VILLA FREGN

where winter becomes wonder



Your winter, so many possibilities

From a quiet journey through enchanting snowy scenery to a family adventure: create your own winter at Villa Fregn. We help you choose according to your wishes, experience and winter conditions.

FIVE WAYS TO DISCOVER WINTER

SNOWMOBILING	guided introductory rides, longer outings or multi-day adventures.
SNOWSHOEING	explore snowy nature independently or with a guide.
MOONBIKE	try an electric snow bike on an introductory session or a longer guided ride.
WINTER ATV & UTV	explore with a guide; UTV options also suit families.
CROSS-COUNTRY SKIING	three trails start at the hotel, two suitable for beginners. Take a lesson or go independently.

AND SO MUCH MORE

ACTIVE OUTDOORS

downhill skiing, backcountry skiing, electric fatbiking and ice fishing.

WITH ANIMALS

dog sledding, husky hikes, kennel visits, horse riding, horse-drawn sleigh rides, animal visits and reindeer experiences.

FUN FOR ALL AGES

children's snowmobiles and ATVs, toboggan runs, ice karting, swimming, FlowRider, sledging and campfires at the hotel.

SPECIAL MOMENTS

multi-day expeditions, sleeping under the stars, Sámi culture and nature and cultural excursions.

DISCOVER YOUR POSSIBILITIES

This brochure offers a taste of Villa Fregn. Find our winter experiences and practical details in the winter guide at the back.

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Winter in our blood

Here in Norway, people say winter runs in their blood. For us, that is exactly why it is the most beautiful time of year.

Winter means heading out, embracing nature in its snowy, frosty coat, and bringing out the snowmobiles, sledges and huskies again.

It is time to breathe pure air, move and pause, feel the cold on your skin and warmth within.

Winter is adventure, stretching your limits and discovering how enchanting the world can be. It is also relaxation, caring for body and mind, enjoying delicious food and sharing unforgettable moments with family and friends.

For us, winter is a story. You are warmly invited to help write your own—alone, as a couple, with family or friends.

Here, winter is a wonder!

A heartfelt welcome!
Bart & Ellen, Ilena and Vidar



A hotel with character

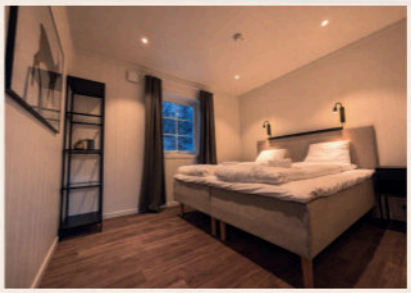
Skåret's former village school near Ljørdalen has become a small, welcoming hotel surrounded by Norwegian nature.

THE ROOMS

Eleven rooms and 29 beds are spread across two buildings. In the main building, Sætra, Slogen and Almen each have a private bathroom. Bråtåfallet and Småkara can together form a family section with its own hallway, bathroom and two toilets.

The six annex rooms combine Norwegian design with river views. Each sleeps two, with space for an extra bed in the living area, and has a sitting area, terrace and bathroom with a rain shower. The annex also has a lift.





RIVERSIDE WELLNESS

Warm up in our wood-fired panoramic sauna and riverside hot tub. Holiday-home guests can book the wellness facilities too. Around the hotel are a covered barbecue hut and campfire spots.





YOU COME FIRST

We welcome you personally and take time to make your stay enjoyable. From a warm arrival and a lovely meal to practical help: expect attentive service, personal advice and heartfelt hospitality.

Enchanting cabins

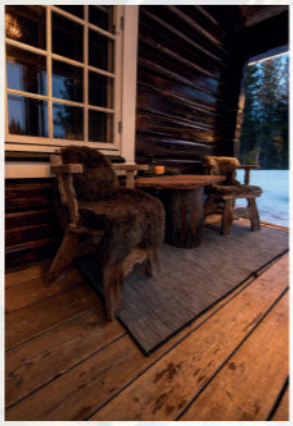
Five inviting holiday homes—hytter—each with their own character. Some are within walking distance; others offer extra peace in nature. We help you choose.

HYTTE SKÅRET

Up to five guests, 500 m from the hotel. Bedroom with bunk beds; in the spacious living room, a bunk bed with a double lower bed. Kitchen, bathroom and fireplace.

COSY COTTAGE

Up to six guests, 150 m away. Three bedrooms, kitchen, bathroom and living room with a wood-burning stove.





TØMMERHYTTE SKÅRET

Up to six guests, 700 m away. Three bedrooms, kitchen, bathroom and fireplace. Jacuzzi included.

CABIN IN THE WOODS

A peaceful house for up to six, with three double bedrooms. Plenty of room to unwind.

FREGNHYTTA

Up to eight guests, four bedrooms, well-equipped kitchen, living area and bathroom. Sauna included.

Nature all around

Silent forests, snow-covered plateaux and water turning to ice…

Villa Fregn is near Fregn Nature Reserve and the Swedish border. Across the border lies Fulufjället National Park. Together, these forests and mountains offer a remarkable setting for walks, nature and genuine relaxation.

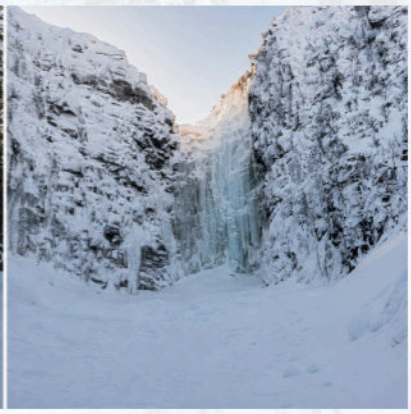
WATERFALLS & WIDE HORIZONS

Bråtåfallet and Njupeskär become enchanting winter landscapes, shaped anew by snow and ice. We help assess which route is possible during your stay.

Nearby winter walking areas include Skårbekkdalen and Brattfjellhamaren. Storbekkåsen is an entry point to the Norwegian national park. Short explorations or demanding plateau tours depend on experience, wishes, snow and daylight.







ACROSS THE BORDER

A Swedish day out brings villages, nature and local culture: Särna, Nipfjället and Renbiten. Closer to Villa Fregn, old trapping pits and the Støa Canal reveal the past. Ask about a suitable drive or excursion.

Food is half the experience

“Maten er halve føda”: food nourishes the body, while sharing a table nourishes our sense of togetherness.

Norwegian winter cooking traditionally favours hearty broths, game, fish and slow-cooked dishes—food that restores energy and warms you after a day outside.

At Villa Fregn, we prepare homemade dishes, preferably with local ingredients that express our region’s flavours.

FROM BREAKFAST TO DINNER

Start with a generous, carefully prepared breakfast. In the evening, we serve a homemade three-course dinner. Holiday-home guests are welcome too.

Lunch is also available on Fridays, Saturdays and Sundays. Reserve meals ahead so we can accommodate allergies and dietary needs.



COOKING & EATING OUTDOORS

An open fire in the snow, freshly cooked fish or meat and time to enjoy it together. We can help arrange it: book a complete barbecue package for our barbecue hut.



Active in the snow

Whether you are stepping onto skis for the first time or venturing deeper into the wilderness, there is room to enjoy winter at your own pace.

Go independently, take a lesson or join a guide. Choose a gentle introduction or a multi-day adventure.

SNOWSHOEING

Walk into the silence alone or with a guide. Options include a short introduction, a longer walk with an outdoor lunch or several days of adventure. Route and difficulty suit the group and conditions.

CROSS-COUNTRY & BACKCOUNTRY

Three trails begin at the hotel; two suit beginners. Take a lesson, explore independently or join a guide in untouched snow beyond the prepared trails. A pulka is available for young children.

DOWNHILL SKIING

From family-friendly Fulufjellet to Trysil, Stöten and Sälen, there is plenty of choice. We help with lessons, equipment and lift passes, and can arrange a multi-day ski package on request.



Winter adventure

SNOWMOBILING

Explore with a guide in a small group. Choose an introductory ride, a longer outing with stops or a multi-day adventure. We follow permitted routes suited to weather, snow and experience.

WINTER ATV & UTV

Guided winter tours on studded tyres let you discover the area. UTVs also offer options for families and groups. We discuss the best arrangement in advance.

HUSKIES & HORSES

Meet huskies on a walk and kennel visit, or glide through the landscape by dog sled. Prefer horses? Choose a ride at your level or an atmospheric horse-drawn sleigh trip.









Winter fun

FATBIKE & ICE FISHING

Explore independently on an electric fatbike or join a guided ride. For something quieter, discover ice fishing on a nearby lake.

YOUNG ADVENTURERS

Children can try a small snowmobile or ATV on a private course. Sledging at the hotel or on the long toboggan run adds to the fun, letting children discover winter their way.

ANIMALS & SÁMI CULTURE

Meet huskies, visit an animal farm or enjoy a reindeer experience with an introduction to Sámi culture. Options vary by provider; we help find a suitable outing.

KARTING & WATER FUN

Try ice karting in Sälen, go swimming or take on the waves of a FlowRider. There is something for everyone, outdoors in the snow or indoors in the warmth.



Ready for winter

Norwegian winter is beautiful, but preparation matters. Warm clothing, suitable footwear and equipment make outdoor days comfortable.

At Villa Fregn, you can hire down jackets, thermal suits, winter boots, snowshoes and cross-country ski equipment. Ski hire includes boots and poles. Some guided activities already include the necessary equipment.

Tell us at least one week ahead what you need, including your height, weight, clothing size and shoe size.

WHAT TO BRING

- Thermal underwear and warm insulating layers.
- Windproof and waterproof jacket and trousers.
- Warm hat and gloves or mittens.
- Sturdy winter footwear and warm socks.
- Snow or ski goggles against bright light.
- Indoor shoes or slippers.
- Swimwear.

Travelling with children? We have a range of sizes for them too and help you choose suitable clothing and equipment.



Practical information

LOCATION & GETTING HERE

Villa Fregn is in Skåret near Ljørdalen, in Norway's Trysil region, close to Sweden.

Fly to Scandinavian Mountains Airport (SCR), about one hour away, or Oslo Gardermoen (OSL), about 3–3½ hours away. You can also drive and travel by ferry. We help with routes, hire cars and transfers on request. Arrange transport ahead and allow extra time in winter weather.

ARRIVAL & YOUR STAY

- Winter opening: usually early December to around mid-April.
- Check-in from 15:00; check-out by 11:00.
- No outdoor shoes in the hotel or cabins.
- Dogs only by agreement in suitable cabins; not in the hotel.

RESERVATIONS & CONTACT

Find current availability and accommodation prices in our website booking system. Request the current activity price list by email or phone.
When booking, provide arrival time and wishes for meals, activities, equipment and transport, plus allergies, dietary needs and children's ages.

Villa Fregn
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www.villafregn.com



ACTIVITIES & PRACTICAL INFORMATION

Winter guide

SNOW & NATURE

From a gentle introduction to a full day in the snow.



Four ways to experience the snow. Choose your pace; we help you prepare.

01 SNOWSHOEING

Explore quiet forests and mountains independently or with a guide, according to experience and fitness.

Guided duration: 1½, 3–4 or 6–7 hours.
Includes snowshoes, poles and a warm drink; lunch on the long trip.
Difficulty: easy to challenging.

02 CROSS-COUNTRY & BACKCOUNTRY

Three trails start at the hotel; two suit beginners. Backcountry awaits beyond the trails.

Independent skiing or private lessons.
Lessons: 1½, 3–4 or 6–7 hours.
Reserve equipment hire ahead.
Pulka available for young children.

03 DOWNHILL SKIING

Choose Fulufjellet, Trysil, Stöten or Sälen. We arrange lessons, equipment and lift passes. Multi-day ski packages also possible.

Advance booking; prices on request.

04 ELECTRIC FATBIKE

Wide tyres and electric assistance for winter roads, independently or guided.

Without guide: 4 hours, helmet included.
Guided: 3 hours, minimum 2 participants, electric bike included.
Agree ages and heights beforehand.

All activities depend on availability, weather and conditions.

Request the current activity price list.



Put some speed into winter

GUIDED ADVENTURES

From a first experience to a journey through winter scenery.

Choose your vehicle and experience. Participation requirements are agreed beforehand.

01 SNOWMOBILE

Beginners welcome. Follow the guide on permitted routes adapted to conditions.

Options: 1½, 2½ or 3–4 hours.
Shared or solo riding.
Includes guide, fuel, clothing, helmet and driving instruction.
Confirm driving licence and participation requirements beforehand.

02 MOONBIKE

Discover electric snow riding on the course or head further out with a guide.

Introduction: 1 hour.
Guided tour: 2 hours.
Clothing, helmet and instruction included.
Ages 16+.
A distinctive Villa Fregn experience.

03 WINTER ATV & UTV

A guided ride with a short walk to frozen waterfalls and a warming campfire stop.

3 hours.
ATV or UTV according to group.
Includes guide, fuel, clothing, helmet and something warm by the fire.
Price depends on vehicle and occupancy.

04 YOUNG ADVENTURERS

Mini-snowmobile or children’s ATV on a closed course with safety instruction.

30 minutes or 1 hour.
Helmet and safety briefing included.
Suitability depends on height and weight; agree supervision beforehand.

Activities depend on availability, weather and conditions.

Request the current activity price list.



UNIQUE AT VILLA FREGN

Moonbike

ELECTRIC ADVENTURES IN THE SNOW

Try the electric snow bike on a closed course or take a longer guided ride along snowmobile routes.

FIRST EXPERIENCE

One hour on the closed course: an ideal introduction.

LONGER TOUR

Two hours with a guide on snowmobile routes.

Let’s find the experience that suits you!

WINTER GUIDE



Animals & shared adventures

EXPERIENCE IT TOGETHER

Warm encounters, fast sledges and fun for all ages.

From close-up animal encounters to cosy indoor fun: there is something for everyone.

01 HUSKY HIKE

Walk for 2–3 hours with your own husky and learn about the dogs, the pack and mushing.

Sausages and warm drinks included.

02 KENNEL VISIT

An accessible introduction to the huskies, with time to learn and meet the dogs.

Around 1 hour; light snack included.

03 RIDE WITH THE MUSHER

A professional musher drives the sled. A family experience with dogs and a campfire stop.

2–3 hours; around 8 minutes' drive away.

04 DRIVE YOUR OWN SLED

Two people share a sled for 8–10 km, with the option to change drivers halfway.

2–3 hours; conditions agreed beforehand.

05 HORSES IN THE SNOW

Winter horse riding, a daytime sleigh ride or an evening torchlit trip with dinner in a tipi.

1½ hours; evening outing 2–3 hours.

06 MORE WINTER FUN

Toboggan run, ice karting, animal encounters, reindeer and Sámi culture, swimming or FlowRider.

We help find what suits your group.

Offerings and departure points vary by activity and partner.

We gladly help you choose and book.

WINTER GUIDE



Extraordinary moments

LONGER · QUIETER · DEEPER

For those who want more than an ordinary winter day.

Head into the wilderness, spend a night outdoors or slow down on the ice.

01 TWO DAYS IN THE WILDERNESS

With backcountry skis and/or snowshoes, explore the winter landscape around Fulufjellet with a guide.

2 days.
Basic skills and reasonable fitness required.
Stay in a mountain hut or winter camp.
Private trip; discuss in advance.

02 SNOWMOBILE EXPEDITION

A guided multi-day adventure adapted to the group, experience, route and weather.

2–6 days.
Two-day option: shared or solo riding.
Guide, clothing, helmet and transport included.
Fuel and accommodation charged separately.

03 SLEEP UNDER THE STARS

Walk to a quiet overnight spot, make a fire and experience winter wilderness close up.

Sleep outside or in a winter tent, depending on weather.
Includes guide, dinner, warm drinks and complete camping and sleeping equipment.
Maximum 6 participants.

04 STILLNESS ON THE ICE

Make a hole, cast your line and enjoy the quiet with help from a guide.

2 hours; minimum 2 participants.
Guide, fishing equipment and warm drinks included.
Fishing permit extra.
Overnight stay in a wilderness hut also possible.

Multi-day trips are adapted to experience, weather and group.

Request prices and availability ahead.

PLANNING & CONDITIONS

Good to know

PLAN TOGETHER

Tell us what you would like to experience. We coordinate activities, equipment and travel time with your stay, group and conditions. Early booking gives the widest choice; the final programme follows confirmation of availability.

ACCOMMODATION CANCELLATION

For hotel rooms and holiday homes:

- Two months or more beforehand: free cancellation.
- Between two and one month: 50% of accommodation costs.
- Within one month: 100%.

This also applies to no-shows and early departures.

ACTIVITY CANCELLATION

For activities booked through Villa Fregn:

- 28 days or more beforehand: free cancellation.
- Fewer than 28 but more than 14 days: 50%.
- 14 days or fewer: 100%.

Current prices, participation conditions and the booking confirmation take precedence. Travel and medical insurance are recommended.

Questions, or ready to plan your winter? We are happy to help.



VILLA FREGN