



Forests, lakes and Baltic Sea

Guided, German-speaking, 5-day active tour south of Sweden's beautiful capital Stockholm with luggage transport – Sörmland Outdoor is the best!

This tour is aimed at anyone who enjoys being outdoors with friendly people and likes to be active; who, alongside unique and diverse nature, also wants to learn about Swedish culture and visit charming little towns. Learn how to build a fire away from civilisation, read tracks and find your way in the forest using a compass. Learn how to prepare a three-course meal over a simple campfire. Enjoy authentic Nordic sauna relaxation. In short: spending the day outdoors together and sitting cosily together in the evening. This tour can, by the way, be perfectly combined with a city break to Stockholm.

Start: Södertälje Syd railway station with parking (accessible by express train – every half hour from Stockholm Central Station or Arlanda Airport without changing trains) Free parking 1 km away and can be reached with public transport.

End: Nyköping station (return journey to Södertälje Syd/Stockholm/Arlanda Airport) by express train without changing trains

Day 1: From Södertälje to Järna

Welcome on the platform at Södertälje Syd/car park by tour guides Claudia and Tomas, plus a brief round of introductions; loading of luggage, hike to Tvetaberg followed by lunch on the shores of Lake Mäsnaren with a chance to swim; hike to Järna to (stages 9 and 10 of the Sörmlandsleden).

Distance walked: approx. 21 km

Dinner: at the hotel

Accommodation: Håknäs Hostel (<http://www.haknas.vandrarhem.dinstudio.se/>) in a twin room (single room available at extra cost)

Day 2: from Järna to Trosa

We set off with transport by car for 10 min from Järna and walk along the shore to Skillebyholm; after a short break, we continue on to the royal castle of Tullgarn (Tullgarn Slott); here we stop for lunch by the sea (swimming available), before continuing on foot to Trosa. Those who wish can relax in the hotel's wellness area before dinner (at an additional cost).

Distance walked: approx. 22 km

Dinner: at the hotel

Accommodation: Trosa Stadshotel or similar (<https://www.trosastadshotell.se/>) in a twin room (single room available at extra cost)



Day 3: from Trosa to Trosa

As yesterday was a bit tiring, today's programme is a little more relaxed, but still exciting: today's hike only lasts until early afternoon, leaving time for other activities. Trosa is a very pretty little town (known from the 'Inga Lindström films'), which offers plenty of sporting options: e.g. kayaking, SUP, cycling (at extra cost); if you fancy a different kind of forest walk or run, we'd be happy to introduce you to the secrets of 'orienteering'; here, you have to find several checkpoints in succession using a compass and basic maps. No prior experience is required; it's great fun, though, and you'll see nature through a completely different lens. If you wish, you can round off the day with a visit to the hotel's own wellness area (at an additional cost).

Distance walked: approx. 15 km

Dinner: in the village

Accommodation: Trosa Stadshotell or similar (<https://www.trosastadshotell.se/>) in a twin room (single room available at extra cost)

Day 4: From Trosa to Nyköping

The day begins with a walk through the forest along the E54 route to Gisekvarn; we'll have lunch on the shores of Lake Gisesjön. Anyone who fancies it is welcome to take a quick dip to cool off. We continue on to Brafalls Sag (stage E54), where we catch the bus to Nyköping. Nyköping is not only the capital of Södermanland County, but also a pretty town well worth a stroll along the Nyköpingsån. Or you can relax in the free on-site sauna.

Distance walked: approx. 28 km (shorter route available)

Accommodation: Clarion Kompaniet in Nyköping ([Hotell Nyköping](#) | [Clarion Collection Hotel Kompaniet](#) | [Strawberry](#)) in a twin room (single room available at extra cost)

Dinner: At the hotel

Day 5: From Nyköping to Nyköping

Today's walking distance is moderate, but the programme has something special in store for our guests: after taking the bus to Buskhyttan, we'll walk via Koppartorp and Uttervik to Näverkvarn. On the shores of the Baltic Sea, under the supervision of guide Tomas, we'll prepare a full meal over an open fire. Everyone will be assigned a specific task – depending on their skills – so that everyone contributes. As there's no need to rush over dinner, nothing else is planned for the rest of the day (apart from the return bus journey to Nyköping), leaving plenty of time for a long swim in the Baltic Sea and relaxing on the beach. For those who go back there is the bus to the train station. Or an optional day can be rounded off with a visit to the hotel's free sauna.

Distance walked: approx. 15 km

Optional Accommodation: Clarion Kompaniet in Nyköping ([Hotell Nyköping](#) | [Clarion Collection Hotel Kompaniet](#) | [Strawberry](#)) in a twin room (single room available at extra cost)

Dinner: At the hotel

Day 6: Departure from Nyköping (optional)



Participants: 5 – 10

Price per person:

€1,375.00 (4 hotel nights + dinner)

€1,495.00 (5 hotel nights + dinner)

Included:

Tour guide (German and English speaking, and of course Swedish)

Accommodation: 4 (5) nights in a hotel in a twin room (single room supplement: €190)

Meals: breakfast, lunch, dinner (dinner excluding drinks)

Transport during the tour (bus, taxi)

Luggage transport: 1 piece of luggage per participant, max. 10 kg

Sauna in Nyköping

Dates

24–29 July 2027

14–19 August 2027

Cancellation fees:

Up to 2 weeks before departure: 50% of the tour price

Up to 1 week before departure: 75% of the tour price

After that: 90% of the tour price

If a participant cuts their trip short, any costs not incurred by third parties (accommodation, etc.) may be refunded, provided that Sörmland Outdoor has not incurred any cancellation fees.