

# START SPOT

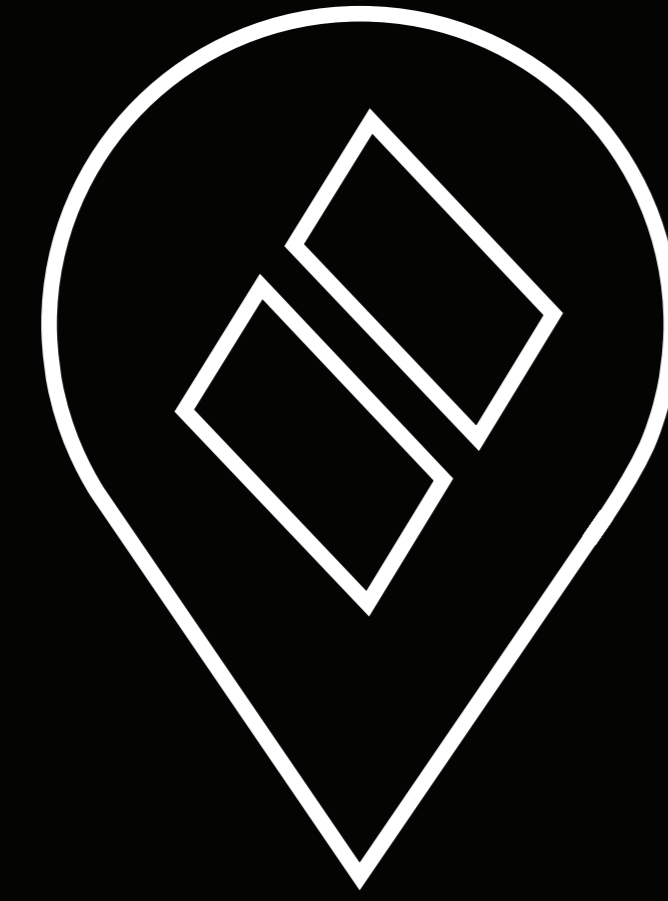
## TRAINING PARK

### GOLF

We really like golf, it makes the pulse go both up and down at the same time.

With the fantastic view of the mountains and the lake, it is no wonder that our neighbor, Östersund-Frösö Golfclub, is considered one of Sweden's most beautiful golf courses. There is a driving range, fairway, foregreen and green, all according to your expectations.

Check out OFG.nu to read more!



### RUN IN / RUN OUT

Running strengthens muscles and bones and is a simple form of exercise that also keeps the stress hormones in check. Frösön and Bynäset invite you to beautiful trails with varied terrain and distance.

#### FRÖSÖ PARK TRAIL

6 km (~3,7 miles) on mixed path with gravel roads and forest areas - nice running in beautiful nature with start and end at the hotel.

#### BYNÄSET TRAIL

7 km (~4,6 miles) Bynäset + 6 km (~3,7 miles) Frösö Park Trail is a beautiful trail that stretches across roads and through forests. NOTE! Be sure to stay on the trail as the area inside is an old military area.

Not sure which trail to choose? Take a closer look at our tracks & trails on our activity map. Scan the QR code here!

### MTB

Want to ride some MTB? We have all type of areas and terrains for riding just around the corner of the hotel.

Do you want to take a closer look at our tracks and trails nearby? Scan the QR code to get to our activity map!

Talk to our front desk if you are interested in renting one of our MTBs.

#### DIRTY BIKE?

Our bicycle wash can be found at the end of the boules courts!

### ACTIVITY MAP

Here we have collected all our tracks & trails, pulse raising activities and our best tips on places to visit, cafes and bathing places!

Scan the QR code to get to the map!



### OBSTACLE COURSE & OUTDOOR GYM

To your right, you can find our challenging obstacle course. Make it through and forget that you are training, it's guaranteed to be as much fun as it sounds. The obstacles are numbered.

We also have an outdoor gym with various stations right next to the obstacle course. The weights of the stations vary.

NOTE! The outdoor gym and the obstacle course are not maintained during the winter months and training takes place at your own risk.

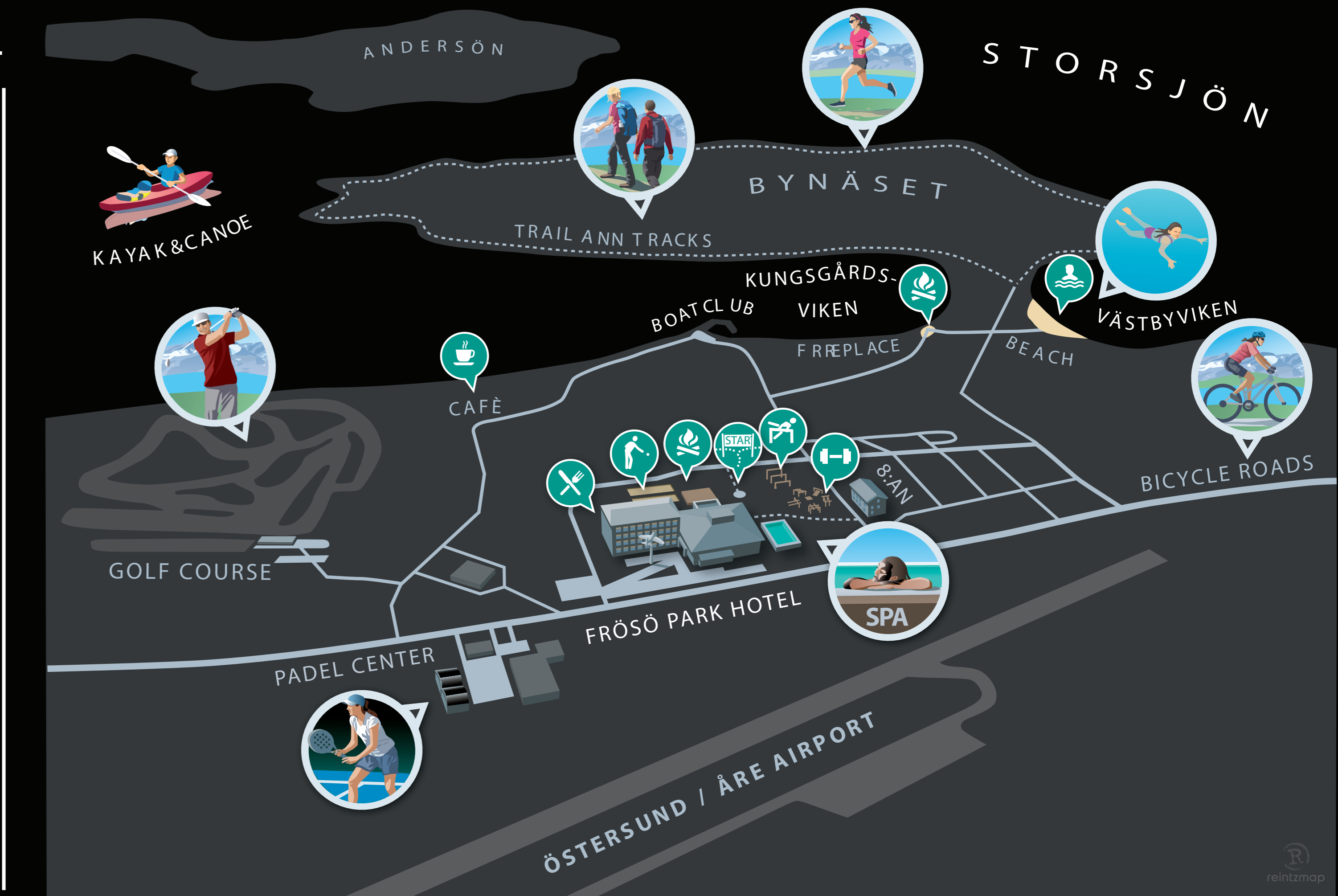
### BOULES

Hanging out with friends, AW or an evening with your love. Our 2 boules courts are waiting for you to challenge each other in a game.

RULES:

- Start by throwing the "jack" 6-10 meters
- The team who is not closest to the "jack" always plays the next boule
- When all the boules are thrown, the team who gets closest to the "jack" scores one point for each boule that is closer than the opposing team's best boule
- Only one team gets points in each round, and the winner team throws the "jack" next round

First team to reach 13 points wins. Good luck!



### BYNÄSET TIPS

#### STAND UP PADDLE BOARD

Bynäset and Kungsgårdsviken are perfect if you want to go SUP paddling. Talk to our front desk if you are interested in renting.

#### KAYAK/CANOE

Just like with SUP, Storsjön is great for kayaking and canoeing.

#### BARBECUE

At the beach, there are both a fireplace and a lean-to.

### FRÖSÖ PARK HOTEL

Visit our website for more information about the hotel and our services.

www.frosoparkhotel.se

### NICE HIKING

Hiking in a magnificent mountain environment is almost a must if you live in Jämtland or are just visiting. We have selected a bunch of nice mountains for you who wants to get out on a trip!

#### VÅLÅDALEN

In Vålådalen you will find challenges regardless of whether you are an inexperienced mountain hiker or a real mountain fox. Here you can find the classic mountain hikes, day trips and multi-day trips.

#### BYDALEN

Here you can quickly get up on the bare mountain and experience real wilderness. Enjoy the tranquility, beautiful views and the fresh mountain air. Bydalsfjällen offers mountain hikes for everyone.

Take a closer look at all the nice mountains on our activity map!