

TREKKING THE KUNGSLEDEN

The King's Trail through Northern Sweden

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Author: **Mike Laing**

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The world-renowned Kungsleden (King's Trail) is Sweden's longest and most famous long-distance hiking trail, well over half of which lies within the Arctic Circle. This guide describes the 460km route through Swedish Lapland from north to south, from Abisko to Hemavan. Taking around a month to complete, it is presented in 28 stages: these are arranged into five sections – each starting and finishing at a location accessible by public transport – for the benefit of those who do not wish to complete the full route in one go. The trail can be hiked from mid-June to late-September, with the long Arctic days allowing for unhurried walking.

The guide contains all the practical advice needed to complete the trail, as well as interesting background notes on the Arctic landscape. The Kungsleden offers almost unlimited opportunities for wild camping, however, for those preferring to stay under a roof, the entire route can be traversed without a tent and Sections 1, 2 and 5 are fully equipped with Swedish Tourist Association huts, many of which include a shop and a sauna. Unusually, the trail incorporates several lake crossings, where walkers have the option to use rowing boats or avail of motorised boat services – all part of the Kungsleden experience. Full details of these, as well as comprehensive notes on accommodation and facilities, are provided alongside the route description.

The Kungsleden presents an opportunity to experience hiking in the Arctic, showcasing the majestic landscapes of the far north – from sweeping glacial valleys to verdant forests and crystal lakes. It is a unique journey that is sure to leave a lasting impression.

Key marketing points

- One of the world's most famous hiking trails
- Popular with hikers from all over the world

About the author

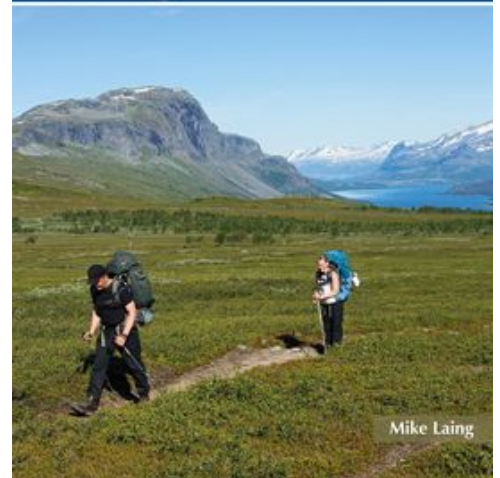
Mike Laing is a freelance mountaineering instructor based in Snowdonia, North Wales. He has travelled, climbed and trekked extensively in Greenland, South America, Africa, Europe and the Himalaya.

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