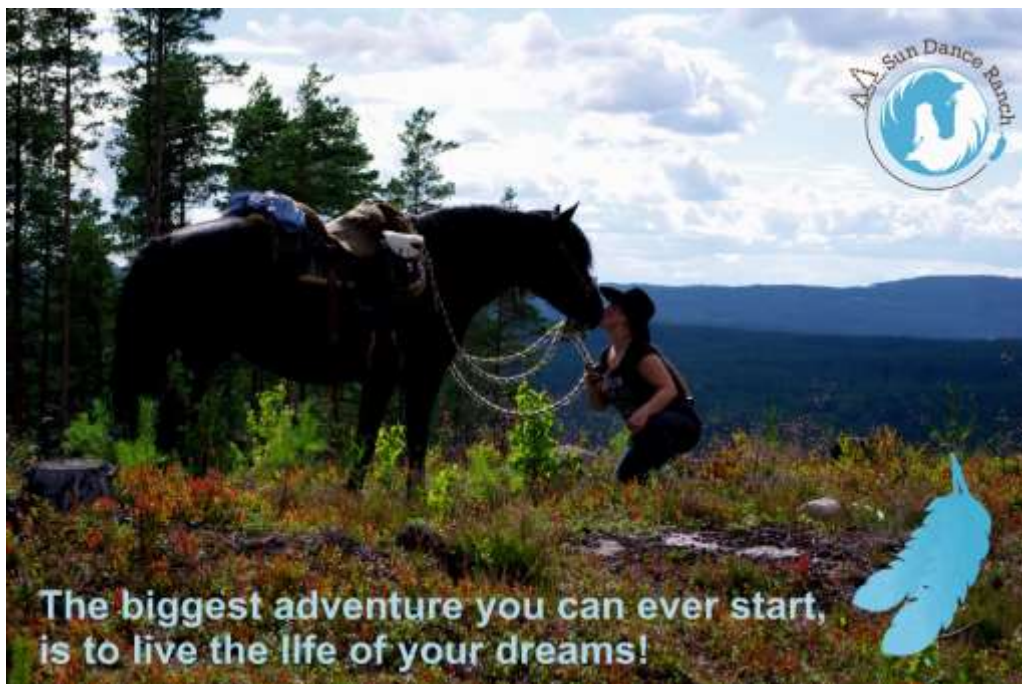




2022 - Something different!



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



Index

Summer program 2022	4
Opening hours 2022	5
Ranch & activities	5
Restaurant	5
Bar with alcohol license	5
Western shop	5
Contact	5
Facilities at the ranch	6
Horse activities	7
Ranch Experience Day	7
Western Riding lessen in our Extreme Trail park.....	8
Horse Power for personal development	8
Have fun with horses – for kids.....	9
Kids Horse Time - brushing and walk on the horse	9
Mountain Trail	10
Sunset Trail	10
Day Trail	10
Coaching with horses	11
Other activities	12
Yoga at the waterside or close to the horses	12
Meditation in the herd	12
Canoeing	13
Shooting	14
Wildlife safari	14
Engrave wooden plates/wooden horses	14
Overnight stay	15
Campsite	15
Bed & Breakfast	16
Year program 2022	17
Pricelist for season 2022	18
Restaurant Menu 2022	20



WEEK PROGRAM SUMMER 2022



For July & August (Needs to be booked!):



Monday 9-9.45h YOGA at the waterside or close to horses



Monday 10-16/17h RANCH EXPERIENCE DAY

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



Tuesday 10-12h HORSE POWER Mix Horsemanship & Coaching



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 9-9.45h YOGA At the waterside or close to the horses



Wednesday 10-16h DAY TRAIL 2 x 2 hours of riding with picnic in the forest*



Wednesday MOOSE MENU Every week another variety of moose



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



Thursday 14-16h HAVE FUN WITH HORSES

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



Friday 9-9.45h YOGA at the waterside or close to the horses



Friday 14-16h WESTERN RIDING in TRAIL PARK Riding lesson**



Friday 17-22h BBQ WITH LIVE MUSIC!!! (Every Friday July 15" - August 19")



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



Sunday 14-15h MEDITATION in the horsefield No experience necessary



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

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

We may have to change the program due to Corona rules or due to fewer bookings

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

RESTAURANT: Daily June 12' - August 31' - 12-20h

ACTIVITIES: Daily July & August - After booking (also: canoe, shooting, wildlife safari)

CAMPING OPEN: All year round **CABINS B&B:** June 12' - August 31'

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



**Sun Dance
Ranch**
Something
different!

SUN DANCE RANCH AB

Yggenäs Björkhaga - 68362 Ekshärad Zweden

Tel. +46 (0)563-40122 gsm: +46 (0)76-8200579

www.sundanceranch.eu - info@sundanceranch.eu



Opening hours 2022

Ranch & activities

The ranch is every day opened in June, July & August.

We offer a special activity plan for the summer of 2022. 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. This you will find on the next page of this activity information book, on our Facebook or sent an e-mail to ask for the possibilities.

Restaurant

January, February, March, April

Closed

May & June

Little card available

July & August

Everyday from 12:00 – 20:00h

Friday's Barbecue with live music: 17:00-22:00

September, October, November & December

Due to the corona situation, we can't say anything yet about the opening hours in the autumn and winter of 2022.

Bar with alcohol license

Every day in June, July & August until 22:00 * (depending on the Corona rules)

Western shop

Every day in June, July & August between 10:00-22:00

Also possible to visit in the off-season. Please call in advance.

Contact

Sun Dance Ranch AB

Yggenäs Björkhaga

68362 Ekshärad

Värmland - Sweden

Phone number: 076-820 05 79

E-mail address: info@sundanceranch.eu

FB: 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!

Version: January 2022



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, funny things
- ★ Toilettroom 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 people)
- ★ 1 camping cottage for 2 people (without shower/toilet)

Campsite

- ★ 15 spacious camping places, 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 20 horses
- ★ 20 acres of grass fields for the horses, 15 acres of own forest

Other activities and information

- ★ 6 Canadian canoes
- ★ Shooting trail through our own forest
- ★ Bucking Barrel
- ★ Different marked walking trails around the neighborhood
- ★ 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, 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 90 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. Also here 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 to the western riding.

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

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 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 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, in advance of doing it on the horses back. 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.

We have about 30+ obstacles, which 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.

Price p.p.: 500 Sek 2-2,5 hours experience and 1-1,5 hours lesson (group, min. 4 persons). Every Friday in July & August 14.00-16.00h



Horse Power for personal development

New in 2022! Horse Power is a combination with Horsemanship and Coaching. For anyone who wants to learn (more) about the horse's behavior and himself. You learn a lot about horses and the herd, respect eachothers space and read horses, working with them, relax and much more!

It is NOT riding but an experience next to the horse from the ground.

Natural Horsemanship: Become aware of your own body language and learn to understand the horse's body language.

- ★ Study horses and their behavior in the herd
- ★ Guide a horse through obstacles in the trail park (obstacle course) and learn about how the horse responds to your leadership, how he reacts (or NOT reacts) and how that makes you feel.

Coaching: Anita is a licensed coach with the help of horses and can translate about how the horse reacts to your behavior and body language

- ★ Learn a lot about yourself from feedback from the horses
- ★ We do Mindfulness exercises and meditations with horses
- ★ The insights the horses give you might sometimes be confronted to you but gives you a great personal development.
- ★ We don't go in on deep personal issues but if something comes up that needs extra attention, it is always possible to book a seperate personal coaching.

Price p.p.: 450 Sek 2 hours (group activity, min. 4 persons)
Every Tuesday in July & August 10.00-12.00h



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 where their kid is riding on.

Price p.p.: 350 Sek, 2-hour group lesson

In July & August, every Tuesday & Thursday 14.00-16.00h,
Saturday 10.00-12.00h



Kids Horse Time - brushing and walk on the horse

Doesn't one of the activities fit your kid 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. There is no guidance with you so mom or dad should have an eye on the kids.

When you are ready with brushing you can get one of the girls 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.
Take as long as you like to brush the horse, followed by a little walk around the campsite



Mountain Trail

The Mountain Trail is a guided trail outside in the mountains for riders with riding experience. It is necessary that you 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 p.p.: 850 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

Sunset Trail

The Sunset Trail is a guided trail during the sunset. It is necessary that you have riding experience and that you can do a gallop independently.

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 with gallop 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.: 850 Sek, 2½-3 hours activity with 1½-2 hour horse riding incl. ½ hour riding lesson (min. 3 persons). Every Tuesday in July & August +/- 20:00

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

Day Trail

The Day Trail is a guided day trail with 2 x 2-hour riding and a picnic by the water. It is necessary that you have riding experience and can independently ride and do a gallop.

After you've got your horse out of the field with the guide, you brush the horse and saddle up. The guide will always explain, help and check the saddle. We have saddle bags that you can use and where you can put your picknick in. When everyone is done with preparing the horse for the trail, the guide will give a basic western riding lesson and explanation about the trail. 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 a nice ride with some nice gallop up on the mountain and with beautiful views. The trail goes through various types of terrain, little rivers, challenging climbs and very steep descents! At the picknick place we and the horses can take a break. We make a small fire where you can toast your sandwiches.



Price p.p.: 1500 Sek, (min. 3 persons)

Every Wednesday in July & August from 10.00-16.00/17.00h incl. lunch



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

New in 2022!

The world is shaking and a lot of people 'meet their self' or 'walk in to 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!

Yoga at the waterside or close to the horses

This summer we want to offer yoga classes outside at the waterside and close to the horse fields. What is more peaceful than start your day with yoga connected with horses and in the middle of nature. The classes won't be too difficult and everybody follows on his own level.

No experience is necessary!

We start with a few minutes awareness followed with different yoga exercises and we end the class with a meditation. You can stay/lay down and relax longer after the lesson if you want to.



Price p.p.: 100 Sek 45-60 min. activity every Monday, Wednesday, Friday in July & August from 9.00-9.45/10.00h

Just come to the saloon at 8.45 to do the payment (you don't have to book in advance).

Meditation in the herd

After great success (during the coach weeks we organize every year from 2015, see first picture) and a test last summer (picture down), we decided to offer 'Meditation in the herd' in the high season.

We do different short meditation exercises so you can find out which one fits you best. 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 led us sit or be with them to do the last exercise together close with them.

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, there is always an extra person having an eye on the horses to make sure they enter the circle in peace.

Price p.p.: 100 Sek, 1h activity every Thursday 10.00-11.00h and Sunday 14.00-15.00h 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).



Canoeing

Rent a canoe

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



- ★ You start from the ranch and you have to bring the canoe back by yourself.
- ★ We have 6 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 and life jackets for adults and children.

Price per canoe per day: 450 Sek for max. 3 persons

Rent a Canoe with drop-off

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

We can bring you to:

- ★ Östra Tönnet (1½-2h paddling)
- ★ Hornäs (2½-3h paddling)
- ★ Alevi (4-5h paddling)



From there you can paddle downstream to the ranch. It is a clearly visible route, just follow the big river Klarälven!

Take a nice picnic with you and you will have a wonderful day!

We have 6 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 and life jackets for adults and children and a waterproof bag.

Price per canoe per trip with drop:

Östra Tönnet	1½-2h paddling:	500 Sek for max. 3 persons/canoe
Hornäs	2½-3h paddling:	550 Sek for max. 3 persons/canoe
Alevi	4-5h paddling:	650 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, where you can both take as much time for as you need/want.

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. Here you find a trail with 20 different targets. You walk this trail yourself and there is no guide following along.

Children may only shoot under supervision of their parents/guides.



Price:

Only shooting board with 30 bullets: 50 Sek - with instruction

Per person: shooting trail forest with 50 bullets: 75 Sek - instruction and then to the forest by yourself

Family package: shooting trail forest 120 bullets: 200 Sek - instruction and then to the forest by yourself

Extra 50 bullets: 50 Sek

Wildlife safari

At the ranch you can book a wildlife/moose safari.

This wildlife safari is a guided drive of about 4 hours through the woods.

You will come along beautiful lakes and breathtaking views. You can enjoy the beautiful nature and the guide will tell you a lot of nice information about the Swedish nature and wildlife. Of course we hope that the King of the forest: the Moose shows up! But also foxes, deers, falcons, grouse or perhaps even a lynx, wolf or bear is possible... You never know!

But we can't give any guarantees....

The wildlife safari includes a Fika break at a nice spot by the water. But of course there is always a possibility to stop and take photos at other beautiful places.



We can take up to 8 people.

Price p.p.:

Adults from 13+: 595 Sek - Children up to 12 years old: 395 Sek for +/- 4 hours through the forest incl. coffee/tea & snack. Minimal of 4 persons

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 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:

Small horse: 30 Sek

Big horse: 50 Sek

Round plate: 50 Sek

Oval plate: 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' and the horses are walking in the '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 something at the restaurant.
- ★ The toilet building with 2 toilets and 2 showers (no shower coins necessary). There is also a double washstand and a double kitchen sink.
- ★ 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 typically Swedish 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!



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

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

Price p.p.n: Adult from the age of 14+: 90 Sek

Price per child p.n. until the age of 13: 60 Sek

Discount with camping cards 10 Sek p.p.p.n.

Electricity at the campsite

Price: 50 Sek p/night

Washing & drying including soap

Price: 60 Sek p/wash



Bed & Breakfast

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

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 and breakfast are included.
- ★ Limited availability

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 cabins:
Example: left room in the cowboy cabin, toilet*

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

Price: 2 persons p.n. 1200 Sek

Price 1 person p.n.: 700 Sek

With a stay of 3 days or longer: 500 Sek per person per night (even for 1 pers. room), counted from day 1.

Cabin with making use of the facilities of the toilet building

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 p.p.p.n: 450 Sek (incl. bedsheets & towel)

Low-budget price p.p.p.n: 350 Sek Bring your own mattress-cover, bedsheets and towel



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



Inside of the camping cabin



YEAR PROGRAM 2022

We keep on adding new weeks & activities



23-24 April **REIKI 1** Saturday & Sunday from 10-17h

29 April-1 May **RANCH WEEKEND** Explore the ranch life

5-8 May **BACK TO NATIVE** a Native Awareness Journey

15-21 May **FEEL GOOD WEEK** Explore your spirituality

28 May-4 June **COACHWEEK** Personal development with the help of horses

13-17 June **HORSE CAMP KIDS** Novice, who can gallop and ride in the mountains

20-23 June **HORSE CAMP KIDS** Beginners

1-3 July **WESTERN WEEKEND** With music, Swap meet, loppis, shows

1 July-31 Aug **SUMMER SEASON** With special summerprogram.

28 Aug-3 Sept **YOGA & HORSE EXPERIENCE ...**

9-11 Sept **SPECIAL WEEKEND** Explore spirituality

9-15 Oct **WOMAN RETREAT** In development, info comes later

22-23 Oct **REIKI 2** Saturday & Sunday from 10-17h

5-12 Nov **COACHWEEK** Personal development with the help of horses



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

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

ACTIVITIES: Daily July & August - After booking (also: canoe, shooting, wildlife safari)

CAMPING OPEN: All year round **CABINS B&B:** June 12' - August 31'

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



**Sun Dance
Ranch**
Something
different!

SUN DANCE RANCH AB

Yggenäs Björkhaga - 68362 Ekshärad Zveden

Tel. +46 (0)563-40122 gsm: +46 (0)76-8200579

www.sundanceranch.eu - info@sundanceranch.eu



Pricelist for season 2022



Ranch Experience Day

Price p.p.: 1200 Sek per day (in a group), included outdoor lunch, takes from 10.00-16.00/17.00h

Horse Riding Lesson in Extreme Trailpark

Price p.p.: 500 Sek in a group, 2-2,5 hours

Horse Power for personal development

Price p.p.: 450 Sek in a group, 2 hours

Have fun with horses

Price p.p.: 350 Sek, 2 hours activity

Kids Horse Time

Price p.p.: 100 Sek, Brush the horse as long as you like, than a little walk around the campsite

Horse Riding Mountain Trail

Price p.p.: 850 Sek, 3-3½ hour activity, 2 hour horse riding incl. introduction

Horse Riding Sunset Trail

Price p.p.: 850 Sek, 2½-3 hour activity with 1½-2 hour horse riding incl. introduction

Horse Riding Day Trail

Price p.p.: 1500 Sek, Activity from 10-16/17h incl. lunch, 4 hours horse riding incl. introduction

Horse Coaching individual

Price p.p.: 1500 Sek per session 1-1½ hour.

Yoga class

Price p.p.: 100 Sek per session 45 min.-1 hour

Meditation in the herd

Price p.p.: 100 Sek per session: 1 hour

Rent a Canoe

Price per canoe: 450 Sek for max. 3 persons

Rent a Canoe with drop-off

Price per canoe per trip with drop: Östra Tönnet 1½-2h paddling: 500 Sek for max. 3 persons/canoe

Price per canoe per trip with drop: Hornäs 2½-3h paddling: 550 Sek for max. 3 persons/canoe

Price per canoe per trip with drop: Alevi 4-5h paddling: 650 Sek for max. 3 persons/canoe

Shooting

Price: only target/board: 30 bullets: 50 Sek - with guiding/instruction

Per person: shooting trip forest: 50 bullets: 75 Sek - instruction and then to the forest by yourself

Family price: 120 bullets: 200 Sek - instruction and then to the forest by yourself

Extra bullets: 50st.: for 50 Sek

Wildlife safari

Price p.p.: 595 Sek Adult/13+, 395 Sek Barn till 12y. Min. 4 persons for 3-4 hours through the forest incl. coffee/tea

Engrave a nameplate

Price circle: 50 Sek – oval 70 Sek or horse: small 30 sek, big 50 Sek



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

Price: 2 persons p.n. 1200 Sek - Price 1 person p.n.: 700 Sek

With a stay of 3 days or longer: 500 Sek per person per night (even for 1 pers. room), counted from day 1.

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

Price p.p.p.n: 450 Sek incl. bedsheets & towel

Low-budget price p.p.p.n: 350 Sek Bring your own mattress-cover and bedsheets

Campsite incl. shower, car, tax, etc.

Price p.p.n: 90 Sek - Price child (until 12): 60 Sek

Discount with camping cards 10 Sek p.p.p.n.

Electra on the campsite

Price: 50 Sek p/night

Washing & drying incl. soap

Price: 60 Sek p/wash

Stay of own horse in the paddock/field, including hay

Price: 100 Sek per horse/day-night

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

Price: 20kr per km

Price: Hagfors	(20 km/ 20-30 min.)	400 Sek per tour
Price: Basterud	(15 km/ 20 min.)	300 Sek per tour
Price: Torsby	(40 km/ 45-55 min.)	800 Sek per tour
Price: Karlstad	(100 km/ 1½ hour)	2000 Sek per tour
Price: Branäs	(100 km/ 1½ hour)	2000 Sek per tour
Price: Kongsvinger (N)	(120 km/ 2 hours)	2400 Sek per tour
Price: Oslo Gardermoen (N)	(200 km/ 3 hours)	4000 Sek per tour



Restaurant Menu 2022

Drinks

★ Coffee with a cookie		25 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)	4cl/6cl	100/140 Sek
★ Mexican Coffee (Kalua)	4cl/6cl	100/140 Sek
★ Spanish Coffee (Licor 43)	4cl/6cl	100/140 Sek
★ Hot or cold real chocolate milk with a praline		30 Sek
★ Hot real chocolate milk with cream and a praline		35 Sek
★ Cold or warm milk		25 Sek
★ Tea (double cup) with cookie		25 Sek
★ Ice Tea		35 Sek
★ Cola/Cola Zero/Fanta Orange can	33cl	25 Sek
★ Cola/Fanta/Zero etc. plastic bottle	50cl	30 Sek
★ Fruit drink (without bubbles) plastic bottle	50cl	30 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		10 Sek
★ Natural well/tap water, big glass		5 Sek
★ Natural well/tap water, can 1,2 liter		15 Sek
★ Beer Light 2,2%	33cl	25 Sek
★ Beer Alcohol free	33cl	30 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
★ Marshmallows bag		35 Sek



Alcohol drinks

★ Cider stark	4,5%	33cl	60 Sek
★ Smirnoff Ice	4-4,7%	28cl	60 Sek
★ Mariestad	5,3%	50cl	60 Sek
★ Eriksberg	5,3%	50cl	60 Sek
★ Corona	4,5%	35cl	60 Sek
★ Miller	4,7%	33cl	60 Sek
★ Guinness Extra Stout	5%	33cl	60 Sek
★ Swedish Elk Beer	7,5%	33cl	60 Sek
★ Wine: Red, Rosé White dry or White sweet		mini bottle	89 Sek
★ Wine: Red, Rosé White dry or White sweet		bottle	199 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

Mixes & Shots

★ Mix: Free Spirit (Wodka & Sprite)	4cl/6cl	90/120 Sek
★ Mix: Tom Collins (Gin, Loka citron, citron)	4cl/6cl	90/120 Sek
★ Mix: Baco (Bacardi & Coke)	4cl/6cl	90/120 Sek
★ Mix: Captain Coke (Captain Morgan & Coke)	4cl/6cl	90/120 Sek
★ Mix: Skinny Bitch (Wodka & Loka)	4cl/6cl	90/120 Sek
★ Mix: Happy Sun Dance (Bacardi Raz & Fanta)	4cl/6cl	90/120 Sek
★ Mix: K.C.C. (Kalua & Coke)	4cl/6cl	90/120 Sek
★ Mix: Gin & Tonic	4cl/6cl	100/130 Sek
★ Mix: Grogg (Wodka & Redbull)	4cl/6cl	100/130 Sek
★ Mix: Jägerbom (Jägermeister & Redbull)	4cl/6cl	100/130 Sek
★ Mix: Jack & Coke	4cl/6cl	100/140 Sek
★ Irish Coffee (Jameson)	4cl/6cl	100/140 Sek
★ Mexican Coffee (Kalua)	4cl/6cl	100/140 Sek
★ Spanish Coffee (Licor 43)	4cl/6cl	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: Cinnamon bread (Kanelbulle)	lf	30 Sek
★ Coffee snack: packed per piece		15 Sek
★ Portion country fries incl. sauce	lf/gf	50 Sek
★ Chicken nuggets 6pc incl. sauce	lf	40 Sek
★ Onion rings 8pc incl. sauce	lf	45 Sek
★ Cheese nuggets 6pc incl. sauce		45 Sek
★ 2 mini baguettes with homemade herb butter		35 Sek
★ Street Taste Wrap: Taco or Halloumi Hell, salad		60 Sek
★ Street Taste Panini: Chicken Texas Honey BBQ, Ham & Cheese or Chili Cheese, salad		60 Sek
★ Toast cheese incl. sauce, salad		50 Sek
★ Toast ham/cheese incl. sauce, salad		55 Sek
★ Hamburger 90gr, cheese, bacon, salad		60 Sek
★ Double hamburger 2x90gr, cheese, bacon, salad		90 Sek
★ Homemade Moose burger 150gr with hjortron/crème fraiche dressing, salad (Mooseburger without bread is lf & gf)		125 Sek
★ Bowl of peanuts or chili coated peanuts		20 Sek
★ Tortilla chips, chili sauce		25 Sek
★ Snack Selection (15 onion rings, 10 cheese nuggets, 10 chicken nuggets, chili sauce & ketchup)		150 Sek

Starters

★ Vegetable soup of the day Homemade vegetarian vegetable soup (gf) with bread and homemade herb butter	lf	60 Sek
★ Chili cheese nuggets 6 fried cheese nuggets with chili sauce		45 Sek
★ Onion rings 8 fried onion rings with chili sauce	lf	45 Sek
★ French bread with herb butter Portion bread with homemade herb butter		35 Sek

Main Courses

★ Schnitzel Breaded schnitzel with well filled homemade mushroom sauce	lf	150 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	lf/gf	175 Sek
★ Hamburger Menu 90 grams hamburger with cheese and bacon	lf	150 Sek
★ Double Hamburger Menu 2x90 grams hamburger with cheese & bacon		175 Sek
★ Moose Burger Menu Homemade 150 grams moose burger with Swedish hjortron crème fraiche sauce (Mooseburger without bread is lf & gf)		195 Sek

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



Vegetarian Meals

- | | | |
|--|-------|----------------|
| ★ Vegetarian Schnitzel | | 150 Sek |
| Breaded vegetable schnitzel with well filled homemade mushroom sauce | | |
| ★ Devils Veggy | lf/gf | 175 Sek |
| Homemade sauce with vegetarian oumph, peach and union parts in a spicy sweet soya sauce, Extra: pickles, pickled onions, dried onions, homemade vegetarian cassava chips | | |
| ★ Veggy Burger | | 150 Sek |
| Vegan burger with cheese on a sandwich
(without hamburger sauce and salad dressing, the menu is vegan) | | |

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

- | | | |
|---|----|----------------|
| ★ Big Salad | lf | 150 Sek |
| Vegetarian well filled salad with lettuce, capsicum/paprika, tomato, cucumber, dried tomatoes, mais, pumpkin seeds, croutons, oil or dressing
(without dressing the menu is vegan), (no fries included!) | | |



Extra side dishes

- | | | |
|--|-------|---------------|
| ★ French bread with homemade herb butter | | 35 Sek |
| ★ Extra dish fries | lf/gf | 35 Sek |
| ★ Extra mushroom sauce | lf | 35 Sek |
| ★ Extra dish salad | gf | 35 Sek |

Desserts

- | | | |
|--|---------|--------------------|
| ★ Children's ice cream | gf | 35 Sek |
| Scoop of vanilla ice cream with strawberry sauce, whipped cream and an a lollypop | | |
| ★ Swedisch kladdkaka | | 50 Sek |
| A chocolate pie (lf) with whipped cream | | |
| ★ 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 | | 60 Sek |
| Vanilla ice cream with chocolate sauce and whipped cream | | |
| ★ Chocolate trio | | 80 Sek |
| Scoop of chocolate ice cream, Swedish chocolate ball with coconut dip, Swedish kladdkaka (chocolate pie) and whipped cream | | |
| ★ Irish Coffee (Jameson) | 4cl/6cl | 100/140 Sek |
| ★ Mexican Coffee (Kalua) | 4cl/6cl | 100/140 Sek |
| ★ Spanish Coffee (Licor 43) | 4cl/6cl | 100/140 Sek |



Special menu every week in July and August BOOK IN ADVANCE

Wednesday: Swedish MOOSE Outdoor Experience

This means we serve a special variety of the moose. For example a moose beef, moose stew, moose meatballs or wok with moose and vegetables. Served with wedges or fries, blackberry jelly and salad.

With enough people, we make a fire at our campfire place and serve the meal outside to give you a real Swedish Experience.

A dessert and coffee/tea is included.

295/175 Sek



Friday 15 July-19 August: 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 meatloaf (färs) 150 Sek per kg.

