# Summer Adventure Week 2022 Discover pure nature and special landscapes in our Ragunda Valley



### Day 1- Saturday

## A warm welcome in the Cozy Cabin

When arrival at the Shovelhead Ranch, there is fika = (typical Swedish coffee/ tea moment and bakery) in the 200+ year old cabin. You will be welcomed by Monique Vermeer; your hostess, guide and organizer of your week.

For the evening it is settling down in your cozy vacation apartment (in wildlife theme) where you will be staying this week. It may also be that you have rented the Swedish Cottage which is 15 minutes away from the ranch. For the activities, the departure is from the ranch.

## **Day 2-Sunday**

## **Swedish Breakfast**

A delicious start of the vacation, a Swedish breakfast.

This day is for your own to enjoy.

Tip: a walk to the historic suspension bridge over our beautiful Indalsälven river.

## **Meet & greet Campfire evening**

Alway's great to enjoy a real campfire and we have a look at your adventure week program. \*Inclusive fika (coffee, tea and bakery)

#### Day 3-Monday

### Guided Hike to the Meåfallet and the Norwegian border stone

Monique takes you by 4x4 on a scenic drive along our beautiful river. Then she guides a nature hike along the river Indalsälven. We enjoy a fika at the 30 meter high waterfall and then visit the Norwegian border stone.

\*Includes a campfire lunch at an idyllic spot along the river.

## Day 4-Tuesday

## Bear & Wildlife Spotting (our bear spotting season ends at the 15<sup>th</sup> of July)

The bear is a night animal. Here on the border towards Lapland it stays light during the nights in spring and a part of the summer. This is why this special wilderness experience is only possible for a short period of time.

In the Cozy Cabin Monique will give her powerpoint presentation about this special wilderness activity concerning the Scandinavian brown bear. She works together with Wildlife Photographer Andreas Göransson and joined together they make this exclusive nature experience possible.

Monique takes and guides you to the remote location. You will spend an evening and night in the hide-out (observation hut) with 360-degree all-around anti-glare windows. Here you have the opportunity to spot the Scandinavian brown bear and other wildlife. The location is awesome. You are not in a zoo...there are no fences and you are only surrounded by wilderness. Alone or as a couple and totally private in your own observation hut.
\*Includes a meal. snacks and refreshments.

## **Day 5-Wednesday**

## Relax during the day

After returning from your bear/wildlife adventure, you have time to relax after spending the night on your alert mode.

## **Evening Moose Safari Tour**

Monique takes you on a scenic 3 hour moose spotting tour with her 4 x 4 car. We tour through the forest and hills west of the ranch. With explanations about this forest giant, its habitat and spotting in open areas, there is also the opportunity to spot other wildlife. \*Includes fika at an idyllic lake.

## **Day 6-Thursday**

## Guided hike through our National Park "Döda Fallet"

"The dead waterfall" literally translated. This waterfall was the 3rd largest waterfall in Sweden till 200 years ago but has run out of water. Almost around the corner there's this small but very special National Park. Here once happened Sweden's biggest nature disaster (man-made). Experience the history with a walk through the wooden system of steps, through the ancient rocks of the waterfall and an extended nature hike along the river.

\*Includes fika.

### Day 7-Friday

### Canoe trip on the Indalsälven

Quietly paddle about 12 km downstream and enjoy peace, clear water and beautiful scenery. There are possibilities to moor along the way and to take your time to enjoy a picnic. When you arrive the end point, you will be picked up and brought back to your car. \*Includes a well-prepped picnic basket.

## **Evening Outdoor Cooking at the Big Moose Grillhut**

At the old west style grillhut we prepare and we eat together a meal with moosemeat from our own hunt.

We cook in a Dutch Oven on a tripod above the wood fire. There is also the opportunity for western games such as airgun shooting, lassoing and horseshoe tossing.

Enjoy around the campfire with an evaluation of your vacation week.

## **Day 8- Saturday**

Our goodbye and your return trip back home



This carefully selected nature activity week includes 7 nights in our Wildlife Theme Holiday Apartment. If you come alone then we also have the possibility for a stay in the Cozy Cabin Room.

This week also includes various activity meals, bedlinen, towels + WiFi.

For bookings, prices or questions about this week, contact Monique.

Phone: 0046-73 847 8924/ email: info@wildernessadventuressweden.com or messenger.

## Wilderness Adventures Sweden it's concept is small en personal = micro tourism.

### Note!

- \*This week's adventure activities are suitable for adults.
- \*Children over 16 years old is negotiable.
- \*Participation in the activities is at your own risk (check the website under Contact).
- \*We advise you to arrange a travel insurance.

Have a look at our informative website with many pictures: www.wildernessadventuressweden.com

Travel advice / car rental info can be found under "Contact".

For questions you can also fill out the "Contactform".

Tip: Are you a horsy and an <u>experienced rider</u>, then there is the "Happy Trail Horse Ride" to book. Enjoy our beautiful nature on horseback! Only adults and a limited weight of max 90 kilo's.

We enjoy together with the beautiful Quarterhorses "Mr. Utah & Cody" and we ride in western style.

Monique guides and can take 1 rider with her.

\*Inclusive a fika at the "Sheriffs Place".

## \*\*YOU ARE WELCOME TO ENJOY OUR BEAUTIFUL NATURE\*\*

