



Sweden

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Best Places to Eat

- » Chokladkoppen, Stockholm (p1205)
- » Hötorgshallen, Stockholm (p1205)
- » Vurma, Stockholm (p1208)

Best Places to Stay

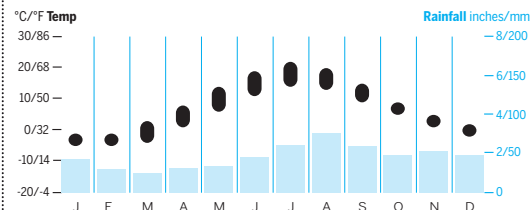
- » STF Vandrarhem Gärdet, Stockholm (p1204)
- » Hotel Flora, Göteborg (p1219)
- » STF Vandrarhem Malmö City (p1215)

Why Go?

As progressive and civilised as it may be, Sweden is a wild place. Its scenery ranges from barren moonscapes and impenetrable forests in the far north to sunny beaches and lush farmland further south. Its short summers and long winters mean that people cling to every last speck of sunshine on a late August evening – crayfish parties on seaside decks can stretch into the wee hours. In winter locals rely on candlelight and *glögg* to warm their spirits. But lovers of the outdoors will thrive here in any season: winter sees skiing and dog-sledding while the warmer months invite long hikes, swimming and sunbathing, canoeing, cycling, you name it – if it's fun and can be done outdoors, you'll find it here. For less rugged types, there's always shopping and nightclub hopping. And in most Swedish cities you'll find top-notch museums dedicated to local and national history, art and culture.

When to Go

Stockholm



Jun–Aug

Sweden's summers are short but intense, and hotel prices drop.

Sep & Oct

Nothing's open, but the countryside is stunning in autumn.

Dec–Feb

Winter sports and the Northern Lights keep Norrland towns buzzing.

AT A GLANCE

Currency *krona* (Skr)

Language Swedish, plus minority languages Romani, Finnish, Yiddish, Meänkieli (Finnish dialects) and Sami (three languages)

Money ATMs found all over

Visas Schengen rules apply; seep1319

Fast Facts

- » **Area** 449,964 sq km
- » **Capital** Stockholm
- » **Country code** 46
- » **Emergency** 112

Exchange Rates

Australia	A\$1	Skr 6.59
Canada	C\$1	Skr 6.32
euro zone	€1	Skr 9.03
Japan	¥100	Skr 7.75
New Zealand	NZ\$1	Skr 5.10
UK	UK£1	Skr 10.15
USA	US\$1	Skr 6.19

Set Your Budget

- » **Budget hotel room** from Skr800 (double room)
- » **Two-course evening meal** Skr250
- » **Museum entrance** Skr70-100
- » **Beer** Skr50-60 for a pint
- » **Cup of coffee** Skr20-30
- » **Stockholm Tunnelbana ticket** Skr30 (single-trip)

Resources

- » See internet resources, p1226

Connections

Getting to the rest of Scandinavia and further into Europe from Sweden is easy. From Stockholm there are train and bus connections to London or Berlin as well as to Denmark, Finland and Norway. Ferries are another option, with frequent connections between many Swedish ports and the rest of Europe. Airports in Stockholm and Göteborg connect Sweden with the rest of the world.

ITINERARIES

One Week

Spend three days exploring Stockholm and Uppsala, and two days in and around Göteborg before continuing south to the dynamic cities of Malmö and Lund. Alternatively, explore the Stockholm region more thoroughly, including a couple of days in the archipelago, before heading to Uppsala.

Two Weeks

As above, but include a trip northwards to Östersund, then further up toward Kiruna to check out the world-famous Ice Hotel. Outdoorsy types will find plenty to do here in winter, but in summer you may opt to cycle around Gotland instead.

Essential Food & Drink

- » **Köttbullar och potatis** Meatballs and mashed potatoes, served with *lingonsylt* (lingonberry jam)
- » **Gravlax** Cured salmon
- » **Sill and strömming** Herring, eaten smoked, fried or pickled and often accompanied by capers, mustard and onion; beware the pungent *surströmming* (fermented Baltic herring)
- » **Toast skagen** Toast with bleak roe, crème fraiche and chopped red onion
- » **Brännvin** Sweden's trademark spirit, also called aquavit (vodka) and drunk as *snap*s