

Activity Center

Summer 2024

Here you will find Idre Fjäll's summer activities for June 17 - August 25. For an overview of what's happening today, check out "Today at Idre Fjäll" at [IDREFJALL.SE](https://idrefjall.se)

Biking Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
MTB Beginner Course Junior 8-15	10.30-11.50	10.30-11.50		10.30-11.50	10.30-11.50			435 sek
MTB Beginner Course Adult	09.00-10.20	09.00-10.20		09.00-10.20	09.00-10.20			435 sek
MTB Intermediate Course Junior 8-15	13.10-14.30	13.10-14.30		13.10-14.30	13.10-14.30			435 sek
MTB Intermediate Course Adult	14.40-16.00	14.40-16.00		14.40-16.00	14.40-16.00			435 sek
MTB Jump & Downhill Course Junior /Adult			10.30-11.50					220 sek
Pump Track Course Junior & Adult			13.00-14.20					220 sek
Badge Training with Aske			09.00-10.00					100 sek
Aske's Friend Hunt MTB				10:30-11:30				100 sek

Rafting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Glötta Tour from 12 Years with Guardian	08.30-13.30	08.30-13.30		08.30-13.30	08.30-13.30			750 sek
Hotdog on Storån from 14 Years with Guardian						09.00-13.00 & 14.00-18.00		750 sek
Trysil Tour from 14 Years with Guardian			08.30-15.30					1210 sek
Österdalälven Tour from 7 Years with Guardian	14.30-18.30	14.30-18.30		14.30-18.30	14.30-18.30			650 sek

These Activities Require Having Your Own Car

The Mountain Farm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Askes Waffle Party				14.00 - 15.30				200 sek

High Rope Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Red Course	09.30-16.00	13.30-18.00	13.30-18.00	13.30-18.00	13.30-18.00	09.30-16.00		280 sek
Blue Course	09.30-16.00	13.30-18.00	13.30-18.00	13.30-18.00	13.30-18.00	09.30-16.00		210 sek
Green Course	09.30-16.00	13.30-18.00	13.30-18.00	13.30-18.00	13.30-18.00	09.30-16.00		165 sek

Mountain Clubs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Nature Club 4-6 years		09.00-12.00	09.00-12.00	09.00-12.00				480 sek
Mountain Club 7-9 years		09.00-12.00	09.00-12.00	09.00-12.00				480 sek
Adventure Club 10-12 years		09.00-12.00	09.00-12.00	09.00-12.00				480 sek



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Evening activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
BBQ Evening at Gränjestjärn	17.30-19.00							Free
Aske at Torget		16.30-17.00		16.30-17.00				Free
Aske Visit								700 sek
Climbing Wall Try-Out	17.00-19.00				17.00-19.00	13.30-15.30		100 sek

Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Trail Running Introduction to Mountain Running					13.30-15.00			155 sek
Morning Trail with Breakfast				08.00-10.00				355 sek
Water Aerobics	07.45-08.30	07.45-08.30	07.45-08.30	07.45-08.30	07.45-08.30			100 sek
Circuit Training Outdoor Gym at the Ski Stadium			11.00 - 12.00					100 sek
Kids' Gymnastics		13.30 - 14.30		13.30 - 14.30				100 sek
Yoga Session Week 27 - 29		09.30-10.30	16.30-17.30	09.30-10.30	16.30-17.30			220 sek
Yinyoga Week 30 - 33			17.00-18.00					170 sek

Competition

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Barnens springvasa med Aske					11.00-12.00			100 sek
Barnens cykelvasa med Aske					09.30-10.30			100 sek
Differenstävling i pumptracken			15.00					100 sek

Hike

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Food Hike on the Mountain		09.00-13.00						495 sek

Adventure Dreams Husky

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Husky Footbike (from 12 years)	10.00-11.00	10.00-11.00	10.00-11.00	10.00-11.00	10.00-11.00	10.00-11.00	10.00-11.00	700 sek
Husky Hike (250 sek under 12 years)	11.15-12.15	11.15-12.15	11.15-12.15	11.15-12.15	11.15-12.15	11.15-12.15	11.15-12.15	500 sek
	&12.30-13.30	&12.30-13.30	&12.30-13.30	&12.30-13.30	&12.30-13.30	&12.30-13.30	&12.30-13.30	
Husky Dogyard (400 sek 4-16 years)	15.30-17.00	15.30-17.00	15.30-17.00	15.30-17.00	15.30-17.00	15.30-17.00	15.30-17.00	600 sek

Idre Wildtrack Wilderness Tours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
A day in the wild **		11.00-15.00		11.00-15.00				450 sek
Beaver safari**		18.00-22.00		18.00-22.00				450 sek
Fishing day **			09.00-12.00					300 sek
Larstjärnens Family day NEW **					09.00-16.00			450 sek
Bear Hike NEW **			14.00-17.00					350 sek

** 250 SEK for children under 12 years, more info at www.idrewildtrack.com



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Horseback riding	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Evening at the stable				17.00-19.30				450 sek
Morning at the stable					08.00-09.30			350 sek
A Simple Try-Out Riding Session	15.00-17.30		15.00-17.30					975 sek
Mountain top ride			10.00-14.00		10.00-14.00			1475 sek
Midsummer Tour <small>Only during week 25</small>		19.00-22.00	19.00-22.00	19.00-22.00			19.00-22.00	1575 sek
A better day		09.30-16.00						2350 sek
A great time in the nature	10.00-14.00		10.00-14.00	10.00-14.00		09.00-13.00		1475 sek
Knight for a day		09.00-14.00			09.00-14.00			1200 sek
Unicorn Camp	09.00-14.00			09.00-14.00				1200 sek
Ponny Camp			09.00-14.00			09.00-14.00		1200 sek
Adventure Tour Week 26 - 32				14.30-15.15				400 sek

Experience Sami Culture	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Meet and pet reindeer	10.00-11.00	10.00-11.00	10.00-11.00	10.00-11.00	10.00-11.00			250 sek
Hike with reindeer		14.00-16.00	14.00-16.00	14.00-16.00				550 sek
Taste of Sápmi			18.00					1250 sek
Hiking to Maadther Ajjas	12.00-15.00							950 sek

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Idrefjällens Golf Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Friday Golf (Competition)					09.00-16.00			100 sek
Try-Out Golf			13.00-15.00					350 sek
Junior Golf (Training)	18.15-19.30							100 sek
Beginner Course (Green Card)		10.00-12.00	10.00-12.00	10.00-12.00				1995 sek

Other Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
Disc Golf <small>Stadium Idre Fjäll</small>	All day	All day	All day	All day	All day	All day	All day	Free
Rent a disc	All day	All day	All day	All day	All day	All day	All day	50 sek
Rent disc, set of 3	All day	All day	All day	All day	All day	All day	All day	100 sek
Disc Golf Competition								100 sek
Aske Disco <small>(v.23-33)</small>			10.00-21.30			17.00-17.30		Free
Meet Aske <small>Activity Center</small>		13.00-13.30		13.00-13.30				Free



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