



# GLOBALRUNNERS



Hem | Marcialonga | Turskidor | Toblach | Jizerska | Skimaraton | Vanern | Löparresor | Cykel | Vandra

## Ski touring in Sweden



Snow and wind or sun and blue sky with a few degrees below zero, on Kungsleden the weather changes quickly.



### A winter adventure in the Swedish wilderness

For more than 100 years, people from all over the world have skied and hiked in our magical northern wilderness. The Kings Trail runs through Sweden's most beautiful mountain landscape with the nation's highest peak, Kebnekaise, as an intermediate destination. It is an adventure over 400 kilometers for both beginners and experienced mountain foxes.

Globalrunners chooses the first section of the trail, which is easily reached by train to Abisko. The daily stretches are manageable for everyone, with distances of 12-25 kilometers between the huts that welcome guests also in wintertime.

Skiing Kungsleden means complete silence, expansive views that spread conditioner in screen-tired eyes with no mobile coverage. Your head rests from updates on social media. Only white expanses, sometimes with reindeer passing by and mountain grouse sprouting out of the snow. Seven days of active rest in the beauty of Mother Nature with plenty of fresh air.



Winter adventure in Sápmi in Swedish

### Facts in brief



You get security and company when you ski together in a group. If you want to gas up, follow the trail's cross markings to today's agreed lunch place or mountain hut and wait for the group to catch up. Others want to share their experiences and stick together. You choose for yourself.

Life becomes easy. Skiing, cooking, hanging out with like-minded people every day for a week. No mobile, no Netflix. Simply active meditation and a wonderful memory for life.



Quiet day over the mountains, no people, no snowmobiles, a peaceful day ahead of us.

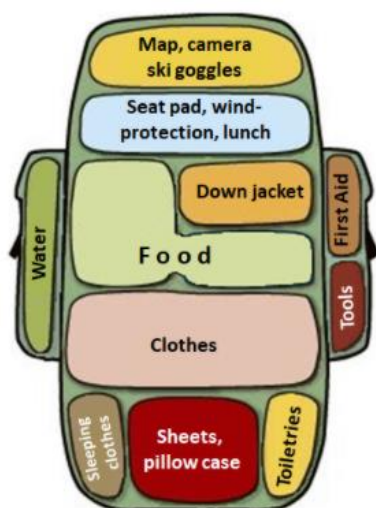
**Number of days:** 8 days / 7 nights  
**Dates 2021:** March 20-27, April 10-17  
**Dates 2022:** March 19-26, March 26- April 2  
**Start och Finish:** Abisko and Kiruna.  
**Number of participants:** Min 8, max 14.  
**Price:** 9 950 Swedish kronor.

## Included in the price

- 7 nights accommodation in huts and ski stations.
- Dinner at Abisko and Kebnekaise stations.
- Breakfast at Abisko och Kebnekaise.
- Busstransfer Nikkaluokta - Kiruna.
- Mountain terrain map on paper.
- Detailed PM six weeks prior tour start with information about training, exercises and food.
- Seven days guided ski tour Abisko-Kebnekaise.
- One year membership in the Swedish Touring Association.
- Globalrunners english-speaking tourleader.

**Book your Ski Adventure!**

## Suitable ski equipment



Skis, boots, socks, packing, food - oh so much or so little?

You need the right equipment to make your ski week as enjoyable as possible. Skis with the right camber, poles with a solid snowshoe, shoes and a backpack that feels good with a 10-12 kilo of luggage. You need to bring food even if you can buy some in the huts. Do not forget the good things in life - chocolate, nuts and something yummy after coffee / tea.

[Check out our idea on ski equipment](#)

## Natures wonder



Maybe late in the season, but eventually the Northern Lights can play their show for us.

Our tour takes us north of the Arctic Circle and Abisko is one of the world's best places to see the Northern Lights. Actually, the official season ends right when we start, but ... we bet on clear skies and prepare for the spectacle. Click on the image for forecasts.

**Contact us!**

If you have questions about the trip or anything else, just call +46 70-545 50 28 or email [info@globalrunners.se](mailto:info@globalrunners.se) We will be delighted to help you out.

## More ski tours



One of the 13 villages that Marcialonga runs through.

Maybe your desire for more skiing is started, even without luggage. Every winter we have trips to long distance races in Switzerland, Italy and the Czech Republic. Many Swedes begin abroad with Marcialonga in the Dolomites, and we are official tour operator.

**Read about Marcialonga**

## We are guests in Sápmi

Welcome to Sápmi - the land of the Sami people. In the Kiruna region, several cultures meet. The Sami language that is dominant here is Northern Sami. Many Sami work hard to continue to make the culture visible and take a place in society. We pass the areas of the Sami villages Gabna, Laeva and Girja on our trip.



## Warm, nice huts await you with sauna, energy and rest



Wonderful huts between Abisko and Nikkaluokta are waiting for you.

### Itinerary

Every day we start at 09:00 am provided the weather allows. If you feel strong and secure, you can start earlier. The tour guide always goes last. Normal speed is between 3-4 kilometers per hour depending on terrain and climbs. We rest for lunch at about halfway through the stage, either in a rest cabin if there is one, or in protection from the wind behind some drift.

#### Day 1 (Saturday): Gathering and dinner at Abisko

The group arrives to the mountain station and we meet up for information about the coming week and get to know each other over a two-course dinner.

#### Stage 1 (sunday) Abisko - Abiskojaure - 14 kilometer

A fairly easy and flat stretch as a start of the week, with 4 hours of skiing over 14 kilometers. The trail is slightly hilly in the birch forest before we go out on the lake. But oh, how long the lake seems when your legs are unaccustomed and tired and the backpack weighs. Sauna awaits in the Abiskojaure huts.

Today's climb: 130 meters up and 60 meters down.

#### Stage 2 (Monday): Abiskojaure - Alesjaure, 21 kilometer

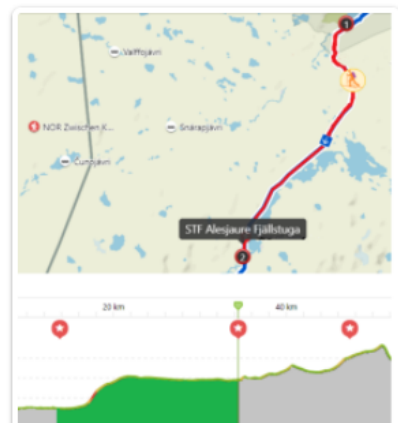
Today, a slightly tougher and longer ride awaits with 5-6 hours of skiing, where most go on the frozen lakes. At first flat about 2.5 kilometers, where we climb steeply up the mountain Kieras, and then again easy and a flat ride over the lakes Miesä-, Radu- and Alesjaure.

Today's climb: 360 meters up and 70 meters down.

#### Stage 3 (Tuesday): Alesjaure - Tjåktja, 13 kilometer

A short day trip, about 4 hours of skiing is challenged by a substantial climb. We ski 13 kilometers in high mountain nature. The trail starts with a steeper climb that continues for about 6 kilometers. In clear weather we get a lovely view down towards Alesjaure. Slightly restful downhill run a couple of kilometers before the final 3 kilometers take us up to Tjåktja hut.

### Distances and heights



Stage 2: Abiskojaure - Alesjaure, 21 km



Todays climb: 320 meters up and 90 meters down.

#### Stage 4 (Wednesday): Tjåktja - Sålka, 13 kilometer

4 hours of skiing and 13 kilometers in the high mountain area. We continue our climb just under 4 kilometers up to the Kings Trai's highest point, the Tjåktjapass, where we pause in the rest cabin and in clear weather enjoy the mile-wide views over the U-shaped Tjåktjavagge valley. Barely 200 meters of steep descent awaits before we get the day's final restful 8 kilometers to the sauna and cottage in Sålka.

Todays climb: 120 meters up resp 270 meters down.

#### Stage 5 (Thursday): Sålka - Singi, 11 kilometer

Perhaps the most beautiful day and you have the shortest leg of the week to enjoy.

This stage takes about 3 hours with 11 kilometers of easy skiing in the Tjåktjavagge valley with magical views of the Kebnekaise Mountain and the glaciers around.

Todays climb: 30 meter up respektive 180 meter down.

#### Stage 6 (Friday): Singi - Kebnekaise , 11 km

Today we will go up and then down into the mountains for about 4 hours with 14 kilometers that starts up at the Singi mountain and is followed by the wonderful, partly technical descent through Ladtvogge's valley to a well-deserved sauna and two-course dinner.

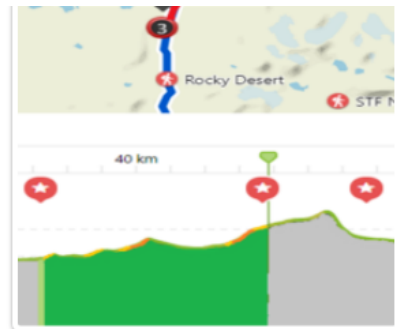
Todays climb: 180 meter upwards resp 230 meter downwards.

#### Stage 7 (Saturday): Kebnekaise - Nikkaluokta, 19 kilometer

Time to go home. The trail goes easily down through frozen bogs and birch forest. We arrive in Nikkaluokta after about 4 hours, check in for a joint lunch (not included), before the bus takes us back to civilization (Kiruna), and maybe the long-awaited Wifi.

#### Plan for weather and wind

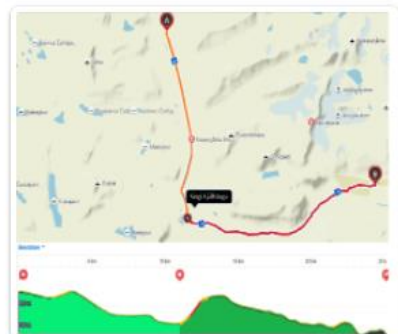
Weather is always a current topic of conversation in the mountains. Is it windy today, are we getting snowy conditions and poor visibility? Everything might come suddenly and there is a risk that we have to stay inside the hut one day. At breakfast, you will receive an update on the day's weather forecast and the tour guide will decide if the day's stage is taken as planned or needs to be changed. If we get stuck in a hut, stages 4, 5 or 6 can be merged into a longer distance, depending on the weather and wind. These are relatively short and easy to ride.



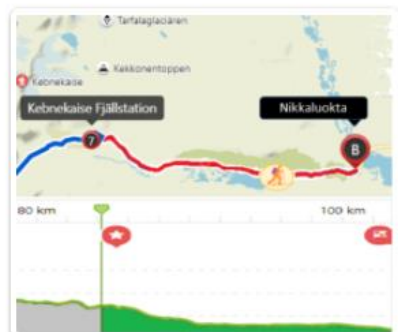
Stage 3: Alesjaure - Tjåktja, 13 km



Stage 4: Tjåktja - Sålka, 13 km



Stages 5 and 6: Sålka - Singi - Kebnekaise, 25 km



Stage 7: Kebnekaise - Nikkaluokta, 19 km



## Warm huts with sauna, food and rest



The cottage is self-catering, with Corona-adjusted accessibility.

On this trip we treat ourselves to hut accommodation. Warm comfortable huts with self-catering is what applies with pre-booked guests.

### Special regulations for the winter season 2021

Globalrunners has pre-booked your accommodation. The hut hosts know that we will come and can plan the room distribution. The mountain world can mean tough weather and plans may need to be changed during the trip. If we are hindered by the weather, we can, in dialogue with the hut host, change our booking to another mountain hut as long as the dates for our trip match.

The hut hosts will spread out guests as best they can and as far as possible only guests from the same party may share a room. A blanket and pillow are on site in the mountain cabin. It is mandatory to bring your own sheets and pillowcases in addition to sleeping bags, travel sheets or duvet covers for existing duvets. You must be able to cover all bedding during the pandemic.

- Saunas are planned to open during the winter season 2021. Decisions are based on the recommendations given by the Swedish Public Health Agency and may change. Sauna baths will be regulated.
- There will be improved hand washing facilities at the privy, in the kitchen and at the entrance to the hut.
- Everyone is advised to use their own container for handling drinking water and water for personal hygiene.

## FAQ - Can I do this trip?



No congestion wintertime on the King's Trail

### What is ski touring?

Tour skiing is like hiking, but on snow. With tour-country skis on your feet, you can explore completely unprepared mountain terrain. It differs from cross-country skis, which require groomed tracks and often take place near facilities. While cross-country skiing is a form of exercise, tour skiing is rather used on discovery trips.

### What physical level is required for this trip?

Expect long wonderful days, about 5-8 hours of skiing per day. The stretch includes flat sections and some parts are really uphill. You need to practice skiing, preferably with a full backpack, and not least put your feet in the ski boots to avoid / reduce chafing. Maybe you go to a gym, jog or do team sports - you should have a good general condition.

### Can anyone join?

Yes, if she/he is in shape. Feel free to practice skiing or trek in terrain if you don't have snow, with a full backpack at home before you go up to

Åbisko. If you have not done ski touring before, this is an excellent way to get acquainted to this pleasure in life.

### Will the skiing be technically difficult?

With the right span on your skis providing good grip, you go up the three slopes that the trails cover. Down from Tjåktja pass, most people zigzag in large arcs down to the valley or plow down, depending on snow depth and crust. The spring winter can give us heavy snow, which can grab your skis and calves when the sun warms in the steeper slopes and freezes at night.

### How do I find my way to the next hut?

Your guide will show you. The trail is also marked with red "crosses" along the right way. We charge a compass course if visibility should decrease, too. In bad weather we all go together in the group. In too bad weather we stay in the cottage until the visibility is improved.

### Can I go alone on this group trip?

Absolutely, you get to know new people who share your interests.

### What do I need to bring?

Our proposal for the equipment list, you find below. In your memo that you receive after you have booked the trip, we give suggestions on food and other preparations.



Even draft dogs get tired after a day in the mountains.



The ski week starts on a Saturday in Abisko. You may want to test your ski equipment before the evening's two-course dinner awaits in the beautiful restaurant. We leave together on Sunday morning through the King's Trail Portal and into Abisko National Park. We tour between the huts for 7 days and end in Nikkaluokta. Maybe we have time for a joint lunch (not included in the trip price) or a some shopping in the well-stocked shop at the Sarri family before the bus takes us back to Kiruna.

#### Do I have to buy expensive equipment?

No, we recommend that you rent your gear. More info will be in the memo after you sign up.

#### What kind of weather can I expect?

The average temperature is around zero during the day, with -10 degrees at night as the lowest and +5 degrees during the day and of course even warmer if the sun is shining. The wind is usually southwesterly, but in the mountains the weather can change quickly.

#### You carry your own luggage

The backpack should not weigh more than 10-12 kilos. We teach you how to pack in a correct and smart way.

#### Is the trip Corona safe?

Yes indeed. There are clear routines for stays in the cottages with strong restrictions and early booking of accommodation. The trains are also limited in space to minimize risks. Globalrunners follow the Swedish Public Health Agency's recommendations and the trip will be carried out unless the Swedish Public Health Agency imposes new restrictions.

#### How do I book my trip to and from Abisko/Kiruna?

Once you have paid the registration fee for the trip, we will email you a pdf with tips on how to book trains at a discounted price and rebookable tickets.

#### What if Globalrunners has to cancel the trip?

Should the Swedish Public Health Agency recommend stricter restrictions for travel to and from Abisko / Kiruna or if the mountain huts are closed, Globalrunners will cancel the trip and your registration fee will be postponed to a new trip the following winter.

#### General conditions

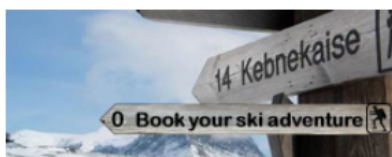
[See Globalrunners general conditions](#)

## Our packing list proposal

Below you see our proposal for a packing list that we ourselves had with us on various trips in the mountains in wintertime.

### Globalrunners packing list for a week on tour skis

<b>Skiing equipment</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tour skis (wax, gear)</li> <li><input type="checkbox"/> Climbing skin</li> <li><input type="checkbox"/> Ski boots</li> <li><input type="checkbox"/> Collapsible poles</li> <li><input type="checkbox"/> Gaiters</li> <li><input type="checkbox"/> Ski- + sun goggles</li> <li><input type="checkbox"/> Snow shovel / wind sack</li> <li><input type="checkbox"/> Water bottle, min 1 liter</li> </ul> <b>Hygien</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Schampo/soap/deodorant</li> <li><input type="checkbox"/> Small towel</li> <li><input type="checkbox"/> Toilett paper</li> <li><input type="checkbox"/> Sun protection</li> </ul> <b>Food</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6 breakfasts</li> <li><input type="checkbox"/> 6 dinners</li> <li><input type="checkbox"/> 7 lunches</li> </ul>	<b>Clothes</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Outdoor jacket+trousers</li> <li><input type="checkbox"/> base layer, top+bottom, 2 pairs</li> <li><input type="checkbox"/> Beanies/caps, 2 pairs</li> <li><input type="checkbox"/> Buff</li> <li><input type="checkbox"/> Ski gloves</li> <li><input type="checkbox"/> Warm gloves</li> <li><input type="checkbox"/> Ski socks, 2 pairs</li> <li><input type="checkbox"/> Middle layer, top</li> <li><input type="checkbox"/> Warm, light hoodie/jumper</li> <li><input type="checkbox"/> Indoor hut clothes</li> <li><input type="checkbox"/> Indoor slippers</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fast energy: chocolate, nuts, bars</li> <li><input type="checkbox"/> Blueberry-/rose hip soup</li> <li><input type="checkbox"/> Drinks</li> </ul>	<b>Miscellaneous</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Headlamp/torch</li> <li><input type="checkbox"/> Knife</li> <li><input type="checkbox"/> Thermos / plastic cup / spork</li> <li><input type="checkbox"/> Band Aid for abrasions</li> <li><input type="checkbox"/> Plastic bag (-s) for garbage</li> <li><input type="checkbox"/> Reading</li> <li><input type="checkbox"/> Pharmacy Kit</li> <li><input type="checkbox"/> Pillow case,</li> <li><input type="checkbox"/> Underlays (bed linen)</li> <li><input type="checkbox"/> Travel sheet (or sleeping bag)</li> <li><input type="checkbox"/> Compass</li> <li><input type="checkbox"/> Camera/cell phone</li> <li><input type="checkbox"/> Repair kit: silver tape/strings</li> </ul> <p>Detailed suggestions on food to bring, will come in a separate memo.</p>
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## Book your trip

Once you have filled in and submitted the information below, you will receive a booking confirmation and an invoice for the registration fee, which is 400 Euro. You normally have 14 days to pay the invoice for the registration fee. If booking later than 60 days before the trip, it must be paid immediately. Final payment is made two months before departure. We email you an invoice for the final payment, which is the price of the trip minus the registration fee already paid.

Cancellation fees and other booking rules can be found in our [General Conditions](#).  
[Information about how we process personal data](#)

## Dates 2021 and 2022

8 days - 7 nights

March 20-27, 2021  
April 10-17, 2021

March 19-26, 2022  
March 26 - April 2, 2022

Mandatory fields in the form are marked with a red star \*

Name \*

Select week: \*

- ☐ March 20-27, 2021  
☐ April 10-17, 2021  
☐ March 19-26, 2022  
☐ March 26 - April 2, 2022

Date of Birth \*

yyyymmdd

Mobile \*

Your email address \*

Address \*

Gender \*

- ☐ Male  
☐ Female

Nationality \*

Comments/requests, name of room-mate you wish to share room with, etc.

I'm already a member of my country's Hostelling International Organization and I state my membership number below

Hostelling International Members, gets 300 kr deduction of the total tour price.

How do you plan to travel to Abisko ?

Once you have booked the trip, you will receive a PM with tips on how to easily book your train trip to Abisko and home from Kiruna at a discounted price.

- ☐ Trains that I book myself  
☐ Flights to Kiruna + train till Abisko that I book myself.  
☐ I want Globalrunners to book trains from Stockholm ( booking fee 500 kr).  
☐ I want Globalrunners to book bus/train from Kiruna Airport ( booking fee 500 kr).




How did you find out about the trip? \*

I agree that my personal information is stored by Globalrunners. \*

☐ yes, I agree to that

☐ Jag är inte en robot

  
reCAPTCHA  
Säkerhet • Villkor

**I am booking the tour!**

## Some things about ski equipment

### No pain - no gain

Pain you get from skis without a bracket (the curve of your skis) or with too much bracket.

Abrasions come with boots that the feet are not used to and the back complains if the rod length is wrong. What should you think about when it comes to your ski equipment?

The skis must have the right camber. They should have a fastening zone that goes down into the snow when you have the weight on the ski and which is above the snow when you slide forward. In solid uphill, you can strengthen the attachment zone with removable skins that grab the surface and pick you up with straight skis, that cutting long uphill stretches takes the energy. The attachment zone (the camber) can be wax-free, in which case it often has fish bones or skins. If it is not wax-free, ski wax must be used adapted to the current temperature.

Your boots must be tucked in. Maybe you have them as everyday shoes a few weeks before the ski trip? You should apply abrasion tape as soon as you feel the slightest hint of abrasions. Advantageously, you have telescopic poles that you extend up steep slopes, such as when ascending after Alesjaure or up towards Tjåktjåpasset.

If you do not have touring equipment, we recommend that you rent these. Once you have booked the trip, we suggest good places to rent and what you should think about when / if you rent skis, boots and poles.

## A beginners intro on How to Tour Ski and the Swedish Right of Public Access

The Nordic countries share the wonderful gift of Right to Public Access. You are allowed to pass land owned by private people or companies, but there is a freedom under responsibility - rights and obligations. [Follow this link](#) to find out your rights visiting the pristine landscape of Sapmi, and perhaps also catch some helpful hints about ski touring and hut stays.

## Printable copy of this web page



[Ski Touring\\_eng.pdf](#)

1.5 MB

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