

Something different!



Activities – Information – Price list

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Riding lessons

Make sure you wear long pants and good shoes for all riding activities!

Horse Riding lesson in a group

Western riding lesson in the paddock



You help getting your horse from the field, brushing and saddling the horse so you can get to know your horse. Of course we will explain and help where necessary.

The lesson begins with the basics of western riding, learning to steer with your weight and legs and, if that goes well, possibly even steering with one hand.

We sometimes build up a trail course and we often end the (kids) lessons with horse gymnastics or horse soccer.



2 hours activity, 1 hour lesson.



Price p.p.:

250 Sek 2 hours activity, 1 hour lesson 150 Sek $1\frac{1}{2}$ hour activity, $\frac{1}{2}$ hour lesson

Private Riding lesson

Private riding lesson for just you!

You get your own horse from the field, brush and saddle your horse yourself. Of course we will explain and help where necessary.

The lesson begins with the basics and warming-up, after that we will determine the level of horse and rider.

You will be training individually and where necessary we can work at some specific techniques. Of course we pay attention to a proper cooling-down.



1 hour lesson.

Price p.p.:

200 Sek per ½ hour 350 Sek per 1 hour 300 Sek per ½ hour with lesson from Anita 500 Sek per 1 hour with lesson from Anita



Horse Riding Cutting lesson

Western riding lessen with at the end playing with the cutting machine and test you 'cowsense' (grouplesson)

You help getting your own horse from the field, brushing and saddling the horse so you can get to know your horse. Of course we will explain and help where necessary.



The lesson starts with the explanation of cutting.

After that we will teach you to steer with your weight and leg, make stops and back-ups. We will also do multiple exercises that are useful for the cutting.



If everything goes well we will try the cutting

on our fake cow that works on a remote control. It's very cool to experience a little real cow work and feel like a cowboy!

2-3 hours experience with 1,5-2 hours lesson depending on the size of the group and experience of the riders.

Price p.p.:

495 Sek 2-3 hours experience and 1½-2 hours lesson600 Sek private lesson, 1 hour300 Hire the paddock and cutting machine for your own horse

Extreme Trailpark lesson

This is a field with a lot of obstacles, not for jumping but for testing your horse's flexibility and trust in you.

It is good to test and train those obstacles because a lot of obstacles are like you can meet in the outside trails.

The (+/- 20+) obstacles are marked in different colors:

- Yellow: easy
- Orange: medium
- Red: difficult

We prefer to do the obstacles first with the horse on a line, especially the red ones. So that you and your horse know that you are able to take that obstacle, before you sit on his back.

You are not allowed to do red obstacles sitting on the horse if you not did do them beside the horse!

The trainer decides which obstacles are suitable for the persons in the group





You help getting your own horse from the field, brushing and saddling the horse so you can get to know your horse. Of course we will explain and help where necessary.

After training the obstacles by hand, you get the explanation of the basics in western riding and you do the trailpark on the back of the horse.



2/2,5 hours activity, 1 hour riding

<u>Price p.p.:</u> 350 Sek per hour in a group 500 Sek per hour for a private lesson







Horsemanship lesson

Learn about your own body language and the horse's body language.

You help getting your own horse from the field and brushing your horse. Of course we will help if necessary.

The lesson begins with an explanation and

demonstration, about horsemanship and body language of human and horse.

After that you get to go into the paddock with your horse and try to move it with body language.

You also learn from each other by observing the others.

It can be confronting, because the horse reacts to your body language and we need to be able to give feedback so you can learn from it.

It can be very good for your personal development, because you will realize how you appear to other people and how the horse reacts to you.

It's normally a group lesson and takes (depending on the number of persons) 1,5 hours.

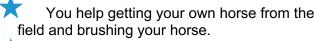
Price p.p.:

300 Sek per session in a group, takes about $1-1\frac{1}{2}$ hour 500 Sek for a private lesson (1 hour)

Get started Ranch Experience Day

Every Monday in July and August

A Day with Horsemanship, Extreme Trailpark by hand, lunch, western riding lesson and Trailpark ride!



The lesson begins with an explanation and About how to handle and guide your horse, learn the body language of human and horse, a little horsemanship.

We go into the trailpark and guide the horses through all the obstacles, by hand.



We have an outdoor lunch around the open fire.

After that you learn how to saddle a western horse.

You get western riding lesson in the paddock with the basics about how to use neckreining and steer with you legs and ride without a bit (with a side pull).



After the lesson the lesson we go into the trailpark again and ride through the obstacles.



<u>Price p.p.:</u> 950 Sek (in a group). Whole day from 10 till 16.00/17.00 (depending on the number of persons and experience). Included lunch.

Outside Trails

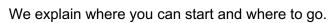
Make sure you wear long pants and good shoes for all riding activities!

Walkingtrip with a pony for kids untill 6 years

Parents take a walk holding the young kid on the horse

You can help taking the pony out of the field, brushing and saddling the pony. Of course we help you where needed.

There is no guide with you. The parents hold the pony by themselves and you can walk the trail by yourself.



Of course, we help you saddle off the pony and bring the pony back.

The trail takes about 45 minutes, max. 1 hour away with the pony.

Price: 295 Sek for one pony, 45 min walking trail max. 1 hour away with the pony

Horse Riding Beginners Experience with a lesson and a forest trail

An outside walking trail on the horse in the forest.



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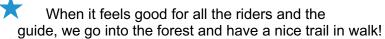
No riding experience needed

Everyone helps to take his own horse out of the field, brushing and saddling the horse so you can make contact with the horse and get used to him. Of course we will help where necessary.



This trail is suitable for people with no or little experience in horse riding.

We always start in the riding arena to explain the basics of western riding and steering with your legs.



If necessary, helpers or a parent walks along to hold the horses.

2-2,5 hours activity with 1 hour riding incl. introduction lesson.

Max. 90 kg

Price p.p.: 395 Sek, 2-21/2 hours activity with 1 hour riding incl. introduction lesson





Horse Riding Mountain trail

An outside riding trail in the forest and mountains for those with riding experience (and who can do a gallop!).

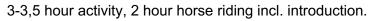
- Everyone helps to take his own horse out of the field, brushing and saddling the horse so you can make contact with the horse and get used to him. Of course we will help where necessary.
 - This trail is suitable for people with horse riding experience! You can follow along when you are able to trot and gallop and if you are not afraid to ride in the forest/mountains.



We always start in the riding arena to explain the basics in western riding

and learning to steer with the outside rein and leg and when it is going well maybe even riding with one hand.

When it feels good for all the riders and the guide, we go into the forest/mountains and have a nice trail with nice views.



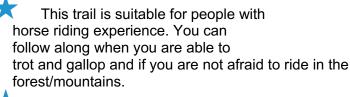
Max. 90 kg, min. 1.40cm high.

Price p.p.: 550 Sek, 3-31/2 hour activity, 2 hour horse riding incl. introduction

Horse Riding Sunset Trail

Each Thursday evening in July and August. Bookable beyond this period A forest and mountain trail with beautiful views during the sunset for those with riding experience.

Everyone helps to take his own horse out of the field, brushing and saddling the horse so you can make contact with the horse and get used to him. Of course we will help where necessary.





We always start in the riding arena to explain the basics in western riding and learning to steer with the outside reind the leg and when it is going well maybe even riding with one hand.

When it feels good for all the riders and the guide, we go into the forest/mountains and ride a nice trail. We shall climb over several mountains to enjoy a beautiful sunset when we are on a nice point of view.



2,5-3 hour activity with 1,5 hour horse riding incl. introduction.

Max. 90 kg, min. 1.40cm high.

Price p.p.: 495 Sek, 21/2-3 hour activity with 11/2 hour horse riding incl. introduction



Day Trails

Make sure you wear long pants and good shoes for all riding activities!

Horse Experience Day Trail

In July & Aug every Tuesday Bookable beyond this period

A day on the horse back deep in the Swedish forest, mountains and nature.

Everyone helps to take his own horse out of the field, brushing and saddling the horse so you can make contact with the horse and get used to him. Of course we will help where necessary.



This trail is suitable for people with horse riding experience. You can follow along when you are able to trot and gallop and if you are not afraid to ride in the forest/mountains.

We always start in the riding arena to explain the basics in western riding and learning to steer with the outside rein and leg and when it is going well maybe even riding with one hand.

When it feels good for all the riders and the guide, we go into the forest/mountains, ride a nice trail and have a beautiful day. We encounter everything on our way, several climbs, steep roads down and even rocky rivers.

We have a picnic at a beautiful place in the forest next to the water. We take our picnic with us in our saddlebags. Of course we make a nice fire!

Activity from 10-17h incl. lunch, 4 hours horse riding incl. introduction.

Max. 90 kg, min. 1.40cm high.

Price p.p.: 1100 Sek, Activity from 10-17h incl. lunch, 4 hours horse riding incl. introduction

Coaching with horses

Inner strength with horsepower

Horse Coaching individual

Personal development with the help of a horse.

Horses are masters in mirroring your feelings and thoughts and they can clarify things in your life or mind. It is one of the most effective methods for people to feel better.

We work with the unique scientifically supported method 'Cognitive coaching with horses' to create more horsepower in yourself and your life.

A horse coaching session can cause a big personal development, because people become aware of inner feelings or blockings or how the outside world sees them.



We start explaining the theory about horse coaching and we talk about your issue (the question/problem you want clearness about).

After that, we go to the paddock, where a horse is waiting for you. We will see how he reacts when you enter the paddock.

By doing little exercises with the horse and asking the right questions, we come closer to the essence of your issue. You are not riding the horse!

We are going to do exercises and give you a start or idea so you can do something with that you just learned in daily life. Through this, the horse coaching can be a 'life' lesson.

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It takes 1-1,5 hour per session.

Price p.p.: Normally 1500 Sek per session 1h to 11/2 hour Special price in 2019: 950 Sek

Horse Coaching in a group

Is your team a good herd!?

To be safer, horses want to form a herd with your group. But that group has to feel safe before the horse wants to be with you.

We work with the unique scientifically supported method 'Cognitive coaching with horses' to create more horsepower in your group.

A horse coaching session can clarify the weak points of the group and together we will search for a solution to improve the team spirit and let the horse connect with your herd of colleagues.



We start explaining the theory about horse coaching and we discuss about the issue which the group encounters. Even without a clear issue in advance, the session will trigger special occasions.

After the explanation we go to the paddock, where a horse is waiting for your group and we will see how he reacts when you all enter the paddock.

By doing little exercises with the horse and asking the right questions, we observe quickly how the team is put together and what deserves attention. You are not riding on the horse!

We are going to do exercises and give you a start or idea so you can do something with that you just learned in daily life. Through this, the horse coaching can be a 'life' lesson.

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We can offer 1,5 till 2 hours sessions or a 4 hours session included coffee/tea.





Ask for a specified solution for your business.

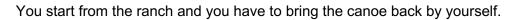
Price: mail for a offer that fits your company

Canoeing & Boat

Rent a Canoe

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From the canoe you can enjoy the wonderful Swedish landscape in a beautiful and relaxed way. Quietly floating or paddling on the river, you have a big chance to see wild animals on the river bank or maybe a beaver is swimming by.



We have 4 Canadian canoes available for about 2 or 3 persons. One of them is suitable for 2 adults and 2 little children.

Of course we have paddles and life jackets for adults and children.

Price per canoe per daypart: 300 Sek for max. 3 persons



Rent a Canoe with drop-off

From the canoe you can enjoy the wonderful Swedish landscape in a beautiful and relaxed way. Quietly floating or paddling on the river, you have a big chance to see wild animals on the river bank or maybe a beaver is swimming by.

We can bring you to:

- Östra Tönnet (11/2-2h paddling),
- Hornäs (21/2-3h paddling)
- Alevi (3-4h paddling).

From there you can paddle downstream to the ranch. It is a clearly visible route, just follow the big river Klarälven!



Take a nice picnic with you and you will have a wonderful day!

We have 6 Canadian canoes available for about 2 or 3 persons. One of them is suitable for 2 adults and 2 little children.



Of course, we have paddles and life jackets for adults and children.

Price per canoe per trip with drop:

Östra Tönnet	1 ¹ / ₂ -2h paddling:	350 Sek for max. 3 persons/canoe
Hornäs	2 ¹ / ₂ -3h paddling:	450 Sek for max. 3 persons/canoe
Alevi	4-5h paddling:	590 Sek for max. 3 persons/canoe



Quad tours

Drive a 4-wheel driven quad yourself! That's a really cool experience! Make sure you wear long pants and good shoes for all quad activities!

Mini & Medium Quad for kids till 15y

We start with an introduction about the quad in the riding arena. You have to drive, take a slalom and make an emergency stop. When everything goes well the kids can drive in the arena their selves and do some slaloms and drive some laps.

One person per quad.

No drivers licence necessary, because it is on private property.

You need to wear a helmet and body protector. We have several.

Parents should sign an own risk form!

The kids can drive 15 minutes.

Price p.p.: 195 Sek for 15 minutes

Short Quad Tour on private property

We start with an introduction about the quad in the riding arena. You have to drive, first with the guide and alone, take a slalom, drive over an obstacle and make an emergency stop. When everything goes well, you can come along with us on a trip next to the river, meadows and through the own forest.



A driver's licence is necessary if you want to drive a quad yourself.

If you don't have driver's licence (and your parents allow you to drive), one of our guides is sitting behind you and helps where necessary. But you may drive because the tour is on private property.

You need to wear a helmet. We have several.

Quad driving is possible from the age of 16.

- You should sign an own risk form! Parents sign for the kids. Make sure you have a good insurance!
- You drive about $\frac{1}{2}$ hour incl. the lesson in the paddock and the 5km trail.

<u>Price p.p.:</u> 395 Sek, 1 person per quad! You drive about $\frac{1}{2}$ hour incl. the lesson and the 5km trail. Extra person with the quide 100 Sek.

Medium & Long Quad Tour in the mountains

We start the same as the short tour: with an introduction about the quad in the riding arena. You have to drive, first with the guide and alone, take a slalom, drive over an obstacle and make an emergency stop. When everything goes well, you can come along with us on the owns forest trip. If you still like it and if our guide thinks it's safe, he will take you for a long tour in the mountains. You climb small routes and also drive big gravel roads.



A driver's licence is necessary if you want to drive a quad yourself.

If you don't have driver's licence you can follow along as passenger.

You need to wear a helmet. We have several.







You should sign an own risk form! Parents sign for the kids. Make sure you have a good insurance!

<u>Price p.p.: Medium Tour</u>: 1295 Sek, 1-2 persons per quad. Extra third person with the guide 500 Sek You drive about 1½ hour incl. the lesson in the paddock and the 5km trail <u>Long Tour</u>: 1890 Sek, 1-2 persons per quad, incl drink & snack. Extra third person with the guide: 750 Sek You drive about 2½ hour incl. the lesson in the paddock and the 5km trail

Other activities

Wildlife safari

Long tour deep in the Swedish nature, with great views, looking for wild animals that live there. You are driving about 4 hours through the forest with a guide in a van and you will see beautiful lakes and views. You can enjoy the beautiful Swedish landscape, make nice pictures at the amazing views and you can listen to the stories of the guide.

We pause at a nice place next to the water to drink coffee or tea with a cookie. And of course, we hope the king of the forest: the moose will show up! But it is also possible to see foxes, deer, grouses or maybe even a lynx, wolf or bear... You never know! Of course they are wild animals so we hope they will show up! We can't give any guarantees....

<u>Price p.p.:</u> 595 Sek Adults/13+, 395 Sek Barn till 12y min. 4 persons for +/- 4 hours through the forest incl. coffee/tea & snack

Engrave a nameplate

Of course, it is nice to make a special name sign for your own horse. Like on the ranch, each horse has his own name sign, you can make one by yourself to take it home with you! Maybe you also want to make a special name sign for your dog or cat, or even one at your bedroom door?

We have wooden plates or horse heads that you can use.

Price: Circle: 30 Sek, big oval or horsehead: 50 Sek

Shooting

Get the cowboy feeling and try shooting with the airgun. We have a board with different targets.

People who want some more adventure can go to the forest. We have a shooting track with about 20 targets where you can walk and shoot and try to improve your shooting skills.

You get instruction to handle the riffle and train a little bit on the board.

The forest shooting trail you can do on your own

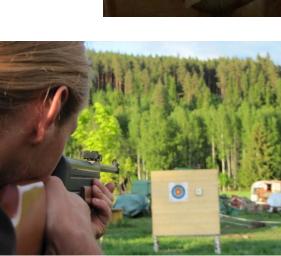
Kids under supervision of parent/guardian!

Price:

On target/board: 30 bullets: 50 Sek - with guiding/instruction

Shooting trip forest: 50 bullets: 75 Sek - instruction and then to the forest by yourself Family: 120 bullets: 200 Sek - instruction and then to the forest by yourself Extra bullets: 50st. for 50 Sek







Cowboy Games

A nice teambuilding group activity with a lot of fun!

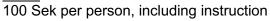
- We choose 5 different games: - Bucking barrel
- Air rifle shooting
- Throwing horse iron
- Lasso throwing
- Hit the spike
- Jeans hanging

We explain the 5 games, you get a scoresheet and you can do the \mathbf{X} games yourself, in (little) groups.

You get a score list per group and you note the earnt points.

Possible at 2 evenings or afternoons per week in the high season.

Price:



















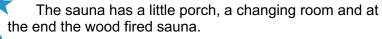
Wellness

Sauna

Enjoy an outdoor wooden fired sauna with view over the river! You can also relax at our ranch because we have several wellness facilities. For instance, we have a wood fired outside sauna in the shape of a barrel.



The sauna is placed at the riverside, so you have a beautiful view. Especially the sunset view is amazing and gives an extra dimension to the experience! Enjoy as long as you like!



The sauna is warm when you start using it but once and



a while you have to put some logs on the fire yourself, depending on how warm you want to have it.

In Sweden, they usually wear swimming wear while sitting in the sauna. We are fine with that, especially when there are many guests and children at the ranch.



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Take a shower before using!

Always use a towel to sit/lay on!

There is an outside shower and of course the river to cool down.

You can use the showers at the saloon before/after the sauna and for changing clothes.

Price p.p.: 149 Sek Minimal 2 persons. Take as long as you like!

Jacuzzi

Enjoy the luxury of an jacuzzi with a great view over the river! You can use our Jacuzzi as well, which also has a great view over the river.

- The 5-person Jacuzzi is 38-40 degrees, throughout the whole year.
 - The Jacuzzi has a whirlpool function and jet streams as well as different colours of light.

Just take off the cover and enjoy as long as you like!

In Sweden, they usually wear swimming wear while sitting in the Jacuzzi. We are fine with that, especially when there are many guests and children at the ranch.



Take a shower before using!

You can use the showers at the saloon before/after the jacuzzi and for changing clothes.

Price p.p.: 99 Sek Take as long as you like!

Combination package Sauna and Jacuzzi

It is also possible to book a combination of both sauna and jacuzzi. There is even possibility to rent a big towel, bathrobe and slippers.

Price p.p.: 199 Sek Take as long as you need!

Rent a big towel, bathrope and slippers

Price per set: 69 Sek You can use them during your whole stay here!



Holiday Packages

Horse package

A week package with 5 days of horse riding, stay in a cabin and all meals included. Suitable for western riders, 'English' riders and leisure riders. You need to be able to gallop on your own to participate! Also possible for kids (min. 1.40cm high) that can gallop and dare to ride outside. All riders ride in the same group. The difference in riding experience is the kind of horse everybody gets.

Included:

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Welcome drink (non alcoholic)

6 nights/7 days stay in a cabin with shower/toilet

5 days with horse riding

- Horsemanship lesson
- Extreme Trailpark lesson
- Cutting lesson
- Mountain Trail
- Sunset Trail
- 2 Daytrails



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- Breakfast, lunch/picnic, dinner
 - Bedsheets and towels
- Cleaning end of the week

Excluded:

- Travel to the ranch/transfer
 - Extra drinks (other than the drinks included with the meals)
- Extra activities (possible to book extra during your stay)

Attention:

- Maximum weight of riders 90kg, kids min. 1.40cm high
- 1 person in a room allowance 1000 Sek
- Guides available in Dutch, English and Swedish.
- We don't have completely decorated houses with a living room and kitchen so it is impossible to cook your own meals in your cabin. Therefore we offer all the packages included all the meals. Or you can book Bed & Breakfast with only the breakfast included and make you own meal in the cooking cabin.
 - Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

If you come alone or with 2 persons, it is possible that there is sleeping another couple in the other room of the cabin and then you share the bathroom.

We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In the Maj holiday and July & August we will run all packages no matter how many people have booked.

Horse package (7 days/6 nights - Sunday till Saturday)

Price adult: 9128 Sek p.p. (13+)/week - Price child: 8270 Sek p.p. (until 12)/week







Luxury package horse

A week package with 5 days of horse riding, a welcome drink and gift, unlimited coffee and tea, stay in a cabin and all meals. If you choose this package you can also use our canoes and fishing gear for free. Suitable for western riders, 'English' riders and leisure riders. Same riding program as the horse package.

Included:



- Welcome drink (non alcoholic)
- 6 nights/7 days stay in a cabin with shower/toilet
- 5 days with horse riding
- Horsemanship lesson
- Extreme Trailpark lesson
- Cutting lesson
- Mountain Trail
- Sunset Trail
- 2 Daytrails



- \star Breakfast, lunch/picnic, dinner
 - Free use of our canoes
 - Free use of our fishing gear (amateur)
 - Free use of bicycles
 - Sauna & Jacuzzi evening
 - Bedsheets and towels
- ***** Cleaning end of the week

Excluded:

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- Travel to the ranch/transfer
- Extra drinks (other than the drinks included with the meals)
- Extra activities (possible to book extra during your stay)

Attention:

Maximum weight of riders 90kg, min. 1.40cm high. 1 person in a room allowance 1000 Sek



Guides available in Dutch, English and Swedish.

We don't have completely decorated houses with a living room and kitchen so it is impossible to cook your own meals in your cabin. Therefore we offer all the packages included all the meals. Or you can book Bed & Breakfast with only the breakfast included and make you own meal in the cooking cabin.



Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

If you come alone or with 2 persons, it is possible that there is sleeping another couple in the other room of the cabin and then you share the bathroom.

We need at least 4 participants (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Luxury package horse (7 days/6 nights - Sunday till Saturday) Price adult: 10413 Sek p.p. (13+)/week - Price child: 9372 SEK p.p. (until 12)/week





Rider & Relax week

This package is especially made for people who want to ride horses and completely relax with the help of our wellness facilities. The combination of rest and space here on the ranch, together with the beautiful rides and wellness activities promises a truly relaxing week. A real vacation!

Included:

- \star Welcome drink (non alcoholic) ****** 6 nights/7 days stay in a cabin with shower/toilet Breakfast, lunch/picnic, dinner Day trail horse riding Mountain trail horse riding Coaching session with a horse Jacuzzi & sauna evening
 - Bedsheets and towels
 - Cleaning end of the week

Excluded:



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Travel to the ranch/transfer

Extra drinks (other than the drinks included in the meals)

Extra activities (possible to book extra during your stay)

Attention:

Maximum weight of riders 90kg, min. 1.40cm high. 1 person in a room allowance



Free Wi-Fi for all the guests.

Guides available in Dutch, English and Swedish.

We don't have completely decorated houses with a living room and kitchen so it is impossible to cook your own mails in your cabin. Therefore we offer all the packages included all the meals. Or you can book Bed & Breakfast with only the breakfast included and make you own mail in the cooking cabin.

Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

If you come alone or with 2 persons, it is possible that there is sleeping another couple in the other room of the cabin and then you share the bathroom.

We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Rider & Relax week (7 days/6 nights - Sunday till Saturday)

Price: 7683 Sek p.p/week





Coaching Week - only: 25 mei tot 1 juni 2019 (8 days/7 nights)

A week package were you work on your inner self with the help of the mirror of horses.

Intensive week with a lot of different kind of coaching sessions and mindfulness exercises.

We use a scientifically based ACT (acceptance and commitment therapy) program with the help of horses to mirror our feelings.

You don't need any experience with horses to participate!

Included:

X Welcome drink (non alcoholic) \star 8 days/7 nights stay in a cabin with shower/toilet calculated on 2 persons in a room Breakfast, lunch/picnic, dinner
Included in the meals: coffee/tea, milk, juice
Unlimited coffee and tea
Transfer from Oslo Gardermoen (N)
for flight:25/5 arriving: 11h – 1/6 departure: 17h
4 groups coaching sessions
2 private coaching sessions
2 private coaching sessions
Hike with a guide
Herd observation lesson
Horse Riding Mountain Trail
Sauna/Jacuzzi evening (in bikini)
Coach Journey work map
Outdoor meals
Bedsheets and towels
Cleaning end of the week × Breakfast, lunch/picnic, dinner

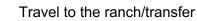


- \star Cleaning end of the week

Excluded:

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Extra drinks (other than the drinks included with the package)

Extra activities (possible to book extra during your stay)

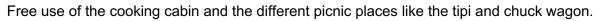
Attention: Special week only from 25 mei-1 June 2019!

Maximum weight of riders 90kg 1 person in a room allowance 1000 Sek



Guides available in Swedish, English and Dutch!

We don't have completely decorated houses with a living room and kitchen so it is impossible to cook your own meals in your cabin. Therefore we offer all the packages included all the meals. Or you can book Bed & Breakfast with only the breakfast included and make you own meal in the cooking cabin.



If you come alone or with 2 persons, it is possible that there is sleeping another couple in the other room of the cabin and then you share the bathroom.



We need at least 4 participants to be able to run this week, max 8 participants.



Coaching week 25 maj-1 June 2019 (8 days/7 nights - Saturday till Saturday) Price adult: 12.990 Sek p.p/week





Activity package

The activity package was made for people who do not ride horses themselves, but do want to go on a holiday together. The activity package contains a lot of fun activities, some of which you can do yourself and some which are guided. This package is also easy to combine with someone who does have the horse package. During the day you both do what you like, but are together again at dinner. Min. 2 persons with an activity package in a week.

Included:

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- Welcome drink (non alcoholic)
 - 6 nights/7 days stay in a cabin with shower/toilet
- Breakfast, lunch/picnic, dinner
- Canoe daytrip with the possibility to fish
- ***** Quad long tour
 - Wildlife safari
 - Horse Riding Beginners Experience (maximum weight of riders 90kg)
 - Shooting trail
 - Sauna & Jacuzzi evening
 - Free use of fishing gear (amateur)
 - Bedsheets and towels
 - Cleaning end of the week

Excluded:

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Travel to the ranch/transfer

Extra drinks (other than the drinks included with the meals)

Extra activities (possible to book extra during your stay)

Attention:

1 person in a room allowance 1000 Sek



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Free Wi-Fi for all the guests.

Guides available in Dutch, English and Swedish.

We don't have completely decorated houses with a living room and kitchen so it is impossible to cook your own meals in your cabin. Therefore we offer all the packages included all the meals. Or you can book Bed & Breakfast with only the breakfast included and make you own meal in the cooking cabin.

Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

If you come alone or with 2 persons, it is possible that there is sleeping another couple in the other room of the cabin and then you share the bathroom.

 \mathbf{X} We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Activity package (7 days/6 nights - Sunday till Saturday)

Price adult: 8183 Sek p.p.(13+)/week - Price child: 6694 Sek p.p. (until 12)/week







Basic package

The basic package is created for people who do not want a complete riding or activity program but just a cabin, bedsheets & towels and all the meals.

It is possible to choose different kind of packages for every family member so you can all spend the holiday together, even if everybody has different interests. During the day you all do what you like, but you still spend a lot of time together!

Included:

- \star Welcome drink (non alcoholic) \star
 - 6 nights/7 days stay in a cabin with shower/toilet
 - Breakfast, lunch/picnic, dinner
 - Bedsheets and bath towels
- \star Cleaning end of the week

Excluded: \star

- Travel to the ranch/transfer
- Extra drinks (other than the drinks included in the meals)
- Extra activities (possible to book extra during your stay)
- Horse riding (possible to book extra during your stay)

Attention:

1 person in a room allowance 1000 Sek

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Free Wi-Fi for all the guests.

Guides available in Dutch, English and Swedish.

We don't have completely decorated houses with a living room and kitchen so it is impossible to cook your own meals in your cabin. Therefore we offer all the packages included all the meals. Or you can book Bed & Breakfast with only the breakfast included and make you own meal in the cooking cabin.

Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

If you come alone or with 2 persons, it is possible that there is sleeping another couple in the other room of the cabin and then you share the bathroom.

X We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Basic package (7 days/6 nights - Sunday till Saturday)

Price adult: 4938 Sek p.p. (13+)/week - Price child: 4444 Sek p.p. (until 12)/week





<u>B&B</u> ★

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Bed & Breakfast on the ranch is also a possibility. We have 3 cabins with each 2 rooms.

One cabin has a sleeping room left, a hall and bathroom in the middle and a sleeping room right. We have different decorated cabins: Wildlife, Cowboy and Indian.

You sleep in one of the rooms in one of the cabins. It is possible that you will have to share the bathroom with guests who might be staying in the other room of the cabin.

Bedsheets, towels and breakfast is included.

Limited availability in the high season, because of guests who booked a whole week package.

<u>Attention:</u> we do not have houses complete with kitchen! But you can order diner in the saloon. There is also a cooking house that all our guests can freely use.







B&B in cabin with shower & toilet, included breakfast, bedsheets, towel

Price July/August: Price rest of the year: Price winter: Nov/March

2 persons p.n. 1150 Sek 2 persons p.n. 950 Sek 2 persons p.n. 1150 Sek Price 1 person p.n.: 690 Sek Price 1 person p.n.: 590 Sek Price 1 person p.n.: 690 Sek



Camping cabin (at the right)

Overnight stay in the camping cabin is also possible. There is no shower and toilet in that cabin. In the saloon building are showers and toilets.

Overnight stay in the camping cabin

No shower and toilet, breakfast not included <u>Price p.p.p.n:</u> July/August 350 Sek (incl. bedsheets & towel) Rest of the year 290 Sek (incl. bedsheets & towel) Low-budget price p.p.p.n:



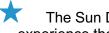


July/August290 Sek Bring your own mattress-cover and bedsheetsRest of the year250 Sek Bring your own mattress-cover and bedsheets



Campsite

Stay in your own caravan, camper or tent on the campsite next to the river, with the horses in the 'backyard'.



The Sun Dance Ranch has a very nice campsite so that the camping enthusiasts can also experience the ranch feeling.

In the saloon building we have 2 showers and 2 toilets (no shower coins necessary). There is also a sink, a double kitchen sink and the possibility to use a laundry machine and dryer.

The campsite has an own fireplace, picnic tables and lawn furniture that you can use. At the riverside we also have a very nice picnic place with a fireplace. There is also a dining area and steps down to the water. And of course the tipi and chuck wagon/trappers camp that you can use.

X Of course the camping quests are also welcome in the saloon to play games, relax in the living area or order a drink, snack or menu.

We also have a Ping-Pong table outside.

In the summer we also have an outside swimming pool you can use.

The campsite has a typically Swedish cooking cabin, complete with cool-freeze combination, stove and tableware. All camping guests are allowed to use it. We do expect you to keep it clean after use.



Of course you are able to combine your stay at the campsite with all week packages, or book separate activities!

Attention: We do not have chemical toilet disposal facilities!

Please don't take your own food and drinks to the saloon or porch and sitting area in front of the saloon.

Small camping: max 15 (big) places!



The cooking cabin, available for all our guests that stay over.





Campsite incl. shower, car, tax, dog etc. Price p.p.n: 90 Sek Adult/13+ Price child (until 12): 60 Sek Discount with camping cards 10 Sek p.p. Electra on the campsite Price: 50 Sek p/night

Washing & drying incl. soap Price: 60 Sek p/wash



Camping Horse package

A week package with 5 days of horse riding, stay in your own caravan or tent on the campsite next to the river, with the horses in the 'backyard'. We have a fully equipped cook cabin that all camping guests are allowed to use. Suitable for western riders, 'English' riders and leisure riders. Same riding program as the horse package.

Included:



- Welcome drink (non alcoholic)
- 6 nights/7 days stay on the campsite in your own caravan/tent

5 days of horse riding

- Horsemanship lesson
- Extreme Trailpark lesson
- Cutting lesson
- Mountain Trail
- Sunset Trail
- 2 Daytrails (picnic included)
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No shower coins necessary

Excluded:

Travel to the ranch/transfer

Extra meals or drinks (other than included in the picnic)

Extra activities (possible to book extra during your stay)

Attention:

Maximum weight of riders 90kg, min. 1,40 high.

Free Wi-Fi for all the guests.

Guides available in Dutch, English and Swedish.

Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Camping Horse package (7 days/6 nights - Sunday till Saturday)

Price: 4930 Sek p.p./week



Camping horse package All-in

A week package with 5 days of horse riding, stay in your own caravan or tent on the campsite next to the river, with the horses in the 'backyard'. With this package you have the luxury of our restaurant; breakfast, lunch and dinner are included. Suitable for western riders, 'English' riders and leisure riders. Same riding program as the horse package.

Included:

- *
- Welcome drink (non alcoholic)
- 6 nights/7 days stay on the campsite in your own caravan/tent
- 5 days of horse riding
- Horsemanship lesson
- Extreme Trailpark lesson
- Cutting lesson
- Mountain Trail
- Sunset Trail
- 2 Daytrails (picnic included)
- *

X

- Breakfast, lunch/picnic, dinner
- No shower coins necessary

Excluded:

- Travel to the ranch/transfer
- Extra drinks (other than the drinks included in the meals)
- Extra activities (possible to book extra during your stay)

Attention:

Maximum weight of riders 90kg, min. 1,40 high.

Free Wi-Fi for all the guests.

Guides available in Dutch, English and Swedish.

Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Camping Horse package All-in (7 days/6 nights - Sunday till Saturday) Price: 6788 Sek p.p./week



Camping Activity package

The activity package was made for people who do not ride horses themselves, but do want to go on a holiday together. The activity package contains a lot of fun activities, some of which you can do yourself and some which are guided. This package is also easy to combine with someone who does have the horse package. During the day you both do what you like, but are together again at dinner. We need min. 2 persons with an activity package in a week. You sleep on the campsite in your own camper, caravan or tent and you take care of your own meals.

Included:

- \star Welcome drink (non alcoholic) ****** 6 nights/7 days stay on the campsite Canoe daytrip with the possibility to fish Quad long tour Walking trip with guide Wildlife safari Horse Riding Beginners Experience (maximum weight of riders 90kg) Shooting trail Sauna & Jacuzzi evening Free use of fishing gear (amateur)
- Excluded:

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- \star Travel to the ranch/transfer
 - Meals or drinks
 - Extra activities (possible to book extra during your stay)

Attention:

 \star Free Wi-Fi for all the guests.

- Guides available in Dutch, English and Swedish.
- Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

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We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Camping Activity package (7 days/6 nights - Sunday till Saturday)

Price: 4080 Sek p.p./week





Camping Activity package All-in

The activity package was made for people who do not ride horses themselves, but do want to go on a holiday together. The activity package contains a lot of fun activities, some of which you can do yourself and some which are guided. This package is also easy to combine with someone who does have the horse package. During the day you both do what you like, but are together again at dinner. We need min. 2 persons with an activity package in a week. You sleep on the campsite in your own camper, caravan or tent but you have the luxury that you don't have to cook because all the meals are included.

Included:

Welcome drink (non alcoholic)
6 nights/7 days stay on the campsite
Breakfast, lunch and dinner
Canoe daytrip with the possibility to fish
Quad long tour
Walking trip with guide
Wildlife safari
Horse Riding Beginners Experience (maximum weight of riders 90kg)
Shooting trail
Sauna & Jacuzzi evening
Free use of fishing gear (amateur)

Excluded:

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- Travel to the ranch/transfer
- Extra drinks (other than the drinks included in the meals)
- Extra activities (possible to book extra during your stay)

Attention:



Free Wi-Fi for all the guests.

Guides available in Dutch, English and Swedish.

Free use of the cooking cabin and the different picnic places like the tipi and chuck wagon.

We need at least 4 participant (no matter which package) to be able to run a week; ask us if your wished week is available. In July and August we will run all packages no matter how many people have booked.

Camping Activity package All-in (7 days/6 nights - Sunday till Saturday) Price: 6318 Sek p.p./week





Day 1 Sunday after 16.00h arrival at the ranch. We have diner with all the guest together followed by a guided tour around the ranch and a little introduction about the horses. We can also get to know each other a little bit better.

Day 2

Monday after breakfast we will go into the fields with the horses. We give a general explenation about how we treat our horses and how we want everyone else to treat our horses. You also get information about living in the herd, different characters and how you can enter the herd safely. We will introduce the horses to you, make contact with them and teach you how to respect their and your own space. After that we give you a horse that fits with you experience. You can brush your horse and then we work with the horses on the ground, you can call it horsemanship. Now everybody has a good foundation for the rest of the week. If all this is going well we go to our 'Extreme Trail Park' and do all kind of obstacles. We walk with the horses so they learn to trust you.

After the lunch, outside with the campfire, we will explain you how to saddle up a western horse and you get instruction in western riding. After that we do the 'Extreme Trail Park' under the saddle.

📩 🛛 Day 3

Tuesday we're gonna make our first day trail. We will make a glorious trail through the wild forest around the ranch. We cross many small roads, a rocky river and a ruin. We have a nice picnic place at a little river to eat our self made lunch/picnic, which we took with us in our saddle bags. Of course we make a little fire. We ride back to the ranch through a little different route

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Day 4

Wednesday morning you will get the basic explanation about Cutting (cut a calf from the herd). You get the opportunity to try it yourself at the cutting machine (a fake cow on lines which moves with a remote control). We have lunch at the ranch in the afternoon we make a short forest & mountain trail.

Day 5

Thursday you have a day off so you can do want ever you like. You can eat lunch at the ranch or make a picnic and go out for a day. After dinner we have a sunset trip with beautiful views over the river with hopefully a wonderful sunset.



Day 6

Friday we will make our last daytrail deep into the forest. We have lunch together and we make a fire to grill our sandwiches. The trail home is an exciting track with steep hills. The guide will show you the most wonderful view.

The last evening we have a party night with BBQ, nice music and a campfire, maybe even some dancing.



Day 7

Saturday after breakfast unfortunately it is time to go home again (before 11.00). We wish you all a good trip back home with a holiday you'll never forget!





Facilities at the ranch

Saloon with reception: 対 Restaurant 🛣 Terras 🔀 PIN Pay terminal K Living room with fire place 💢 Mini tourist information ★ Games, magazines and books to use ****** Wifi Shop: western, souvenir, jewelry, fun things Toilet room with 3 toilets, 2 showers, sink and a double kitchen sink Washer & dryer 3 Cabins with shower and toilet (totally for 13 persons) 1 camping cabin for 2 persons (without toilet/shower) Camping: Cooking house, completely decorated, available for all the (sleeping) guests \star Picnic places free to use by our guests: $\overset{\frown}{\mathbf{x}}$ Tipi \bigstar Chuck wagon/trappers camp \bigstar Waterside with fire barrel \bigstar Grill house Picnic table with roof \overleftrightarrow Rafts $\overrightarrow{}$ Summer swimming pool (5 mtr round, 1,20 cm deep) \bigstar Ping-Pong table ****** Sauna beside the river Jacuzzi with view over the river Campfire place at the campsite Campfire place & outdoor cooking in front of the saloon Riding paddock 25x50mtr Paddock 18x18mtr Round pen 16mtr Night paddock with hay racks and walk in stable About 20 western horses 20 hectares grass/fields for the horses, 15 hectares own forest 7 quads: 4 big ones, 1 medium, 2 mini's 6 Canadian Canoes

2 Boats with motor

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- Shooting trail in own forest
- Several hiking trails from the ranch
- Fishing possibilities from/at the ranch

The ranch is: 5km from Ekshärad, 15km from Hagfors, 40 km from Torsby, 90km from Karlstad, 200 km from Oslo Gardermoen Airport, 400km from Stockholm/Arlanda Airport

Ekshärad has 2 supermarkets, gas station, several restaurants/pizzeria's, wood store, several shopping stores, ice & lunchroom, a famous church, ski mountain, langlauf piste, skating track, doctors' post & pharmacy, moose park.

Guides available in Dutch, English and Swedish

We reserve the right to change the prices or activities. The original price is in the cash system!



Pricelist for season 2018 (counts from 28 April 2018)

Riding lesson in a group 2-5 persons

Price p.p.: 250 Sek 2 hours activity, 1 hour lesson Price p.p.: 150 Sek $1\frac{1}{2}$ hour activity, $\frac{1}{2}$ hour lesson

Private Riding lesson

Price p.p.: 200 Sek per $\frac{1}{2}$ hour Price p.p.: 350 Sek per 1 hour Price p.p.: 300 Sek per $\frac{1}{2}$ hour & 500 Sek per 1 hour with lesson from Anita

Horse Riding Cutting lesson with the cutting machine

Price p.p.: 495 Sek 2-3 hours experience and 1½-2 hours lesson Price p.p.: 600 Sek private lesson, 1 hour Price p.p.: 250 Hire the paddock and cutting machine for your own horse

Horse Riding Extreme Trailpark lesson

Price p.p.: 350 Sek per hour in a group, 2-2,5 hours experience and 1 hours lesson Price p.p.: 500 Sek per hour private lesson. Price p.p.: Hire the trailpark for your own horse

Horsemanship lesson

Price p.p.: 300 Sek per session (in a group) takes about $1-1\frac{1}{2}$ hour Price p.p.: 500 Sek private lesson, 1 hour

Get Started Ranch Experience Day

Price p.p.: 950 Sek per day (in a group), included outdoor lunch, takes from 10.00-16.00/17.00h

Walking trip with a pony for kids until 6 years

Price: 295 Sek for one pony, 45 min walking trail max. 1 hour away with the pony

Horse Riding Beginners Experience Price p.p.: 395 Sek, 2-2¹/₂ hours activity with 1 hour riding incl. introduction lesson

Horse Riding Mountain Trail Price p.p.: 550 Sek, 3-3¹/₂ hour activity, 2 hour horse riding incl. introduction

Horse Riding Sunset Trail

Price p.p.: 495 Sek, 21/2-3 hour activity with 11/2 hour horse riding incl. introduction

Horse Experience Day Trail

Price p.p.: 1100 Sek, Activity from 10-17h incl. lunch, 4 hours horse riding incl. introduction

Horse Swimming Experience Day Trail (July & August, if possible)

Price p.p.: 1450 Sek, Activity from 10-18h incl. lunch, 4 hours horse riding incl. introduction/swimming Horse Coaching individual

Price p.p.: 1500 Sek per session 1h to 1½ hour. Special price in 2019: 950 Sek

Horse Coaching in a group 3-4 pers.

Price p.p.: 750 Sek per session 11/2 till 2 hours – 1500 Sek p.p. for 4 hours session incl. coffee/tea.

Rent a Canoe

Price per canoe per daypart: 300 Sek for max. 3 persons

Rent a Canoe with drop-off

Price per canoe per trip with drop: Östra Tönnet 1½-2h paddling: Price per canoe per trip with drop: Hornäs 2½-3h paddling: Price per canoe per trip with drop: Alevi 3-4h paddling:

Mini & Medium Quad for kids till 15y

Price p.p.: 195 Sek for 20 minutes

Quad Short Tour on private property

Price p.p.: 395 Sek, 1 person per quad

You drive about $1\!\!\!/_2$ hour incl. the lesson in the paddock and the 5km trail

Quad Tour long

Price p.p.: 1890 Sek, 1-2 persons per quad. Extra person with the guide: 750 Sek You drive about $2-2\frac{1}{2}$ hour incl. the lesson in the paddock and the 5km trail



590 Sek for max. 3 persons/canoe

350 Sek for max. 3 persons/canoe 450 Sek for max. 3 persons/canoe

Wildlife safari

Price p.p.: 595 Sek Adult/13+, 395 Sek Barn till 12y. Min. 4 persons for 3-4 hours through the forest incl. coffee/tea

Engrave a nameplate

Price circle: 30 Sek - oval or horsehead: 50 Sek

Shooting

Price: on target/board: 30 bullets: 50 Sek - with guiding/instruction Shooting trip forest: 50 bullets: 75 Sek - instruction and then to the forest by yourself Family: 120 bullets: 200 Sek - instruction and then to the forest by yourself Extra bullets: 50st. for 50 Sek

Sauna

Price p.p.: 149 Sek Minimal 2 persons. Take as long as you need!

Jacuzzi

Price p.p.: 99 Sek Take as long as you need!

Combination Sauna & Jacuzzi

Price p.p.: 199 Sek Take as long as you need!

Rent a big towel, bathrope and slippers

Price p.p.: 69 Sek You can use them during your whole stay here!

<u>Holidays</u>

Horse package (7 days/6 nights - Sunday till Saturday) Price adult: 9433 Sek p.p. (13+)/week - Price child: 8499 Sek p.p. (until 12)/week

Luxury package horse (7 days/6 nights - Sunday till Saturday) Price adult: 10383 Sek p.p. (13+)/week - Price child: 10383 SEK p.p. (until 12)/week

Rider & Relax week (7 days/6 nights - Sunday till Saturday)

Price: 7703 Sek p.p/week

Coaching week <u>17-24 June 2017</u> (8 days/7 nights - Saturday till Saturday) Price adult: 13.106 Sek p.p/week

Activity package (7 days/6 nights - Sunday till Saturday) Price adult: 6933 Sek p.p.(13+)/week - Price child: 6240 Sek p.p. (until 12)/week

Basic package (7 days/6 nights - Sunday till Saturday)

Price adult: 4938 Sek p.p. (13+)/week - Price child: 4444 Sek p.p. (until 12)/week

Attention:

1 person in a room allowance: 1000 Sek for a week.

B&B in cabin with shower & toilet, included breakfast, bedsheets, towel

Price July/August: 2 persons p.n. 1150 Sek Price 1 person p.n.: 690 Sek

Price rest of the year: 2 persons p.n. 950 Sek Price 1 person p.n.: 590 Sek

Overnight stay in the camping cabin (no shower and toilet, breakfast not included)

Price p.p.p.n:	July/August	350 Sek (incl. bedsheets & towel)
Price p.p.p.n:	rest of the year	290 Sek (incl. bedsheets & towel)
Low-budget price p.p.p.n:	July/August	290 Sek Bring your own mattress-cover and bedsheets
Low-budget price p.p.p.n:	rest of the year	250 Sek Bring your own mattress-cover and bedsheets

Campsite incl. shower, car, tax, dog etc.

Price p.p.n: 90 Sek - Price child (until 12): 60 Sek - Discount with camping cards 10 Sek p.p.

Electra on the campsite Price: 50 Sek p/night

Washing & drying incl. soap Price: 60 Sek p/wash

Camping Horse package (7 days/6 nights - Sunday till Saturday) Price: 4890 Sek p.p./week

Camping Horse package All-in (7 days/6 nights - Sunday till Saturday) Price: 6788 Sek p.p./week Camping Activity package (7 days/6 nights - Sunday till Saturday) Price: 4325 Sek p.p./week

Camping Activity package All-in (7 days/6 nights - Sunday till Saturday) Price: 6563 Sek p.p./week

Stay of own horse in the paddock/field, including hay Price: 100 Sek p.day

Transfers one way, max 8 pers. Advanced reservations!

Price: Hagfors	(20 km/20-30 min.)	350 Sek per tour
Price: Basterud	(15 km/20 min.)	295 Sek per tour
Price: Torsby	(45 km/45-55 min.)	550 Sek per tour
Price: Karlstad	(100 km/1½ uur)	1100 Sek per tour
Price: Branäs	(100 km/1½ uur)	1100 Sek per tour
Price: Kongsvinger (N)	(120 km/2 uur)	1390 Sek per tour
Price: Oslo Gardermoen (N)	(200 km/3 uur)	2200 Sek per tour

Opening hours

RESTAURANT/BAR OPENENING HOURS 2019:

1 January:	Closed
2-7 January:	Open after reservation
8 January - 27 April:	Only open for groups (on appointment)
28 April - 31 August:	Daily 11.00-23.00. Music evenings till 01.00
September - December:	Open after reservation. Music evenings till 01.00

RANCH & ACTIVITIES OPENENING HOURS 2019:

January - 27 April:	Activities after booking
28 April - 31 August:	Daily 9.00-20.00
September - December:	Activities after booking

Or OPEN ON appointment or with special activities! Ring or mail for special wishes.

We reserve the right to change the opening hours, prices or activities. The original price is in the cash system!