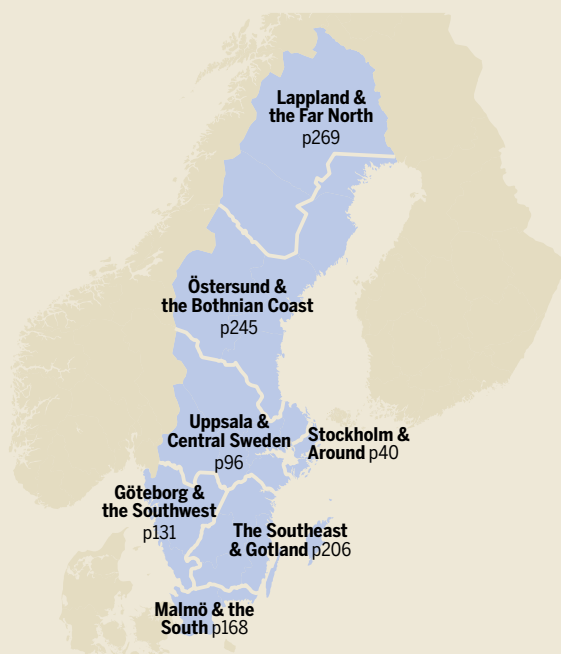




# Sweden



THIS EDITION WRITTEN AND RESEARCHED BY

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# Itineraries

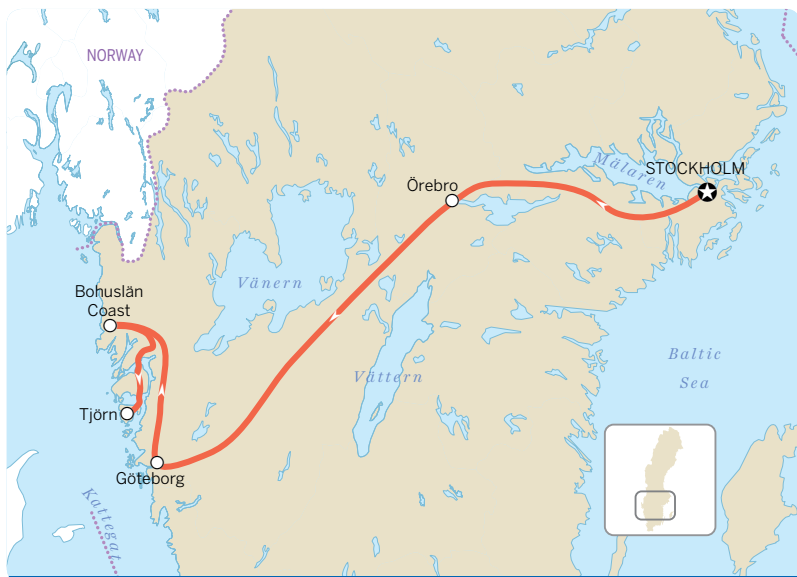
**1  
WEEK**

## Stockholm & Its Surrounds

This itinerary brings you the highlights of the area around the capital, including ruins from early Swedish history and a few suburban delights.

Start in **Stockholm**, where mandatory attractions include the Kungliga Slottet (Royal Palace), the lovely Gamla Stan (Old Town) and Skansen (a family-friendly open-air museum that's basically Sweden in miniature). Kick off with a short boat tour of the city's waterways. You can do all of those in a couple of days, which leaves an evening for enjoying some nightlife in Södermalm; try the clubs and bars in the SoFo district. On day three, visit a museum or two.

The next day, check out the 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 **Sigtuna**, with its old-fashioned buildings, adorable cafes and atmospheric church ruins. The following day, visit the sculpture museum at **Millesgården**, or make a pilgrimage to Greta Garbo's memorial at Unesco-recognised cemetery **Skogskyrkogården**. Finally, take a leisurely boat ride out into the **Stockholm archipelago**, hopping off to explore one of the islands or even staying overnight if time allows.



**2  
WEEKS**

## Stockholm & Göteborg

You can see a good stretch of Sweden in just two weeks. This itinerary makes its way through the heart of the country, taking in lush landscape as well as the relics of industry.

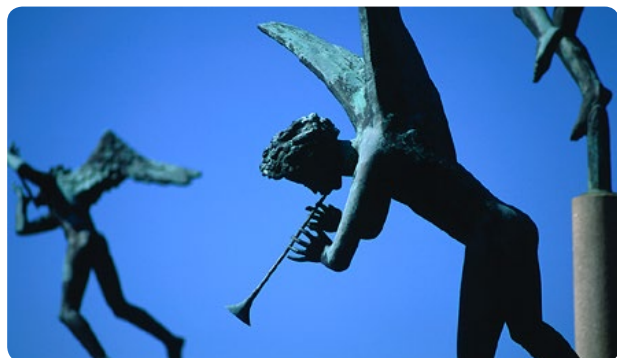
To get a sense of the things that make the place so quintessentially Swedish, we suggest spending the first week of your trip as outlined in the Stockholm & Its Surrounds itinerary, exploring the sights in and around stylish capital **Stockholm**. Then, make your way west toward **Göteborg**, Sweden's 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 don't neglect to 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.



ANDRÉS BLONKOVIST / GETTY IMAGES ©



WAYNE WALTON / GETTY IMAGES ©

Top: Domkyrka (p100),  
Uppsala

Bottom: *Angel  
Musicians*, by Carl  
Milles, at Millesgården  
(p59), Stockholm



## 2 WEEKS Stockholm to Kiruna

The journey from Stockholm to the northernmost city in Sweden is epic. You'll cross vast stretches that seem populated by nothing but reindeer. You'll also see the fertile, forested breadbasket of the country.

From **Stockholm** head toward the **Lake Siljan** region, home to carved wooden Dala horses, red-painted huts and hobbitlike villages. Spend a day hopping between **Mora**, **Rättvik** and **Leksand**.

Continue north toward the **Høga Kusten** region, for scenery and cliffside hiking. From there, it's an easy journey up to the urban centres of Norrland: **Umeå** and **Luleå**. From Luleå, jag inland to **Arvidsjaur** for a dogsledding or snowmobile tour, and then on to **Jokkmokk**, whose Sami museum, Ájtte, mustn't be missed.

Continue to **Kiruna** to explore some of the world's last truly wild landscapes. Start with a hike in the vast and untamed **Abisko National Park**, a short train ride from Kiruna. From Kiruna, zip over to **Jukkasjärvi** for a look at the famed Icehotel and a chance to visit a Sami reindeer camp. Completists might opt to visit **Karesuando**, the northernmost village in Sweden.



## 3 WEEKS Stockholm to Malmö

You can cover a lot of the southern part of Sweden in three weeks, including two of the most dynamic urban centres in Scandinavia – Malmö and Göteborg – as well as some gorgeous coastline and fishing villages.

Start your journey in **Stockholm**. The wonderful capital city will hold your attention for as many days as you can devote to it. 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 along the coast, jagging north to enjoy the eye candy in upscale **Marstrand**, then edging south to dodge mopeds in beachy **Brännö**.

Stop in at **Varberg** and see the preserved body of Bocksten Man displayed in its medieval fortress. Continue south to **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.





## 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 Franklin, London, Melbourne, Oakland, Beijing and Delhi, 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** Each time she returns to Sweden, Becky discovers something new. This time it was the world's greatest cardamom bun, encountered at an organic bakery on a remote island in the Stockholm archipelago. A huge fan of Stockholm, Becky has spent enough time in the city to know where to find the no-fee public toilets, but not quite enough to have absorbed any of its impressive fashion sense. Maybe

next time. She also loves hiking the northern Swedish woods and stumbling over relics of the Viking age. Though raised in the mountains of Colorado, Becky has been exploring Sweden since childhood, while visiting her grandparents and other relatives. She is easily bribed with ice-cold snaps or saffron ice cream.

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



### Anna Kaminski

**Göteborg & the Southwest, Östersund & the Bothnian Coast, Lappland & the Far North** Anna got her first taste of Sweden as a youngster in the Soviet Union through the books of Astrid Lindgren and Selma Lagerlöf, and has had a great affinity for it ever since. During this research trip, she roamed both of Sweden's coastlines by boat, drove close to 3000 miles, descended into mines and flew over the Arctic tundra in a helicopter. This is the third time she has researched

Sweden for Lonely Planet and this seemingly sedate country never fails to surprise her. Anna also wrote the History and Sami Culture essays.



### Josephine Quintero

**Malmö & the South, The Southeast & Gotland** Josephine has visited Sweden several times and finds that the country continually throws up surprises, although there is one constant: the genuine friendliness of the locals. Highlights during this trip included gazing at evocative art, especially in the galleries in Malmö and Norrköping, and listening to a soul-stirring choral concert in one of Visby's extraordinary ruined churches. She also happily increased both her baking knowledge (and her waist measurement) by sampling endless cardamom buns, but then justified this (sort of) by striding out and exploring Skåne's dramatic northwest peninsula.

Read more about Josephine at:  
[lonelyplanet.com/members/josephinequintero](http://lonelyplanet.com/members/josephinequintero)

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