



FRILUFTSFRÄMJANDET

LET'S GO OUTDOORS

With more than 82,000 members Friluftsrämjandet is the largest outdoor association in Sweden. Every year we guide children and adults on adventures, large and small. Joy, knowledge and safety is always our priority. We offer a wide range of outdoor activities across the whole of Sweden. There is an activity for everyone.





DISCOVER AND LEARN

From the age of 0-7 years – from toddling to self-esteem

The youngest kids and their parents discover nature together through watching the ladybird and playing in the glade. Mum, dad or perhaps grandma participate and play together, through activities called “**Skogsknopp**” and “**Skogsknytte**”.

The older kids have a leader and go out in the forest to meet “**Skogsmulle**”. The Skogsmulle-kids are curious and discover and learn to respect nature through their senses.

In winter they go skating with “**Skrinna**” and skiing with “**Lagge**”.



ADVENTURE AND FRIENDS

Ages 6-12 years – from self-esteem to challenge

Includes sleeping one night in a tent and cooking over an open fire, try climbing, canoeing or mountain biking as in “**Wild kids**”, but for real. Based on the level of the group, the leader will take the kids – “**Strövarna**” and “**Frilufsarna**” – on adventures.

For ages 13 years and older

Adventure, thrills and challenges for young people, socializing with friends by the camp-fire. Activities like skiing, mountain biking, climbing, outdoor camp, camping, TVM (three wilderness goals), Freeskiers and Freeriders.





FELLOWSHIP AND CHALLENGE

Adults – from peace of mind to adventure

There is an activity for everyone. For example, choose snowboarding, telemark and cross country skiing, hiking in the mountains in summer and winter, Nordic walking, kayaking or canoeing, long distance skating, mountain biking, dirt bike or downhill, climbing, snowshoe walking, sailing, qigong, exchange market and adventure holidays.

SHARED EXPERIENCES

As a member of Friluftsrämjandet, you have the opportunity to try new activities together with skilled leaders.

We have activities that suit the entire family – from forest excursions in the neighborhood for the youngest family members to mountaineering for the most experienced. We also have activities suitable and adapted for those with special needs.





ACTIVATE THE WHOLE FAMILY!

With a family membership, the entire family has the opportunity to participate in thousands of activities with skilled leaders at 350 locations in Sweden. There is an activity for everyone.

- Downhill skiing, snowboarding, telemark and cross country skiing.
- Hiking in the mountains during summer or winter
- Nordic walking,
- Kayaking or canoeing
- Long distance skating
- Mountain biking, dirt bike or downhill
- Mountaineering
- Snowshoe walking, sailing, qigong, adventure holiday
- Exchange markets and much more.

MEMBERSHIP BENEFITS

- Membership magazine with tips, tests and inspiration.
- Discounts on some of the largest ski resorts.
- Discounts on travel and adventure.
- Outdoor gadgets in member shop.
- Accident insurance on all activities.
- Beneficial insurance offers.
- Thousands activities held by skilled leaders.



“I Ur and Skur” is Frilufsfrämjandets activity in kindergartens and schools where children play, discover and learn in nature.

info@iurochskur.se
www.iurochskur.se

Contact:

Friluftsförbundet Region Mälardalen

Box 9023, 126 09 Hägersten

Phone: 08-556 307 40

E-mail: regionmaladalen@friluftsforamjandet.se

Webbplats: friluftsforamjandet.se/regionmaladalen

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