



Swedish folklore music and outdoor adventure

Only three hours drive from Arlanda Airport, you can experience a combination of Swedish folklore and outdoor adventure.

Learn to play folklore music on different instruments regardless of previous experience. Specially customised instruments for children, seniors and people with disabilities. We practice our skills on an event for local musicians. Between making music you will be able to venture out on rail trolleys, visit the animal park Järvzoo as well as the predator center the "Big 5". We also make a roundtrip to a meteorite crater and visit one of the Hälsingland farmhouses, all in our unexplored Swedish nature. Modern accommodation is available in a peaceful environment with the nature just around the corner.

This package is available for people with disabilities and their assistants.



Facts about this package purposal:

Price:

Ask for an offer special made by your request.

Included:

- 6 nights accommodation in rooms´with 2-4 beds, WC/bathroom shared (only within the same group)
- All meals (breakfast, lunch/lunch package, "fika" and evening meal) from the evening meal on the day of arrival to breakfast on the day of departure
- All activities including guides as specified in the programme
- The use of musical instruments during your stay
- Local host during the week (English speaking)

Availability:

June-Aug 2016

(There may be some changes to the programme during the months May, September and October)

Not included:

- Transportation to and from the destination or between the accommodations and the activities is not included in the package price.
- Transport from Arlanda Airport to the accommodation and back can be ordered for an extra charge; SEK 32,000 for groups of between 8-17 persons, SEK 35,000 for groups of between 18-48 persons. This charge also includes transports between accommodations and the activities during your stay.
- Food and drink not mentioned in programme is not included.

If guides and hosts are required in a language other than English, please contact for further information. This cannot be guaranteed before date of arrival is set.

Booking contact for Lin & Lo Turismutveckling

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Program

Sunday: Arrival day, day 1

We check in at the accommodation, which offer rooms with 2-4 beds, self-catering (if needed), WC/bathroom shared (only within the same group) and communal areas. Your local host will join the group. The evening meal will be at a nearby restaurant.

Monday, day 2

We start the day with exploring author Sten Bunne´s teaching methods and his instruments. The location is close to the accommodation. Read more at www.bunнемusic.se or watch him at https://www.youtube.com/watch?v=TYostCD2_8w. A digital article can be read/heard at http://www.imagine.musictherapy.biz/Imagine/podcasts/Entries/2015/9/1_childrens_access_to_chords%2C_melodies%2C_and_bass__a_differnt_way_of_thinking_in_sweden.html. We will also be introduced to Swedish music folklore. We take a break for lunch and “fika”. Free time during the evening to explore the area. The evening meal will be at a nearby restaurant.

Tuesday, day 3

We spend the whole day on a rail trolley (with a packed lunch). We pedal the rail bikes past glittering lakes, glide over bridges and through dark tunnels. The adventure starts at Delsbo old railway station. Read more at www.dellenbanan.se. In the evening we take a new step in learning music folklore with Bunne´s instruments. The evening meal will be at a nearby restaurant.

Wednesday, day 4

We continue to expand our understanding of music in the morning. After lunch we take a trip to one of the Hälsingland farmhouses which is open for visitors. Here we get the chance to learn more about our regions´ culture and traditions by an experienced guide. In the evening we visit an event for folk musicians at Norrbo Homestead Museum. Now we have the chance to practice our skills and play with local musicians or just listened and enjoy the event. Local food will be served for the evening meal.

Thursday, day 5

A daytrip to Järvsö and a visit to Järvzoo Wildlife Park and the “Big Five” Centre. A hike along a 3 km wooden walkway to experience the animals from Scandinavian. Lunch will be served in the park over an open fire. Read more at www.jarvzoo.se. In the evening we have the opportunity to choose different kind of activities (not included in the price). The evening meal will be at a nearby restaurant.

Friday, day 6

Roundtrip by car/bus around the Dellen Lakes, a meteorite crater. Opportunities for bathing, resting, shorter walks, handicrafts and art exhibitions etc. We stop for lunch and “fika” during the trip. We end the day by holding our own music folklore festival, located by the accommodation. We arrange our own final evening meal together.

Saturday, departure day, day 7

Check out and departure.