well-equipped farmhouse with fireplace and sauna. We can of course make your package longer if you would like. Popular choices include a winter hike in Skuleskogen National Park to the impressive canyon Slåttdalsskrevan, cross-country skiing through the forest Nätra Fjällskog or a visit to Skuleberget that you can get to by car in about 35 minutes.

Our winter packages with full board:

- **Winter Package White:** Two days of adventures, ingredients for two packed lunches with snacks waiting for you in the fridge, a two-course meal at a local restaurant and a dinner at the farmhouse that you cook yourselves using our recipe and supplied ingredients, two nights' accommodation in a twin room with linen and towels included, ingredients for two breakfasts waiting for you in the fridge, access to sauna and campfire area. Map and clear instructions for activities such as snow shoeing at Rotsiden Nature Reserve with a campfire experience, cross-country skiing from the farmhouse or through the forest Nätra Fjällskog, or ice skating or kick sledding when the ice is in good condition.
- **Winter Package Blue:** Two days of adventures, ingredients for two breakfasts in the fridge, ingredients for two packed lunches and snacks in the fridge, a two-course and a three-course dinner at two different local restaurants, two nights' accommodation in twin rooms with linen and towels supplied. Access to sauna and campfire area. Map and clear instructions for activities such as snow shoeing at Rotsiden Nature Reserve with a campfire experience, cross-country skiing from the farmhouse or through the forest Nätra Fjällskog, or ice skating or kick sledding when the ice is in good condition and the weather allows.

Extras: Drinks at dinner, transport to restaurants, transport from/to bus/train, rent of snowshoes or kick sled, torchlight walk. Cross-country skis and ice skates.

Possible additions to package:

- Additional night before package
- Additional day with all meals
- Silent torchlight walk through the forest at night
- Snowshoes or a kick sled rental

- Guided tour with Bengt Wallin, our High Coast expert and partner.
- Whisky tasting at Länsmansgården after a delicious dinner.
- A guided tour of Mannaminne can be booked for

Restaurants we partner with during the winter

We enjoy partnering with the following restaurants: Hotell Björkudden, Hotell Höga kusten, Mjälloms tunnbröd & Deli, Länsmansgården in Lugnvik and Skutskepparn.