

# ICEHOTEL SUMMER GUIDE



ABOUT SUMMER

**ROBIN  
TRYGG**

Northern Sweden with its wild and untouched nature is unique in many ways

SUMMER TIPS

**TEAM  
FAVORITES**

Take part in genuine and personal tips on things you should experience during your summer visit

FUN FACTS

Summer activities to experience at Icehotel

FUN FACTS

Everything you need to know about arctic summer

SUMMER FAVORITE

**MARGAUX  
DIETZ**

The Sauna Ritual was both relaxing and exciting

ICEHOTEL



# ICEHOTEL SUMMER GUIDE

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COVER IMAGE Asaf Kliger



## ARCTIC SUMMER

Average temperature: 16 C  
Hours of sunshine: 24

Summer in Jukkasjärvi, 200 km north of the Arctic Circle, means 24-hour daylight. As the sun never sets, the nights are as bright as the day between mid-May and mid-July. The midnight sun invites you to stay up late and bathe in its golden light.

Climb the mountains around Jukkasjärvi for spectacular views of the Torne River and feel the energy around you. The birds are chirping, the water is bubbling and the treetops are whispering in the wind.

MORE ON ICEHOTEL.COM



PHOTO: Asaf Kliger

## EVERYTHING DIFFERENT

Switch waking up from the noise of big cities to waking up to the rustle of trees, white tablecloths for dinner in the wilderness, blazing beach against dips under the midnight sun.

Let your arctic adventure this summer be a memory for life with Icehotel as your unique starting point.

SUMMER AT ICEHOTEL

## ACTIVITIES TO EXPERIENCE AT ICEHOTEL THIS SUMMER

- SIGHTSEEING ON TORNE RIVER
- FISHING WITH LUNCH
- FISHING ON YOUR OWN
- CANOE
- SUP BOARD
- MOUNTAINBIKE
- SAUNA
- WILDERNESS DINNER
- ICE SCULPTING
- THE EXHIBITION ICEHOTEL
- ICEBAR BY ICEHOTEL

### BY REQUEST:

- WHITE WATER RAFTING
- CHALLENGE PARK
- JUKKASJÄRVI SAUNA RITUAL



PHOTO: Asaf Kliger

## NEWS!

Eat Norrlander pizza at the rustic Old Homestead.



# THE TEAM'S BEST SUMMER TIPS

WHO KNOWS THE SUMMER IN SWEDISH LAPLAND BETTER THAN THE TEAM AT ICEHOTEL?  
Take part in genuine and personal tips on things you should experience during your summer visit.

## ESRANGE VISITOR CENTER

Visiting room that you explore on your own. Suitable for those who are interested in space and research. 25 min by car from Icehotel.

## MIDNATTSSOLSTIGEN

Suitable for those who want to wander near Kiruna center. The terrain is relatively simple, and most people can keep up. 25 min by car from Icehotel.

**TROLLSJÖN** Beautiful place for hikes and cold dips. Suitable for those who want a little longer hike, for families with slightly older children. 1h 55 min by car from Icehotel.

SANDRA, REVENUE & SYSTEM MANAGER

## NATURE IN FOCUS



**ABISKO** National Park in the middle of the mountains. Suitable for families with children of all ages, if you stay closer to the Tourist Station there are nice trails to walk around. Those with older children can do longer hikes. 1h 30 min by car from Icehotel. It is excellent to stop at car parks along the way and wander from there to find a nice mountain side or lake to grill and make coffee at.

**NIKKALUOKTA** Hike, canoe and stop along rest areas for barbecues or fishing. You can hike, some parts reachable by boat, to Kebnekaise Mountain station. 1h 10 min by car from Icehotel.



LUCA, CREATIVE DIRECTOR

## TARFALADALEN

A fantastic valley located "next to" Kebnekaise that is less visited. There is possibilities for accommodation if you want to stay a little longer on site.



## GOOD TO KNOW

**DISTANCE:** 1h 30 min by car from Icehotel

**GOOD TO BRING:** Food and drink, change, windbreaker, gloves and hat

**WHO IT FITS:** Most!

THERESE, COMMERCIAL DIRECTOR

## SUP BOARD ON TORNE RIVER

An experience that is enjoyable for all senses. Gliding across the water surface on Torne River, one of Sweden's four national rivers, is true peace of mind. It is very quiet, except for a fish that reaches the water surface. This is one of the world's best spots for grayling fishing and the fishing water around here is well known. You rest your eyes on mountains, water and beach lined with primeval forest. A short distance away there is a small island - Riimisaari, where you can disembark to swim and bring lunch to grill over a fireplace.

## GOOD TO KNOW

**DISTANCE:** The river is part of our area

**GOOD TO BRING:** Icehotel provides SUP for rent

## WHO IT FITS:

Family with adult children/teenagers  
Couples  
Group of friends  
Solo travelers



MIKAELA, INHOUSE SALES AGENT

## SAUTOSBÄCKEN

A child-friendly bathing spot in Jukkasjärvi with shallow water, which means that most people can take a dip, despite the cold temperatures in Torne River.

## GOOD TO KNOW

**DISTANCE:** Bicycle: 25 minutes  
Walk: 1h and 45 minutes  
Car: 10 minutes

## GOOD TO BRING:

Changed and ready, beach blanket, lunch bag, toilet paper

**WHO IT FITS:** Most!

SANNA, INHOUSE SALES AGENT

## AHAVIKEN

Sandy beach, which gives a feeling of being at Jukkasjärvi Bahamas on days when it is hot and the sun is shining. It is shallow and perfect for families with children.

MIKAELA, INHOUSE SALES AGENT

## LOOKOUT POINT PUIMUNEN

Hike upwards through the primeval forest and experience the magnificent arctic nature up close.

At the top of the mountain the reward awaits - a fantastic view of the entire Jukkasjärvi, Poikkijärvi and Torne River. On a foggy morning you do not see far but otherwise it feels like you are standing among the clouds.

## GOOD TO KNOW

**DISTANCE:** 45 min walk from Icehotel

## GOOD TO BRING:

Lunch bag and especially water. Comfortable shoes/ clothes

## WHO IT FITS:

Family with adult children/teenagers  
Couples  
Group of friends  
Solo travelers







PHOTO: Asaf Kliger

SARA, INHOUSE SALES MANAGER

## THE LOUSSAVAARA TOP

Suitable for those who want to hike and see Kiruna from a higher altitude. When you get to the top you have a fantastic view of Kiruna and can see all the way to Kebnekaise. ●

### GOOD TO KNOW

**DISTANCE:** 25 minutes by car

**GOOD TO BRING:** Exercise clothes, picnic blanket, coffee in a backpack

**WHO IT FITS:**

Family with adult children/teenagers

Couples

Group of friends

Solo travelers



### GOOD TO KNOW

**DISTANCE:** Walking or cycling distance from Icehotel

**GOOD TO BRING:** Lunch bag, fishing license, blanket to sit on

**WHO IT FITS:**

Most!

MIKAEL, MANAGER ADVENTURE

## FISHING IN LAXFORSEN

I recommend fishing in Laxforsen and having a picnic afterwards. There are nice fireplaces and the place is easily accessible even if you are not a physical phenomenon. ●

ÅSA, MARKETING MANAGER

## EUROPE'S OLDEST PRIMEVAL FOREST - APTAS

Halfway to Kiruna center (right next to the Institute of Space Physics) you find the nature reserve Aptasvare Fjällurskog, a unique area in Europe. The 3,3-kilometer-long hike up to Aptasvaara has become a local favorite. On the way up you will pass three peaks: Alanen, Keskinen and Ylinen which are at most 615 meters above sea level.

The hike begins best with a 15-minute drive from the Icehotel to the start of the hike, Mount Aptas. There you begin your hike through Europe's oldest primeval forest, from forest tundra to mountain environment. You see how nature changes around you as you reach higher heights, the trees become bushes and the views are vast.

After about 1.5 hours you reach the top of Aptas, 615 meters above sea level, where you are recommended to stop for a well-deserved fika with a cup of coffee or tea. From the top you have a fantastic view of Kiruna, the city to be moved. You wander down again and reach the parking lot about an hour later. ●

### GOOD TO KNOW

**DISTANCE:** 15 minutes by car from Icehotel

**GOOD TO BRING:** Comfortable clothes, lunch bag and camera

**WHO IT FITS:**

Family with adult children/teenagers

Couples

Group of friends

Solo travelers





CAMILA BIANCO, HEAD CHEF

# WILDERNESS DINNER



PHOTO: Asaf Kliger

## TELL US ABOUT YOUR VIEW ON FOOD IN RELATION TO ENCOUNTERS BETWEEN PEOPLE

– For me it's about bringing people together, telling stories, keeping traditions and creating new memories. I grew up in an Italian family that migrated to Brazil. Even when we grew up and became a large Brazilian family, weekly family events with food, such as Sunday lunches, were almost mandatory.

## TELL US ABOUT HOW YOU AT ICEHOTEL CAN EXPERIENCE FOOD IN NATURE'S ROOM

– Food gathers people, sometimes around a table, but in our case also around an open fire under the breathtaking aurora borealis or midnight sun. The scenery will be either nature itself or a cozy camp



## GOOD TO KNOW

ICEHOTEL has four wilderness camps in connection with Torne River.

A WILDERNESS DINNER is an experience for all the senses.

Here you get the chance to meet one of the well-known guides from Icehotel who tells you about the wilderness and the various natural phenomena that can be experienced in and around Jukkasjärvi.

in the middle of the forest where you can warm up and relax. You can expect the food to be part of the experience. We want you to be a part of it. The guides will proudly describe the facts and traditions behind the ingredients and food.

## WHAT CAN YOU EXPECT ON THE MENU AT AN OUTDOOR ACTIVITY FOR LATE SUMMER AND AUTUMN CONFERENCES?

– Expect the ingredients and elements to be around you... The mushroom you pass, the berry you pick or the fish you catch. We will have fish, game and berries. They are presented dried, fresh, smoked or pickled depending on when you arrive. It will be sustainable, unique, tasty, seasonal and local.



PHOTO: Asaf Kliger DESIGN: Vytautas Musteikis & Kestutis Musteikis

THE WHOLE TEAM AGREES

# ICEHOTEL ART EXHIBITION

A stay or a day visit at Icehotel means an obvious visit to the art exhibition as well as the hotel rooms made of ice and snow. It is open all year around! Entrance to the art exhibition with 18 hand-sculpted suites and an experience room with the story of Icehotel is included if you stay at Icehotel and can be purchased at the reception during day visits.

End the visit with a drink "in the rocks" in the world's first ice bar, Icebar by Icehotel Jukkasjärvi.



PHOTO: Asaf Kliger



“Northern Sweden with its wild and untouched nature is unique in many ways and I hope you will appreciate it as much as I do”



PHOTO: Robban Gustafsson

ADVENTURE

## ROBIN TRYGG

**M**y name is Robin Trygg and during recent years I have traveled the world and climbed some of the world's highest mountains. Incredibly beautiful and magical places, mostly in the heart of the Himalayas.

But the fact is that right now you are in one of my absolute favorite places. Northern Sweden with its wild and untouched nature is unique in many ways and I hope you will appreciate it as much as I do. Take the opportunity now when you are here to pack a backpack with some coffee, all-weather clothes and wander around in these magical environments!

Around the hotel there are many beautiful places to hike. One suggestion is to wander up to the village's best lookout point on Mount Puimunen overlooking Torne River. It is a walk through Jukkasjärvi's fairytale forests where you can take the whole family and be rewarded with endless views at the end.

Personally, I usually wander a lot on Sweden's highest mountain, Kebnekaise. That hike starts from a village called Nikkaluokta located just under 1h by car from Icehotel. A trip from Nikkaluokta up to the top of Kebnekaise and back normally takes 2-3 days and you can stay at the mountain station which offers beds and full board if you want. Through the mountain station you can also book guides that will help you up to the top of Sweden's highest point. If you think it would be a fun spree, I recommend you to visit STF's website and make sure you have the right equipment with you. The weather on the mountain can change quickly, even in summer, but with the right equipment you will get a great tour!

Do not forget to bring a phone with you if you need to get in touch with someone or take some pictures when you are at the top of Sweden looking out over our elongated country. ●



PHOTO: Robin Trygg

### ROBIN TRYGG

**DO:** Adventurer and inspirer

**INTEREST:** Adventures in nature

**FUN FACT:**

At the age of 23, Robin managed to become the youngest Swede ever to reach the top of Mount Everest

THE FOUNDER SHARES

## SUMMER TIP BY YNGVE

**T**he great adventure is to travel down Sweden's national river, Torne River, with a reliable rafter in a rubber raft.

To catch some large graylings during the 40 km long journey and enjoy them roasted over an open fire. Then the guide serves kettle coffee with coffee cheese and blueberry cake. That's a real summer feeling! I have been doing this for 40 years and it is always one of the summer highlights here in Jukkasjärvi. ●

### YNGVE BERGQVIST

**DO:** Entrepreneur and founder of Icehotel

**INTEREST:** Hunting and fishing, skiing, river rafting

**TIPS FOR CREATING SUCCESSFUL CONCEPTS:**

Dig where you stand  
- most things are undone



PHOTO: Asaf Kliger

SUMMER FAVORITE

## MARGAUX DIETZ



PHOTO: Evelina Sigethy

### MARGAUX DIETZ

**DO:** Influencer

**INTEREST:** Padel

**FUN FACT:** Margaux's engagement trip went to Icehotel in March 2021

During her visit at Icehotel, the influencer Margaux Dietz performed our traditional Sauna Ritual. Sauna baths have a long tradition in northern Sweden and the contrasts between hot and cold are said to have health-promoting effects.

Pamper both body and soul while doing the ten steps in our Sauna Ritual, try everything from sauna baths, washing with tar soap, dipping in Torne River and then finish with a wonderful moment in our heated outdoor baths.

- The Sauna Ritual was both relaxing and exciting. Best of all was to guess scents in the sauna and to jump into a hot tub after an icy dip in Torne River, says Margaux Dietz. ●



PHOTO: Asaf Kliger





# LIFE ENRICHING MOMENTS

## SAMI SUMMER

**THE SEASONS ACCORDING TO THE SAMI TRADITION ARE EIGHT, AND THREE OF THEM DENOTE WHAT WE CALL SUMMER.**

**GIJRRAGIESSIE** is an undecided season as it is spring summer. Is it late spring or early summer? One day it's cold, the next it's hot. The sun covers Swedish Lapland with light and everything grows. The first migratory birds arrive. It is an intense part of the year, filled with birdsong and lush plant life. When you walk through the valley up the mountains in the morning, you hardly see a trace of leaves on the branches. When you go down eight hours later, the valley is dressed in green. You basically see nature grow into its summer outfit.

**GIESSIE** is summer as we know it. Apart from calving this is a quiet time of year, a time to recover and grow, at least if you are a reindeer or a reindeer herder. But

it is also a time of discovery. It is during giessie we look at what lies behind the next peak, behind the next bend in the river. We paddle towards the horizon and enjoy the first, sweet cloudberries. We also go to the restaurant and enjoy locally produced food under the midnight sun.

**TJAKTTJAGIESSIE** is harvest time and we collect mushrooms, berries and game. Nature is wrapped in wonderful colors; the morning mist lingers by the lake and it definitely gets colder. Our mushroom baskets are filled with chanterelles and Karl-Johan mushrooms. Hunters bring grouse and moose to the freezer. The Sami choose the reindeer for slaughter. Those who love hiking, running or mountain biking are amazed at how much more oxygen the air seems to hold this time of year. Clear and cold and full of color. The first northern lights appear the night you are looking for some trout to catch. ●

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