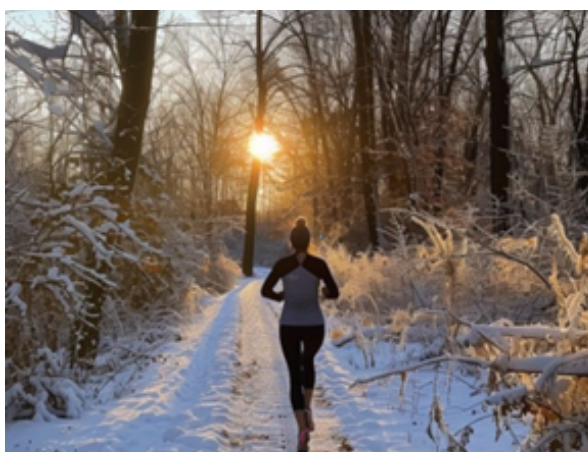




Active adventures

This is event experience the Stockholm archipelago from within!

A complete immersion in the Swedish nature.

Our experienced local guides will lead you on an adventure that will stay with you for a long time.

Try winter swimming or a cold dip in the safe hands of our coaches.

Finish the day with a sauna and a warm beverage

ENVOL SWIMRUN

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Run the Stockholm Archipelago Trail!

Trail running with an optional cold swim

Come run the new Stockholm Archipelago Trail with a coach. Choose between 5, 10 or 20 km.

And why not finish off by trying winter swimming with an experienced coach or just take a quick dip to help tired muscles recover. Warm drinks and sauna at the end of the session.

Running on single track trail in the Stockholm archipelago is a nature experience above the usual. The trail connects the islands in the archipelago and a route can be tailored covering several islands, depending on the group's requests. Our guides know the archipelago from swimrun experience and know how the different islands can offer different experiences.

The running can be easy or challenging, depending on the location, distance and speed!

The cold dip or winter swimming is not only a physical challenge but a mental one! Our experienced coach will take you through the different steps, allowing you to safely take that step outside the comfort zone. Cold water has many health benefits, mental health is absolutely one!

Activity facts:

Duration: 3-6 hours

Location: The Stockholm Archipelago

Season: September - April - In summer we swimrun!

No. of participants: 5-20 persons

Level of activity/previous knowledge required: We adapt the level to the group. some previous experience of trail running recommended.

What to bring: Running clothes adapted for the weather. A change of clothes for after. Swimwear if you wish! Towel.

Whats included in the experience: Professional guides/coaches. Water and warm drinks. For sessions longer than 3h we provide a snack.

Price: 100 - 170 euro/person incl VAT