



Sweden

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Best Places to Eat

- » Mathias Dahlgren (p436)
- » Tranan (p436)
- » Nystekt Strömning (p435)
- » Hambergs Fisk (p450)
- » Bakfickan (p490)

Best Places to Stay

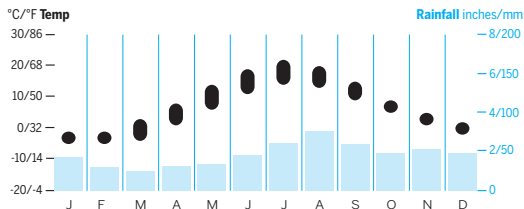
- » Hotel Hellsten (p434)
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Why Go?

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 room prices drop.

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

Dec-Feb Winter sports and the aurora borealis (Northern Lights) keep Norrland towns buzzing.

AT A GLANCE

- » **Capital** Stockholm
- » **Area** 449,964 sq km
- » **Population** 9.4 million
- » **Country code** 46
- » **Language** Swedish, plus the officially protected minority languages Romani, Finnish, Yiddish, Meänkieli (Finnish dialects) and Sámi (three languages)
- » **Currency** krona

Exchange Rates

Australia	A\$1	Skr6.54
Canada	C\$1	Skr6.30
Europe	€1	Skr8.90
Japan	¥100	Skr7.35
New Zealand	NZ\$1	Skr4.81
UK	UK£1	Skr9.99
USA	US\$1	Skr6.00

Set Your Budget

- » **Budget hotel room** from Skr800
- » **Two-course evening meal** Skr250
- » **Museum entrance** Skr70–100
- » **Beer** Skr50–60
- » **Stockholm tunnelbana ticket (single trip)** Skr30

Resources

- » **Introduction to Sámi people** (<http://boreale.konto.itv.se/samieng.htm>)
- » **The Local** (www.thelocal.se)
- » **Smorgasbord** (www.sverigeturism.se/smorgasbord/index.html)

Connections

Trains and buses link Sweden with Norway, Finland and Denmark. Flights connect Göteborg and Stockholm to Iceland. Stockholm-Arlanda Airport connects Sweden with the rest of the world, and domestic flights connect the capital with the country's northern- and southernmost cities. Direct flights link Umeå to various points in the UK. Frequent overnight ferries sail between Stockholm and Helsinki in Finland. Ferries and the Öresund bridge connect Sweden and Denmark.

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 day trips to Drottningholm and Birka and a couple of days in the archipelago, before heading to Uppsala via Sigtuna.

Two Weeks

As above, but include a trip northwards to the Lake Siljan region, then further up towards Sundsvall to explore the dramatic cliffs of Höga Kusten. Outdoorsy types may opt to cycle on Gotland or head up to Abisko for great hiking.

Essential Food & Drink

- » **Köttbullar och potatis** Meatballs and mashed potatoes, served with *lingonsylt* (lingonberry jam).
- » **Gravlax** Cured salmon.
- » **Sill & 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 fraîche and chopped red onion.
- » **Brännvin** Sweden's trademark spirit, also called aquavit and drunk as *snaps* (vodka).