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Top “Silent Travel” experiences that don´t leave you needing a holiday to recover from your holiday

In the ever-evolving landscape of travel, the concept of "silent travel" emerges as a refreshing trend, offering a tranquil escape from the hustle and bustle of modern life. As highlighted in Conde Nast Traveller's 2024 travel trends article, silent travel is gaining momentum as travellers seek immersive experiences that rejuvenate the soul without leaving them in need of a holiday to recover from their holiday.

With Sweden renowned for its pristine landscapes, serene wilderness, and commitment to sustainability, it stands as an ideal destination for those seeking the quietude and solace of silent travel. Here we explore Sweden's top silent travel experiences, where the whispers of nature and the tranquillity of the surroundings create unforgettable moments of inner peace and reflection.

- **Aurora Safari and Floating Safari Camp**

The summer months have a very special charm in theArctic region of Swedish Lapland. In early June through to mid-July experience the Midnight Sun, where the sun shines for 24 hours aday, a truly magical time to travel to explorethis outdoor playground. From mid-July to August experience foraging at its best during the berry-picking season and in late August the Northern Lights return for a beautiful Autumnal experience of longer

days full of beautiful colours and nights which are dark and devoid of light pollution, enough for the Aurora to appear.

Cost from: SEK 11 110 per nt for two people full board 1st Jun-19 Dec 2024 incl. kayaks, paddle boards and fishing equipment.

Web: https://www.aurorasafaris.com/

Press images available on request.

- **Arctic Retreat**

Tucked away deep in the forest at thefoot of the Raven Rapid in the Råne River valley is Arctic Retreat. This is a hiddengem in Swedish Lapland that offers a personal and exclusive stay in luxury log cabins. With a back-to-nature feeling, warm hospitality and delicious local cuisine this riverside retreat allows you to reconnect with the peace of the naturalworld around you.

Cost from: SEK 10 000 per night for 2 people, full board incl. use of canoes, bikes, and fishing equipment.

Web: https://arcticretreat.se/

Press images available on request.

- **Vildmarksbyn (Wilderness Village)**

Eden Wilderness Village lies in the heart of the forest in Värmland, central Sweden in a protected nature reserve. The surroundings offer magical forests, lakes, watercourses, and hills. Here you can enjoy sleeping in a wilderness cabin, prepare food over an open fire, walk in the deep woods and take a sauna under starry skies. Many come for relaxation and rejuvenation, others to experience the adventure of a lifetime.

Cost from: SEK 1950 per nt per cabin, 1st Jun-30 Sept 2024

Web: https://www.vildmark.se/en/wilderness-village/wilderness-village/

Press images available on request.

- **Väderöarnas Värdshus (The Weather Islands Inn)**

Far out in the sea sits Väderöarnas Värdshus. An inn with 22 hotel rooms and 53 beds. A breathtaking beautiful oasis in the middle of the sea. One of Sweden's westernmost group of islands, Väderöarna (“The Weather Islands”) is a group of islands in the West Sweden archipelago. It is a nature reserve where you can hike, swim, watch seals and seabirds and enjoy really fresh seafood.

Cost: B&B from SEK 1395 pp. The full board Väderö package incl. sauna & hot tub starts at SEK 1995 p.p.

Web: https://www.vaderoarna.com/en/

Press Images: https://vastsverige.imagevault.se/myselection/index/dequur5kag

- **Dalsland Stugbåtar** (Floating Cottage Boats)

Take the dream of staying in a little red cottage by the lake one step further Experience the freedom of a holiday on the lake! This is more than just a houseboat. Explore the waterways and lakes of Dalsland spending time truly disconnected in nature, because that’s where we all belong.

Cost: SEK 2,500 per day (Minimum booking 2 nights) PLUS a linen/cleaning package of SEK 750 per stay. This package includes bed linen, gas, drinking water, toilet paper, towels and cleaning of the cabin. Stay for at least 7 nts and get a 20% discount. Breakfast can be arranged at cost of SEK 150 pp (min. 2 people).

Press Images: https://vastsverige.imagevault.se/myselection/index/xooc86root

- **Stockholm´s Guide to Silence**

Peaceful nature can be positive for health and well-being. Guide to Silence is the guide to areas and places in the city that offer a combination of sound quality, silence and green experiences. The guide presents 19 parks from north to including 11 nature areas with 65 walking trails. We have 2 recommendations: Aluddsparken at Stora Essingen, a small green park with a fantastic view of Lake Mälaren located at the far end of Stora Essingen, protected from the noise of the city. Secondly, in the heart of the city is Sinnenas Trädgård (Garden of the senses). A calm, green oasis in the middle of the big city. The scents, the colours, the rippling water and the gravel crunching underfoot in this mature garden. The garden is a tool both for rehabilitation and habilitation. It has a therapeutic value, partly for treatment but also for stimulation and activity. Sinnenas Trädgård is a place that promotes the quality of life.

Cost: FREE

Web: https://www.naturkartan.se/sv/stockholmsstad

Press images: https://mediabank.visitstockholm.com/selection/15e2ec8966cb6b915c434748b11329a0

- **Wood Wise Cabins, West Sweden**

Far from busy roads, it is the sounds of nature that rule here. Beautiful footpaths can be found within their 40 hectares of land which is managed with biodiversity as a guiding light. Every season offers its beauty and opportunities such as berry and mushroom picking, sunbathing and swimming, bird watching, canoeing and rowing, skiing, skating and much more.

Web: https://www.woodwisecabins.se/home/

Press images: https://vastsverige.imagevault.se/myselection/index/quu15deesi

- **Inforest**

Stay off-grid in comfort, in the forest of West Sweden

Cost: For two people including breakfast SEK 2,590 per night in Esther, Ebbe and Vilgot. Rufus is slightly cheaper and costs SEK 2,290 per night. Minimum stay 2 nights. A stay of three or more nights is SEK 200 cheaper per night.

Web: https://www.inforest.se/?lang=en

Press images: https://vastsverige.imagevault.se/myselection/index/sehi28thoo

https://www.dropbox.com/sh/b8xapamg6cyi6fa/AABStf91M9mZmOisD1by8TzCa?dl=0

Press Images for all these silent destinations are available on request

Other wonderful choices include:

- **Hyssna Forest Resort**

Close to nature, carpenter-built, sustainable accommodation in the forest of an old family-run farm in West SwedenCliffhang Cabin: SEK 4,500 for 2 people/night, Treetop Cabin: SEK 6,200 for 2 people/night + SEK 1,600 for each extra person (max 4 people) and Creek Cabins: SEK 6,200 for 2 people/ night + SEK 1,900 for each extra person (max 4 people). The price includes breakfast, spa bath, bathrobe, towel etc. However, SPA baths are not included in Cliffhang.

- **Sju Sjöar (7 lakes)**

Sju Sjöars is located at the end of the road in an enchanting valley in West Sweden, with peace and nature right outside the door. Here you can enjoy nature and its beautiful spectacle in all its seasons, it is located away from everyday stress, here you will find peace, power and creativity. We are located at the end of the road, so no passing cars other than those that drive into our farm. Cost: SEK 900 for a double room, self-catering. SEK 150/person for breakfast which must be booked separately.

- **Pevon Ecoturism**

Located in the middle of Vättlefjäll nature reserve on the historic farm "Björsjöås Vildmark" in West Sweden. The tents are located in the middle of the forest. Cost: 2-man tents from SEK 1995/night or 3-man tents from 2195/night

- **Swedish Country Living**

Reconnecting to nature is a perfect way to invigorate your connection to the planet. A few days living off-grid in a beautiful Hermitage with your favourite person is all you need. A beautiful holiday in Dalsland, W. Sweden, accommodation for large families in a fully equipped large country house or opt for an intimate off-grid stay for two in stunning Hermitage cabins. Apart from our sheep, it's almost always silent here. Sometimes planes fly far above and on very busy weekends you might hear traffic in the distance if the wind is blowing in the wrong direction. Price 1 night with breakfast 2 pers.: 3950 SEK, 2 nights all-inclusive 2 pers. 10600 SEK

Press images for all these other choices: https://vastsverige.imagevault.se/myselection/index/poos45quit

Visit Sweden has an official assignment from the Swedish government to market Sweden as a destination. Our vision is that

Sweden by 2030 is the world's most sustainable and attractive destination built on innovation. Now more than ever, purposeful travel needs to be meaningful, conscious and creating lasting value with regard to our guests, the local community and our planet.

Welcome to Sweden, a destination of a different nature.

https://corporate.visitsweden.com/om-oss/en/

Additional assets available online: Photos (9)

https://press.visitsweden.com/2024-04-11-Top-Silent-Travel-experiences-that-dont-leave-you-needing-a-holiday-to-recover-from-your-holiday