

Tour description



Overnight stay: Trosa Stadshotell (<https://www.trosastadshotell.se/>) in a twin room (single room available at an extra charge)

Day 3: from Trosa to Trosa

As yesterday was a bit of a strenuous day, 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 (famous from the 'Inga Lindström films'), which offers plenty of sporting options: e.g. kayaking, stand-up paddleboarding, cycling (at an extra cost); for those fancying a different kind of forest walk or run, we'd be happy to introduce you to the secrets of 'orienteeering'; this involves finding several checkpoints in sequence 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. Anyone who wishes can round off the day with a visit to the hotel's wellness area (at an additional cost).

Distance walked: approx. 15 km

Dinner: in the village

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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'll then continue on to Brafalls Sag (E54 route), where we'll catch the bus to Nyköping.

Nyköping is not only the capital of Södermanland County, but also a pretty town where it's well worth taking a stroll along the Nyköpingsån. Alternatively, you can relax in the hotel's free 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 guidance of our 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 journey by coach to Nyköping), leaving plenty of time for a long swim in the Baltic Sea and relaxing on the beach.

The day can be rounded off with a visit to the hotel's free sauna.



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Distance walked: approx. 15 km

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

Participants: 5–10

Difficulty level: 1

Fitness level: 2 (flat terrain)

Tour price: €1,495 (including 15% commission for agents)

Included:

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

Dates: Arrival and departure dates:

- 12–17 July 25
- 2–7 August 25

Cancellation charges:

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

1 week before departure: 75% of the tour price Thereafter:

90% of the tour price

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

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