



Östersund & the Bothnian Coast

Includes ➔

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Åre	250
Gävle	254
Härnösand	259
Höga Kusten	260
Umeå	262
Skellefteå	265
Luleå	266

Best Places to Eat

- ➔ Hemmagastronomi (p267)
- ➔ Färviken Magasinet (p252)
- ➔ Innefickan Restaurang & Bar (p249)
- ➔ Matildas (p255)
- ➔ Lörruden (p259)
- ➔ Havvi i Glen (p252)

Best Places to Stay

- ➔ Treehotel (p263)
- ➔ Hulkoffgården (p267)
- ➔ Stora Hotellet Umeå (p264)
- ➔ STF Tännalden/Skarvruets Fjällhotel (p253)
- ➔ Copperhill Mountain Lodge (p251)

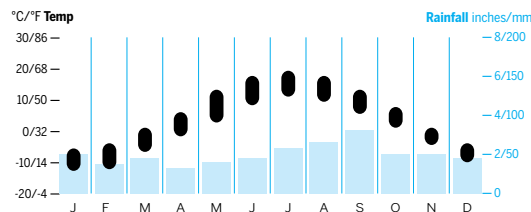
Why Go?

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. Plus, 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 lake-monster spotting in Östersund, party with locals and visit quality museums 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 Days are longer and warmer, but still plenty of snow for snow sports.

Jul The best time for hiking and island-hopping.

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



Östersund & the Bothnian Coast Highlights

- 1 Travelling along **Höga Kusten**, northern Sweden's beautiful coastline, and sampling *surströmming* (p260).
- 2 Hitting **Umeå's** lively scene and visiting its superb museums and sculpture park (p262).
- 3 Staying in a spaceship, bird's nest or mirror cube at the incredible **Treehotel** (p263).
- 4 Skiing, biking, rafting and zorbing in **Åre** (p250) Sweden's outdoor-adventure central.
- 5 Driving the Bothnian Coast's scenic **Kustvägen** (p259).
- 6 Going in search of the Storsjöodjuret (Lake Monster) in **Östersund** (p247).
- 7 Trying to burn down the goat in **Gävle** (p254).
- 8 Visiting Sweden's largest church town near **Luleå** (p266).
- 9 Hiking the wilderness of **Tännalen** (p252).