

## Quick guide - A-Z about Kämpasten

### A

#### Activities

In “Balders Hage”, we have instructor-led aerobics sessions and some training equipment for individual use. We have equipment for floor ball, badminton, football, croquet, boule and lifejackets to borrow. Rowing-boat and bicycles are also available as well as poles for Nordic walking and reflecting vests. Contact the Reception for more information. Approx. 1 kilometer away, there is an illuminated running track. You can find a map covering the surroundings in this binder and more detailed maps in the Reception.

### B

#### Baggage room

A storage room for baggage is located next to the Reception desk.

#### Bar

At “Paviljongen”, our restaurant building, the bar is placed upstairs. In connection with the bar you will find a lounge and a terrace where you can enjoy a nice view of the lake Mälaren.

#### Bicycles

If you would like to take a bike ride or merely explore the vicinity, there are bicycles you can borrow. You can find a map covering the surroundings both in this binder and in the Reception.

#### Breakfast

Breakfast is served at “Paviljongen” from 07.00-09.00 daily.

### C

#### Check-out

We would be grateful if you leave your room no later than 10.00 a.m. on the check-out day.

#### Cleaning

Our hotel rooms are cleaned every day between 09.30 am and 02.00 pm. Towels which are left on the floor will be changed. Towels which are left on the rail will not be changed – for environmental reasons.

#### Computers

Computers, to be used freely by our guests, are available in the reception lounge. Please contact the Reception for more information.

#### Copying

Please contact the reception desk for copying services.

#### Credit cards

We accept VISA, Mastercard, American Express and Diners.

# Kämpasten

## D

### Diverse items

At the reception desk, you can buy chewing gum, throat pastilles, hygiene items and gifts.

### Dry-cleaning/laundry

Please leave your laundry bag together with the laundry list at the Reception. The price list is printed on the order form. Please hand in your laundry before 9.00 am and you will receive it the day after.

## E

### Electrical appliances

In Sweden, 220 volts is the standard. If you need to borrow a travel adapter for your electrical appliances, please contact the reception desk. There, you can also borrow chargers for the most common cellular phones and computer models.

## F

### First aid

Band-aids and bandages can be found at the reception desk. Wall-mounted instruction boards can be found in the restrooms for the physically impaired at both "Valhall" and "Paviljongen". First aid equipment is available around the site and is marked on the evacuation plans that you can find in the different parts of the building and in the hotel rooms. A defibrillator is available close to the entrance and the Reception in "Valhall" (after 10 metres on the left side).

### Fully licensed

We are fully licensed in order to serve you, as our guest, beverages. However, this also means that you are prohibited from bringing your own alcohol and drink it on our facilities.

## G

### "Gym"/Training equipment

In "Balders Hage", there is some training equipment to be used freely by our guests. You can find a tread-mill, a cross trainer, a stationary bicycle and some machines and equipment for weight training. We also have an outdoor gym and instructor-led aerobic sessions several times a week.

## H

### Hairdryer

Hairdryers can be found in every bathroom.

## I

### Irons

Irons and ironing boards for individual use can be found in the laundry rooms both in Övergården and Nedergården. Laundry rooms are placed next to hotel room 16 and 82.

### IT

At Kämpasten, we offer our guests free wireless connection. The name of the network is KSTEN GUEST and the code is Ksten-17. This applies to both your guest room and our conference facilities. At "Valhall", there are some guest computers where you can connect to the Internet.

# Kämpasten

## K

### Keys

On the key-ring holding your room key, there is a card for access to the entrance doors at “Valhall” and “Balders Hage”.

## L

### Laundry room

In both “Övergården” and “Nedergården”, there are laundry rooms for individual use with washing machines, drying cabinets, irons and shoe shine equipment. Your key fits the locks. Laundry rooms are placed next to hotel room 16 and 82.

## M

### Mail

Outgoing mail should be left at the Reception desk no later than 4.00 p.m. If you are expecting mail or delivery, please contact the Reception desk.

### Medical assistance

If you are sick, please contact the reception desk for assistance in consulting a doctor or booking an appointment. In case of an emergency, call SOS directly on phone number 112.

## N

### Newspapers

Newspapers are available at both “Paviljongen” and “Valhall”. In the coffee area just opposite the Reception desk, there are magazines which you may borrow.

## P

### Parking

The parking is free and located directly to the right of the entrance to Kämpasten. Remember never leave valuables in your car. We offer guest with an electrical vehicle possibility to charge their car during the stay.

### Pharmaceuticals and healthcare

Ask at the reception desk and we will help you with what you need. We have painkillers, nose drops and band-aids. If we do not have what you need, we will try to obtain it through the pharmacy in Sigtuna.

## R

### Reception desk

The Reception desk is staffed day and night. Please dial +46 (0)8-592 585 00 in order to get in contact with the Reception. Here you can get assistance with most things; booking a taxi, buying hygiene and diverse items, borrow chargers for cellular phones, copying etc.

# Kämpasten

## S

### Sauna

In "Balders Hage", there are separate saunas for men and women. They are ready to use from 5.00 pm. You will find towels in the changing rooms. Note! We kindly ask you not to bring any glass items into the sauna and the changing room. We have an additional sauna, in "Båken", down by the lake Mälaren. There you can cool off by going for a swim in lake Mälaren. You can reserve "Båken" and the sauna for a group via our Reception desk and will be charged a smaller cost.

### Smoking

Smoking is permitted outdoors. But, from July 1, 2019, there is a new law in Sweden. Smoking is not allowed in outdoor areas including a restaurant, bar or café, outside an entrance to a hotel or in spaces within the hotel area where you can expect groups to be gathering. If a guest has smoked in the hotel room we need to sanitize it and have to charge a fee of 1 500 SEK.

## T

### Taxi

Allow for approximately a 20 minute ride to Arlanda and 50 minutes to Stockholm. The reception desk will be happy to assist you with reservations.

### Telephone

+46 (0)8-592 585 00 is the telephone number to Kämpasten and the reception desk.

### Training equipment/"Gym"

In "Balders Hage", there is some training equipment to be used freely by our guests. You can find a tread-mill, a crosstrainer, a stationary bicycle and some machines and equipment for weight training. We also have an outdoor gym and instructor-led aerobic sessions several times a week.

## TV

There are TVs in every hotel room.

## W

### Work-out

In "Balders Hage", we have instructor-led aerobic sessions several times a week. For detailed hours contact the Reception.