



**Something different!**



**The biggest adventure you can ever start,  
is to live the life of your dreams!**

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

Version 5-5-2024 Look if you have the latest version



## Summer program 2024

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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<sup>th</sup> - August 16<sup>th</sup>)**



**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 14<sup>th</sup> - August 31<sup>st</sup> - 12-20h

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

**CAMPING OPEN:** All year round **CABINS B&B:** April 26<sup>th</sup> - August 31<sup>st</sup>

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



Sun Dance  
Something  
different!  
Ranch

### SUN DANCE RANCH AB

Yggenäs Björkhaga - 68362 Ekshärad Zwenen  
Tel. +46 (0)76-8200579 FB: Sundanceranchsweden  
[www.sundanceranch.eu](http://www.sundanceranch.eu) - [info@sundanceranch.eu](mailto: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**

Yggenäs Björkhaga

68362 Ekshärad

Värmland – Sweden

Anita Teunissen +46 (0) 768200579

Anders Skoglund +46 (0) 730621741

[www.sundanceranch.eu](http://www.sundanceranch.eu)

[info@sundanceranch.eu](mailto:info@sundanceranch.eu)

[sundanceranchsweden@gmail.com](mailto:sundanceranchsweden@gmail.com)

VAT SE 5590598495 01

**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 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
- ★ 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.

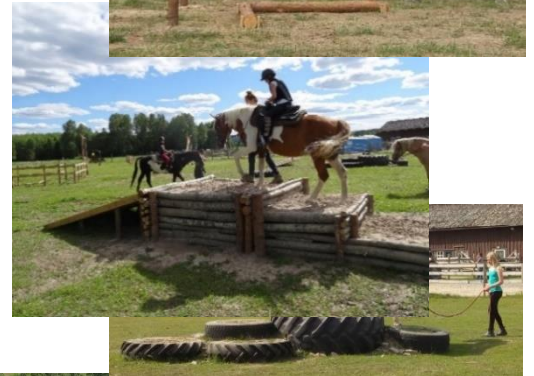
Price p.p.: 700 Sek 2,5-3 hours experience and about 1,5 hours lesson (group, min. 4 persons).  
Every Wednesday in July & August 14.00-16.30/17.00h

## 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](http://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                            |         | <b>28 Sek</b>         |
| ★ Espresso with a cookie                          |         | <b>35 Sek</b>         |
| ★ Cappuccino with a cookie                        |         | <b>35 Sek</b>         |
| ★ Latte Macchiato with a cookie                   |         | <b>40 Sek</b>         |
| ★ Ice Coffee                                      |         | <b>35 Sek</b>         |
| ★ Irish Coffee (Jameson Whiskey)                  | 2/4/6cl | <b>80/100/140 Sek</b> |
| ★ Mexican Coffee (Kalua)                          | 2/4/6cl | <b>80/100/140 Sek</b> |
| ★ Spanish Coffee (Licor 43)                       | 2/4/6cl | <b>80/100/140 Sek</b> |
| ★ Hot or cold real chocolate milk with a cookie   |         | <b>35 Sek</b>         |
| ★ Hot real chocolate milk with cream and a cookie |         | <b>39 Sek</b>         |
| ★ Cold or warm milk                               |         | <b>25 Sek</b>         |
| ★ Tea (double cup) with cookie                    |         | <b>30 Sek</b>         |
| ★ Ice Tea   |         | <b>35 Sek</b>         |
| ★ Cola/Cola Zero/Fanta Orange can                 | 33cl    | <b>28 Sek</b>         |
| ★ Cola/Fanta/Zero etc. plastic bottle             | 50cl    | <b>35 Sek</b>         |
| ★ Fruit drink (without bubbles) plastic bottle    | 50cl    | <b>35 Sek</b>         |
| ★ Water with or without bubbles, bottle           | 50cl    | <b>25 Sek</b>         |
| ★ Indian Tonic                                    | 25cl    | <b>30 Sek</b>         |
| ★ Red Bull  | 33cl    | <b>35 Sek</b>         |
| ★ Water lemonade / Saft / Ranja, big glass        |         | <b>15 Sek</b>         |
| ★ Natural well/tap water, big glass               |         | <b>5 Sek</b>          |
| ★ Natural well/tap water, can 1,2 liter           |         | <b>20 Sek</b>         |
| ★ Beer Light 2,2%                                 | 33cl    | <b>30 Sek</b>         |
| ★ Beer Alcohol free                               | 33cl    | <b>35 Sek</b>         |
| ★ Cider Alcohol free                              | 33cl    | <b>35 Sek</b>         |
| ★ Candybar/Mars/Snickers                          |         | <b>15 Sek</b>         |
| ★ Chips   |         | <b>15 Sek</b>         |
| ★ Peanuts/cocktail nuts per portion               |         | <b>20 Sek</b>         |
| ★ Ice cream (see ice disk/list)                   | from    | <b>12 Sek</b>         |
| ★ Ice cream per ball                              |         | <b>15 Sek</b>         |



## Alcohol drinks

|   |         |             |                       |
|---|---------|-------------|-----------------------|
| ★ Cider stark, Mojito cider                   | 4,5%    | 33cl        | <b>65 Sek</b>         |
| ★ Smirnoff Ice                                | 4-4,7%  | 28cl        | <b>65 Sek</b>         |
| ★ Mariestad                                   | 5,3%    | 50cl        | <b>70 Sek</b>         |
| ★ Eriksberg                                   | 5,3%    | 50cl        | <b>70 Sek</b>         |
| ★ Corona                                      | 4,5%    | 35cl        | <b>65 Sek</b>         |
| ★ Miller                                      | 4,7%    | 33cl        | <b>65 Sek</b>         |
| ★ Swedish Elk Beer                            | 7,5%    | 33cl        | <b>65 Sek</b>         |
| ★ Wine: Red, White dry or White sweet (275cl) |         | mini bottle | <b>95 Sek</b>         |
| ★ Wine: Rosé sweet (350cl)                    |         | mini bottle | <b>125 Sek</b>        |
| ★ Alcohol free wine, red or white             |         | bottle      | <b>150 Sek</b>        |
| ★ Famous Grouse                               |         | 1cl         | <b>20 Sek</b>         |
| ★ Jameson                                     |         | 1cl         | <b>20 Sek</b>         |
| ★ Jack Daniels                                |         | 1cl         | <b>25 Sek</b>         |
| ★ Bowmore                                     |         | 1cl         | <b>30 Sek</b>         |
| ★ Jägermeister                                |         | 1cl         | <b>20 Sek</b>         |
| ★ Captain Morgan Rum                          |         | 1cl         | <b>20 Sek</b>         |
| ★ Gin   |         | 1cl         | <b>20 Sek</b>         |
| ★ Absolut Vodka                               |         | 1cl         | <b>20 Sek</b>         |
| ★ Tequila                                     |         | 1cl         | <b>20 Sek</b>         |
| ★ Bacardi - Bacardi Razz                      |         | 1cl         | <b>20 Sek</b>         |
| ★ Kalua & Bailey's                            |         | 1cl         | <b>20 Sek</b>         |
| ★ Minttu                                      |         | 1cl         | <b>20 Sek</b>         |
| ★ Cuarenta Y Tres / 43                        |         | 1cl         | <b>20 Sek</b>         |
| ★ Sure shot                                   |         | 3cl         | <b>40 Sek</b>         |
| ★ Irish Coffee (Jameson Whiskey)              | 2/4/6cl |             | <b>80/100/140 Sek</b> |
| ★ Mexican Coffee (Kalua)                      | 2/4/6cl |             | <b>80/100/140 Sek</b> |
| ★ Spanish Coffee (Licor 43)                   | 2/4/6cl |             | <b>80/100/140 Sek</b> |

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



Panini



Snack Selection



Tortilla chips

**Starters**

|   |    |               |
|---|----|---------------|
| ★ <b>Vegetable soup of the day</b> with bread and homemade herb butter                | lf | <b>75 Sek</b> |
| Homemade well filled chicken vegetable or vegan tomato/vegetable soup (soup: gf & lf) |    |               |
| ★ <b>Tortilla chips</b> , cheese, chili sauce (warm)                                  |    | <b>55 Sek</b> |
| ★ <b>6 Chili cheese nuggets</b> with sauce  |    | <b>45 Sek</b> |
| ★ <b>8 Onion rings</b> with sauce   | lf | <b>45 Sek</b> |
| ★ <b>2 mini baguettes with homemade herb butter</b>                                   |    | <b>40 Sek</b> |



## 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 235 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 |       | <b>40 Sek</b> |
| ★ Extra dish fries                           | lf/gf | <b>50 Sek</b> |
| ★ Extra mushroom sauce                       | lf/gf | <b>35 Sek</b> |
| ★ Extra (small) bowl salad                   | gf    | <b>35 Sek</b> |

## Desserts

|   |         |                       |
|---|---------|-----------------------|
| ★ <b>Children's ice cream</b>   | gf      | <b>59 Sek</b>         |
| Scoop of vanilla ice cream with strawberry sauce, whipped cream and a lollypop  |         |                       |
| ★ <b>Swedish kladdkaka</b> A chocolate pie (lf) with whipped cream  |         | <b>50 Sek</b>         |
| ★ <b>Ice coupe with whipped cream</b>   | gf      | <b>69 Sek</b>         |
| Choose 3 balls of ice cream: vanilla, chocolate, strawberry, coffee or minty, topped with cream and sauce (chocolate or fruit)              |         |                       |
| ★ <b>Dame blanche</b> Vanilla ice cream with chocolate sauce and whipped cream  |         | <b>69 Sek</b>         |
| ★ <b>Chocolate trio</b> chocolate ice cream, Swedish chocolate ball with coconut dip<br>Swedish kladdkaka (chocolate pie) and whipped cream |         | <b>89 Sek</b>         |
| ★ Irish Coffee (Jameson)  | 2/4/6cl | <b>80/100/140 Sek</b> |
| ★ Mexican Coffee (Kalua)  | 2/4/6cl | <b>80/100/140 Sek</b> |
| ★ Spanish Coffee (Licor 43)   | 2/4/6cl | <b>80/100/140 Sek</b> |

## 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**



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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.

