

# True North Outdoor *the spirit of adventure*

Wilderness Adventures by Canoe



## Dals Ed and Stora Le information for expeditions to Sweden

Stora Le is a lake that is over 70 km long and varies between 2 and 3 km in width. The lake encompasses both Sweden and Norway and there is even a small island that straddles the international border. At the southern end of the lake is the town of Ed. Nössemark lies about a third of the way north. As the lake is narrow, it is sheltered from westerly and easterly winds and the narrowness ensures that swells are limited. Of course the converse is true and it's openness along the north/south axis can make for some tasty paddling conditions if the wind is in that direction. The following notes will hopefully give you a flavour of what to expect on the expedition:

- The general isolation of the area ensures that there is no noise pollution and light pollution at night is non-existent away from Ed and Nössemark.
- The expedition will take place after the main tourist season is over, so we can expect to have the lake pretty much to ourselves. However, there may be a few other hardy souls out on the water!
- Nights are cool and days mild. Expect daily high temperatures of 16 deg C with nighttime temperatures of around 8 deg C. Rainfall or drizzle can be expected for around 15 days in September with an average total rainfall of about 2 inches throughout the month. There is generally 7 hrs of sun per day in September.
- Ed has a small supermarket and a smattering of eateries and small shops. It also has a single Systembolaget – a government shop that sells spirits and beers. Prices are very high and you are better off buying the tipples of your choice at the Duty Free shop on departure to Sweden. Depending upon the arrival of your train at Ed there may be no time for last minute shopping in the town.
- The lake itself is bordered by large tracts of aspen, Scots pine and birch. There are many islands and duff from the trees lies on granite which is exposed on the shorelines.
- The Swedish tourist organisation provides a number of camping sites throughout the area. Use of these is covered by individual permits. These camping areas are equipped with a wooden lean-to type shelter (which tends to be used for the whole group). In front of this is a fireplace and at some locations firewood is supplied, otherwise, firewood has to be scavenged. At each of the sites there is an eco-composting toilet. Trees abound so hammocking and tarping is entirely feasible.
- Fishing is allowed, but permits must be bought and the penalties for poaching are high. Permits are available from the fishing tackle shop in Ed, but I don't know how much they cost. The main catch is either perch or pike taken with a spinner. Fly fishing is not really practicable due to the heavily wooded nature of the shoreline.
- Along with the trees there are many lingonberry and bilberry bushes; it will be the end of the season when we arrive, but there may be berries left for snacking on. You are likely to see deer which are plentiful. Along with a variety of ducks such as loons and mallards, there is the possibility of seeing elk and beaver. A small pair of binoculars may be useful.