
VILLA FREGN
summer at your own pace
Book your adventure
www.villafregn.com

WELCOME TO LJØRDALEN

# Your summer, so many possibilities

A river on your doorstep. The Norwegian and Swedish mountains on the horizon. And every day, the freedom to choose what suits you.


03—05 **AT HOME AT VILLA FREGN**

Personal hospitality, hotel rooms and inviting cabins.

06—08 **A TASTE OF SUMMER**

Nature across the border, shared meals and time by the river.

09—11 **WATER & WALKING TRAILS**

Packrafting, SUP, fishing, mountain walks and waterfalls.

12—15 **YOUR SUMMER GUIDE**

ATV tours, cycling, animals, partner activities and multi-day adventures.

16—19 **WELL PREPARED**

Getting here, staying with us, packing and planning your holiday together.









Active days. The pleasure of doing nothing. Here, there is room for both.

# A summer to share

## Hei hei, welcome to our little family paradise!

The scent of the forest after a summer shower. The sound of the Ljøra beside the hotel. A long evening that invites you to linger outdoors. This is summer at Villa Fregn.

Here in Skåret, we bring our family dream to life every day: a warm welcome, good food and nature enjoyed your way. There is space for adventure, but also for peace and a good conversation.

We take time to plan your days together. Your first packraft trip? A walk to a hidden waterfall? Or a longer hike across the mountains? Tell us what you dream of.

You do not need a packed schedule. Sometimes peace, nature and silence, an unhurried breakfast, a lovely walk and a sociable evening around the table are quite enough.

The finest memories are made when a holiday brings together adventure, tranquillity and nature.

*A heartfelt welcome!*
*Bart & Ellen*
*and our children Ilena and Vidar*



SLEEP & UNWIND

# A hotel with character

Skåret’s former village school has found a new life. Today, it offers the warmth of a small, personal hotel.



CHARACTER IN THE MAIN BUILDING



NORWEGIAN DESIGN BY THE RIVER

### ELEVEN ROOMS, EACH WITH ITS OWN ATMOSPHERE

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

The six rooms in the annex have a sitting area, terrace and private bathroom with a rain shower. Each accommodates two guests, with space for an extra bed in the living area. The annex has a lift.

### WELLNESS BY THE LJØRA

After a day outdoors, enjoy our wood-fired panoramic sauna and riverside hot tub. Guests staying in our holiday homes can also book the wellness facilities. Tell us your wishes in advance so we can arrange a suitable time.







**Breakfast is included in your hotel stay.**

# Enchanting cabins

Five holiday homes, each with its own character. Choose cosy surroundings near the hotel or greater seclusion in nature.







Your own kitchen.
A place to feel
at home together.

**HYTTE SKÅRET · UP TO 5 GUESTS**

About 500 m from the hotel. A bedroom with bunk beds and a bunk bed with a double lower bed in the living area. Kitchen, bathroom and fireplace.

**COSY COTTAGE · UP TO 6 GUESTS**

About 150 m away. Three bedrooms, kitchen, bathroom and living room with a wood-burning stove.

**TØMMERHYTTE SKÅRET · UP TO 6 GUESTS**

About 700 m away. Three bedrooms, kitchen, bathroom and fireplace. Jacuzzi included.

**CABIN IN THE WOODS · UP TO 6 GUESTS**

A peaceful holiday home with three double bedrooms. Ideal for space and tranquillity.

**FREGNHYTTE · UP TO 8 GUESTS**

Four bedrooms, a well-equipped kitchen, living area and bathroom. Its distinctive sauna is included.

Enjoy the freedom of your own kitchen and garden, surrounded by greenery and quiet. If you prefer a little pampering, add breakfast, dinner or wellness at Villa Fregn. Extras must be booked in advance.

Ask which house suits your group. Bed linen, cleaning and any pets are agreed when booking.



# Two countries.
# One magnificent landscape.

## Here, nature knows no national borders.

Villa Fregn is in Skåret, near Ljørdalen and the Swedish border. Mount Fregn gave our hotel its name. Forests, rivers and the vast Fulufjellet mountain landscape surround us.

**NORWAY: FORESTS, SILENCE AND MOUNTAINS**

Explore the Norwegian side via Storbekkåsen and local walking trails. Climb from the forest into a world of rock, low vegetation and far-reaching views.

**SWEDEN: NJUPESKÄR AND NATURUM**

The waterfall and Naturum visitor centre offer another perspective on the same mountain landscape. Make time for stories about the forest, water and life on the plateau.

Fulufjellet in Norway and Fulufjället in Sweden together form a continuous national park area across the border. One mountain massif, one connected nature experience: discover both sides.

**MAKE IT A SWEDISH DAY OUT**

Combine nature with Särna’s old church, the scenery of Nipfjället or an introduction to Sámi culture at Renbiten. Ask us for a suitable driving itinerary.

Discover Fulufjellet and Sweden’s national parks.

MATEN ER HALVE FØDA

# The taste of summer

Fresh air makes you hungry. After a wonderful day, few things beat sitting down to a thoughtfully prepared meal.






HOMEMADE FOOD · LOCAL FLAVOURS · SHARED ENJOYMENT

### FROM BREAKFAST TO DINNER

Start slowly with a carefully prepared breakfast. In the evening, we serve a homemade three-course dinner at 19:00, with coffee or tea. We enjoy cooking with local ingredients and adding our own touch to familiar flavours. The menu changes; the photographs offer a taste of our kitchen.

### CABIN GUESTS ARE WELCOME TOO

Join us for breakfast or dinner by prior reservation. Lunch is also available in high season; ask for current opening days and times.

### COOKING AND EATING OUTDOORS

A barbecue, picnic or outdoor cooking session makes time in nature even more memorable. Ask about our barbecue hut and suitable outdoor spots.






**Reserve dinner by 12:00 on the day.**
**Please tell us about allergies and dietary requirements when booking.**



TIME TO BE OUTSIDE

# Let the river set the pace.

A paddle in the water. Forest drifting past.
And, for a while, nowhere else you need to be.

# Out on the water

From gentle floating to a guided journey along the Ljøra.



01

## Packrafting on the Ljøra

Discover the river with a guide. Adults can also try an introductory whitewater experience, learning to steer and handle currents under expert guidance.

River trip: usually around 10–12 km. With children: a suitable multi-person boat on request. Equipment: life jacket; drysuit in cold conditions.

02

## SUP on a quiet lake

Find your balance and enjoy the greenery. Hire a SUP for the small lake near Villa Fregn. Gjetsjøen near Østby is another lovely suggestion for a summer day on the water.

Bring swimwear, a towel and dry clothes. Wind and water temperature determine suitable conditions.

03

## Packraft hire

Discuss your experience and route with us. Combine a shorter paddle with a walk back, or ask for transport support between the start and finish.

Hire by arrangement. Transport support costs extra. Agree the route, water level and equipment with us beforehand.

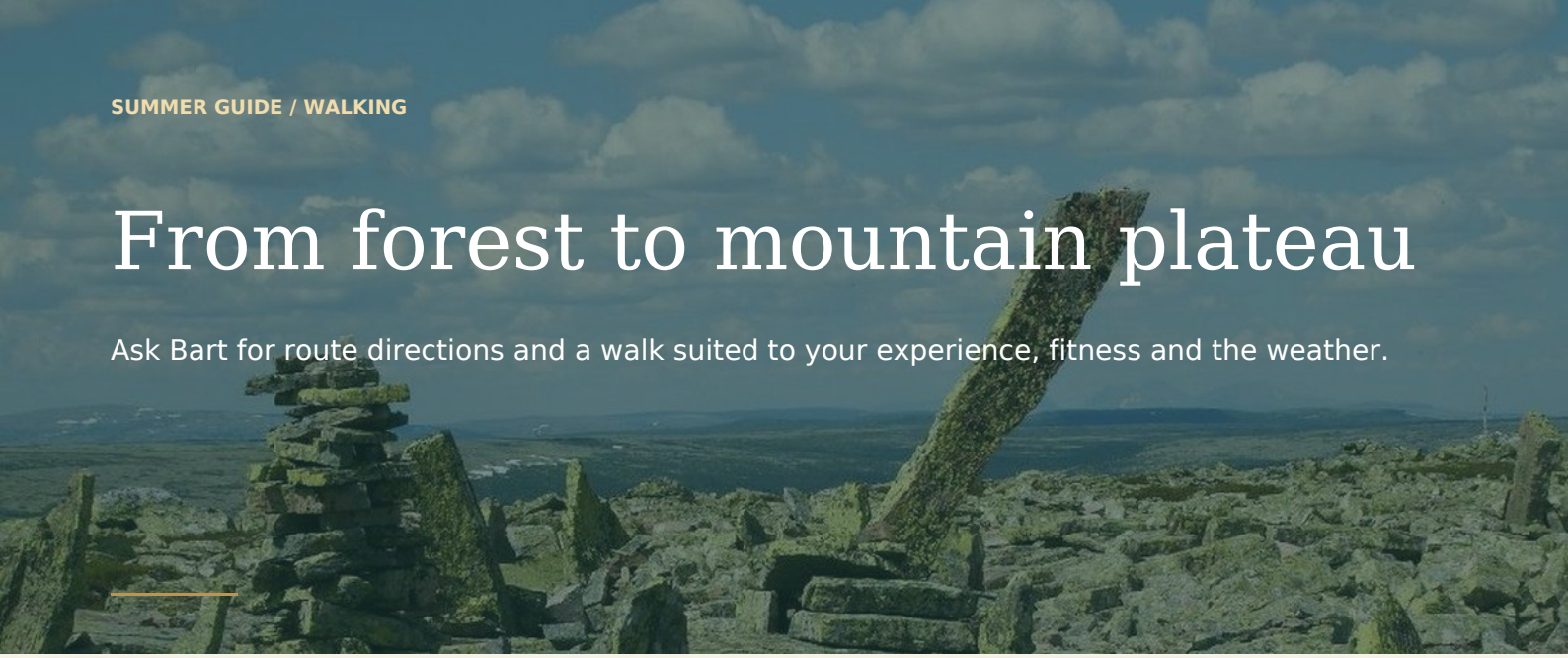
04

## Fishing & fly fishing

Tell us beforehand whether you prefer fly fishing or conventional fishing. We choose a suitable option together; fly fishing is offered with a specialist guide.

Provide your experience, height and shoe size. Our regular fishing excursions end after 15 September. Fishing location, permit and equipment must be agreed in advance.

Drysuit socks need suitable protective footwear. We adapt clothing advice and routes to the conditions.



# From forest to mountain plateau

Ask Bart for route directions and a walk suited to your experience, fitness and the weather.

### SMÅKARA

**Around 3–12 km, depending on the starting point.**

Rock formations, open plateau and distant views. Starting higher up allows a shorter walk.

### BRATTFJELLHAMAREN

**4.5 km from Villa Fregn; 2 km from the upper car park.**

A summit near Mount Fregn with sweeping views. Even the shorter route is a mountain walk.

### SKÅRBEKKDALEN

**Around 9 km, for experienced walkers.**

A forest circuit with steep sections, ideal if you enjoy a more energetic walk.

### STORBEKKÅSEN

**Distance depends on the chosen route.**

The Norwegian gateway to Fulufjellet. Follow the stone steps to the viewpoint or discuss a longer plateau hike.

### EXPLORE FURTHER

**Day trips at your own pace**

Discover Skagsvola or walks around Trysilfjellet and Fageråsen at your own pace. We help you choose according to travel time and effort.

Distances are indicative figures from our route descriptions. Ask about the best starting point and current conditions before setting out.

# Three moments of wonder

A short local outing or a day across the border: water never loses its fascination.



**BRÅTÅFALLET**

A beautiful local waterfall, about eight minutes’ drive away. Allow roughly 45 minutes for walking and enjoying the view. We provide route directions.



**GRONKJELDA**

A lesser-known place nearby. Ask us how to get there and which path is suitable. An easy addition to a day of other plans.



**NJUPESKÄR**

On the Swedish side of Fulufjället, the waterfall drops 93 metres, including 70 metres of free fall. The classic walk is about 4 km. Combine it with Naturum or a longer plateau hike.

Njupeskär is about 40 minutes’ drive away. Ask about access, especially early in the season. Driving times are approximate.

# Put some energy into your summer

Under your own steam, with electric assistance or on a guided ATV tour.



### GUIDED ATV & UTV TOURS

Explore suitable forest roads and paved roads. We stop for short walks to waterfalls, viewpoints and other beautiful places, making discovery part of the journey.

We discuss drivers, passengers, suitable vehicles and participation requirements beforehand. A snack and drink are part of the package described in this summer brochure.

### FATBIKE & E-BIKE

Hire a bike for half a day or a full day, or join a guide. We help choose a route. Provide heights, experience and your preference for electric assistance in advance.

### MOUNTAIN BIKING IN TRYSIL

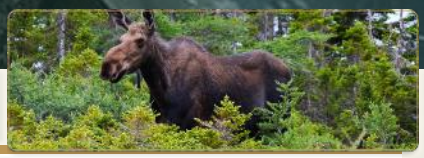
Purpose-built trails, bends and playful features make Trysil a great cycling destination. Start on green trails and build up gradually. Hire, lift access and opening days vary by operator and season.

### DAMAGE EXCESS

Participants in motorised activities are liable for a damage excess of NOK 12,000.

# The forest is alive

Slow down and look closely to discover more. A guide helps you read the landscape.



01

## Looking for moose

On an evening drive, we scan the forest edges together. Your guide explains moose habitat, behaviour and tracks.

Usually 2–3 hours. Departure depends on season and light. A small snack and drink are included.

02

## Following bear tracks

A guided nature walk for those comfortable walking off established paths. We look for signs and learn about brown bears.

Usually 3–4 hours. Bring sturdy footwear and walking clothes. The focus is nature knowledge and tracks, not a guaranteed sighting.

03

## Husky hike

Meet the dogs and their handlers. Walk with a husky and learn about the pack and its preparations for winter.

Through a partner; book ahead. Usually 2–3 hours. With children, agree distance and supervision beforehand.

04

## More animal encounters

Ask about Bosse & Friends, a horse ride or a llama walk. We coordinate your wishes with local providers.

On request and subject to availability. Discuss ages, experience and expectations. Llama walks may depend on participant numbers.

Wildlife decides whether to appear. We promise an attentive nature experience, not a sighting. Keep your distance and let animals be.



# Even more summer fun

For a holiday day filled with water, heights or a new challenge, through our partners.

01

## Rafting

Paddle together, feel the waves and have fun. Ask about family rafting or a more adventurous trip.

Agree the family option and age requirements beforehand.

02

## Canyoning

Follow the water through a gorge with an experienced guide. For those who enjoy an active challenge.

Discuss suitability and equipment in advance.

03

## High ropes

Among trees, over obstacles and at different heights: Høyt & Lavt Trysil has courses for varied abilities.

Sturdy shoes required; requirements vary by course.

04

## Horse riding

Explore from the saddle. We find a suitable ride through a local riding centre.

For longer rides, discuss lunch and drinking water.

05

## Play & swimming

An adventure park in Trysil or an indoor swimming day provides variety. There are options on the Swedish side too.

Ask about current opening days.

06

## A day made for you

Combine an activity with a lovely stop along the way. We help plan travel time, food and a pace that suits your group.

Book partner activities before arrival.

Programmes, prices, age limits and included meals vary by provider. Relevant details are supplied when you book.

# Stay outside a little longer

A multi-day trip gives you time to get to know the landscape.

### TWO DAYS IN NATURE

Go further with a guide than on an ordinary day walk. Discover forests, mountains and local stories. At day’s end, make camp together and take time to prepare your meal.

### A NIGHT IN A MOUNTAIN HUT

A walk to a mountain hut is a lovely way to experience the highlands. On the Swedish side, walk from Naturum towards the plateau huts. We help with route choice, availability and a suitable outward and return journey.

### TENT, HAMMOCK OR UNDER THE STARS

Hear how different the evening sounds when you sleep outdoors. We adapt the trip, equipment and sleeping place to your experience and the season. Summer evenings often stay light until late.







### TELL US WHAT SUITS YOU

Children or adults only? First outdoor night or experienced hiker? How far would you like to walk, and what comfort do you want? We prepare a proposal covering equipment, meals and guiding.

# The journey is part of the holiday

By car and ferry, across the bridges or via Oslo: choose your way here.

### FLYING TO OSLO GARDERMOEN

A practical starting point for a summer holiday with us. Continue by hire car towards Trysil and Ljørdalen. Allow around 2 hours 45 minutes, depending on route, traffic and stops. A car is useful for local excursions too.

### YOUR OWN CAR & FERRY

Make the outward journey part of the holiday. Consider Color Line’s Kiel–Oslo service or a crossing from Denmark to Norway or Sweden. Compare current sailings and total driving distance.

### ACROSS THE BRIDGES VIA DENMARK

Prefer to drive all the way? Travel through Denmark and across the bridges to Sweden, then north to our border region. Plan breaks and, if needed, an overnight stop.





### THE FINAL KILOMETRES

Navigation sometimes suggests gravel roads. In Waze, use Settings > Navigation > Unpaved roads to avoid them. Always check the proposed route, as unpaved sections may still appear. For paved roads only, take road 25 to Støa, then continue to Ljørdalen and Villa Fregn.

**Destination: Gammelbruvegen 30, 2425 Ljørdalen, Norway.**

A RELAXING STAY

# Good to know

### ARRIVAL & DEPARTURE

Check-in from 15:00; check-out by 11:00. Tell us your expected arrival time, especially if arriving late.

### SHOES OFF, NORWEGIAN STYLE

Outdoor shoes stay off inside the hotel and cabins. Bring slippers or indoor shoes.

### BREAKFAST & DINNER

Breakfast is included for hotel guests; cabin guests can add it. Dinner is at 19:00; reserve by 12:00. Tell us dietary requirements and allergies in advance.

### YOUR HOLIDAY HOME

Toiletries, tea towels and cleaning equipment are provided. Arrange bed linen and final cleaning when booking: clean the house yourself or pay for the service.

### DOGS

Dogs are not allowed in the hotel. Suitable cabins may accept them by agreement, for a supplement. Always tell us beforehand.

### PEACE AROUND THE HOTEL

Enjoy the terrace, hammocks, barbecue hut and outdoor spaces. Book sauna, hot tub and special meals in advance.

### SHOPPING & FUEL

Ljørdalen has a Coop shop and a fuel station accepting card payments. Check opening hours, especially on Sundays and public holidays.



PREPARE & ENJOY

# Travel light, pack wisely

A summer day in the mountains can feel very different from an afternoon on the terrace.

### WHAT TO BRING

Sturdy walking boots, layers and a windproof, waterproof jacket. A warm jumper or wool base layer is useful too. Add a daypack, water bottle, sun protection, insect repellent and, if desired, a mosquito head net.

### WATER & RELAXATION

Bring swimwear, a towel and dry spare clothes. Suitable footwear is important for drysuit activities. Slippers or indoor shoes are comfortable in rooms and cabins.

### CHILDREN OR EXTRA SUPPORT

Tell us ages, walking experience and any physical limitations beforehand. Together, we consider suitable rooms, routes and activities so you know what to expect.

### GUESTS IN NATURE

Take rubbish home, give wildlife space and respect marked routes and local rules. We light campfires only where and when permitted. Ask about suitable places and current conditions.

## The best programme leaves room for the weather—and for you.

# Let’s shape your summer together

### TELL US YOUR WISHES

Send dates, group composition, children’s ages and favourite activities, plus experience, dietary needs and transport plans. We help plan and confirm availability.

### RESERVATIONS & PRICES

Accommodation prices and availability are on our website. Request the current activity price list. Activities, meals, equipment and transport are included only when stated in your offer or booking confirmation.

### ACCOMMODATION CANCELLATION

For rooms and holiday homes:
• two months or more before arrival, 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%.

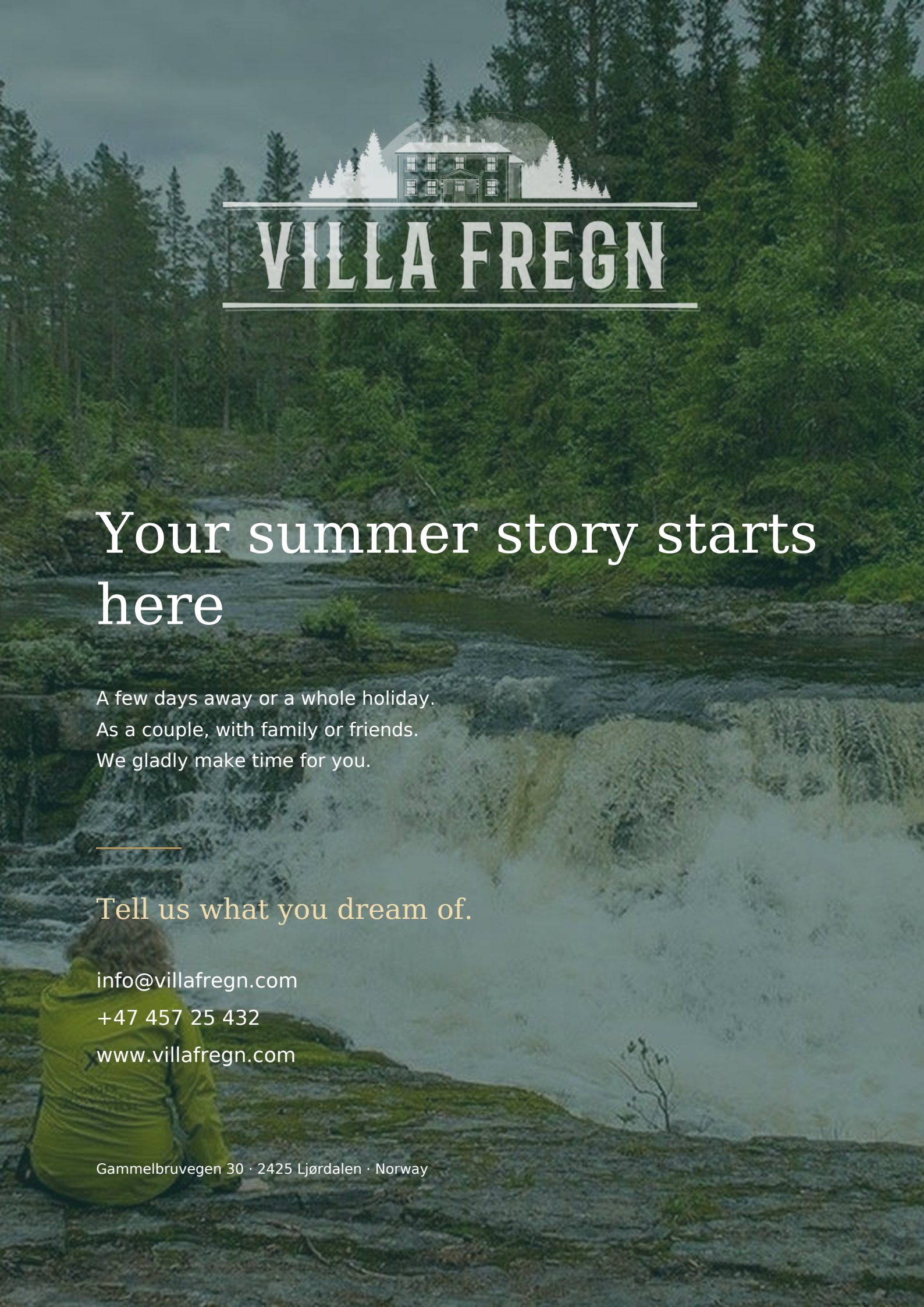
### MOTORISED ACTIVITIES: DAMAGE EXCESS

A NOK 12,000 damage excess applies to participants. Participation conditions are supplied when booking.





Current prices, participation conditions and your booking confirmation take precedence. Programmes depend on availability and conditions. Appropriate travel and cancellation insurance is recommended.




# Your summer story starts here

A few days away or a whole holiday.
As a couple, with family or friends.
We gladly make time for you.

## Tell us what you dream of.

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