



KIRUNA
GUIDEBYRÅ
THE ADVENTURE COMPANY

KUNGSLEDEN

A GUIDED 7 DAY HIKING TRIP FROM ABISKO TO NIKKALUOKTA

KUNGSLEDEN, OR "THE KING OF TRAILS" IS ONE OF THE MOST FAMOUS TRAILS IN THE WORLD. IT STRETCHES ALL THE WAY FROM ABISKO IN THE NORTH TO HEMAVAN IN THE SOUTH. A TOTAL DISTANCE OF 440 KM. THIS TRIP COVERS THE NORTHERN PART BETWEEN ABISKO AND NIKKALUOKTA, A DISTANCE OF 107 KM.

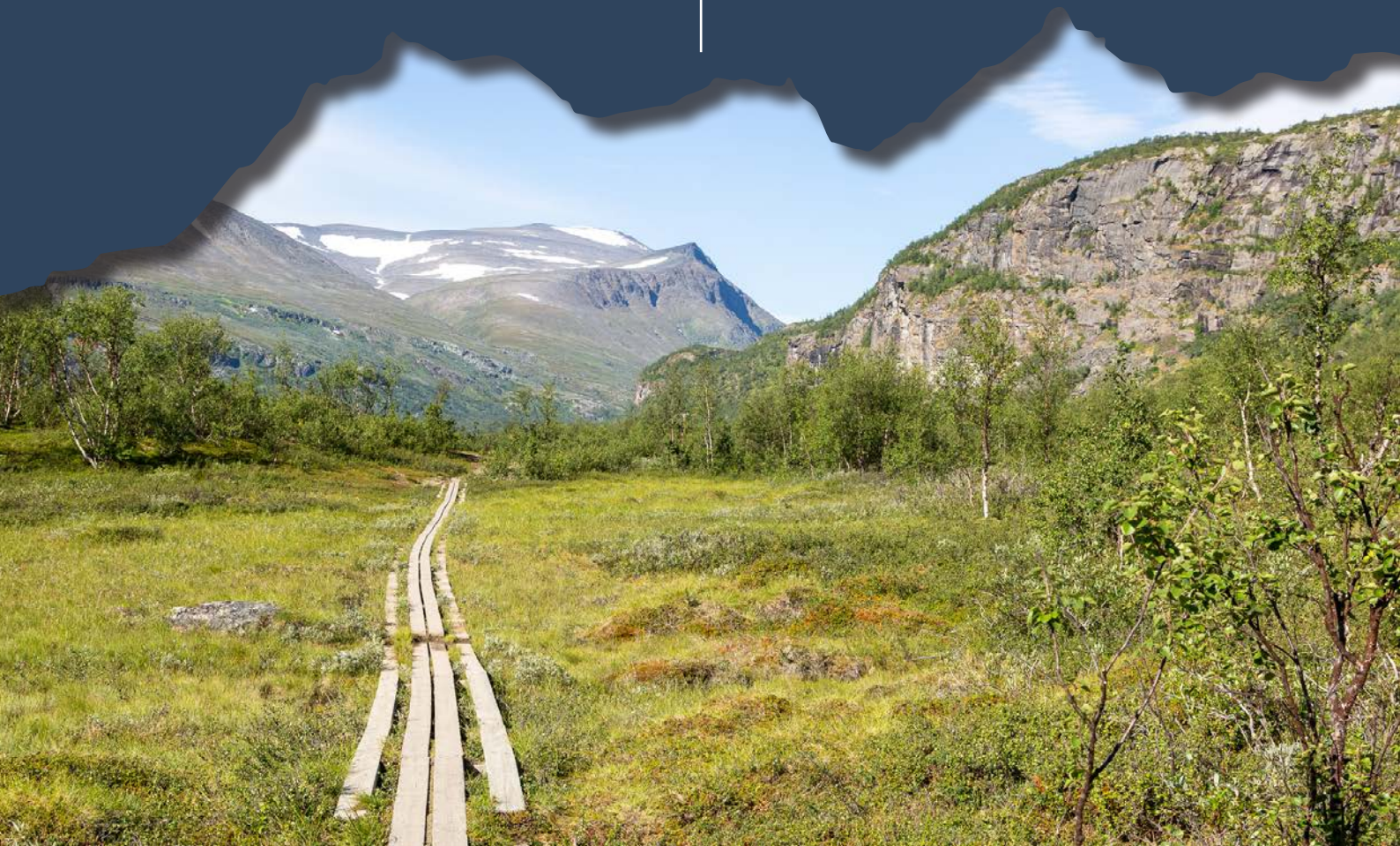
PRICE PER PERSON	24 900 SEK
BEST PERIOD	JULY - MID SEPTEMBER
MIN NUMBER OF GUESTS	3
MAX NUMBER OF GUESTS PER GUIDE	6

INCLUDED

- » Stay in shared chalet and 3-course dinner at Camp Ripan in Kiruna on arrival day.
- » All meals from dinner on arrival day until lunch on departure day.
- » Some of the equipment, see packing list.
- » All transports on location, including transfer to and from Kiruna -> Abisko/Nikkaluokta.

NOT INCLUDED

- » Transport to and from Kiruna.
- » Drinks, except water and coffee/tea when we are out in the mountains.
- » Personal snacks
- » Some of the equipment, see packing list.



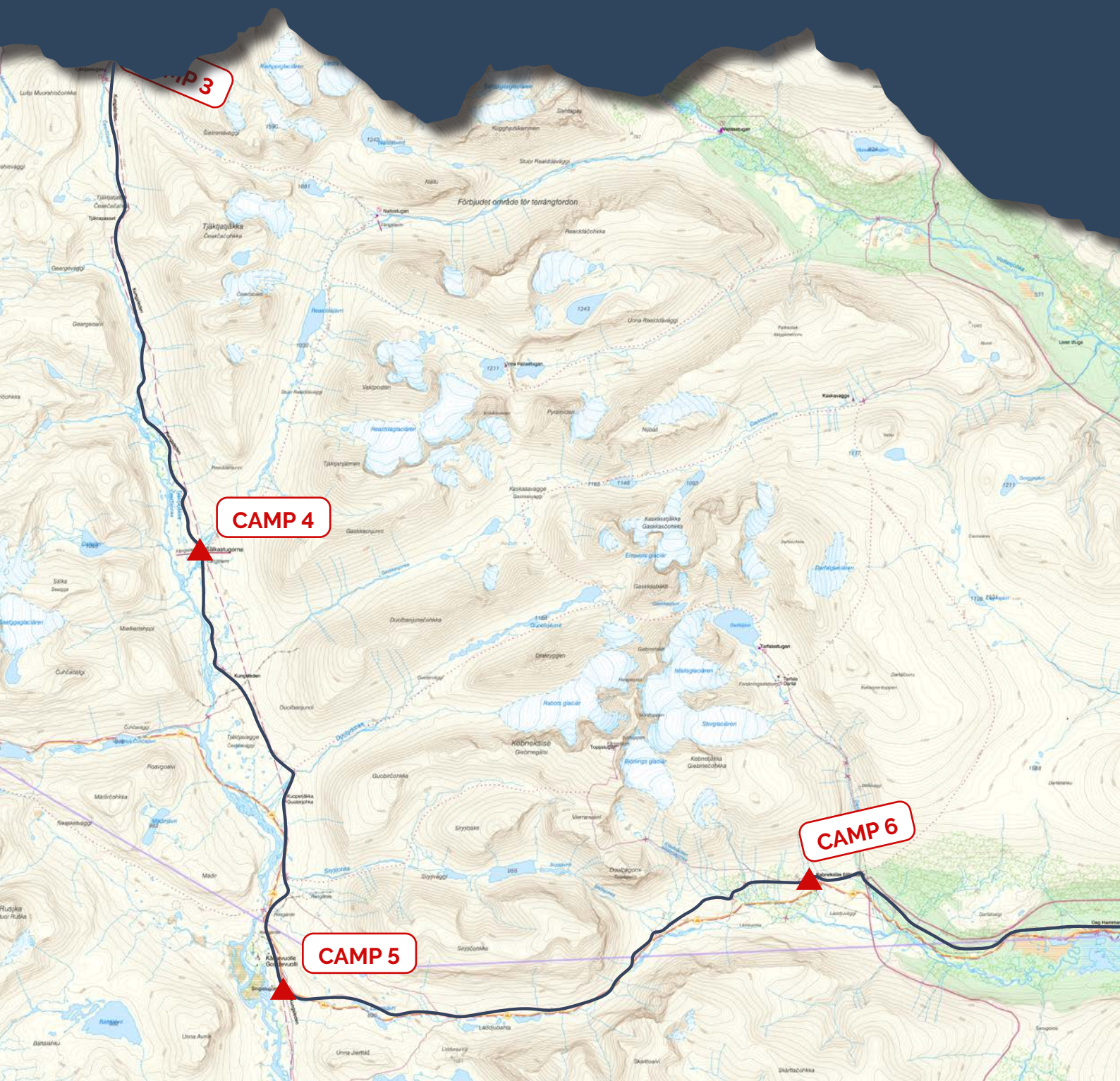
THE ROUTE

Kungsleden is a trail that was developed in the early 1900 by the Swedish Tourism Organization (STF). The goal was that the trail would pass the most beautiful places that could be found in the Swedish mountain range. Kungsleden translates to The King of Trails. And it's easy to understand when you're out there.

On this trip we follow the northern, and most popular, part. Stretching 107 km from Abisko to Nikkaluokta. We'll pass beautiful valleys, steep mountain sides and sharp mountain peaks. From the green birch forest close to Abisko up to the barren mountain pass at Tjåktja.

THE NUMBERS

- » Seven days guided hiking
- » 107 km total distance
- » 6 km boat ride
- » Six nights in tent
- » One night in chalet
- » Two breakfast buffets
- » Two 3-course dinners
- » Eleven freeze dried meals
- » Five oatmeal breakfasts
- » Two hot saunas
- » **ENDLESS MEMORIES**



PRELIMINARY SCHEDULE*

ARRIVAL DAY

Arrival in Kiruna, north of Sweden. We recommend arriving mid day if possible. Your guide will pick you up at the airport/train station and take you to your chalet at Camp Ripan where you will spend the first night.

At around 15.00, depending on arrival times, we'll meet up and go through the equipment, and you will get the things and food we provide for you. If you have anything missing there's time to sort that out before the local shops close.

If everything is set there's some free time before we enjoy a 3-course dinner together in Camp Ripans restaurant at 19.00.

DAY 1 - FIRST DAY IN THE MOUNTAINS

15 km. Abisko -> Abiskojaure. Sleep in tent. Easy trail in forest landscape.

Breakfast buffet at 07.00 before we drive/take the bus to Abisko. Here we'll start our hike south along Kungsleden.

We will hike through the dense birch forest towards the hut at Abiskojaure, about 14 km up the valley. Here we'll put up our tents for the first night, but we have the luxury of going inside the hut to cook food and dry some clothes if they are wet.

DAY 2 - WE ARE LEAVING THE FOREST

21 km. Abiskojaure -> Alesjaure. Sleep in tent. Easy trail with some uphill.

One of the longest days. The first kilometers goes through the forest but we are soon starting to gain some altitude that takes us above the treeline. Here we'll follow the big lakes to the hut, and warm sauna, at Alesjaure.

DAY 3 - ALONG THE BIG VALLEY

13 km. Alesjaure -> Tjåktja Hut. Sleep in tent. Easy trail.

We'll keep on south along the valley that we hiked through the day before. Mostly easy terrain on mountain moors.

DAY 4 - THE HIGHEST POINT

12 km. Tjåktja Hut -> Sålka Hut. Sleep in tent. Rocky terrain and some steeper sections.

We'll reach the highest point along the trail at the Tjåktja mountain pass. Early in summer it might still be close to winter up here. If the weather is good and the group is strong, this day might be combined with day 3.

DAY 5 - MAYBE THE MOST BEAUTIFUL PART

12 km. Sålka Hut -> Singi Hut. Sleep in tent. Mostly easy trail with some rocky sections.

The Tjåktja Valley opens up and the hiking becomes easier. Around us we'll have high mountains, impressive cliffs and white glaciers.

DAY 6 - CIVILISATION AGAIN

15 km. Singi -> Kebnekaise Mountain Station. Sleep in tent. Moderate trail with some rocky sections.

We're back in "civilisation". At Kebnekaise Mountain Station we will enjoy a cold beer, sauna and a 3-course dinner.

EXTRA DAY POSSIBLE - ADDITIONAL COST

We'll join the guides at Kebnekaise Mountain Station along the eastern route to the south peak of Kebnekaise. If day 3 and 4 have been done as one, we'll have an extra day to use here.

DAY 7 - ON OUR WAY HOME

13 km hiking + 6 km boat. Kebnekaise Mountain Station -> Nikkaluokta. Easy trail.

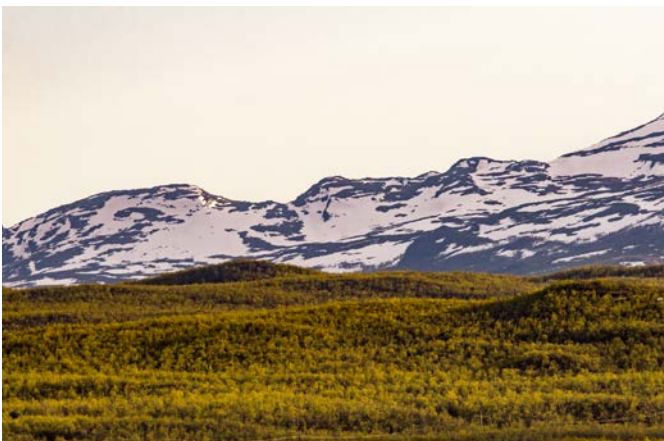
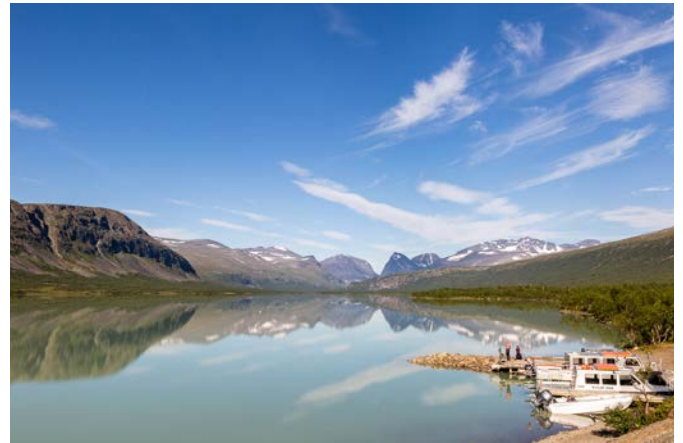
Breakfast buffet in the morning followed by easy hiking back to Nikkaluokta. Mid hike we will hop on the boat that saves our tired legs and feet some distance.

Back in Kiruna no later than 17.00.

*Schedule and route are subject to change. The most likely scenario is that we walk longer one of the short days because of changing weather conditions. As we have tents and carrying our own food, we're not dependent of the huts.



***Best long-distance
Arctic wilderness hike***
- *Lonely Planet*





PACKING LIST - KUNGSLEDEN

Below you will find the mandatory equipment you need to have as well as things that might be nice to have but are not mandatory. There's also a suggested weight for each item to help you pack/buy the things you need without your backpack getting too heavy. Some items are provided by us if you don't have your own and are marked below with a "✓"

If you have any questions, big or small, please don't hesitate to contact us.

NEED TO HAVE

Hiking boots

Waterproof and above the ankle. You must have hiked a minimum of 50km in them in different terrain and conditions prior to the trip. If you rather hike in running shoes or similar, contact us and we'll discuss if it is a good option.

Hiking pants

We recommend having some type of thin softshell pant that blocks a bit of wind and dries quickly.

T-shirts

One wool, to move in, and one cotton to sleep in/have at camp.

Socks

3 pairs of wool hiking socks. Thin nylon sock closest to the foot helps against blisters.

Insulation jacket

~350g. We prefer synthetic insulation over down in summer as it is more moist resistant.

Wind jacket

~350g

Rain jacket

~350g. Gore-Tex or similar.

Rain pants

~300g. Gore-Tex or similar.

Thermal underwear

~400g. Thin wool, top and bottom.

Cap or hat

To shade your pretty face from the sun.

Beanie

80-100g. Fleece, wool or similar.

Buff or similar tube formed garment

50g. We recommend one in lightweight merino wool.

Gloves

40-60g. Fleece, wool or similar.

Sleeping bag liner

~100g. To keep our sleeping bags fresh.

Water bottle

750-1000ml. There's plenty of good drinking water in the Swedish mountains.

Personal snacks

12 units á 40-60g. Chocolate, nuts, bars, dried fruit or whatever keeps you happy and walking. Avoid the non-calorie stuff as you will need the energy.

Can be refilled in the huts along the way if you wish, bring cash.

Personal hygiene + medicine

Toothbrush, blister tape and so on. Only the essentials.

Sunglasses

Sun Screen

SPF 30 or higher. Small package.

Ear plugs

For when the storms shake the tent or when your friend is sleeping loudly.

Lightweight towel

70-150g.

NICE TO HAVE

Small camera

Powerbank and ear plugs

There's no phone reception on most of the trip but maybe you like to enjoy some music or an audio book before sleep.

Book

We recommend bringing a lightweight pocket book.

Swimwear

For those freezing mountain lakes and the warm saunas. The locals might go naked though.

Extra snacks, or maybe a small plastic bottle with wine or whisky?

Hiking poles.

Can be borrowed from us, let us know prior to your trip.

Light sandals

Like flip flops or similar



PROVIDED BY US

Tent

1700-2400g. Hilleberg Niak and Nallo 2+3. Tents provided by us and shared by the group.

Exped Hiking backpack 60 liters incl. raincover

1220g. If you have your own backpack that you like around 60L, we suggest bringing it.

Exped Sleeping bag

1200g. If you have your own sleeping bag you like that weighs 800-1300g and goes to 0°C or colder we suggest bringing it.

Exped Sleeping pad

465g. We'll provide you with a inflatable sleeping pad.

4x Dry bags 3-13 liters

89g, One for dry clothes, One for other small stuff and a spare one to put your sleeping bag in if it's wet outside.

Gas stove + fuel

Provided by us, shared by the group.

Freeze dried food

12 units. Provided by us, see information below.

Oatmeal breakfasts

5 units. We'll bring different toppings.

Lightweight spoon

First Aid Kit

Guide will bring the necessary equipment.

inReach and other communication devices

Guide will bring the necessary equipment.

Toilet paper + hand sanitizer

Provided by us.

Mosquito repellent

Provided by us.

*"Remember that you
need space for some of
this in your backpack"
- Guide Robin*

FOOD - BREAKFAST, LUNCH AND DINNER

We will fix all the breakfasts, lunches and dinners for you. Breakfasts will consist of different variations of oatmeal porridges with toppings and coffee, tea or hot chocolate. Lunch and dinners will be freeze dried from our partner REAL Turmat in Tromsø, Norway. See packing list for snacks.

Link to food order form will be sent to you after booking.

