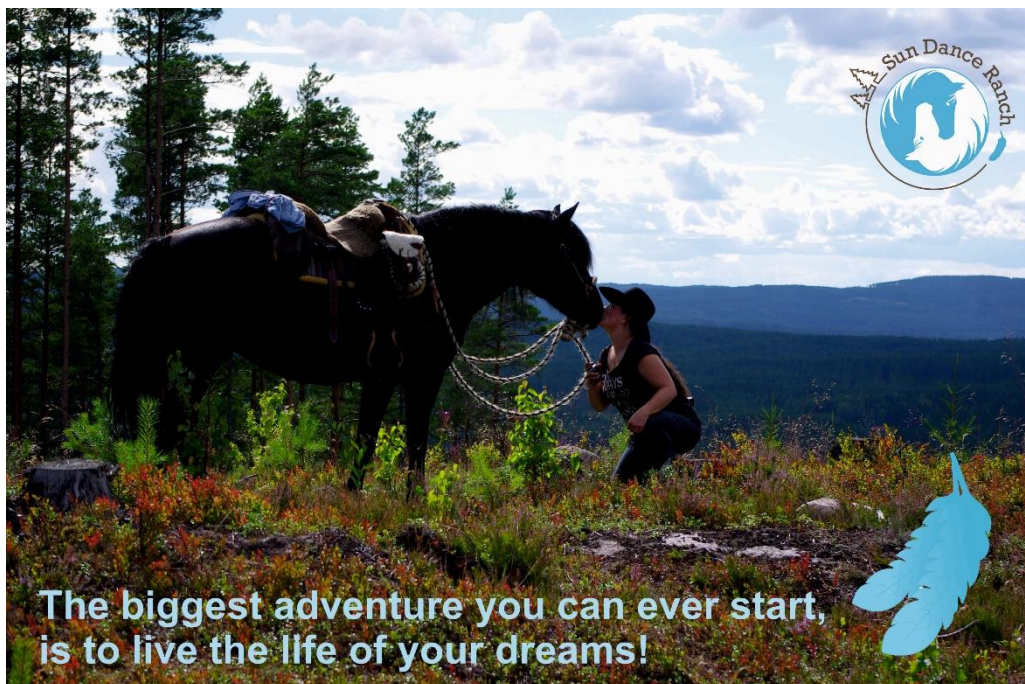




Something different!



**Price list & information
Activities 2023
Week Program
Restaurant Menu**

Info

Sun Dance Ranch AB

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WEEK PROGRAM SUMMER 2023



For July & August

(Needs to be booked!):



Monday 10-16/17h RANCH EXPERIENCE DAY



Horsemanship, western riding & trail park lesson incl. lunch**



Tuesday 14-16h HAVE FUN WITH HORSES

Kids lesson & playing with horses (mom/dad has to hold the horse while riding!)



Tuesday +/- 20-22/23h SUNSET TRAIL Trail with nice views during sunsethour*



Wednesday 10-11h MEDITATION in the horsefield No experience necessary



Wednesday 14-16h HAVE FUN WITH HORSES

Kids lesson & playing with horses (mom/dad has to hold the horse while riding!)



Thursday 10-13h Mini Mountain Trail Outside trail through the mountains*



Thursday 14-16h HAVE FUN WITH HORSES

Kids lesson & playing with horses (mom/dad has to hold the horse while riding!)



Friday 14-17h WESTERN RIDING in TRAIL PARK Riding lesson**



Friday 18-22h BBQ WITH LIVE MUSIC!!! (Every Friday July 14" - August 18")



Saturday 10-13h MOUNTAIN TRAIL Outside trail through the mountains*



Saturday 14-16h HAVE FUN WITH HORSES



Kids lesson & playing with horses (mom/dad has to hold the horse while riding!)

Sunday 10-11h MEDITATION in the horsefield No experience necessary

Sunday 14-17h Mini MOUNTAIN TRAIL Outside trail through the mountains*

Sunday OUTDOOR COOKING All you can eat pancakes: make them yourself!

* only for experienced riders! **also for beginners!

SALOON & SHOP OPEN: Always open for a coffee or drink (outside season, please give a call)

↳ **RESTAURANT:** Daily June 16' - August 31' - 12-20h

ACTIVITIES: Daily July & August - After booking (also: canoe drop off, shooting track)

CAMPING OPEN: All year round **CABINS B&B:** June 17' - August 31'

Latest news on: [Facebook.com/sundanceranchsweden](https://www.facebook.com/sundanceranchsweden)



**Sun Dance
Ranch**
Something
different!

SUN DANCE RANCH AB

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Opening hours 2023

Saloon, Ranch & Shop

Always open for a coffee or drink or for visiting the shop.

Outside the summer season: please give us a call so you know we are home.

Restaurant

June 16' – August 31': Daily from 12:00 – 20:00h

July 14' - August 18': Friday's Barbecue with live music: 18:00-22:00h

Activities

We offer a special activity program for the summer of 2023 (July & August).

You can book activities in advance per e-mail or phone call.

During off-season we offer several weekly lessons you can follow along with.

Keep an eye on our Facebook, call or sent an e-mail to ask for the possibilities.

Camping (stellplatz)

All year around open

Cabins B&B

June 17 – August 31

The rest of the year we need the cabins for the special weeks we organize.

Contact

Sun Dance Ranch AB

Yggenäs Björkhaga

68362 Ekshärad

Värmland - Sweden

Phone number: +46 (0) 76-820 05 79

E-mail address: info@sundanceranch.eu

FB: facebook.com/sundanceranchsweden

Also open on appointment or for special activities! Ring or mail for special wishes.

We reserve the right to change the opening hours, prices or activities. The original price is in the cash system!



Facilities at the ranch

Saloon

- ★ Reception
- ★ Restaurant
- ★ Bar with alcohol license
- ★ PIN Pay terminal
- ★ Chill area with couches and wood stove
- ★ Mini tourism information corner
- ★ Games you can borrow
- ★ Free Wi-Fi
- ★ Shop: western, souvenir, jewelry, gemstones, funny things
- ★ Toiletroom with 3 toilets, 2 showers, sink and double sink
- ★ Laundry machine & dryer
- ★ Terrace
- ★ Campfire spot & outdoor cooking in front of the saloon
- ★ 3 cottages with shower and toilet (gives space for totally 13 persons)
- ★ 1 camping cottage for 2 persons (without shower/toilet)

Campsite

- ★ 15 spacious camping places, many with the possibility for electricity
- ★ Cooking house, fully furnished, available for all guests who stay at the ranch
- ★ Parking spots for guests
- ★ Picnic spots, free to use for all our guests
 - * Picnic spot on the waterside
 - * Picnic table with a little roof
 - * Campfire place on the campsite
- ★ Tipi tent
- ★ Chuck wagon
- ★ Anti mosquito grill house
- ★ Raft with a terrace on the water
- ★ Summer swimming pool (5 m diameter, 1.40m deep)
- ★ Swing set
- ★ Trampoline

For the horses

- ★ Riding paddock 25x50 meter
- ★ Small paddock 18x18 meter
- ★ Roundpen 16 meter
- ★ Night paddock with hay streets and open stable with a roofs and shelters
- ★ Around 10-12 horses
- ★ 20 acres of grass fields for the horses, 15 acres of own forest

Other activities and information

- ★ 5 Canadian canoes
- ★ Shooting trail through our own forest
- ★ Bucking Barrel
- ★ Different marked walking trails around the neighbourhood
- ★ Guides available in Dutch, English and Swedish. Sometimes even German.
- ★ Fishing possibilities from/around the ranch
- ★ From the ranch to: Ekshärad 5 km, Hagfors 15 km, Torsby 40 km, Karlstad 90 km, Oslo Gardermoen Airport 200 km, Stockholm/Arlanda Airport 400 km
- ★ In Ekshärad you will find 2 supermarkets, a gas station, several restaurants/pizzeria's, hardware store, farm/animal store, several shops, ice cream café and bistro, midgetgolf, a famous church, ski mountain, cross country skiing, ice skating possibilities, doctor's office, drug store and a moose park.



Horse activities

For all our horse activities:

- ★ All our horse activities are guided/instructed.
- ★ You'll go together with the guide/instructor into the pasture to get your horse. You're not allowed to go into the pasture by yourself.
- ★ You brush your horse and in case of a riding activity you help with saddling up the horse. We find it important that you get used to the horse (and the horse to you) and to have a moment to come in contact with the horse and to both get relax with each other.
- ★ Before every horse activity starts, a lesson is given with information about the activity.
- ★ We apply a weight limit of max 80 kg.
- ★ Make sure you wear long pants and good study shoes for all our horse activities.

Ranch Experience Day

The ranch experience day filling package with a combination of a horsemanship lesson and the extreme trail park. This package includes an outdoor lunch.

The day starts at 10.00 am with information about the life in the herd, the various characters of the horses and how to safely enter the herd. You will be made aware of your own body language and the horse's body language. We also do different exercises, with each other and with the horses.

You'll learn to make contact with the horses and you learn how you should have respect for the horses' space but also how you should tell the horses to have respect for your own space.

If you try to understand the horse a little better and if you learn more about how to speak the horse's 'language', you will notice that everything is so much easier. Your horse will understand you better and will do much more for you because he understands what you want from him, he trusts you more and there is respect from both sides. It is very interesting to realize what you are saying with your body language (knowingly or unknowingly).

After that you'll get assigned a horse that fits your experience.

First you're going to brush your horse and then we will start with some ground work with horsemanship components and we're going to use the obstacles in the Extreme trail park. We work from the ground with the horse, so he learns to trust you and you may experience how you can safely take (difficult) obstacles together.

After lunch, outside by the campfire, you'll get an explanation about how we saddle the horses and there is an introduction/riding lesson to the western riding.

After this, we'll go to the extreme trail park and we try to take the obstacles, now riding in the saddle.

The obstacles which you couldn't do with your horse from the ground, should not be taken while riding. Apparently there is not enough trust (yet) between rider and horse to take those difficult obstacles.

An interesting and instructing day for all levels of riders and a good start for multiple horse activities at the ranch.

If you don't want to ride on the horse for what ever reason (back pain, afraid, etc.), but anyway want to participate, it is also possible to do the whole lesson with the horse on a line, from the ground. In that case you can go extra deep in your connection training. The part where the others are riding, you can do all obstacles and exercises extra in hand. Tell us with the booking that you don't want to ride.

Price p/p: 1200 Sek (in a group, min. 4 persons)

Every Monday in July & August from 10.00 till 16.00h, included lunch



Western Riding lessen in our Extreme Trail park

The extreme trail park is a field with a lot of agility obstacles (25+) for you and the horse. The trail park is not made for jumping, but it has the purpose to test your horse on flexibility and skills. Also it's good for building trust between the rider and the horse. It is good to test and train those obstacles because a lot of obstacles are sort of similar to what you will find in the outside trails.

When you book this lesson, you will first do the obstacles by hand with the horse on a line. This is so you and the horse know that you are able to take that obstacle before you sit on the horseback. After training the obstacles by hand, you get the explanation of the basics in western riding and you train the trail park on the back of the horse.

The obstacles are marked in different colors by grades of difficulty:

Yellow: easy, Orange: medium, Red: difficult. You are not allowed to do red obstacles sitting on the horse if you not did do them beside the horse!

The instructor decides which obstacles are suitable for the persons and horses in the group.

If you don't want to ride on the horse for what ever reason (back pain, afraid, etc.), it is also possible to do the whole lesson with the horse on a line, from the ground. In that case you can go extra deep in your connection training. The part where the others are riding, you can do all obstacles and exercises extra in hand.

Price p.p.: 700 Sek 2,5-3 hours experience and about 1,5 hours lesson (group, min. 4 persons). Every Friday in July & August 14.00-16.30/17.00h

Have fun with horses – for kids

The 'Have fun with horses' lessons are for the kids between the age of 4 to 16 years old who want to be with horses and learn from horses. The lesson is about everything around horses, respecting the horses, working with the horses, having fun with horses and many more. In the lessons a mix will be made between natural horsemanship, understanding body language of the horse and yourself, associate with horses, helping with the daily horse tasks and horse back riding. The starting point remains having fun with the horses, without the application of pressure.

In this lesson it is required that a mom/dad/grandpa/grandma follows along to hold the horse when their kid is riding if they don't manage riding themselves. We don't have enough helpers to hold all the kids.

Price p/p: 395 Sek, 2-hour group lesson

In July & August, every Tuesday, Wednesday, Thursday and Saturday and Sunday 14.00-16.00h

Brush & Ride - brushing and a little walk on the horse

Doesn't one of the activities fit your child or you just have no time those days or want to do something extra; kids can have the possibility to brush a horse as long as you like. We get 1 or 2 very sweet horses for you that you may brush and cuddle and cleaning hooves etc. as long as you want. There is no guidance with you so mom or dad should have an eye on the kids and the horse.

When you are ready with brushing, you can get one of our guides and she guides you for a little walking trip around the campsite, without a saddle. After that, the guide brings the horse back in the field/herd.

Price p/p: 100 Sek – per kid

Just ask at the bar and somebody will get you a horse. No need to book.



Mountain Trail

The Mountain Trail is a guided trail outside in the mountains for riders with riding experience. It is necessary that you are not afraid, can independently ride and be able to do a gallop.

After you've got your horse, brushed and saddled it, you'll get a riding lesson in the riding paddock where you will learn the basics of western riding and know how it will work in the mountains.

You really have to be able to ride and if we feel in this lesson that this is not the case, you can NOT follow along!

If it feels right for the rider and the guide, you are going into the mountains for a nice ride with some nice gallop up on the mountain and with breathtaking views.



Price Mountain Trail p/p: 895 Sek, 3-3½ hours activity, 2 hour horse riding incl. ½ hour riding lesson (min. 3 persons). Every Saturday 14.00 & Sunday 10.00 in July & August

Price Mini Mountain Trail p/p: 695 Sek, 2½-3 hours activity, 1½ hour horse riding incl. ½ hour riding lesson (min. 3 persons). Every Saturday 14.00 & Sunday 10.00 in July & August

Sunset Trail

The Sunset Trail is a guided trail during the sunset. It is necessary that you have a good riding experience and are not afraid in the dark!

After you've got your horse, brushed and saddled, you'll get a little riding lesson in the riding paddock so you will learn the basics of western riding and know how it works in the mountains.

You really have to be able to ride and if we feel in this lesson that this is not the case, you can NOT follow along!

If it feels right for the rider and the guide, you are going to the mountains for an exiting ride up to the mountain and hopefully with wonderful views over the river and a beautiful sunset. We'll go through narrow rocky paths and come through a nature reserve with much chance to see wildlife. They start to 'walk around' as soon as the sun goes down!



Price p/p: 895 Sek, 2½-3 hours activity with 1½-2 hour horse riding incl. ½ hour riding lesson (min. 3 persons). Every Tuesday evening in July & August +/- 20:00.

You get the right time by booking, depending on the time the sun goes down.

if you book a long time before the trip: ask us a week before the exact time you need to be here!



Something else, something different with horses

The world is shaking and a lot of people 'meet their self' or 'walk into their self' or their feelings. There is more awareness amount a lot of people and a search after self-development, peace and quietness. A good help or start with this is meditation and yoga!
We have no requirements for experience, flexibility, weight, age or gender.
Just join us and discover what yoga or meditation can do for you!

Meditation in the herd

After great success last summer, we decided to offer 'Meditation in the herd' in the high season again.

We do different short meditation exercises. Often, if our group is in peace, the horses come and 'inspect' us and more horses collect around us and 'invite' us in their herd. Sometimes they even lay around us, helping resonating with us and let us sit or be with them to do the last exercise together close with them. At the end we even do a little drum journey with the horses.

This is really the most beautiful thing you can experience with a horse!
The ultimate feeling of connection! So powerful!

Often the dogs also take a roll in this meditation and lay down with somebody (who apparently really needs it).

To give you a safe feeling when you sit or lay down, we always have an eye on the horses to make sure they enter the circle in peace.

Price p/p: 200 Sek, 1h activity every Thursday 10.00-11.00h and Sunday 10.00-11.00h in July and August
Just come to the saloon 15 min. before the lesson to do the payment (you don't have to book in advance).

Free relaxing experience

In one of the horse fields we have built a big steady table were you can lay on with one or two persons (or sit with even more). You can go and sit or lay there and enjoy the peace between the horses. Often one or more horses come and check in on you and even do some healing on you (see the yawning horses)!

You can go in there peacefully (but on own risk) to enjoy this relaxing experience. You can even take your own drum with you a run your own drum journey.

Kids: this is not a playing area but of course you are also welcome to sit or lay quietly.



Coaching with horses

Personal development with the help of a horse.

What is horse coaching or coaching with help from horses?

Horse coaching is a relatively new method that is used for coaching, training and therapy. Horse coaching maybe sounds a bit shady, but it is not at all because of the following explanation. A horse mirrors the non-verbal behavior of a person. Body language is for 85% part of our communication. 95% of this goes unconsciously. It is controlled by unconscious processes such as thoughts, feelings and beliefs. A horse objectively responds to body language and non-verbal communication. Because the horse responds to this, it is able to make this unconscious communication visible and respond to it. Often this is the biggest learning lesson for people.

When certain behavior has entered your consciousness, you can think about it and possibly change something about it. The horse will help stimulate to change behavior and you will receive direct feedback from the horse on the adapted behavior. This makes horse coaching a way of experiential learning. The coach is there to help to put words into the events.

With horse coaching you don't ride on the horse. We work from the ground. The horse usually walks loose in the paddock and can choose its own way in the actions. The coach of course maintains the safety.



Why are horses good in reflecting people?

By nature horses are prey and flight animals, who live in a herd. For them it is of vital importance to observe and interpret the environment very well and to live together in a herd context. They have therefore developed a great sensitivity for both the environment and their herd mates. This sensitive alertness provides the ability to respond quickly to potential dangers. The fact that horses have the ability to form and maintain relationships is an effective factor in survival. Both the horse's sensitive alertness and the ability to form relationships ensure that horses can interact with humans.

When a horse has no other horses around but people, it will embrace the people as a herd. A horse will always be looking for / be open to contact because cooperation gives better survival chances for the horse. A horse will use the same abilities in the contact with horses as it uses in the contact with people. Also the horse always checks whether that person is a good herd companion and where the leadership lies. A herd always knows a leader and they will make out how the ranks are set. If the horse doubts about the capabilities of leadership, the horse will take it over itself. Real leadership can only come by a fair attitude and good body language.

Anita is a certified horse coach, children's horse coach who did her education at the Center for horse coaching (www.cvpc.nl). This is one of the leading companies for horse coaching from Europe.

Sun Dance Ranch has a natural herd with around 20 horses that are excellent mirrors and helpers in a coach journey!

Horse coaching individual

A horse coaching session can lead to a great personal development because you will get aware of your inner feelings, blockings or about how the outside world sees them. The horse and coach can help you in your personal development.

A session always start by explaining the theory about horse coaching and you can explain about the question/or the problem you want help with. In the next step we work in the paddock where a horse is standing ready for you. By doing a few small exercises and asking the right questions we come closer to the problem/issue. You will get some exercises that will give you a start or idea how your new learned insights can be used in your everyday life.

Horse coaching session can be a great life lesson!



Price p/p: 1500 Sek for a personal session about 1½ hour



Other activities

Canoeing

From the canoe you can enjoy the wonderful Swedish landscape in a beautiful and relaxed way. Quietly floating or paddling on the river The Klarälven, you have a big chance to see wild animals on the river bank or maybe a beaver is swimming by.

We have 5 Canadian canoes available for about 2 or 3 persons.

One of them is suitable for 2 adults and 2 little children.

Of course we have paddles, water resistance bags and life jackets for adults and children.



Rent a canoe

If you want to paddle yourself from the ranch and back you can just hire a canoe but make sure that you first paddle stream upwards so you have energy left to paddle stream downwards toward the ranch again. You start from the ranch and you have to bring the canoe back by yourself.

We are not able to come and get you and the canoe downstreams (south of the ranch)!

Price per canoe per day: 350 Sek for max. 3 persons

Rent a Canoe with drop-off

If you only want to paddle with the stream, we can drop you north of the ranch to 3 different points where you can start your trip. From there you can paddle downstream to the ranch. It is a clearly visible route, just follow the big river Klarälven. You can't go wrong. Take a nice picnic with you so you can take a rest, swim or fish at the sandbanks and you will have a wonderful day!

Price per canoe per trip with drop:

Östra Tönnet	1½-2h paddling:	550 Sek for max. 3 persons/canoe
Hornäs	2½-3h paddling:	595 Sek for max. 3 persons/canoe
Alevi	4-5h paddling:	695 Sek for max. 3 persons/canoe

Shooting

Get the real cowboy and ranch feeling by shooting with an air gun.

We have a shooting board with different targets and we have a shooting trail through the forest. You can take 2 hours to shoot in the forest.

Before you start the shooting trail in the forest you get instructions and you get to practice on the shooting board with different targets. When you feel practiced enough you can start the trail in the forest with 20 different targets. You walk this trail yourself and there is no guide following along. You get 1 big gun per family and if you have smaller kids you also get a kids gun with you. Children may only shoot under supervision of their parents/guides.



Price: Family package: shooting trail forest 120 bullets: 250 Sek - Extra 50 bullets: 50 Sek

Engrave wooden plates/wooden horses

We offer wooden plates and small wooden horses where you can put your own creativity in with the burning pen. You can take as long the time as you need. On the ranch each horse has their own name sign. You can make a similar sign for your own horse or other pet.

Or maybe you want to make a special plate with a nice quote to give to someone as a present. Everything is possible, as long as you use your own creativity.

The proceeds of the costs for burning the wooden plates, go to the Oldy Project.



Price: between 30-70 Sek



Overnight stay

We offer several possibilities for an overnight stay at the Sun Dance Ranch. Staying at the campsite or hiring one of our cabins. The campsite is open all year.

Campsite

At our campsite you stay in your own caravan, camper or tent. The campsite is located next to the river the 'Klarälven' that gives all the place a beautiful view. The horses are walking in your 'backyard'. On our campsite you can experience the ranch feeling while sleeping in your own caravan, camper or tent. We have a maximum of 15 big places.

While staying at the campsite you can make use of the following facilities:

- ★ The saloon with free Wi-Fi and a sofa area. Of course you also have the possibility to order drinks, a meal or breakfast at the restaurant.
- ★ The very basic toilet building with 2 toilets and 2 showers (no shower coins necessary). There is also a double washstand and a double kitchen sink. *(We are planning to install an extra shower/toilet and possibility to dump graywater tank, maybe even a latrine/chemical disposal dump in spring 2023.)*
- ★ The possibility to use a laundry machine and dryer (extra costs).
- ★ The campsite has an own fireplace, picnic tables, lawn furniture, a tipi tent and a chuck wagon/trappers camp that you can use. By the riverside we also have a very nice fireplace and on the water we have rafts floating where you can sit and enjoy.
- ★ The campsite has a cooking cabin, complete with cool-freeze combination, stove and tableware. All camping guests are allowed to use it. We do expect you to keep it clean after use.
- ★ An outside summer swimming pool for free use. Also swimming in the river is possible!
- ★ Of course you are able to combine your stay at the campsite with activities that we offer.
- ★ Please don't take your own food and drinks to the saloon or porch and sitting area in front of the saloon. Use for the consume of own food and drinks one of the picnic facilities at the campsite.
- ★ Attention: We do not have **chemical** toilet disposal facilities! If you have environment friendly toilet, you can clean them in the toilet building.



The cooking cabin, available for all our guests that stay over.

Campsite including shower, car, tax, dog, etc.

Price p/night: Adult from the age of 16+: 100 Sek

Price per child p/night until the age of 15: 50 Sek

Discount with camping cards 10 Sek p/night

Electricity at the campsite

Price: 70 Sek p/night

Washing & drying including soap

Price: 60 Sek/wash



Bed & Breakfast

We have 2 types of cabins that we hire out for bed & breakfast; a cabin that includes a bathroom and a cabin where you make use of facilities of our toilet building.

3 Cabins with bathroom facility in the cabin

- ★ These cabins have a sleeping room on the left, a hallway and bathroom in the middle and a sleeping room on the right. We have our cabins decorated in different styles: Wildlife, Cowboy and Indian.
- ★ You sleep in one of the rooms in one of the cabins. It is possible that you will have to share the bathroom with guests who might be staying in the other room of the cabin.
- ★ Bedsheets, towels are included. Breakfast you can book extra for 100 sek p/p

Attention: we do not have houses complete with a kitchen. But you can use of the cooking cabin (standing behind the camping cabin). You can also order food at our restaurant in the saloon.



*The inside of the 3 cabins:
Example: left room in the cowboy cabin, toilet*

Example down: Indian cabin has 1 room with double bed and 1 room with 3 persons buck bed (1 person up, 2 persons down), foldable table and chair

Price: with 2 or more persons 500 Sek person/night. Price with 1 person: 600 Sek p/night
With 3 days or longer: 400 Sek p/night, counted from day 1.
With 5 days or longer: 300 Sek p/night, counted from day 1.
Bedsheets, towels and cleaning included. You can order breakfast extra.
And also eat lunch and dinner in the saloon or make it yourself in de cooking cabin or at a BBQ place.

Cabin with making use of the facilities of the toilet building, no breakfast

Overnight stay in the camping cabin is also possible. There is no bathroom in this cabin and you can make use of the toilet building facilities. This cabin is the right one on the picture underneath.

Price: 500 Sek cabin/night. Bring your own mattress-cover, bedsheets and towels. No breakfast.



3 cabins with 2 rooms & shower and 1 camping cabin (no shower)



Inside of the camping cabin



Pricelist for season 2023



Ranch Experience Day

1200 Sek p/p, group lesson. included outdoor lunch, takes from 10.00-16.00/17.00h

Horse Riding Lesson in Extreme Trailpark

700 Sek p/p, group lesson. 2-2,5 hours

Have fun with horses

395 Sek p/p, 2 hours activity

Kids Horse Time

100 Sek p/p, Brush the horse as long as you like, then a little walk around the campsite

Horse Riding Mini Mountain Trail

695 Sek p/p, 2½-3 hour activity, 1½ -hour horse riding incl. introduction

Horse Riding Mountain Trail

895 Sek p/p, 3-3½ hour activity, 2-hour horse riding incl. introduction

Horse Riding Sunset Trail

895 Sek p/p, 2½-3 hour activity with 1½-2 hour horse riding incl. introduction

Horse Coaching individual

1500 Sek p/p/session 1-1½ hour.

Meditation in the herd

200 Sek p/p/lesson: 1 hour

Rent a Canoe

350 Sek per canoe for max. 3 persons

Rent a Canoe with drop-off

550 Sek canoe for max. 3 persons with drop: Östra Tönnet 1½-2h paddling

595 Sek canoe for max. 3 persons with drop: Hornäs 2½-3h paddling

695 Sek canoe for max. 3 persons with drop: Alevi 4-5h paddling

Shooting

250 Sek per family, 120 bullets, instruction and then to the forest by yourself, 1 gun

50 Sek for 50 extra bullets

Engrave a nameplate

30 sek small horse, 50 Sek big horse, 50 Sek round plate, 70 Sek oval plate

B&B in cabin with shower & toilet, included breakfast, bedsheets, towel

500 Sek p/p/night with 2 persons. Price 1 person: 600 Sek p/p/night

400 Sek p/p/night with 3 days or more

300 Sek p/p/night with 5 days or more

Overnight stay in the camping cabin (no shower and toilet, breakfast not included)

500 Sek p/night/cabin. Bring your own mattress-cover and bedsheets

Campsite incl. shower, car, tax, etc.

100 Sek person/night: - 50 Sek child (until 15)

10 Sek p/night discount with camping cards SVR, ANWB, Camping Key

Electra on the campsite

70 Sek p/night

Washing & drying incl. soap

60 Sek p/wash

Transfers one way, max 8 pers. Advanced reservations (we are not a taxi) 20 Sek per km

400 Sek per tour Hagfors (20 km/ 20-30 min.)

300 Sek per tour Basterud (15 km/ 20 min.)

800 Sek per tour Torsby (40 km/ 45-55 min.)

2000 Sek per tour Karlstad (100 km/ 1½ hour)

2000 Sek per tour Branäs (100 km/ 1½ hour)

2400 Sek per tour Kongsvinger (N) (120 km/ 2 hours)

4000 Sek per tour Oslo Gardermoen (N) (200 km/ 3 hours)



Restaurant Menu 2023

We have a hard time finding good employees. If we some day might not have the possibilities for A La Carte Meny, we serve a nice day menu.

Drinks

★ Coffee with a cookie		27 Sek
★ Espresso with a praline		35 Sek
★ Double Espresso with a praline		40 Sek
★ Cappuccino with a praline		35 Sek
★ Latte Macchiato with a praline		40 Sek
★ Ice Coffee Löfsberg		35 Sek
★ Irish Coffee (Jameson Whiskey)	2/4/6cl	80/100/140 Sek
★ Mexican Coffee (Kalua)	2/4/6cl	80/100/140 Sek
★ Spanish Coffee (Licor 43)	2/4/6cl	80/100/140 Sek
★ Hot or cold real chocolate milk with a praline		35 Sek
★ Hot real chocolate milk with cream and a praline		39 Sek
★ Cold or warm milk		25 Sek
★ Tea (double cup) with cookie		30 Sek
★ Ice Tea		35 Sek
★ Cola/Cola Zero/Fanta Orange can	33cl	27 Sek
★ Cola/Fanta/Zero etc. plastic bottle	50cl	35 Sek
★ Fruit drink (without bubbles) plastic bottle	50cl	35 Sek
★ Water with or without bubbles, bottle	50cl	25 Sek
★ Indian Tonic	25cl	30 Sek
★ Red Bull	33cl	35 Sek
★ Water lemonade / Saft / Ranja, big glass		15 Sek
★ Natural well/tap water, big glass		5 Sek
★ Natural well/tap water, can 1,2 liter		20 Sek
★ Beer Light 2,2%	33cl	27 Sek
★ Beer Alcohol free	33cl	35 Sek
★ Cider Alcohol free	33cl	35 Sek
★ Candybar/Mars/Snickers		15 Sek
★ Chips		15 Sek
★ Peanuts/cocktail nuts per portion		20 Sek
★ Ice cream (see ice disk/list)	from	10 Sek



Alcohol drinks

★ Cider stark, Mojito cider	4,5%	33cl	65 Sek
★ Smirnoff Ice	4-4,7%	28cl	65 Sek
★ Mariestad	5,3%	50cl	70 Sek
★ Eriksberg	5,3%	50cl	70 Sek
★ Corona	4,5%	35cl	65 Sek
★ Miller	4,7%	33cl	65 Sek
★ Swedish Elk Beer	7,5%	33cl	65 Sek
★ Wine: Red, White dry or White sweet		mini bottle	89 Sek
★ Wine: Rosé sweet		mini bottle	119 Sek
★ Alcohol free wine, red or white		bottle	150 Sek
★ Famous Grouse		1cl	20 Sek
★ Jameson		1cl	20 Sek
★ Jack Daniels		1cl	25 Sek
★ Bowmore		1cl	30 Sek
★ Jägermeister		1cl	20 Sek
★ Captain Morgan Rum		1cl	20 Sek
★ Gin		1cl	20 Sek
★ Absolut Vodka		1cl	20 Sek
★ Tequila		1cl	20 Sek
★ Bacardi - Bacardi Razz		1cl	20 Sek
★ Kalua & Bailey's		1cl	20 Sek
★ Minttu		1cl	20 Sek
★ Cuarenta Y Tres / 43		1cl	20 Sek
★ Sure shot		3cl	40 Sek
★ Irish Coffee (Jameson Whiskey)	2/4/6cl		80/100/140 Sek
★ Mexican Coffee (Kalua)	2/4/6cl		80/100/140 Sek
★ Spanish Coffee (Licor 43)	2/4/6cl		80/100/140 Sek

Look at the bar for the available drinks at the moment



Little card– always available, even when the kitchen is closed

★ Coffee snack: Chocolate Pie (Kladdkaka=lf) + cream		50 Sek
★ Coffee snack: Pie – Pastry of the day + cream	lf	50 Sek
★ Coffee snack: packed per piece		15 Sek
★ Portion country fries incl. sauce	lf/gf	50 Sek
★ Chicken nuggets 6pc incl. sauce	lf	45 Sek
★ Onion rings 8pc incl. sauce	lf	45 Sek
★ Cheese nuggets 6pc incl. sauce		45 Sek
★ 2 mini baguettes with homemade herb butter		40 Sek
★ Homemade Panini: ham, cheese tomato, red onion, salad		69 Sek
★ Homemade Panini: Brie, walnuts, honey, salad		69 Sek
★ Bowl of peanuts or chili coated peanuts		25 Sek
★ Tortilla chips, cheese, chili sauce (warm)		55 Sek
★ Snack Selection (10 onion rings, 10 cheese nuggets, 10 chicken nuggets, 2x sauce)		175 Sek



Panini



Snack Selection



Tortilla chips

Starters

★ Vegetable soup of the day with bread and homemade herb butter	lf	69 Sek
Homemade well filled vegan tomato/vegetable soup (soup: gf & lf)		
★ Tortilla chips , cheese, chili sauce (warm)		55 Sek
★ 6 Chili cheese nuggets with sauce		45 Sek
★ 8 Onion rings with sauce	lf	45 Sek
★ 2 mini baguettes with homemade herb butter		40 Sek



Main Courses

★ Schnitzel with well filled homemade mushroom sauce	If	175 Sek
★ Devils Chicken Chicken bits and peach and onion parts in a spicy sweet soya sauce (homemade), extra: pickled onions and pickles, dried onions, homemade prawn chips	If/gf	195 Sek
★ Hamburger Menu 90 grams with cheese & bacon	If	175 Sek
★ Double Hamburger Menu 2x90 grams with cheese & bacon		195 Sek
★ Moose Burger Menu homemade 150 grams with Swedish hjortron crème fraiche sauce (Mooseburger without bread is If & gf)		225 Sek

All dishes come with salad of the day and country fries, mayo or ketchup.



Snitzel



Devils chicken / Devils Oumph



Burger

Vegetarian Meals

★ Vegetarian Schnitzel with well filled homemade mushroom sauce		195 Sek
★ Devils Veggy Homemade sauce with vegetarian oumph, peach and onion parts in a lightly spicy sweet soya sauce. Also: pickles, pickled onions, dried onions, homemade vegetarian cassava chips	If/gf	195 Sek
★ Veggy Burger with cheese on a sandwich (burger is vegan)		195 Sek

All dishes come with salad of the day and country fries, mayo or ketchup.

★ Big Salad Vegetarian well filled salad with lettuce, capsicum/paprika, tomato, cucumber, dried tomatoes, corn/mais, pumpkin seeds, croutons, oil or dressing. Without dressing the menu is vegan, (no fries included!). We use vegetables of the season. The salad can look like these:	If	150 Sek
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Extra side dishes

★ 2 mini baguettes with homemade herb butter		40 Sek
★ Extra dish fries	lf/gf	50 Sek
★ Extra mushroom sauce	lf	35 Sek
★ Extra dish salad	gf	35 Sek

Desserts

★ Children's ice cream	gf	50 Sek
Scoop of vanilla ice cream with strawberry sauce, whipped cream and an a lollypop		
★ Swedisch kladdkaka A chocolate pie (lf) with whipped cream		50 Sek
★ Ice coupe with whipped cream	gf	60 Sek
Choose 3 balls of ice cream: vanilla, chocolate, strawberry, coffee or minty, topped with cream and sauce (chocolate or fruit)		
★ Dame blanche Vanilla ice cream with chocolate sauce and whipped cream		60 Sek
★ Chocolate trio chocolate ice cream, Swedish chocolate ball with coconut dip		80 Sek
Swedish kladdkaka (chocolate pie) and whipped cream		
★ Irish Coffee (Jameson)	2/4/6cl	80/100/140 Sek
★ Mexican Coffee (Kalua)	2/4/6cl	80/100/140 Sek
★ Spanish Coffee (Licor 43)	2/4/6cl	80/100/140 Sek

Special menu every week in July and August BOOK IN ADVANCE

Friday July 14 – August 18: BBQ Buffet with live music

Barbecue evening with various meats: chicken skewers, pork, bacon, hamburgers, sausages, and meat balls. French bread and homemade garlic butter, oven potato gratin, different types of salads such as potato salad, vegetable salad, tzatziki, bulgur salad, pasta salad, pieces of watermelon. Also vegetarian snacks!

Dessert: Coffee or tea and marshmallows with cookies on the campfire

350/175 Sek



Sunday: All you can eat Outdoor Pancakes

We make a fire at our campfire place and you bake your outdoor pancake yourself. There will be dough, bacon, onion, apple, powder sugar, sirop and lingon jam etc. This is a really nice and fun activity and will really give you a Swedish Outdoor Experience.

Dessert: Coffee or tea and marshmallows with cookies on the campfire

175/100 Sek



Do you want to make/bake moose yourself: we have frozen moose for sale at the bar: beef 300 sek per kg and a 100% mooseburger 150g, 40 sek/st.

