



Rappelling down the longest water-filled canyon in North Europe – one of the adventures in Vilseledaren.

Photo: Tommy Andersson

Getting lost can be just as fun as anything

In Frostviksfjällen, even the most adventurous will find unique adventures; creep down into the longest caves in the country or lose your way on a great hike to the fabulous karst landscape of the River Bjurälven. These are just two of the activities organised by Vilseledaren, a guide centre specialising on best of the wilderness.

Those who just want to be, feel the serenity, the wind on the face and listen to the cooing of the ptarmigan will find plenty of space. Frostviken covers 430 square km, 1 000 km of marked trails and 55 gentle peaks higher than 1,000 m. Come here to fight the fresh air! The expansive municipality of Frostviken is in northern Jämtland, bordered by Norway in the west and Lapland in the north.

The whole municipality is home to 1,300 people. Its capital, Gäddede, pop. 500, has a

bank, one well-stocked grocery store – also offering postal service and alcohol sales – two petrol stations and two mechanics.

Sights

Take the lovely **Wilderness Road** through the bare mountains to Stekenjokk. You'll see the **Brakkåfallet** and **Gaustafallet** waterfalls on the way – both just a stone's throw from the road. Read more about the Wilderness Road on the Strömsund pages.

Frostviken also boasts **Hällingsåfallet**, a 43-m high waterfall with an 800-m long water-filled canyon. Drive up to the fall or hike along the canyon's edge, a 2.5-km hike.

Korallgrottan – Coral Cave – is Sweden's longest, over 6 km mapped out. Let the guide lead you like a true spelunker through a 'natural' cave – no lighting or ramps. Follow the above-ground trail through the **unique karst formations along the River Bjurälven**.

Ankarede is a quiet church location and an ancient Sami meeting place. Several trails into the mountains start here. Don't miss the **wooden Viken chapel** along Lake Kvarnbergsvattnet. It was the first church in the region, built in 1793.

Frostviken Naturum is an exhibition showing the local wildlife and culture historically and today. Drop in at **Frostviken Keramik** and **Frostvikens Hembygdsgård**, with a museum, café and bakery.

Activities

Vilseledaren: A guiding concept with activities every day in summer. For example rappel and canyoning at the Hällingsåfallet

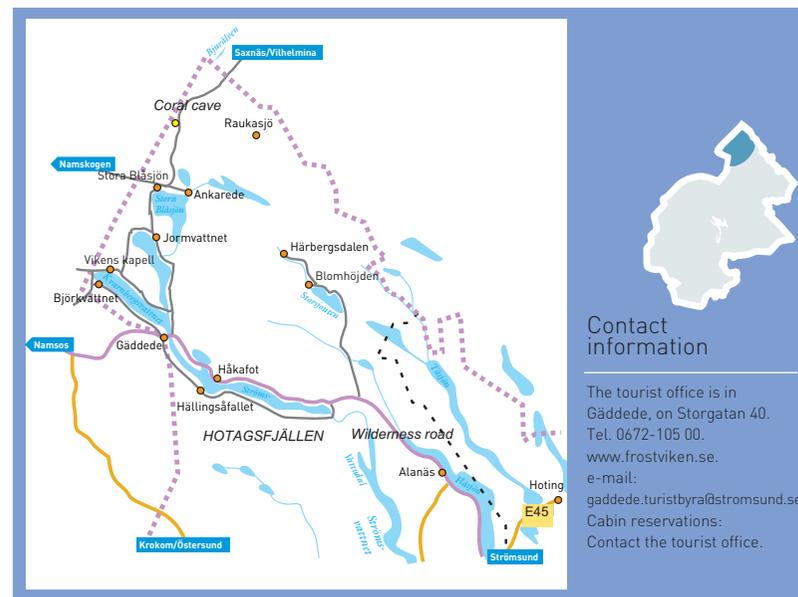


Hällingsåfallet

Photo: Stig Strängby

Canyon, which is all about having as much fun as possible in nature's own adventure course, without harming the tiniest little bush.

Other activities include genealogy, Icelandic horseback riding and hiking to the karst landscape along the Bjurälven River. The kids love 'Signs of the Little People'. Contact the tourist office for more info.



Contact information

The tourist office is in Gäddede, on Storgatan 40. Tel. 0672-105 00. www.frostviken.se. e-mail: gaddede.turistbyra@stromsund.se. Cabin reservations: Contact the tourist office.

Country prefix +46 - the initial 0 to be deleted.

Fishing: Choose from a hundred or so lakes and rivers with trout and char. You can book exclusive guided char fishing.

Hiking: Frostviken has many hiking trails for half-day or several-day trips. For more information, see the 'Hiking Trails' brochure, available at the tourist office.

Hunting: Frostviken offers lots of opportunities for hunting ptarmigan, forest birds and hare. Helicopter rides available. Contact the tourist office for more information. The region also has 8,000 hectares of private hunting grounds for small-game hunting. Courses for pointing dogs, arranged by Blåsjöns Fjällcamp, 0672-210 01.

Riding Icelandic ponies: Half, whole or multiple-day trips and special arrangements. Rid i Jorm, 0672-201 71.

Paddling: Frostviken offers 200 km for paddling north of and along the Ströms Vattudal Valley. Canoes for rent.

Beaver safari: An evening in Björkvattnet. STF Youth Hostels 0672-230 24.

Events

- 24-25 Mar **Flyktingloppet**
Motionsloppet starting in Norway and finishing in Gäddede, Sweden.
- 1-8 July **Story-telling week** with seminars and stage performances.
- Thursdays in July and 4 Aug **Pasture day at Vållan,** Jormvattnet. Café.
- 14 July **Häggnäsdagen**
Activities and entertainment.
Dancing at night.
- 20-21 July **Gränshelg Gäddede**
Cross-border event, singing, plays, amateur races Norway vs. Sweden.
- 22-29 July **Handicraft week**
Roteskolan, Stora Blåsjön.
- 4 Aug **JormRunt 6-team race** in a pleasant atmosphere.
- 4 Aug **Pasture day at Vållan,** Jormvattnet. Café.
- 18-24 Aug **Training of bird dogs**
Blåsjöns Fjällcamp,
Stora Blåsjön

FOOD/ACCOMMODATIONS



BLÅSJÖNS FJÄLLCAMP

Tel 0672-210 01 Hemsida: www.fjallcamp.se

Location: In the Centre of Blåsjön.
Accommodation: In 4 large and 3 small self-catering cabins, fully equipped. Own hunting grounds and fishing waters.
Misc.: Boats and cycles for hire. Kiosk, handicrafts, etc.
Open all year.



BLÅSJÖNS FJÄLLBY

Blåsjön 535, 830 93 Stora Blåsjön. Tel/Fax. 0672-211 99.
www.blasjonsframtid.se

Location: After Vildmarksvägen, 10 km south of Korallgrottan
Accommodation: 14 well-equipped self-catering cabins, some with sauna, dishwasher and fireplace. Restaurang
Price: From kr 450/day or kr 3,100/week..



GÄDDEDE CAMPING & HOLIDAY VILLAGE,

Frostviksfjällen, Sagavägen 9, 83090 Gäddede. Tel 0672-10035.
www.gaddedecamping.com / info@gaddedecamping.com

Location: Gäddede along the Vildmarksvägen route at Kvarnbergsvattnet
Accommodation: Self-catering cabins, camping, canoe rental, pool, sauna.
Prices: Open all year, cabins from 250 SEK per night, caravans from 130 SEK per night