



## Wild edible plants amongst Vikings and kings in Nántuna Lund

Nettles, violets, meadowsweet and spruce shoots. The forest was once an important pantry, where people picked plants, herbs and berries for both food and medicine. During this exclusive half-day tour, you will experience the history behind Nántuna, its edible plants, plant magic and folklore in beautiful surroundings, amongst Uppland's biggest oaks. We visit a 2000-year-old grave field and learn about Linné's travels.

Together, we pick tasty ingredients from the forest and prepare a meal over an open flame with our own chef, listening to accounts of magnificent burials with rich burial gifts and animal sacrifices. This sustainable tour with locally produced materials and Swedish food and ingredients focuses on history and food with natural ingredients

No toilets are available. For larger groups, we offer a package of tour + accommodation, guided walks and two meals cooked over an open fire.

### Tour example

1. You meet your guide in a nature-friendly car park, with space for up to 5 cars or a 16-seater passenger bus.
2. Take a walk through the location's history including a visit to a grave field. Explore growth magic and folklore, Nántuna and Linné, 1.5h
3. Pick, taste and learn more about edible wild plants, 1 h.
4. We prepare, cook and eat what we pick. Off the menu are forest tea and creamy pasta with forest pesto based on seasonal plants, 2.5 h

### Activity facts

**Type of company:** Sweden History Tours - Guide Company + Tour operator / Elles Outdoor cooking - Outdoor cooking + Outdoor food courses.

**Location:** Nántuna Lund, a few km south of Uppsala city. 15min travel by bus/car. 20min from central Uppsala by public transportation.

**Duration:** 5h (excluding travel from central Uppsala. Transport can also be booked by request for groups).

**Season:** Spring - summer.

**Target group:** Private individuals, Private groups and companies, food and outdoor interested people, folklore and history nerds.

**Min/max no. of participants:** 8 / 16

**Level of activity/previous knowledge required:** Around 2km easy walking / None.

**Language:** English, Swedish.

### Contact details

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