

# ACTIVITIES AND NATURE, LOWLAND AND MOUNTAINS – TWO COUNTRIES - A WORLD OF CONTRAST

**This tour contains lots of fun activities that the whole family can take part in. Most of the activities take place in nature with UNESCO World Heritage Site High Coast, the unbuild river Vindelälven, or the Finnish forests as a backdrop. But there are exceptions, like the Adventure World PowerPark. You may of course choose not to do all the suggested activities, or if you like, extend your stay and just enjoy the day!**

### Arrival Day

Overnight stay at Norrfällsvikens Camping & Stugby or Hotel Mannaminne in the middle of the Unesco World Heritage Site High Coast. We recommend two nights stay if you choose all activities here below.



### Day 1

#### Mannaminne

Transfer/Distance: 25 min (20 km) from Norrfällsviken to Mannaminne by car.

Mannaminne in Nordingrå, in the heart of the High Coast. This museum complex attracts a great number of visitors in Höga Kusten, there is always exiting things to discover. Artist Anders Åberg and his wife Barbro have built up a fantastic collection.

You can eat and stay here over night.

Transfer/Distance: 36 min (38 km) from Mannaminne to Entré West

#### Skuleskogens Nationalpark, Entré West

A short hike for approx. 800 meters. The West Entrance is situated in the north-western corner of the national park about 300 meters above the sea. This entrance is very accessible, as are the adjoining paths towards nearby vantage points. From the car park a wide wooden ramp extends 200 meters into the forest to a large wooden deck with seating, a fireplace and information boards about Skuleskogen and the UNESCO World Heritage Site High Coast.



*Distance:* 12 minutes (9 km) from Skuleskogens nationalpark Entré West to Via Ferrata



**Via Ferrata** A fantastic adventure where you can challenge your fear of heights and enjoy the magical views of the UNESCO World Heritage Site High Coast. Everyone weighing between 40-140 kg is welcome to try true rock climbing on Skuleberget's 250 m high sheer wall, in maximum safety. No previous experience is required, and you will be fine with just an average level of fitness. We have four routes of varying difficulty so everyone can find their perfect challenge

### Day 2

#### Älgens Hus – The Moose Farm

*Transfer/Distance:* 2 hours (130 km) from Via Ferrata to Älgens Hus. (From Hotel Mannaminne 2 hours 30 min (175 km))

Älgens Hus (The Elk House), is Europe's first elk park with tame elks. Both adults and kids are fascinated by the King of the Forest. Meeting the huge elks can be a surreal and incredible experience. Being allowed to pat the elks is a unique experience, but the whole area is full of exciting adventures, for anyone regardless of age. The tour includes a slideshow and a guided tour in the museum. Finally, the most exciting moment, saying hello to the noble Elk.



*Duration:* The visit takes about 2 hours. Option lunch in the restaurant.

**Overnight stay at Hotell Vindelngallerian in Vindeln - a little hotel in Vindeln, perfect for a family or at Granö Beckasin Lodge**

*Transfer/Distance:* 1 hour (65 km) from Älgens Hus to Vindelngallerian by car (about the same to Granö Beckasin)



### Day 3

#### White river rafting for families

*Transfer/Distance:* 40 min (39 km) from Hotel Vindelngallerian (Granö Beckasin) to Glassbonden

This is a family tour, that starts at Glassbonden (ice cream-farm). You are equipped with a wet suit, life jacket, helmet and paddle. After the safety walkthrough by our guide, you get to face the waves and rapids. Be prepared for an

## FAMILY TOUR

exciting and wet experience! After about one hour of rafting you step back onto shore and a minibus will be waiting for you to bring you back to Glassbonden where we finish the tour eating ice cream.

Duration: 3 hours Minimum age 7 years. Language: English

### Umeå – Vaasa with Wasaline

*Transfer/Distance:* 1 hour (60 km)  
From Glassbonden to Wasaline/Holmsund

**Wasaline** transports passengers and vehicles over the Kvarken, the narrowest part of the Gulf of Bothnia, between Umeå in Sweden and Vaasa in Finland. The journey between the two countries only takes 4,5 hours. Wasaline is a reliable and friendly ferry company that prioritizes quality.



### Overnight stay in Vaasa



#### Day 4 Emmes Retreat

*Transfer/Distance:* 2 hours (143 km) Vaasa City to Emmes Retreat by car

Beautiful nature right at your doorstep with the forests and a pristine lake. Accommodations in tree houses or if you prefer to sleep in a tent, there are couple of Tentsile Tree Tents. Some of the cottages have cooking facilities. Meals must be preordered. Note, there is no restaurant and the distance to a supermarket is about 17 km.

#### Day 5 PowerPark Adventure World

Distance: 1 Hour 30 min (105 km) from Emmes Retreat to PowerPark by car

Guaranteed fun for the entire family! Funland PowerPark offers a fantastic amusement park with over 40 rides, an outdoor carting track that meets the highest international standards, a horse centre and an unforgettable 5D movie theatre. PowerPark amusement park has been ranked five times the best amusement park in Finland.



## KVARKEN DESTINATIONS

Two countries, a world of contrasts

[kvarkendestinations.com](http://kvarkendestinations.com)



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### Overnight stay in Adventure World PowerPark

You can choose to stay over night in hotel rooms or apartments, cabins, wildwestern wagons, camping site or treehouses.



### Day 6

#### Ähtäri Zoo

*Distance:* 2 Hours (130 km) from PowerPark to Ähtäri Zoo by car

Ähtäri Zoo is Finland's oldest close-to-nature zoo. International species conservation projects are an important part of the park's job. You'll see giant pandas in the Snowpanda building and the zoo houses over 50 different animal species,

such as, bears, lynx, snow leopards, cute red pandas as well as the animals of a petting farm.

### Overnight at Hotel Mesikämmen, near the Zoo