New Mountain Coaster!
Unique in Sweden

Discover the Adventure Mountain!
Discover the Adventure Mountain

Tucked away amid Småland's peaceful forests is a haven of fun and excitement for adventure lovers. Here you can choose among breathtaking challenges and pulse raising activities. Meanwhile, the lake and forests also offer endless opportunities for peaceful relaxation. Put together you own unique combination of adventure for the ultimate experience!
New!
Mountain Coaster

This year’s major new attraction is a breathtaking 1,000 metre long rodeling track, where speed lovers can hurtle down the mountainside at pulse-raising tempo all year round.

The Isaberg Rodel Adventure track will strengthen our position as a center for free-spirited adventurers with a taste for speed and the great outdoors. Our new Mountain Coaster, the first of its kind in Sweden, swoops down the mountain for 1 kilometre in a series of thrilling bends and hair-raising drops. Experience a heady mix of fresh air, adrenaline and high velocity. Fun for children and adults!

<table>
<thead>
<tr>
<th>Isaberg Rodel Adventure</th>
<th>1 ticket</th>
<th>5 rides</th>
<th>10 rides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 3–14 years</td>
<td>55:–</td>
<td>250:–</td>
<td>465:–</td>
</tr>
<tr>
<td>From 15 years</td>
<td>75:–</td>
<td>340:–</td>
<td>635:–</td>
</tr>
</tbody>
</table>

Max. weight 150 kg (1-2 people). Prices in SEK.
Southern Sweden’s number one MTB centre

As an outdoor activity centre with vertical drops, we’d be crazy not to embrace mountain biking. We’ve got trails for all skill levels, of varying lengths and degrees of difficulty. Over 200 km in total, including 14 MTB trails, pump tracks and technique trails filled with jumps, drops and rock gardens.

Don’t miss it!

Isaberg Arena

At the foot of the mountain is our (epi)centre of adventure sports, the Isaberg Arena. Buy an Arena Pass and gain full access to an incredible, giant 6-hectare multisport facility. Here you can enjoy technical trails and a spectacular 1,500 m2 pump track with plenty of choice for mountain bikers of all ages, a military obstacle course and slacklines.

Next to the arena is the start/finish point for all our mountain bike trails and hiking trails. At the Sport Centre you can pick up your Arena Pass and maps for the different trails.

The Sport Centre also rents out mountain bikes and supplies spare parts, and you can also book lessons there. Our rental bikes are of the highest quality. Different suspensions and frame sizes are available. If you’re curious to try an electric mountain bike, you can rent one from us.

Isaberg Arena incl. MTB-park, obstacle course and slackline

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<tbody>
<tr>
<td>90:–/50:–</td>
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</tr>
<tr>
<td>Arena pass 3 days: Adult/Junior age 8-15 (free for children up to 7)</td>
<td>200:–/110:–</td>
</tr>
</tbody>
</table>
MTB introduction and technique courses

Don’t miss the opportunity to upgrade your MTB skills! We offer introduction and technique courses in mountain biking – for beginners and more advanced riders. An hour and a half of training and expert advice from an experienced instructor, in the fabulous terrain of Isaberg.

Price: from 195 SEK/person

For reservations and more, visit our website.

Develop your mountain biking skills

Training together is more fun! We divide into groups by level of skill to practice jumps, drops, rock gardens, balance and speed. Your cycling will become safer, faster and a lot more fun. Our experienced instructors will help you improve what you already can, but above all move your limits beyond what you think is possible. Good food is served in the restaurant and you will sleep well in our cozy cabins.


MTB Training Camp – For women 3–5 May

For reservations and more, visit our website.

The club’s training camp at Isaberg!

Price fr. 1360:–/pers

Full board Fri–Sun incl. accommodation in cabin (min. 20 persons)

MTB introduction and technique courses

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Price: from 195 SEK/person

For reservations and more, visit our website.

Trailrunning camp

Challenge yourself at one of our running camps. All the trails around our facility – and of course the steep mountain slopes – provide a perfect opportunity to develop your skills under the guidance of experienced instructors. Eat at the restaurant, stay in a cabin and make new friends.


Trailrunningläger – Mixed 3–5 Maj

For reservations and more, visit our website.

Training Camp with your club

With first class meals and accommodation, not to mention all the sporting activities right around the corner, Isaberg is the perfect place for your club’s training camp.

Self-catering, half board or full board, so you can focus all your energy on training – let us take care of the rest!

For more information and reservations, call 0046 (0)370-33 93 00.
Isaberg Tree Top Adventure, the adventure course that is anything you want it to be. A fun recreational activity for the whole family or a challenge filled with adrenaline that makes you push your limits!

The Tree Top Adventure is a fun combination of play, climbing and adventure where everyone can find an inspiring challenge to overcome. We promise you that you are capable to complete more than you think and that your confidence will be given a real boost, all while getting a fun and unforgettable experience to carry for life! Climbing between platforms, along paths at different levels and over obstacles. **Tightropes, climbing nets, rope bridges, big leaps and zip-lines** offer you everything from simple obstacles to truly breathtaking physical and mental trials on a height of **up to 15 metres above the ground**.

Use our online booking service – www.isaberg.com

<table>
<thead>
<tr>
<th>Isaberg Tree Top Adventure</th>
<th>Price in SEK</th>
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<tbody>
<tr>
<td>Adults (12 years and up, all courses – 55 challenges)</td>
<td>360:–</td>
</tr>
<tr>
<td>Children* (born 2011 and older, only green/blue/red course)</td>
<td>290:–</td>
</tr>
<tr>
<td>Children aged 6+* (born 2012-2013, only green course)</td>
<td>230:–</td>
</tr>
<tr>
<td>Group (min 15 people)</td>
<td>330:–/person</td>
</tr>
<tr>
<td>School groups**</td>
<td>170:–/student</td>
</tr>
</tbody>
</table>

* Children under the age of 12 years must climb together with an adult

** Minimum number of participants and complete terms, see www.isaberg.com

New! From 6 years

Field day at Isaberg

SEK 170:–/pers.

The perfect team building activity for your conference!
The Isaberg Segway Adventure is a new action-packed favourite activity on our Adventure Mountain. Challenge yourself and your friends on adventurous forest paths on our offroad Segway X2s.

Our Segway X2s are designed for rough terrain. An expert instructor takes you and your party on a fun adventure in Isaberg’s challenging grounds. Segway is a great activity for all ages* and fun for all occasions – from hen parties to conference teambuilding competitions. Please book online at www.isaberg.com.

<table>
<thead>
<tr>
<th>Isaberg Segway Adventure</th>
<th>Price/person in SEK.</th>
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<tbody>
<tr>
<td>Segway X2 on forest trail, 30 minutes with instructor</td>
<td>185:–</td>
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*From age 12, weight 40–110 kg. Price includes loan helmet.
Full speed ahead on the obstacle course

Our 1.1 km obstacle course in the centre of Isaberg Arena will test your wits with 16 challenging obstacles – wall climbs, table tops, monkey bars, gym rings and balance beams. Challenge yourself and improve your speed and strength! The obstacle course is a part of the Isaberg Arena.

Adventure Golf

Our latest summer attraction is a mix of miniature golf and exciting challenges.

Figure out a working putt line through the hilly landscape and keep your nerves under control when passing bunkers and clever traps on the way.

<table>
<thead>
<tr>
<th>Adults</th>
<th>SEK 70:–/game</th>
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<tbody>
<tr>
<td>Children (up to 12)</td>
<td>SEK 50:–/game</td>
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</table>
Dare to try our water adventures

With the Nissan River, and the lakes it flows through, there are large areas of water around Isaberg. There are both still and flowing waters that suit both beginners and experienced paddlers.

Only a stone’s throw from Isaberg, you can paddle on the lake Algustorpsjön to make your way to the Nissan River. Of course, we have life jackets, extra seats, carts and storage barrels for rent. We also rent out rowing boats, pedal boats and SUPs (Stand Up Paddleboards).

We offer rentals with transport service. Contact the reception for information on prices.

<table>
<thead>
<tr>
<th>Rental (prices in SEK)</th>
<th>Hour</th>
<th>Day</th>
<th>Week</th>
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<tbody>
<tr>
<td>Canoe/Rowing boat</td>
<td>100:–</td>
<td>450:–</td>
<td>2 250:–</td>
</tr>
<tr>
<td>Kayak 1-person/Kayak 2-persons</td>
<td>100:–</td>
<td>450:–</td>
<td>2 250:–</td>
</tr>
<tr>
<td>Pedal boat</td>
<td>100:–</td>
<td></td>
<td></td>
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<tr>
<td>SUP</td>
<td>100:–</td>
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Pack your rucksack for hiking in the nature reserve

At Isaberg there are plenty of opportunities to enjoy nature. Hiking is a great way to get close to nature.

**On and around the peak of Isaberg, there are many hiking trails, short and long, easy and hard.**
A map with the various paths and trails is available in our reception and Sports Centre.
Guided Activities for Children

At Isaberg there are lots of opportunities for an active holiday with outdoor experiences and exciting activities. Most can be found just around the corner. Daily activities for children are included in the cost of your accommodation throughout the summer weeks. See www.isaberg.com for a programme.

Adventure playground

Visit our adventure playground – very unique and one of the biggest in south of Sweden. Exciting trails, high climbing towers, fun swings – fun, fun, fun! Kids love it! Bring a book or a crossword as the kids do not want to leave in the first place. There are several seatings available when you need a break. Here is also a BBQ site. Restaurant Höganloft is close by and there is also ice cream and a minimarket in the main building.

Multiball arena

Our new arena for ball sports is free for our guests and requires no pre-booking. Play floorball, basketball, volleyball and football. Balls available to borrow.
Accommodation

At Isaberg, there is a great deal to choose from in terms of accommodation. Here, you can find cabin alternatives suitable for the young couple as well as the large family, from 36 to 157 m². Would you rather bring your own accommodation, you can book a place for your caravan or camper at our campsite.

All of our cabins are fully equipped with tiled bathrooms, fire place and TV. All are newly renovated and most cabins have dishwashers. The central facility features a minimarket, tourist information and Restaurant Höganloft. This is also where the breakfast buffet is served, which you can book when you make your reservations. Book on [www.isaberg.com](http://www.isaberg.com).

This is the place for your next conference!

Isaberg is just the place for your conference, where you can concentrate on work, then throw yourself into team building activities. The main facility has 11 full service conference rooms and seats up to 200 people. Right next to the conference rooms, restaurant Höganloft serves excellent meals as well as coffee for your breaks.
Holiday village accommodation

**Älgen**
157 m². 12 beds. View towards the peak of Isaberg. Fully equipped kitchen, 4 bedrooms; 2 with double beds, 2 with bunk beds (4+2 beds) and a sleeping loft (2 beds), 3 WC with shower, sauna. No pets.

**Ekornen**
36 m². 4–6 beds. Small kitchen with oven and microwave. Two bedrooms with bunk beds and one sofa-bed (for 1 adult or 2 children). Four cabins are adapted to the disabled.

**Rävven**
46 m². 4–6 beds. View towards the peak of Isaberg. Kitchen with oven and dishwasher. Two bedrooms; one with a bunk bed, one with two single beds and one sofa-bed (for 1 adult or 2 children).

**Uttern**
39 m². 4–5 beds. Airy living room. Kitchen with oven, microwave and dishwasher. Two bedrooms with bunk beds and one sofa-bed. No pets.

**Rådjuret**
52 m². 4–6 beds. Spacious kitchen with oven and dishwasher. Two bedrooms; one with a double bed, one with a bunk bed and one sofa-bed (for 1 adult or 2 children). All cabins are adapted to the disabled.

**Campsite accommodation**

Year-round open 4-star campsite located at the foot of the mountain.

Restaurant, several playgrounds, barbecue areas, beach and a full range of activities are all close to the campsite with its 84 plots with electrical outlets and cable TV. **Newly built service facility 2017** with toilet, shower, washer and dryer, drying cabinet, self-catering kitchen and sauna.

Supplemental services:

- Linens/towels 150 SEK/person
- Breakfast buffet 95 SEK/person, children up to 12 years 65 SEK (only if prebooked).
- High chair 50 SEK
- Child’s bed 150 SEK
- Firewood 60 SEK
- Pets 250 SEK/cabin
- Final cleaning 800 SEK/cabin. Final cleaning Älgen: 2 500 SEK
Golfpaket
Play one of Sweden’s finest golf courses (according to GolfDigest) and stay in our cosy holiday village – either self-catering or with hotel service. All golf packages include a 3-course dinner and green fee.

Hotel service*
One day 1 920 SEK/pers
Two days 3 780 SEK/pers

Self-catering**
One day 1 565 SEK/pers
Two days 3 130 SEK/pers

* Incl. linens, bed making and final cleaning plus breakfast buffet. ** Final cleaning, bed linens/towel and breakfast not included.

The package prices apply to every day of the week with min 2 persons/cabin. Additional fee for a second round, weekends: SEK 160/person. All packages include green fees and three-course meals (excl. drinks).

Autumn break package
Isaberg is the place to go for the perfect autumn break. Our autumn break package includes two nights, Rodel Adventure and Adventure Golf. During 12–20 October and 26 October–3 November, guided activities are included. See our website for more information.

fr. 2 500 kr SEK for 4 persons
Price valid 10.10.2019 – 03.11.2019

Easter holiday package
Celebrate Easter at Isaberg Mountain Resort. Our Easter holiday package includes two nights’ accommodation and two activities: Tree Top Adventure* and Adventure Golf. Guided children’s activities are also included.

fr. SEK 3 160:– kr for 4 persons
* From 6 years

Midsummer
Celebrate your Midsummer weekend at Isaberg. Join us for traditional maypole dancing on Midsummer Friday, then stay with your whole family in one of our cosy cabins over the long weekend amid flourishing summer greenery.

Cottage for 4-5 persons fr. SEK 1 590:–
Enjoy a delicious Midsummer buffet at the Restaurang Höganloft restaurant (separate advance booking).

Popular additional services:
- When you book a package, we offer a 20% discount on Segway Adventure, Tree Top Adventure, Rodel Adventure, Golf Adventure and MTB-rental. Pre-booking is required.
- Sheets/towels 150 SEK/person
- Firewood 60 SEK
- Breakfast buffet 95 SEK/pers, children under 12 65 SEK/person (pre-booking is required).
- High chair 50 SEK
- Child’s bed 150 SEK
- Final cleaning 800 SEK/cabin. Final cleaning Älgen: 2 500 SEK
- Upgrade to larger cabin, see our website for prices.

Adventure package
Experience package with two nights in cozy cottage incl. three activities; Rodel Adventure, Adventure Golf and obstacle course.

fr. 2 940 SEK for 4 persons
Price valid 19.08.2019 – 06.10.2019

Our packages include accommodation, food and activities at a great price. All prices assume self-catering in the Ekorren or Uttern cabin type. Bed linens, towels and cleaning are not included in the price.

Package deals

Package bookings: 20% discount on additional activities
The best school day of the term!

Isaberg is perfect for an unforgettable day of outdoor activity. Guaranteed to raise the spirits and encourage teamwork and companionship.

Choose between many activities including the Tree Top Adventure facility, Segway and mountain biking, orienteering, pentathlon and canoeing with an instructor.

Isaberg is also available for school trips with overnight accommodation. Students stay in our cosy cabins and have a choice of self-catering or eating in our restaurant.

Call us and we’ll help you put together a package suitable for your school and students.

<table>
<thead>
<tr>
<th>Outdoor activity day – e.g. year 6 (normal school times/weekdays) Price per person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor activity day (spring/autumn) with two activities incl. lunch*  410:–</td>
</tr>
<tr>
<td>Outdoor activity day (spring/autumn) with Tree Top Adventure*  170:–</td>
</tr>
<tr>
<td>Outdoor activity day (winter) with skiing, ski pass and ski rental*  260:–</td>
</tr>
</tbody>
</table>

*For minimum number of participants and complete terms and conditions, see www.isaberg.com For more information on school trips including food, cabin accommodation and activities, request a quote from our website.

Winter in the Småland mountains

In the winter months Isaberg is the largest ski area in Southern Sweden, boasting 8 lifts including a 6-chair lift. From the top of the mountain there are 11 slopes to choose from, ranging from child-friendly green to thrilling black. The beginners’ area is right next to the ski rental and car park. When it’s time for a break, you can visit Toppstugan Restaurant or one of the nearby barbecue facilities.
Travelling to Isaberg

The easiest way to reach Isaberg is by car, train or bus. The closest airports are Jönköping Airport, Landvetter (Gothenburg) and Småland Airport (Växjö).

- Copenhagen .......... 280 km
- Stockholm ............ 380 km
- Gothenburg .......... 120 km
- Malmö ................. 240 km

Green travel options

Our car park has charging points for Tesla cars and other electric cars. Green and eco-friendly. If you choose to visit us by public transport, the best alternative is by bus. Bus 132 between Jönköping and Gislaved stops right outside the holiday village. Keen mountain bikers can come by bike for an excellent warmup!

Quality certified

Swedish Welcome exists to ensure confident choices of accommodation and experiences. The certification ensures that we take care of things like safety, environment, economy and that our staff is well trained.

www.swedishwelcome.se