

17-21 MAY 2023

HEMSEDAL TRAIL TRIP



Trail trips with Lost Goats

Our recipe for a trail trip is:

- quality time in mountains as main ingredient - we want to spend as much time on the trails as possible and enjoy the nature, take time to stop and contemplate the view or take a dip in the stream.
- adventure - we encourage to get out of the comfort zone always if there is an opportunity! ;)
- relaxed and laid-back - instead of following tight schedules we adjust to situation and needs
- connect with others - great opportunity to know like-minded people, share running stories, talk about races, training, gear etc.



logistics:

17.05.2023

6:30-7am

**packing van/departure
Växjö**

7:30am

Alvesta

9:00

Halmstad Station

11-11:30

Gbg Central Station

18-19:00

arrival!

21.05.2023

12:00-13:00

packing, departure



Pack-list

MUST

- own energy/snacks for the day
- running vest/backpack 10-20l
- waterproof running jacket
- extra wool/other warm long-sleeve
- running clothes acc. to weather (temp 0-10 degree)
- rescue blanket
- headlamp
- power bank
- iSharing app installed
- first aid kit (only if you go Solo)

RECOMMENDED

- extra pair of trail shoes
- gloves
- soft roller if you have one
- buff x 2
- waterproof running pants
- windproof running jacket
- hiking poles
- Injinji socks
- blister patch



We will split into groups acc to running capabilities but every day you can swap to any other group:

- Fika-group - where we take it easy and do 10-20km/day
- Lost-goats-group - where we will move efficiently in mountains doing 30+km/day and lots of elevation.
- Solo - go A to B and be picked up or drive to B and run back by your own - only for experienced mountain runners

After long day of running we will do a rolling session with soft-roller so your muscles regenerate much faster for the next day.

For safety, we might require having STRAVA live beacon or WhatsApp location sharing so please have those 2 apps installed on your phone.

Price
5900kr
(including: transport, stuga, breakfast and dinner)

5490kr
(if you are sign up before 30.1.2023)

+1000kr (if you want to have own room, first come first served)





Accomodation

4 NIGHTS IN CHARMING STUGA

- 200m², 6 bedrooms, 3 bathrooms
- bastu !
- small bubblepool !
- Sovrum nr. 1 Dubbelsäng(ar) (2 platser)
- Sovrum nr. 2 Våningssäng(ar) (2 platser)
- Sovrum nr. 3 Dubbelsäng(ar) (2 platser)
- Sovrum nr. 4 Dubbelsäng(ar) (2 platser), Våningssäng(ar) (1 platser)
- Sovrum nr. 5 Enkelsäng(ar) (4 platser)
- Sovrum nr. 6 Enkelsäng(ar) (3 platser)



FOOD

Breakfast: oatmeal, chia pudding, eggs, bread etc
Dinners: vegetarian (e.g. pasta with pesto; burritos; rice and curry, burgers)

One day we can enjoy food in some local restaurant.

Please note that we are not providing snacks/energy for the day in mountains. Everyone needs something different and it would be not possible for us to meet all individual needs. We will not provide with any drinks.

