



# Sweden

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## Best Places to Eat

- » Mat & Destillat (p427)
- » Thörnströms Kök (p436)
- » Frantzén/Lindeberg (p403)
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- » Camp Ripan Restaurang (p466)

## Best Places to Stay

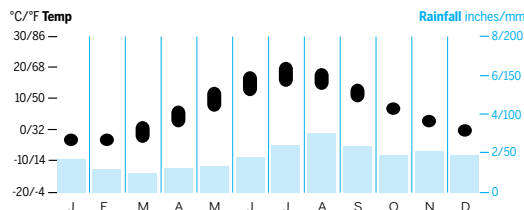
- » Hotel Hellsten (p402)
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## Why Go?

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 restaurant and nightclub hopping and museum perusing in cosmopolitan Stockholm, lively Göteborg and beyond.

## When to Go

### Stockholm



**Jun-Aug** Summers are short but intense, and the 'white nights' beyond the Arctic Circle magical.

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

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

## 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. Frequent ferries sail between Swedish ports and destinations in Denmark, Finland, Norway, Germany and parts of Eastern Europe.

## ITINERARIES

### One Week

Spend three days exploring Stockholm and Uppsala, and two days in and around Göteborg before continuing south to dynamic Malmö or flying to medieval Visby. In winter, get acclimatised in Stockholm before heading north to Kiruna and Abisko for dog sledding, aurora borealis-viewing and stays at the Icehotel.

### Two Weeks

In summer, include a trip northwards to the Lake Siljan region, then head further up towards Sundsvall to explore the dramatic cliffs of Höga Kusten and to Abisko for great hiking. In winter, add skiing in Åre. Go in search of the lake monster in Östersund before detouring west to Åre for some extreme mountain biking and then head north to check out Sweden's most beautiful drive – the Wilderness Road.

## 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 (10 languages)
- » **Currency** krona (Skr)

## Exchange Rates

Australia	A\$1	Skr6.70
Canada	C\$1	Skr6.75
Euro Zone	€1	Skr8.64
Japan	¥100	Skr8.08
New Zealand	NZ\$1	Skr5.59
UK	UK£1	Skr10.72
USA	US\$1	Skr6.67

## 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.
- » **Toast skagen** Toast with bleak roe, *crème fraiche* and chopped red onion.
- » **Brännvin** Sweden's trademark spirit, also called aquavit and drunk as *snaps* (vodka).

## Set Your Budget

- » **Budget hotel room** from Skr800
- » **Two-course evening meal** Skr270
- » **Museum entrance** Skr70–110
- » **Beer** Skr52–60
- » **Stockholm tunnelbana ticket (single trip)** Skr37

## Resources

- » **Visit Sápmi** ([www.visitsapmi.com](http://www.visitsapmi.com))
- » **Visit Sweden** ([www.visitsweden.com](http://www.visitsweden.com))
- » **White Guide** ([www.whiteguide.se](http://www.whiteguide.se)) The best Swedish eating and drinking establishments.