

# A WARM WELCOME

In this binder we have gathered information that we hope you'll find helpfull during your stay here at Kajkanten and on Vrångö. We are here for you and you are always welcome to come by the reception or give us a call if we are not in place. Our hope is that your holiday far from the city pulse will be truly relaxing.



We wish to give you a memory from a more peaceful place on earth, from the ocean, the salty winds, and the magic views, until we meet again!

Yours truly  
Håkan and the staff at Kajkanten

KAJKANTEN  
VRÅNGÖ

Sustainability.....	1
Equipment in your room.....	2
Catering from Hamnkrogen Lotsen.....	3
Sauna, relax and hot bath tub.....	4
Kayaking.....	5
Vrångö and the nature reserve of the Vrångö archipelago	6
Map .....	7
Activities and ideas for excursions .....	8
Cooperations.....	9
Greetings from Kajkanten.....	10

# AWARDED WITH GREEN KEY

You are staying in a hotel awarded with the international eco-label Green Key. We are actively working with environmental and sustainability issues, by following Green Key's comprehensive criteria.

## OUR COMMITMENT

We use 100% renewable electricity, energy-saving lightning and have routines for reduced energy consumption.

- We have taken initiatives to reduce water usage.
- We sort and recycle our and our guests waste.
- We only use eco-labeled detergents.
- We offer our guests ecological products for breakfast.
- We heat our hotel by using geothermal heating.
- We use public transportation, go by bike, walk or drive electric car when transporting necessities.
- We are aiming high to reduce food waste.
- We measure our greenhouse gas emissions annually in order to reduce our climat impact.



## WOULD YOU CARE TO HELP US?

We would very much appreciate if you would like to help us reduce our climat impact:

- Please leave recyclable packaging in our own recycling station just outside the hotel. If you have waste that does not fit in the containers, leave it on your table and we will take care of it for you
- Turn of the lights, electronics, and remove chargers from the sockets when not needed.
- Bring leftovers to eat at a later occation when leaving Kajkantén
- Help us to keep Vrångö free from plastics and garbage! Feel free to use a bag from our PLOGGIS and make garbage hunting a fun activity for everyone.
- Help us get better at what we do! Feel free to come up with tips and ideas to improve our environmental work.



# SUSTAINABILITY POLICY

Kajkanten wish to offer visitors all year round a unique nature- and archipelago experience with limited environmental impact. Kajkanten wants to be the hub in the development of a sustainable tourism industry, which will provide "spin-off" effects on other industries close to us. We believe not that sustainability only should be included in separate activities in our business but for it to permeate everything we do as a part of our offer. We always start from People, Planet, Profit.

## PEOPLE **Social sustainability**

We will work for social sustainability in our immediate area, both from our guests and staff. We would like for our business to benefit the local community and therefore always choose to collaborate with local suppliers and partners as far as possible. We believe that all people are equal and distance ourselves from all kinds of discrimination- as employers, entrepreneurs and partners. We are also a member of Visita and have a collective agreement to ensure our employees that they always have a safe workplace and fair working conditions.

## PLANET **Environmental sustainability**

In addition to this we care for the environment and work continuously to reduce our climate footprint. Our environmental work is never completed and we set new goals every year to improve and renew. We aim to keep up with new developments and participate in information and training opportunities that ensure that we not only can reduce our climate impact, but also be involved in developing the environment for the better! Our biggest environmental impact comes from our consumption of resources such as energy, water and waste. We actively strive to reduce our consumption of energy and water, minimizing our waste and recycling. We use 100% renewable electricity, environmental friendly products and resource-efficient technology. We measure and monitor our environmental performance regularly, i.e. by measuring our water- electricity- and energy consumption.

We also have a large indirect environmental impact in the form of the purchasing choices we make, e.g. food and chemicals. We therefore undertake to buy organic, eco-labeled and seasonal foods from our restaurant partners as much as possible, minimizing food waste and buying eco-labeled detergents.

## PROFIT **Economical development**

We want for our business to grow and develop, but not at the cost of environment and society. We take initiatives that promote the environment and society while at the same time leading to revenue and cost savings for us. We incorporate sustainability in to our business models and create our offerings according to our sustainability models. We protect our planet's resources and reuse and recycle materials as far as possible to prolong its service life for more people to use.



# THE SUSTAINABILITY STEP



The Sustainability step is Westswedens overall initiative for a sustainable tourism industry. In this program, public and private actors act together to transit to a sustainable future and society.

We are one of the companies to join this program. Together we create economically viable companies and a tourism industry that leads to no unnecessary environmental impact, and is appreciated by both residents and visitors. We reach success by permanent improvement; focusing on concrete initiatives. Nothing happens by itself. It takes governance to achieve a sustainable tourism industry and everyone must do their part.

The logo for Hållbarhetsklivet, featuring the word "HÅLLBARHETS" in blue and "KLIVET" in green, with a small green leaf-like shape above the "L" in "HÅLLBARHETS".

The principles of Hållbarhetsklivet

- As small unnecessary environmental impact as possible
- Good for both residents and visitors
- Increased tourism off-season
- More full-time jobs and robust business



The logo for Kajkanten Vrångö, with "KAJKANTEN" in blue and "VRÅNGÖ" in orange.

.. en del av  
The logo for Väst Sverige, with "VÄST" in large, bold, black letters and "SVERIGE" in smaller, bold, black letters below it.

# IN YOUR BOATHOUSE

## PENTRY

All boathouses have refrigerators with freezer compartments and a kitchenette with hob, microwave oven and a kitchen fan. There is also some coffee, tea and spices that you might want to use during your stay. We have also prepared with detergent and simpler equipment for hand-washing.



## AIRING

To air, use the front door or the skylight if you live in one of the bigger boathouses. If you open the skylight, use the button with an arrow symbol. Please note! Do not open the skylight manually. Close the skylight if the weather report warns of rain.

## AIR CONDITIONING

In most of our boathouses there is air conditioning installed to lower the temperature during summer. To turn on the air conditioner, use the intended remote control. If you don't have air conditioning in your boathouse let us know and we'll get you a fan for cooling!

## GEOHERMAL HEATING

Since we care about the environment, Kajkanten use a geothermal heating system. Central underfloor heating with geothermal heat exchangers might cause some inertia during temperature fluctuations. If you feel cold in your boathouse, let us know and we'll make sure to get you some extra duvets and a heating fan.

## ALSO IN YOUR BOATHOUSE

A hairdryer can be found in the bathroom cabinet. For relaxation, a Yatzy, playing cards and a TV with standard range. Winter time you will find a headlight in your boathouse for night-time hiking.

## KITCHEN EQUIPMENT

All boathouses are equipped for self-catering. This is what you can expect to find in your boathouse:

Pans	Deceliter measures
Frying pan	Scissors
Press-brewer	Potholder
Kettle	Glass bowl
Thermos	Platter
	Trays

### Kitchen utensils:

Cutting board  
Colander  
Plastic bowl

Knives  
Frying spade  
Barbeque cutlery  
Whisk  
Ladle  
Cheese slicer  
Butter knife  
Grater  
Peeler  
Corkscrew  
Canned opener  
Garlic press

### Cutlery:

Knives  
Forks  
Teaspoons  
Tablespoons  
Seafood cutlery

### Porcelain/glas:

Plates  
Deep plates  
Toasts  
Wine glass  
Water glass  
Coffee cups  
Egg cups

If you feel like something might be missing, please let us know and we will fix it for you!

# CATERING

## ORDER MEALS

All meals must be ordered three days in advance to guarantee your delivery.

## AT WHAT TIME DOES OUR FOOD ARRIVE?

Breakfast and other meals are being delivered at 5pm-6pm. If you are not able to be on site when your food is delivered, contact Hamnkrogen Lotsen for another solution.

## SEAFOOD TONIGHT?

If you have not ordered catering, take a walk out to Hamnkrogen Lotsen to see if they are open!



## FISKEBOAS BOX OF SEAFOOD

**Contains:** Seafood of the season, e.g. shrimps, crayfish, mussels, crab, smoked shrimps, chili mussels, sauces and baguette.  
550 SEK/per person

Let us know well in advance if you have got allergies or special requirements for your food! The box of seafood contains no lactose and can be done without gluten.

## LOTSSENS SHRIMPSANDWICH

**Contains:** Bread, butter, mayonnaise, salad, shrimps, tomatoes, cucumber, lemon, dill.  
210:- SEK per person.

Let us know well in advance if you have got allergies or special requirements for your food! The shrimp-sandwich can be made gluten- and lactosefree.

## BREAKFASTBOX

The breakfast box will be delivered to your boathouse the day before you are going to eat it. Coffee and tea is in your boathouse for you to make!

### Contains:

Milk, yoghurt, musli, eggs for boiling, caviar, butter, marmelade, cheese, bread, fruit/vegetables.  
150 SEK per person and day

Let us know well in advance if you have got allergies or special requirements for your food! The breakfast can be made gluten- and lactosefree.



Feel free to bring food home that is left over.

## HAMNKROGEN LOTSEN

Hamnkrogen Lotsen is our closest neighbour and delivers seafood, meals and breakfast to Kajkanten. Summertime Lotsen is open daily and you can relax on the quay or in the veranda and enjoy fresh seafood, fish dishes and cool drinks. Opening hours during the rest of the year varies. For current opening hours, go to website or Facebook.



### OPENING HOURS

[www.fiskeboa-vrango.se](http://www.fiskeboa-vrango.se)  
Fb: Hamnkrogen Lotsen Vrångö  
+46 (0) 709 36 99 06





# BOOK THE SAUNA RAFT

## THE SAUNA RAFT

Most of our guests have pre-booked the sauna raft before arrival. If you have not booked the raft but still would like to, contact us by phone, email or the reception for free times.

Phone +46 734 000 174

On the raft there is a wood-fired sauna, a shower, a toilet and an outdoor hot tub. From the bathing steps you can take a refreshing sea bath both summer and winter. On the raft there is also a well-equipped kitchen with gas stove / oven, that keep a temperature of 150°C, microwave, kettle, coffee maker and complete kitchen equipment. You can sit about 12 people in the kitchen / meeting room. On the wooden deck there is additional seating.

There is a barbecue area on the quay. It is also possible to order fresh seafood from Hamnkrogen Lotsen as catering for the raft or to cook something of your own together in the kitchen. You are allowed to bring your own drinks. Bring a swimsuit and your own towel for your time on the sauna raft



## BOOK THE RAFT

+46 734 000 174

Mail: [info@kajkantenvrango.se](mailto:info@kajkantenvrango.se)

MORNING: 9:30 -12:00 .....SEK. 2.200:-

AFTERNOON: 13:00 -17:00 ...SEK 3.300:-

EVENING: 18:00 - 23:00 .....SEK 3.850:-

If you and your party are accommodated at Kajkanten, **we leave SEK 1.000:- discount.**

If your party is a maximum of 2 people, contact us for a special arrangement.

A popular experience all year round, especially for groups. It is also possible to rent the raft for smaller companies.

## PAYMENT

You pay for the sauna raft before your time there begins. It is possible to pay by card at the reception.



# GOOD TO KNOW ABOUT THE SAUNA RAFT

**Here are a few things that are good to know before your time on the raft begins.**

## SAUNA ON YOUR OWN

Only you and your friends have access to the raft during the session. No key is needed to enter, the door will be open when you arrive and can be left unlocked when you leave.



## WOOD-FIRED SAUNA

The sauna is heated by wood-fire and it takes about 30 minutes from the time you light until the sauna is warm. There will be firewood in the sauna that's ready for you to use. You can use a fire-lighter to start your fire and, if necessary, some lighter fluid.

Let us know well in time if you want us to help you light the sauna. We are also available by phone if you need instructions. + 46 734 000 174.

## BATH TUB

Remove the cover from the tub to enjoy your bath. If you would like some bubbles in your bath use the silver button on the outside of the tub. To save energy and heat, please put the cover back over the tub when your session has ended, or if taking a break from bathing.

## MAKE YOUR OWN FOOD

On the sauna raft you can cook your own dinner or enjoy fresh seafood from Hamnkrogen Lotsen (pre-book your seafood when making your booking for accommodation or raft). You are allowed to bring your own drinks.

To turn on the gas stove/oven you need to open the gas tap. The gas tap is located in the wooden box just outside the front door. Turn counterclockwise to turn on the gas, then turn it clockwise to close when leaving the raft. You use the intended lighter to light oven and stove. The oven maintains a temperature of maximum 150 degrees Celsius.

## CLEAN UP

When your session is over we would appreciate if you bring your leftovers and throw away your garbage so that the raft is left in the same condition as when you entered. Wash your dishes and clean up after yourself. You do not have to mop the floor or clean surfaces.

## When the raft is outside Kajkanten

During winter when the raft is located next to Kajkanten we would appreciate if you recycled your waste in our very own recycling station just outside the reception. If you cannot find the proper containers you can leave your waste on the table on the raft and we will take care of it for you.

## When the raft is in the outer harbour

During summer when the raft is located in the outer harbour we would like you to put glass, bottles and cans in garbage bags that you tie up and leave by the front door, and we will take care of them. There are garbage bags in the kitchen cabinets.

# KAYAK RENTAL

## KAYAK RENTAL

Using Kajkanten as starting point you have the opportunity to discover the uninhabited islands at the far end of Gothenburgs southernmost archipelago. Here, the nature is wild and untouched.

Kayaking is most suitable during the summer, when the water is a little bit warmer. Also keep track of wind speed and direction before you go kayaking. Kayaks are available for rent for shorter or longer periods of time and you start your paddling from Vrångö harbour, only a few meters from your accommodation. There are one-man kayaks and two-man kayaks for rent. We will make sure to give you basic instructions and tips on suitable tours before departure. For inspiration see the map on the next page. Contact us for more information.



## ONE-MAN KAYAK K1

6 hours..... SEK 650:-

3 hours..... SEK 475:-

1 day..... SEK 975:-

## TWO-MAN KAYAK K2

6 hours..... SEK 875:-

3 hours..... SEK 750:-

1 day..... SEK 1.250:-



## BOOK YOUR KAYAK

Book by phone, email or directly in the reception.

Phone +46 734 000 174

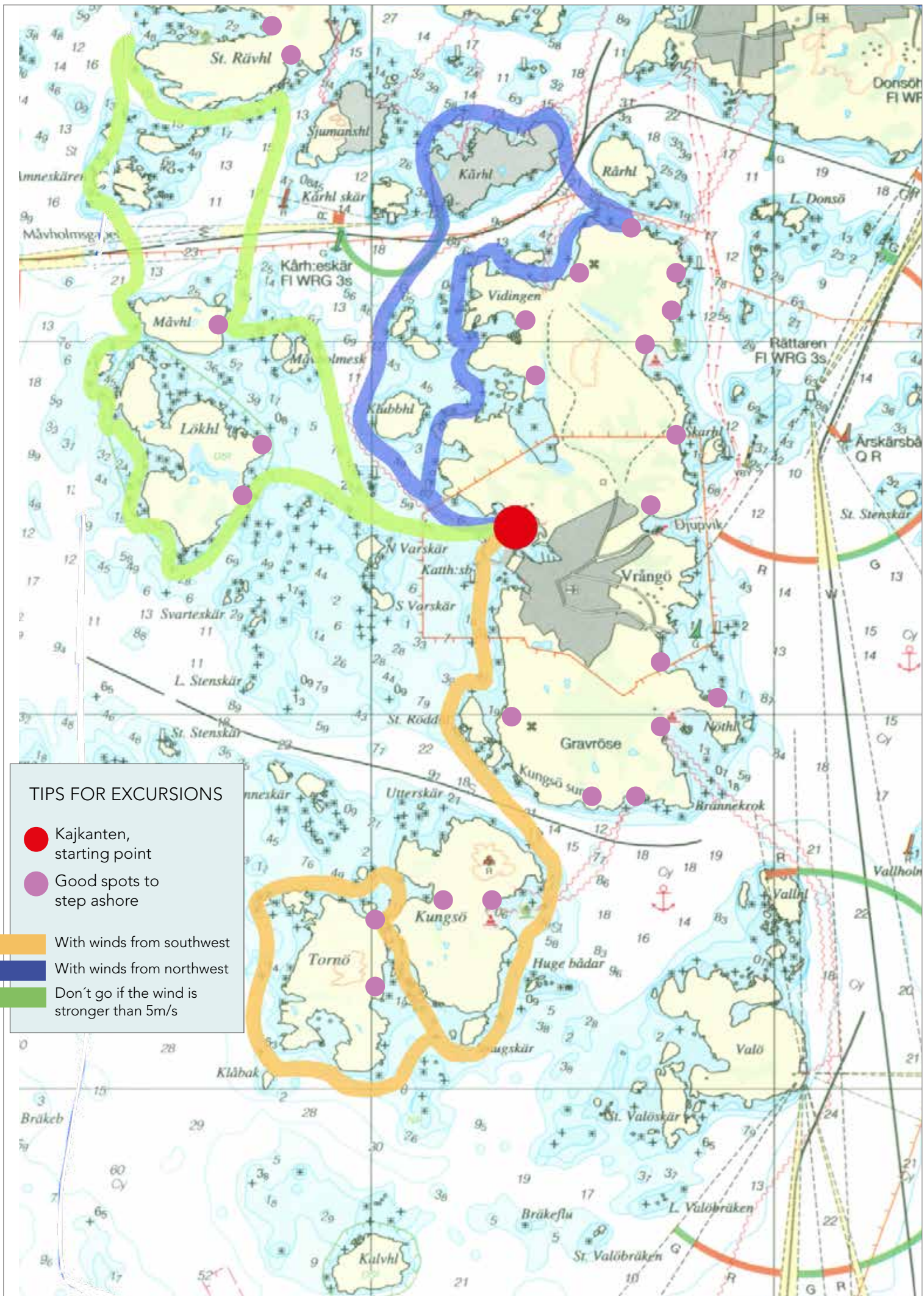
Mail: [info@kajkantenvrango.se](mailto:info@kajkantenvrango.se)

The rent includes kayak, paddle, canopy, life jacket and map.

## PAYMENT

You pay for the kayak at the reception when you get back from your trip.







# SENIC VRÅNGÖ

Vrångö is the southernmost of the inhabited islands in the archipelago of Gothenburg. The last island in a band of islands as in ancient times was called "Älvaskären", the islands around the opening of the Götaälv.

Today, Vrångö is populated by about 400 yearround residents. The buildings extends like a belt across the island between Mittvik where the ferry docks and Vrångö harbour where Kajkanten is located.



On car-free Vrångö there is a grocery store and a couple of restaurant business. Vrångöhuset is located in the middle of the island and houses, among other things, a preschool, association activities, a conference room and a health center. You can rent Vrångöhuset for party and gatherings.



Vrångö is mostly known for its beautiful nature and thousands of visitors come here every year. There are countless sandy beaches and also rock baths. Summer-time Vrångö is a popular destination for holidaymakers.



Large parts of Vrångö are nature reserves with easily accessible hiking trails. Tärnstigen is a shorter distance that starts in the harbour, not far from Kajkanten. Both the north and south trail offers magic views and lush wooded areas through the Vrångö Archipelago Nature Reserve.

In Vrångö harbour where Kajkanten is located, it's close to the island's older buildings and the old pilot lookout on the mountain. From "Lotsutkiken" (the pilot lookout) you have a panoramic view over, among other places, the lighthouse of Vinga, Öckeröarna and the entire southern archipelago. It's a perfect spot to experience the sunset from!



In the harbour you will find the seafood restaurant Hamnkrogen Lotsen and the year-round open grocery store. During the summer the guest harbour is full of visiting boats and the pier is lined with smaller shops and seafood stores in the small boathouses. At the far end of the pier you will find a rest area with bathing jetty and lookout point.

# FISHERMEN AND PILOTS

When the last land ice retreated about 12,000 years ago, Vrångö was completely below sea level. Traces of ice progress are visible in form of round hobs and giant pots. Finds of tools made of flint have been found on Vrångö which shows that stone age people stayed here already 4000 years ago.



Eventually people became fish farmers and supported themselves from what the sea and soil gave them. If you walk along the southern hiking trail you will pass Storerös, a burial mound from the Bronze Age



According to the legend, Vrångö is said to have been named after the Dutchman Wrangel and was therefore named Wrangelsö. The man sank with his ship at Vrångö's northernmost headland, which even today is called Hollända Skepp, or "Dutchman's ship"

The word "vrång" (crooked) is an old term on the word "curved" which also may be related to the name of the island and the appearance of the southern part of Vrångö. You can also derive "vrång" to the crooked, curved oak used to boat building on Vrångö when oak was one common wood on the island..

Fishing has always been important for Vrångö. You can find many stone fences along Vrångö's beaches that can be derived to the herring periods. These were erected to protect the forces of the weather and the larger parts of them are believed to be from the 16th century. Here people fenced in a settlement for themselves and their tools and erected temporary dwellings. In the last century lobster- and longline fishing has been most common. Today, there are only a few fishermen left on the island.
















Alongside fishing, pilots have been important on the island. Working as a pilot was hard and filled with responsibility. The profession inherited from father to son. The pilot lookout is a memorial from the time when the pilots were scouting for arriving ships. During the 1800s the pilot station expanded to Tistlarna for the pilots to meet the ships in time. In 1931 the pilotage service ceased on Vrångö and moved to Vinga. As long as to 1961 there was also a customs station on Vrångö.





- 1 Ferry
- 2 Restaurant, open summer
- 3 Nötholmen (Beach- and resting place)
- 4 Vrångöhuset (Community center)
- 5 Pingstkyrkan (Church)
- 6 Playground
- 7 Covenant church
- 8 Pilot house
- 9 Old fishing village
- 10 Vrångö harbour
- 11 Southern walking path
- 12 Kayak renting
- 13 Sauna raft
- 14 "Tärnstigen" walking path
- 15 Cemeteries
- 16 Padel center/ football
- 17 Djupvik, Volley-ball, beach
- 18 Vättna (Beach- and resting place)
- 19 Northern walking path

-  Beach/swimming spot
-  Rest area
-  Outhouse
-  WC
-  Guest harbour
-  Lookout
-  Ancient monument
-  Grocery shop
-  Sport fishing
-  Restaurant
-  Café
-  Kajkanten hotel
-  Handicap adapted



## 1 THE FERRY

Vrångö is the final destination for the ferry from Gothenburg and Saltholmen, line 181. Mittvik is where you leave the ferry and enter the beautiful island Vrångö. It's also where you leave from on your way back to town. The ferry leaves almost every hour every day and more often during summer. You don't need another ticket, you just use the same as for every other public transportation in Gothenburg. Plan your trip and find out your cost with Västtrafiks To Go app.

## 2 RESTAURANT TERNAN

Restaurant and café that's open during summer.

## 3 NÖTHOLMEN

Shallow, child-friendly swimming spot with beach and lawns. There is also a rest area with the possibility of grilling. The bathing place is close to the ferry.

## 4 VRÅNGÖHUSET

Vrångöhuset is Vrångös community center and here you'll find preschool, gym, health center and association activities. Outside there is a tennis court where you can book your time to play. In Vrångöhuset we also host one of our conference centers. If you'd like to play tennis or rent the gym, read more at tab no.8 in this binder.

## 5 CHURCHES

There are three parishes on Vrångö, Church of Sweden, Missionary church and the Bethel Church. All congregations have active members. The churches are open during worship services.

## 6 PLAYGROUND

## 7 THE MISSIONARY CHURCH

In the missionary church accommodate one of Kajkantens larger conference rooms.

## 8 THE PILOT LOOKOUT

The pilot lookout just south of the harbour is a memory from the time when pilots were stationed on the island. From the lookout you have a breathtaking view over the archipelago, and it's a perfect spot to experience the sunset.

## 9 THE OLD FISHING VILLAGE

The old fishing village is situated on the west side of the island. It was used by fishermen and pilots long before the new harbour was buildt. In these neighbourhoods you can find your way around dense alleys among Vrångös older houses and boathouses, and find the path and stairs that leads you to the pilot lookout.

## 10 VRÅNGÖ HARBOUR

Kajkanten is located in Vrångö hamn. Just a short walk from our hotel is the seafood restaurant Hamnkrogen Lotsen, and the all year round open grocery shop Måsen Livs.

In summer the guest harbour is filled with visiting boats and the pier is lined of smaller shops and seafood sales in the small white boathouses. At the far end of the pier you will find a picnic area with barbeque possibilities and a bathing jetty. Perfect for an early morning stroll or whenever you want to end the day with an evening bath.



## **11** SOUTHERN WALKING PATH

The path starts where the ferry docks on Vrångö, about 500 meters from Kajkanten. The path leads you to beautiful Nötholmen, which is also a popular swimming spot in the summer. When you've passed the beach the path enters the woods and upwards. Once you've reached the top you'll have a magnificent view over Kungsö and Tistlarna. The trail is about 2,5 km.

## **12** KAYAK RENTAL

We rent kayaks from May to October, and for winter kayaking if you've got good skills and your own dry suit. You start your paddling just a tiny bit from Kajkanten. If you wish to rent a kayak, contact us by email, by phone or in the reception. More information under tab 5 in this guest folder.

## **13** SAUNA- AND RELAX RAFT

Kajkantens sauna raft is located in the outer harbour during summer and in the inner harbour just next to our accommodation in the winter. If you have not pre-booked but would like to get a time for you and your party, contact us by email, phone or in the reception. More information under tab 4 in this folder.

## **14** TÄRNSTIGEN

The walking path Tärnstigen is directly connected to the guest harbour and is about 2 km. An accessible hiking trail, possible to get around with wheelchairs and prams.

## **15** CEMETRIES

The old cemetery originates from the 17th century. There are a number of tombstones here from ancient times that are lined up at the cemetery wall. The oldest preserved legible tombstone is from 1656.

## **16** PADEL CENTER

Time for padel can be booked online. You book the course according to instructions at [www.matchi.se/facilities/padelcentervrango](http://www.matchi.se/facilities/padelcentervrango). Racks and balls can be rented at Kajkanten. More information under tab 8 in this guest folder.

## **17** DJUPVIK

In Djupvik you'll find a small beach, jetty and ladder for sea baths all year round. Here is also a volleyball court outside. The court can be used in subject to availability. You can borrow a ball from Kajkanten.

## **18** VÄTTNA

A lagoon-like beach with large grass surfaces. There is also a picnic-area with possibility to grill.

## **19** THE NORTHERN TRAIL

The trail connects from Tärnstigen, and as the name suggests, takes you out on the northern part of the island through the Vrångö archipelago nature reserve. Except passing several nice bathing coves you might also find some rare species of plants and birds.

# HIKING TRAILS

## BATHING SPOTS



### HIKING TRAILS

If you want to enjoy the beautiful nature of Vrångö, a hike on the accessible trails is something we highly recommend! The feeling of freedom which occurs when faced with the breathtaking view is nothing but magic. Continue down the slopes, the landscape changes drastically and takes you into the silence of the forest.

The southern trail starts where the ferry lands on Vrångö. It takes you to beautiful Nötholmen which is also a popular beach in summertime. After passing the beach the way continues in to the forest and up on the hill. Here you will find a magnificent view of Kungsö and Tistlarna. The trail is about 2.5 km.

Tärnstigen is about 2 km and is easy accessible for prams and wheelchairs.

The northern trail which is about 4 km connects from Tärnstigen and takes you, as the name suggests, around the northern parts of Vrångö, through the nature reserve. Except passing several beautiful bathing spots you are also likely to come across rare species of birds and plants.

If you feel like you still have got some power in your legs, try leaving the path and take a walk on the wild side instead.



### BATHING SPOTS

Vrångö is known as the best island for bathing and swimming among the people in Gothenburg. There are several nice spots to choose from and if you dare leaving the paths and jump out on the cliffs you are most likely to find your very own little bay or cliff.

Nötholmen on the south side of Vrångö is the largest lagoon-like and shallow beach. Sand- and grass beach, suitable for children and toddlers.

Kyrkogårdsviken is reached from the northern trail and is a scenic beach with shading pines on the east side of the island.

Vättna on the east side of the island is, just like Nötholmen, a lagoon-like beach with a large grass area and barbecue possibility.

Kohalla just below the pilot lookout is a must for everyone who enjoys bathing from cliffs. Here you will find smooth rocks, bathing ladder and a jetty to bath from.

Djupvik is the beach for you who like to take a bath regardless the season. Sand, bathing ladder, and with the possibility of sauna. Contact Vrångö Fritidsförening if you would like to rent the sauna!

The bathing jetty at the far end of the pier in Vrångö harbour with deep water and view over the horizon straight west is best suited for you who are able to swim. The jetty is accessible summer-time.

For winter baths in the sea we recommend the bathing ladder on the sauna raft (if you have already rented the raft) or a swim from the jetty in Djupvik. If you prefer the open waters in the west you might dare to take a swim from Kohalla.

# FOR RENT ON KAJKANTEN



## FOR RENT

At the reception you can rent kayaks, our sauna raft, racket & balls for tennis and padel. We also have a three-wheeled transport bike for rent. Contact us if you are interested in renting any of this!

Telefon +46 734 000 174

Mail: [info@kajkantenvrango.se](mailto:info@kajkantenvrango.se)

### THREE-WHEELED BIKE

We have two tricycles for rent. Perfect if you want to transport heavy bags or equipment. .  
Tricycle 4 hours ..... 150 SEK

### PAYMENT

You pay for the bike at the reception. Please enter your first and last name when paying.

**Swisha beloppet till Kajkanten  
1233362969**



## TO LOAN

In our loan station we have collected equipment and activities that we think you will enjoy during your stay here. Maybe you get ideas and inspiration to make your own discoveries.

**Some things are better suited for summertime, so in June we fill up the store. Then you will find the following in the loan station:**

Fishing equipment  
Crab fishing equipment  
Croquet  
Boule  
Ball  
"Brännboll" (wood and small ball)  
Kubb  
Sand toys

### PLOGGING

Feel free to take a bag from our PLOGGIS and make beach cleaning a fun activity.

### BARBECUE

Feel free to use the grills outside the boathouses and the sauna raft.



# PLAY SPORTS GAMES

## OUTDOOR TENNIS

The tennis court is located behind Vrångöhuset, a 10-minute walk from Kajkanten.



### BOOK TIME FOR TENNIS

Write your name and mobile number on the booking schedule at the course.

### PAYMENT

Tennis ..... 80 SEK/hour  
You can pay with creditcard at the reception

Rack & balls..... 40 SEK/hour  
You can pay with creditcard at the reception

## PADEL OUTDOOR

Padel Center is located by the football field, a 10-minute walk from Kajkanten.



### BOOK TIME FOR PADEL

Padel court is booked according to instructions on [www.matchi.se](http://www.matchi.se)

PAYMENT Padelcenter  
[www.matchi.se](http://www.matchi.se)

Rack & balls..... SEK 40 /person  
You can pay with creditcard at the reception

READ MORE  
[www.matchi.se](http://www.matchi.se)



## SPORTS HALL INDOOR

Vrångö's sports hall / gym is located in Vrångöhuset, 10 minutes walk from Kajkanten.



### SPORTS HALL INDOOR

If you want to rent the gym or meeting room, contact Bygedgårdsföreningen on Vrångö. You can also ask us for help.

READ MORE  
[www.vrango.com](http://www.vrango.com)  
Tel +46 (0) 706 875002



## FOOTBALL FIELD WITH OUTDOOR GYM

The football field next to the paddle center is a good starting point if you want to run on Vrångö's Northern trail. At the football field there is also an outdoor gym that is free to borrow. For renting the clubhouse / football pitch, contact Vrångö sports association. You can also ask us for help.

## VOLLEYBALL OUTDOORS

Outdoor volleyball court is located in Djupvik, a 10-minute walk from Kajkanten. The volleyball court can be borrowed subject to availability. Plastic ball is available for loan at Kajkanten.

## BOULE COURT

Outside Kajkanten there is a boules court, free to use subject to availability. Boule balls are available for loan at Kajkanten.

# ON FISHING TOUR



We work with local skippers from Vrångö and the neighboring islands. When you visit us, it is possible to book a boat trip with local fishermen.

## LOBSTER FISHING IN AUTUMN

First Monday after the 20th of September is the annual lobster premiere, a very special day on the west coast. Every Saturday in October, it is possible to book a lobster fishing trip and subsequent seafood buffet with lobster. During a couple of hours on the open sea, you will hear the archipelago fisherman's genuine stories and be present when lobster tins are whitewashed. It is also possible to buy lobster for your own cooking.

## MAKEREL FISHING IN THE SUMMER

During the summer, there is mackerel in our waters. Dying mackerel is a tradition here on the west coast. If you visit us during June - September you have the opportunity to book mackerel fishing on a fishing boat. During a couple of hours boat trip on the open sea, you get the opportunity to hear the Vrångö fisherman's stories about the archipelago and be part of mackerel fishing. If there is a catch, you might want to buy fish to take home for dinner. We often go out early in the morning, but the time depends on what you wish.



## ARCHIPELAGO TOUR APRIL – SEPTEMBER

We start from Kajkanten and are out for just under 2 hours with an experienced skipper from the archipelago. If you want to bring your own coffee basket or box of seafood from Hamnkrogen Lotsen, it is possible to combine with coffee / meal at sea. You can have your own wishes for where you want to go and length of trip.

### BOOKING

All our boat and fishing trips are preferably booked before arrival. You can always hear if it is possible to arrange a boat trip at short notice, with a little luck it goes really well. You need to be a party of 5 - 12 people to be able to book a boat trip. During the lobster season, the interest is big and it is often possible to hop on a Saturday trip at short notice.  
info@kajkantenvrango.se  
+ 46 734 000 174

### PAYMENT

You pay for the boat / fishing trip in connection to booking before departure. Enter your booking number, alternatively first and last name when paying.

Adult 800 SEK , Child 400 SEK

You pay for the boat / fishing trip in connection to booking before departure, or you can pay with creditcard at the reception.



# LOOK FOR CHECKPOINTS

HITTA UT  
[www.hittut.nu](http://www.hittut.nu)

Look for checkpoints on Vrångö with the HITTA UT app. On Vrångö, some of the archipelago's checkpoints are located and the map you need along the way is in your room. We also have more maps at the reception. Hittaut is a fun way to discover the nature reserve of Vrångöskärgården and get moving at the same time. The activity is suitable for all ages and walking is just as good as running.



Since 2008, Hittaut has attracted thousands of participants to get out into nature and look for checkpoints. You bring the map on the excursion and at the same time you get moving. It is also an exciting way to discover new places. At each checkpoint there is a letter code that you can register with a chance to win great prizes. Everyone can participate based on their abilities.

The project in Gothenburg and the archipelago is a collaboration between Göteborg&Co, Gothenburg's orienteering club Majorna and various private companies

READ MORE  
[www.hittaut.nu](http://www.hittaut.nu)



Look for checkpoints April - May



# START PLOGGING



## PLOGGING

Plogging is an environmental and health movement from Sweden that cleans up the world!

The meaning of the word Plogga is to pick up rubbish and jog at the same time. You can also walk, paddle, skateboard, bike or whatever you find preferable! Plogga and Plogging spread like wildfire around the world, and with popular ambassadors and a fun and educational platform, Plogga engages everyone in a healthy rubbish-collecting activity that saves the world!

Every year, Plogga comes to Vrångö and lectures on what the rubbish does to our planet, and how we can help to clean up and also, to keep it clean. During these days we also get out together in large groups and clean the beaches on beautiful Vrångö from plastic and other garbage.

Plogging included with lecture by Plogga's founder Erik Ahlström can be booked as a conference activity.



## THIS IS HOW TO DO IT

At our recycling station you will find our PLOGGIS with garbage bags that you can use to pick up rubbish.

When you are done with your Plogging, you can sort the rubbish in our recycling station. If there is no suitable container, leave it for us and we will take care of it!



READ MORE  
[www.plogga.se](http://www.plogga.se)





# COLD BATHS

## SWIMMING ALL YEAR ROUND

On Vrångö we like all seasons, every month has its charm and the sea offers swimming all year round.

If you like cold swimming during the winter months, we recommend the following three swimming spots. Our tip is to never swim alone and avoid unnecessary risks.

## THE SAUNA RAFT AND HOT TUB

If you prefer to feel warm before you take a dip in the sea, we recommend that you rent the sauna raft for wood fired sauna and sea bathing. In winter, it is located next to your accommodation on Kajkantén and during the summer months in the outer harbour.

## BATH LADDER IN DJUPVIK

In Djupvik, 10 minutes' walk from Kajkantén, there is a bathing jetty and bathing ladder for year-round bathing. The islanders also gather here for saunas and winter baths

## WEST

If you are more daring and want to take a dip in the open sea to the west, you will find bathing rocks at Kohalla, below Lotsutkiken.



## 10 TIPS FOR YOU

1. Focus on breathing, breathe calmly, emphasize exhalation. Give yourself 10 calm breaths.
2. Put the clothes in pedagogical order, choose loose comfortable clothes, preferably woolen underwear.
3. Decide that the bath will be done, don't overthink it.
4. Use shoes and gloves made of neoprene or wool. Hats on!
5. Use a sleeping mat or similar to stand on after the bath.
6. Walk in slowly, lower your body slowly into the water. Relax and enjoy!
7. Bathe together! Provides safe bathing and you can encourage each other.
8. Drink something warm after the bath.
9. Focus on the feeling during the bath and after
10. Bathe continuously, it gives gradual habituation and your body will acclimatise.

# COLLABORATION

We are happy to be part of larger contexts and are proud partners in several collaborations which strengthens us and our sustainability work. Together we make it better.



## WESTSWEDEN

We are part of West Sweden and information about us and Vrångö is disseminated through the Tourist Board's channels. We also continuously participate in the Tourist Board's training courses in areas such as destination development, digitization and sustainability. The sustainability step is West Sweden's collective initiative for a sustainable hospitality industry.



## GOTHENBURG & CO

Gothenburg's archipelago is part of the City of Gothenburg and through Gothenburg & Co's channels and activities we have the privilege of making Vrångö and Kajkanten visible. We also participate in training courses and projects organized by Gothenburg & Co in order for us to become an even more sustainable and well-developed destination.



## AWARDED WITH GREEN KEY

Kajkanten is a hotel awarded with the international eco-label Green Key. We are actively working with environmental and sustainability issues, by following Green Key's comprehensive criteria.



**Kajkanten  
Vrango**



## TRIPADVISOR

Många gäster väljer att recensera oss via Tripadvisor. För oss har Tripadvisor blivit en viktig marknadskanal med trovärdig information om oss direkt från gästens egna upplevelse. Vi värdesätter och uppskattar mötet med våra gäster och har med stolthet tagit emot utmärkelsen Travellers Choice 2022.

## ACTORS AND PROJECTS

Projects and organizations that carry out activities that are in line with our core values are close to our hearts. We are active partners to, among other things, VÄSTERHAVSVECKAN and HITTA UT. We also have collaboration with PLOGGA. and the WEST COAST FOUNDATION.

## LOCAL COLLABORATION

Operating on a small island at the far end of the archipelago means being mutually dependent on local partners. Hamnkrogen Lotsen/Fiskeboa, Måsens Livs, Popsicle Place, VROB AB, Börjessons sea taxi are some of the companies we collaborate with. Scouts, Vrångö IF, Vrångö mission association, Vrångö leisure association are non-profit associations that collaborate directly or indirectly with us. We have also started a joint venture with Styrsö and Donsö for kayak cooperation in the southern GOKAYAK archipelago..

# WELCOME BACK



## OUR WISH

We hope you had a good stay with us and had time to discover something of Vrångö's mighty nature and magical views. Maybe you want to return another season. Every month has its beauty all year round. Wild autumn storms, crisp winter hikes, clear spring days and warm summer baths. A nature that we are proud of and look after. Perhaps you also got a sense of Vrångö's history and present, a living archipelago on a car-free island, close to the big city and yet far away from the usual. We also hope that you had the opportunity to relax and that you were able to enjoy the silence and tranquility of our little island.



## KEEP IN TOUCH WITH US

We are always nearby and if you have any questions during your stay, call or stop by the reception. If you want to stay up-to-date on our offers and get inspiration for your next visit to Vrångö, please sign up for our newsletter and follow us on Facebook and Instagram.

## HOW WAS YOUR STAY?

We are curious about your views so that we can make your experience as good as possible next time. We are on Tripadvisor and you can also always reach us by email and in other social channels. Thank you for visiting us and welcome back  
Håkan with staff



TRIPADVISOR

Scan and write a review.



Kajkanten Vrångö



@kajkantenvrango



Tripadvisor Kajkanten Vrångö



**Kajkanten  
Vrango**



# SAMARBETEN

Vi ingår med glädje i större sammanhang och är stolta partners till flera samarbeten som stärker oss och vårt hållbarhetsarbete. Tillsammans gör vi det bättre.



## TURISTRÅDET VÄSTSVERIGE

Vi är en del av Väst Sverige och genom Turistrådets kanaler sprids information om oss och Vrångö. Vi deltar också kontinuerligt i Turistrådets utbildningar inom bland annat destinationsutveckling, digitalisering och hållbarhet. Hållbarhetsskivet är Väst Sveriges samlade initiativ för en hållbar besöksnäring.



## Kajkanten Vrango



## TRIPADVISOR

Många gäster väljer att recensera oss via Tripadvisor. För oss har Tripadvisor blivit en viktig marknadskanal med trovärdig information om oss direkt från gästens egna upplevelse. Vi värdesätter och uppskattar mötet med våra gäster och har med stolthet tagit emot utmärkelsen Travellers Choice 2021.



## GÖTEBORG & CO

Göteborgs skärgård är en del av Göteborgs Stad och via Göteborg & Co's kanaler och aktiviteter har vi förmånen att synliggöra Vrångö och Kajkanten. Vi deltar också i utbildningar och projekt som anordnas av Göteborg & Co för att vi ska bli en än mer hållbar och välutvecklad destination.



**Green Key**

## GREEN KEY MILJÖMÄRKNING

Vi är oerhört stolta över att vi är ett miljömärkt hotell. Kajkanten jobbar aktivt med miljö- och hållbarhetsfrågor genom Green Keys kriterier. Green Key är en internationell miljömärkning speciellt utformad för logiverksamhet och drivs av Green Key Sverige.

## AKTÖRER OCH PROJEKT

Projekt och organisationer som genomför aktiviteter som går i linje med vår värdegrund ligger oss varmt om hjärtat. Vi är aktiva partners till bland annat VÄSTERHAVSVECKAN och HITTA UT. Vi har också samarbete med PLOGGA och VÄSTKUSTSTIFTELSEN.

## LOKALA SAMARBETEN

Att verka på en liten ö längst ut i havsbandet innebär att vara i ömsesidigt beroende av lokala partners. Hamnkrogen Lotsen/Fiskeboa, Måsens Livs, Skärgårdens café, Vrångö rör och bygg, Börjessons sjötaxi är några av de företag som vi samverkar med. Scouterna, Vrångö IF, Vrångö missionsförsamling, Vrångö fritidsförening är ideella föreningar som samverkar direkt eller indirekt med oss. Vi har också startat upp en gemensam satsning med Styrö och Donsö för kajkasamarbete i södra skärgården GOKAYAK.