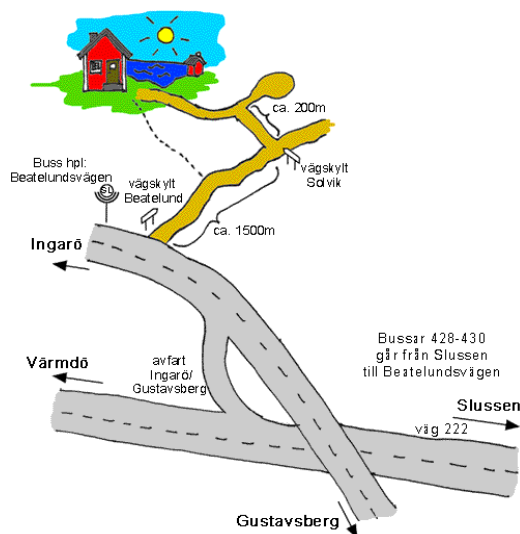


# Welcome

Dear Guest

Congratulations on booking our beautiful country house which is Solvik. Whatever your plans are to enjoy your time there, we know you'll respect and love it as we do. We hope you have a lovely time and if we can be of any service to you throughout your stay then please let us know. Here are some details and top tips for your visit.

After reading this letter, the next steps will be to meet with us at MF ([lokaler@medicinskaforeningen.se](mailto:lokaler@medicinskaforeningen.se), 08-524 830 71) to sign the contract to confirm your booking and collect the keys right before you leave for Solvik.



## Directions

### Public transport

Take bus 428X, 429X or 430X from Slussen (heading to Ingarö). Check times at [www.sl.se](http://www.sl.se). Get off at Beatelundsvägen. Then walk back 20 m and turn left at the road that leads up the hill. Follow the road about 700 m and then turn to the left at the path in the wood where there is a sign saying "Solvik". Alternatively: follow the road and always stick to the left.

### Car

Take the road 222 heading to Gustavsberg. Take the sliproad "Ingarö/Gustavsberg" and head to Ingarö. Turn to the right where there's a sign for "Beatlelund" (at the second bus stop that you see). Take a left at the garbage bins and then a left again. Remember that the hill up to the sauna can be icy during the winter; sometimes you have to leave your car by the sauna. Do not change gear in the slope!

### Boat

Follow Kolström from Baggensfjärden east. Solvik is on the north side, a short distance before you go under the bridge between Värmdö and Ingarö.

## Number of Bedrooms

### Lake House (Sjöstugan)

2 bunk beds (4 beds)

### Main House (Storstugan)

1 bunk bed (2 beds) + 2 spare mattresses + 2 sofas

### Log Cabin (Sovlängan)

4 rooms with 2 bunk beds (16 beds) + 2 single beds

Please bring your own bedsheets.

## Kitchen

Oven, electric hob with fan, dishwasher, microwave, two coffee machines, waffle maker, fridge, freezer, bowls, cutlery, measuring utensils, chopping boards, pans, plates, glasses, mugs etc.

N.B the water is certified as safe to drink, but may smell like sulphur. This can be avoided by standing water for 30 minutes before drinking. If this troubles you bring bottled water.

## Lounge/Dining Room

A wonderful atmospheric area with very own real fire. You can buy wood from us or from a supermarket before arrival. Do not use wood from the forest! There are two sofas and a coffee table, dining tables with chairs for about 30 people, a stereo system, a piano, board games and cards.



### Bathroom

This is an outdoor toilet with no running water. Lights are inside the toilet, toilet paper and hand wash are provided. In the sea you can wash yourself.

### The Sauna

Is an external building which you pass on entry, there is a street light standing at the entrance path. Please take extra care when using and leave it in the same nice condition as you found it. Do not use sea water or forest wood, only purchased wood, (our previous sauna burnt down because of this). There is a large changing room. The sauna takes some time (30-60 min) to heat up. There are steps down to the jetty to go into the lake if you fancy.

### Heating

The temperature in the main house is maintained at 10°C. Upon arrival you may adjust the temperature to 20°C. However it must be set back to 10°C when you leave.

If you plan to use external houses you must switch these radiators on. On a cold night switch on 1 hour before sleeping for ultimate cosiness! When leaving turn down the temperature to the lowest level (do not switch off).

### Bins

There is one regular bin, but we do however believe in recycling. On the crossing Beatelundvägen/Färjholmsvägen there are general waste bins where you must deposit your rubbish. For recycling use the bins located at Värmdö Marknad/Ingarö Återvinningsstation.

### Suggestions activities at Solvik

Sauna, canoeing, hiking, cross-country skiing, ice skating, board games, swimming, fishing...

### Solvik Top Tips on things to bring

Headtorch  
Swimming Costume  
Enough food and drinks (the closest supermarket is about 4km from Solvik)  
Music device  
Candles  
Towels  
Bedsheets

**Solvik must be left in the same condition as it was upon arrival.** Any mess or untidy things will be charged to your account. You should find all the cleaning equipment needed. If there are any problems with this please contact the Solvik "Fogdar" at [fogdarna@medicinskaforeningen.se](mailto:fogdarna@medicinskaforeningen.se). The Fogdechef of Solvik is Daniel Holl. He can be reached at 073-9055532.

Finally, we hope you have the most fantastic stay in Solvik! The locals are very friendly. Feel free to write in our guest book or email us with any suggestions on how we can improve someone else's experience in Solvik, we'd love to hear from you.

*Thank you,*

*Sports cabin committee*

