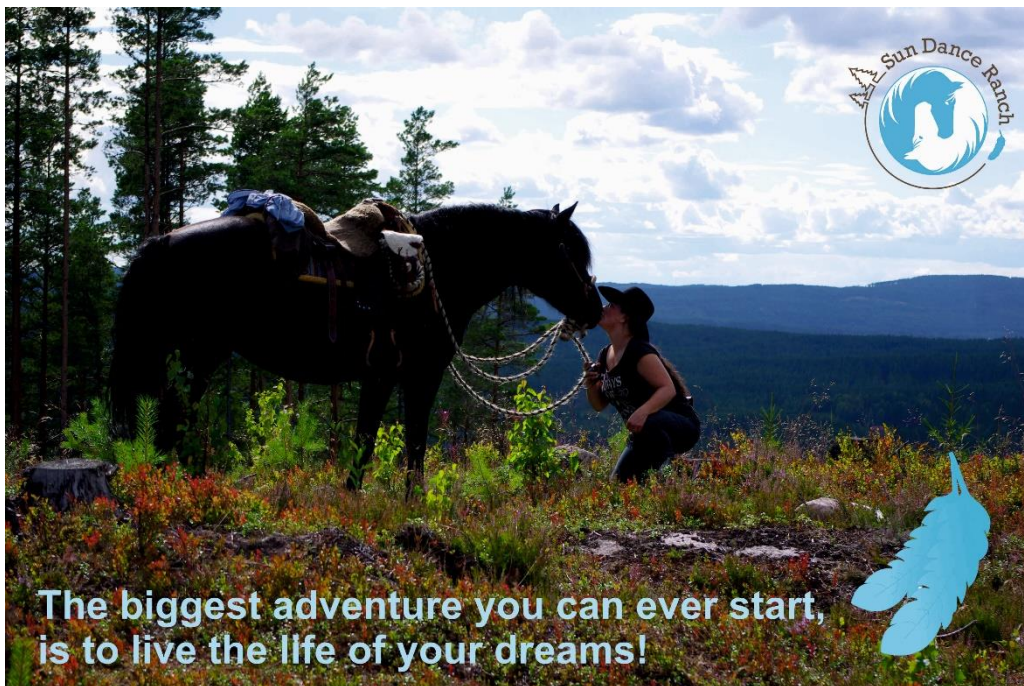




Something different!



**Price list & information
Week Program
Activities 2024
Restaurant Menu**

Version 27-3-2024 Look if you have the latest version

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WEEK PROGRAM SUMMER 2024



For July & August

(Needs to be booked!):



Monday 10-16/17h **RANCH EXPERIENCE DAY**

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

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

Tuesday 14-16h **HAVE FUN WITH HORSES**

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

Wednesday 10-11h **MEDITATION & DRUMSESSION** in the horsefield

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

Thursday 14-16h **HAVE FUN WITH HORSES**

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

Friday 14-16h **HAVE FUN WITH HORSES**

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

Friday 18-22h **BBQ WITH LIVE MUSIC!!!** (Every Friday July 12" - August 16")

? Saturday 10-11.15h **QIGONG/YOGA** at the waterside No experience necessary

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

Sunday 10-11h **MEDITATION & DRUMSESSION** in the horsefield

Sunday 14-16h **HAVE FUN WITH HORSES**

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

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

* only for experienced riders, max 80kg!

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

↳ **RESTAURANT:** Daily June 8' - August 31' - 12-20h

ACTIVITIES: Daily July & August - After booking (also: canoe trips, airgun shooting trail)

CAMPING OPEN: All year round **CABINS B&B:** April 26' - August 31'

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



Sun Dance
Something
different! Ranch

SUN DANCE RANCH AB

Yggenäs Björkhaga - 68362 Ekshärad Sweden
Tel. +46 (0)76-8200579 FB: Sundanceranchsweden
www.sundanceranch.eu - info@sundanceranch.eu



Opening hours 2024 & info

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 14' – August 31': Daily from 12:00 – 20:00h

July 12' - August 16': Friday's Barbecue with live music: 19:00-22:00h

The rest of the year the restaurant is only open for groups after app

Activities

We offer a special activity program for the summer of 2024 (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

April 26 – August 31

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

Contact

Sun Dance Ranch AB

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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 & games/books you can borrow
- ★ Mini tourism information corner
- ★ Free Wi-Fi
- ★ Shop: western, souvenir, jewelry, gemstones, funny things
- ★ Toilettroom with 3 toilets, 2 showers, sink and double sink
- ★ Laundry machine & dryer
- ★ Terrace with relax and dining possibilities
- ★ 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, all with view on the river
- ★ 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
- ★ Grill house
- ★ Raft with a terrace on the water
- ★ Swing set & Trampoline

For the horses

- ★ Riding paddock 25×50 meter
- ★ Small paddock 18×18 meter
- ★ Roundpen 16 meter
- ★ Night paddock with hay streets and open stable with a roofs and shelters
- ★ Around 10-12 horses
- ★ About 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 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
- ★ Ekshärad has 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, 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 relaxed 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 Wednesday in July & August 14.00-16.30/17.00h

Have fun with horses – for kids (no experience necessary)

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, Thursday, Friday 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



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 and drumsession

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: 100 Sek, 1-1½h activity every Wednesday 10.00-11.00h and Sunday 10.00-11.00h in July & August

Just come to the saloon 5 min. before the lesson to do the payment (you don't have to book in advance).

Free Horse & 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 in the field and safely sit or lay on the table 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

QiGong & Yoga

Do you want to have more energy and less stress? Try Qigong and Yoga and discover all the health benefits. Through slow movements, breathing exercises and stilling our mind we strengthen our health, improve our mobility in the body and increases our body's internal energy flow. A calm form of exercise that suits all ages and physical abilities. In July we have QiGong and in August Yin Yoga with a little Qigong.



Price for 1 hour lesson: 120 Sek p/p

Every ...?... from 10.00-11.15 with bad weather in the open stable

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 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

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

400 SEK per tour	Hagfors or Basterud	(20 km/ 20-30 min.)
800 SEK per tour	Torsby	(40 km/ 45-55 min.)
2000 SEK per tour	Karlstad or 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)



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

On our campsite you can experience the ranch feeling while sleeping in your own caravan, camper or tent. The campsite is located next to the river the 'Klarälven' that gives all the places a beautiful view. The horses are walking in your 'backyard'. 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.
- ★ 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.
- ★ 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: 100 Sek, Price per child till 18y 50 Sek (total max price = 350 sek)

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

10 Sek p/night 1 or more dogs. Please check in before you let out your dog! We take our dog in.

Electricity at the campsite

Price: 70 Sek p/night

Washing & drying including soap

Price: 60 Sek/wash – drying outside with good weather

Bed & Breakfast

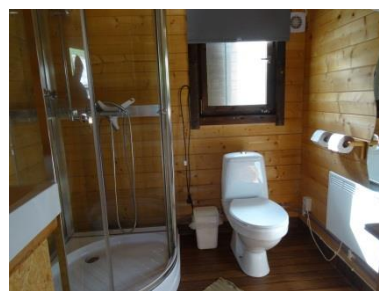
We have 2 types of cabins that we hire out for bed & breakfast; a cabin that includes a bathroom and a cabin where you make use of facilities of our toilet building.

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 120 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: 700 Sek p/night

With 3 days or longer: 450 Sek p/night, counted from day 1.

With 5 days or longer: 400 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

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, blanket, bedsheets and towels. No breakfast.

It is possible to hire bedsheets for 100 Sek set, included some towels.



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



Inside of the camping cabin



Pricelist for season 2024

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 Coaching individual

1500 Sek p/p/session 1½ hour.

Meditation in the herd and drum session

100 Sek p/p/lesson: 1-1½ hour

QiGong or Yoga at the waterside

120 Sek p/p/lesson: 1-1.15 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: 700 Sek p/p/night

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

400 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, blanket and bedsheets

100 Sek per person bedsheets and towels

Campsite incl. shower, car, tax, etc.

100 Sek person/night: - 50 Sek child (until 17) (with a max of 350 sek per night)

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

10 Sek p/night 1 or more dogs. Please check in before you let out your dog! We take our dog in.

Electra on the campsite

70 Sek p/night

Washing & drying incl. soap

60 Sek p/wash – drying outside with good weather



Restaurant Menu 2024

Drinks

★ Coffee with a cookie		28 Sek
★ Espresso with a cookie		35 Sek
★ Cappuccino with a cookie		35 Sek
★ Latte Macchiato with a cookie		40 Sek
★ Ice Coffee		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 cookie		35 Sek
★ Hot real chocolate milk with cream and a cookie		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	28 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	12 Sek
★ Ice cream per ball		15 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 (275cl)		mini bottle	95 Sek
★ Wine: Rosé sweet (350cl)		mini bottle	125 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	75 Sek
Homemade well filled vegan 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 & kantarel sauce lf 179 Sek
- ★ **Devils Chicken** lf/gf 195 Sek
Chicken bits and peach and onion parts in a spicy sweet soya sauce (homemade), extra: pickled onions and pickles, dried onions, homemade prawn chips
- ★ **Hamburger Menu** 90 grams with cheese & bacon lf 179 Sek
- ★ **Double Hamburger Menu** 2x90 grams with cheese & bacon 199 Sek
- ★ **Moose Burger Menu** homemade 150 grams 225 Sek
with Swedish hjortron crème fraiche sauce (Mooseburger without bread is lf & gf)

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



Schnitzel



Devils chicken / Devils Oumph



Burger

Vegetarian Meals

- ★ **Vegan Schnitzel** with well filled homemade mushroom & kantarel sauce 195 Sek
- ★ **Devils Veggy** lf/gf 195 Sek
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
- ★ **Veggy Burger** with cheese (cheese is not vegan) 195 Sek

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

- ★ **Big Salad – without or with chicken** lf 150/175 Sek
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 and if we have from the own garden.
Dressing: Garlic or Thousand Islands

The chicken will be grilled and a little warm. The salad can look like these:



Extra side dishes

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

Desserts

★ Children's ice cream	gf	50 Sek
Scoop of vanilla ice cream with strawberry sauce, whipped cream and a lollypop		
★ Swedish 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 12 – August 16: 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

Kids until 13 year special (second) price.

195/100 Sek



Take away:

Do you want to make/bake moose yourself: we have frozen moose for sale at the bar: beef 400 sek per kg and a 100% mooseburger 150g, 50 sek/st.

