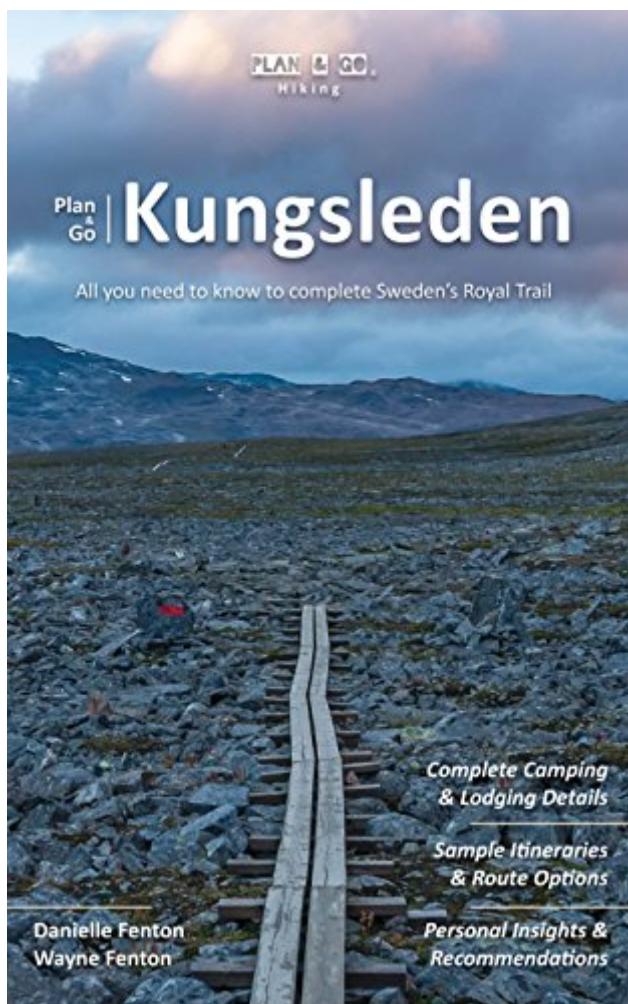


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# Plan & Go | Kungsleden: All You Need To Know To Complete Swedenâ€™s Royal Trail (Plan & Go Hiking)



## **Synopsis**

Plan & Go | Kungsleden is the definitive guide to hiking Sweden's famous King's Trail between Abisko and Hemavan. In a clear and concise manner, the book illustrates the highlights and unique characteristics of the Kungsleden and provides details on all essential planning topics to save you time and effort with your own preparations. Supported by step-by-step instructions and first-hand recommendations, you will be well-equipped and feel more confident about venturing into the Arctic Circle as part of this phenomenal trek. The book provides answers to the following questions (and more): How do I prepare for the trail? When is the best time to go? How many days will it take me? Where to resupply food & water? What are my lodging options? What kind of gear works best? How do I get there and back? In addition, Plan & Go | Kungsleden offers practical advice on athletic training, which food to pack and in what quantities, how to select appropriate gear, and various other essentials for the trail. The book further includes relevant overview maps of the trail and descriptions of popular multi-day section hikes to help you create an itinerary that best suits your personal preferences. The wealth of facts and figures is topped off with the entertaining and motivating account of the authors' own 21-day journey amidst the vast and varied Swedish wilderness.

## **Book Information**

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## Customer Reviews

This book is easy to read and difficult to put down. I didn't read a guide book with this style before and I like it. It passes on useful information the way a friend would. I was already full of enthusiasm for my hike UP the Kungsleden but now I'm desperate to get started. This book is easier to read than the other English language guide to the Kungsleden but it is also different because the authors trekked south to north in the opposite direction to the way most people travel. I could easily imagine that a few years from now, this book will be judged to be THE definitive guide to the Kungsleden and we will see more overseas visitors walking North than South. The book even includes a few helpful Swedish words and phrases for the trail - all I need now is some help with pronunciation. :-) If you're making up your mind whether to walk the Kungsleden, buy this book. If you're looking for inspiration for your next challenge, buy this book. If you already decided to walk the Kungsleden (like I did) and you want to get all the details clear in your planning, buy this book.

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