



TRIP DOSSIER

# SWEDEN



## *'Swedish Coast in Style'*

*£1,095 per person (land only)*

*£350 for extensions*

*Single supplement: £320*

### *Departure Dates:*

*Daily June to end August*

*Not available 7<sup>th</sup> July - 13<sup>th</sup> July*

*Tour Grade: A*

## **Introduction**

The connoisseur's choice following the Gourmet Trail! This leisurely, independent walking tour to Sweden takes you to the peaceful south-western peninsula of Bjaere and the tranquil seaside resort of Bastad, where the Swedes choose to holiday. Forming part of the 930 km Skane trail, the gentle walks take you past beautiful coastal scenery, along sandy beaches and undulating meadows and hills to the very traditional village of Torekov and Hallands Vaederöe, an offshore island and nature reserve full of spectacular bird life and seals. This really is a very traditional area where the locals wander down to the sea in their towelling robes for a quick dip. Truly salubrious inns and guesthouses will be your 'home' at the end of each day and with luggage being transferred for you backpacking is out! All meals are included during the walk leaving you to enjoy the restful ambience and fresh air whilst savouring the mouth-watering, gastronomic delights of a region which is rapidly becoming known as the Tuscany of the north with numerous celebrity chefs and boutique hotels and restaurants making use of the prolific organic produce and fresh seafood of the area. You will then spend time in one of Europe's most enchanting cities, Copenhagen with an option to extend your visit to the charming city of Malmo just over the water from Denmark

The walk itself has been designed jointly by the Bastad tourist office in conjunction with Walks Worldwide and the 'Coastal Gourmet Trail' is becoming a trail in its own right. The emphasis has been placed on leisurely, at times bracing, coastal walking combined with superb accommodation, cuisine and the best place 'to be'. An ideal relaxing week's break with a style and sophistication all of its own.

PLEASE NOTE THAT THIS IS AN EXTREMELY POPULAR AREA FOR SWEDES TO HOLIDAY SO ADVANCE BOOKING OR FLEXIBILITY WITH DATES IS ESSENTIAL. OCCASIONALLY THE STANDARD ACCOMMODATION IS NOT AVAILABLE AND SUITABLE ALTERNATIVES WILL BE USED.

## **About the Country**

Geography Sweden with a surface area of 449,964 km<sup>2</sup>, occupies the eastern part of the Scandinavian peninsula and shares borders with Norway, Finland and Denmark. It is 1574 km from north to south with 7000km of coastline. In places, particularly in the west and near Stockholm the coast is cut by fjords and peppered with islands and rocky skerries. Mountainous in the north, along the Baltic coast and south of Stockholm the land is barely undulating. Skane (pronounced skoh-ne) resembles Denmark. Sweden has three major geographical divisions. The two kingdoms that united in the 11<sup>th</sup> Century form the southern 40% of the population, with Gotland and Svealand in the south and centre of the country the rest. Although the population density of Stockholm is 266 persons per km<sup>2</sup>! It is an enormous country containing lots of space.

**History** Approximately 10,000 years ago at the end of the glacial period of the Ice Age people migrated northwards from central Europe into southern Sweden. At the same time it is thought that the ancestors of the Sami people (Lapps) migrated from Siberia and settled in northern parts of the country. From 1800 50 500BC the Bronze age cultures are plainly evident. This walk itself boasts many examples of Bronze Age tombs and villages remain. Boats became significant for use in the travel and trade links across the Baltic Sea. From 500BC and through the iron age southern Sweden was cleared of trees and larger boats were built using iron axes. For the next 1000 years war remained supreme as local chieftains vied for supremacy. This era known as the Vendel period ended around 880 when the Viking period began!

This was Sweden's greatest impact on world history when military adventure and a dense home population inspired many Swedes to seek out pastures new. The word Viking itself comes from the word "vik" which means bay or anchorage. Some say that it is polygamy or an over population of males, which was the real root of the Constantinople! There is a possibility that the imperial rulers of Russia until 1917 were descendants of Vikings. It was not until the late 11<sup>th</sup> Century that the Viking era drew to a close and Christianity began to replace the Pagan Gods such as Odin, Thor and Freya.

The next several centuries saw Sweden feuding with the Scandinavian countries as Britain did in central Europe. Countries formed alliances for decades and then swapped sides overnight. Sweden even had its own East India Company but the little ice age of the 18<sup>th</sup> Century played havoc with its bid for world exploration. Industry and social and political revolutions followed with wide scale upheavals. Conflict in Europe led Sweden to declaring itself a neutral state in 1912 much to the chagrin and interference of Britain. The fear of Soviet style communism in Russia and Sweden ensured a cohesive government. Its ambiguous neutrality in WW2, which allowed German troop movements through the north of the country tarnished its reputation.

In 1971 the formation of the *Riksdag* and the policies of such well-known politicians as Tage Erlander and Olaf Palme reduced the monarchy to a figurehead. The recessions of Europe in the 1980s and 90s saw Sweden becoming a full member of the EU in 1995, though like Britain it has not yet joined the single European

currency. Also like the rest of Europe, Sweden is playing a role in the acceptance of refugees and asylum seekers as argument continue over its membership of the EU.

## **SKÅNE**

We will provide you with a pack of maps and further information but just to whet your appetite: It is the boast of local people that they play golf in mid-winter, haul 30 kilo cod from the sea and grow 200 kilo pumpkins. They make their own wine (Swedish wine?) grow their own durum wheat for pasta and create works of art from apples. Skane history is not just about battles between Danes and Swedes and their own 'Robin Hood' but how giants lifted up rocks of several tons far back in time. And how 65 million years ago the biggest predator in the world roamed here. Art feels at home here and every day you will come across a studio rarely visited where the artist just 'creates'. This open attitude to art has made Skane into such a natural home for such artists as Ola Billgren and Bente Brosbol Hansen. There are large and impressive gardens open to the public and everyone owns a private beach.

Food and drink are the first loves of the Swedes who live and visit here, along with the sea. The places where you will be staying are fine examples of good Swedish gourmet food and wines. Even the cigars are gourmet in Bastad!

**Climate** Most of Sweden has a cool climate with precipitation in all seasons. Saying this, the summer of 2002 was a major heat wave with the coastlines resembling the Mediterranean rather than the northern seas. The mountains of Norway and the land masses of Britain and Denmark shield Sweden from the worst excesses of Atlantic low pressure systems. In the summer stability through the high pressure systems of Russia bring more stable and sunny conditions.

**Languages** English is widely spoken in Sweden particularly in 'economic and tourist' circles, with the country's main official languages being Swedish and Danish.

**Flora, Fauna and Sauna** Swedes generally refer to nature as 'the nature' intending it to be a noun that is cherished and respected. Bear, wolverine, elk and lynx flourish in Sweden. Wild reindeer have disappeared although the 200,000 domesticated reindeer roaming wild in the north add to Sweden's identity with only the small clip in the left ear giving away the fact that they are all 'owned'. Coastal and inland birds of prey are much in evidence here including the white-tailed sea eagle, curlews and pewits stop here on their migratory journey. Take the time to stop and watch nesting herons move easily from land to sea and share the waves with arctic terns and skuas. An increasing number of red Kites can be seen in southern Sweden as can hobbys and merlins. Generally Swedish flora is typical of that in temperate climates and includes around 250 flowering plants. A large part of the coastline is covered in blackberry bushes and heather. The wilderness, lakes and culture of the Swedes have made the sauna one of their major exports. It is the dream of every Swede to own a summerhouse by their own lake or at the side of the sea where they can jump in. naked still steaming, directly into the cold water. A sauna opens the soul as well as the pores.

**Accommodation** You will be staying in a variety of carefully chosen accommodation including a charming B&B on the waterfront, a friendly family-run guesthouse and some beautiful inns – one in the depths of the countryside built in a traditional architectural style, one right on the edge of the cliffs with a restaurant offering fantastic views and local Southern Swedish dishes and last but not least, the luxurious establishment at Torekov designed for creature comfort in a traditionally Swedish way with spa attached. You begin and end the trail at the first class Hotel Skansen – a luxurious spa centrally located in picturesque Bastad with a gorgeous waterfront view. The centre for the famous Swedish Open, the hotel is decorated with historic tennis images and you half expect Bjorn Borg to walk through the entrance.

**Trekking conditions** This is self guided A grade tour. The terrain is not difficult. You follow the marked route of part of the Skane Trail and can expect to walk for an average of not more than 6 hours each day. Depending on speed you can arrive at lunchtime at your destination on some days or take a more leisurely pace. Generally the paths are gently graded – at times you will be wandering along gentle grassy slopes which reach down to the water's edge and at other times you will be weaving along a rocky path up and down the cliffs with the crashing waves beneath. You will need only to carry a small day sack containing an extra layer of top clothing, food for the day and a host of goodies ranging from binoculars to sketch pads and camera.

**What you need to provide** Your personal equipment as detailed in the clothing and equipment list later in this booklet.

**Ecological considerations** *We believe that we are one of the most ecologically aware tour operators in Sweden. We ask for your full consideration and co-operation concerning all ecological matters, especially in the disposal of rubbish. If you have any suggestions for improvements, please let our local staff know and inform us at Walks Worldwide on your return. It is with the tourists, the locals and the tour operators' co-operation that we can ensure that our tours are as eco-friendly as possible.*

## **Itinerary**

**Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent you from following the exact schedule. We will request your preferred dates and advise if the schedule as below is possible (Summer is a particularly busy period so early booking is essential). Please be assured that the clients' best interests will be foremost in any changes that may occur. A degree of flexibility is essential in travelling on such holidays!**

Your accommodation and meals are indicated in *bold italic* at the end of each day.

**Day 1.** Depart London to **Copenhagen** and transfer by train across the Denmark/Sweden sea bridge to Bastad. The train will be marked 'Helsingom' and you will need to sit at the rear in order to arrive at Bastad. Alternatively, as this is a land only trip, there are now cheap flights to Malmo in Sweden itself so it is also possible to arrive here and catch the train directly to Bastad. Bastad is the 'home' to Swedish tennis and at the same time remains an idyllic tranquil sea resort. Cobble street and ancient buildings combine with stylish clothes shop and designer retail outlets. It is worth it to come on this trip just to stay in 'our' hotel on the first and last nights of the walking section. The hotel is fully equipped with a spa, pool, fitness room and beauty centre. Situated as it is on the sea front you can don the hotels dressing gowns and wander to the jettys on the front like the Swedes and swim in the sea or paddle along the hotel's own sandy beach. Meals are first class taken in the sea-front restaurant and the hotel has an excellent selection of wines and spirits. You can also take time to share the quiet promenade in the evening. Please note that the Spa is very popular and should you wish for specific treatments you will need to book these today for your return at the end of the walk. Your accommodation will either be in the main building or the annexe. ***Hotel Skansen, Bastad. D.***

**Day 2.** A delightful 13 km stroll through meadows and country lanes finishing up at a beautiful guesthouse with fine wine and cuisine. You can leave your bags in the hotel to be transferred to tonight's stay. The walk takes you through the small and delightful town before heading gently upwards along leafy country lanes and past small homesteads, village schools and ancient woodland. Dairy farming is the predominant activity in this area. This is the only non-coastal day and heads gently over the highest point of the walk at just a few hundred metres above sea level giving you a glimpse of the walk ahead. Tonight you will stay in a quiet guest-house again with a good selection of 'pub food' and wine and surrounded by farmland and a symphony of evening owls. ***Kvinnaboeske Krog, Guest house. BLD.***

**Day3.** Leaving your guest house you begin your walk following an ancient iron age trail. Before long the modern cultural age beckons as you pass by a jazz club restaurant sometimes open during the day for refreshments but displaying the signs of traditional and modern jazz artists who come to play here from all over Sweden. Soon though you reach the coast and a number of small idyllic villages, totally unspoilt. Not a resort but home. There are reminders of darker times past though with remains of sea defences and look outs from the Second World War. But there is also a plethora of bird life and your first blackberry bushes in season. There are a number of small exhibitions along the coastal walk, nothing major - monuments to the simple life led by local people. A major monument though and one not to be missed is the ***Dagshog***, Scandinavia's largest Bronze Age mound. A simple sign tells you of times gone by thousands of years ago and leaves the imagination to decide what might have been going on here in those days. In the afternoon you reach ***Torekov*** your home for the next two nights. It is a well-known resort to Swedes seeking a quiet break with a seafaring tradition that goes back hundreds of years. There is a small naval museum in the harbour and a shelter filled with figure-heads and name plates from sunken ships. This is very much a traditional area where the locals really do go down to the sea in dressing-gowns from their little seaside huts. Torekov is a truly delightful little place with quaint cobbled streets, traditional housing, wooden fences, clear views to the sea and a very relaxed and welcoming atmosphere. The shopping here is probably the best in the area for local ceramics. Your hotel tonight is a spa hotel overlooking the sea and dunes. ***Hotel, Torekov. BLD.***

**Day 4.** Breakfast will be taken in the luxurious surroundings of the open plan restaurants, pool and spa area (treatments available). Take a boat journey (weather permitting) to the uninhabited island retreat of ***Hallands Vaederoe*** leaving the busy, modern world behind. There are no permanent dwellings on the island and the day trip is a highlight of a visit to the ***Bjare Peninsula***. There are approximately 600 species of plants on the island and it is often possible to see seals basking on rocks, but it is the rich bird life and beautiful beaches, which have

created Vaederoe's fame. There is a lighthouse on the island, the remains of a monastery and a recently excavated 'English cemetery' from the days when Britain was flexing its seafaring muscles in the north. Guides are available for a day or half a day and it is recommended to take one for at least half a day. The guide is very knowledgeable not just about the island but the whole cultural aspects of the walking tour. *Please note that after 3<sup>rd</sup> September the ferry service no longer runs so a separate boat taxi will be required. Please enquire as to this cost if you will be travelling during this time.* **Hotel, Torekov, BLD.**

**Day 5.** En route once more! In between Torekov and Bastad is a mixture of gently sloping seashore, intermingled with tiny fishing harbours lined with colourful bathing huts, green pastures filled with inquisitive cows (that is why the dairy products are so good here!) and rugged, beautiful and unspoilt coastline. This brings you to the cliff top hotel of Hovs Hallar, high above the crashing waves and a further evening of culinary pleasure. Along this wild and beautiful stretch of coastline time is not measured in human terms. The sea, weather and wind have chiselled out and polished the rocks for millions of years, creating strange formations sometimes with man's help like the *Grothogarna* another hidden mystery from the Bronze Age. Brightly coloured lichen line the surfaces. Along the road from *Hovs Hallar* you can make a stop at an old fashioned fish-curing house in *Segelstorp*. Today is a short day of only 8 kms or so thus you may like to linger in Torekov before embarking on the walk. Tonight you will stay in an isolated yet perfectly located hotel on the cliff top. **Hotel Hovs Hallar, BLD.**

**Day 6.** A long day to round off the week. Continue along the spectacular coastline for about 14 kms, meandering across bay, cliff and fell, where you can choose from the high cliff path or the lower coastal route. Marvel at the splendours of the Norrvikens country house and its famous gardens. *Norrviken's Gardens* are made up of eleven different garden environments, an art gallery, restaurant and small glass workshop. The walk gradually takes you back into Bastad and 'our' hotel. Time just to relax in the hotel, take in a pre-booked spa treatment or don a dressing gown once again for a dip in the sea. **Hotel Skansen, Bastad. BLD.**



Norrviken's Gardens

**Day 7.** Transfer by rail across the spectacular new bridge to Copenhagen. Enjoy the intoxicating delights of this cultural city - the famous Tivoli Gardens, the bustling harbour and canals, the solitude of 'The Little Mermaid' and the vibrant café society which has come to symbolise the Danish word 'Hyge' – 'have fun, relax and forget all your worries.....' **Hotel, Copenhagen. B**

**Day 8.** Perhaps some further time to explore before heading to the airport and home (payable locally). If you have flown into Malmo airport you will need to return back across the bridge and on to the airport here (payable locally). An extra day to spend in Malmo, whichever airport you use, is highly recommended. **B**

## **Suggested Extension to ‘Swedish Coast in Style’ (Longer extensions possible and highly recommended - waistline allowing!)**

Skane really is the ‘Garden of Sweden’. This province in the far south of the country offers picturesque harbours, rolling agricultural fields dotted with half-timbered farmhouses and stately homes, castles and gardens, a rugged coastline, charming inns and guesthouses exquisitely decorated with traditional furnishings and antiques, sandy beaches, ceramic emporiums, quaint cobbled towns, fabulous shopping and a simply wonderful pace of life.

To the south-east of Bastad lies the typically European city of Ystad. Right on the coast this atmospheric, friendly heritage city offers open-air cafes, over 100 restored half-timbered houses, an ancient monastery and wonderful designer shops. It is also home to the Inspector Wallander detective series – you can take a tour round the film studios. Take a wander through the nearby Hagestad Nature Reserve woodlands or drive to the Skanor peninsula with views out over the marshlands and sparkling sea beyond. Ideally situated for a visit to the famous Viking Village at Hollviken it is then just short hop back to Malmo. This is the quintessential European harbour town, full of narrow alleyways leading to cobbled squares packed with open-air cafes and restaurants with the scent of sea air whistling past the rows of gorgeous boutique shops. A Northern Bruges perhaps. Drive north via the elegant Sofiero Castle and Gardens at Helsingborg, through serene countryside perhaps stopping off at Flickorna Lundgren, an old traditional thatched tea-house, again with beautiful gardens in which to enjoy the famous Tosca cakes and white heart biscuits (it is one of King Gustav’s favourite stops). Take an exhilarating coastal walk through the Kullaberg Nature Reserve, along the rugged coastline passing caves and lighthouses with views to Denmark before returning back to Malmo.

The scenery is quite stunning and the pace of life extremely leisurely in this part of the world so please contact us for further ideas.

**Days 7 and 8** Transfer to Malmo from Bastad and enjoy the ‘joie de vivre’ atmosphere this cheerful town emanates. The next morning, take the short train journey to ‘Malmo Sud’ (£1.20 per person) to collect your hire car and drive perhaps to Angavallens Ecological Farm for a wander round and optional ‘picnic’ in one of their open-air ‘green rooms’. This is a family-run farm just outside Malmo boasting a top class restaurant and art gallery, charming ‘stable’ accommodation and exquisite herb gardens for the al fresco ‘picnics’. The owner is passionate about the quality of his produce – even the water jugs are filled with organic herbs. Visit the Foteviken Viking Museum en route to the Skanor Peninsula for a bracing walk along the beach in the company of many migratory birds and waders. Continue along the coast to Ystad and stay in a half timbered family run hotel.

**Hotel, Malmo/Yastad, B**

**Day 9** There are many options today based in and around this friendly city. Enjoy a leisurely morning wandering the streets or take a walk in either the nearby Hagestad Nature Reserve or the Stenshuvud National Park. Here wetlands meet the northern reaches of coastal forest in an area holding remarkable interest for botanists and bird-watchers - spot black stork, eider ducks and barnacle geese amidst forests of short knotty oak and carpets of lilies. Butterflies abound and the most southerly herd of elk roam free. For history buffs you could also visit Backakra, home of Dag Hammarskjold, former Secretary General of the UN or the Ales Stenar ship barrow, Sweden’s Stonehenge, both within 20kms of Ystad. Overnight in a beautifully renovated seventeenth century thatched timbered farm at Drakomolla, a unique conservation area replete with Renaissance herb garden. **Farmhouse, Drakomolla, B**

**Days 10 and 11** A further encounter with the Skane Trail this morning! This region is known as Sweden’s Provence and its nature and light fascinates and inspires many artists. A 13km trail leads you through open moors and over hills of beech wood, home to golden orioles and nightingales. Return to Drakomolla and drive back to Malmo to deposit the car. Take the train back to Copenhagen and enjoy one last evening of Scandinavian hospitality in this famous city before flying home the next day. Malmo flight options also available. **Hotel, Copenhagen, B**

**Extension £295 per person (if taken in conjunction with the main itinerary)**

## **Practical Information**

**Passports and Visas** Citizens of EC countries require a valid passport to visit Denmark and Sweden, but do not need a visa.

**Food and Accommodation** Full board is included throughout the trek with the exception of lunch in Copenhagen - allow £25. Packed/picnic lunches will be carried. Drinks and other refreshments are at personal

expense. Your accommodation will be a variety of charming hotels (guesthouses on Days 2 - 4) starting with the luxurious Hotel Skansen with its fully equipped Spa!

**Local transport** You will travel in Denmark and Sweden using trains...and walking of course!

**Baggage** Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. We request you limit your luggage whilst on trek, and recommend you to pack your clothes in plastic bags to ensure they remain dry. We would prefer you use soft kitbags rather than large rucksacks on trek, and we will be sending you a complimentary Walks Worldwide kitbag about two weeks prior to the tour (along with your tickets and final joining instructions), which is ideal for the purpose. Your entire trek luggage should be packed into one kitbag. A light day sack is all that is required for the walking. All other baggage will be transferred on each walking day.

**Vaccinations and medical precautions** No vaccinations are necessary for these countries and health problems in the area we visit are quite rare. The only 'medical precaution' that you might like to take is a small first aid kit to cater for blisters, headaches, coughs, colds, etc. A factor sun protection lotion is also advisable.

**Currency** Sweden is still like Britain, watching the Euro, so at present is sticking to its own currency the Swedish Krona, where it hovers around £1 = 14.14 SEK. Please see [www.xe.com](http://www.xe.com) for the latest rates. It is best to carry sterling Travellers Cheques for exchange abroad. There are plenty of ATMs in Copenhagen, Bastad and Malmo. Please note that smaller shops tend to add an extra 10% if using credit cards.

**Electricity** 240 volts A.C.

**Time** GMT + 1 (BST + 1 in summer)

**Contact details** It is not our policy to provide addresses and telephone numbers of every location that you will be staying at on this tour as, due to frequent changes in contact details, it is very difficult to provide an accurate list for all our tours. Your Final Joining Instructions, which you will receive approx. two weeks prior to departure, will show any local contact details that are required for your tour. However we would be glad to provide you more details if you have a specific reason.

Mobile phones do work in Sweden and Denmark. If you have not used your mobile outside the UK before you will have to contact your operator to enable international calls. *Please ensure your phone is set for roaming if you are taking a mobile.* Please note that it is expensive to phone both to and out of a mobile when abroad. We do not however encourage mobile phone use whilst walking on any of our trips – out of courtesy to other clients please use your mobile phone discretely. If you do need to get in touch, or if anyone needs to get in touch with you, please contact the Walks Worldwide office (01524 242000) during office hours.

**Tipping** There is no compulsory tipping on any of our treks! However tipping in restaurants is usual. Please remember that all tips should be a way for individuals to thank staff for good service.

**Maps** We will supply you with an appropriate map and route notes for the trip. These will be waiting on arrival at the hotel in Bastad. However you may like to purchase a general map of Sweden in order to aid your geographical knowledge of the county (useful for when you are checking on the right train from Copenhagen!). We recommend either: The Map Shop, 15 High Street, Upton-on-Severn, Worcs WR8 0HJ (Tel: 01684 593146) [www.themapshop.co.uk](http://www.themapshop.co.uk) or Stanfords at 12-14 Long Acre, London WC2E 9LP (Tel: 0207 836 1321) [www.stanfords.co.uk](http://www.stanfords.co.uk)

**Flights** This is a land only trip but we are very happy to arrange for flights to and from Copenhagen on request. These are usually on a scheduled service but as airlines often change their routings and timings with little warning, we do not state them here but the exact details for your flight will be given to you with your booking confirmation. Please note however that these details are subject to change up until the last minute, and there may be occasions when we even need to place passengers on a different airline. Often the cheapest flights will need to be paid for at time of reservation and are usually non-refundable. We regret we are unable to purchase budget airfares. Various budget airlines have recently started up the UK/Malmo route so please check the internet for the latest deals. It is a simple hop over the water between Copenhagen and Malmo so the choice is yours.

### Included in the Price

- Accommodation in hotels
- All meals on the Bjaere peninsula
- Luggage transfers

- Train transfers between Copenhagen/Malmo and Bastad return
- Breakfast in Copenhagen
- Boat excursion to Hallands Vaederoe
- A *Walks Worldwide* kitbag
- Route notes

**Not Included in the Price**

- Lunches and dinner in Copenhagen and lunches/dinners on the extension
- Flights
- Drinks
- Entrance fees to museums etc...
- Train travel to airport at end of trip
- Train journey from Malmo Central to Malmo Sud to collect hire car (£1.20pp) if taking the extension
- Personal spending and souvenirs.
- Insurance
- Tips

## Clothing and Equipment Lists.

At least one set of smart casual clothes will be useful in hotels on this holiday. On trek you must not worry about how you look: comfort and protection against bad weather are of prime importance. Because coastal weather is so very variable, we recommend a number of thin layers rather than a few thick ones. Take old, well-worn clothes rather than rushing out to buy new ones, since they will probably get rough treatment on trek. The following list of clothing and equipment is intended to be fairly comprehensive, and experienced trekkers will take a good deal less luggage than we recommend.

CLOTHING	NUMBER	Check	EQUIPMENT	Check
Walking boots	1 pair, light weight but with good support		Camera, film & accessories	
Socks	2		A variety of plastic bags	
Trainers/sandals	1.		Sunglasses	
Underwear	3+		Day sack	
"T" shirts	3		Binoculars (optional)	
Long trousers/trackies	2		Washing & shaving kits	
Short trousers	1		Water bottle	
Light sweater/fleece	1		Reading material	
Waterproof jacket	1		First aid kit	
Waterproof trousers	1		Notebook/diary	
Warm jacket	1		Money belt/pouch	
Sunhat/woolly hat	1/1		Walking poles (optional)	
Casual wear	For the evenings			
Swim wear	Yes			

*The following items should also be considered, and those in bold type essential*

ITEM	Check	ITEM	Check
Moisturising cream		Small sewing kit	
Penknife (not in hand luggage)		<b>Insect repellent</b>	
Spare bulbs and batteries		Blister protection	
Nail clippers (not in hand luggage)		Universal travelling adapter	
Cold water detergent		Small mirror	
Spare glasses or contact lenses		Scissors (not in hand luggage)	
Spare boot laces		Boot wax	
<b>PASSPORT</b>		Sweets for energy	
'Dry' handwash/sanitiser		<b>Suncream</b>	
Driving Licence (if taking extension)		<b>MONEY / TC'S</b>	
		<b>AIR TICKET</b>	