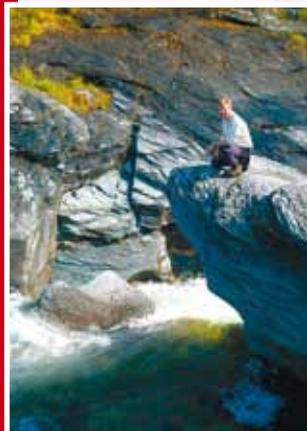


Hemavan Tärnaby

Lapland - Sweden

www.hemavantarnaby.se



*Hemavan Tärnaby
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Nature **on a grand scale experienced** up close

Hemavan Tärnaby is situated in the region of Lapland 100 km south of the Arctic Circle. Our back yard is Vindelfjällen, one of Europe's largest nature reserves with over 550 000 hectares of wilderness. Just experience the wind, the expanse and the view and discover a new side to yourself, far from the daily grind, in the grandiose landscape and adventure that awaits. It will be hard to beat....you'll see!



Highlights during summer

- Atoklimpen** – cultural heritage site
- Ruttjebäcken** – floral splendour and bathe in “kettle holes”
- Fjällbotaniska Trädgården - Alpine botanical garden**
– all our alpine plants in one collection
- Norra Sytertoppen**
– 1768m above sea level if you are energetic
- The beach in Solberg**
– wonderful sandy beach by mountain lake
- Fishing in river Tärnaån** – spinning, fly or baited hook
- Gausjosjöns sameviste** – Sami cultural heritage site
- View from Laxfjället** – in all directions
- Kungsleden** – Marked trail from Hemavan to Ammarnäs





24 hr daylight

In summer there is daylight even during night time. Everyone is active, recharging their batteries before the onset of winter.



The season of colour

Autumn is the favourite season for many with its vibrant array of colours. Refreshing, clear autumn air heralds the start of the grouse hunt. Fishing and trekking is never better amongst the snow sprinkled mountains



Variable winter

October sees the coming of a magical dark winter and the start of the skiing season which continues all the way through to late April when days are long and warm.



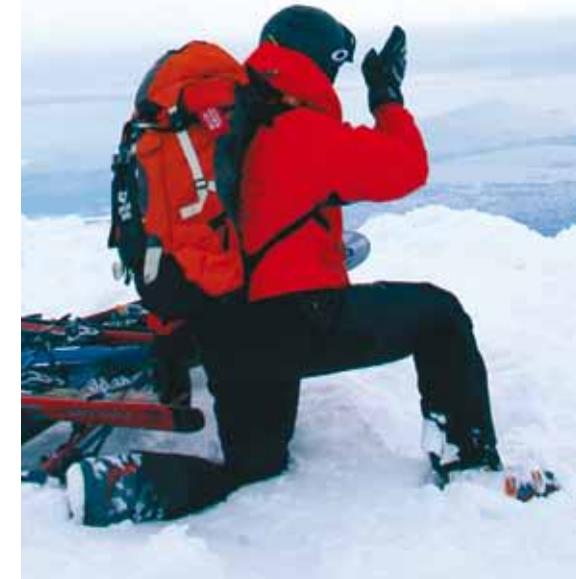
That little bit extra

Make your adventure just a little bit extra special. World class heliski, excellent ice fishing, snowmobile safaris, x-country terrain, activities for children....



Highlights winter time

- Kobåsspåret** – 11 km Cross-country ski trail above tree line, take a picnic
- Fishing in lake Tärnasjön** – Arctic char fishing at its best
- Mountain snowmobile trip** – take along a flask of coffee
- Kungsliften** – ski lift up to 1135 m above sea level
- Ryfjället** – 1413 m above sea level by helicopter or ski skins
- Ski school** – become a better skier
- Offpist or Heliski** – with guide
- Cross-country ski trails** – amongst the mountains of course
- Naturum** in Hemavan
 - exhibition, learn more about the mountains





When winter arrives



The northern lights spectacle, deep snow, starry nights, snowmobiles and skiing. Winter is the time of year when most come to visit us, and most come to ski. There are many good reasons why. It is no coincidence world champion ski stars Ingemar Stenmark and Anja Pärson come from Tärnaby. The extensive lift systems give access to a large number of slopes and offpist areas that offer a challenge for both families and the experienced skier. Snow arrives early in October and throughout winter white powder snow glistens during the short daylight hours. When darkness descends, relax in the warming comfort of family, friends or conference group and fall into a deep sleep after breathing fresh arctic air.



Sytertoppen - 1768 m
Reach the top of our highest
summit on ski or by helicopter.
You will not regret it...

Our special fifth season



Winter is half our lives. We have snow for 6 months of the year – so everyone has a chance of discovering their favourite snow time. From crispy cold January days to lazy April days soaking up the sun on soft reindeer furs. This is our special season. A time when the sun shines brightly over snow covered peaks, when arctic char and trout rediscover their appetite in some pure lake miles from the nearest road and the wide expanses open up for cross-country ski excursions.

This is also when the reindeer return from their winter pastures in the forests. Thousands of them migrating over the hills back to the same summer pastures. It is not only the reindeer that return.

Those who know the secrets of our special fifth season return as well, just like the reindeer, year after year.



Kungsleden

The marked trail begins in Hemavan and winds its way north through Sweden's mountains.

After more than 450km you arrive at Abisko but along the way there is much to discover without straying too far from the path.





Feel at home

Real mountain landscape and personal service. There is something for everyone. From families to advanced skiers who long for powder snow covered slopes or for those who wish to combine downhill and cross-country. Just visit us once and we guarantee that you will want to return. We have loads of snow all winter long and well prepared slopes. Tärnaby and Hemavan has the facilities to cope with the youngest and least experienced skiers as well as competition runs for the professional. A bus connects the two resorts – a 15 minute ride that allows you to experience the best of what the area has to offer.

Slope facts	Tärnaby	Hemavan
No. of slopes	20	30
No. of lifts	5	9
Height of fall	365 m	665 m
Offpist	✓	✓
Open evenings	✓	✓
Children slopes	✓	✓
Ski school	✓	✓





Ingemar Stenmark



Alpine Centre

Hemavan Tärnaby is closely associated with Sweden's champion skiers. The local sports club, Tärna IK Fjällvinden is one of the most successful in the country. If you are lucky you might find yourself skiing down the slope along side some great skier. If you have trouble in deciding which resort to use – well choose both!

After Ski, restaurants, evening entertainment, cross-country trails, ski schools, snowmobile rental and much more can be found at both resorts.

Some of our skiing stars:

Anja Pärson	Alpine
Ingemar Stenmark	Alpine
Jens Byggmark	Alpine
Stig Strand	Alpine
Bengt Fjällberg	Alpine
Hampus Mosesson	Snowboard



Anja Pärson



Training camp

Many national teams and clubs carry out training here due to a combination of factors including early season, deep snow and the professional friendly service.

Jens Byggmark



The green season – full of discoveries



We are proud of the fact that we can breathe clean fresh air and drink directly from fast flowing mountain streams. This is becoming rarer in our modern world and something we gladly share with you. Add all those adventures and activities that are on offer with the genuine wilderness and fascinating fauna which are accessible to all and it becomes clear that there are an almost infinite number of opportunities to discover something new, something unique.

Cycling brings a new dimension to summer in the mountains. Follow mountain trails or take the ski lift for tough downhill slopes. Bikes can be hired and the cycle map is an absolute must for cyclists. For the ultimate in cycling try helibike. Fly up to a summit and bike down – if you dare!



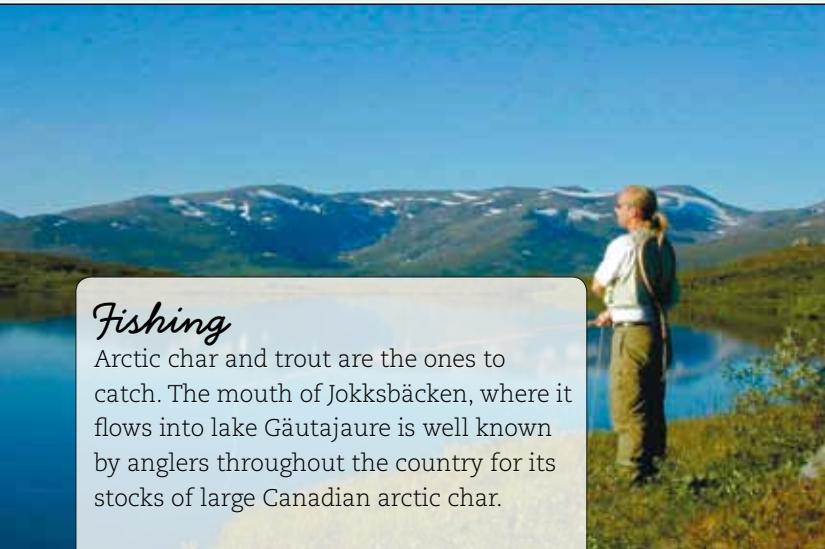
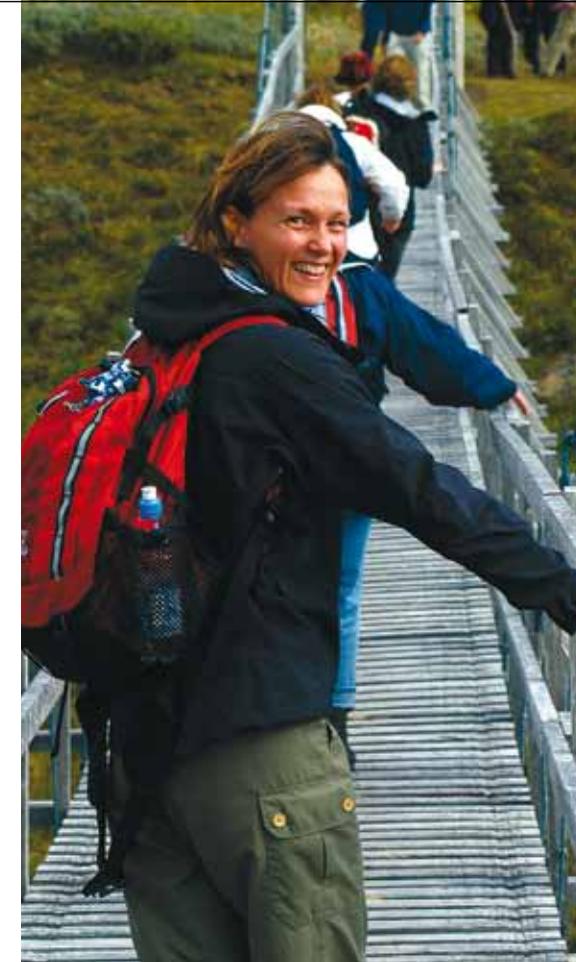
If you find something...

It's all yours – golden cloudberry and chanterelle mushrooms. Magnificent views, fresh stream water, mosquito bites and all the memories. It's all yours.



After the long wait during winter, the sunny warmth of summer causes an explosion of life. The floral display is unique and examples of each specimen can be found in Sweden's highest alpine botanical garden. Trekkers, anglers, photographers and others enjoying outdoor activities choose the summer months to come to Hemavan Tärnaby. Many have discovered that we have world class fishing – our very own monarch, King Carl XVI Gustav is one of them. He even owns a fishing cabin in the area. Activities and events such as the Border Market in July are held throughout the summer.

Golden and red leaves herald the arrival of autumn. Berries and mushrooms cover the ground and can be harvested by all. Hunting and fishing are all accessible and permits easy to purchase. The grouse hunt is a special event in itself and the largest fish seem to take the bait. The evenings get darker, frost starts to appear at night and the days are made fresher by clear blue skies.



Fishing

Arctic char and trout are the ones to catch. The mouth of Jokksbäcken, where it flows into lake Gäutajaure is well known by anglers throughout the country for its stocks of large Canadian arctic char.



Our mountains – your memories



In Sweden, the right of public access means that it is legal for you to walk anywhere and there are many well marked trails to help you find your way. Go on a guided tour and find the best fishing spots and mountain walks.

The valleys

The resorts of Tärnaby and Hemavan may well be at the heart of the region but there are those who prefer the genuine landscapes of the valleys. Snowmobile and trekking trails start right on your doorstep as do fishing and mushroom picking to name just a few activities.

Reindeer herding

Reindeer are still an important part of the landscape – especially during the summer where they can be found high up on their mountain pastures. In the winter they migrate down to the forest, some as far as Umeå on the Baltic coast..

Vindelfjällen nature reserve

It's big! – 550 000 hectares. One of the largest protected areas in Europe. Home to both large and small creatures, from lemmings to bears. A natural landscape that encompasses glacier covered mountains to deep pine tree forests.



Quick facts about Hemavan Tärnaby

- 1,5 hours flight from Stockholm
- 1 600 inhabitants
- Distance between Hemavan and Tärnaby 20 km
- Reindeer herding
- 1 hour to Atlantic coast in Norway
- Unique orchid for area - *Gymnadenia runei*
- Hospital clinic, dentist, police
- Lies within Lapland
- Vindelfjällens nature reserve
- Kungsleden – start of 500 km mountain trail



Conference and groups

Personal service and a unique experience are our main distinctive traits. There are fun and interesting programmes for all, from small groups to conferences with several hundred delegates.

Kick-off, management meetings, conferences, company parties, training camps etc

A mountain world for all seasons

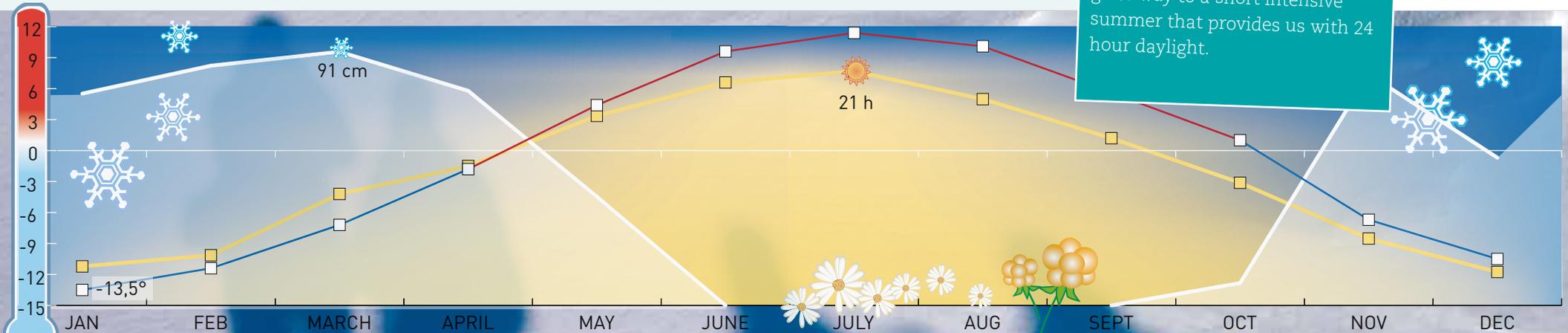
Our year begins with winter. The northern lights, skis, snowmobiles and playing in the snow. A new season begins in April characterised by longer days, a warming sun shining on snow capped mountains, sun tanned faces relaxing, arctic char fishing far from the nearest road and wonderful cross-country trips on silent skis. The summer enters with its bright nights. The mountain tops are still covered in snow and provide contrast to the vibrant green valleys. Summer is short and intensive. Everything bursts into life. Flowers have to bloom, animals hurry to give birth and raise their young before the arrival of autumn - the season that brings extra colour to our region.

Frost pays us a lasting visit in October and sees the coming of a magical dark winter and the start the skiing season which continues all the way through to late April when days are long and warm. Christmas and the New Year provide seasonal cheer and we are back to where we started and the excitement of a new year.



Weather

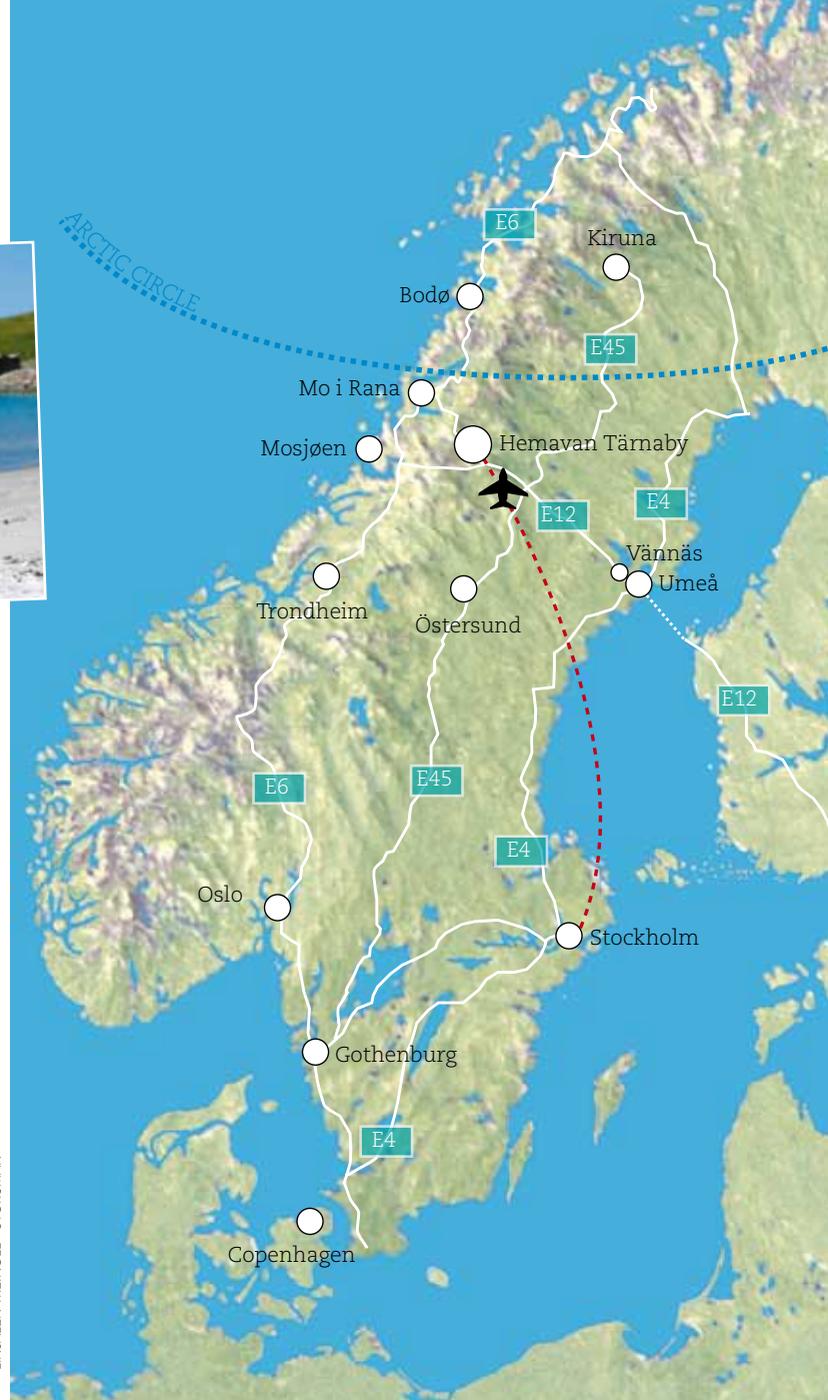
Snow can arrive in large amounts at a moments notice. The warming spring melts the snow and gives way to a short intensive summer that provides us with 24 hour daylight.



average temp	-13.5°C	-11.4°C	-7.2°C	-1.8°C	4.4°C	9.6°C	11.4°C	10.1°C	5.6°C	1.0°C	-6.7°C	-10.5°C
sun hours	3.5 h	4.5 h	10 h	12.5 h	17 h	20 h	21 h	18.5 h	15 h	11 h	6 h	3 h
snow depth	76 cm	86 cm	91 cm	77 cm	39 cm	0 cm	0 cm	0 cm	0 cm	8 cm	83cm	53 cm

From mountains to the sea

The Norwegian coast is close at hand and you can visit two countries during your visit. The Blå Vägen road (Blue Route or E12) will take you to Mo i Rana in Norway and the Krutfjällvägen road leads to Mosjoen in Norway.



Flights from Stockholm take about 90 minutes to Hemavan where you will land close to the ski slopes



Travelling by coach is possible from Umeå (6 hours) or Stockholm (12 hours)



Train travel is possible to Vännäs or Östersund and then by regional coach traffic



By car it is possible to reach Tärnaby and Hemavan along the E12 route which begins on the Baltic coast and ends in Mo i Rana by the Atlantic. The distance between Mo i Rana in Norway and Hemavan is 100 km .

HEMAVAN TÄRNABY

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Investing in your future



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