Kungsleden Trek - The Kings Trail of Sweden

Trip Code: SKT

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Guided ascent of Sweden's highest mountain, Kebnekaise (approx 2100m)
- Relax in saunas and experience the delights of the midnight sun in Swedish Lapland
- Spot reindeer, golden eagles, and tracks of bear, lynx and wolverine across this wild Arctic Circle

landscape
- One of the wildest and most remote trekking holidays in Europe

AT A GLANCE

- 8 days trekking
- Max altitude - 2100m
- Join at Kiruna

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Trek through Swedish Lapland and climb its highest peak on one of Europe's most wild and remote hikes, the 'King's Trail' or 'Kungsleden', on this superb walking holiday. The King's Trail is situated 200 kilometres north of the Arctic Circle, deep in the Swedish Lapland region. In summer, the approach to Kebnekaise (approximately 2,100 m), Sweden's highest mountain, crosses an unspoiled landscape of flower-carpeted birch forests and spectacular glacial valleys, where the indigenous Sami people tend their herds of reindeer. Starting alongside the Abisko River, we trek to the wonderful viewpoint of the Tjaktja Pass (1100m) and continue via the impressive waterfalls of the Tjaktjajakka Valley. Carrying light backpacks, we overnight at a series of comfortable mountain huts, some of which have saunas to help soothe the limbs after a day's walking. After reaching the Kebnekaise Mountain Station, we make the ascent to the exposed and snowy summit of Sweden's highest peak. Superb trekking and the unforgettable experience of daylight at midnight makes this a unique adventure holiday.

Is this holiday for you?

The days on the King's Trail, excluding the ascent of Kebnekaise, involve straightforward walking on well-defined paths. Some days are fairly long, with the longest covering around 21 kilometres. You will need to carry all your personal equipment along with a small share of the communal food supplies. For this reason, we recommend a comfortable 50-60 litre backpack. Most participants keep their pack weight to around 10-11 kilograms, as sleeping bags and camping mats are not required–allowing space for approximately 3kg of food you will be carrying.

The modest altitudes on this trek do not add to the challenge. The ascent of Kebnekaise, which is entirely optional, is the longest and most demanding day of the itinerary. Group members will be equipped with a climbing harness and roped together under the supervision of the local guide.

Itinerary

Version:

Holiday Information

What's Included

- A professional amd qualified tour leader
- STF Guided ascent of Kebnekaise
- Single timed airport transfers on arrival and departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- Boat trips on Lake Alesjaure (July/Aug departures only) and Lake Ladtjojaure

What's not Included

- Travel insurance
- Tips
- Airport transfers other than group transfers
- Some meals as described in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the STF Abisko Turiststation. On Day 1 of the itinerary there will be a single timed transfer from Kiruna airport to STF Abisko Turiststation. This transfer will be timed to meet the SAS flight from Stockholm arriving in the early afternoon. The journey takes 1.5 hours.

On the last day of the Land Only itinerary, there will be another single timed transfer from Kiruna to Kiruna Airport timed to meet the check-in of the SAS flight to Stockholm departing in the late morning.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If your flight schedule does not allow you to take advantage of the arrival transfer, you should make your own way to the STF Abisko Turiststation.

Accommodation contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

9 Breakfasts, 8 lunches and 8 dinners are included in the price of this holiday.

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.

Whilst staying at the mountain huts, everyone will be expected to assist with preparing meals. The Tour Leader will organise a rota for these communal duties. The huts have basic cooking facilities. Breakfast will consist of bread, porridge or muesli with dehydrated milk, coffee, tea, hot chocolate and some jam. Lunch will be bread, sandwiches and soup, made up from hot water from a thermos. Dinner will be coordinated by the Tour Leader and will also be mainly dehydrated and processed food. The fresh food that we carry from Abisko is estimated to last to Alesjaure cabin. The rest of the food for this hike will be cached in the Alesjaure cabin and the Slka cabin. As there are no shops in the Tjäktja and Singi huts, all food for the stay here will be carried from the previous huts. Whilst staying at the mountain stations, all meals will be taken in the restaurants.

Accommodation

We will spend 3 nights in "Mountain Stations", at Kebnekaise and Abisko, which are more like lodges and have great facilities. Here, the group will sleep in 6-berth rooms, with shared toilet and shower facilities and communal seating areas. All bedding is provided. Each station has a separate male and female sauna, a good restaurant and a bar.

During our time on the trail, we will stay each night in a different mountain hut. These are maintained by the Swedish Tourist Association (STF), and each has its own host in residence. The huts are simple, but comfortable, and each has its own unique personality! There is no electricity, running water or mobile phone coverage; this is all part of the special and unique experience of staying in the remote Swedish wilderness.

The biggest hut has spaces for around 80 people, split over several smaller individual cabins; others are much smaller. Inside each of the huts, you will find a combined kitchen and cosy day room, bedroom and drying room.

We will sleep in mixed dorms of 4 -10 people. Pillows and blankets are provided, and all rooms have a wood-burning stove or gas heater. You will need to bring your own pillowcase and a sleeping bag liner.

Each hut has a shared outside toilet block. These are well-maintained and have plenty of toilet paper and antibacterial hand wash available.

Most of the mountain huts also have their own wood-fired sauna. The saunas will have split session times in the evening: female-only, male-only, and mixed. Towels are not provided at the huts, so we recommend taking a travel towel that is large enough to wrap around you. Each sauna will have a small, basic washroom attached, with bowls and hot water (from the sauna) provided for you to wash. It is possible to wash your hair here if there is enough water.

One of the most fun aspects of this holiday is getting involved in the hut chores. Chores include fetching water, cooking dinner, preparing breakfast and packed lunch items, and clearing up. The tour leader will coordinate. It is expected that you leave the hut in the condition you found it, with fresh water and wood for the next weary travellers.

Single rooms are not available.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may ‘feel’ the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

Approximately £100 (or equivalent in US dollars, Euros, etc.) should be allowed for miscellaneous expenses, drinks and souvenir purchases. This amount will allow you to pay for the final dinner and lunch on the final day (depending on departure time) and also to pay a tip to your local guide. It is generally possible to pay by credit or debit card. We recommend that for any cash you decide to bring is in the form of Swedish Krona since there will not be any opportunities to change it once you leave Kiruna. There is no ATM in Kiruna airport, but you can withdraw cash at ATM's at Stockholm/Arlanda airport when you change flights. If you are intending to buy considerable quantities of soft drinks or beer, or expensive souvenirs, you should budget accordingly.

Guidance on Tipping

Tips are the accepted way of saying ‘thank you’ to your local guides. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. For your guides we recommend that you give a tip if you feel that their services have met your satisfaction.

Baggage Allowance

You should try to keep the weight of your equipment to a minimum. A reasonable overall weight for your packed rucksack during the trek is 10 kgs (22 lbs). You need to allow space in your backpack for an extra 3 kgs (6.6 lbs) of fresh food you will be carrying from Abisko. After the first night in Abiskojaure, the extra weight is reduced to approximately 1 kg. The fresh food from Abisko is estimated to last to Alesjaure cabin. The rest of the food for this hike will be cached in the Alesjaure cabin and the Sälka cabin. As there are no shops in the Tjaktja and Singi huts, all food for the stay here will be carried from the previous huts.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

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.

Climate

The summer months from June to early September offer the only timeframe to trek the Kungsleden. Daytime temperatures in Kiruna in July and August range from 8°C / 46°F to 18°C / 64°F. Sunny weather can be expected, with occasional rainfall, although it is more likely to be wet in August. It can also be cold at night and in more exposed areas. There can also be some snow patches remaining on the trail, and muddy, boggy sections of trail, so boots need to be suitably waterproofs. The midnight sun shines from late May to mid-July, and it is daylight 24 hours a day from mid-May to the end of July. The summer sun is never far below the horizon.

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

- The Rough Guide to Sweden. James Proctor and Neil Roland.
- Sweden - Lonely Planet Guide. Carolyn Bain and Graeme Cornwallis.
- Kungsleden: The Royal Trail Through Arctic Sweden - Claes Grundsten

Maps

Fjallkarta. Abisko - Kebnekaise - Narvik. Lantmateriet (Swedish Survey) 1:100,000

A detailed topographic map in colour, at a smaller scale than most UK hikers' maps but with a useful 25m. contour interval. The map is in Swedish with an English legend.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Hiking boots (approach shoes will not be suitable for the ascent of Kebnekaise)
- Socks
- Trainers or slippers for use in the huts.
- Walking socks (2 or 3 pairs)
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Sleeping bag liner
- Thermal baselayer shirts
- T-shirt / casual shirt
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Sun protection (including total bloc for lips, nose etc.)
- Thermal gloves

- Small towel (to sit on in sauna)
- Backpack 50 - 60 litres
- Mug and spoon (for lunches)
- Antibacterial hand wash
- Vacuum flask ½ litre
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Insect repellant
- Basic First Aid Kit which should include: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Foam sit mat (for lunch stops)
- Washbag and toiletries
- Travel clothes (can be left in main luggage)
- Cameras
- Selection of dry bags (to keep kit dry)
- Trekking poles
- Gaiters
- Pen-knife (remember to put all sharp objects in hold baggage

- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Your main luggage and travel clothes will be transported from the STF Abisko Turiststation to Nikkaluokta and you will have access to it upon arrival in Nikkaluokta.

Although the summer months from June - early September offer the best conditions to trek the King's Trail with day time temperatures of between 8 - 18C (46 - 64F), it can be cold during this period and warm clothing should be packed. There can also be some snow patches remaining on the trail, and muddy, boggy sections of trail, so boots need to be suitably waterproof.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for joining at the Abisko Mountain Station and ending in Kiruna. Single timed transfers are included from/to Kiruna Airport are provided.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kiruna with SAS via Stockholm. Outbound flights will depart the UK in the morning arriving later the same day. Return flights will depart Kiruna airport in the morning of the last day of the itinerary, arriving in the UK later the same evening.

Why Choose KE

Why KE

This trip was recently featured in The Telegraph’s article: Great escapes in Europe’s last empty places. KE is one of the few tour operators in the UK, and the world, who offer the King's Trail as a fully guided and inclusive package.

Please Note This document was downloaded on 19/11/2026 and the trip is subject to change