West Sweden Kayaking Family Adventure

Trip Code: FSE

Version: West Sweden Kayaking Family Adventure

MULTI ACTIVITY	FAMILY	LEISURELY
MA		3

HIGHLIGHTS

- Kayaking to and wild camping on an uninhabited island in the Bohuslän Archipelago.
- Try your hand or advance your skills at rock climbing on a wild granite face.
- Stay in a wonderful period accommodation at the water's edge, once the reserve of 19th century Swedish nobility.
- Mountain biking in the forests and meadows that surround Uddevalla.

AT A GLANCE

- Centre based
- 3 days of kayaking
- 2 rock climbing sessions
- 2 yoga sessions
- 1 mountain biking session,
- Join at Uddevalla

ACCOMMODATIONS & MEALS

- 5 Breakfasts
- 5 Lunches
- 2 Dinners
- 4 nights Hotel
- 1 nights Wild Camp

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Come join us for a wild summertime adventure on Sweden's West Coast. From the granite faces and dusty trails you'll find whilst rock climbing and mountain biking, to the beautiful calm waters and picture perfect islets of the Bohuslän Archipelago, this place is simply serene, and a perfect adventure playground for families to explore and enjoy. Our guides will help us to develop and enhance our skills in kayaking, climbing, and mountain biking, and find the perfect island for us to pitch our tents for a truly wild camping night on an uninhabited island. Their encyclopaedic knowledge of these waters means that whatever our experience or abilities, they will be able to adapt our sea kayak adventure so that all of us can enjoy it whilst still creating a properly wild overnight adventure for the whole family.

Is this holiday for you?

This is the perfect trip for children and adults alike to develop new outdoor skills and to experience the natural beauty of the Bohuslän Archipelago. No kayaking experience is required for this trip but all members of your family should be competent swimmers and comfortable in the water. This trip is suitable for both novice and returning paddlers. No climbing or mountain biking experience is required either, and all specialist equipment for all activities will be provided. The trip has an advisory minimum age of 8 years and over.

Itinerary

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DAY 1

Arrival Day.

We arrive in Sweden and make our way to Uddevalla independently. After a short transfer from Uddevalla to Gustafsberg we'll have a welcome dinner together at the local restaurant, before settling down at our beautiful waterside accommodation.

Meals: **D**

Accommodation
Hotel

DAY 2

Mountain biking at Uddevalla and indoor climbing in the barn.

We'll have breakfast from 8am this morning, and then after that we will take a short transfer back through Udevalla where we pick up our bikes, to head out for a ride. There are mountain biking trails for all abilities here and we will spend the morning enjoying the ride along single track trails through a patchwork of meadows, lakes, and pine forest.
After an adrenalin fuelled morning, we'll stop for a picnic whilst the bikes are loaded away.

After lunch we'll make our way back to Gustafsberg and to the climbing wall in the barn. We will spend the afternoon here, learning the basics with a qualified instructor. This bouldering session will prepare us for the outdoor climbing session later in the week, as well as being a fun and safe way to learn a new skill with our attentive instructors. After a great active day, we'll have the evening at leisure and our guides will suggest some good options for eating out.

Meals: **B L**

Accommodation
Hotel

DAY 3

Learning to sea kayak and an evening yoga session.

After breakfast this morning we head to the shore for a morning in the sea kayaks. Today we will learn all of the basics, or if we've kayaked before, we can refresh ourselves to prepare us for our future days in the water. We'll learn about the equipment used, and how to get in and out of the kayaks as well as some basic manoeuvres, to make the trip as safe and fun as possible.
After a day of equal parts learning and playing, we'll have some time back on land before heading to the barn for an early evening yoga session, stretching out and finding our inner strength before dinner.

Meals: **B L**

Accommodation
Hotel

DAY 4

Our sea kayaking adventure begins, wild camp on an uninhabited island.

Today the adventure begins in earnest, where we leave behind the comforts of Gustafsberg for a wild camping adventure on an uninhabited island in the archipelago islands of West Sweden. We'll head out after breakfast on a short transfer to the put-in point.
The salty sea meanders its way between leafy islands and nature reserves, from the Fjord of Gullmarn to the Koljofjord. To say that the kayaking is idyllic here really is an understatement. The kayaking in this area is protected from the sea winds and is therefore usually calm or free of waves, which makes it ideal for beginners to paddle. It is also great for experienced paddlers as the opportunities to explore in these waters is boundless.
We pass along skerries, islets and narrow passages as we circumnavigate the idyllic island of Bassholmen, with bird sanctuaries, summer grazing animals and quaint old historic buildings. We'll land here for lunch, a coffee for the parents, and a stretch of the legs and a run around for the kids, before continuing on in the afternoon to our overnight camp spot. Exactly where we go depends on the prevailing conditions, but we have plenty of idyllic bays and grassy islets to explore. Once we've reached our island, we will land and pitch our tents ready for an evening in the wild. Together we will cook a delicious outdoor dinner and watch the sun set over the islands.

Meals: **B L D**

Accommodation
Wild Camp

DAY 5

Return to land, an evening of yoga.

This morning we'll wake in the wild islands of Sweden's West Coast and have a lazy breakfast in the early

morning light. Once we're all packed up we'll head back out into the water for some more exploring of this beautiful archipelago, spotting seabirds, starfish and possibly even seals before finding another island for lunch. We will eventually return to our put in point in the afternoon where we will be picked up for our return transfer back to Gustafsberg.
In the evening before dinner, we'll have another yoga session in the barn to stretch and relax our muscles after a couple of great days paddling.

Meals: **B L**

Accommodation
Hotel

DAY 6

A morning of rock climbing before departure in the afternoon.

Our final day in beautiful West Sweden. We will spend the morning rock climbing before our departure in the early afternoon. Whether you've climbed before, or this is your first time, our guides will help you to pick up or advance your skills. We'll head out on foot, bound for a local granite crag and put on our safety gear, before belaying each other up and down the rock face. In the unlikely event of a poorer weather day, we will use the excellent indoor wall at the barn in Gustafsberg. After a rewarding morning out, we'll return tired but happy to the accommodation to have some lunch and to collect our things before being transferred to Uddevalla for our onward journeys.

Meals: **B L**

Holiday Information

What's Included

- Professional and English speaking local guides throughout
- Transfers to and from Uddevalla
- All land transport and activities as described in the itinerary
- Hire of all specialist equipment for all activities described in the itinerary
- 6 nights accommodation (5 nights at Gustafsberg, 1 night camping)
- Meals as described in the meal plan

What's not Included

- Travel insurance
- Transfers beyond Uddevalla
- Tips for local staff
- Miscellaneous expenses – drinks and souvenirs etc

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

We will meet on day 1 of the itinerary in Uddevalla where we will be collected by a transfer to our accommodation in Gustafsberg.

The nearest airport to Uddevalla is Gothenburg-Landvetter. To transfer from here, you will need to get a bus into the centre of Gothenburg (Nils Ericson Terminalen/Goteborg Centralstation), before catching a train to Uddevalla Ostra station. The train costs the equivalent of around £10 per person, takes 1hr 9mins and runs hourly throughout the day. Check prices and timings and book in advance* at www.omio.com.

***please don't book any tickets until your trip has been guaranteed to run.**

Meal Plan

Breakfasts and lunches provided throughout, and one evening meal on the wild camp evening where we will all participate to create a dish cooked on open fire.

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.

Food in West Sweden naturally consists of plenty of seafood, picked from the ample coastline of this region, which is usually paired with foraged herbs and berries from the interior. Try the mussels here, grown in local waters and known to be some of the best in the world. The restaurant at Gustafsberg, where we will be dining out on our arrival day, serves a great selection of meals, from meatballs and lingonberries, to burger and chips, but the highlights again are the seafood. There is always a catch of the day, and many other fresh and cured options, as well as plenty of vegetarian and vegan options too. Everyone should be catered for on this trip regardless of dietary restrictions but if you have any specific dietary requirements or concerns please speak to our sales team and they will be able to advise you further.

Accommodation

Early Summer Hostel / Late Summer Hotel

All nights, except our wild camping night, we will stay at either the Gustafsberg Tvaan hotel, or on our early departures the Gustafsberg Hostel. The Hotel Tvaan is one of the historic bath house buildings built in the 19th Century for the nobility of the area to visit and bathe in the sea. Sweden's first seaside resort. It now operates as a small but perfectly formed hotel. The rooms are bright and airy with period features throughout, and the facilities are minimal but functional. The rooms are twin or double and families will be placed in adjoining rooms.

For our early summer departures, we have opted for the wonderful hostel accommodation at Gustafsberg. This accommodation allows us to sell our trip to you at a lower price, but as such, the rooming options are more limited with bunk bed rooms, shared shower rooms, and toilet facilities.

Wild Camping

On our wild camping night we will be in double tents, there will be enough tents provided for all family members, and you will only be expected to share with members of your own family.

Group Leader & Support Staff

The group will be led by professional and qualified, English speaking guides.

Spending Money

Approximately £500 per family (2 adults & 2 children) should cover tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Sweden is an almost completely cashless society, so an interest free international credit card will be invaluable here, although if you prefer to use cash, there will be the opportunity to change money into SEK on arrival at the airport, as well as at ATMs in Udevalla, which we pass through on arrival, as well as at several points throughout the week.

Guidance on Tipping

We suggest you give a tip to your guide if you are satisfied with their services. This is probably best done as a group pooling something around £10 (125 SEK) per family member.

Baggage Allowance

This is a centre based holiday, therefore your only restriction should be based on that of your airline (or other mode of transport). Please also make sure to pack a daypack or two per family, for essentials on your activity excursions. This will also be useful for your overnight wild camp where you will need a change of clothes and some snacks. Your daypack will then be 'drybagged' and stored safely by the guides within watertight containers on each kayak. Luggage with wheels is useful for this holiday too.

General Information

Passport & Visas

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 currency in Sweden is the Swedish Krona (SEK).

Climate

The weather on the west coast of Sweden is generally settled and warm similar to the fine days of an English summer. Expect 15 - 25 degrees centigrade, and predominantly settled and sunny weather, although we should also pack waterproof and warm layers just in case, as the weather in Northern Europe can never be fully guaranteed.

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.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

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

To take your first step to an amazing adventure with your family and friends 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:

- Sturdy walking shoes/outdoor trainers
- Sandals
- Lightweight outdoor trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, or stretchy clothes for yoga sessions and climbing
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Warm hat, gloves, warm leggings (just in case the weather breaks)
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent
- Water bottles (approx 2 litres per person) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash

- Swimwear
- Swim towel
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

The following items are optional:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Goggles for the kids
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

All specialist equipment required for the activities on this holiday are provided.

Why Choose KE

Why KE

We've created a, unique to us, kayaking itinerary in arguably the best place on the planet to paddle. Trust KE to provide the perfect centre based trip with a mix of family friendly activities, including three days on the water, with the backdrop of Sweden's stunning West Coast.Early Summer Hostel / Late Summer HotelWe've selected two fantastic accommodations both within the heart of historic Gustafsberg. For our early summer departures we have chosen the old hot spring house hostel accommodation with bunk beds and shared facilities in a water front building with a beautiful veranda. The rest of our summer departures are at the charming Hotel Tvaan, which has a mix of double and twin rooms (larger families will be placed in neighbouring rooms) and en suite facilities with lots of great period features.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change