

THRIVAL present



THRIVE IN TIVEDEN



Embark on a 7-day wilderness trek through the stunning landscapes of **Tiveden**, Sweden, and conquer part of the legendary **Bergslagsleden** route both **on foot** and **by canoe**. Designed to push your boundaries, this **wilderness experience** invites you to step out of your **comfort zone** and foster **personal growth**.

Master **essential wilderness skills** such as firemaking, water filtering, shelter building, and natural navigation through hands-on workshops and experiential learning. Dive into the world of edible plants and animal tracking, immersing yourself in the rich flora and fauna of Tiveden.

But this journey is about more than just acquiring skills; it's about **disconnecting** from the **digital** grind and **reconnecting** with your inner **nature**. Begin your days with invigorating dips in pristine lakes, practice meditation amidst towering trees, and tune into the subtle rhythms of the wilderness.

Forge deep connections with your environment, fellow travelers, and yourself as you tap into your inner explorer and discover the breathtaking beauty of Tiveden. Whether you seek **adventure, knowledge, or a transformative nature experience**, this expedition is perfect for anyone ready to **explore and camp** amidst the stunning lakes and forests of Sweden. Answer the call of the wild, embark on a journey of self-discovery, and **Thrive in Tiveden**. Are you ready?

Practical Information



Date: 8 days, from Saturday 17th of August 6PM to Saturday 24th of August 11AM

Participants: Minimum 8, maximum 12 to ensure a personalized experience

Location: In and around Tiveden National Park, Tiveden, Sweden



Activities & Focus

Trekking and canoeing, wildlife sightings, survival workshops, self development. Wilderness expedition to disconnect from the digital noise and reconnect to nature.

Itinerary Overview

This simplified itinerary gives you some insights into our action-packed schedule.

Day 1 - August 17: Arrival 18.00

- Arrive in Tiveden at camping Stenkallegarden and meet your fellow adventurers and guides.
- Program introduction, equipment check and welcome dinner at our cottage.

Day 2-4 -> August 18-20: Trekking and Workshops

- Start trekking through the untamed forests of the Tiveden National Park and the Bergslagsleden route.
- Learn and test your skills in fire making, water filtering, navigating the forests and shelter building.
- Wake up to the rich wildlife and engage in morning reflection amidst the tranquil wilderness.
- Visit the ancient Tivedstorp in a glade in the middle of the forest with meadows, fresh water and crisp air.
- Cook together by the campfire and camp under starry night skies in the most remote and wild spots.

Day 5-7 -> August 21-23: Mini-Expedition & Canoeing

- Embark on a mini-expedition, exploring the wilderness by canoe.
- Immerse yourself in the serene beauty of Tiveden's lakes and overnight on a remote island.
- Become self-sufficient in the wilderness.
- Conclude each day with campfire stories and shared experiences.
- 24 hour group challenge or solo
- Victory prize

Day 8 -> August 24: Departure 11.00

- Pack your memories as you depart with a newfound sense of connection to nature and yourself.

Accessibility

There are several options to get to the starting location at camping Stenkallegarden.

By car is the easiest. You can park your car for the week.

By plane to Göteborg and subsequently with a scenic train ride to Laxå. Alternatively, you can fly into Stockholm or Linköping and take a train to Halsberg/Laxå.

To allow for enough travel time by both car and/or plane, our program starts Saturday the 17th August at 6PM, and ends Saturday 24th August at 11AM. We support carpooling to lower travel costs, we can help you organize transport.

Who is this trip for?

This trip is suitable for adults over 18 years old who:

- Have a basic level of fitness. During the week, we will move around a lot. Daily distances are between 10-15 kilometers (spread over a full day with plenty of rest breaks)
- Are looking forward to sleep under beautiful night skies in the outdoors
- Are enthusiastic to explore nature and themselves



Price: € 995,- when booking before 1 may 2024, thereafter € 1095,-

Included

- A complete and varied wilderness experience with 2 nights in a cottage (shared bedrooms) and 5 nights camping in the wilderness.
- Sleeping on an island
- Wilderness workshops around fire, water, food, shelter, navigation, wildlife
- Full-time professional guidance by experienced wilderness guides.
- An online meeting with all participants (8-12) prior to departure.
- A follow-up meeting 1 month after the experience
- Breakfast, lunch, and dinner from the dinner on the first day to breakfast on the day of departure, as well as coffee/tea. Vegetarian options are available.
- Use of canoes and wilderness materials during the activities.

Excluded

- Travel costs to/from Tiveden
- Alcoholic beverages
- Travel and cancellation insurance

Your guides

This journey will be led by Giles Vermeire and Katja Kleinveld. They are experts in finding more happiness in life and made a significant change in their lives several years ago to pursue what truly brings them joy and happiness.

Giles is a world traveler, nature enthusiast, and social chameleon. After years of working in cancer research, he transitioned back to nature through trainings as a safari and wilderness guide in Africa and Europe. With his company, Thrival, he offers tailor-made wilderness trips focusing on survival skills and experiential learning to help individuals rediscover themselves. His motto is 'find your nature.'



Katja is an enthusiastic outdoor enthusiast, nature lover, and adventurer. After over 20 years of working as a process improvement manager and trainer, she emigrated to Sweden in 2021 to pursue her dream. Since then, she has experienced many beautiful adventures in Swedish nature. Through her company, UPPTÄCKK, she offers active and creative adventures. Her motto is 'Enjoy life, explore, do, learn, and have fun!'

Bring your own (a detailed packing list will follow once you have signed up):

- Large backpack (minimum 65 liters) to carry all your equipment and food
- Tent (can be rented)
- Sleeping pad & sleeping bag (available for rent if needed)

Frequently Asked Questions

*Q: How **physically demanding** is the trekking portion?* 📖

A: The trekking is moderate with some challenging terrain. Daily hiking and/or canoeing distance are between 7-15km (with a backpack). Participants should have a basic level of fitness. Our experienced guides will ensure everyone feels comfortable and safe.

*Q: What's the **accommodation** like?* 🏠

A: Accommodation is in houses with beds in shared rooms on the first and final night. All accommodations have a kitchen, bathroom and shower. The remainder is in tents and/or basic wilderness shelters. It's part of the experience to immerse yourself fully in nature.

*Q: What **equipment** do I need?* 🎒

A: Essentials include sturdy hiking boots, weather-appropriate clothing, a sleeping bag, a mattress, a tent, and personal hygiene items. A detailed packing list will be provided upon booking. Rental equipment is available upon request, however we suggest bringing as much of your own gear so you

can learn how to use what you have. We go over all gear in our preparation meeting 2 months prior to departure.

*Q: Are **meals** provided?* 🍲🍷🍴

A: Yes, all meals are included and will be prepared as a group using locally sourced ingredients. Standard breakfast and packed lunch is freshly made in the morning. Dinner is cooked daily and varies depending on our activity profile. You can indicate your food allergies and preferences in our question list.

*Q: Will we encounter **dangerous wildlife**?* 🐾🐺🐯🐼🐻

A: Hazardous wildlife encounters are extremely rare and unlikely, nevertheless our guides have the experience and equipment to ensure safety at all times. Moreover, all our guides are wilderness first aid trained.

*Q: Do I need **travel insurance**?*

A: Yes, if you don't already have one, we can help you figure out your options and make recommendations.

*Q: What is the **question lists** that I have to fill in prior to departure?*

A: Our health questionnaire is essential to understand your physical and mental wellbeing. Our insights list is intended to understand your current skill level, prior experience, your worries, and your passions. We do not share any information with third parties.

*Q: Will we have **time** to do our own things?*

A: Yes, definitely. We provide plenty of time for self-exploration and relaxation. Our program is flexible and allows participants to chart their own path of learning and discovery. We set the stage, but we co-create the experience, which always yields the most beautiful results.

*Q: How do I **prepare** for this adventure?*

A: To personalize the experience, get to know each other and provide more information, we'll have a group video call 2 months prior to the experience. This call is not obligatory but recommended as it will sort your remaining questions and make you feel comfortable getting into this experience.

Any more questions? Feel free to get in touch at info@thrival.be