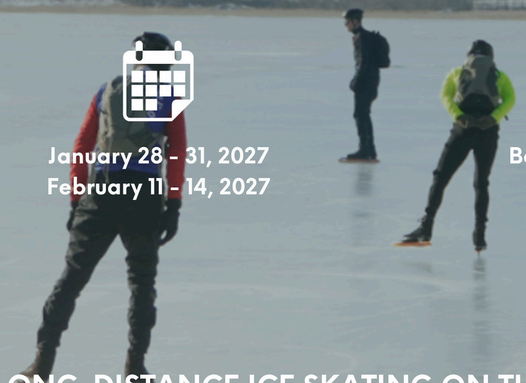
EXPEDITION FROZEN TRACKS

Falun,
Sweden

January 28 - 31, 2027
February 11 - 14, 2027

Between 4 and 18
participants

Open to all levels



4 DAYS LONG-DISTANCE ICE SKATING ON THE NATURAL ICE OF FALUN

ABOUT THE EXPEDITION



Welcome to your Expedition Frozen Tracks adventure with BEAT. Throughout January and February 2027, we offer two long weekends in Falun, in Sweden's Dalarna region, each built around the same idea: real winter, on real ice.

Throughout the trip, BEAT and our partner Travel.se take care of the accommodation, meals, and local logistics, so you can focus entirely on the experience. Alongside the skating, we immerse you in the Swedish winter with an outdoor fika, a sauna with a fresh dip in the ice and cooking over an open fire with local produce.

Then comes the main event: long-distance ice skating on the natural ice of Falun's lakes, exploring tracks that shift with the season and the weather. You'll take on the ice alongside a community of like-minded adventurers, with support from local guides throughout the weekend. Christian, our local guide in Falun, joins the crew too, sharing the passion for skating that helped shape this trip in the first place.

Ready to join? Sign up via our website or reach out at info@beat-expeditions.com.

Spots are limited, book early to secure your place.







EXPEDITION PROGRAM

ARRIVAL IN DALARNA

Day 1 - Thursday

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.

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

Day 2 - Friday

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 2 & INTRO TO CROSS COUNTRY SKI

Day 3 - Saturday

After waking up early, you get ready the 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 an introduction or to cross-country skiing, a snowshoe walk or keep on skating.

ICE ADVENTURE DAY 3 & A FIKA IN STOCKHOLM

Day 4 - Sunday

Our last day of the expedition. 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.

ACCOMMODATION

Throughout the weekend, you'll stay in a traditional red Swedish cottage at Falun Strandby, on Främby Udde, right on the shores of Lake Runn where the whole trip unfolds. The site is built around Villa Herdin, a summer villa from the late 1800s that later served as a children's camp before the modern cottages were added in 2011, giving the whole place a quiet, storied charm just 4 kilometres from the UNESCO-listed old mining town of Falun. It's your base to settle in, warm up between sessions on the ice, and share stories with the group after dark.

- All cottages have a fully equipped kitchen.
- Each cottage includes a private shower and toilet.
- The cottages feature underfloor heating and a wood-burning stove.
- Free Wi-Fi is included throughout.
- Parking is available close to the cottage.
- Walking distance to lake Runn, including a natural sauna right on the water.









EXPEDITION DETAILS

INCLUDED:

- On-site guiding, including local guide Christian and the BEAT team
- Activities: ice skating, sauna, cross-country skiing introduction and/or guided snowshoe walk
- 3 nights accommodation in a Falun Strandby cottage
- 2x lunch, 3x breakfast
- All necessary equipment (rental)
- Rental car from Stockholm Arlanda
- Drone and camera footage
- Pre-trip guidance and support from BEAT & Travel.se
- BEAT merchandise

EXCLUDED:

- Flight tickets
- Dinner

OPTIONAL ADDITIONS:

- Private group departure, available upon request

€1,395



ABOUT BEAT X TRAVEL.SE



The best adventures are never built alone.

Both BEAT Expeditions and Travel.se share a belief that winter, at its best, isn't something you watch from indoors. It's something you step into, skates laced, breath fogging in the cold.

BEAT was founded from a passion for outdoor sports and the conviction that adventure should be transformative. Every expedition is carefully designed to bring people closer to nature, encourage personal growth, and build meaningful connections through shared challenges.

Travel.se was created because its founders saw a gap between Sweden's appeal and the difficulty of discovering it. Rooted in Gothenburg (Sweden), the team is well aware of all Sweden has to offer and understands the demand for less crowded, nature-focused travel.

Together, BEAT and Travel.se invite you on a four-day winter expedition based in Falun, Sweden. Guided throughout by local guide Christian, the group skates further onto the natural ice each day, alongside dog sledding, a sauna dip through the ice, and an evening fika by the fire. Expect frozen lakes stretching to the horizon, a rare and genuine Nordic winter, a community of like-minded adventurers, and the confidence of exploring guided by someone who knows every track beneath the ice.

This is more than a weekend away, it's an invitation to experience winter the way it was meant to be: outdoors, together.

Core Values:

Nature · Sport · Creativity · Adventure · Purpose · Full Service





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