



## Offers from STF Saltoluokta For the competitors in Laponia Triathlon 2017

### Laponia - a week in the mountains with self-guided tours on your own or with a guide

Welcome to Saltoluokta, on the border of the world heritage Laponia, and Sweden's largest national parks.

Along The Kings Trail, a 10-minute ferry ride from the road is one of the Laponia area's most beautiful mountain facilities. For over 100 years, people from all over the world have come to Saltoluokta for relaxation, activities and adventures in Swedish Lapland mountains. The resort's main building is famous for its atmosphere and charm, where time has stood still and most of the original decoration from 1918 are still intact.

At Saltoluokta you can choose what to include in your mountain trip. There is a restaurant with first-rate local food, but also a self-service kitchen for those who want to cook themselves. You choose if you want to stay in a mountain cabin, a dormitory or double rooms of hotel standard. During the week there are daily activities you can choose to participate in, or if you prefer you can make your own adventure in the mountains or in the virgin pine forest.

For Laponia Triathlons participants and companions we offer during the period from 9 July to 15 July 30% discount on accommodation when booked in advance. **Use the discount code "laponiatriathlon2017" when you book.** There are also good prices on guided activities. For Laponia Triathlons guests we provide free boat rides to and from Saltoluokta Mountain Station during the week.

#### Activity program:

##### July 10

A guided walk under the midnight sun along the tree line

Join us for an evening cruise in the arctic night along the Laponia border, overlooking the river valley and the magical view over the mountains. Midnight sun and local brewed coffee is included in the tour.

Length: 4 km, 3 hours

Price: free if booked in advance

### **July 11**

#### **Guided tour to Petsjaure Sami camp**

In Stora Sjöfallets National Park you'll find the lake Petsjaure where the Kuoljoks, a reindeer keeper family, runs a small cafe. We walk over the small mountain of Tjåpuris to get there. In an area where no road leads we'll be served smoked trout, freshly baked bread and coffee. Our guide shows the way and tells of the mountain region.

Length: 12 km, 7 hours

Price: 200 SEK (regular price 495 SEK)

### **July 12**

#### **Boat trip with hiking to Stora Sjöfallet**

Our boat takes us along lake Langas to the south side of Stora Sjöfallet. From here we'll hike all the way up to the remainder of the once mighty Stora Sjöfallet. Along the hike our guide tells us about the area's history and how the hydroelectric power affected the mountain region in Swedish Lapland. We visit the mountains oldest tourist cabin and eat lunch together at the fire.

Duration: 4 km hike, 7 hours

Price: 200 SEK (SEK 495 words)

### **July 13**

#### **Guided cultural and historical hiking**

With a guide, we walk along the ravine that forms Lapponia and the national park borders. Along the ravine walls nest buzzard and on our path we'll find many traces of the area's population far back in time. The area has also clear signs of how the ice age shaped the mountain landscapes. We make coffee and eat lunch at a mountain stream along the walk.

Duration: 4 hours; 6 km

Price: Free if booked in advance

### **July 14**

#### **Family Mountain tour**

In Swedens oldest virgin pine forest you'll find a lot of excitement. We look for animal tracks, captures mosquitoes and playing among the sandy hills. With luck, we hit the mountain's own fairy tale figure, Plupp. We cook together and help each other during the day.

Duration: 5 hours

Price: Free if booked in advance

**Travel to Saltoluokta:**

To Saltoluokta you can go by bus or car from Gällivare. By Kebnats/Saltoluokta you'll get of the bus or park your car. From here you will catch the boat M/S Langas over the lake to Saltoluokta. The boat is free for you who competes in Laponia triathlon. The boat goes departs four times a day. You'll find the time table below.

**Time table for the boat:****SALTOLUOKTA FJÄLLSTATION – KEBNATS (M/S LANGAS) 2017**

|                | <b>Salto avg</b> | <b>Kebnats ank</b> | <b>Kebnats avg</b> | <b>Salto ank</b> |
|----------------|------------------|--------------------|--------------------|------------------|
| <b>3/7-3/9</b> | 10.20            | 10.30              | 10.45              | 11.00            |
|                | 12.15            | 12.25              | 14.55              | 15.10            |
|                | 14.45            | 14.55              | 15.00              | 15.15            |
|                | 16.00            | 16.10              | 16.15              | 16.30            |

**Where to find more information:**

[www.saltoluokta.se](http://www.saltoluokta.se)

[www.laponia.nu](http://www.laponia.nu)

**WELCOME TO STF SALTOLUOKTA!**