

PAGE  
48

ON THE  
ROAD

YOUR COMPLETE DESTINATION GUIDE  
In-depth reviews, detailed listings  
and insider tips



PAGE  
339

SURVIVAL  
GUIDE

VITAL PRACTICAL INFORMATION TO  
HELP YOU HAVE A SMOOTH TRIP

Directory A–Z .....	340
Transport .....	349
Language .....	356
Index .....	365
Map Legend .....	376

**Language**

As a member of the North Germanic or Scandinavian language family, Swedish has Danish and Norwegian as the closest relatives. It is the national language of Sweden, recognised by the majority of independent states. It is written in a modified Latin script. French is an official status with French and is a mandatory subject in schools, but it is the first language for only about 300,000 people or 6% of Swedish population.

Swedish is spoken in Sweden or Norway or Finland. Some of the rural dialects that have survived the language are still used in the southern province of Skåne. Most Swedes will more than likely understand English.

**Yes.** Ja.  
**No.** Nej.  
**Please.** Snälla.  
**Thank you.** Tack.  
**Very much.** Mycket.  
**You're welcome.** Ingen problem.  
**Excuse me.** Undskyld.  
**Sorry.** Ursäkta.  
**How are you?** Hur mår du?  
**Hi and hello.** Hej.  
**Goodbye.** Ån.  
**Good night.** Godnatt.

THIS EDITION WRITTEN AND RESEARCHED BY

Becky Ohlsen,  
Anna Kaminski, K Lundgren

Hiking trails are gorgeous and well maintained (p299)

Lapland

## Gammelstad



## Norland





### Djurgården

Spectacular Vasamuseet for an ancient battleship (p63)

### Stockholm Archipelago

A wonderland of small, rocky islands (p99)

### Stockholm

The beautiful, stylish capital city (p50)

### Visby

The Hanseatic trading port of a medieval city (p255)

### Gotland

A beautiful island with fabulous churches (p253)

### Kingdom of Crystal

Watch glass-blowers work their magic (p243)

### Bohuslän Coast

Raw and starkly beautiful (p165)

### Göteborg

Stockholm's cutting-edge alter ego (p144)

### Foteviken Viking Reserve

Viking battle re-enactments at an open-air museum (p199)

# itineraries

*Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travellers.*



## One Week Stockholm & its Surrounds

Start in **Stockholm**, where mandatory attractions include the Kungliga Slottet (Royal Palace), Gamla Stan (the lovely Old Town) and Skansen (a family-friendly open-air museum that is basically Sweden in miniature). You can cover those in a couple of days, which leaves an evening for enjoying some of the capital city's nightlife in Södermalm – try the clubs and bars in the SoFo district. On day three, take a boat tour to the ancient settlement on **Birka**; it's an all-day affair that gets you both history and scenery.

The next day, check out the spectacular cathedral and palace at **Uppsala** and delve into early Swedish history via the burial mounds and museum at **Gamla Uppsala**. On the way back, explore the village of **Sigtuna**, with its old-fashioned buildings and atmospheric church ruins. The following day, visit the sculpture museum at **Millesgården**, or make a pilgrimage to Greta Garbo's memorial at the Unesco-recognised cemetery **Skogskyrkogården**. Finally, take an hour-long boat tour of Stockholm's canals for a cool new perspective on the city, then tick off any of the city's museums you've been meaning to get to.



## Two Weeks Stockholm & Göteborg

➤ You can see a good stretch of Sweden in the space of two weeks. To get a sense of the things that make Sweden so quintessentially Swedish, we suggest spending the first week of your trip as outlined in the Stockholm and its Surrounds itinerary, exploring the sights in and around the stylish capital city, **Stockholm**. Then, make your way west toward Göteborg, Sweden's so-called 'second city', a worthy destination in its own right. Take your time getting there – you'll want to stop along the way to visit the lively college town of **Örebro**, tour its moat-protected castle and wander through the nearby Stadsparken, one of Sweden's most beautiful city parks.

Continue heading southwest, between the huge inland lakes Vänern and Vättern, and into **Göteborg**. This engaging city is easily worth a few days of exploration – visit its theme park and museums, notably the art and design collection at Röhsska Museet, but more importantly, do some Michelin-star dining and trend-focused shopping, perhaps in the attractive and well-preserved Haga district, Göteborg's oldest suburb. Take the whole clan along for the rides at the huge amusement park that is Liseberg, one of Sweden's most visited tourist attractions. Pick up some picnic supplies at Feskekörka, a fish market shaped like a church, or settle in for some locally sourced, gourmet 'slow food' at chef Mats Nordström's Wasa Allé. And don't miss the cool, retrofitted art space at Röda Sten, a gritty power-station-turned-gallery that exhibits some of the edgiest artwork around and has a wild range of evening events to boot.

Spend the rest of week two exploring the craggy coastline and rickety fishing villages of the **Bohuslän Coast**. Check out the Bronze Age rock carvings on the Tanum plain, then have a go at making sense of them with the help of the Vitlycke Museum. Cross the bridge from Stenungsund (on the Swedish mainland) to the island of **Tjörn**, a favourite of landscape artists and sailors alike. Wander the tiny villages admiring sailboats, have a summer barbecue on the deck of a youth hostel, or make a meal of smoked fish from Åstols Rökeri.



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KRIS DAVIDSON / LONELY PLANET IMAGES ©

- » (above) Statue near Stadshuset, Stockholm (p61)
- » (left) Reindeer migrating to Lappland mountains





## Two Weeks Stockholm to Malmö

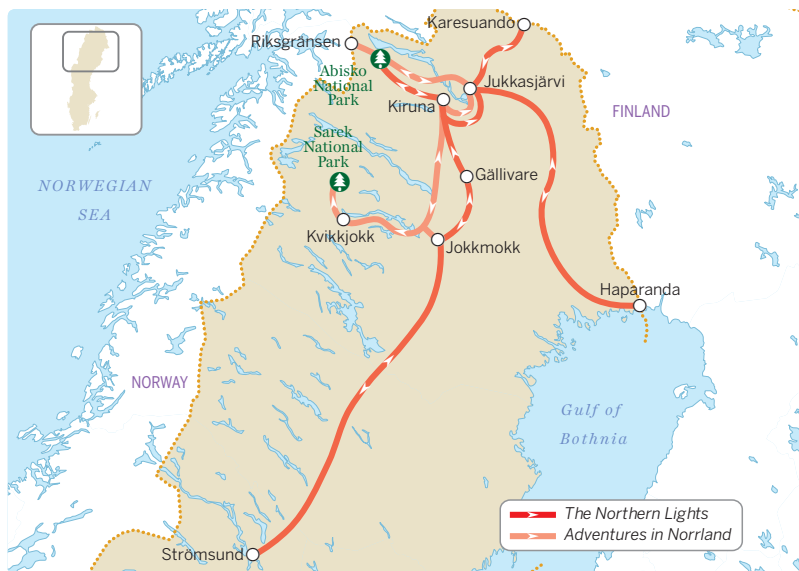
Start your journey in **Stockholm**. The wonderful capital city will hold your attention for as many days as you can devote to it. (See the previous Stockholm itinerary for some ideas.) When it's time to move on, head toward dynamic **Göteborg**, and its surrounding coastline, whose charms include pretty fishing villages and spectacular, otherworldly light. Make your way south along the coast, stopping to dodge mopeds in beachy **Brännö** and enjoy the eye candy in upscale **Marstrand**.

Further south, stop in at **Varberg** and see the preserved body of Bocksten Man displayed in its medieval fortress. Continue south to the brainy and beautiful university town of **Lund**, Sweden's second-oldest town, with a striking cathedral and the great cafe culture that goes along with a large student population. Just south of here is **Malmö**, a diverse and lively city that sometimes feels more a part of neighbouring Denmark – no surprise really, as Copenhagen is only a bridge away. If you have extra time in Malmö, stop by the Foteviken Viking Reserve, a living reconstruction of a Viking-era village.

## Two Weeks Stockholm to Kiruna

The journey from **Stockholm** to the northernmost city in Sweden actually merits the term epic. You'll cross vast stretches that seem to be populated by nothing but reindeer. You'll also see the fertile, forested breadbasket of the country. Start out heading toward the lovely **Lake Siljan** region, home to the carved wooden Dala horses and filled with red-painted huts and hobbitlike villages. You can easily spend a couple of days here hopping between **Mora**, **Rättvik** and **Leksand**.

Continue northeast toward **Sundsvall** and **Höga Kusten** region for glorious scenery and cliffside hiking. From there, it's quite an easy gulf-side journey up to the cool urban centres of Norrland: **Umeå** and **Luleå**, each with its own charm. From Luleå, jag inland to **Arvidsjaur**, where you can choose from a range of outdoor adventures, and then on to **Jokkmokk**, whose Sami museum, Ájtte, mustn't be missed. (If your trip coincides with the Jokkmokk Winter Market, be sure to allow time for exploring it.) From Jokkmokk, you can either bus northward or catch the historic Inlandsbanan railway to **Gällivare**, its northern terminus. Continue to **Kiruna**, last outpost of the north, and its neighbour **Jukkasjärvi**, home of the famed Icehotel.



## Five to Seven Days The Northern Lights

Start at the top: fly into **Kiruna**. This northern outpost is a great base for taking in some of the world's last truly wild landscapes. Start with a hike in the easily accessible but vast and untamed **Abisko National Park**, just a short train ride from Kiruna. In Abisko you can also take a chairlift to a viewing station and see the northern lights (aurora borealis), roughly between October and March depending on weather. (In parts of Lapland from late May to July you can see the midnight sun.) If you're here during summer, take a scenic ride on the Inlandsbanan railway from **Gällivare** toward **Strömsund** and back. You'll cross the Arctic Circle around **Jokkmokk**, which is a Sami cultural centre and home to the inspiring Ájtte Museum.

Returning to the Kiruna area, zip over to **Jukkasjärvi** for a look at the famed Icehotel and a chance to visit a Sami reindeer camp. Shoppers and golfers might take a side trip to **Haparanda**, which excels at both pursuits. And completists might opt for a visit to **Karesuando**, the northernmost village in Sweden.

## Two Weeks Adventures in Norrland

Spend some time in **Kiruna**, stocking up on supplies and getting accustomed to the pace of life in the far north. Don't leave town without making your way to nearby **Jukkasjärvi** to see the oldest church in Lapland and tour a Sami reindeer yard. When you're ready, hop the train toward Norway to reach **Abisko National Park**. There's fantastic, easily accessible hiking here, plus a luxurious STF mountain lodge where you can stay and replenish your supplies. This is also a good place to try dogsledding, an ace way to get around in the northern winters. Cross-country skiers can start here to glide along the Kungsleden trail – which doubles as one of Sweden's best places for long treks in summer. A little further north is **Riksgränsen**, where Alpine skiers will find a large resort with plenty of expert-only runs (and outdoor hot tubs).

For more hiking, head to **Kvikkjokk**, gateway to the rugged and challenging **Sarek National Park**. If you're hooked on dogsledding and want more of that, head to **Jokkmokk**, where you can book a tour from an hour or two to a whole week.



➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's top recommendation



A green or sustainable option



No payment required

## STOCKHOLM & AROUND .....50

AROUND STOCKHOLM	95
Drottningholm	95
Vaxholm	98
Stockholm Archipelago	99
Kapellskär	102
Tyresta National Park	102
Sigtuna	103
Mariefred	105

## UPPSALA & CENTRAL SWEDEN .....107

UPPLAND	109
Uppsala	109
Northern Uppland	115
SÖDERMANLAND	116
Nyköping	116
Eskilstuna	117
VÄSTMANLAND	119
Västerås	119
Sala	122
Nora	123
NÄRKE	124
Örebro	124
Askersund & Around	127
VÄRMLAND	129
Karlstad	129
Sunne	131
Torsby	132
DALARNA	133
Falun	133
Lake Siljan Region	136
Sälen & Around	142
Idre & Grövelsjön	143

## GÖTEBORG & THE SOUTHWEST...144

GÖTEBORG (GOTHENBURG)	146
AROUND GÖTEBORG	163
Southern Archipelago	163
Bohus Fästning	165
BOHUSLÄN	165
Bohuslän Coast	165
Uddevalla	170
Strömstad	170
DALSLAND	172
Håverud	172
Around Håverud	173
VÄSTERGÖTLAND	173
Vänernborg	173
Trollhättan	174
Lidköping	176
Karlsborg	177
HALLAND	178
Halmstad	178
Varberg	181

## MALMÖ & THE SOUTH .....183

SKÅNE	185
Malmö	185
Lund	196
Falsterbo Peninsula	199
Trelleborg	200
Smygehuk	201
Ystad	202
Around Ystad	205
Österlen	206
Kristianstad	208

# On the Road

Åhus .....	210
Helsingborg .....	210
Kulla Peninsula .....	214
BLEKINGE .....	216
Karlskrona .....	216
Karlshamn .....	220

## THE SOUTHEAST & GOTLAND.....221

ÖSTERGÖTLAND .....	223
Norrköping .....	223
Linköping .....	226
Vadstena .....	230
Around Vadstena .....	231
SMÅLAND .....	232
Jönköping & Huskvarna .....	232
Gränna & Visingsö .....	234
Eksjö .....	236
Växjö .....	237
Kalmar .....	239
Glasriket .....	243
Oskarshamn .....	245
Västervik .....	246
Vimmerby .....	247
ÖLAND .....	249
Borgholm & Around .....	250
Northern Öland .....	251
Central Öland .....	252
Southern Öland .....	252
GOTLAND .....	253
Visby .....	255
Around Visby .....	260
Eastern Gotland .....	260

Northern Gotland & Fårö .....	261
Gotska Sandön National Park .....	262
Southern Gotland .....	262

## ÖSTERSUND & THE BOTHNIAN COAST.....264

JÄMTLAND .....	266
Östersund .....	266
Åre .....	269
Storlien & Around .....	271
HÄRJEDALEN .....	271
Funäsdalen & Tännadalen .....	271
THE BOTHNIAN COAST .....	273
Gävle .....	273
Hudiksvall & Around .....	276
Sundsvall .....	278
Härnösand .....	280
Höga Kusten .....	280
Örnsköldsvik .....	282
Umeå .....	283
Skellefteå .....	285
Luleå .....	286
Haparanda .....	289

## LAPPLAND & THE FAR NORTH... 290

Strömsund .....	291
Vildmarksvägen .....	292
Storuman .....	292
Tärnaby & Hemavan .....	293
Sorsele & Ammarnäs .....	294
Arvidsjaur .....	294

Arjeplog .....	296
Jokkmokk .....	296
Around Jokkmokk .....	298
Gällivare .....	300
Muddus National Park .....	301
Kiruna .....	301
Nikkaluokta & Kebnekaise .....	305
Jukkasjärvi .....	305
Abisko .....	306
Kungsleden .....	308
Karesuando .....	309
Pajala .....	310



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Becky Ohlson

**Coordinating Author; Stockholm & Around; Uppsala & Central Sweden**

Becky visits Sweden about twice a year for work and family. Her mother grew up in Uppsala, and holiday trips to her grandmother in Stockholm are an annual tradition. Becky loves spending time in Stockholm, especially during the winter holidays, but her favourite parts of the country are out in the middle of nowhere, be it around Ales Stenar in the south or lost in the bleak expanses of Jämtland up north. Becky has written about Scandinavia for Lonely Planet since 2004. She has also covered the Pacific Northwest, and parts of midwestern USA and Great Britain.

Read more about Becky at:  
[lonelyplanet.com/members/BeckyOhlson](http://lonelyplanet.com/members/BeckyOhlson)



### Anna Kaminski

**Östersund & the Bothnian Coast; Lapland & the Far North** Anna has been dreaming of Scandinavia ever since she read Norse myths and legends as an impressionable five-year-old. A fan of the extreme north (and south), she has roamed the wilds of Siberia, Norway, Patagonia and Tierra del Fuego before venturing north of Stockholm. Anna feels lucky to write about northern Sweden, which has seen her barrelling down a deserted road under the midnight sun in a

landscape reminiscent of her native Russia, dodging reindeer, and sampling delights such as reindeer, cloudberries and fermented herring!



### K Lundgren

**Göteborg & the Southwest; Malmö & the South; the Southeast & Gotland** Born in Norway, K's great-great-grandfather sailed to the US on the *Wisconsin* in 1888 from southern Sweden, lending a personal twist to her research. K will always have a soft spot for the cardamom buns and copper kettles of Flikorna Lundgren on the Kulla Peninsula, as well as the area around Kalmar, and thinks that visiting a lighthouse is a must – chilly dips in the sea, birdwatching, sharing shrimp,

bread and wine with complete strangers – the essence of a Swedish summer.

### Contributing Author

**Stuart Harrison** is an architect and communicator. He is director of award-winning practice Harrison and White and teaches in design and architectural history. He broadcasts on radio stations 3RRR and ABC Australia, and has authored two books on innovative housing, including *Forty-Six Square Metres of Land Doesn't Normally Become a House*.

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