

Outdoor experiences




Stockholm
Country Break

visit
sörmland



Medfinansieras av
Europeiska unionen

Bergs Gård

Your experience farm among sea, earth, and forest

We can guarantee you a charming cottage accommodation in a coastal and unique farm environment with active experiences including mountain biking, sale of grass-fed meat from our own meat production in our farm shop, and coffee & food in our own farm kitchen.

Facts

- Mountain bike arena with kitchen & café, accommodation, and farm shop
- Opening hours / Season: All year round
- Capacity: 12 houses in different sizes from 2 beds to 12 beds
- Language: Swedish / English
- Location: 60 minutes to Stockholm
- Restaurant: Yes
- Spa/relax: Yes
- Price: from 800 SEK shared double room
- Parking/ Bus parking: yes

Contact information

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Frida Jonsson

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<https://www.bergsgard.se/en/welcome-to-bergs-farm/>





Food journey through the wilderness

Sweden's best nature experience in 2020, according to 360° Eat Guide!

Welcome to Sweden's most accessible wilderness, just 50 minutes from Stockholm.

Enjoy a guided canoe tour on ancient waterways used by the Vikings on their way to the important trading centre of Birka.

Prices

From SEK 2 800 per person

What's included

The day combines walking, canoeing and experiences for all the senses amid the Sörmland landscape. We'll also share the pleasure of sitting and chatting around a fire. Press pause and take the chance to relax and recharge. The package includes all food and drink, canoe equipment such as paddles and life jackets.

To book

[Food journey through the wilderness](#)

Sävö Bed & Breakfast and Café

Within just an hour from Stockholm, you'll discover a hidden gem in the archipelago. This bed and breakfast is nestled right in the heart of a nature reserve. Here, you can unwind, soak in the beauty of nature, the sea, and relax on the island Sävö.



Facts

- Opening hours / Season: April to September
- Capacity: 7 rooms / 25 beds (one room is pet friendly)
- Language: Swedish / English / Dutch
- Location: 60 minutes to Stockholm
- Café: Yes, where we serve breakfast and lunch.
- Sauna: Yes, wood-fired sauna is available!
- Price: from 985 SEK for a double room
- Parking/ Bus parking: Free parking on the mainland near the ferry

Contact Information

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www.savovandrarhemcafe.se
(in ENG, SV, NL)

Sävö Bed & Breakfast and Café

Our BnB

Embark on an eco-conscious escape to tranquility, nature, and boundless space! Discover our family-owned Bed and Breakfast located on a serene island between Trosa and Nyköping. Take a short 10- minute ferry ride and discover this hidden gem.

Relax in a wood-fired sauna, hike along the scenic 'Sörmlandsleden' trail, paddle your way through the small islands of the archipelago and enjoy a Swedish home baked fika in our charming café.

With seven private rooms and 25 cozy beds, our B&B offers the perfect blend of rustic charm and modern comfort. Ideal for nature enthusiasts seeking an authentic outdoor experience. Ideal for families with small children, couples, as well as small groups of friends. Renting the entire house for a course, conference or party is also one of the possibilities

In the two fully-equipped kitchens, guests have the freedom to prepare their own meals using locally-sourced ingredients. Grilling sausages on an open fire is a highlight for many of our guests!

Indulge in breakfast and lunch featuring home made, local and eco-friendly products served in our café. Please note that our accommodation has shared showers and toilets.

Don't miss out on our exclusive kayak and hiking packages - the ultimate way to experience the wonders of our sustainable island retreat!

Here, nature itself is the ultimate luxury!

We wish you a warm welcome.



Hiking adventure along the Swedish East Coast



A five-day hiking package where you hike from accommodation to accommodation. Stay in four different unique accommodations.

You hike for five days on well-marked and varied hiking trails on the trail called Sörmlandsleden. From 3 to 18 km per day, about 50 km in total.

We take care of your luggage and you hike and enjoy beautiful views, ancient forest, mountains and the sea with only a daypack with provisions for the day's trip.

Your hike adventure starts in Trosa and ends in Trosa, your luggage will be transported between every accommodation.

During your hike, you will experience four rare and completely different places to stay: a cozy bed & breakfast in the center of the picturesque summer town of Trosa, a luxurious glamping tent in the forest by a clear lake, a hostel belonging to a historic castle and a beautiful island in the middle of the archipelago in historic pilot houses. Each accommodation you come to is unique and genuine and has environmentally friendly thinking high in focus.

<https://savovandrarhemcafe.se/en/hiking-adventure-along-the-swedish-eastcoast/>

Hiking adventure along the Swedish East Coast



What's included

- 4 nights (including bed linen, towel, final cleaning)
- 4 x breakfast
- 4 x packed lunches
- 3 x dinner (serving or do-it-yourself package)
- Transport of luggage between accommodations
- Boat transport to and from Sävö
- Use of sauna (in three properties)
- Use of swimming pool (at one of the properties)
- Taxi
- (Digital) Hiking map to each stage
- Parking in Trosa

Prices

- 9695 SEK per person. Minimum 2 persons. The package is available from May to early September with start on a Sunday.

Not Included:

- Your trip to Sweden / Trosa
- Lunch and dinner on day one in Trosa
- Additional nights and activities such as kayak rental
- Personal expenses, such as snacks and drinks
- Travel insurance

Contact information

Sävö Vandrarhem

Maike Tysma

Phone: 0046 76 0303616

info@savovandrarhemcafe.se



Mountain bike in Beautiful Trosa

A one-day guide with accommodation at Tre Små Rum

This is a great package deal if you want to learn MTB basics and explore Trosa with a guide.

In this package deal, you'll experience the quaint environment of Trosa while cycling along unmarked paths and roads tailored to your needs and skill levels. We begin the day with technical tips to ensure you feel safe and confident on your bike. Throughout the day, you'll learn:

- Basic techniques
- Brake skills
- Proper positioning on the bike
- Balance exercises
- Overcoming obstacles

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Afterward, you'll return to Tre Små Rum where you can unwind with a refreshing bath in the pool. In the evening, take a leisurely stroll along the river, experience Trosa at twilight, and dine at one of the charming restaurants in Trosa's old town center or harbor.

Enjoy cycling on your terms while immersing yourself in the delightful ambiance of Trosa. We'll tailor the itinerary to accommodate varying skill levels, from beginners to advanced riders. Please note that for bookings at a different skill level, a minimum of 4 persons is required.



Package deal

Price per person, including:

- Accommodation with shared shower/WC
- Breakfast
- Lunch
- Coffee break
- Certified guide for a full day
- Mountain bike and helmet

Price: SEK 2420 per person.

Additional SEK 150 per person for a private shower/WC.

Minimum 4 persons per event.

Contact

We ride MTB

Veronica Carlson

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Website: www.weridemt看.se

Experience something real, eat & ride in wild forest

Together, we experience lakes, farmland, red cottages with white trim, a mill from the 17th century. All surrounded by a landscape filled with wild animals such as fallow deer, wild boar, and mouflon.

Experience a food and cycling adventure in the beautiful forests of Sörmland, just 1 hour south of Stockholm. Combine an outdoor dining experience with a guided mountain bike tour on gravel roads and trails in the varied Sörmland nature. A memorable experience with activity and scenic environments for the curious and active people.

After a pleasant bike ride, we are greeted by the crackling fire, enjoying a meal made with Sörmland ingredients. We continue our bike tour and conclude the trip with a steaming cup of boiled coffee, reflecting on and summarizing the day's impressions.

We slowly roll back to Öster Malma Castle.



Experience something real, eat & ride in wild forest

Together, we experience lakes, farmland, red cottages with white trim, a mill from the 17th century. All surrounded by a landscape filled with wild animals such as fallow deer, wild boar, and mouflon.



Facts

- From 4 hours and prices starting at 230 euros per person. Minimum of 8 people required.
If you wish to have this experience in a shorter time, we can tailor the day to your needs.
- Language: Swedish / English
Location: Öster Malma, 60 minutes to Stockholm

Included

- Lunch made from locally sourced ingredients
- Boiled coffee & cake
- Mountain bike, helmet, and water bottle

Contact Information

WE RIDE MTB – Industrigatan 10c, Trosa
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www.weridemt看.se
<https://lantlivet.nu/en/>

Sörmland Outdoor experience



A unique 6 days Swedish Outdoor activity experience at different locations from which we will take the guest to different outdoor activities: hiking, cycling, canoeing and orienteering.

The starting point is close to Stockholm and the trip will be accompanied with local and German or English-speaking guides.

This trip is perfect for all those who would like to combine being active in a stunning, peaceful environment and being part in a group and at the same time to get insights into typical Swedish traditions

Facts

- Opening hours / Season: 1st May to 30th September
- Capacity: 3-4 trips/season
- Language: German/English/Swedish
- Location: South of Stockholm, 45 minutes by train/car
- Restaurant: meals included (breakfast, lunch and dinner); drinks excluded
- Price: 1395 €/person (including 6% VAT), minimum 5 participants
- Commission: 20% (included in price)
- Parking: car can be left at meeting point/arrival station
- How to get there: with train/car to Läggesta station (45 minutes from Stockholm Central Station)

Contact Information

Address: Norr Ekeby, 647 91 Mariefred

Tomas Fors & Claudia Beling

Telephone: +49-172-541 2116

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Webb: <http://www.soermlandoutdoor.com/>

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Sörmland Outdoor experience



Day 1: Arrival at Läggesta Station, where we begin a scenic hike down to Lake Mälaren, passing through Her Majesty's park and enjoying a light lunch with a view of Gripsholm Castle. Accommodation at Gripsholms B&B.

Day 2: Cycling tour along Lake Mälaren's shores, stopping at Taxinge Castle Bakery for pastries. Optional boat ride or cycling back to Mariefred. Afternoon of Disc Golf in the forest. Evening free for personal activities.

Day 3: Canoeing adventure through Marvikar lakes to Laxne, followed by a scenic hike on the Sörmlandsleden trail. Transportation to Trosa for overnight stay at Trosa Spa Hotel.

Day 4: Hike at Tullgarn Castle, exploring forest terrain with stunning views. Optional orienteering session in the evening.

Day 5: Final hiking day, exploring diverse landscapes and ending with a communal dinner in Trosa.

Day 6: Departure for Nyköping to catch a train back to Stockholm.

Sörmland Outdoor experience, Hiking Experience

A unique 6 days Swedish Outdoor hiking experience, including luggage transport, along Sörmlandsleden (close to Stockholm) with local and German or English-speaking guides. Every night will be spent in a different place and allowing to get an insight into Swedish culture and traditions.

This trip is perfect to all those who would like to combine being active in a stunning, peaceful environment being part in a group and at the same time to learn about typical Swedish traditions.

Facts

- Opening hours / Season: 1st May to 30th September
- Capacity: 3-4 trips/season
- Language: German/English/Swedish
- Location: South of Stockholm, 45 minutes by train/car
- Restaurant: meals included (breakfast, lunch and dinner); drinks excluded
- Price: 945 €/person (including 6% VAT), minimum 5 participants
- Commission: 20% (included in price)
- Parking: car can be left at meeting point/arrival station
- How to get there: with train/car to Läggesta station (45 minutes from Stockholm Central Station)

Contact Information

Address: Norr Ekeby, 647 91 Mariefred
Tomas Fors & Claudia Beling
Telephone: +49-172-541 2116
E-mail: soermlandoutdoor@gmail.com
Webb: <http://www.soermlandoutdoor.com/>



Sörmland Outdoor experience



Day 1: Trekking from Nykvarn to Gnesta covers approximately 20 km of stunning terrain, with lakes and old forests as your backdrop. Enjoy a lunch break amidst nature's beauty, followed by a relaxing stay at Trosa Stadshotell, complete with a delectable dinner and optional spa indulgence.

Day 2: Hike from Trosa to Nyköping, a captivating 16 km journey along the coast of Östersjön, offering breathtaking viewpoints and historical sites. After a day of exploration, unwind at Sunlight Hotel in Nyköping, featuring a rejuvenating spa.

Day 3: Traverse from Nävekvarn to Krokek on a challenging hike through mountains, rewarding you with panoramic views of Östersjön. Enjoy lunch amidst nature's splendor before retiring to Villa Fridhem in Krokek, boasting a refreshing pool area.

Day 4: Explore the enchanting landscapes from Stavsjö to Katrineholm, a 20 km trek passing serene lakes and beaches, with the highlight being Vensbrinksberget mountain, offering sweeping views from an observation tower. Relax at Dufveholms Herrgård for a peaceful overnight stay.

Day 5: Conclude your adventure with a 20 km cycling and 14 km hiking journey from Linköping to Hjortkvarn, followed by a visit to a local German brewery in Örebro for beer tasting and dinner. Then, take the train back to Stockholm, filled with memories of an unforgettable Swedish adventure.



Lindeborgs Eco Retreat Dining Experience

Welcome to a field-to-fork dining experience at Lindeborgs Eco Retreat.

One weekend a month we invite some of Sweden's top chefs to come and get creative in the kitchen of our climate-positive farm in the heart of Sweden's rural Sörmland. The chefs conjure up delicious dishes made from fresh ingredients grown on our own farm or by local producers.

The whole experience lasts around three hours and is perfect for anyone looking for a fine vegetarian dining experience in a small, intimate setting, with the chefs on hand. Maximum capacity is for 20 guests in one evening, depending on the size of your group.

As our dinner guest, you can enjoy an enhanced experience that goes beyond the meal itself. Treat yourself to an overnight stay at our eco retreat, with its wonderful sauna, natural pool, forest trails and opportunities to explore the area around the farm.



Lindeborgs Eco Retreat Dining Experience

As a dinner guest with us, there is the possibility of a greater experience than the meal itself. Stay overnight at our eco retreat, here there is a wonderful sauna, the possibility of swimming in a natural pool, lovely loops for forest walks and much to discover around the farm.

Prices

Six-course Menu including wine or non-alcoholic beverage package:
SEK 2,350 per person

Accommodation including
breakfast:
From SEK 1 200 per person

Contact

Julia Lindeborg
Lindeborgs Eco Retreat
0738-599 342
julia@lindeborgs.com
www.lindeborgs.com



Lindeborgs Eco Retreat

Lindeborgs Eco Retreat, a 74 hectare innovative organic farm, is beautifully situated at the end of a road by the lake, surrounded by fields, meadows, and forests. Located 20 minutes outside Nyköping, 120 kilometers from Stockholm. Here the whole family can unwind in an all sustainable and beautiful environment, get inspired, and perhaps also learn something new.



Enjoy nature at your doorstep, the farm forest, organic vegetable and fruit gardens and plantations, signed walks, farm animals (sheep, chickens, bee hives), and the privilege of privately enjoying a sauna with panoramic views of the lake. The all natural eco-pool invites for swim all year round. There is a small farm shop selling farm produce.

Accommodation at Lindeborgs Eco Retreat: Two Eco Suites in award winning Eco Barn, each 35 m² with large glass partitions and doors that blur the boundary between indoors and outdoors. In a minimalist, modern, and natural environment, there is a fully equipped kitchen for cooking, a wood stove, and three beds accommodating four people.



Lindeborgs Eco Retreat

The red cottage accommodates 5 people and is situated atop the hill, adjacent to sheep pastures and majestic oak trees. It features 2 1/2 bedrooms, 2 bathrooms with showers, and a fully equipped kitchen for self-catering.

Prices

Eco Suites

June – September SEK 2250 per night

Off season SEK 1890 per night

Red cottage

June – September SEK 2250 per night

Off season 2150 kr per night

Contact

Julia Lindeborg

Lindeborgs Eco Retreat

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julia@lindeborgs.com

www.lindeborgs.com

Included: Sheets, towels, private use of sauna, and eco pool.

A cleaning fee is added to the price with SEK 700-870 per stay.