



Sweden

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Best Places to Eat

- Kryp In (p399)
- Thörnströms Kök (p433)
- Bastard Restaurant (p421)
- Åjtte Museum Restaurant (p461)
- PM & Vänner (p442)

Best Places to Stay

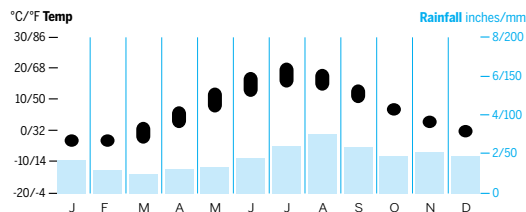
- Treehotel (p457)
- Icehotel (p463)
- IQ Suites (p432)
- Rival Hotel (p399)
- Stora Hotellet Umeå (p458)

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 dogsledding 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.

Mar–Apr Winter sports and the aurora borealis (northern lights) keep Norrland towns buzzing.

AT A GLANCE**Capital** Stockholm**Area** 449,964 sq km**Population** 9.6 million**Country code** ☑ 46**Languages** 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	Skr6.32
Canada	C\$1	Skr6.45
Euro Zone	€1	Skr9.12
Japan	¥100	Skr6.58
New Zealand	NZ\$1	Skr5.63
UK	UK£1	Skr11.7
USA	US\$1	Skr7.21

Set Your Budget**Budget hotel room** from Skr820**Two-course evening meal** Skr280**Museum entrance** Skr70–120**Beer** Skr54–65**Stockholm tunnelbana ticket (single trip)** Skr36**Resources****Visit Sápmi** (www.visit.sapmi.com)**Visit Sweden** (www.visit.sweden.com)**White Guide** (www.whiteguide.se)**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 northernmost 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 dogsledding, the aurora borealis 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. 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.

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 fraîche and chopped red onion.**Brännvin** Sweden's trademark spirit, also called aquavit and drunk as *snaps* (vodka).