

Your guide to Sweden

# Sweden

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- The oldest lock on the canal, dating from 1813
- Vadstena – Saint Birgitta's town
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- The Vreta Abbey ruins and Church
- Birka Viking Town, Sweden's earliest town

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- The Vreta Abbey ruins and Church
- Karlsborg Fortress
- The oldest lock on the canal, dating from 1813
- Sweden's smallest ferry, Lina, in Töreboda
- Trollhättan lock staircase – a 32-metre drop

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**1 ST PRIZE** Weekend trip for two to Stockholm, including airfares/train and accommodation in a double room at one of the Elite Hotels.

**2ND – 10TH PRIZES** the book "National Parks of Sweden"



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## Sweden – the best of both worlds

In Sweden's modern urban society, with all its temptations, you're nonetheless never far from nature and the traditional environment. Free luxuries such as generous amounts of space, room to relax in, fresh air, clean water, open spaces and breathtaking natural beauty are always within easy reach and accessible to all, even when you are in the heart of one of our major cities.

It is this happy mix of modernity and originality that we like to call the best of both worlds. Sweden is a large, expansive, accessible, convenient and safe travel destination with a wealth of experiences on offer, no matter what your interests may be. Here we provide a few examples of our country's rich array of things to see and do.

We look forward to welcoming you to Sweden!

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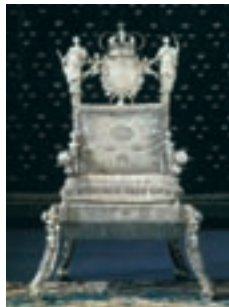
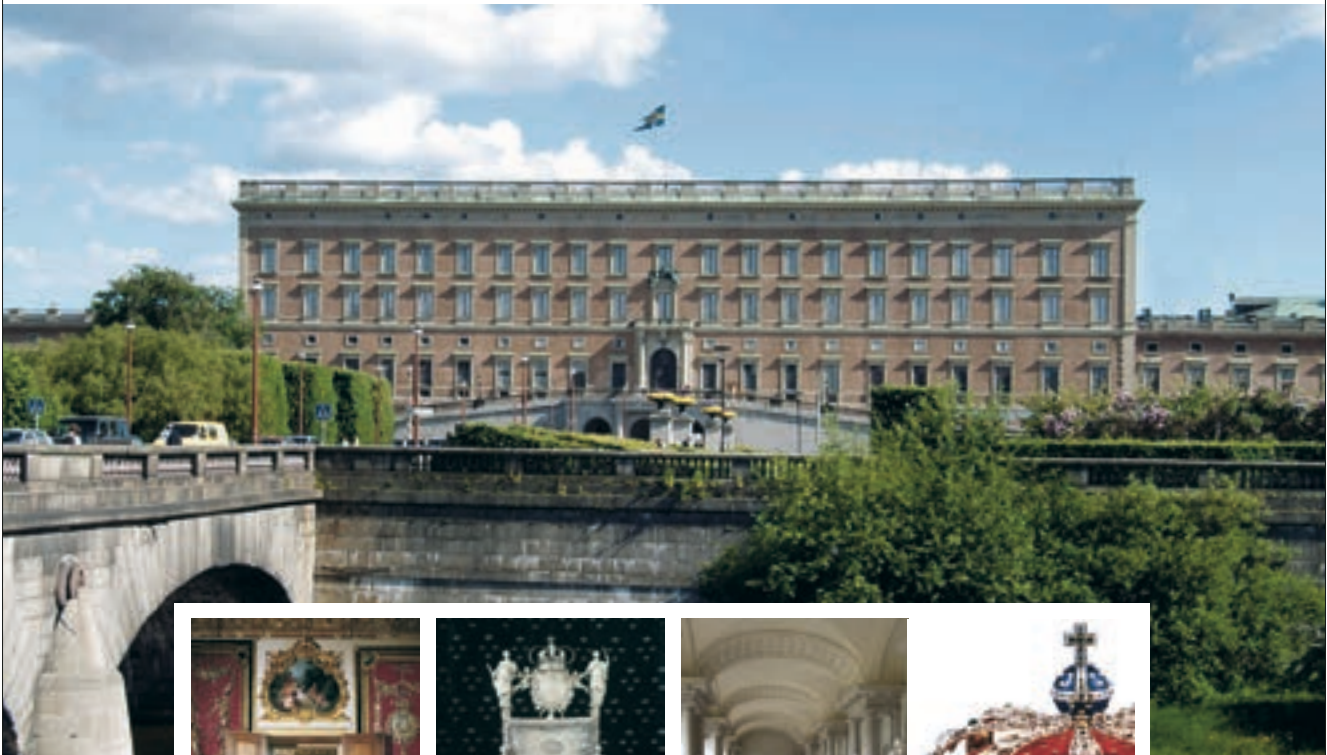
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# The Royal Palace

THE OFFICIAL RESIDENCE OF HIS MAJESTY THE KING



Welcome to one of Europe's largest and most dynamic palaces! The combination of Royal residence, workplace and culture-historical monument – open year round to visitors – makes the Royal Palace of Stockholm unique amongst Europe's royal residences. Built in 1697–1754, the Palace is formed as a Roman palace with more than 600 rooms.

In addition to the Royal Apartments, with well-preserved interior and art providing historical insight from the 1700s and onwards, there are three museums steeped in regal history: The Treasury with the State regalia, The Museum 'Three Crowns' that portrays the Palace's medieval history and Gustav III's Museum of Antiquities.



OPEN:

May–Sept: *Daily* 10:00–17:00

Oct–Apr: *Tues–Sun* 10:00–16:00

[www.theroyalpalace.se](http://www.theroyalpalace.se)

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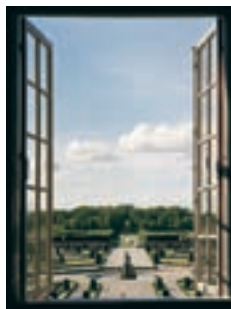
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# Drottningholm

A ROYAL PALACE AND A WORLD HERITAGE



Welcome to the World Heritage Site of *Drottningholm* and experience a historic environment of the highest international standards with Hedvig Elenora's State Bedchamber, the Chinese Pavilion and the Baroque garden in the magnificent Palace Park. Royal Gift Shop and café.

*"...the best example of a royal residence built in the 18th century in Sweden and representative of all European architecture of that period ..."*

FROM UNESCO'S JUSTIFICATION FOR  
INCLUSION ON THE WORLD HERITAGE LIST



[www.drottningholmpalace.se](http://www.drottningholmpalace.se)

Appstore / Google Play:

Swedish Royal Palaces



Drottningholm Palace is on  
UNESCO's World Heritage list



# Stockholm – the metropolis on the islands

The royal Swedish capital of Stockholm is frequently referred to as one of the world's most attractive cities. Its beauty is a result of its magnificent location, spread across fourteen islands in the heart of the spectacular Stockholm Archipelago. The combination of dramatic beauty, historic splendor and contemporary buzz gives Stockholm its unique attraction.

Mälarpaviljongen on the waterfront of Kungsholmen is one of Stockholm's most popular locations in summer.



A hallmark of Stockholm – the classic white boats that transport passengers around the archipelago and Lake Mälaren from the quays in the city centre.



Over the past few decades Stockholm has transformed from a large town into a small metropolis. You could say the city is enjoying something of a golden era in a number of areas. It boasts a complete menu of all the advantages of the modern global metropolis: culture, shopping, restaurants, entertainment and experiences – with few of the usual downsides such as crowds, traffic and pollution.

Stockholm is frequently referred to as one of the world's most attractive cities. The trademark of Sweden's royal capital is the spectacular juxtaposition of city and nature, land and water. It is built on fourteen islands where the inland lakes flow into the sea. Wild, fresh green spaces don't just surround the city center, they traverse it in every direction. With so much greenery, the dramatic changes of seasons can be enjoyed wherever you are in Stockholm.

You could say that the inner city of Stockholm has two poles. To the north is the cosmopolitan city center and the chic, high-class district of Östermalm. Here you find the very fanciest of shopping, many of the city's most iconic cultural and historical attractions as well as dining and entertainment venues that are packed seven days a week, all year round. To the south is Södermalm, the old working-class neighborhood. Today Södermalm is a dynamic, cool and young scene with brilliant shopping, culture and entertainment. Between Östermalm and Södermalm is the Old Town – the original medieval Stockholm – the largest and best preserved of its kind in Europe. An ideal walking city, at every turn Stockholm offers stunning views of the waterways and islands that surround it.

As a culinary capital, Stockholm ranks with the top cities in Europe, featuring seven restaurants with one or two Michelin stars. Quality and creativity are hallmarks of a large number of Stockholm restaurants – not just the premium ones. Anywhere in the city you can find neighborhood diners, bistros, restaurants and cafés with ambitious, creative menus featuring Swedish as well as international cuisine. It's also easy to find healthy food made from organic local ingredients.



Medieval Old Town, Stockholm's origin.





[www.visitstockholm.com](http://www.visitstockholm.com)  
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Stockholm's Biblioteksstaden fashion district contains global luxury fashion brands as well as the Swedish fashion brands' flagship stores.



Rodebjer – one of several flagship stores run by Swedish fashion brands in the Stockholm fashion district of Biblioteksstaden.



Djurgårds Canal on the beautiful island of Djurgården in Stockholm.



The popular music festival Way Out West takes place in Gothenburg in August.



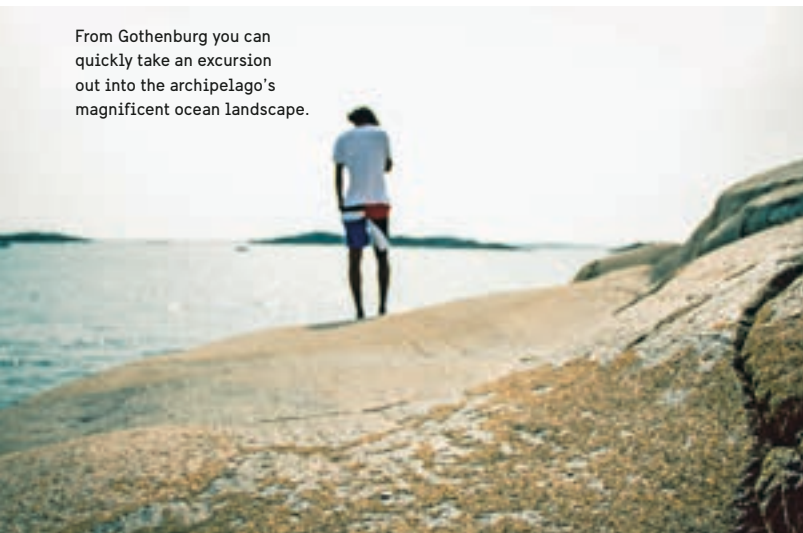
The statue of the sea god Poseidon stands in the city by the sea.



Freshly boiled langoustine – one of the several delicacies from the sea in Gothenburg that make a visit worthwhile.



From Gothenburg you can quickly take an excursion out into the archipelago's magnificent ocean landscape.



vRÅ – sushi and raw food with a Scandinavian twist. Sushi and other raw food made using local ingredients are served here under the guidance of the award-winning chef Sofia B. Olsson.



The canals in the city center are a legacy of the Dutch city planners from the 1600s.





# Gothenburg – the city by the sea

Gothenburg has always been defined by its location by the salty Atlantic. Traditionally a center of shipping and commerce, in recent years Gothenburg has undergone an exciting transformation. Waterfront areas previously devoted to industry and shipping have been “reclaimed” in progressive urban developments. Culture, innovation, learning and creativity are hallmarks of contemporary Gothenburg.

The city’s compact, pedestrian-friendly city center offers a wealth of culture, shopping, sights, restaurants and nightlife. On the car-free streets of the picturesque Haga district and in the blocks around Magasinsgatan you’ll find loads of fashion, design, galleries, restaurants and cafés.

Gothenburg has several first-rate attractions. The Gothenburg Museum of Art has an exquisite collection of 19th and 20th century Scandinavian art. The Röhsska is one of Scandinavia’s foremost museums for design and crafts. Universeum and the Museum of World Culture are bold additions to the museum mix. The music scene is particularly vibrant, with the outstanding Gothenburg Symphony Orchestra – Sweden’s national orchestra – and all types of contemporary pop, rock and club music.

In recent years the restaurateurs of Gothenburg have given the city a worldwide reputation as a culinary destination. Many of Sweden’s best chefs hail from the city and there’s a wide range of first-class restaurants, including five with Michelin stars.

From Gothenburg it’s not far to a number of idyllic fishing villages and other destinations in the stunning Bohuslän Archipelago, which offers adventures such as lobster safaris and sea kayaking.

Gothenburg is Scandinavia’s top entertainment and events city. At the beautiful Liseberg amusement park and the adjacent events district there are concerts, trade fairs and other events that attract visitors from around the world. A Gothenburg Christmas is enchanting, as the entire city center is illuminated with magnificent decorations. The Way Out West music festival in August is one of the best in Europe.

[www.goteborg.com](http://www.goteborg.com)  
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Harbor city Gothenburg:  
The four-masted Viking  
barque from 1906 in front of  
the Gothenburg Opera House.

Citybreak

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Botanical Garden



The flagship store for  
Dr. Denim – one of several  
internationally successful  
denim brands founded  
in Gothenburg.

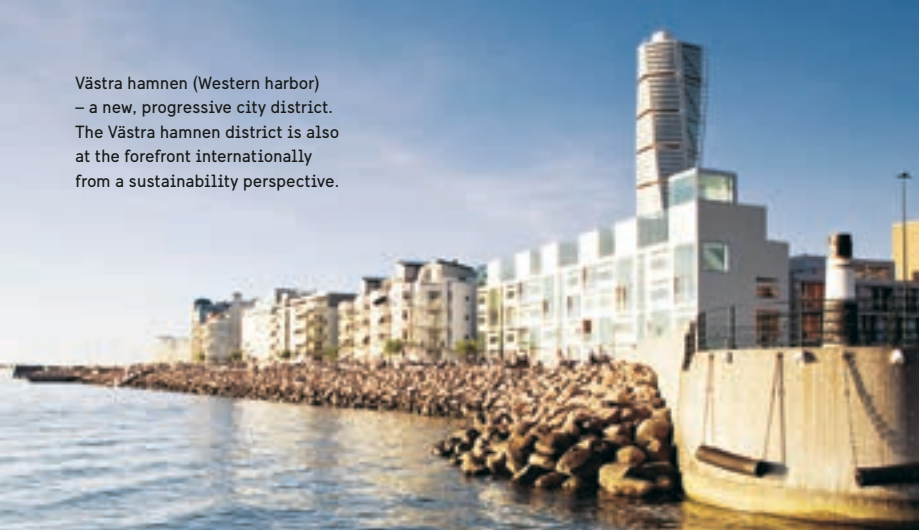


Artilleriet, an interior  
design shop with a carefully  
selected range of vintage  
and new products from all  
over the design world.





Västra hamnen (Western harbor)  
– a new, progressive city district.  
The Västra hamnen district is also  
at the forefront internationally  
from a sustainability perspective.



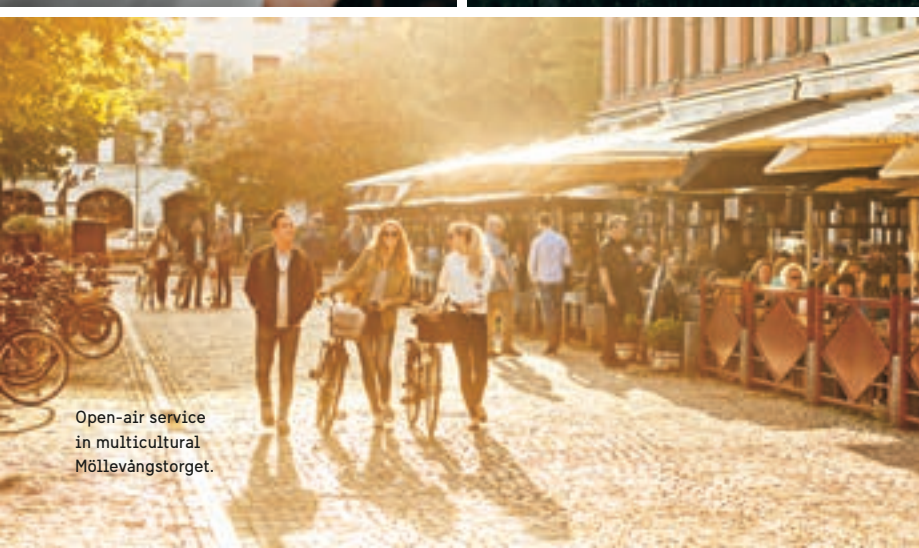
Restaurant Bastard, Malmö  
– one of Malmö's best restaurants  
and hippest meeting places.



Kitchen & Table – a popular  
restaurant at the top of the  
Clarion hotel with spectacular  
views over Malmö and the  
Öresund straight, run by top  
chef Marcus Samuelsson.



The 17th century castle  
Marsvinsholm – one of the  
many castles on the Skåne  
plain, with a park that is  
open to the public.



Open-air service  
in multicultural  
Möllevångstorget.

# Malmö

## – gateway to the continent

Malmö, linked to the Danish capital of Copenhagen by the spectacular Öresund Bridge, has an unmistakable continental feel. The influences from countries such as Denmark and Germany are evident in the architecture and the picturesque, historic city center, dotted with squares like the majestic Stora Torg and the medieval Lilla Torg. There's a diverse range of attractive restaurants, bars and cafés, as well as an impressive collection of design and fashion retailers.

Just a five-minute walk away is the thriving new neighborhood of Västra hamnen, or Western harbor, with the landmark Turning Torso skyscraper. Especially during the summer the waterfront is a dynamic meeting place for people from the entire region, with lots of shopping and many popular restaurants, bars and clubs.

Malmö is a multicultural melting pot, which really manifests itself in the precinct around Möllevång Square. Restaurants, food markets and stores from all over the world blend with a young, hip scene featuring shopping, entertainment and culture and a clear underground attitude.

Malmö is an outstanding art city. It has the south-Swedish sister of Stockholm's Moderna Museet, the beautiful Malmö Konsthall and lots of interesting galleries. There's a vibrant music scene with a range of dynamic venues for classical, rock, jazz and club music, including Debaser Malmö and Kulturbolaget.

In terms of cuisine, Malmö has evolved massively in recent years. In and around the city center you can find a large number of innovative first-class restaurants and culinary destinations, with menus based on fine local ingredients from Skåne's rich soils and waterways.

During the warmer months, the Malmö lifestyle has a seaside touch, with the gorgeous sandy beach of Ribersborg and its long piers located right outside the city center. From Malmö you're just 30 minutes by car from a number of historically interesting destinations, picturesque towns, villages, manor houses and palaces.

[www.malमतown.com](http://www.malमतown.com)  
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**Göteborg**  
Coast and culture



**Oslo**  
Art and architecture



**Jämtland**  
Action and relaxation



**Lapland**  
The Midnight Sun and Northern Lights



**Stockholm**  
History and metropolis vibes



**Copenhagen**  
Gastronomy and design



Swedish Railways



Bag from Acne, whose global success has inspired many young Swedish fashion brands.



Traditional Swedish handcraft, Swedish design tradition and traditional materials are important sources of inspiration from the global business IKEA.



Sweden is home to several successful trademarks in sports design. Here, Hövding is shown with its much-noted airbag for cyclists.



Midsummer is a tradition celebrated throughout Sweden.



# Let's go Swedish style

For being such a small nation, Sweden has become very well-known for its creative traditions in a long list of areas – design and interior decorating, fashion, art, music, literature, film, gastronomy and more.

Sweden has been prominent in design and handicrafts since the breakthrough of modernism. Those of you who are interested in Swedish and Nordic design, contemporary and classic, have many attractive and creative shops to choose from in the larger Swedish cities. If you are especially fond of modern curios, ceramics and glass, you would benefit from searching in smaller country towns, where you can still find truly great bargains on internationally sought-after classics.

What is called the Swedish fashion miracle is a newer phenomenon. During the past five years, Sweden has broken through in a big way as a fashion-nation to reckon with in the international arena. This is occurring primarily in trendy and modern street fashion in the medium price range that Swedish companies have made a name for themselves in. You will find flagship stores for a long list of progressive Swedish fashion trademarks, primarily in Stockholm but also in Gothenburg and Malmö. You will also find many interesting store concepts that often mix new fashions with vintage, design, art and other creative works. A distinguishing and prominent characteristic of Swedish design is its appeal to many different types of people and a focus on meeting the demands of modern lifestyles. Swedish

designers do not primarily design for the luxury market, but for a broader range of contemporary consumers. It is no accident that IKEA and H&M are both Swedish.

The folklore heritage in traditional and modern handcraft is in every sense of the word alive, and it serves as a source of inspiration for contemporary product and fashion designers. New interpretations of traditional techniques and choices of materials and expressions have been among the foremost trends in contemporary Swedish design in recent years.

Those of you who are looking for authentic products will find handcraft shops in the larger cities as well as local handicrafts in rural areas. This tradition is most prominent in Dalecarlia (Dalarna), which is sometimes called the most "Swedish" of all regions. Tradition is alive and well here, with people donning their traditional costumes during festivals including Midsummer, one of the most important holidays of the year. In Dalarna you will also find the famous floral-design painting workshop that decorates our national symbol, the Dalecarlian horse (Dalahäst).

The especially coveted Sami handicrafts traditionally designed in reindeer horn, silver, animal hide and root wood can be found in Swedish Lapland as well as in many other regions.  
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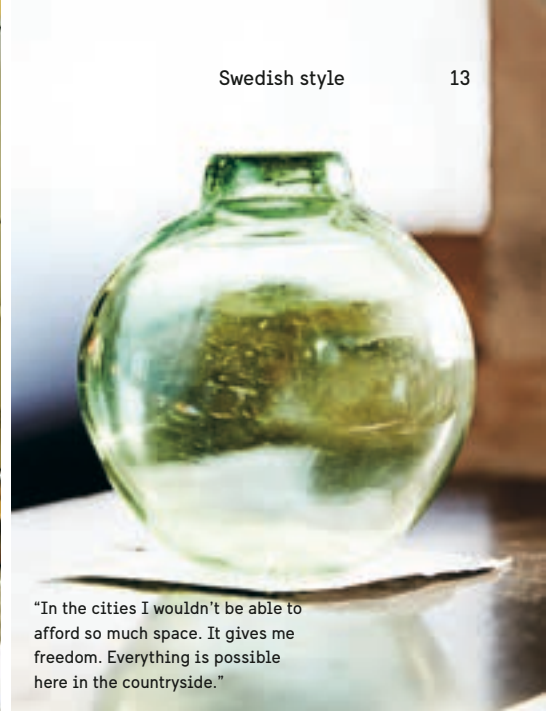
Traditional costume – a living cultural heritage that varies across the country and is proudly worn on important occasions, in particular at the midsummer festivities.



Glass designer Ebba von Wachenfeld hand blows her artistic glass in a studio located in an old school outside the small town of Gnesta in the Södermanland region just south of Stockholm. She sometimes sees a wolf passing through the garden.

Swedish style

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"In the cities I wouldn't be able to afford so much space. It gives me freedom. Everything is possible here in the countryside."

Crispbread is an important part of our Swedish gastronomic heritage. In Dalarna, crispbread baking is a tradition that stretches back a thousand years. The Skedvi crispbread bakery is one of several where the Swedish national bread is baked traditionally in wood-fired ovens.



"There was an older man called Bertil beside me at the oven. He taught me to bake crispbread."



## The hipster culture has generated new interest in genuine handicrafts

The question is whether the phenomenon known as hipster culture is as strong anywhere else in the world as in our very trend-conscious cities of Stockholm, Gothenburg and Malmö.

One positive outcome of this strong trend is the renewed interest in traditional and authentic craftsmanship that it has generated. Across the country, ever more people are finding the courage to embark on careers in handicraft and entrepreneurship, whether they choose to weave cloth, blow glass, bake crispbread, raise animals or whatever it may be. More and more younger people are also discovering the freedom and quality of life

that rural areas can offer. We see a clear trend in which small-scale local crafts have found a new status, not least in trendy urban circles.

For people who are interested in traditional crafts, there is plenty to discover all over the country and of course also in the big cities, where more and more shops, markets, restaurants and other forums are selling high-quality, traditional local handicrafts. In many places, there are also opportunities to visit studios, workshops, bakeries, printing houses and other workplaces where traditional handicrafts are produced, on guided tours or individually.



"We cannot follow trends. We take our time and have to be that way. We know which trends are developing but quite simply do not have time to follow them."

Master colour mixer Jesper Jobs runs the famous textile printing company Jobs Handtryck, with his wife and business partner Åsa Jobs, in a location overlooking the beautiful lake Siljan in the central Swedish region of Dalarna, the county in Sweden that is the best known area for traditional crafts and artwork.





Gripsholm Castle, surrounded by Lake Mälaren, was founded by King Gustav Vasa in 1537, and houses the Swedish national portrait collection.



The Fotografiska museum at Stadsgårdskajen in Stockholm has become one of the Swedish capital's most popular attractions and venues, with exhibitions by many of the world's greatest photographers. It also provides a top class restaurant, a shop and other attractions.



The unique Hälsingland farmhouses in the Hälsingland region are protected by UNESCO's World Heritage List, as the area is deemed to be a unique aesthetic and cultural environment.



Carl Larsson's Sundborn. The home of the Swedish National Artist Carl Larsson and his wife Karin, in Sundborn in the Dalarna region, has inspired interior designers from around the world. It doesn't get much more Swedish than this. A great attraction for anyone interested in Swedish and Nordic tradition and aesthetics.



The Nordic Water Museum in Skärhamn on the west coast of Sweden, not far from Gothenburg, is a wonderful and scenic place to visit. The museum features exhibits from all over the world and an interesting array of events as well as a restaurant and a studio, in which visitors can try their hand at painting with watercolor.




Wanås Konst in Skåne is a wonderful place to visit for people interested in art. In the castle park and the surrounding areas, contemporary art meets nature and history. Wanås provides a high-quality programme of international exhibitions and events, with an impressive private collection in the famous sculpture park.

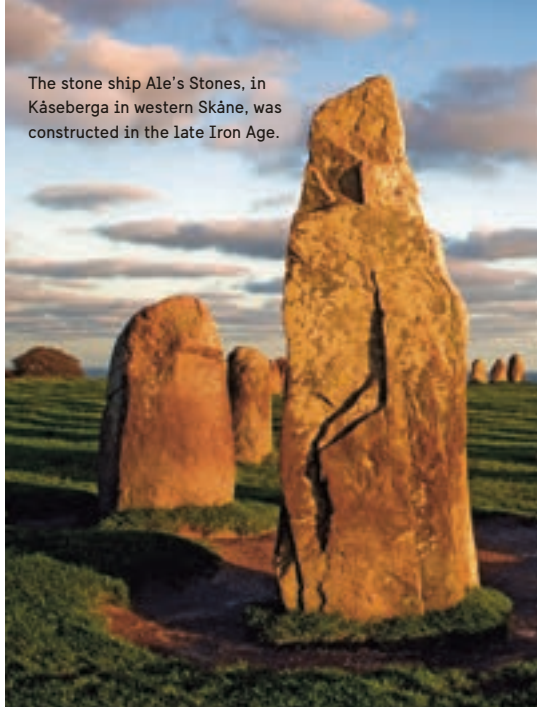


The Museum of Work in the former industrial city of Norrköping, south of Stockholm, is located in the middle of the Motala Ström river in a very distinct seven-sided building from 1917 known as "strykjärnet" (the smoothing iron), which was originally a textile mill. The museum is run by a union foundation. It features exhibitions connected to working life and the labour movement.





The Artipelag Cultural Centre outside Stockholm provides an experience that combines nature and contemporary art.



The stone ship Ale's Stones, in Kåseberga in western Skåne, was constructed in the late Iron Age.



"The Painter Prince" Prince Eugen's residence Waldemarsudde on the royal Djurgården island – is now a popular museum and tourist destination with an excellent collection of Nordic turn-of-the-century art, interesting temporary exhibitions and a well-visited restaurant and shop.

# Our Swedish cultural heritage is vast and rich

Many foreign visitors are amazed at the amplitude and grandeur of our Swedish cultural heritage. Some of them are also surprised at how alive our ancient traditions and customs seem to be – and how our modern society has a natural contact with its historical roots.

One explanation for the richness of our cultural heritage is Sweden's position as a major power in Europe during the 1600s. The grand international ambitions continued throughout the 1700s as well. The industrial revolution began in the late 1800s, and during the space of half a century this transformed Sweden into one of the world's richest and most developed welfare states. Fascinating traces of both these historical periods can be seen all over the country.

In the capital, Stockholm, there is the Royal Palace, which was mostly built in the 1700s and is one of the largest in Europe. The palace is located in Gamla Stan (the Old Town), which together with the adjacent Riddarholmen islet is Europe's largest and best-preserved medieval town centre. Unique and imposing city districts made of stone on Östermalm, Norrmalm and Södermalm originate from the late 1800s and early 1900s. The magnificent castles of a major military power in Skokloster and Gripsholm on Lake Mälaren, the cathedral in historic Uppsala, the cathedral in Lund in the Skåne region, the wooden church in Jukkasjärvi in Lapland, the famous Skansen open-air museum in Stockholm – the list of historical and cultural sights deserving of a visit is long.

Sweden was one of the few countries in Europe that was spared the destruction of World War II, which is one of the main reasons for there being so many well-

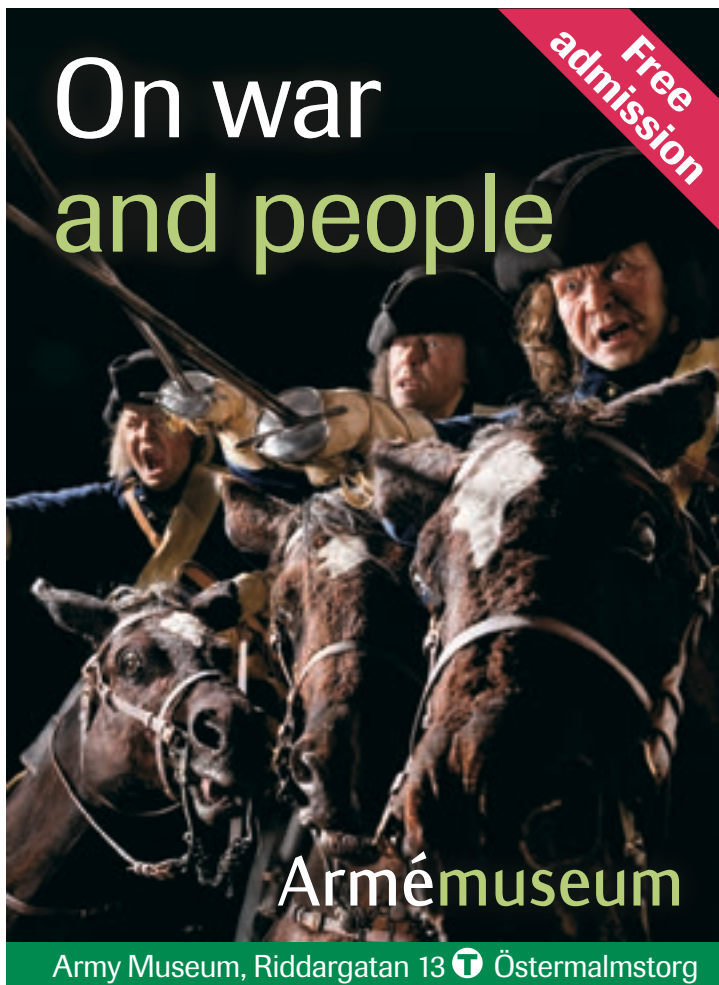
preserved, interesting and accessible historical environments and sights to experience all over the country. Whether you are interested in history, art, crafts, architecture, music, gastronomy, garden art, fashion or design, Sweden has much to offer, from the traditional to the ultra-modern.

The capital Stockholm is in a class of its own in northern Europe in terms of museums, theatres, galleries, shops, restaurants and various historically interesting environments and attractions. Gothenburg and Malmö also have rich selections of both historical culture as well as dynamic and creative contemporary urban culture. All over the Swedish countryside, from Lapland in the north to Skåne in the south, there are many, many interesting museums, castles, manors, churches, ancient monuments and other historical sites and environments that are well worth a detour to see.

One of the many attractions of unique historical value is the medieval Hanseatic city of Visby on the beautiful island of Gotland in the Baltic Sea, which is on UNESCO's World Heritage List. Sweden has a total of fifteen entries on this list. The "Nordic Versailles", Drottningholm Palace outside Stockholm – with its famous palace theatre, Skogskyrkogården (The Woodland Cemetery) south of Stockholm, the Lapponia wilderness area in Lapland, rock carvings from the Bronze Age in Tanum in the Bohus region, Kyrkstaden (The Church Village of Gammelstad) outside Luleå in northern Sweden and the species-rich Alvaret heathlands on the island of Öland are a few examples. Many of these places offer food and accommodation in interesting cultural environments.

[www.visitsweden.com](http://www.visitsweden.com)






# On war and people

Free admission

## Armémuseum

Army Museum, Riddargatan 13  Östermalmstorg



## Sightseeing tours Tourist Information

Tourist Center Köpmangatan 22  
Old Town  
[www.guidestockholm.info](http://www.guidestockholm.info)




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[www.skansen.se/en](http://www.skansen.se/en)



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Photo: Susanne Hallmann, Cemeteries Administration of the City of Stockholm

## THE WOODLAND CEMETERY — SKOGSKYRKO GÅRDEN

The Unesco World Heritage, with its nature and architecture, attracts visitors from around the globe. Visitors Guide & Audio Guide available in English. Guided tours in summer. [skogskyrkogarden.se](http://skogskyrkogarden.se)

## MEDIEVAL MUSEUM

Experience the daily life in medieval Stockholm. Audio Guide in major languages. Free Admission. [medeltidsmuseet.stockholm.se](http://medeltidsmuseet.stockholm.se)



Photo: Alexander Naimoud

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# Swedish Experiences and Adventures on Nature's Own Terms

The whole of Sweden is a fantastic playground for lovers of nature and the open air life. Adventures and opportunities to enjoy the countryside are always readily and conveniently available. The choice is unlimited. Here we provide a small selection of attractive outdoor experiences on nature's own terms. All the tourism organisers that are listed are holders of the Nature's Best quality label, which is a guarantee of responsible adventure tourism.

1

## 1 Sápmi Nature

Sápmi is the name of the vast area of northern Sweden, Norway, Finland and Russia that is the indigenous homeland of the Sami, where reindeer herding is still carried out. Sápmi Nature is a small tourism organiser run by the experienced nature guide Lennart Pittja. Based at the Sápmi Nature Camp outside Gällivare, close to the Lapponia World Heritage Site, guests stay in comfortable double rooms in traditional huts and are provided with good opportunities to see the northern lights and other spectacular nature experiences, as well as exclusive insights into reindeer herding and the Sami culture of today.  
[www.sapminature.com](http://www.sapminature.com)

## 2 Rid i jorm

Explore the roadless wilderness in the Jämtland region's mountain world on the back of an Iceland horse. A unique combination of tranquillity and adventure. In the evenings, you can enjoy food prepared using mountain delicacies in a camp with a sauna and a "party hut".  
[www.korpensoga.com/rid-i-jorm](http://www.korpensoga.com/rid-i-jorm)

## 3 Kolarbyn

The Kolarbyn Eco-Lodge is a hostel located deep in the forest outside Skinnskatteberg, north-west of Stockholm, in the region called Bergslagen, which in former times was the centre of the Swedish iron ore mining industry, a vital component in the country's development. The hostel is built around old-fashioned charcoal stacks, in which charcoal is produced as it was for iron ore extraction in times gone by, as part of a project to preserve this historical knowledge for the future. The hostel has no electricity or running water. Guests sleep comfortably in simple huts with wood burning stoves in the silence of the deep forest. There are good opportunities to see the "King of the Forest", the moose. In addition to moose safaris, there are also a range of other activities such as fishing, wilderness rides, mindfulness hikes and more.  
[www.kolarbyn.se/en](http://www.kolarbyn.se/en)

## 4 Birdsafari

A network of experienced nature guides available during all four seasons organises bird and butterfly watching excursions in central and northern Sweden, based around the beautiful Svartådal (Black River Valley) in the Västmanland region. The excursions on offer include crane safaris, swan safaris, owl safaris and eagle safaris. Well-prepared food cooked over an open fire is served out in the woods and accommodation in bed & breakfasts and inns is included in the package.  
[www.birdsafarisweden.com](http://www.birdsafarisweden.com)

## 5 Upplevelsebolaget

Upplevelsebolaget (The experience company), located in the coastal resort of Gustafsberg, outside Uddevalla, has become known and also won awards for its organisation of cycling, canoeing and climbing excursions for groups in the beautiful cliff landscape along the Bohus region's coast, north of Gothenburg on the west coast of Sweden. Numerous very different kinds of enriching outdoor experiences and adventures can be combined in quick succession on such trips. The required techniques are quickly learned from skilled instructors.  
[www.upplevelsebolaget.com](http://www.upplevelsebolaget.com)





4



2



## 6 Granö Beckasin

A wilderness lodge beautifully situated on a headland in the Ume River in the region of Västerbotten, right next to the Lapland wilderness, which is often referred to as Europe's last such area. Visitors stay in comfortable rooms, six of which are known as bird nests, as they are built high up in the tree tops, with magnificent views of the river. There is also a camp site available for more basic accommodation. The restaurant offers locally produced Lapland seasonal delicacies. A wide range experiences, ranging from calm to daring, are available, such as a sauna and ice bath, dog sledding, biking, guided ski tours in the enchanted forest, husky walks, rafting and more.

[www.granobeckasin.com](http://www.granobeckasin.com)



3



5





## 7 Urnatur

The Urnatur eco-lodge is beautifully situated on a peaceful lake in the deep forest in the Östergötland region, 2-3 hours from Stockholm, Gothenburg and Malmö. Guests can enjoy a peaceful stay in the forest and sleep comfortably in lovely beds in log cabins, several of which are designed as treehouses. Dinner cooked over an open fire is served in the forest by the owners Ulrika and Håkan. There is no electricity, but a wood-fired sauna is available on the lake shore.

[www.urnatur.se/en](http://www.urnatur.se/en)

## 8 Nordic Footprint

A family business that offers exclusive hunting and fishing trips in the Fulufjället National Park in northern Dalarna and which has quickly become popular among hunting and fishing enthusiasts from around the world. Guests can fish for trout, char and grayling, and also hunt grouse, capercaillie, woodcock and beavers in the pristine mountain scenery. The various packages all include full board, with food made from local ingredients and overnight accommodation provided in the company's own wilderness camp or in a tent in the mountains.

[www.nordicfootprints.com](http://www.nordicfootprints.com)



## 9 Vargas

Stillness and silence provide the luxuries in this lodge, beautifully situated deep in the forest of the Hälsingland region, next to the clear waters of Lake Öljungen. There is no electricity or running water, but guests live from what nature provides, thereby experiencing another time. The location offers great and small nature experiences in the forests and countryside, saunas and lake swimming, and lovely meals in the cosy timbered lodge. The host Håkan Vargas is a nature photographer, and guests have a good chance of seeing bears from his hide. There are also moose, wolves and golden eagles in the forest. Visiting groups always have the premises to themselves.

[www.nordicnature.se](http://www.nordicnature.se)





10



12



11



13

## 10 Kajak och uteliv

Kajak & Uteliv (Kayak and outdoor life) in Roslagen, in Stockholm's northern archipelago, is one of many operators across the country that offer kayaks for rent as well as guided tours. Even beginners can embark on short day trips or longer journeys of up to five days all inclusive, with the organiser providing all the necessary equipment, tents and catering. There is no more beautiful way to experience the unique nature of the archipelago than by sea kayak.

[www.kajak-uteliv.com](http://www.kajak-uteliv.com)

## 11 Mörrums Kronolaxfiske

Salmon and trout fishing in Mörrum in the Blekinge region has been famous since the 1200s. Anglers from all over the world come here to fish among one of the world's largest adult populations of wild salmon and sea trout. The world's largest trout, weighing in at 18.36 kg, was caught here in 1993. Several salmon weighing more than 25 kg have been caught over the years. A well-established hotel and restaurant are located right next to the fishing, and other activities such as golf are available nearby.

[www.sveaskog.se/en/morrum/](http://www.sveaskog.se/en/morrum/)

## 12 Fishyourdream

Combine high-quality sea fishing for salmon and trout with interesting nature and cultural experiences on the islands of Gotland and Fårö. The latter was the home of the late master director Ingmar Bergman and also a filming location for several of his films. The organiser now also provides legendary fly fishing in Ammarnäs in the Västerbotten region and in Tjuonajokk in Lapland. Just as much care and attention to detail is taken with the accommodation, food and well-being of guests as with the actual fishing, which is done by wading out from the beaches.

[www.fishyourdream.com](http://www.fishyourdream.com)

## 13 Jokkmokkguiderna

Driving your own dog team through the Lapland national parks' endless wilderness and enjoying speed, silence and sparkling white expanses of snow is an experience that defies description in words. You travel in small groups and do not need any prior skills. In the tent camp after the day's journey, there are good chances to experience the northern lights over dinner. Jokkmokkguiderna (The Jokkmokk guides) also offers hiking and canoeing in the summer as well.

[www.jokkmokkguiderna.se](http://www.jokkmokkguiderna.se)

### Naturens bästa – adventures on nature's terms

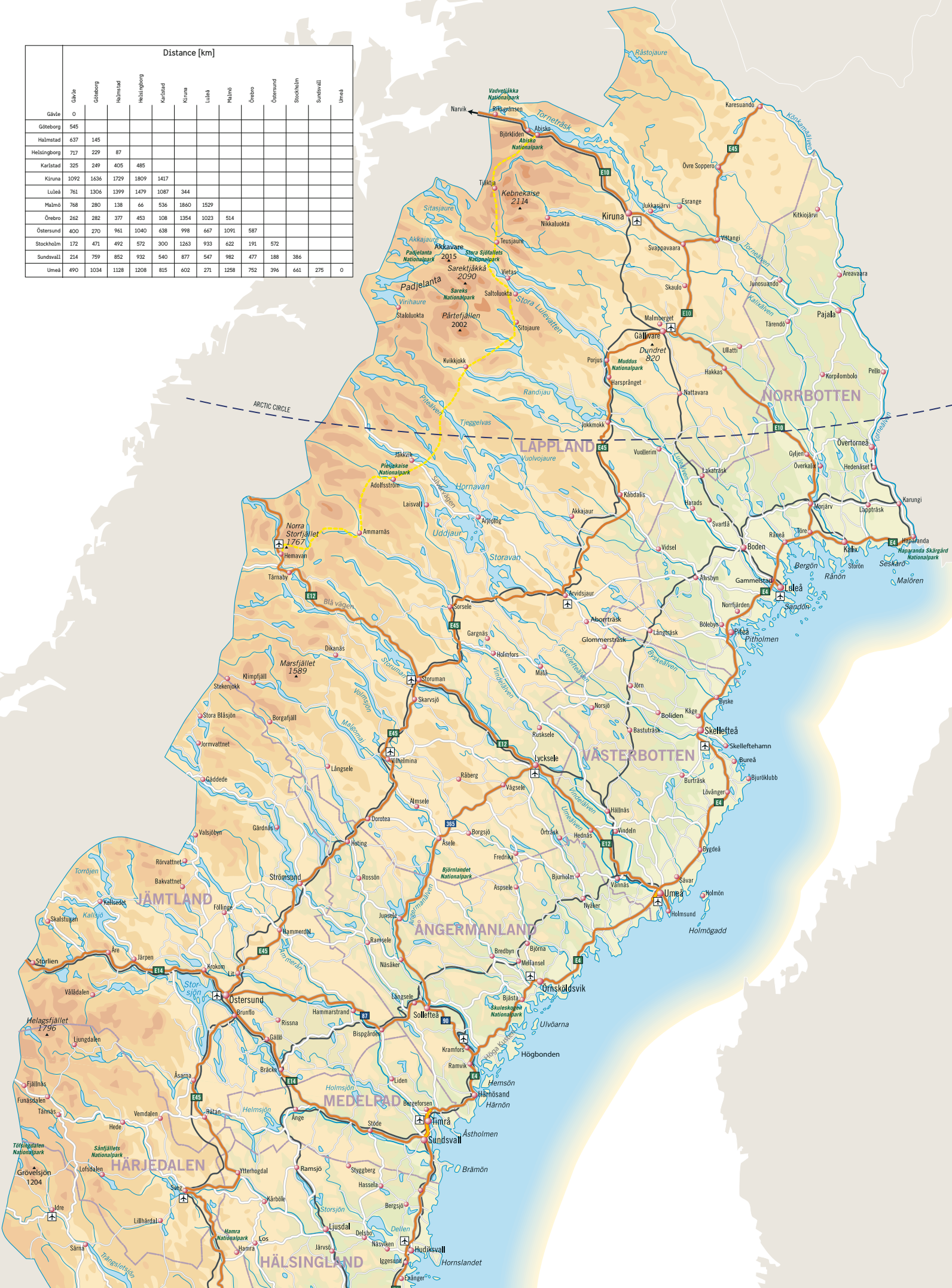
Those of you who visit Sweden and love the outdoors are smart to keep an eye out for Naturens Bästa – a trailblazing quality symbol for ecotourism in Sweden. Sweden's foremost outdoor and wilderness organizers and their finest products are gathered under this quality symbol. Demands on respecting nature as well as the quality of the experience are high. People who choose to travel with the organizers who are awarded with this quality symbol are guaranteed an experience that will satisfy all of their senses and also contributes to, rather than takes away from, mother nature. Options are steadily growing since more resources than ever are being invested in ecotourism in Sweden.

[www.naturesbestsweden.com](http://www.naturesbestsweden.com)

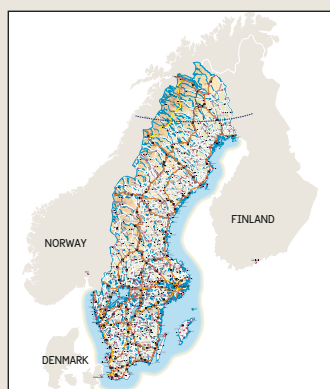




|             | Distance [km] |          |          |             |          |        |       |       |        |           |           |           |      |
|-------------|---------------|----------|----------|-------------|----------|--------|-------|-------|--------|-----------|-----------|-----------|------|
|             | Gävle         | Göteborg | Halmstad | Helingsborg | Karlstad | Kiruna | Luleå | Malmö | Örebro | Östersund | Stockholm | Sundsvall | Umeå |
| Gävle       | 0             |          |          |             |          |        |       |       |        |           |           |           |      |
| Göteborg    | 545           |          |          |             |          |        |       |       |        |           |           |           |      |
| Halmstad    | 637           | 145      |          |             |          |        |       |       |        |           |           |           |      |
| Helingsborg | 717           | 229      | 87       |             |          |        |       |       |        |           |           |           |      |
| Karlstad    | 325           | 249      | 405      | 485         |          |        |       |       |        |           |           |           |      |
| Kiruna      | 1092          | 1636     | 1729     | 1809        | 1417     |        |       |       |        |           |           |           |      |
| Luleå       | 761           | 1306     | 1399     | 1479        | 1087     | 344    |       |       |        |           |           |           |      |
| Malmö       | 768           | 280      | 138      | 66          | 536      | 1860   | 1529  |       |        |           |           |           |      |
| Örebro      | 262           | 282      | 377      | 453         | 108      | 1354   | 1023  | 514   |        |           |           |           |      |
| Östersund   | 400           | 270      | 961      | 1040        | 638      | 998    | 667   | 1091  | 587    |           |           |           |      |
| Stockholm   | 172           | 471      | 492      | 572         | 300      | 1263   | 933   | 622   | 191    | 572       |           |           |      |
| Sundsvall   | 214           | 759      | 852      | 932         | 540      | 877    | 547   | 982   | 477    | 188       | 386       |           |      |
| Umeå        | 490           | 1034     | 1128     | 1208        | 815      | 602    | 271   | 1258  | 752    | 396       | 661       | 275       | 0    |







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