



**Something different!**



**SOME CALL THIS THE  
MIDDLE OF NOWHERE.  
WE CALL IT THE CENTER  
OF OUR PARADISE**

## **Price list & information Week Program Activities 2025**

Version 01-01-2025 Look if you have the latest version

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# AGENDA 2025



- 25 January **MUSIC EVENING** with KEVIN - Restaurant open
- 22-23 March **LÄR DIG CONNECTA OCH LÄKA DIN HÄST 2** with Mickael Sporgelin
- 28 February **MUSIC EVENING** with KEVIN - Restaurant open
- 5 April **MUSIC EVENING** with live music - Restaurant open
- 18-20 April **EXPLORE YOUR SPIRITUALITY** in a grounded way
- 26-27 April **HORSEMANSHIP TRAIL PARK DAY** (with own horse)
- 1-4 May **DO YOU REALLY LOVE YOUR HORSE?!** Deepening horse training
- 3 May **MUSIC EVENING** with live music - Restaurant open
- 17-18 May **CONNECTA MED DIGSJÄLV - ME TIME** with Angelica Westermark
- 24 May **WESTERN DAY** with live music - Restaurant open
- 25 May **TRAILPARK TRAINING** lesson & train trailpark with your own horse
- 7-14 June **COACH WEEK** Personal development with the help of horses  
Equine & ACT based therapy
- 20 June **MIDSUMMER PARTY** BBQ with live music with Kevin
- 22-25 June **KIDS PONY CAMP** Country outdoor camp in the forrest
- 28-29 June **SPIRIT FESTIVAL** 2 days of workshop & Fair

- 1 July-31 Aug **SUMMER ACTIVITY PROGRAM** & restaurang open daily 12-21
- 11 July-12 Aug **EVERY FRIDAY BBQ** with live music

- 27 Sept **MUSIC EVENING** with live music  
Restaurant open
- 28 Sept-5 Oct **COACHWEEK** Personal development  
Equine & ACT based therapy
- 25 Oct **MUSIC EVENING** with live music  
Restaurant open



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

↳ **RESTAURANT:** Daily June 14' - August 31' - 12-21h

**ACTIVITIES:** Daily July & August - After booking canoe, sub, shooting, wildlife safari

**CAMPING OPEN:** All year round **CABINS B&B:** April 24' - October 31'

**More info: [Facebook.com/sundanceranchsweden](https://www.facebook.com/sundanceranchsweden)**



**Sun Dance  
Ranch**  
Something  
different!

**SUN DANCE RANCH AB**

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# WEEK PROGRAM SUMMER 2025

## For July & August

Needs to be booked!



**Monday 10-16/17h RANCH GROUNDWORK DAY**  
Horsemanship & trail park lesson in hand incl. lunch

**Monday 20-22h Mini MOUNTAIN TRAIL (Sunset)**  
Outside trail through the mountains\*

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

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

**Wednesday 10-11h MEDITATION & DRUMSESSION** in the horse paddock

**Wednesday 14-17h EXTREME TRAIL PARK** riding lesson

**Wednesday 20-22h Mini MOUNTAIN TRAIL (Sunset)** trail through mountains\*

**Thursday 10-13h RANCH TRAIL** Outside trail through the forest\*

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

**Friday 10-13h RANCH TRAIL** Outside trail through the forrest\*

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

**Friday 18-22h BBQ WITH LIVE MUSIC!!! Every Friday July11" - August 15"**

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

**Saturday 14-16h HORSEMANSHIP in TRAIL PARK** Lesson in hand

**Sunday 10-11h JUST BE with horses and connect** in the horse paddock

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

**Sunday 18-20h OUTDOOR COOKING** All you can eat; make your pancakes!

\* only for experienced riders, max 75kg!

\*\*Kids lesson with horses: mom/dad has to hold the horse while riding!



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### SUN DANCE RANCH AB

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## Opening hours 2025 & 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 15' – August 31': Daily from 12:00 – 21:00h

July 11' - August 22': Friday's Barbecue with live music: 19:00-22:00h

The rest of the year the restaurant is only open for groups or after appointment for minimal 4 persons

### Activities

We offer a special activity program for the summer of 2025 (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.

We also have special week and weekends with special trainings or personal development.

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 1' – November 30'

### Contact info

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

Extra tourist info on:

[www.visithagfors.se](http://www.visithagfors.se)

[www.visitvarmland.com](http://www.visitvarmland.com)

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



## Facilities at the ranch

### **In and around the Saloon**

- ★ Reception
- ★ Restaurant
- ★ Bar with alcohol license
- ★ PIN Pay terminal (also cash and Swish possible)
- ★ Chill area with couches and wood stove & games/books you can borrow
- ★ Mini tourism information corner
- ★ Free Wi-Fi in and around the saloon
- ★ Shop: western, souvenir, jewelry, gemstones, funny things
- ★ Toilet room 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 11 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 (at the waterside, on the campsite and Picnic table with a little roof)
- ★ Grill house
- ★ Tipi tent
- ★ Chuck wagon
- ★ 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 10-15 horses
- ★ About 20 acres of grass fields for the horses, 14 acres of own forest

### **Other activities and information**

- ★ 5 Canadian canoes (2-3 persons per canou)
- ★ 6 stand up paddle boards (subs)
- ★ Shooting trail through our own forest
- ★ Bucking Barrel
- ★ Different marked walking trails around the neighborhood
- ★ Guides available in Dutch, English and Swedish. Often even German
- ★ Fishing possibilities from/around the ranch
- ★ Cycling and mountain biking possible 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 75 kg because we have not so big horses
- ★ Make sure you wear long pants and good sturdy shoes (no flip flops) for all our horse activities

### **Ranch Groundwork Day**

The ranch groundwork day filling package with a combination of a horsemanship lesson and the extreme trail park. This package includes a lunch (vegetarian possible).

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.

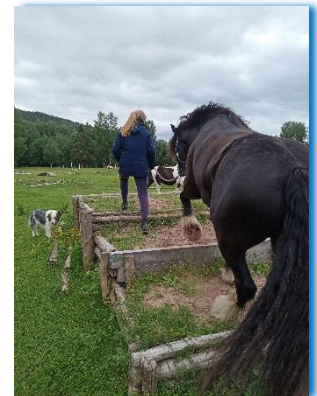


You'll learn to make contact with the horses and you learn how you should have respect for the horses' space but also how you should tell the horses to have respect for your own space.

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 to get some contact and then we will start with some ground work with horsemanship components. 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, you'll get an explanation about how we're going to use the obstacles in the Extreme trail park. We'll go to the extreme trail park and we try to take the obstacles. We start with easy ones (yellow), build up to orange and last the heavy ones (red). No problem if there are obstacles which you couldn't do. Apparently there is not enough trust (yet) between you and horse to take those difficult obstacles. An interesting and instructing day for all levels of horse lovers. We do the whole lesson with the horse on a line, from the ground. This is NOT a riding lesson. Those who are more experienced can go extra deep in the connection training and do the obstacles in different ways with more advanced exercises.



Price p/p:1000 Sek (in a group, min. 4 persons)

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



### Horsemanship 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 you and the horse. It is good to test and train those obstacles because a lot of obstacles are sort of similar to what you might find in the outside trails.

When you book this lesson, we start with a some horsemanship in the paddock. After that you will do the obstacles by hand with the horse on a line. We are NOT riding the horses this lesson. The obstacles are marked in different colors by grades of difficulty: Yellow: easy, Orange: medium, Red: difficult. The instructor decides which obstacles are suitable for the persons and horses in the group.

This activity is fun and excited for all level horse lovers and it is also a nice activity if you can't ride for whatever reason (back pain, afraid, etc.), Those who are more experienced can go extra deep in the connection training and do the obstacles in different ways with more advanced exercises.

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

### 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 get some basic riding western riding lesson, then 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. After that training 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 whatever 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 (group, min. 4 persons).  
Every Wednesday in July & August 14.00-16.30/17.00h





## Mountains Trails & Ranch Trail

These trails are guided trails outside in nature.

The Mini Mountain Trail is a smaller version of the Mountain Trail and both trails goes through the mountains with some climbing, gallops and nice views.

The Ranch trail is a flat trail in the flat forest around the ranch; no mountains, but also beautiful view and some waters to go through (the depth is depending on the time of the season).

All the trails are for riders with good riding experience and it is important that you are not afraid, can independently ride and you are able to do a decent gallop.

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

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 or forest for a nice ride with some nice gallops 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. 2 persons). Every Tuesday, Saturday 10.00h 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. 2 persons). Every Monday & Wednesday 20.00h in July & August

Price Ranch Trail p/p: 695 Sek, 2½-3 hours activity, 1½ hour horse riding incl. ½ hour riding lesson (min. 2 persons). Every Thursday & Friday 10.00h in July & August

## For Kids: Have fun with horses – for kids (no experience necessary)

The 'Have fun with horses' riding 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, brushing and take care of horses and munch more.

The focus in this lessons is that the kids have fun with the horses, without the application of pressure or too much technical training.

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.

The lesson is in the grass fields Extreme Trailpark so the horses like to eat some grass and the kids might need some help from mom or dad...

Price p/p: 395 Sek, 2-hour group lesson  
Every Tuesday, Thursday, Friday, 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 they like. We get 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 horses.

When you are ready with brushing, you can get one of our guides and he/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.

This is like always possible, as long as we have some suitable horses left (not on activities).

### Hobby Horse – play in the trailpark

Riding a stock horse has become very popular and we have the perfect obstacle trail park for that activity.

If there are no lessons or trainings in the trailpark, you are free to train and play there with (or without) your stock horse.

We even have some stock horses that you can borrow to run, jump and play in the trail park. Have fun!



Free activity

### Free Horse & Relaxing Experience

In one of the horse fields we have built a big steady table where you can lay on with one or two persons (or sit with even more). You can go in the field and quietly 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, they release tension)!

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

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



Free activity



## 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.

A lot of people have more personal awareness and are searching for self-development, peace and quietness. A good help or start with this is meditation and being with horses!

We have no requirements for experience, flexibility, weight, age or gender. Just join us and discover what meditation or just being with the horses can do for you! We guide you into this process.



### **Meditation in the herd and drumsession**

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

We explain meditation and do a guided meditation, included a little drum journey with the horses. Really: everybody can do it (and enjoys it).

Often, if the 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 meditation 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, 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 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).



### **Just BE with horses and connect**

This is the most special thing that we can let you experience: just BE with horses, relax and let them take you in the most deep relaxation you have ever been. If you are quiet (also inside!) they allow you to be very close with them in PURE PEACE. It normally takes a little while for everybody to relax and we can help you with a little meditation or breathing exercise and after a while you get 'rewarded' with their trust and they might lay close to you or even with their head on you. This is SO special!

Price p/p: 100 Sek, 1-1½h activity every 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).



## 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: 1200 Sek for about 1½ hour personal session with Anita



## Other activities

### Canoeing

From the canoe you can enjoy the wonderful Swedish landscape in a beautiful and relaxed way. Quietly floating or paddling on the river The Klarälven, you have a big chance to see wild animals on the river bank or maybe a beaver is swimming by. We have 5 Canadian canoes available for about 2 or 3 persons.

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

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



### **Rent a Canoe 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

### Stand up paddle board

Very popular at the moment is enjoying the stand up Sup/stand up paddle board activity. You will be surprised how quickly you have the feeling of it.

From the river Klärälven you paddle stream off/down to the ranch. It is an active way to enjoy the water and the wonderful Swedish landscape. Quietly floating or paddling on the river The Klarälven. You can stand up and paddle but even sitting you will still be able to paddle, relax and enjoy.



We have different possibilities with transfer/drop off.

#### Price per Sup per trip with drop:

Byn	1h paddling:	295 Sek for max. 1 persons/sub
Östra Tönnet	1½-2h paddling:	395 Sek for max. 1 persons/sub
Hornäs	2½-3h paddling:	495 Sek for max. 1 persons/sub
Alevi	4-5h paddling:	595 Sek for max. 1 persons/sub

Rental from the ranch is also possible: 3h for 295 Sek per sup but don't forget that the river has 'strong' current/stream and you really have to bring the Sup back to the ranch yourself (we are not able to get it at another place).

A combination with canoe drop off is also possible.

Of course you need to have a life jacket and you can loan one during the activity.



## 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. After that 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

## Free walk through our red and blue trail

We have 2 nice trails marked out around the ranch. The red one is a flat trail (about 1 hour walk) and the blue one is with some climbing through the mountains (1-1,5 hour walk). See the map at the end of this document.

## Free walk through our Active Funny Forest Track

The ranch has about 14 acre own forest and in a part of that forest we made a nice trail with all kind of funny thing to see and do (like crazy branches, colourful stones or funny things and different obstacles to take). Note: those are not hard obstacles but you do the trail on your own risk.

## Transfers

It is possible to book transfers for max 8 persons.

You have to book this in advance because we are not a taxi service.

### Prices one way transfer:

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)


















## Fishing possibilities and licence

There are beautiful fishing possibilities from the ranch. You can fish on the river but also on the lakes at the ranch that run into the Klarälven, where nobody comes beside our guests (see the map on the last page).

You can buy a fishing licence with the next link:  
<https://www.ifiske.se/fiskekort-klaralven-inom-hagfors.htm>  
 Of course, we can help you with that.

There is also a store with fishing equipment in Ekshärad centrum (5km)

These fish you might catch:

A lot:	Normal:	Not so much:	Special:
			
			
			
			
			

In the Klarälven Salmon and Trout that have been hooked must be returned to the water. Grayling, spawning fish larger than 45 cm must be returned to the water. Minimum size 30 cm.

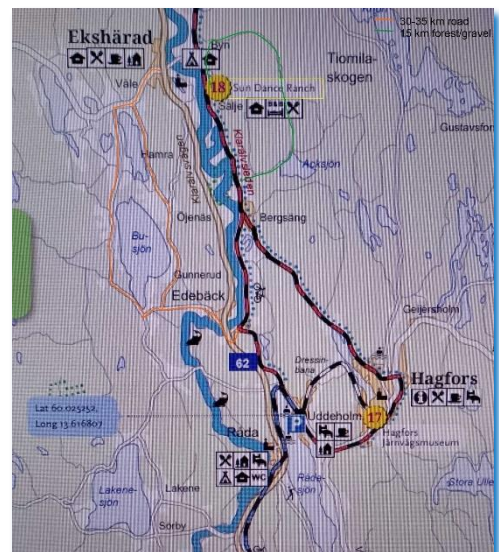
## Bicycling & Mountain Biking

The Klarälvsleden (a 130 km bicycling tour) passes the ranch and in Uddeholm/Hagfors continues into a 90km Klarälvsbanan bicycle tour that goes to Karlstad.

More info on: <https://visitvarmland.com/kartor-klaralvsbanan/>

There are possibilities from the ranch to go into the forest and mountains with your own mountain bike. There are even some companies that rent out mountain bikes, even Fat Bikes. Ask at the bar for the possibilities.

In Torsby there are even official mountain bike routes and in Hagfors you can do a downhill track.



## Shopping in our Western & Souvenir shop

From the saloon you can enter a nice shop with a lot of nice things:

- ★ Western wear: cowboy hats, jeans, western jackets, boots, buckles & belts, bolo's, lots of western jewelry etc
- ★ Western equipment: side pulls and bridles, second hand saddles, saddle bags, belts
- ★ Souvenirs, traditional Swedish handmade items, moose and deer horns
- ★ Gemstones, crystals and geodes and a lot of gemstone jewelry
- ★ Jewelry and rings and earrings
- ★ Kids things, Schleich horses, books

There's something for everyone!





## 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, icecream, 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 overnight guests are allowed to use it. We do expect you to keep it clean after use.
- ★ Swimming in the river is possible! There is a little stream but it is not deep and has a lot of sandbanks. There are only canoes and rafts on the river.
- ★ 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 or gray water disposal facilities!**  
If you have environment friendly toilet, we have a solution for you. Ask at the bar.



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

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

250 Sek per night/combination incl. 2 adults: extra adult 100 Sek, extra child till 18y 50 Sek

Car can stay at you campsite, extra tent allowed

10% per night discount with camping cards SVR, ANWB, Camping Key Europe.

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 – please dry outside with good weather



## Bed & Breakfast

We have 3 types of cabins that we hire out for bed & breakfast; 1 tiny house, 2 cabins that includes 2 sleeping rooms and a bathroom and a camping cabin where you make use of facilities of our toilet building. We have our cabins decorated in different styles: Wildlife, Cowboy, Indian and western.



**3 cabins/stuga's:** (2 rooms & shower) Cabin left is the Tiny house: Wild Life Stuga.

The second one is the Cowboy Stuga and the third one is the Indian Stuga

**Camping cabin/stuga** (no shower): The forth/right cabin/middle picture is the Camping Stuga

The right picture is the inside of the camping cabin with 2 single beds (or put together as double bed)

### Camping cabin with making use of the facilities of the toilet building

There is no bathroom in this cabin and you can make use of the toilet building facilities.

Price: 600 Sek cabin/night for 1-2 persons. Bring your own mattress-cover, blanket, pillow, bedsheets and towels. 3th person is possible if you take an extra 'air bed' yourself.

No breakfast included but you can order that extra.

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

### Tiny house with kitchen/living room, bedroom and bathroom in the cabin

★ This tiny house (called the Wild Life cabin) has a fully decorated kitchen/room on the left, a hallway and bathroom in the middle and a 2 persons bedroom on the right

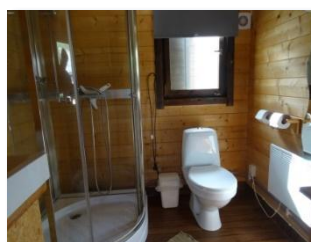
★ You have the whole house for yourself, suitable for 1 or 2 persons

★ Bedsheets, bath towels and kitchen towels are included

★ Own garden furniture at the back of the cabin

★ Possibility to use the washing machine and dryer (60 Sek)

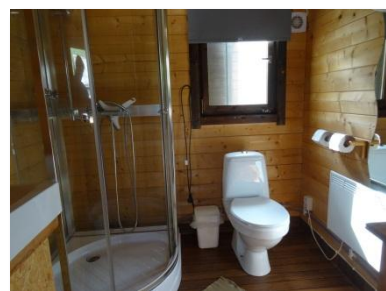
★ Breakfast you can book extra for 120 sek p/p, 90 sek for kids till 13y



### Cabins with bathroom facility in the cabin

- ★ These cabins (Cowboy Stuga and Indian Stuga) have a bedroom on the left, a hallway and bathroom in the middle and a bed room on the right.
- ★ If you only book with 1 or 2 persons, 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. With 3 or 4 persons, you have the whole cabin for your family/group
- ★ Bedsheets, towels are included
- ★ Cleaning is included
- ★ Breakfast you can book extra for 120 sek p/p, 90 sek for kids till 13y

Attention: these cabins do not have a complete kitchen, just 2 bedrooms and a bathroom. But you can make use of the cooking cabin (standing behind the camping cabin). You can also order food at our restaurant in the saloon (breakfast, lunch, dinner, snacks, ice-cream.



**Cowboy cabin:** left room with 2 single beds (can put together as a double bed, in the middle a bathroom, and the right room has a double bed (also possible to make 2 single beds)



**Indian cabin** has 1 room (left) with 3 persons bunk bed (120cm/2 persons/kids down, 80cm/1 person up), foldable table and chair, in the middle the hallway and a bathroom and right 1 room with a 180cm double bed. This Indian cabin is very suitable if the family has 3 kids.

Over-night stay	1 pers/ room - shared bathroom	Total 1 person/ room	2 pers/ room - shared bathroom	Total 2 person/ room	whole Tiny House (2 pers)	Total	Whole Camp. cabin	Total
1 Night	850	850	1300	1300	1500	1500	600	600
2 Nights	700	1400	1000	2000	1300	2600	550	1100
3 Nights	700	2100	1000	3000	1300	3900	550	1650
4 Nights	650	2600	900	3600	1100	4400	500	2000
5 Nights	650	3250	900	4500	1100	5500	500	2500
6+Nights	600	3600	800	4800	1000	6000	450	2700



## Pricelist for season 2025

### **Ranch Groundwork Day**

1000 Sek p/p, group lesson. included lunch, takes from 10.00-16.00/17.00h

### **Horsemanship Lesson in Extreme Trailpark**

500 Sek p/p, group lesson. 2hours

### **Horse Riding Lesson in Extreme Trailpark**

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

### **Horse Riding Ranch Trail**

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

### **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

### **Have fun with horses**

395 Sek p/p, 2 hours activity

### **Kids Brush & Ride**

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

### **Horse Coaching individual**

1200 Sek p/p/session 1½ hour

### **Meditation in the herd and drum session or BE with horses**

100 Sek p/p/lesson: 1-1½ hour

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

**Engrave a nameplate** 30 sek small horse, 50 Sek big horse, 50 Sek round plate, 70 Sek oval plate

<b>Canou/Sub</b>	<b>Drop-off:</b>	<b>Stand up paddle board 1 pers</b>	<b>Canou, max 3 pers</b>
Byn	1h paddling	295	400
Östra Tönnet	1½-2h paddling	395	550
Hornäs	2½-3h paddling	495	595
Alevi	4-5h paddling	595	695
RENT	bring back yourself!	295	350

<b>Over-night stay</b>	<b>1 pers/ room - shared bathroom</b>	<b>Total 1 person/ room</b>	<b>2 pers/ room - shared bathroom</b>	<b>Total 2 person/ room</b>	<b>whole Tiny House (2 pers)</b>	<b>Total</b>	<b>Whole Camp. cabin</b>	<b>Total</b>
1 Night	850	850	1300	1300	1500	1500	600	600
2 Nights	700	1400	1000	2000	1300	2600	550	1100
3 Nights	700	2100	1000	3000	1300	3900	550	1650
4 Nights	650	2600	900	3600	1100	4400	500	2000
5 Nights	650	3250	900	4500	1100	5500	500	2500
6+Nights	600	3600	800	4800	1000	6000	450	2700

**Breakfast** 120 Sek p.p. - kids 90 Sek

### **Campsite incl. shower, car, tax, etc.**

250 Sek camper-caravan-telt/night: extra adult 100 sek, extra child (until 18) 50 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.

**Electra on the campsite** 70 Sek p/night

**Washing / drying incl. soap** 60 Sek p/wash – drying outside with good weather



# Overview map, walking trails and information



## Facilities at the ranch

- 1 **Saloon:** reception, restaurant, bar, shop, pay terminal, music stage, living room with fire place, tourist information, games and books to use, WiFi. Toilet room with 3 toilets, 2 showers, sink and a double kitchen sink, laundry machine & dryer. Outside: porch, terras, BBQ area, campfire place & outdoor cooking.
- 2 **3 Cabins** with shower and toilet, camping cabin 2A, cooking house 2B completely decorated, available for all the (sleeping) guests.
- 3 **Campground** with: picnic places: tipi, chuck wagon/trappers camp, fire barrel at the waterside, grill house, picnic table with roof 3A year places
- ⚡ **Electra** points at the campsite
- 4 **Playground** with: swing set, trampoline, grillhouse 4A, fireplace. (firewood: ask at the bar) 4B
- 5 **Trash/waste** corner, please separate deposit bottles & cans.
- 6 **Canadian canoes** (& subs available)
- 7 **Rafts** with picnic place, fishing possibilities,
- 8 **Stable**, tackroom, garage, night paddock with hay racks and walk in stable, paddock 18x18mtr.
- 9 **Riding paddock** 25x50mtr and round-penn 16mtr.
- 10 **Extreme trail park** with about 30+ obstacles.
- 11 **Western horses**, 20 hectares grass/fields, 15 hectares own forest. **Shooting trail** in our own forest.
- 12 Several hiking trails from the ranch (see map beside)

## To make your stay and that of others as pleasant as possible, the following house rules are used during your stay:

- \* For the cabins: Check-in time after 16h, check-out time before 11h
- \* The cooking cabin is available for all overnight guests
- \* Clean the cooking cabin after using it please!
- \* Sound is to be kept to a minimum between 23-8h
- \* Maximum driving speed at the ranch is walking speed
- \* Don't leave your valuables unattended. We are not responsible for any loss, damages or theft of your belongings
- \* Joining activities and using facilities is at your own risk
- \* Don't leave kids unattended in/at the river
- \* No smoking inside all buildings and on the terras
- \* Please don't bring your own food & drinks in the saloon & terras
- \* Leave the toilets and showers as clean as possible
- \* Please don't go into the horse field without permission
- \* Clean after your dog. Dogs are not allowed in the saloon, terras and horse fields. Please keep your dog on the leash
- \* Respect each other, the animals and each others belongings, also ours!

Emergency number 112, doctor +46 563-47600, medical phone +46 1177

