Sustainability at Pelle Åbergsgården

At Pelle Åbergsgården, sustainability is part of everyday life. We want each stay to feel personal, meaningful, and connected to nature and culture in the Höga Kusten World Heritage area.

Our work follows selected goals from the UN's Agenda 2030. We focus on practical actions —small, thoughtful choices that benefit our guests and the local community.

Well-being through nature

Nature is at the heart of the experience here. We help you find walks and activities that match your pace and interests.

Spending time outdoors can:

- Reduce stress and create a sense of calm
- Improve sleep, focus, and creativity
- Strengthen fitness, balance, and coordination
- Support the immune system through gentle activity

We provide personal tips and maps for hikes of different lengths and difficulty levels. Guests can also enjoy cycling, sea kayaking, and winter activities like snowshoeing. We arrange retreats focused on rest, reflection, and mental well-being.

Caring for water, land, and biodiversity

We aim to keep our environmental impact low in daily operations.

- We sort waste and encourage guests to do the same
- We choose eco-labelled products whenever possible
- We promote mindful water use
- We grow organic vegetables and herbs
- We plant flowers alongside crops to support pollinators

Each guest house has its own toilet and access to shared showers and sauna facilities.

Clean energy

We use eco-labelled electricity as part of our commitment to more sustainable energy use.

Responsible everyday choices

We believe sustainability is built through many small decisions.

- We recommend local restaurants and locally produced food
- We promote local products, services, and activities
- Our beds carry the Nordic Swan ecolabel
- Some interiors are furnished with carefully selected second-hand items
- Bed linen is handled by an eco-labelled laundry

Supporting the local community

We want to help create a vibrant, year-round countryside.

- We are open in all seasons
- We collaborate with local businesses to offer activity and accommodation packages
- Together with neighbours, we help maintain and share information about local hiking trails
- We support initiatives that make it easier to live and work in the area
- We welcome guests arriving by public transport and guide electric-car drivers to nearby charging stations

We are members of several tourism and business organisations and take part in local networks that support sustainable development in the Höga Kusten region.