



# Hike Svredalen

## Helags Glacier Hut-to-Hut

### About the destination:

In Härjedalen, the air is pure, the landscape wild and the water so clean you can drink it straight out of the creek. This pristine corner of Sweden is home to more reindeer than people – and thanks to its remote location, few international travelers have discovered its magic. With no crowds, no noise, and no rush, there's space here to breathe deeply, move slowly, and reconnect – with nature, and with yourself.

This hiking adventure will take you hut-to-hut through the Swedish highlands, all the way to Helags, Sweden's highest peak south of the Arctic Circle and home to the country's southernmost glacier. Named one of National Geographic's top 10 summit hikes in the world, Helags offers dramatic mountain views, quiet trails, and a chance to experience Sweden's unique mountain hut culture.

### About your host and guide, Linda Åkeson McGurk:

Hi, I'm Linda! I'm a Swedish-American journalist, author and speaker who believes life is better outside. Having grown up steeped in the Nordic *friluftsliv* culture (open-air life), I spend most of my free time finding joy in nature – whether hiking, camping, skiing or taking a cold plunge. I live part of the year in northern Sweden and would love to share the beauty and serenity of this place with you.



### Day 1: Arrival at Östersund Airport

- Pick-up at the airport in Östersund.
- Welcome drink and dinner at the cabin in the quaint village of Tännäs.



*This will be our base camp!*

### Day 2: Explore Funäsdalen

- Breakfast at the cabin in Tännäs.
- Day trip to Funäsdalen:
  - Gondola to the top of Funäsdalserget
  - Summit hike (5 miles, 2 hours)
  - Visit Lopme Laante Sámi Park
  - Lunch at Funäsdalens Toppstuga
  - Main Street shops and/or museum
- BBQ dinner at Arran Restaurant, Tännäskröket.
- Night swim at Tännäskröket.



### Day 3: Ramundberget to Fältjägaren

- Breakfast at the cabin in Tännäs.
- Drive to the trail head.
- Hike from Ramundberget to Fältjägaren mountain hut (10.5 miles, 5-6 hours).
- Packed lunch.
- Camping dinner.



### Day 4: Fältjägaren to Helags

- Breakfast at Fältjägaren mountain hut.
- Hike from Fältjägaren to Helags Mountain Station (8 miles, 4-5 hours).
- Camping lunch.
- Check-in at the Helags mountain station.
- Sauna and cold plunge in local mountain creek.
- Chef-prepared dinner and dessert, made of seasonal and local ingredients.



Helags Mountain Station

### Day 5: Helags Summit Hike

- Buffet breakfast at Helags Mountain Station.
- Hike to the Helags summit (6 miles, 6-7 hours)  
OR  
Arctic fox safari with local guide.
- Packed lunch.
- Sauna and cold plunge in local mountain creek.
- Chef-prepared dinner and dessert, made of seasonal and local ingredients.



Miles-wide views

### Day 6: Helags to Ljungdalen

- Buffet breakfast at Helags mountain station.
- Hike from Helags to Ljungdalen (8 miles, 3-4 hours)
- Packed lunch.
- Taxi to Ramundberget, drive back to Tännäs.
- Dinner in Funäsdalen or take-out at the cabin.

### Day 7: Depart from Östersund

- Breakfast at the cabin in Tännäs
- Drop-off at the airport in Östersund.



Helags Glacier

**7 days, 6 nights**

**Total investment: \$2,690**

### What's included

- Airport transfers
- All local transfers
- Parking fees
- Accommodation (3 nights in Tännäs cabin, double occupancy, 3 nights in mountain huts, shared occupancy)
- Most food (6 breakfasts, 4 lunches, 3 dinners)
- Local guide through entire trip
- Funäsdalen gondola
- Guided Helags summit hike OR Arctic fox safari
- Welcome drink

### What's not included

- Airfare
- Food and drinks (except as noted as included)
- Visas
- Travel insurance
- Membership fee for the Swedish Tourism Association
- Museum entrance fee



*This is an all-women's  
trip for curious,  
adventurous souls.  
There are only four spots  
- will one of them be  
yours?*

*P.S. There will be  
hot chocolate!*

