



Kungsleden – the ‘King’s Trail’ in Sweden’s wild Lapland

From Abisko to Kiruna – originally through one of Europe’s last wild regions

The Kungsleden is one of the world’s most famous long-distance hiking trails. Accompanied by our guide and adopted Swede Manuel, we’ll hike through Sweden’s fascinating wilderness. On this trekking tour, experience the endless light of the midnight sun and the tranquillity of Scandinavia.

Our adventure begins at the Arctic Circle, in the small village of Abisko. Initial trails through marshlands and birch forests are soon replaced by alpine routes across rugged high plateaus, alpine mountain passes and sections offering views of glaciers and imposing peaks.

Compared to Alpine mountain huts, our accommodation here is very basic and secluded: we stay in huts run by the Swedish Tourist Board, which consist of shared dormitories and a communal kitchen, basic sanitary facilities and a wood-burning stove; some have a sauna and a small shop.

Together, we prepare our meals, fetch water, and heat the sauna and wood-burning stove. From Abisko to Nikkaluokta, not a single road crosses our path and there’s no mobile phone reception. What remains is an unforgettable time spent in nature.

Requirements

Fitness



Ascent and descent of up to 1,200 metres in altitude, with a maximum walking time of 4 to 6 hours per day, depending on the weather, the condition of the trail and the group's fitness. Longer breaks are taken after approximately 1 to 2 hours of walking.

Technique



You will mainly be walking on moderately difficult mountain trails, which are mostly narrow and steep. The sections, which are occasionally rocky and exposed, are well secured with wire ropes and occasionally require you to use your hands. Depending on the weather and snow conditions in the mountains, the ground may be slippery. For these tours, you should already have some hiking experience and be sure-footed and not prone to vertigo.

Tour description



Day

1: Abisko – Abiskojaure

Meeting point: 9.00 am at the Abisko Tourist Centre. We'll start with a check of our kit and luggage, distribute the provisions, have a coffee to kick things off, then leave civilisation behind and head into the wilderness of the national park. An easy-to-walk path leads through birch forests along the Abiskojokk to Abiskojaure. With a bit of luck, we might already spot some moose or reindeer there. Anyone who fancies it can take an evening dip in the lake next to the cabin.

Overnight stay: [Abiskojaure Fjällstuga](#)

Elevation gain: 120m uphill

Walking time: approx. 5 hours

Day 2: Abiskojaure – Alesjaure

Today, the route takes us above the tree line across high plateaus, past a mountain lake, to the Alesjaure Hut. At lunchtime, we'll find a lovely spot and enjoy a simple meal with views of the region's glaciers and lakes. Depending on the weather, there is the option of covering the final 6 km by boat (approx. 50.00 EUR per person) or, if you're feeling fit, continuing the hike. Alesjaure has a sauna and a small shop – here we can top up our supplies.

Overnight stay: [Alesjaure Mountain Cabin](#)

Elevation gain: 350 m uphill | 350 m downhill

Walking time: approx. 7 hours

Day 3: Alesjaure – Tjåktja

We continue our journey southwards. The route starts off flat and gentle across the plateau, before a climb towards the hut presents a challenge. Today we have plenty of time to explore the surroundings in detail.

Overnight stay: [Tjåktja Mountain Cabin](#)

Elevation gain: 300m

Walking time: approx. 5 hours

Day 4: Tjåktja – Singi

Ascent to the Tjåktja Pass (1,400 m) – today we'll be hiking through the diverse flora and fauna to the Kälka Hut. Here we'll have the chance to buy snacks and provisions from a small shop and prepare our own lunch. Afterwards, we'll hike 12 km down the valley to our accommodation at the foot of Kebnekaise (2,096 m) – Sweden's highest mountain.

Overnight stay: [Singi Mountain Cabin](#)

Elevation gain: 200 m uphill

Walking time: approx. 8 hours

Day 5: Singi – Kebnekaise Fjällstation

Turning eastwards and circling the Kebnekaise massif, we follow the Ladtjovagge valley. Imposing rock faces and rushing mountain streams line our path to the Kebnekaise Fjällstation. There, a shower and a two-course meal await us.

Overnight stay: [Kebnekaise Mountain Station](#)

Elevation gain: 200 m uphill | 200 m downhill

Walking time: approx. 5 hours

Day 6: Kebnekaise – Nikkaluokta

Well-rested and after a hearty breakfast buffet, we set off on the final leg of our journey. After 2.5 hours, we reach Lake Laddnujuvävri and take the boat to the other side, catching a final glimpse of the Kebnekaise massif, before arriving in Nikkaluokta in the afternoon. Over a drink together, we slowly get used to civilisation again and take the bus back to Kiruna.

Elevation gain: 100 m uphill | 100 m downhill

Walking time: approx. 5 hours

Accommodation & meals

We sleep in shared rooms and dormitories. The huts are far from civilisation, with no facilities. There is no running water or electricity, though some huts have a sauna. Nevertheless, there is no shortage of Swedish charm, and everything is clean and dry. We wash in streams and rivers; there are washing facilities only at the Kebnekaise Fjällstation. Six days of pure nature – we don't cross a single road, and apart from the huts, there is nothing man-made. As it never gets completely dark, we don't need any artificial light.

Meals are prepared together. If you would like vegetarian meals, please let us know at least 4 weeks before the tour starts. At the Kebnekaise Fjällstation, we provide half-board plus a packed lunch for the final stage.

General

You'll need to leave around 10 litres of space in your rucksack for food. 40 litres is the minimum. A pocket knife and camping cutlery are essential items on this tour.

You'll need Swedish kronor – card payments aren't possible whilst on the trail.

Good advice is worth its weight in gold!

When booking a flight, we would recommend booking one that includes a stopover in Stockholm. Booking two separate flights to Stockholm and then a further flight to Kiruna is usually cheaper than a direct flight.

Travel insurance

When making a binding booking, we recommend taking out travel cancellation insurance. Disruptions to services caused by the weather, train cancellations or other factors beyond the organiser's control are not covered by the insurance. We also recommend that every participant takes out third-party liability, accident and international health insurance.

Training plan

Recommended preparation for your ride

With the right preparation, you can enjoy your tours to the full. Just picture your dream tour, and the motivation will come naturally. As a little incentive, we've put together a training plan for you here. With these endurance sessions and technical exercises, you can prepare for your adventure in the mountains. At least 3 training sessions per week over several months.

Endurance:

30 minutes of stair climbing, stepper or cross-trainer

60 minutes of walking, jogging or cycling in the countryside (hiking and high-altitude climbs)

90 minutes of walking, jogging or cycling in the countryside (climbing and high-altitude hikes)

Sure-footedness and balance:

10 minutes of walking on tiptoes

10 minutes standing on the balls of your feet at the edge of a flight of stairs (on one leg, on both legs)

10 minutes on a balance ball

Balancing on the kerb

Hopping from stone to stone (stone hopping)

Arm strength (using a dumbbell or water bottle weighing 0.5–1 kg):

30 x push-ups

30 x overhead presses and lateral raises

5 x push-ups (increase to 20)

5 x reverse push-ups (increase to 20)

1 minute forearm plank

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