



SLOW ADVENTURE

A five-day hiking package where you walk to your next B&B at your own pace though stunning naturereserves.



www.savovandrarhemcafe.se

HIKING ADVENTURE IN SOUTH-EAST SWEDEN

One hour from Stockholm

Discover this complete hiking package, where you walk a total of 50 km (31 miles) at your own pace, spread over 5 days. You walk between 6 and 20 kilometers every day on the Sörmlandsleden, just an hour's journey from Stockholm.

Four unique stays in the nature

During this hiking tour, you will spend the night at four unique and small-scaled places, each with its own charm. Starting in the picturesque harbor town of Trosa, then in a luxurious glamping tent by the lake, then in the former brewery at the centuries-old Nynäs castle and finally on a small island in the archipelago!

Most of the route takes you through nature reserves, forests, past lakes and along Sweden's beautiful east coast.

All accommodations are located directly on the trail. These vary between bed & breakfasts and glamping. Your bedding is ready or your bed is already made. You sleep in a double or more spacious room. The showers and toilets are usually shared, and shared kitchens are available in two of the three B&B's.

What is included in this adventure:

Accommodation

- four nights in unique small scaled guesthouses directly on the route

Meals

- 4 x breakfast and packed lunch
- 3 x dinner (served or do-it-yourself package). On the first day in Trosa, you can choose a restaurant in town.

Transport

- transportation of luggage between stays
- boat transport to and from Sävö
- taxi back to your starting point

Other activities

- use of sauna (at 3 stays)
- use of outdoor pool (at 1 stay)

Practical

- digital maps and directions in GPX files and analog maps
- parking in Trosa

Price 2026

- 20 990 SEK for two persons

Exclusive:

Your trip to Trosa.

Meals day one in Trosa.

Additional overnight stays and activities such as kayak rental.

Snacks and drinks.

Our bonus tips:

This experience is easily accessible by public transport and perfect for a week away!

Combine your adventure with a citytrip to Stockholm.

Discover the archipelago from the water during a breathtaking kayak tour!

DO NOT FORGET!

- travel insurance
- mosquito repellent/sunscreen
- blisterplaster
- backpack with water bottle & thermos
- snacks for on the go
- comfortable walking shoes (possibly walking sticks)
- toilet paper/scoop to bury your needs
- airy walking clothes (layers!)
- rain gear
- binoculars
- sitting mat
- fully charged phone with the TOPO GPS app



GOOD TO KNOW:

The trail is well marked with orange markings. The digital maps will help you to get back to the trail if you might have missed a mark. Therefore please download the TOPP GPS app with the map of Sweden and download our GPX file with hiking maps.

Each hiking day is given a grade from very easy to demanding, where grade 1 is the easiest and grade 5 is the most demanding.

None of the hostels or glamping sites have alcohol licenses. Light beer and soft drinks are available for purchase.

There are no cafes, restaurants or shops along the way. In Trosa you can stock up on supplies and Tre små rum has a divine pastry shop in the same building.

At Havrevreten and on Sävö there is a café at the accommodation.

There are a number of shelters/rest areas along the route, often with composting toilets (see maps).

Are you a vegetarian or have a food allergy? Please let us know when booking so we can take this into account.

Hang luggage tags with your name on your bags for baggage transport.

For specific questions about each location, you can contact the relevant accommodation directly.

HOW TO GET THERE

• From Arlanda international airport by bus

From Arlanda you can take the bus called Flyggbuss (www.flyggbussarna.se) to Liljeholmen station in Stockholm and from there, take the bus to Trosa (www.akerbergstrafik.se/trosabussen/). This takes about 2 hours together.

• From Arlanda international airport by train via Stockholm city

From the airport it is easy to take (speed)train to Stockholm city center (www.arlandaexpress.com)/(www.sj.se/en). There you change train to Vagnhärad. Then take the bus to Trosa (www.sormlandstrafiken.se). This takes about 1,5 hours together.

• By car

If you arrive by car, you can park at the first accommodation during the whole stay.

THE PROGRAM FROM DAY TO DAY



Day 1: Arrival in Trosa

You start your adventure in picturesque Trosa. Also known as 'the end of the world'!

If you come by car, you can park it in the designated spot. If you come by bus (from Stockholm), get off at the harbor and walk about 250 m to the Bed and Breakfast.

Tre små rum (three small rooms) now has more than 3 rooms, but is still a cozy and small-scale B&B with a lovely inner garden with a swimming pool!

Chill and relax before your tour starts tomorrow, or start with a pleasant walk along the canal and admire the beautiful wooden houses in pastel colors in true Pippi Longstocking style!

In Trosa you can choose a restaurant for the evening. The B&B is located in the cozy center, so everything is within walking distance.

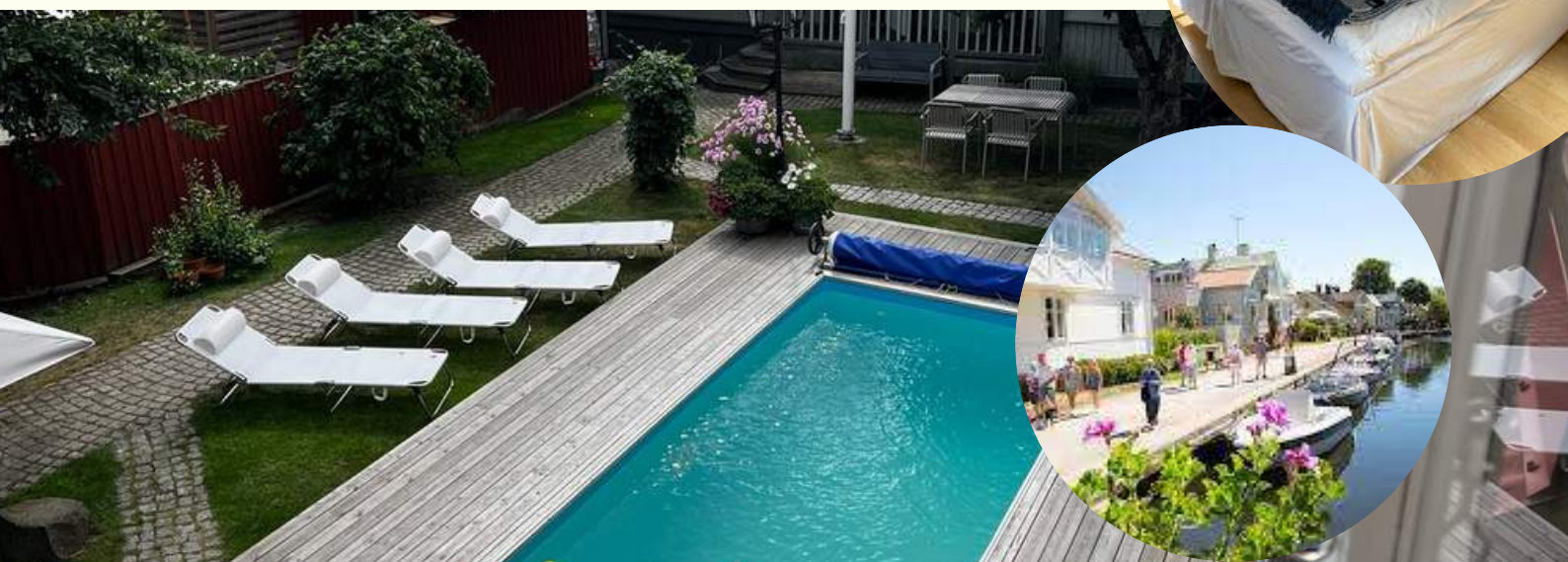
You can check in here from 2 p.m.

www.tresmarumitrosa.se

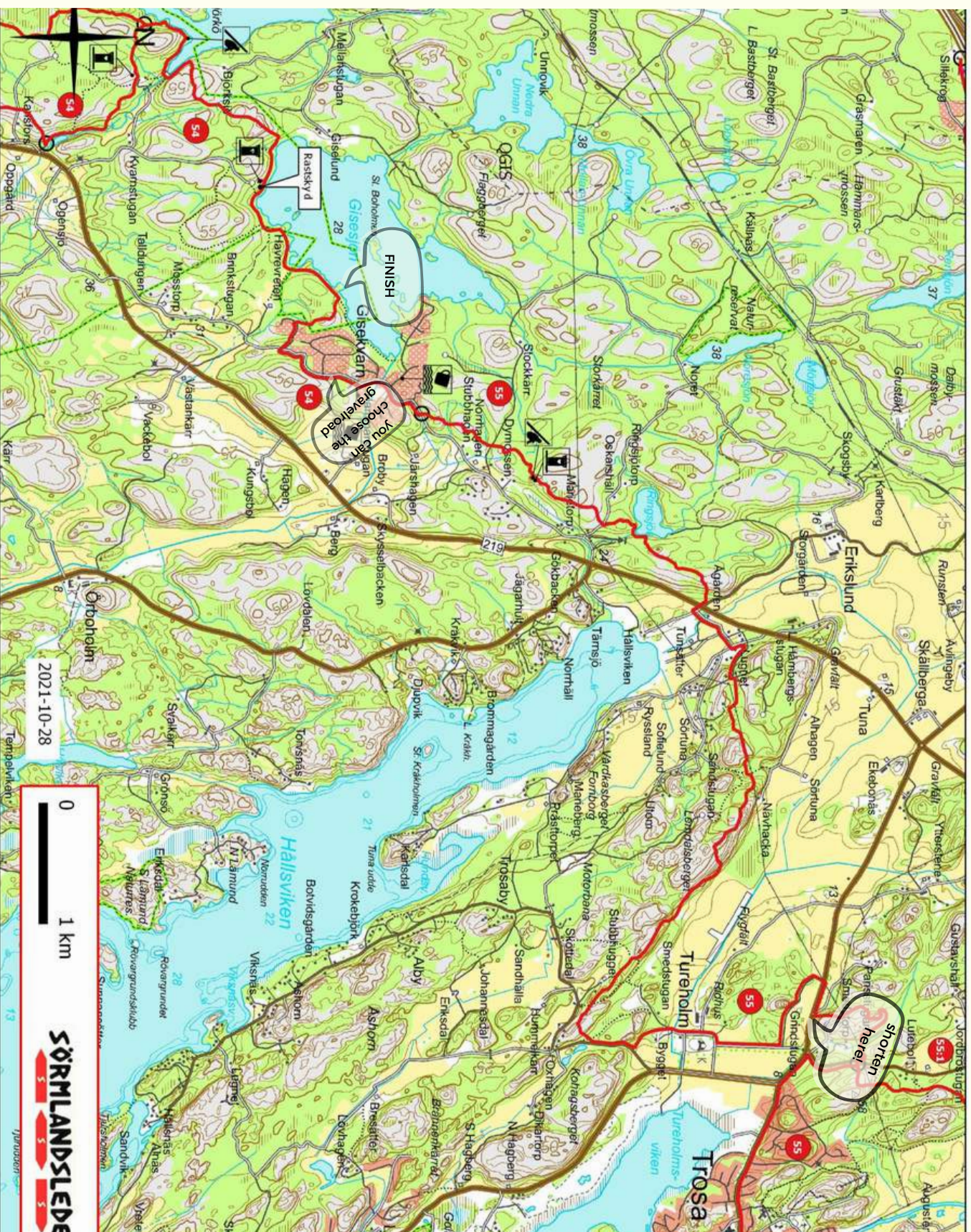
Östra Långgatan 8

61930 Trosa

Tel. +46 156 12151



Trosa-Havrevreten



Shorten this Stage!

Since the first stage is the longest and most challenging, we recommend shortening it by 4 km (about an hour).

- Do not go right; instead, follow the road directly towards Tureholm Castle to the left through the old gate.
- Then continue straight ahead.
- After about 100 meters, you will see orange markers.



From the Sörmlandsleden association:

Between Ågarden and Gisekvärn stage 55.5 – major impact on the hiking experience due to logging in several places along the stage.



Day 2: From Trosa to Havrevreten

Hike of approx. 20 km 6-7 hours depending on breaks. Difficulty level 4 of 5.

After breakfast in the lunchroom of Tre små rum and grabbing your lunch, you can start your tour! The first day will be the most intensive of these days. Your luggage will always be taken to your next overnight stay by the owner. So set it up at the agreed location and only take your daypack.

The walk starts easy and flat, but as soon as you leave the city and have walked past the first castle, you will make the first climb, with a beautiful view at Tuna as a reward.

Today's tour offers a lot of variety, with climbs and descents, through forests and along lakes, and finally the beautiful lake Gisesjön!

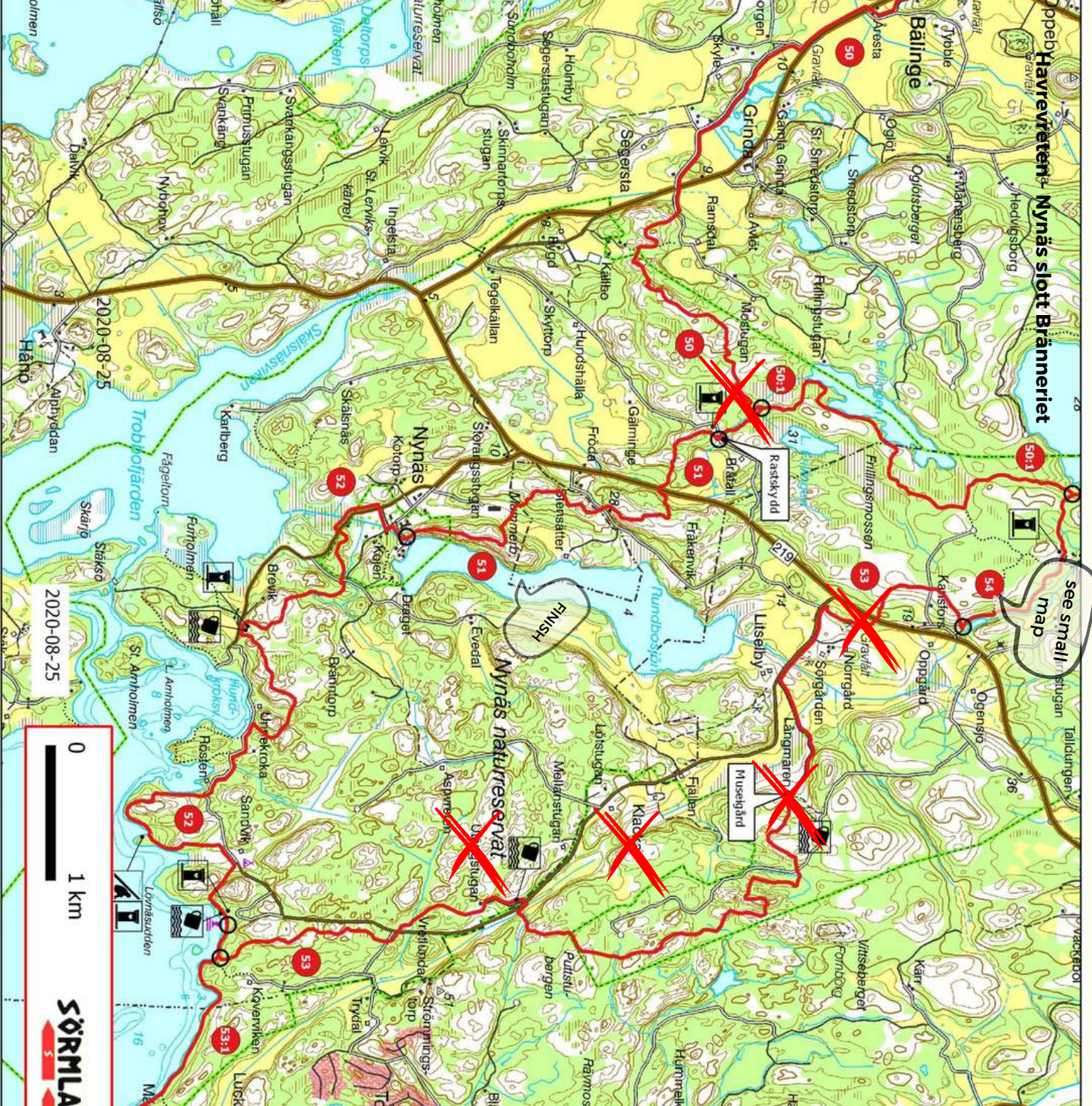
Once you arrive at Havrevreten you will see the luxurious safari tents ready and you will be warmly welcomed by the hostess. She will serve your dinner at your tent. While you enjoy the marvelous view. The glamping tents are fully equipped with comfortable beds. In the evening you can enjoy the sunset on your own terrace. A refreshing dip in the lake after a visit to the warm sauna is a wonderful end to this first, and most intensive day.

www.havrevreten.com

Havrevreten, 61995 Västerljung

Tel. +46 707 64 0186





Make sure you take 54 and then 50:1 again. Blue markings! But do not continue on 54 towards route 219. Due to logging, you should follow this diversion.





Day 3: From Havrevreten to Nynäs slott

Hike of approx. 14 km, approximately 4 hours depending on breaks. Difficulty level 2,5 of 5.

Your breakfast is served in an authentic barn near your tent. Your lunch is packed and you are ready for day 3 after a wonderful night in the nature!

Today you continue along the orange markings of the 'Sörmlandsleden'. These lead you along an interesting section of the path with nature reserve, forest and open countryside.

Nynäs estate is very large and you walk through this estate almost all day to finally arrive at the castle of the same name. A beautiful orangery, flower and vegetable garden and of course the former brewery at the lake where you will sleep tonight! Tastefully decorated rooms with vintage details, thick walls and old window glass allow you to travel back in time. The castle is open to a limited extent, but there is also plenty of beautiful things to see outdoors!

Make sure you arrive before 4 p.m. so that the hostess can check you in. No problem though if you arrive later, you can check in yourself by picking up the key from the box (code: 00X (X = this month, 7 for July for example)).

In the evening you heat your own restaurant meal with local ingredients in the B&B's spacious, modern kitchen. Want to take a dip in the sauna after dinner? That is also possible here and is included.

www.nynasslott.se/vandrarnhemmet-branneriet

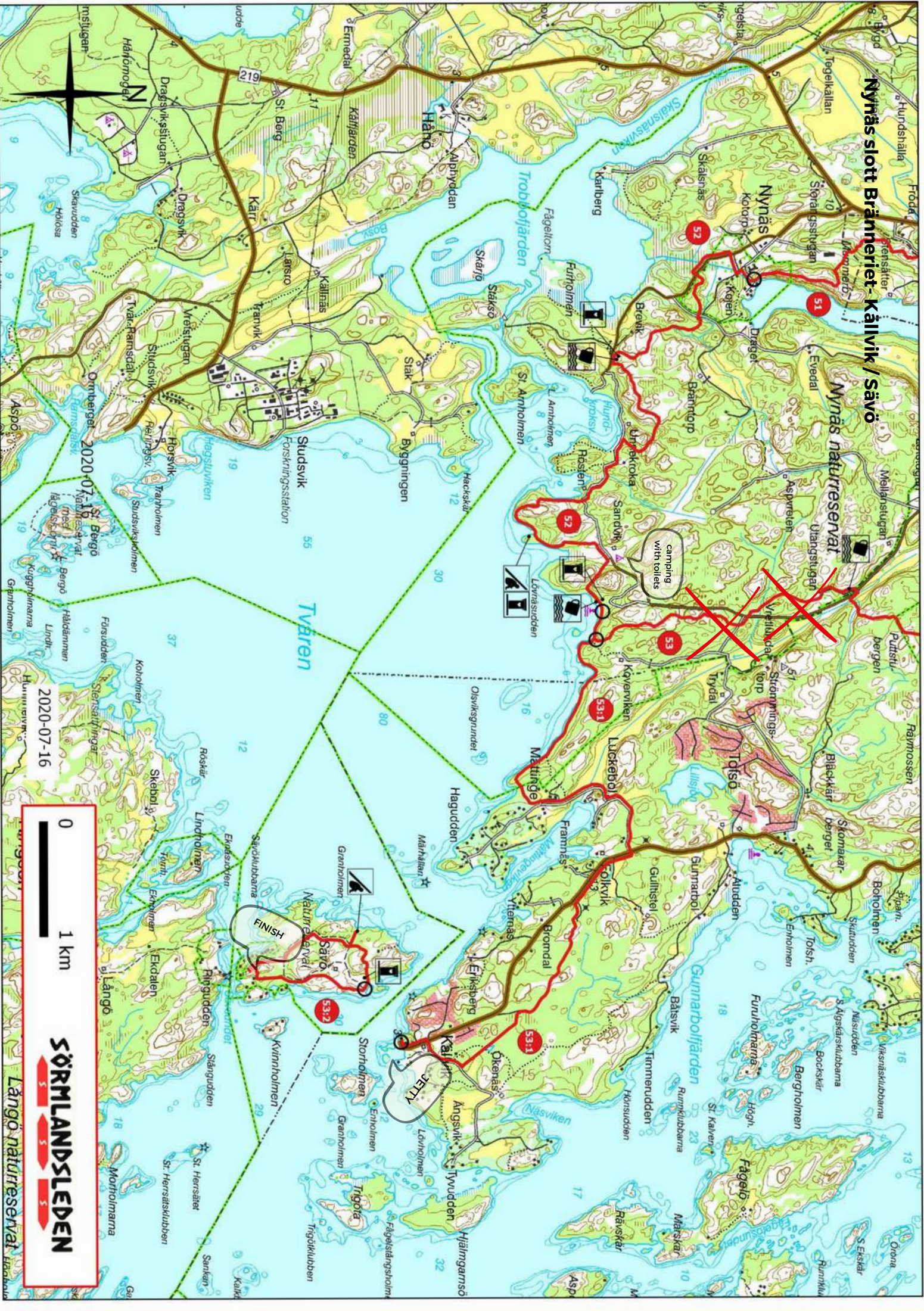
Nynäs slott, 61199 Tystberga

Tel. +46 76 815 2410



Nynäs slott Bränneriet - Källvik / Sävo

Nynäs naturreservat



0 1 km

SÖRMLANDSLEDEN

Långö naturreservat



Day 4: From Nynäs slott to the island of Sävö

Walk of approx. 14 km, approximately 4 hours, depending on breaks. Difficulty level 2,5 of 5.

After your wonderful night in the old brewery, you can enjoy a simple breakfast. This is ready for you in the refrigerator, and you immediately prepare your packed lunch.

On this fourth day you will mainly walk through the forest, but you will also be able to see beautiful views. It's quite up and down here, so take your breaks if you need them. After a few kilometers you will have a view of the Baltic Sea. You pass a sandy beach where you can take a dip and enjoy the sea for a while. After a few more kilometers of forest and sea you walk to your final destination for today, the harbor of Källvik!

The boat leaves for Sävö Island at 4:00 PM, so keep that in mind during your walk! The ferry crossing takes about 10 minutes.

The island is a real paradise. Nature, peace and space is the luxury you experience here.

In the evening you prepare your own food over an open fire. And after dinner you can relax your muscles in the wood-fired sauna.

www.savovandrarhemcafe.se

Ekviken 1, Sävö, 61996 Västerljung

Tel. +46 76 030 3616





0 500 m

Teckenförklaring

- Reservatsgräns
- Enkel körväg
- - - Sävöleden
- - - Sörmlandsleden
- - - Stig
- Byggnader
- Besöksbrygga
- Stockbänkar

- Vandrarhem
- Uthyringsstuga
- Tältplats
- Vindskydd
- Eldstad
- Dass
- Utsikt
- Konstverk/
vindskydd

- Betad skog
- Hällmark
- Öppen betesmark
och gårdsmiljöer
- Slätteräng
- Aker
- Havsstrandäng
- Område med
hamlade träd



LÄNSSTYRELSEN
Södermanlands län



Day 5: A day on Sävö island and back to your starting point

Walk of 5.5 km, approximately 2 hours. Difficulty level 1 of 5.

After the breakfast buffet and grabbing your lunch, you can explore the island. There are two beautiful and varied marked paths that lead you across the island. The entire island is a nature reserve and cows and sheep roam around to keep the greenery in check. Difficult to choose today where to eat your lunch... so many beautiful cliffs and viewpoints!

You can also choose to view the Baltic Sea from the water and rent a kayak at the B&B today. The many islands in the area are beautiful to admire from the water!

This afternoon at 4:30 PM you will be taken back to the mainland from the island. A taxi will be waiting for you there to take you back to your starting point in Trosa or Vagnhärad where public transport is available (or your own car waits for you).

