

Winter 2020

Ice track skating in north Sweden

January - February - March

Björk & Boström Sport Incentive are proud to welcome skate enthusiasts from The Netherlands and Belgium to a unique experience that combines ice track skating on nature ice, with a city stay in north Sweden. Our travel offers ice track skating in beautiful Tavel sjö and hotel accommodation in Umeå - northern Sweden's largest urban city. The 16 km long ice track in Tavel sjö is only thirty minutes by bus from Umeå city center.



Daily program

Thursday 13/2

Check in at Clarion Collection Hotel Uman.
19.00 - Buffet dinner at hotel.

Friday 14/2 – Monday 17/2

08.30 - Hotel breakfast.
09.30 - Bus transfer from your hotel to Tavel sjö ice track. Distance 28 km.
10.00 - Arrival to Tavel sjö.
10.15 - 13.00 – Time for skating on the nature ice track.
13.00 - Lunch at Sundlingska gården.
14.00 - 16.00 - Skating on nature ice.
16.30 - Bus transfer from Tavel sjö to Umeå.
17.00 - Arrival at hotel in Umeå.
19.00 - Buffet dinner at hotel.

* Special arrangement for participants in *Tavel sjörännnet/Tavel sjö ice race 15/2*. Approximate time for competition including price ceremony is 09.00-13.00.

Tuesday 18/2


12.00 - Check out from hotel

THE ICE TRACK IN TAVELSJÖ

Tavelsjö AIK Isbana, located in Tavelsjö about 25 km from Umeå, is perfect for both long distance skating and excursions. In 2019 the track was about 16 km long and 20 m wide. The stretch is divided into two loops with a crossing in the middle, so you can choose to go all or half the distance.


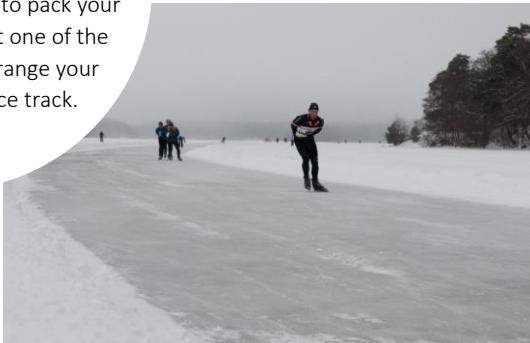

Website: <http://www.tavelsjoisbana.se/>

Facebook page: <https://www.facebook.com/groups/151500228547287/?fref=ts>



A LITTLE TIP!

Take the opportunity to visit Sundlingska or Wärdshuset Prästgården (an inn) for some food or a snack (just make sure they are open). It is also possible to pack your own lunch bag and visit one of the barbecue places or arrange your own seat after the ice track.

Bring your skates and warm clothes, and change on site at Sundlingska gården on arrival.

If you want to rent skates, that is possible at a cost of 15-20 Euros per day.

If your feet are tired, borrow a Swedish kick sled and take a ride around the tracks!



TAVELSJÖRÄNNET – TAVELSJÖ ICE RACE 15/2 2020

On February 15, Tavelsjö AIK arranges the yearly skating race "Tavelsjöräppet". In addition to the ice challenge of 80 km (almost two marathon races), you can choose to participate in the 32 km (long distance), 16 km (exercise, or 8,5 km (youth). All classes are divided into men and women. ***Do you accept the challenge?***



Umeå has a population of 126 000 and is sometimes referred to as the regional center of northern Sweden. Thanks to its university with 35,000 students, the entire city has a very youthful character. It is also a city that has a broad and exciting range of things to offer; breath taking nature, an abundance of shopping, first class restaurants and a rich cultural life. In 2014, Umeå was European Capital of Culture.

Website: [hppt://www.visitumea.se](http://www.visitumea.se)



Clarion Collection Hotel Uman ****

Uman is a unique hotel and a homely accommodation in central Umeå.

The hotel is located next to the beautiful river Umeälven and just a minute away is the pedestrian street and stores.

Breakfast: Enjoy a large selection of organic products. Eggs, bananas, cereals, bread, orange juice, etc – just pick your favourites!

Evening meal buffet: No matter what mood you are in you can always find something delicious here; soup, salad and main.

Clarion Collection Uman, Skolgatan 52,
903 26 Umeå. Telephone: +46 90 12 72 20

Included in package:

- Accommodation in double room at Clarion Collection Hotel Uman
- Full board
- Transports
- Entrance fees to Tavel sjö Ice track
- Contact person at B&B
- *Starting fee for the competition "Tavelrännnet" is included, for those who wish to partake. Sign up for the race by email to gert.coone@gmail.com*

Dates:

2020-02-13 to 2020-02-18 (5 nights, Thursday to Tuesday)

Price:

789 EURO/person. Single room supplement: 260 EURO/person.

*2,67 % EU-VAT will be added. Prices are based on a minimum of 30 persons.

Terms of payment:

25 % payment two weeks after reservation. The remainder to be paid one month before arrival.

Björk & Boström Sport Incentive is one of the largest sports tour operators in Scandinavia with 30 years of experience of top class travel arrangements. If you have any specific request, please do not hesitate to contact us. We look forward to welcoming you to our home town!

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