

ICE SKATING IN SWEDEN

"EXPERIENCE SWEDEN'S FROZEN LAKES – WELL SUITED FOR BOTH CASUAL SKATERS AND TRUE FANATICS."



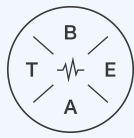
JANUARY 29TH – FEBRUARY 1ST
FEBRUARY 5TH – FEBRUARY 8TH
12–15 FEBRUARY 12TH – FEBRUARY 15TH

GROUPS OF 4–18
PARTICIPANTS

LONG ACTIVE
WEEKEND IN NATURE

TRUE WINTER
WONDERLAND





WHAT TO EXPECT?

Welcome to the Swedish Runn lake! Together with our friends at Travel.se and local guide Christian, we're offering the ultimate long weekend in Falun. A place where winter is still truly winter.

Here, you can enjoy long-distance ice skating on well-maintained and undiscovered tracks surrounded by peaceful forests. Multiple local guides will challenge the experienced or teach the unexperienced skater. This trip will teach you ice fishing, let you experience a dog sledding race and warm up in a typical Swedish sauna which doesn't go without an ice cold dip.



HIGHLIGHTS



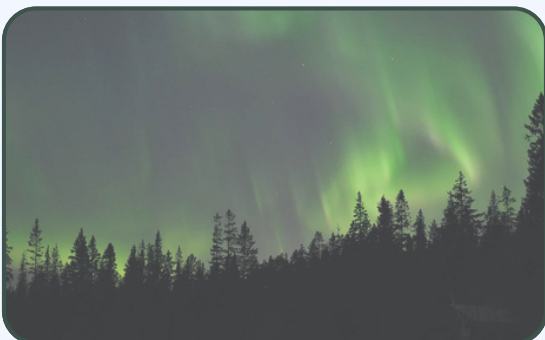
JOIN A LONG WEEKEND AWAY ON THE ICE CERTAIN RUNN LAKE

The Ice Adventure offers a rare opportunity to truly experience the beauty and serenity of the Swedish winter in just a couple of days. This trip is accessible and our guided tours make it easy even for beginners, with equipment and support provided.



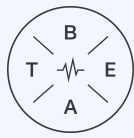
TOGETHER WITH A COMMUNITY OF PASSIONATE ADVENTURES

The expedition brings together like-minded individuals aiming to enjoy ice skating on both prepared and unprepared tracks as a team. BEAT will provide a supportive, welcoming environment where both beginners and experienced ice skaters standards will be met. Multiple private guides will take our group into the Swedish wonderland.



WHILE IMMERSING YOURSELF IN THE SWEDISH WILDERNISS

This winter weekend in Falun is all about the complete Swedish experience: fika, ice fishing, sauna and a fantastic husky tour. Everything revolves around nature, tranquillity and adventure. We organise three long weekends in January and February, just when winter is at its most beautiful.



EXPEDITION ITINERARY

GET SETTLED IN DALARNA

Day 1

After arriving at Stockholm Arlanda airport, a rental car will be waiting for you at Sixt Arlanda. You will drive to the city of Falun, where we will welcome you in your pitoresque red Swedish cottage. After the check-in, we will recommend our favourite local restaurants and provide you with a short introduction of the location, your breakfast and snacks for the coming days.

ICE ADVENTURE DAY 2 & DOGSLEDDING

Day 3

After waking up early, you get ready for day two. We will start just in front of our cottage and our guides will take us to the unbeaten tracks. Depending on the weather, we will enjoy a typical Swedish outdoor lunch (warm) on an island, after which drive you can choose to join the dogsledding, an introduction to cross-country skiing or keep on skating.

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AN INTRODUCTION OF THE REGION AND THE FIRST DAY ON THE ICE!

Day 2

Our first day on the ice! At 09:00, guide Christian will introduce himself, his team and the area. We will then rent our material (if needed) and make sure everybody understands the risks and challenges of skating on natural ice. During the first day, we offer the option to join an ice fishing session.

After our first day on the ice, you are invited to enjoy a sauna at the lake and take a fresh dive into a hole in the ice.

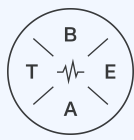
ICE ADVENTURE DAY 3 & A FIKA IN STOCKHOLM

Day 4

Our last day of the ICE ADVENTURE 2026. After checking out, we will enjoy one more morning of ice skating with our team and guides. During this session, you can enjoy the beautiful surroundings of the lake one more time, after which we take our bags and go to Stockholm to catch the flights. Depending on the schedule, Team BEAT can introduce you the Swedish Fika in Stockholm.

"The skating itself was actually indescribable. If you love skating on natural ice, then skating on open lakes is the most beautiful thing you can do. The guides had the most beautiful tours and spots to show us. Besides being very pleasant company, I had complete trust in them"
– Esmee, February 2025

"Ice skating is my passion! I try to skate as much as possible during the season and would be glad to share my knowledge" – Guide Christian

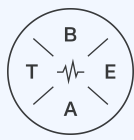


THE ACCOMMODATION: FALUN STRANDBY



- All cottages have a fully equipped kitchen.
- Each cottage includes a shower and toilet.
- The cottages feature underfloor heating.
- The cottages are equipped with a wood-burning stove.
- Free Wi-Fi is, of course, included.
- You can park your car close to the cottage.
- Walking distance from the Runn lake and sauna





BEAT EXPERIENCE & PRICING



Few words have as many meanings as the word: "BEAT. It stands for rhythm, movement and momentum. It's about finding your own pace, moving forward and pushing new boundaries.

For us, this means stepping out of your comfort zone, seeking nature and discovering what you're capable of. During the months prior to this long weekend, team BEAT will guide you and make sure you will be ready for your trip in the beautiful Swedish Dalarna region.



In the lead-up to the event, we will support all participants with expert guidance on how to best prepare for such a challenge, including a packing list and monthly updates on weather conditions. .

PRICING
€1350,-

Including

- Guide(s)
- Activities (ice skating, dog sledding, sauna, cross-country skiing, ice fishing)
- 3 nights in Falun
- 2 x lunch, 3x breakfast
- All necessary materials (rental)
- BEAT & Travel.se guidance
- Drone and camera footage
- Car rental
- BEAT merchandise

Excluding:

- Flight tickets
- Dinner

INTERESTED?

To reserve your spot: get in touch via info@beat-expeditions.com or go to www.beat-expeditions.com/expeditions

