Walk West Sweden - Island Hopping

Trip Code: SGWS

Version:

WALK & TREK	SELF-GUIDED	3 LEISURELY



HIGHLIGHTS

- Hike along the coast with breathtaking views of the islands
- Get into the Swedish way of life and enjoy the art of 'fika'
- Hike through the spectacular Dynes Ravine on Dyron
- Discover 'Sweden's second city'- Gothenburg

AT A GLANCE

- 6 days walking and sightseeing
- Thursday / Friday / Saturday / Sunday departures
- Join at Gothenburg

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Take an adventure in Gothenburg's neighbouring natural playground on this one-week self-guided walking holiday as you island-hop your way around the Bohuslan Archipelago. A series of 8,000 rugged granite islands make up this magnificent region, and provide a charming backdrop as you walk along stunning coastlines discovering hidden inlets and the traditional fishing villages with their colourful timber houses. This is a place that gives you the feeling of being remote, yet has the convenience of being just a couple hours away from Sweden's second city.

Walking up to 4-5 hours a day, you will discover the island of Marstrand, the imposing Dyron Ravine on the island of the same name, and the colourful seafront of Smogenbryggan on Smogen. Staying on the islands in hand-picked small 3-star and 4-star hotels means you can really get under the skin of island life, as you are there when the fishing boats have come back into harbour and the day visitors have headed away. We have balanced the exploration of this this remote-feeling region with three nights in Gothenburg, so you can really get into the Swedish way of life. Strolling through the city's Haga Quarter, stopping for fika at one of the many trendy cafes, hopping on the tram to the tranquillity of the botanical gardens, and of course enjoying the fresh seafood and delicious cinnamon buns as big as your head - yum!

Is this holiday for you?

If you can't choose between getting away from it all on a far flung island or enjoying the hustle and bustle of city life, then this is the self-guided holiday for you as you can do both! You will spend five days exploring the weather-beaten beauty of the Bohuslan Archipelago, walking up to 4-5 hours a day along rugged coastlines taking you to idyllic swimming spots and quaint fishing harbours. It's everything you picture when you think of Sweden. You will also spend two days in Gothenburg with its diverse culture and eclectic mix of neighbourhoods, taking in the immaculate botanical gardens and the Anggardsbergen Nature Reserve before absorbing the mood of the chilled out city centre with its various quarters. Staying in small 3-star and 4-star hotels you can be sure of warm hospitality at the end of each day.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Transfer From Marstrand to Smogen inlcuding your luggage
- A picnic lunch on Day 4
- Entrance to the wellness centre at Marstrand
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Gothenburg
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Public buses and ferries
- Entrance to Carlstens Fortress at Marstrand
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday is led by a self-guided travel app, which contains the personalised details of your complete holiday itinerary. This includes the GPS-led routes for you to follow on your self-guided walking tours, as well as attractions, coffee stops and points of interest in the towns along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts and ends at Gothenburg. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Gothenburg with many departures from regional UK airports.

If you are flying to Gothenburg you can travel via an airport shuttle bus to Gothenburg city centre. The bus stop is directly outside the arrivals hall. Buses runs approximately every 15 minutes and the journey takes around 35 minutes. For more information visit https://www.flygbussarna.se/en.

Meal Plan

This trip is on a bed and breakfast basis to allow you the opportunity to enjoy dining in one of the local restaurants. We have also included one picnic lunch when options along your route are more limited.

Many restaurants in Sweden offer a daily lunch special that makes lunchtime eating out excellent value. Typically, a set menu would include salad, bread, water, a main course of meat/fish/vegetarian, and coffee. Look out for signs that say "dagens ratt" or "dagens lunch" (dish of the day).

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

No dish screams Sweden more than Swedish meatballs, a staple on any menu and usually served with creamy mash potato and a generous helping of lingonberry jam. However, there is much more to Swedish cuisine than meatballs. The country has been striving to rebrand itself as a food destination over recent years with high quality restaurants, bistros, and cafes popping up throughout the country. Moreover, with the right to roam written into Sweden's constitution, foraging is not just encouraged - in fact dishes featuring foraged ingredients appear in many restaurants, illustrating the Swedish love and respect for nature. Along the coast it will come as no surprise that seafood is the star on most menus, with fresh oysters, crayfish, and lobsters a-plenty. Meanwhile in Gothenburg the 'whole and half special' is a popular streetfood. Created in the 1940's in the Vagmastareplatsen square on the river island of Hisingen when two local footballers ordered the dish, it consists of a hotdog topped with mash potato. It isn't a dish for everyone, but it is certainly worth a try.

A food culture which is much more to everyone's liking is the Swedish *fika* culture, roughly translated as 'coffee and cake break'. *Fika* is a serious business to Swedes, with business colleagues taking a break twice a day to enjoy a coffee and sweet treats together such as yummy cinnamon or cardamom buns. If you really want to travel like a local you need to ensure you allow time for *fika* breaks during your rides!

Accommodation

We have hand-picked a great selection of 3-star and 4-star hotels for this trip, some with wellness centres for you to enjoy after a busy day exploring. All of the hotels offer comfortable bedrooms, and great communal areas such as restaurants and bar areas. Plus, staying in each location for 2 nights means that you can really make the most of the hotel facilities. In Smogen you will stay in an aparthotel, allowing you extra space to relax with a seating area and kitchenette in your room.

It is possible to arrange additional nights' accommodation in Gothenburg before or after your trip if you would like to explore the city a little more - please ask our Sales Team for details.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. We ask that you please ensure your main luggage is limited to one piece under 20kg per person and that your luggage is ready for collection on the morning of the luggage transfer. You will also need a daypack to carry your daily essentials with you whilst you are walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Sweden is the Swedish Krona.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace. However, getting some additional exercise before coming on an active holiday makes a lot of sense and the fitter you are, after all, the more enjoyable your walks will be. The walks take you along the fantastic coastal paths, which can be rugged under foot but provide fantastic wild panoramas. You should be comfortable with walking 3 to 4 hours for consecutive days. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and its always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

Thanks to the Gulf Stream, Sweden benefits from a mild climate for its longitude and has distinct seasons much like the UK. Just like the Brits, the Swedish love to talk about the weather.

The south-western area where this trip takes place experiences shorter, milder winter months than the north of the country and has warm summers with temperatures ranging from 15-25 degrees Celsius, making it ideal for walking.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Sweden
- The Rough Guide to Sweden

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks

- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags

- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This trip is available for departures on Thursdays, Fridays, Saturdays, and Sundays throughout the dates listed.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

We have designed this trip with two nights at each accommodation on the archipelago, so you can enjoy the peace of these remote islands and really soak up their welcoming, off-grid feel once the day-visitors have departed.In addition, we have included an entry to the spa centre in Marstrand in the cost of your trip, so you can feel pampered in true Swedish style.

Please Note This document was downloaded on 23/11/2026 and the trip is subject to change