

Sweden Royal Trail: The Ultimate Guide for Hikers



Plan & Go | Kungsleden: All you need to know to complete Sweden's Royal Trail (Plan & Go Hiking)

by Insight Guides

★★★★☆ 4.2 out of 5

Language	: English
File size	: 20155 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 300 pages
Lending	: Enabled
Paperback	: 144 pages
Item Weight	: 5.3 ounces
Dimensions	: 5 x 0.33 x 8 inches



The Sweden Royal Trail, also known as Kungsleden, is an iconic long-distance hiking trail that traverses the breathtaking wilderness of Swedish Lapland. Stretching for 435 kilometers (270 miles) from Abisko in the north to Hemavan in the south, the trail offers an unforgettable adventure through pristine forests, alpine meadows, and towering mountain peaks.

Whether you're an experienced hiker or a first-timer, this guide will provide you with everything you need to know to plan and complete the Sweden Royal Trail.

Trail Details

Length and Duration

The Sweden Royal Trail is typically completed in 14-21 days, depending on your fitness level and the number of rest days you take. The trail is divided into four sections:

- Abisko to Vakkotavare (105 km / 65 miles)
- Vakkotavare to Kebnekaise (75 km / 47 miles)
- Kebnekaise to Saltoluokta (100 km / 62 miles)
- Saltoluokta to Hemavan (155 km / 96 miles)

Terrain and Elevation

The terrain on the Sweden Royal Trail varies from gentle forest trails to challenging mountain passes. You'll encounter a variety of surfaces, including rocks, roots, and mud. The highest point on the trail is at Kebnekaise, which rises to 2,106 meters (6,909 feet).

Huts and Camping

There are a number of mountain huts located along the trail, where you can stay overnight. These huts typically have basic amenities, such as beds, cooking facilities, and toilets.

Camping is also permitted along the trail, but you must camp at designated campsites. Wild camping is not allowed.

Planning Your Trip

Best Time to Hike

The best time to hike the Sweden Royal Trail is during the summer months, from June to September. The weather is generally mild during this time, with long days and plenty of daylight for hiking.

Accommodation

In addition to the mountain huts along the trail, there are also a number of hotels and guesthouses located in the vicinity of the trailheads and major trail towns.

If you plan on camping, you'll need to bring your own tent and sleeping bag.

Permits and Fees

No permits are required to hike the Sweden Royal Trail. However, there is a fee to stay overnight at the mountain huts.

Gear and Equipment

Backpack

A sturdy backpack with a capacity of 50-60 liters is recommended for carrying your gear.

Hiking Boots

Waterproof and comfortable hiking boots are essential for the rough terrain on the trail.

Clothing

Pack layers of clothing for all types of weather conditions, including a rain jacket, base layers, and fleece.

Food and Water

You can purchase food and supplies along the trail at the mountain huts and trail towns. However, it's also a good idea to bring some of your own food, such as energy bars and trail mix.

There are plenty of water sources along the trail, but it's still important to carry a water bottle or hydration system.

Other Essential Gear

Other essential gear includes a map and compass, a first-aid kit, a flashlight, and a whistle.

Safety Considerations

Weather

The weather in Swedish Lapland can be unpredictable, so it's important to be prepared for all conditions. Bring warm clothing, rain gear, and sunscreen.

Wildlife

You may encounter wildlife along the trail, such as reindeer, moose, and bears. Follow the park regulations and be respectful of wildlife.

Terrain

The terrain on the trail can be challenging, so it's important to be in good physical condition before starting your hike. Be aware of steep climbs and uneven surfaces.

Water Crossings

There are a number of water crossings along the trail. Most of these crossings are shallow, but some may require you to get your feet wet. Be sure to wear appropriate footwear.

The Sweden Royal Trail is an unforgettable hiking adventure that offers stunning scenery and a challenging but rewarding experience. With careful planning and preparation, you can complete the trail safely and enjoy the journey of a lifetime.

So what are you waiting for? Start planning your Sweden Royal Trail hike today and discover the beauty of Swedish Lapland.



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