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# VISIT LOFSDALEN



## You are hereby invited to experience **SWEDEN'S BEST MOUNTAIN DESTINATION**

**Welcome to Lofsdalen, an authentic mountain village with fantastic outdoor activities, unique experiences and pristine, undiscovered wilderness.**

Lofsdalen offers a haven for the active **nature enthusiast**, boasting sprawling miles of maintained hiking trails that wind through lush forests and scale rugged peaks. Lose yourself in the tranquillity of nature, where the only company you'll encounter is the sound of the wind and cold mountain streams. Yet, be prepared for enchanting encounters with Sweden's **rich wildlife**, from graceful reindeer to majestic golden eagles.

For the daring adventurer, Lofsdalen is renowned for its **dense bear population**, providing exciting opportunities for bear spotting amidst the **breathtaking landscapes** of **Sonfjället National Park** or from the seclusion of a forest hide.

Lofsdalen boasts Sweden's **largest mountain bike area** with everything from family friendly flow trails to daredevil downhill trails. No matter your experience, there is a trail for everyone! Venture to the heart of the mountain bike area and discover a handbuilt wind shelter, complete with cosy wood stoves, accessible via a scenic 2 km hiking trail ensuring everyone can revel in the **stunning vistas**.

On top of mount Hovärken, popular for skiing in winter and downhill biking in summer, lies Lofsdalen Skybar; **Sweden's highest whiskey storage** and bar which offers fantastic 360 degree views of the surrounding mountains and lakes.

If the allure of **untouched wilderness, thrilling outdoor activities, and unique experiences with local guides and delicacies** speaks to your soul, then Lofsdalen beckons you to embark on an unforgettable journey.

# SUMMER PROGRAM

## DAY 1

Arrival and check-in to your luxury mountain cabin. After you are settled in we'll take you on a guided (electric) mountain bike tour in Lofsdalen's newly built mountain bike park, Lofsdalen Fjällpark MTB.

We will then continue up to the top of mount Hovärken where we will conclude our day at Lofsdalen Skybar, Sweden's highest located whisky bar with astonishing 360 degree views of the area. Following our visit to the Skybar we will ride our mountain bikes back down the mountain, to the cabin.

## DAY 2

Today we will visit Sonfjället National Park, one of the oldest national parks in Europe. This park is known for its unusually well-preserved geological formations created by meltwater from the last inland ice sheet. The mountain and the surrounding forests are also known as one of the most important bear refuges in Scandinavia. By departing early in the morning we will enlarge our chances of encountering moose or even bears on the way to the national park.

When we get to the park we will enjoy a hike that takes us through a lot of different biotopes and offers us fantastic views. We will enjoy lunch on the mountain while soaking in the amazing surroundings.

Upon return to Lofsdalen we will visit Uppvallens Fäbod, an authentic shieling (mountain pasture) situated in the heart of Lofsdalen. Rich in history and cultural significance, it offers visitors an authentic taste of the region's past.

Here we will enjoy dinner together and after dinner it's possible to experience an authentic Swedish sauna experience (including a dip into an ice cold mountain stream). If you so choose you can even spend the night in the cosy glamping tents with a wood stove.

## DAY 3

In the morning we'll go thrill seeking in Lofsdalens Downhill Bike Park! Don't worry, there are trails suitable for every level of cyclist and you determine how fast you go. When we have worked up an appetite, we'll enjoy a good lunch on Lofsdalen's own sauna boat, which will take us to the other side of the lake. Here we will continue cycling through the beautiful southern mountains of Lofsdalen.

Along the way we'll have the opportunity to visit Lofsdalen's Waffle Hut, at about 800m above sea level, and enjoy something sweet. From here, we'll have a lovely downhill ride back to the boat, where you can partake in an authentic Swedish sauna and the (almost) obligatory dip in the cold lake!

Upon reaching the banks of Lofsdalen again you will have the opportunity to participate in SUP yoga and or water activities guided by Lofsdalen Outdoor. This will conclude our third day.

## DAY 4

Checkout time. Unfortunately all good things come to an end and so does this trip to Lofsdalen. Thank you for your interest in our little mountain village with big activities, we hope you had a great time!

# WINTER PROGRAM

## DAY 1

Check-in to your mountain cabin or hotel. After check-in you can enjoy an afternoon of downhill skiing on the wide and beautiful slopes of mount Hovärken (1125m above sea level).

We conclude our first day with a delicious dinner and Swedish after ski at restaurant Hovärken, at the foot of the ski slopes.

## DAY 2

In the morning we will venture out into the mountains on a snowmobile safari guided by Skoterhuset Lofsdalen. During our tour we'll visit Lofsdalen's Waffle Hut for a tasty treat and great views over the lake and surrounding mountains.

In the afternoon we can enjoy either cross country skiing or snowshoe hiking up to Uppvallens Fäbod, an authentic shieling (mountain pasture) situated in the heart of Lofsdalen. Here we will enjoy a yoga session in the snow and a woodfired Swedish sauna followed by, for those who dare, a dip in the cold mountain creek!

After our activities here we will enjoy a skitour by headlamp (and hopefully moonlight) to Lofsdalen's Fjällhotel where we enjoy our dinner.

## DAY 3

On the last morning you'll have the opportunity to undertake an activity of your own choosing. We will conclude your visit with a delicious lunch with amazing 360 degree views at Lofsdalen Skybar, Sweden's highest whiskey storage at 1125 meters above sea level.

After lunch it's time to check out and start your journey home. Thank you for visiting Lofsdalen, we hope you had a great time!

## LOFSDALEN BUCKET LIST

- See reindeer
- Walk in ancient forest
- Ski down a mountain
- See a bear
- Roast coffee over open fire
- Bike around mount Hovärken
- Snowshoe to the Waffle Hut
- Canoe on Lake Lofssjön
- Don't do anything
- Get bitten by a mosquito

## TRIP DATES

There are several planned dates for both the summer and winter trip. The summer trip has three options: **4 - 7 July**, **8 - 11 August** and **22 - 24 August**.

The winter trip is available on two occasions: **28 - 30 January/29 - 31 January** and **11 - 13 March/12 - 14 March**. Please let us know which option has your preference.

Custom dates can be arranged by request if so desired.

## HOW TO GET TO LOFSDALEN

Guests can arrive by plane to Sälen (Scandinavian Mountains Airport), followed by a 2.5-hour car journey to Lofsdalen. Alternatively, fly to Stockholm and then take a rental car to Lofsdalen (6 hours), or fly further to the local airport Sveg and from there rent a car for a one-hour drive to the mountain resort Lofsdalen. Another option is flying to Trondheim Airport, from there it's a 5 hour drive with a rental car.

