



Östersund & the Bothnian Coast

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Best Places to Eat

- » Church Street Saloon (p275)
- » Möljens (p277)
- » Rex Bar och Grill (p284)
- » Hulkoffgården (p288)
- » Cook's Krog (p288)

Best Places to Stay

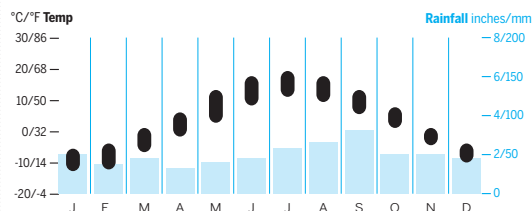
- » STF Vandrarhem Åre (p270)
- » Hulkoffgården (p288)
- » STF Tännadalen/Skarvruets Fjällhotel (p272)
- » Vandrarhem Högbonden (p281)
- » Hotel Emma (p267)

Why Go?

The north of Sweden seems to have it all. There are endless pristine forests where the odds of encountering elk, reindeer and bear are high and the hiking is splendid. There are jagged mountains that provide Sweden's best skiing in winter, and host the best mountain biking in summer, along with every other mountain sport you can imagine. On the other hand, you are never too far from the bright lights of civilisation: you can go monster-spotting in Östersund (yes, you read that correctly!), party with locals in the student towns of Gävle, Umeå and Luleå, or just enjoy the laid-back rhythm of life in the pretty coastal towns, rich in historical sights and medieval churches. Slow down even further by lingering in the tiny fishing villages and sampling the fresh catch, or strike out for Höga Kusten's remote islands and wonder why the Swedes invented *surströmming* (fermented herring).

When to Go

Sundsvall



Mar–Apr Still plenty of snow, but the weather is warming up.

Jul (last week) Rock out at the three-day Storsjöyran festival in Östersund.

Aug (last week) Fill your belly with crayfish on Höga Kusten's islands.



Östersund & the Bothnian Coast Highlights

1 Check out **Östersund** (p266), home of the Storsjöodjuret – the Lake Monster

2 Travel along **Höga Kusten** (p280), northern Sweden's most beautiful coastline

3 Meet northern Sweden's wild beasts in **Järvsö** (p277)

4 Visit Sweden's largest church town, **Luleå** (p286)

5 Go wild in Sweden's outdoor adventure central, **Åre** (p269)

6 Go hiking in the pristine wilderness of **Tännadalen** (p271)

7 Visit **Sveriges Järvnägsmuseet** (p273), in Gävle Sweden's best railway museum