

1/16/2006

**FOR IMMEDIATE RELEASE**

**Company: Svea Adventures**

**Contact: Linda Long**

**Phone: 610-351-1083**

**Fax: 610-351-2488**

**Email: [linda@sveaadventures.com](mailto:linda@sveaadventures.com)**

**Web: [www.sveaadventures.com](http://www.sveaadventures.com)**

**Trekking with Pack Horses in Central Sweden's Wild Mountains**

Breinigsville, Pennsylvania – Solitude, remoteness and silence is what you'll find in the central mountain regions of Sweden. In this road-less area of wild lands, Svea Adventures offers a 6-day hiking adventure with a wilderness experience many seek but few find in today's hectic world. Hike in a small group with Icelandic horses carrying the belongings, while exploring the mountains, lakes and flora of this extraordinary region.

There are no trails here, instead you venture into the mountains and set the pace and direction of choice – climbing un-named mountain tops, fishing for trout in hidden lakes and picking fresh berries. Fall is the best time to experience this region with its changing vibrant colors, crisp air and mountain delicacies.

Enjoy two nights of wilderness camping high up in the mountains. The talented guide cooks up a feast while others relax around the camp fire. Three nights are spent in a unique Viking lodge, overlooking the waters of Jorm. With a crackling fire pit, sheepskin-covered seating arrangements and a long timber table set with hand-made pottery and iron-wrought cutlery, it's as if the lodge is awaiting the return of savage Vikings from a day of rampage.

"When we first arrived at the unique lodge, I got the feeling that this was going to be an exciting trip - and I was right on. The lodge was extremely comfortable and had all the facilities of a first rate hotel. I looked forward to the variety of our Swedish meals which were served, a neat change from our usual American diet. All in all, we had a fantastic time. We've been on a number of foreign trekking trips and this one was one of the tops," says past guest Hank Meyer of Virginia.

Svea Adventures has one departure scheduled for August 28<sup>th</sup>, 2006. The cost is \$1580/person and includes roundtrip transfers from Östersund, 5 nights of accommodations, all meals, camping equipment (except for sleeping bag), pack horses and knowledgeable guide.

Contact Svea Adventures for more information at (610) 351-1083 or visit the company's website at [www.sveaadventures.com](http://www.sveaadventures.com)

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