



hunting season

Game Bird Hunt for Body and Soul-Being at One with Mother Nature

by Evelina Aslund



It's 5.45 am and I quietly get out of bed. The cabin is cool in the morning as the fire in the stove has died during the night. The two guests are still asleep and I try to be as quiet as possible. I walk up to the window and pull the curtain aside to see what kind of hunting weather we have today. What I see makes me warm inside and it gives me a tingling sensation of well-being. I can't imagine a prettier sight! The lake is calm and reflects the morning fog that is resting above it. The Helags Mountain, with its elegant blue rim, looks extra majestic today, powdered with the snow from the overnight precipitation. I smile to myself and I'm reminded of why I've chosen this job. To wake up on the mountain on days like this when the Weather Gods are with us and Mother Nature shows off her best side. These moments of joy and well-being make up for all the hard work and make me want to continue to what I do - arrange hunting trips.

I get dressed in a hurry, get the stove going and light up a few candles on the table. I walk out in the entrance hall to check on my dogs, sleeping in dog cages during the night. They're excited and ready to go on a hunt as they haven't been hunting for a whole week. I let them out to stretch and I take a minute



on the porch, breathing and watching the mountain. It's starting to get light but the rays of the morning sun are not yet reaching our cabin. The grass is covered with frost - another sign that it will be a gorgeous day. Cold nights equal clear days.

Back in the cabin one of the guests, Suzan, is awake and is standing looking out the window. She is just as taken by the view as I was. Suzan just got her hunting license and this is her first hunt. A game bird hunt is the ultimate hunt for a beginner. It's a social form of hunting,

where you can walk together as a group all day and you don't have to be quiet or sneak. The dogs do their job by searching the ground and when they find birds they will indicate this and the hunters can get ready to shoot.

My second guest, Eva from Denmark, wakes up. She's has many years' experience hunting game bird, boar and deer, and this is the second time she has come hunting with me. In a few months' time she's going to Africa to hunt for zebra. However, Eva finds game bird hunting one of the most enjoyable ways of hunting, just because it is so sociable. And it is good physical exercise. The hunt involves hiking, often in very beautiful environments - another reason why Eva chooses to go on a game bird hunt every year.

After a nutritious breakfast, we prepare lunch and get ready to go. Before we leave I share my plan for the day and we go through security rules for handling guns, both whilst hiking and when shooting for birds. I also emphasize the fact that we will be shooting over dogs so they must always be aware of their location as the dogs' will be putting up the birds and so will be close to them.

At 8 am we're on our way. I'm bringing three dogs today as I know we'll be out all day, eight or nine hours in total. The grounds we're hunting on are owned by my family. >

