

Walk West Sweden - Island Hopping

Trip Code: SGWS

Version: SGWS Walk West Sweden - Island Hopping



WALK & TREK



SELF-GUIDED



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

- Self-Guided
- 6 days walking and sightseeing
- Luggage transfer
- Thursday / Friday / Saturday / Sunday departures
- Join at Gothenburg

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 1 Lunch
- 7 nights Hotel

[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 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

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DAY 1

Arrive in Gothenburg, explore the city, and enjoy a relaxed dinner.

Arrive at your accommodation in Gothenburg, often referred to as 'Sweden's 'second city'. This vibrant city was founded on its lucrative port, yet today it has reinvented itself with industrial buildings and warehouses now hosting trendy art galleries. Depending on your arrival time, you can take a walk and explore the various neighbourhoods that make up this chilled out city, from the historic city centre to the fashion boutiques and vintage stores of the cobblestoned Haga Quarter. We recommend a visit to the iconic Feskekorka ('Fish Church') - however it was never a church! This deservedly popular fish market owes its name to the architectural style of the beautiful building in which it is housed, with its pointed-arch windows resembling a Gothic church. The building was completed in 1874 and has served as a fish market since then. Today it is home not only to fishmongers, but also to several restaurants serving up the freshest catches of the day. In the evening, you can delight in dinner at one of the many restaurants and sample the great fresh seafood that is on offer.






Accommodation
Hotel

DAY 2

Discover Marstrand and watch the sailing boats pass by as you enjoy your first taste of the rugged coastal walking.

Your day begins by joining the locals on the public bus to the charming town of Marstrand. The town stretches over the two almost car free islands of Marstrand and Koon, both of which you will have the opportunity to explore today. The town is best known for its sailing, with a harbour filled with all kinds of boats; the many coastal cafes here provide a great spot to watch sailors practice their skills. Leaving your luggage at your hotel you will soon be able to head out on the trails. Your route today is one of two parts with a walk around each of the two islands Marstrand and Koon allowing you to choose whether to enjoy a leisurely day and explore one island, or explore a little further and undertake both. Taking the short ferry ride across the channel to Marstrand your first route will circumnavigate the rugged shoreline of the island, the perfect introduction to walking on the Archipelago as you take in the vast ocean views. Foraging is part of the Swedish way of life and you may spot locals fishing and collecting nature's treasures along the way. Reaching the village once more you will have time to visit the Carlsten Fortress, guardian of the island for some 300 years and the location for 'Fortress Games' through the summer months, complete with muskets, cannons, drummers and marching soldiers for you to observe. From here you return to Koon to undertake the second part of your route north of the town taking you across the hard granite rock into what feels like remote Sweden.

Meals: **B**





	Accommodation Hotel		Ascent 225M		Descent 225M		Distance 12KM
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DAY 3

Sail to the car free island of Dyron to follow the Dyroleden Trail, and take advantage of the idyllic picnic benches along your way as you soak in the Bohuslan's beauty.

Waking up to the magnificent fresh air of the North Sea you can enjoy a wholesome breakfast in your hotel, before catching the bus to the port to take the scenic boat ride to the neighbouring island of Dyron. With just 200 or so residents it is hard to believe that the little car free island of Dyron is just an hour from Gothenburg. Disembarking you will have time to join the locals for a little fika before beginning your hike around the island. Your route today hosts several idyllic picnic benches so we recommend getting some picnic supplies too. Following the Dyroleden Trail, you will be accompanied by magnificent views throughout the day as you circumnavigate the island, crossing over rocky coastline and ascending the spectacular Dynes Ravine via a perfectly crafted staircase sandwiched between the dominating rock faces. Along the route, you will find information boards providing a great insight into the rare flora and the history of the island, while you look across the archipelago to see the mighty Carlsten Fortress standing guard over Marstrand. Your route also offers plenty of swimming opportunities and a fantastic sauna with a sea view, which you can pre-book to really get into the Swedish way of life. Completing your trail you return to the harbour in Sorda for an opportunity to explore the town and practice the art of fika once more before your ferry back to Marstrand for the night.

Meals: **B**

	Accommodation Hotel		Ascent 135M		Descent 135M		Distance 5KM
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DAY 4

Lose yourself in the fantastic Ramsvikslandet Nature Reserve and sample small village life with a fika stop before travelling to Smogen.

Today begins with a transfer to the fantastic rugged landscape of the Ramsvikslandet Nature Reserve, famously known as the Kingdom of the Rocks. The island, which was a peninsula until the 1930's, is largely uninhabited allowing you to really get off-grid and back to nature. Following your trail around the island over the wave worn rocks, heaths and meadows, it provides an ideal habitat for the diverse birdlife and flora that flourishes here. As you make your way along the southern coast, you will be accompanied by magnificent panoramic views across the bay and to the archipelago below. You will also find King Tryggve's grave along this section, a large cairn thought to date back to the Bronze Age. As you approach the north-eastern side of the island you will be reminded that you are not on your own island

after all. Here you will find a small holiday village offering a welcoming fika stop before completing your walk and catching the local bus to the nearby town of Smogen and your home for the next two evenings. Once you have settled in to your hotel you can explore the lively Smogenbryggan; a colourful 600m boardwalk of bustling restaurants, cafes, shops and boats. The perfect spot to feast on fresh Swedish cuisine after a day hiking.

Meals: **B L**


	Accommodation Hotel		Ascent 200M		Descent 200M		Distance 16KM
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DAY 5

Choose from a choice of walks or relax in Smogen.

Today provides you with a few options. Your first option is to enjoy a day on Smogen; visit the sights, delight in a coffee along the Smogenbryggan as you watch the boats come and go, and soak up the atmosphere. If you would prefer to stretch your legs, we have two walks for you to choose. The first option is to travel to the nearby island of Bohus Malmon, an island famed for its Bohus Granite and for the talented stonemasons who once habited the island. Arriving into a picture perfect fishing harbour, your walk will circumnavigate the island, crossing the granite outcrops and leading you to almost tropical beaches. Your second option is to explore Smogen a little further, as you hike from Kungshamn to Tullboden. Walking between idyllic seaside village, with beautifully preserved Scandi architecture, your route will take you through varied landscapes from treeless rocky landscapes to leafy valleys and fragrant pine forests. **BOHUS MALMON ROUTE:** 12km / 180m ascent / 180m descent **KUNGSHAMN TO TULLBODEN ROUTE:** 14km / 220m ascent / 220m descent

Meals: **B**

	Accommodation Hotel
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DAY 6

Travel to Gothenburg, enjoy a fika break and explore the Botaniska Trädgården.

Enjoy your final breakfast in the wild of the islands before taking the bus to Gothenburg where you will be welcomed by your accommodation in the city. You will have time to do as the locals and take a fika break before hopping on the tram to the Botaniska Trädgården (Botanical Gardens). These spectacular gardens have been delicately tended to for over 100 years for locals and visitors to enjoy. Stroll the many gardens or relax beneath the spring blossom and perhaps enjoy lunch in the café before continuing your walk into the Anggårdsgården Nature Reserve. This wonderful wild extension to the gardens offers many magnificent trails, we have suggested our favourite loop through the reserve for you to enjoy but you may wish to take one of the other trails and choose your own path. In the evening, you will be spoilt

for choice for restaurants where you can enjoy Swedish Sushi - yes, Swedish Sushi! Sweden has an abundance of fresh seafood and so sushi has become a staple in Gothenburg.

Meals: **B**


	Accommodation Hotel		Ascent 150M		Descent 150M		Distance 9KM
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DAY 7

Explore Branno and Galtero or enjoy a spot of sightseeing in Gothenburg.

Today you can opt to sightsee in Gothenburg and perhaps visit one of the city's excellent museums. You might like to consider purchasing a City Pass for included or discounted entry to many of the city's attractions. The World of Volvo, with its many interactive displays, is a popular choice for all the ages and is not just for car fanatics; the Universium is a great choice with children too. Alternatively, you can take the ferry to the nearby island of Branno, known for its traditional summer dances and family-friendly beaches. A popular weekend escape with people from Gothenburg, the only traffic on the island consists of flatbed scooters, and the nearby island of Galtero is a safe-haven for birdlife. You can delight in a hike around the two islands, stopping to enjoy the many great beaches and observing the wildlife, before heading back to the city for your final evening living the Scandi life.

Meals: **B**

	Accommodation Hotel
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DAY 8

Departure Day.

Enjoy a relaxed breakfast and perhaps a little more sightseeing in the city before making your onward journey.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Luggage transfer Marstrand to Smogen
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Transfers From Marstrand to Smogen
- Entrance to the wellness centre at Marstrand
- Entrance to the wellness centre at Smogen

What's not Included

- Travel insurance
- Travel to / from Gothenburg
- Public buses and ferries
- Entrance to Carlstens Fortress at Marstrand
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Visas (if applicable)
- Some meals as described in the Meal Plan
- 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.

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>.

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

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).

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 usually served with creamy mash potato and a generous helping of lingonberry jam. However, there is a lot more to Swedish cuisine than just 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 only encouraged, but dishes featuring foraged ingredients appear in many restaurants too, illustrating the Swedish love of nature. Along the coast it will come as no surprise that seafood is the star on most menus with the big 5 (fresh oysters, shrimp, mussels, crayfish and lobsters) a plenty. You may be surprised to hear that sushi is a huge food culture in Sweden too and certainly worth a try for sushi lovers. It makes sense when you think about it- they have an abundance of fresh fish!

Meanwhile, in Gothenburg the 'whole and half special' is a popular street food. Created in the 1940's in the Vagmastarplatsen square on 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 to coffee break. Fika is a serious business to Swedes with businesses taking a break twice a day to enjoy a coffee and a sweet treat. If you want to travel like a local, you need to ensure you allow time for your fika breaks along your walk. Cinnamon buns and cardamom buns are a popular choice and delicious too!

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.

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 contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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.

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 once the day visitors return home, and really soak up their welcoming, off-grid feel.

Please Note This document was downloaded on 14/07/2025 and the trip is subject to change