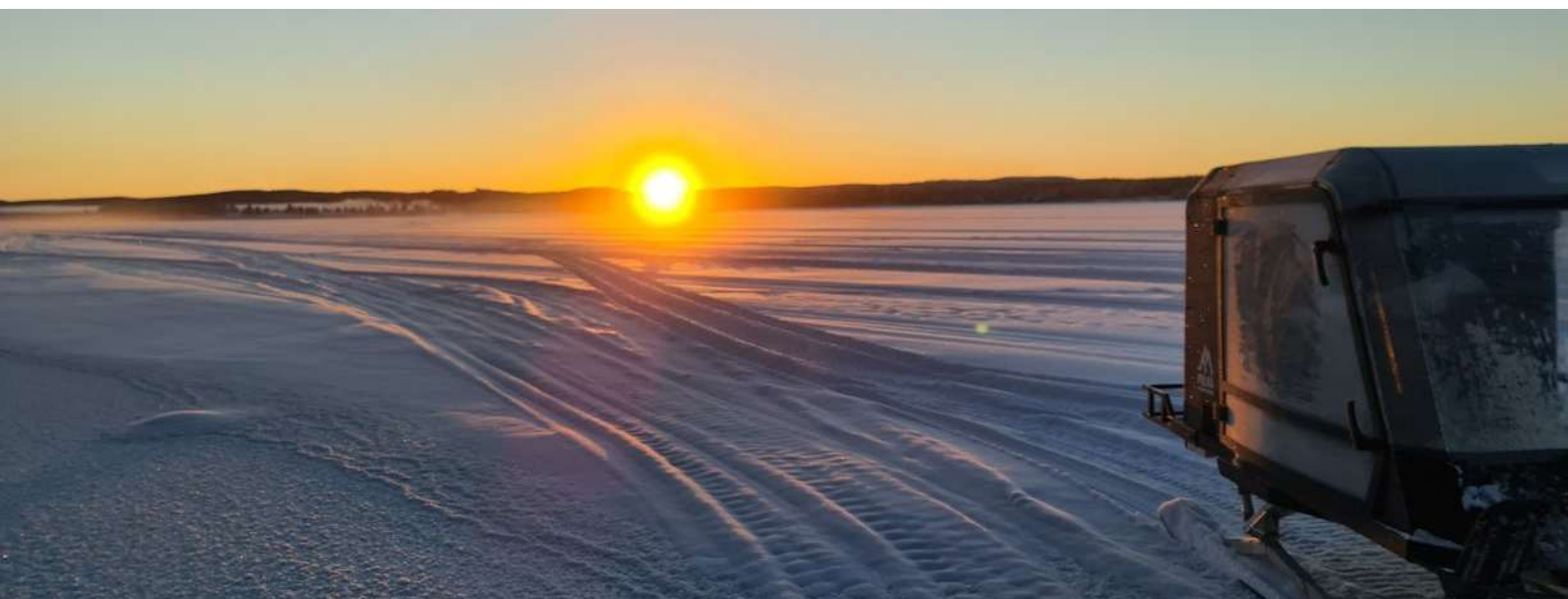




ACTIVITES winter 2025-2026

Villa ÄNG



Discover the carefully curated experiences at Villa ÄNG. All activities are private

Our activities are shaped by local life. They follow the rhythm of the seasons and the quiet ways people in Harads, home to Villa ÄNG, spend their time off – out in nature, around a fire, or gathered for a fika - the Swedish tradition of sharing coffee and something small to eat.

All prices include VAT and a 10% commission for travel agencies.

Sapmi Experience



Spend some magical hours at Anna and Erik's camp at the Arctic Circle. Meet Anna and some of her reindeer, learn about the Sami culture, listen to joik and enjoy a traditional meal from the Sami kitchen in the lávvu.

Anna and Erik are an indigenous Sámi couple who lives the indigenous lifestyle based on reindeer herding. Anna will share her passion for the culture and the reindeer with you.

You will meet some of her reindeer in a corral. Reindeers are curious friendly animals, and you will be able to get really close and feed them.

In the lávvu (tipi, traditional Sami tent) you gather around the fire and Anna will tell stories and you will learn about the Sámi history and culture. Over the open fire a lunch will be prepared. The ingredients will depend on the season and what nature has to offer but it will be local specialties such as fish, moose or reindeer (options for special dietary requirements can be arranged).

You will also get to listen to joik. Joik is the traditional Sami way of singing and to musically tell a story and remember the old times.

Welcome to spend some relaxing hours for all your senses!

Duration:	<i>3 hours plus one hour transfer</i>
Period	<i>December to March</i>
Min/max	<i>Up to 8 persons.</i>
Includes:	<i>Sámi guide, a meal, Encounter with the reindeer</i>
Price:	<i>2750 SEK / person.</i>

Storforsen – the mighty rapids



Come with us to the stately Storforsen, one of the highest unrestricted white-water rapids in Europe.

Let yourself be carried away by a stroll next to the thundering river and enjoy the quieter brooks running out between the rocks. There are footbridges in the area allowing everyone to make their way out to the rapids. There is also a forestry and log driving museum here.

During the visit, our guide will cook you lunch over an open fire and on hot days you can go for a dip in one of the natural pools formed amongst the rocks.

Duration:	<i>5 hours including 1 hour transfer one way</i>
Period	<i>All year around</i>
Level	<i>Easy</i>
Group size	<i>2 – 8 persons</i>
Includes:	<i>Private guide, transfer and lunch</i>
Price:	<i>4400 SEK / person, children 3 – 12 years 25% discount</i>

Ice fishing on a private forest lake



Learn the traditional practice of catching fish through an opening in the ice, on the frozen water. Ice fishing is a big part on the culture in Swedish Lapland. Since the winter is 6 months long, people here learned a long time ago how to catch a fish through the ice. This knowledge has been passed down through generations.

Explore the magic of ice fishing in one of the world's most remote and pristine wilderness settings. Our private fishing adventure takes you to an icy forest lake with beautiful surroundings. Your guide will teach you to drill your own hole through the thick ice and share his best tips on fishing bait and fishing technique.

Duration:	5 hours
Period	November 15th – April 30th (depending on ice conditions)
Level	Medium
Group size	2 – 7 persons
Includes:	Guide, fishing gear, snowshoes, transfer to lake, hot drinks, home baked pastries, locally produced delicacies and an outdoor lunch over open fire.
Price:	3600 SEK / person. Children: 5 – 12 years old 25% discount

Reindeer Encounter – meet the reindeer



This immersive experience will take you deep into the world of these magnificent creatures, allowing you to learn about their history, behaviour, and significance, and interact with them in a beautiful natural setting.

Our knowledgeable tour guide will provide an overview of the tour and safety guidelines. After the introduction you'll be transferred by snowmobile to

the reindeers and a sami from the Kuhmunen family.

This tour promises to be an unforgettable experience for all participants, offering a unique opportunity to connect with nature and gain a deeper understanding of these fascinating animals. Don't forget to bring your camera to capture these special moments!

Note: The tour is subject to change based on weather conditions and the behaviour of the reindeer for the well-being of both the animals and the guests.

Duration:	10:00-12:00, 2 hours.
Period	Winter (December to March)
Level	Easy
Includes:	Guide, snowmobile transfer to the reindeers. Feed the reindeers. Hot drinks, coffee, hot lingonberry juice with home baked pastries.
Price:	4400 SEK / person Children up to 4 years old goes for free, 5-12 years old 25 % discount.

Explore the magnificent arctic forest on skis



Experience an exciting ski tour through the beautiful forestland surrounded by a magical winter landscape

We head out to explore the arctic forest. Our experienced guide leads you through snowy paths and across groves of trees. Experience the quiet and peaceful atmosphere of the forest and enjoy the fantastic nature around you.

The silent ride on the forest skis gives us the opportunity to discover the animals and its birdlife of the forestland.

The guide gives you a thorough briefing and makes sure you are comfortable with the ski equipment. Basic technique tips to improve your skiing in the woods.

Halfway through the tour we will stop for a much-needed lunch and coffee break. Lunch cooked on an open fire with hot lingonberry to drink.

You can sit down and relax in the beautiful surroundings while we enjoy hot food, hot drinks and light refreshments.

Duration:	4 hours
Period	Winter (December to March)
Level	Easy (previous skiing experience is recommended. However, it is not a requirement.)
Group size	2-5
Includes:	Binoculars and ski equipment. Lunch, lingonberry juice and snacks.
Price:	3300 SEK / person

Snowmobile – 5-hour snowmobile safari



Snowmobile safari with wilderness dinner

Guided snowmobile safari through the white winter landscape. Learn how to master the vehicle that is a given part of our culture. Let yourself be intoxicated by speed, wind and a feeling for snow.

After about two hours we will rest and have lunch by the campfire. The journey continues and we will be on the lookout for moose and reindeer on our way

back.

Duration:	<i>5 hours</i>
Period	Winter (December to March)
Level	<i>Easy</i>
Group size	<i>Minimum 2 persons</i>
Includes:	<i>Lunch</i>
Price:	<i>4 900 SEK / person, 2 persons per snowmobile. Single driver upgrade 750 SEK per person.</i>

Snowmobile – 2,5-hour snowmobile safari

Follow us on a guided snowmobile safari through the white winter landscape. Learn how to master the vehicle that is a given part of our culture. Let yourself be intoxicated by speed, wind and a feeling for snow.

After about one hour we will rest, have some coffee and tea by the campfire, and then continue on our journey. If we are lucky, we may catch a glimpse of moose and reindeer.

Duration:	<i>2,5 hours</i>
Period	Winter (December to March)
Level	<i>Easy</i>
Group size	<i>Minimum 2 persons</i>
Includes:	<i>Lunch</i>
Price:	<i>2 500 SEK / person, 2 persons per snowmobile. Single driver upgrade 750 SEK / person.</i>

Fun in the snow



In a snow-covered landscape you will experience the sledge slopes and find out how much fun it really is!

Our guide will meet you at your accommodation and take you out to the slope. After a short run-through, you will be given the opportunity to experience what it feels like to ride a sledge, a toboggan and many other typical winter toys.

While these activities are going on, we will make a fire to barbecue sausages, taste the classic lingonberry juice, coffee and warm chocolate.

Duration:	2,5 hours
Period	Winter
Level	Easy - for the whole family
Group size	Minimum 3 persons
Includes:	Private slope. Barbecue sausages, taste the classic lingonberry juice, coffee and warm chocolate.
Price:	1600 SEK / person

Visit Gammelstad – world heritage site



Visit our UNESCO world heritage site – The church village in Gammelstad

Our guide will take you onto a visit of the old church and the Church Town of 400 ancient cottages. They have their origin in the 15th century and are the origin of the town of Luleå, which had to be moved 15-20 km, in the late 18th century to the east due to the isostatic uplift after the latest ice age, making the

harbour to shallow.

The Church Town got listed by UNESCO in 1996 on the World Heritage Site-list and is unique of its kind both in size and age.

Our guide will meet up at your accommodation for the transport, and the journey will take you to Gammelstad. The guide will take you around the old settlements and tell the story of this World heritage site. Follow us to a highlight of cultural history, in a unique winter environment. After the tour, we will finish off with a lunch before we return

Duration:	Half day
Period	All year
Level	Easy - for the whole family
Group size	Minimum 3 persons
Includes:	Lunch and fika included.
Price:	2 800 SEK / person including 6 % VAT. 25 % discount for children up to 12 years Transfers can be arranged, price from 1600 SEK.

Nighttime safari – northern lights



Experience the winter night in the woodland of Swedish Lapland.

Get amazed by the sound of Swedish Lapland, the sound of nothing. The guide will transfer you to a spot with minimal light pollution which will be optimal for viewing the northern lights if they appear. Learn about the northern lights, the winter and life in the arctic.

Duration:	<i>2 hours</i>
Time:	<i>20:30 – 22:30</i>
Period	<i>September 15th – April 1st</i>
Level	<i>Easy</i>
Group size	<i>Minimum 2 persons</i>
Includes:	<i>Transfer to a private outdoor location. Making fire – heating drinks on the flames, lingonberry juice or tea. Local delicacies – reindeer, moose and homemade pastries.</i>
Price:	<i>2 750 SEK / person, 3-12 years 25% discount</i>

Wild Edible Plants – a Guided Flavour Walk



Wild herb expert and culture guide Eva Gunnare from Essence of Lapland will take you on a meadow walk to connect with nature and discover the green treasures growing in the area.

Eva shares her foraged herbs turned into flavourful treats and pure, healthy products. Taste pine, meadowsweet, birch, angelica, juniper, and more while learning about local traditions. The tour ends with homemade herbal tea and small bites seasoned with Arctic herbs, a tasteful way to experience the region's culture and nature.

Duration:	2,5 hours
Location:	Villa ÄNG
Period	All year
Level	Easy
Group size	2 persons
Includes:	Unique treats from nature, nature guiding around Villa ÄNG.
Price:	3945 kr/p 2-4p. 2180 kr/p 5-8p. children aged 6-12 pay half price. Children aged 0-5 stay free of charge. For families with at least two adults,

Arctic Herbs Workshop – Make your own Remedies



Create your own organic balm and herbal tea to enjoy in the sauna or take home. Forager and herb expert Eva Gunnare guides you through the scents and flavours of local herbs and berries, helping you craft your personal tea blend and healing body balm from natural ingredients. The activity ends with a cup of your own tea and some tasty treats.

Duration:	2,5 hours
Location:	at Villa ÄNG
Period	All year
Level	Easy
Group size	Minimum 2 persons
Includes:	A bag of herbal tea to take home, homemade beeswax balm to take home, and traditional Swedish fika.
Price:	3945 kr / person 2-4 persons 2180 kr / person 5-8 persons

Ice fishing on private lake



Learn the noble art of ice fishing and try the best fishing spots on a private lake only for you. Our experienced fishing guide, who also has Sami heritage and broad knowledge of nature and animals, will teach you all the tricks of the trade. The main fish you will try to catch is arctic char, but you can also get redfin perch.

By the lake, there is a Sami grilling hut with a warming fire inside. Outside, both young and old can try snowshoe walk.

The guide will be providing all the equipment required, guiding you whilst fishing and serving a grilled sandwich with smoked reindeer meat (or veg alternative) made over the fire, and hot beverages and pastry to keep spirits up out on the ice.

There is also a toilet, which like the whole activity is accessible to mobility disabled.

Please let us know before if you have any disabilities or food allergies we need to know.

Temperature limit: -30 °C

Duration:

approx. 3 hours

Period

December through April. The activity requires strong ice and dates are due to change.

Level

Easy

Includes:

Private lake, equipment required, fishing guide, grilled lunch sandwich, pastry and hot beverages. Transfer about 15 minutes one way by car is included from Harads.

The last part of the way you go with us in a snowmobile sledge through a winter fairy tale forest landscape.

Price:

2300 SEK / person, child under 12 year 50% discount, child under 3 years for free.

Reservations must be made at least one week before the planned activity for guaranteed participation. Exceptions are made based on availability. Cancellations the day before the activity is charged 100%.

Moose Safari



We go by car on forest roads in the area around Harads to search for the “king of beasts” in the wild. If we’re lucky we will also see other animals as fox, reindeers and forest birds. Some guests even have seen a bear! Along the way we stop for a cup of coffee/berry juice and home baked pastry. The guide has Sami heritage, has worked as a forest

conservationist and has a lot of knowledge about animals and nature.

Duration:	2,5 hours
Period	<i>All year</i>
Level	<i>Easy</i>
Group size	2-4 persons
Includes:	Experienced guide, drinks and snacks.
Price:	2300 SEK / person, children 4-12 years 50% of the price

A day of dog sledding



Frosty Trails is a family-run eco-touristic husky farm located on the Arctic Circle in Swedish Lapland. The day begins with a warm drink by the fire as your guide helps you gear up and introduces you to dogsledding. You’ll then meet the eager huskies and head out on a 15–20 km ride through frozen lakes and boreal forest, either riding with a guide or mushing your own team.

After the tour, help feed the dogs before returning to the log hut for a fire-cooked lunch and stories about life on the Arctic Circle. Spend some final moments with the dogs before saying goodbye after an unforgettable day.

Duration:	Approx. 5 hours
Time	10.00 -15.00
Period	Winter
Level	<i>Easy to medium, minimum age 12 years</i>
Group size	2-6 persons
Includes:	Lunch, hot drinks, clothes,
Price:	3900 SEK / person - ride on the guide’s sled 4500 SEK / person - much your own team, shared sled

Tailored Arctic Experiences

We arrange activities on request. Below are three of our suggested experiences. Please contact us for other bespoke requests

Ice Driving

Experience the thrill of mastering car control on ice in the Arctic wilderness. Guided by professional instructors on carefully prepared ice tracks, you'll learn precision, focus, and skill behind the wheel in breathtaking winter surroundings. A unique adventure combining adrenaline, learning, and the serene beauty of Lapland.

Reindeer Gathering by Helicopter

Experience an authentic glimpse into Sámi reindeer herding life together with a local herder from a nearby forest Sámi community. Depending on the season, you may witness the autumn and winter reindeer gathering or the summer calf marking. Travel by helicopter from Villa ÄNG, a short 10-minute flight or by car to the herding area, where you are welcomed as an observer and guest. This carefully arranged visit is conducted with full respect for Sámi traditions, land, and regulations, offering a rare opportunity to learn about one of the Arctic's oldest living cultures in its natural setting.

Helicopter Picnic Experience

A once-in-a-lifetime adventure that combines breathtaking views with pure Northern simplicity. Guests lift off directly from the grounds of Villa Äng and soar over the frozen rivers, forests, and mountains of Swedish Lapland. After landing in a secluded wilderness location, perhaps on a snowy plateau or beside a frozen lake, a picnic awaits, prepared by villa Ängs chefs. The picnic reflects the spirit of Villa Äng: simple, elegant, and rooted in the Arctic. Open fire, warm drinks, local delicacies, and silence as far as the eye can see.

Villa ÄNGs Signature Experiences

Discover Villa ÄNG's own collection of experiences designed to connect body, mind, and place. From mindful movement and wood-fired sauna rituals by the river to culinary gatherings, fireside conversations, and seasonal visits from local personalities, each experience reflects our philosophy of presence, warmth, and authenticity.

We believe true luxury is found in connection — with nature, with people, and with meaning.

Santa Claus visit

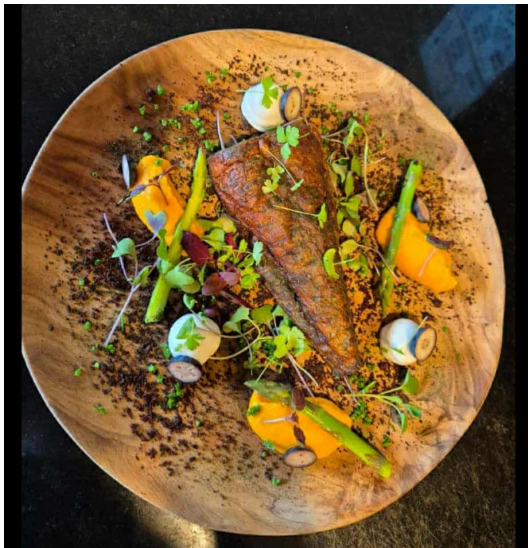


Make your December visit unforgettable!

While staying with us, you can book a magical experience the whole family will love, a personal visit from Santa Claus! He'll stop by the villa with festive cheering, stories, and maybe even handing out a few gifts. Add a touch of Nordic Christmas magic to your holiday – book your Santa visit today!

Duration:	1 hour
Time	On request
Period	Winter
Location	Villa ÄNG
Group size	2-10
Includes:	Gifts
Price:	3000 SEK

Food activities with Villa ÄNGs chefs



Masterclasses:

Fine Dining 3-Course

Step into the Villa Äng kitchen for an immersive fine dining journey led by two professional chefs, Simone and Samuel. This premium masterclass takes guests behind the scenes of creating a gourmet three-course menu, focusing on the techniques, timing, and creativity that define high-level dining.

Duration:	6 hours
Group size	Up to 6
Price:	4500 SEK/Person

Pasta - *An Italian-Nordic culinary journey at Villa Äng*

Two chefs, two perspectives and a deep dive into the art of pasta. Guests learn to make fresh dough from

scratch, shape classic varieties such as tagliatelle and ravioli, and prepare authentic sauces. Samuel and Simone guide through both Italian tradition and creative fine dining approaches, making this a dynamic and fun masterclass.

Duration:	4 hours
Group size	Up to 6
Price:	4500 SEK/Person

Pizza - *An authentic Italian pizza experience at Villa Äng*

Learn the art of authentic Italian pizza from Chef Simone, who brings the flavours, traditions, and stories of Italy straight into the Villa Äng kitchen. This masterclass cover dough, fermentation, sauces, toppings, and baking techniques

Duration:	4 hours
Group size	Up to 6
Price:	2500 SEK/Person

Ice Cream & Sorbet - *A hands-on frozen dessert experience at Villa Äng*

Learn the secrets of making world-class ice creams and sorbets. Guided by a professional chef, guests discover how to balance flavours, textures, and techniques to create frozen desserts that are both rich and refreshing.

Duration:	3-4 hours
Group size	Up to 6
Price:	2500 SEK/Person

Wood-Fired Sauna rituals



The Villa ÄNG Sauna & Ice Collection

A collection of sauna experiences in our wood-fired sauna by the Lule River.

The Social Sauna Ritual – Drinks & Fire

A warm and joyful evening where heat, fire, and laughter meet. Guests move through sauna rounds with birch whisks, salt scrub, and herbal steam, cooling off in the icy river between sessions. The ritual ends by the fire with a local craft beer or herbal infusion — relaxed, authentic, and full of good spirit.

Duration:	2,5 hours
Group size	2-5
Price:	2500 SEK/Person

The Silent Sauna Retreat – Breath & Ice

A meditative, silent ritual focused on breath, presence, and stillness. Guided breathing by the fire leads into deep sauna rounds and brief plunges into the icy river, cultivating calm focus and inner strength. The evening closes in silence with warm tea and reflection by the fire.

Duration:	2,5 hours
Group size	2-5
Price:	2500 SEK/person

The Arctic Endurance Experience – Snow, Fire & Ice

Embark on the ultimate arctic ritual, a powerful journey through snow, heat, and ice. Begin with a peaceful snowshoe walk to a secluded riverside sauna, followed by guided breathwork, sauna rounds, and full ice bath immersions. End the evening by the fire with herbal tea and a deep sense of renewal.

Duration:	4 hours
Group size	2-5
Price:	3600 SEK/Person

Morning Breathwork & Ice Bath Ritual - A revitalizing Arctic morning practice

Begin the day with energy and clarity. Gather by the fire for guided breathwork to prepare body and mind, followed by a focused 1–2 minutes immersion in the icy water of Lule river. Warm up in the sauna, take a second dip if you wish, and finish the ritual by the fire.

Duration:	Ca 2 hours
Group size	2-5
Price:	1800 SEK/Person

Safety & Participation

Sauna rituals and ice bathing involve exposure to heat and cold and may not be suitable for everyone. Guests will be fully guided throughout each session but participate at their own risk and are responsible for assessing their own health and physical condition. If you have any medical conditions, please consult your physician before participating and inform your guide.

Massage and Healing Treatments

All massages and treatments are performed at Villa ÄNG.

Relaxation Massage / Classic Massage

Gentle, restorative treatments designed to release tension and promote deep relaxation.

Hot stone massage

A deeply soothing treatment where smooth, heated stones are used to warm and relax the muscles. The gentle heat helps relieve tension and calm both body and mind.

Duration:	45 minutes	60 minutes	90 minutes
Price:	1000 SEK/Person	1200 SEK /Person	1500

Reiki healing

A gentle, hands-on energy treatment based on the Japanese tradition of Reiki, meaning “universal life energy.” This holistic method treats body and mind as one, encouraging deep relaxation and balance. The treatment is performed fully clothed for maximum comfort and warmth.

Duration:	60 minutes	90 minutes
Price:	1200 SEK/Person	1500

Combination Treatment

A rejuvenating blend of massage (30 min) and Reiki healing (60 min), restoring both physical and energetic balance.

Duration:	90 minutes
Price:	1600 SEK/Person

Natural facelift

Detta är en djupgående och avslappnande behandling som är det perfekta, icke- kirurgiska A deeply relaxing and revitalizing facial using products from *Care of Gerd*. The treatment combines cleansing, facial massage, cupping, and Gua Sha to stimulate circulation, lymph flow, and connective tissue. It offers a natural lifting effect, eases tension headaches and jaw tightness, and enhances the skin's natural glow.

Aromatouch

A luxurious aroma-based massage using essential oils from *doTERRA* to restore balance in the body's nervous system and support its natural healing processes. The treatment helps detoxify, strengthen the immune system, and harmonize the body's inner rhythms.

Duration:	70 minutes
Price:	1400 SEK/Person

Medical yoga

A therapeutic yoga practice combining gentle movements, breathwork, relaxation, and meditation. It aims to calm the mind, enhance body awareness, and support the balance of the nervous and hormonal systems.

Duration:	80 minutes
Price:	1600 SEK/Person

Body and Mind Experiences with Yessica Lövbrandt



Together with Yessica Lövbrandt, we will offer activities that are creating moments that bring body, mind, and surroundings closer together.

Silent meditation in nature

Join Yessica Lövbrandt for a silent, guided meditation walk through the forest. Moving slowly and quietly in the nature, participants are invited to reconnect with nature through all their senses, cultivating awareness and calm.

The experience gently supports a shift in the body's nervous system from the sympathetic "fight or flight" state to the parasympathetic "rest and restore" mode. As science indicates, through silence, slow movement, and mindful attention to the forest environment, the body naturally lowers stress hormones, heart rate, and tension, allowing deep relaxation and mental clarity to emerge.

Body awareness with live music

Led by professional dancer Yessica Lövbrandt, this session explores mindful movement to connect deeply with the body. Through slow, intuitive exercises accompanied by live piano music performed by her son, participants are guided to cultivate focus, presence, and embodied awareness.

Duration:	80 minutes
Group size	2-6
Price:	2500 SEK/person

Meet the Founders of Treehotel – An Inspiring Local Story



As a guest at Villa ÄNG, you're invited into the home of Britta and Kent Lindvall – the visionary founders of the world-renowned Treehotel.

Over coffee, tea, and homemade pastries, you'll hear the captivating story of how an idea born in a small village became an international travel destination. Learn about the journey from dream to reality – the challenges, the breakthroughs, and how strong local

roots, bold architecture, and heartfelt hospitality turned Harads into a place visited by guests from around the globe.

Duration:	1,5 hours
Time	On request
Period	Winter
Location	Harads, just a 2-minute walk from Villa ÄNG
Group size	Up to 10
Includes:	Coffee, tea and homemade bread
Price:	2 guests - 1750 SEK /person 3-5 guests - 1250 SEK / person 6-10 guests - 850 SEK / person

Booking request:

booking@villaang.se

CEO & founder

jenny.isaksson@villaang.se

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Villa Äng AB



https://www.instagram.com/villaang_sweden/

www.villaang.se

Villa ÄNG

