

# KVARKEN

# DESTINATIONS

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SWEDEN & FINLAND

# 2020



## RECOMMENDED BY LOCALS



### SWEDEN

#### Umeå region

● **Jessica: Strömbäck-Kont nature reserve**

Easily accessible by the sea with hiking trails and picnic areas that make it easy to experience the coastal nature all year round. Enjoy the sun-warmed rocks and swimming at Simphamn's sandy beach during summer. In winter, the area is ideal for winter fishing, skiing and barbecues.

● **Karolina: Umeå's new science centre Curiosum**

Umeå's new science centre and maker space – opens (2020) its doors to a new world of exploration at the Arts campus. Here children and adults meet to be inspired by and to explore science and technology hands-on.

#### Höga Kusten

● **Anna: Trysunda island**

Trysunda, which means Three Sounds (straits), is by many people considered to be Sweden's most beautiful island. It is also an old fishing harbor with an old chapel, a small restaurant and even a hostel.

● **Andreas: Mjältön island**

An island right in the middle of the World Heritage, which is Sweden's and Bothnian Sea's highest island, 236 m. No hard climbing needed, but it is rather a 1-1.5 hours walk up to the top from where you have a marvelous 360 degree view over of the High Coast Archipelago. Here are facilities for barbecue, sauna and swimming, but no restaurants or hotels.

### FINLAND

#### Vaasa region

● **Peter: Boating the archipelago**

It's something we like to do, but I've been told by my international friends it's been extra special to them too. For a more accessible adventure head to "Saltkaret" ("the salt dispenser") in Björkö for a great aerial view of what makes our coastline so special.

● **Freddi: Kvarken Brewery**

Kalle's Inn's neighbor is a small, local brewery with products that connect to the area's history. A guided visit is recommended!

#### Kokkola

● **Linda: Salamanjärven National Park**

Salamanjärven national park - the true wilderness of the region.

● **Milla: Neristan**

Familiarise with the beautiful old town of Kokkola called Neristan. It is one of the more well-defined and extensive of the preserved wooden towns in the whole country. To feel the real atmosphere, it is possible to visit some of the houses on request. There are interesting events in Neristan, check the calendar!

#### Jakobstad region

● **Linda: Juthbacka Marknad**

Annually in August there is a big second hand market called Juthbacka marknad worth visiting. In summertime there is a possibility to take a ride on the antique train at Nykarleby jernveg. There are also hiking & biking trails all the way to the outdoor museum Nanoq which is definitely worth a visit.

● **Linda: Jakobs Dagar**

A weeklong city festival that offers music and programme for everyone with a wide range. The whole town is filled with different market booths, events and concerts throughout the week. The festival is usually held in around the 3rd week of July.

#### Seinäjoki region

● **Ulla: Seinäjoki Tango Festival**

Take a part in summer events like Seinäjoki Tango Festival. Enjoy the wide plains of Ostrobothnia. It is easy to breathe here - the sky is up high and the horizon far away. Only the rivers flowing towards the Gulf of Bothnia restrict the view of the countryside.

● **Anne Marie: Anni's Berry Patch**

Anni's berry patch is a new berry farm in Viinikka, Kauhava. They grow strawberries and raspberries and protect these berries from the rain. This is why the quality of the products is outstanding. In the cozy atmosphere of an old cottage, their waffle house offers tasty waffles with berry fillings.

#### Kristinestad

● **Kristina: Old Quarters of Wooden Houses**

We recommend a tour (by bus or foot) in the picturesque old quarters of wooden houses. End up the tour climbing up to the wind mill hill and you have a great view over the town. Kristinestad is a true wooden pearl!

● **Harri: The House of Lebell**

A historical, unique 18th century wooden merchant house in its original condition today functioning as a museum.

## CONTENTS

### KVARKEN DESTINATIONS

Introduction to the area, location & accessibility

4-5

### Wasaline - connecting Sweden and Finland

7

### SWEDEN

#### Umeå region

The university city of Umeå is the largest city in northern Sweden. The city has a youthful, modern touch, and an international feel. Umeå is the gourmet city of Northern Sweden and a former European capital of Culture. The Lapland nature and activities are always close by.

8-23

#### Höga Kusten

Stretching along the Norrland coast from Härnösand to Örnsköldsvik is the world's highest coastline, along with a full display of the unique consequences of the land uplift after each Ice Age. The beautiful High Coast UNESCO World Heritage Site is a must.

24-33

### FINLAND

#### Vaasa region

The Vaasa region has risen gradually from the sea over a period of millennia. The archipelago outside Vaasa is therefore classified as UNESCO's natural heritage. Today, the region offers visitors spellbinding scenery, international trends and local Ostrobothnian traditions.

34-41

#### Kokkola

In Kokkola you can take a break from all the stress and relax in the idyllic old wooden town, Neristan or spend your time in the beautiful seaside park. Tankar lighthouse island is the maritime pearl of Kokkola.

42-47

#### Jakobstad region

Jakobstad's numerous parks and gardens are like oases in the middle of the town. Museums, e.g the Artic Museum Nanoq and Tyynelän Tontut (The Elves of Tyynelä), provide instructive tours and unique experiences.

48-53

#### Seinäjoki region

Some of the leading family attractions in Finland like the Panda Zoo and Powerpark – the number one amusement park in Finland. Several buildings designed by the famous Finnish architect Alvar Aalto. Lappajärvi is the biggest crater-lake in Europe.

54-61

#### Kristinestad

This well-preserved idyll of old wooden houses has a proud history as a commercial and maritime town with a well-established shipbuilding tradition. The town and its environs are full of historical monuments and sights.

62-65

### Example round trips to explore Kvarken Destinations

Kvarken round trip by train

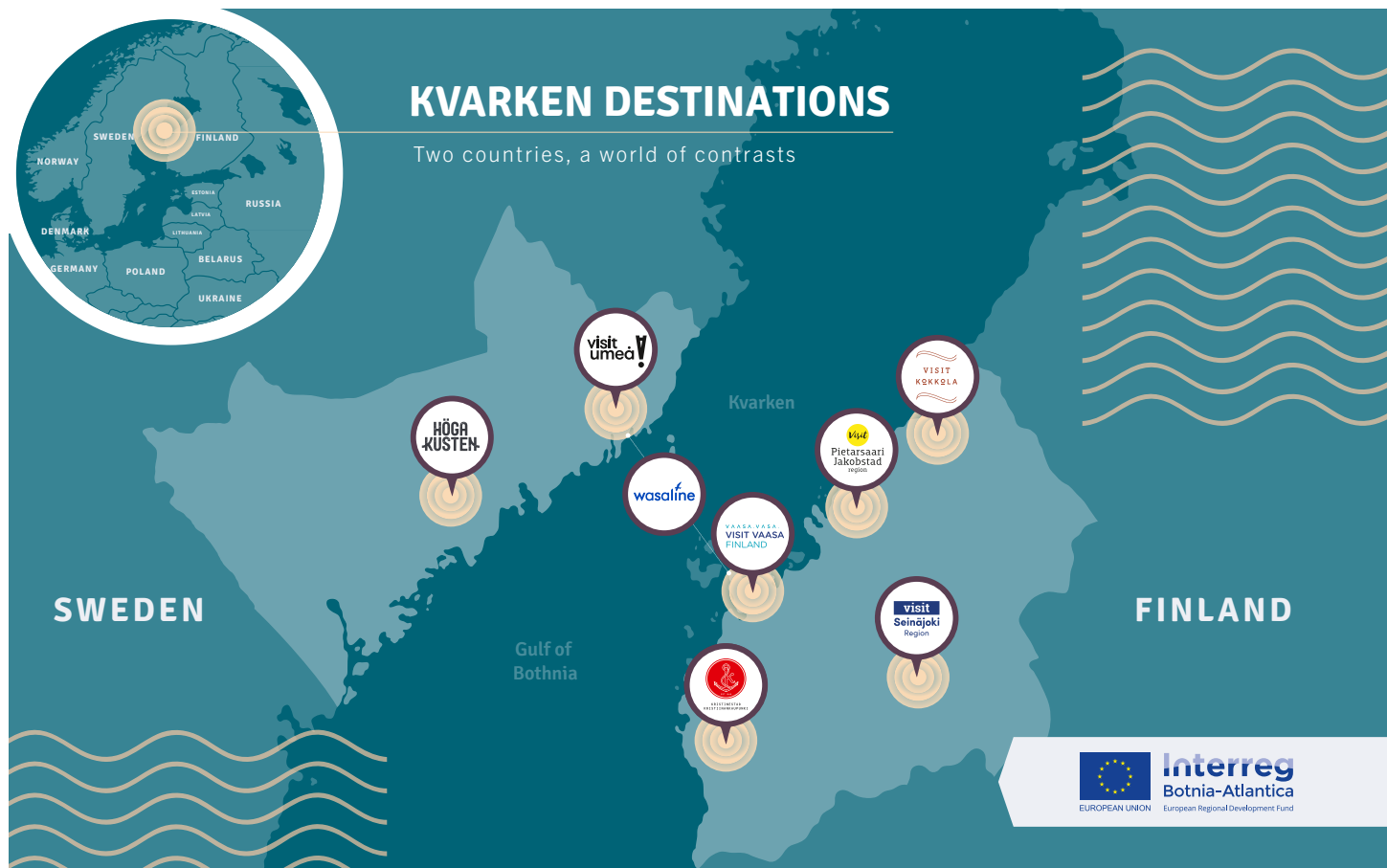
37

The Finnish coast, the archipelago & Höga Kusten

66







## KVARKEN DESTINATIONS - TWO COUNTRIES, A WORLD OF CONTRASTS

### Ever rising land meets ever-rolling sea

Two countries, two coasts and just a short ferry-trip between them. In fact, the world's largest land uplift will eventually create a land connection between the steep High Coast of Sweden and the low-lying Kvarken archipelago of Finland. Already, the dramatic land uplift has made the area a World Natural Heritage site, with unique traces of the ice sheet.

### The pulse of cities meets the pulse of citizens

While traveling along the coasts you will visit picturesque fishing villages and small towns with wooden houses, but also vibrant cities such as Vaasa and Europe's Capital of Culture 2014; Umeå. Everywhere you go, you will find fantastic restaurants, breweries and distilleries, or local fairs and auctions that get your heart rate up.

### The music for your ears meets the music of your brain

If you are interested in art, architecture and music, you have a lot to discover. Here you can find famous artists with their own museums, impressive sculpture parks and cozy galleries. But also go on architectural walks in the cities – or hikes where design is beautifully combined with nature. For top class music experiences, we can recommend the two operas or fantastic music festivals with nature as a stunning fund.

### Pure nature meets pure fun

Nature is the destination's greatest asset. Here is open sea, towering mountains, deep forests and wide expanses. And all activities or outings you can ask for – whether you are looking for slow or fast pace. Hiking and biking through the horizontal lowlands of Kvarken, going vertical at the High Coast or fishing in the salmon-filled rivers Vindelälven and Ångermanälven are just a few of them.

### The midnight sun meets the morning mist

Here awaits warm encounters with people from all over the world who want to discover the view, the sea, the smells and the culture of our World Heritage. We offer city hotels, exotic tepees, lighthouses, bird nests and glass houses – or a stay next to the biggest crater in Europe. Whatever you choose, you will feel welcome.

Where high meets low – meet us!  
[kvarkendestinations.com](http://kvarkendestinations.com)

### CONTACTS

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## ACCESS KVARKEN DESTINATIONS



### SWEDEN

#### ARRIVAL BY PLANE

##### Airports:

- Umeå Airport (UME) (5 km from the city centre) [swedavia.com/umea](http://swedavia.com/umea)
- Höga Kusten Airport/ Kramfors-Sollefteå (KRF) (25 km from nearest town Kramfors) [hogakustenairport.se](http://hogakustenairport.se)
- Örnsköldsvik Airport (OER) (28 km from nearest town Örnsköldsvik) [oer.se](http://oer.se)
- Sundsvall-Timrå Airport (SDL) (32 km from nearest town Härnösand) [sdlairport.se](http://sdlairport.se)

##### Flight connections:

##### To/ from Umeå

- national: SAS, Norwegian, Flyg Bra. approx. 15 flights t/r daily to/from Stockholm Arlanda or Bromma. Duration 1 h.
- international: Finnair from/to Helsinki, duration 1 hour, Lufthansa nonstop from/to Frankfurt, 9th and 16th July 2020 ([booking@charterways.de](mailto:booking@charterways.de))

##### To/ from other airports:

- Höga Kusten/ Kramfors: Amapola Flyg AB to/ from Arlanda and Hemavan Tärnaby
- Örnsköldsvik: BRA Airlines to/ from Bromma
- Sundsvall: domestic flights with SAS and BRA Airlines to/ from Arlanda, Bromma and Visby (summer only)

##### Airport transfer

- Umeå: Sverige taxi Umeå (Tel. +46 90 100 100, [kalle@taxidirekt.se](mailto:kalle@taxidirekt.se)), shuttle to the city centre ([www.tabussen.nu/flygbussen](http://www.tabussen.nu/flygbussen))
- Höga Kusten: rental car, Höga Kusten Taxi (Tel. +46613-201 49), Kusttaxi (Tel. +46702099547), Örntaxi (Tel. +46660-100 00), Taxi Härnösand (Tel. +46611-100 00), Taxi Sollefteå (Tel. +46620-100 00)

### ARRIVAL BY TRAIN

#### Train stations:

- Umeå C middle of city centre and Umeå Östra near Region Hospital and Umeå University
- Train stations in Vindeln, Vännäs, Nordmaling, Örnsköldsvik, Kramfors, Härnösand

#### Transfer from train stations

- Umeå: The bus station for long distance coaches is on the opposite of the the Umeå C-train station (approx. 100 m). The station for local busses is at Vasaplan (approx. 400 m).
- Höga Kusten: Höga Kusten Taxi, Kusttaxi, Örntaxi, Taxi Härnösand

### ARRIVAL BY SHIP

#### Harbours:

- Holmsund, 20 km from Umeå. Daily ferry connection to Vaasa/ Finland with Wasaline (Note: Bus connection to/ from Umeå city, should be booked together with the ferry ticket)
- Örnsköldsvik Harbour and Härnösand Harbour are open for ferry traffic in cooperation with Cruiselines

### FINLAND

#### ARRIVAL BY PLANE

##### Airports:

- Vaasa Airport [finavia.fi/en/airports/vaasa](http://finavia.fi/en/airports/vaasa)
- Kokkola-Pietarsaari Airport [finavia.fi/en/airports/kokkola-pietarsaari](http://finavia.fi/en/airports/kokkola-pietarsaari)

##### Flight connections:

##### To/ from Vaasa

- national: Finnair between Helsinki and Vaasa, up to 5 daily departures, duration 1h
- international: SAS between Stockholm and Vaasa, up to 4 daily departures, duration 1h

##### To/ from Kokkola-Pietarsaari:

- starting in March 2020: Finnair to/from Helsinki up to 4 departures/ day, flight duration 1.5 h

##### Airport transfer

- Vaasa: Taxi Vaasa (Tel. +358 6 100411), car rental ([www.vaasa.fi/en/about-vaasa-and-the-vaasa-region/travel-to-and-in-the-vaasa-region/car-hire-in-vaasa](http://www.vaasa.fi/en/about-vaasa-and-the-vaasa-region/travel-to-and-in-the-vaasa-region/car-hire-in-vaasa))

### ARRIVAL BY TRAIN

#### Train stations:

- Vaasa, Kokkola, Seinäjoki, Pori, Pännäinen (10 km from Jakobstad)

#### Transfer from train stations by bus

- Vaasa: bus station, Ratakatu 17, 65100 Vaasa
- Pori: bus station, Itsenäisyydenkatu 44, 28130 Pori
- Seinäjoki: bus station, Ruukintie 2, 60100 Seinäjoki, Onnibus, Satakunnanliikenne ([www.matkahuolto.fi](http://www.matkahuolto.fi))

### ARRIVAL BY SHIP

#### Harbours:

- Vaasa harbour, approx. 4 km from the city centre. Daily ferry connection to Umeå/ Sweden with Wasaline
- Passenger harbour Meripuisto and guest harbours Tankar and Mustakari



# KVARKEN DESTINATIONS



## CONNECTING FINLAND & SWEDEN

Wasaline is the shipping company that has been in traffic between Vaasa, Finland and Umeå, Sweden since 2013. The company is owned by the two cities on both sides of Kvarken. The connection is used by utility passengers and freight customers and recreational passengers.

### One-way tickets or day cruise tickets

Daily departures with the possibility to buy one-way or day cruise tickets. Spend a day in Vaasa or Umeå with departure and return on the same day or stay longer. Possible with or without car.

### DETAILS

**Built:** The current vessel M/S Wasa Express is built in 1981.

**Languages:** English. **Season:** daily transports, year-round

**Capacity (current vessel):** 915 passengers, 60 cabins, 450 cars, 2 public decks

**Routes:** The world's northernmost all year round passenger route. Daily traffic between Vaasa, Finland and Umeå, Sweden

**Timetable 2020:** [www.wasaline.com/en/timetable](http://www.wasaline.com/en/timetable)

**Services:** restaurants, family cafeteria, play room for children, shop, conference, WiFi, business lounge, seating lounge, bar

**Restaurants:** three different restaurants: Archipelago buffet (180 seats), à la carte restaurant (60 seats), cafeteria (200).

A bar that offers all kinds of drinks.

### CONTACT

Wasaline

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[www.wasaline.com/en](http://www.wasaline.com/en)

[facebook.com/nlcferry](https://www.facebook.com/nlcferry)

[instagram.com/wasaline\\_ferry](https://www.instagram.com/wasaline_ferry)

## NEW VESSEL IN 2021

### Environmentally friendly ferry

A new vessel is being built in Rauma and the mission is to build the most environmentally friendly passenger ferry on earth. The new vessel will replace the existing Wasa Express in traffic in spring of 2021.

**Capacity:** 800 passengers, 68 cabins, 2 public decks

### Sustainable travel

The new environmentally friendly RoPax vessel with a hybrid electric system with batteries and four highly efficient Wärtsilä 31DF dual-fuel engines will be capable of operating on liquefied natural gas (LNG) and biogas which reduce CO2 emissions by 50% compared to the previous vessel.





# UMEÅ REGION

## UMEÅ REGION

### URBAN PULSE MEETS NATURE



#### Experience cultural highlights, first-class food and untouched nature

A destination with urban city life together with broad and untouched nature. A destination filled with contrasts and unique experiences for both newcomers and well-travelled target groups.

Umeå's offerings cover everything from Sámi traditions and the world's most Northern Opera house to museums and high-class restaurants.

The university city of Umeå with its 128,000 inhabitants, is the largest city in northern Sweden. The town has a youthful, international and innovative feel. Most streets in the city have birch trees on the both sides, which together with the many city parks make Umeå a beautiful green city during the summer. Along the majestic Umeälven river, that runs through the city, people of all ages gather for a walk or just a break. During the winter the streets, the river and the trees are covered by snow.

The city is surrounded by unspoiled nature, dense forests, six rivers and the rolling sea. The wild river Vindelälven is one of Sweden's National rivers, and part of the biosphere area Vindelälven-Juhtdahka. Several nice hiking tracks are to be found along the rivers. Where ever you are in Umeå region, it is never far to the sea, a river or a lake.

#### Umeå's unique selling points

- ◆ broad range of high quality food experiences (measured through white guide list)
- ◆ soft and hardcore nature experiences, anything from easy hiking to tougher ice climbing and rafting
- ◆ cultural, musical and sports events (mostly for local and nearby export markets; Finland and Norway)
- ◆ unique shopping experiences (mostly for local and nearby export markets; Finland and Norway)
- ◆ city of knowledge with several universities
- ◆ design city (Umeå Institute of Design, world's best design school for industrial design)

#### UMEÅ REGION

**Number of beds (total):** Umeå city center: 3,529 beds  
In Vindeln: Hotell Forsen 40 beds (plus 8 cottages-32 beds) Granö Beckasin 52 beds, Vindelngallerian 38 rooms and 66 beds  
Forskknäckarna wilderness camp, 5 cabins, totally 64 beds

**Number of hotels:** 14 hotels in Umeå, 3 hotels in Vindeln  
**Number of cottages:** First Camp Umeå 88 cottages, 402 beds.

**Hiking trails in km:** Tavelsjöleden 39 km, starts from the city centre, Öreälvsliden 50 km, Lögdeälvsliden 85 km, Isälvsliden 60 km, Flottarstigen 35 km

**Skiing tracks:** More than 200 km. The longest lighted track is Stadsliden 10 km, only 2 km from the city centre.

**Slopes:** 4

**Winter activities:** dog sledding, skiing, snowmobile, snowshoeing, ice climbing, Northern Light tours (e.g. Aurora horse sleigh rides), long distance skating on lake Tavelsjön, skiing in the night forest

**Summer activities:** White water rafting, hiking, biking, canoeing, midnight paddling, talking trees, husky trekking, moose safari

**Year-round activities & services:** Umeå is an all year round destination. Bildmuseet, Guitars – The Museum, Kvinnohistoriskt Museum/The Museum of Women's history, Umedalen sculpture park and Västerbottens Museum (except outdoor museum) in Umeå are open all year round. Bildmuseet and Västerbottens museum change exhibitions a couple of times during the year. Most of the activity companies offer activities year-round.

#### ACCESSIBILITY

**Airports:** Umeå Airport, 10 min. by car from Umeå city centre

**Train stations:** in Umeå, Vindeln, Vännäs, Nordmaling

**Harbour:** Holmsund, 20 km from Umeå.

**Coach companies:** Göstas Buss ([www.gostasbuss.se](http://www.gostasbuss.se)), Umeå Buss ([www.umeabuss.nu](http://www.umeabuss.nu))

**Guide service:** UmeGuide [www.umeguide.se](http://www.umeguide.se)

#### CONTACT

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[visitumea.se/en](http://visitumea.se/en)  
[facebook.com/VisitUmea](https://facebook.com/VisitUmea)  
[instagram.com/visitumea](https://instagram.com/visitumea)

#### VISIT UMEÅ

**Sustainability:** Visit Umeå continuously works to become a sustainable destination. The work is ongoing among hotels, restaurants and other companies, as well as within the own organization.

Visit Umeå, Umeå municipality, and several tourism companies have been inspected and are using sustainability as a tool for development. The audits were carried out according to the Global Sustainable Tourism Council's (GSTC) criteria approved by the UN. The next step for the destination is a certification according to Earth Check.

An international jury appointed Umeå as **Sweden's Climate City 2016**. The prize is awarded by the World Wildlife Fund. Visit Umeå achieved it for its ability to turn climate strategy into action and for engaging residents of the municipality and companies to act climate-smart.

**Content bank:** [contentbank.visitumea.se](http://contentbank.visitumea.se)



# EXPERIENCE UMEÅ REGION



© Malin Gronborg



© Polly Yassin



© Anders Björkman

## NORRLANDSOPERAN

Norrlandsoperan's opera house is the world's most northerly located opera house. The world's most northerly located opera house Norrlandsoperan has its own symphony orchestra and different sections for opera, dance and music. Since its foundation, Norrlandsoperan has developed from a regional opera ensemble into a centre for performing arts.

**Season:** Norrlandsoperan produces two operas every year, one during autumn, another during spring.

**Services:** Elektra bistro, bar and dining room

**Contact:** Norrlandsoperan, Operaplan 7, Umeå, Tel. +46 46 70 343 02 44, [petra.kangas@norrlandsoperan.se](mailto:petra.kangas@norrlandsoperan.se), [biljetter@norrlandsoperan.se](mailto:biljetter@norrlandsoperan.se), [www.norrlandsoperan.se](http://www.norrlandsoperan.se), [facebook.com/norrlandsoperan](https://www.facebook.com/norrlandsoperan), [instagram.com/norrlandsoperan](https://www.instagram.com/norrlandsoperan)

## GUITARS - THE MUSEUM

Guitars - The Museum in Umeå exhibits one of the world's finest privately owned collection of guitars. The collection is held by Umeå brothers Samuel and Michael Åhdén.

### Secret guitar collection

This space holds a guitar similar to the one Keith Richards used to play the Honky Tonk Women riff. And here's one like the one Eric Clapton used for his solo in Layla. And the kind that Jimi Hendrix set on fire in Monterey. But how in the world did these and hundreds more rare and priceless guitars from the 1950s and 1960s end up in Umeå and become Guitars - The Museum? This is the story of how the Åhdén twins from Vännäsby managed to put together the world's finest collection of vintage guitars surreptitiously, almost in secret.

**Season:** year-round. **Services:** guided tours, daily at 13 h and 15 h, year-round

**Restaurant:** inhouse restaurant in same location run by TC Mat&Bar (Umeå Folkets Hus)

**Note:** Rated no: 1 destination in Umeå by TripAdvisor.

**Contact:** Guitars - The Museum, Fredrik Fagerlund, Vasaplan, 903 29 Umeå, Tel. +46 70 6325594, [fredrik@guitarsthemuseum.com](mailto:fredrik@guitarsthemuseum.com), [www.guitarsthemuseum.com](http://www.guitarsthemuseum.com), [facebook.com/GuitarsTheMuseum](https://www.facebook.com/GuitarsTheMuseum), [twitter.com/guitarstm](https://twitter.com/guitarstm), [instagram.com/guitarsthemuseum](https://www.instagram.com/guitarsthemuseum)

## CULTURE & NATURE

## VÄSTERBOTTENS MUSEUM

The museum is a regional museum for the Västerbotten county area of the north of Sweden. We collect, preserve and display cultural heritages from Västerbotten through exhibitions and various programmes.

### Gammlia Open-air museum

Gammlia is one of Sweden's oldest open-air museums. The manor house Sävargården was the first building that was moved here, as early as 1920. A farmstead, storehouses, barns, a church, and Sami camps have been added since then. In the summer, the buildings are open to visitors. Celebrating Midsummer at Gammlia is a beloved tradition amongst the citizens of Umeå, as well as the largest Christmas market in Västerbotten with locally produced handcraft and food.

### Broad variety of exhibitions

The main museum building offers a broad variety of exhibitions.

Documentary photography has long had a prominent role at the museum. Not least through the many award-winning photographer, author and field anthologist Sune Jonsson, who was associated with the museum for several decades. In connection with Umeå hosting the Capital of Culture year 2014, the Sune Jonsson Center for Documentary Photography was established at the Västerbottens museum. The center's activities include exhibiting and producing exhibitions as well as holding seminars, workshops and lectures and providing a meeting place for the documentary image where discussions are conducted based on current social issues.

**Season:** open all year around, check website or contact [info@vbm.se](mailto:info@vbm.se) for exception

**Services:** broad variety of permanent and temporary exhibitions, guided tours, Minimus (the museum's creative workshop for children), museum shop

**Restaurant:** The café is open during the opening hours of the museum, but the kitchen closes 30 minutes earlier. The perfect place for a Wednesday night "kvällsfika". Offers home-made pastries, pies, sandwiches, salads, soup of the day and sandwiches. Recommended by White Guide.

**Note:** Free admission to the museum.

**Contact:** Västerbottens museum, Helena Elisabeths väg 3, 903 42 Umeå, [www.vbm.se/en](http://www.vbm.se/en), [bokningar@vbm.se](mailto:bokningar@vbm.se), [facebook.com/Vasterbottensmuseum](https://www.facebook.com/Vasterbottensmuseum), [www.instagram.com/vasterbottensmuseum](https://www.instagram.com/vasterbottensmuseum)

## BILDMUSEET

Founded by Umeå university in 1981, Bildmuseet is today one of Sweden's foremost venues for international contemporary art. On seven floors of striking architecture, art, humanities and science meet across the urgent issues of our time.

### Art and design exhibitions

Bildmuseet exhibits contemporary international art and design, sometimes together with art historical retrospectives. Produced in collaboration with artists and art museums around the world, the exhibitions often attract both national and international attention.

### Architecture & location

The seven-floor larch wood museum building by the shores of the Umeälven River offers magnificent views over the river landscape and city of Umeå. It was designed by the famous Danish firm Henning Larsen Architects, and has been named one of the world's most beautiful university museums. In addition to the exhibitions, the kunsthalle houses a small gift shop with design and art souvenirs, as well as a café and restaurant.

### Guided tours at Bildmuseet

For groups up to 10 people, guided tours in Swedish are offered daily free of charge. Tours with an English-speaking guide are organized every Saturday and private tours are offered on request. For groups with more than 10 people need to be pre-booked.

**Duration:** about 45 min.

**Participants:** max. 30 pax / guide (art educator)

**Note:** For groups over 30 people, two art educators may be required. Private tours can be pre-booked for smaller groups as well.

**Season:** open all around the year, six days a week (Tue.-Sun.)

**Services:** guided tours, art exhibitions of top international quality, creative workshops, cultural events, Art Fridays with events and bar, art and design museum shop

**Restaurant:** Café and lunch restaurant Hansson&Hammar on the basement floor with a view to the riverside promenade. Friday evenings with bar and snacks.

**Note:** Free admission to the museum.

**Contact:** Bildmuseet/ Contemporary Art and Visual Culture, Emma Mårtensson, Umeå Arts Campus, Östra strandgatan 30B, 90333 Umeå, Tel. +46 72-5129039, +46 90-7867400, [emma.martensson@bildmuseet.umu.se](mailto:emma.martensson@bildmuseet.umu.se), [info@bildmuseet.umu.se](mailto:info@bildmuseet.umu.se), [www.bildmuseet.umu.se/en](http://www.bildmuseet.umu.se/en), [facebook.com/bildmuseet](https://www.facebook.com/bildmuseet), [instagram.com/bildmuseet](https://www.instagram.com/bildmuseet)



# RESTAURANTS IN UMEÅ

## FOOD & DRINKS



### KÖKSbaren

regional

Köksbaren is the meeting place for everyone who likes well-cooked food. It is a gastro bar, a popular pub for people who enjoy socializing and eating first-class food. There are no fixed menus - the menu is updated continuously and based on seasonal quality products. "We want you to eat a good meal and enjoy a nice atmosphere with lots of variety" says Peter Stenmark, co-owner of Köksbaren.

**Season:** year-round

**Opening hours:** Mon.-Thu. 17-23 h, Fri.-Sat. 16-00 h

**Services:** à la carte dinner

**Address:** Rådhusplanaden 17, 903 28 Umeå

**Contact:** Marie Edlund, Tel. +46 90 13 56 60, [marie@koksbaren.com](mailto:marie@koksbaren.com), [info@koksbaren.com](mailto:info@koksbaren.com), [www.koksbaren.com](http://www.koksbaren.com)

## FOOD & DRINKS



### REX

regional, French

In Umeå's old and beautiful Town Hall, in the middle of the square, you will find Rex. The building was built in year 1892. Rex offers several different environments and concepts where you can experience good food, drinks and exciting interior with all your senses. Visit the restaurant Rex Brasserie, Rådhuspassagen where you find both a café and a place that serves lunch or the cocktailbar Juliette. In the cellar of the house, the pub Rådhuskällaren offers over 120 beer varieties and a streetfood-inspired menu. At Rex you will meet a continental atmosphere.

**Season:** year-round. **Opening hours:** Rex Brasserie: Mon.-Tue. 11-14 h, 17-23 h, Wed.-Thu. 11-14 h, 17-00 h, Fri. 11-14 h, 17-02 h, Sat. 17-02 h

**Services:** from business lunch with table service to brunch, after work and a la carte, special set menu for groups of 11 to 30 people

**Address:** Rådhusorget, 903 26 Umeå

**Contact:** Sanna Johansson, Tel. + 46 70 220 86 25, [sanna.johansson@rexumea.com](mailto:sanna.johansson@rexumea.com), [rex@rexumea.com](mailto:rex@rexumea.com), [www.rexumea.com](http://www.rexumea.com)

## FOOD & DRINKS



### GOTTHARDS KROG

regional, international

Gotthards Krog is a declaration of love for one of Umeå's most magnificent and dynamic places of all time. Here, we offer an exciting mix of grandeur and simplicity, celebration and relaxation, the international and the local. A world-class experience for those seeking adventure as well as comfort.

**The Square:** A little more groove. At the Gotthards krog Square we are combining the restaurant experience with spontaneous social culture. A rebellious a la carte - inspired by the Japanese pub tradition Izakaya, without a definite beginning or absolute ending. Just great food, drinks, and atmosphere.

**The Dining Room:** An exclusive restaurant experience with a carefully selected six course menu. In the Dining Room, we focus on local and regional products and combining them with gastronomic techniques from all over the world. Along with outstanding beverages, we create a food and drink experience beyond the ordinary.

**Season:** year-round. **Opening hours:** Mon.-Tue. 06.30-23 h, Wed.-Thu. 06.30-00 h, Fri. 06.30-01 h, Sat. 07-01 h, Sun. 07-22 h

We reserve the right to make changes during the year in terms of holidays and other celebrations.

**Services:** breakfast, lunch, dinner (a la carte and a six course dinner experience), cocktail bar

**Specialties:** After Work, Sunday dinner (named 'Söndagslyx'), Afternoon tea (Sundays only). #svinnigott - A waste rescuing lunch concept using products that would otherwise be discarded

**Sustainability:** In addition to running our own vegetable garden at Älvåker, in cooperation with Brandt's Handelsträdgård, we also have a two-star KRAV certificate certifying us as an ecological and ethical restaurant. Along with wholesaler Martin & Servera, we also run the project #svinnigott, where fruits and vegetables that would otherwise be discarded are saved and refined by us.

**Address:** Storgatan 46, 90326 Umeå

**Contact:** Karolina Wästle, Tel. +46 906904819, [karolina.wastle@blahuset.nu](mailto:karolina.wastle@blahuset.nu), [info@gotthardskrog.se](mailto:info@gotthardskrog.se), [gotthardskrog.se](http://gotthardskrog.se)



## STORA HOTELET UMEÅ

Stora Hotellet is an impressive hotel, located within the walls of the city's old Seafarer's House. The hotel will forever be associated with Umeå's history as an important seafaring center.

Stora Hotellet underwent an extensive renovation before the re-opening during the Umeå Capital of Culture year in 2014. Now, it is once more adorned in salty sprinkles and rich history, ready to welcome guests from all over the world.

The hotel's popular and luxurious breakfast buffet is served at our continental indoor square on the hotel's entrance floor. A large selection of high quality, ecological, and local produce and freshly baked bread from our craft bakery Kulturbageriet are just some of the delicious options served every morning.

Stora Hotellet is part of the Best Western Premier Collection.

### DETAILS

**Season:** year-round

**Built:** 1895. **Last renovation:** 2014

**Number & type of rooms:** 82 rooms divided into 6 categories, ranging from spacious suite to compact seaman's cabin

**Room facilities:** TV, safety box, iron, free Wifi, bathroom with shower or bathtub, telephone

**Restaurants:** At Stora Hotellet Umeå there are two restaurants: Gotthards Krog, a first class restaurant with flavours based on inspiration from all over the world. Kulturbageriet, a café and craft bakery, with pizza, soup, salads and more.

**Packages:** Package including accommodation and dinner.

**Note:** owner-run hotel, pets not allowed, parking is possible for a fee  
**Accessibility:** Umeå City Airport (4 km), closest train station in the city centre (550 m)

### CONTACT

Stora Hotellet Umeå  
Karolina Wästle  
Storgatan 46, 90326 Umeå  
Tel. +46 906904819  
[karolina.wastle@blahuset.nu](mailto:karolina.wastle@blahuset.nu)  
[info@storahotelletumea.se](mailto:info@storahotelletumea.se)  
[www.storahotelletumea.se/en](http://www.storahotelletumea.se/en)  
[facebook.com/storahotelletumea](https://facebook.com/storahotelletumea)  
[instagram.com/storahotelletumea](https://instagram.com/storahotelletumea)

## ACCOMMODATION



## U&ME HOTEL

Experience Umeå from the finest vantage point. Our rooms are available in sizes S to XL, all with a magnificent view, either over the river or the city center.

The hotel is directly adjacent to the lively indoor square and the cultural hub Väven. At the square you will also find the award-winning craft café Kulturbageriet, where you'll enjoy your breakfast.

In 2019, as the only hotel in Umeå, U&Me was listed as one of Sweden's best hotels in White Guide.

U&Me Hotel is part of the Best Western Signature Collection.

### DETAILS

**Season:** year-round

**Built:** 2015

**Number & type of rooms:** 162 rooms divided in four categories, ranging from small, compact rooms to spacious junior suites

**Room facilities:** hairdryer, TV, safety box, iron, free wifi, power outlets, digital check in

**Restaurants:** There are two restaurants:

Gotthards Krog, a first class restaurant with flavours based on inspiration from all over the world. Kulturbageriet, a café and craft bakery, with pizza, soup, salads and more.

**Note:** owner-run hotel, pets are allowed in a limited number of rooms, parking available for a fee

**Accessibility:** Umeå City Airport (4 km), closest train station in the city centre (550 m)

### CONTACT

U&Me Hotel  
Karolina Wästle  
Storgatan 46A, 903 26 Umeå  
Tel. +46 906904819  
[karolina.wastle@blahuset.nu](mailto:karolina.wastle@blahuset.nu)  
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[www.umehotel.se](http://www.umehotel.se)  
[facebook.com/umehotel](https://facebook.com/umehotel)  
[instagram.com/umehotel](https://instagram.com/umehotel)





CLARION COLLECTION HOTEL UMAN

The Clarion Collection Hotel Uman is a gem of a hotel in central Umeå, beautifully situated right next to the Ume River and just a short walk from the main shopping streets.

## Details

**Number of rooms:** 89  
**Number of beds:** 178  
**Address:** Storgatan 52, 90326 Umeå  
**Web:** [www.nordicchoicehotels.com/hotels/sweden/umea/clarion-collection-hotel-uman](http://www.nordicchoicehotels.com/hotels/sweden/umea/clarion-collection-hotel-uman)  
**Contact:** [cc.uman@choice.se](mailto:cc.uman@choice.se), Tel. +46 (0) 90-12 72 20



HOTEL GAMLA FÄNGELSET

A unique and affordable accommodation in Umeå's old prison! Spend the night in a cell, visit the museum and learn more about the prison's history.

## Details

**Number of rooms:** 27  
**Number of beds:** 43  
**Address:** Storgatan 62, 903 30 Umeå  
**Web:** [www.hotellgf.se/en](http://www.hotellgf.se/en)  
**Contact:** [boking@hotellgf.se](mailto:boking@hotellgf.se), Tel. +46 (0) 90-100 389

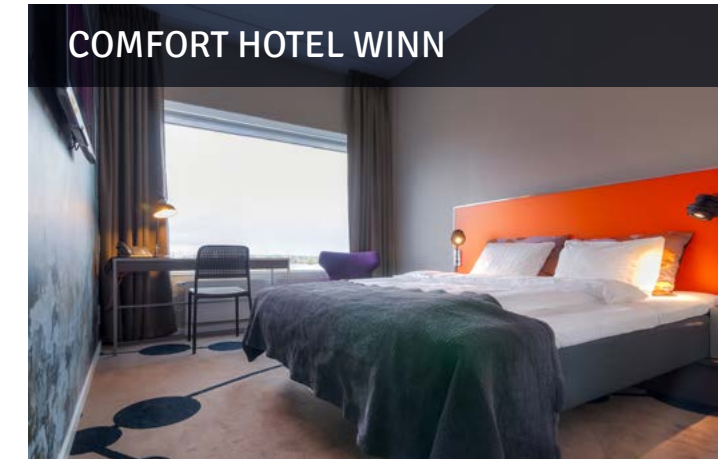


COMFORT HOTEL CITY

The Comfort Hotel Umeå City is a brand new hotel hotel in central Umeå, right next to the beautiful Umeälven river!

## Details

**Number of rooms:** 131  
**Number of beds:** 306  
**Address:** Storgatan 47, 903 26 Umeå  
**Web:** [www.nordicchoicehotels.se/hotell/sverige/umea/comfort-hotel-umea-city](http://www.nordicchoicehotels.se/hotell/sverige/umea/comfort-hotel-umea-city)  
**Contact:** [co.umea.city@choice.se](mailto:co.umea.city@choice.se)



COMFORT HOTEL WINN

The Comfort Hotel Winn is a modern hotel in central Umeå. This hotel enjoys a fabulous location in the city centre and is ideal for those who appreciate cool design, proximity to shops, and chilling out in the lobby. This is a cash-free hotel.

## Details

**Number of rooms:** 185  
**Number of beds:** 370  
**Address:** Skolgatan 62, 903 29 Umeå  
**Web:** [www.nordicchoicehotels.com/hotels/sweden/umea/comfort-hotel-winn](http://www.nordicchoicehotels.com/hotels/sweden/umea/comfort-hotel-winn)  
**Contact:** [co.umea@choice.se](mailto:co.umea@choice.se), Tel. +46 (0) 90-71 11 00



FIRST HOTEL DRAGONEN

First Hotel Dragonen is a family-run hotel in central Umeå, a five-minute walk from the Central Station and the pedestrian street with great shopping.

## Details

**Number of rooms:** 94  
**Number of beds:** 216  
**Address:** Västra Norrlandsgatan 5, 903 27 Umeå  
**Web:** [www.firsthotels.com/hotels/sweden/umea/first-hotel-dragonen](http://www.firsthotels.com/hotels/sweden/umea/first-hotel-dragonen)  
**Contact:** [dragonen@firsthotels.se](mailto:dragonen@firsthotels.se), +46 (0) 90-125 800



ELITE HOTEL MIMER

The former school building is now transformed into a beautiful quality hotel with high 4-star standard in central Umeå. It offers unique rooms with proper ceiling height, spectacular restaurant and cozy relaxation area.

## Details

**Number of rooms:** 139  
**Number of beds:** 274  
**Address:** Kungsgatan 75, 903 26 Umeå  
**Web:** [www.elite.se/en](http://www.elite.se/en)  
**Contact:** [info.mimer@elite.se](mailto:info.mimer@elite.se), Tel. +46 (0) 90-203 94 00



SCANDIC PLAZA UMEÅ

Relaxed environment, right next to the pedestrianised shopping area and entertainment. Stroll around town, exercise in our gym and warm up in our sauna. Or enjoy a moment in our relaxation suite with its river views before stimulating your taste buds in our restaurant.

## Details

**Number of rooms:** 196  
**Number of beds:** 374  
**Address:** Storgatan 40, 903 26 Umeå  
**Web:** [www.scandichotels.com/hotels/sweden/umea/scandic-plaza-umea](http://www.scandichotels.com/hotels/sweden/umea/scandic-plaza-umea)  
**Contact:** [plazaumea@scandichotels.com](mailto:plazaumea@scandichotels.com), Tel. +46 (0) 90-2056300



PROFIL HOTEL AVENY

In central Umeå you will find Hotel Aveny, a design hotel for those with high standards for quality and service. Bright and airy rooms with exciting and colourful designs.

## Details

**Number of rooms:** 89  
**Number of beds:** 162  
**Address:** Rådhusplanaden14, 903 28 Umeå  
**Web:** [book.ligula.se/en/profilhotels-hotel-aveny/accommodation/list](http://book.ligula.se/en/profilhotels-hotel-aveny/accommodation/list)  
**Contact:** [hotelaveny@profilhotels.se](mailto:hotelaveny@profilhotels.se), Tel. +46 (0) 90-13 4100





## FORSKNÄCKARNA

### WILDERNESS COTTAGES

Stay in the middle of nature in one of our cosy wooden cabins! In the middle of the nature, you will have a peaceful stay at our wilderness camp Vikheden. All buildings were built to fit in with the surrounding nature, in the middle of the forest close by Vindelälven. We offer 5 cabins with a total of 70 beds. There are two different styles of cabins but each have cosy and nice beds. You can stay in our cabins all year around and a few of them are heated with a wood stove. Toilets, showers and sauna and hot tubs are located in a separate building.

#### DETAILS

**Season:** year-round  
**Built:** 1998 and 2017. **Last renovation:** 2017  
**Number of cottages:** 5 wilderness cottages, 2 different styles.  
**Cottage facilities:** simple cottages with just equipped with beds. Bed linen, check out cleaning and breakfast always included.  
**Restaurants:** Restaurant Vikheden (preorder before arrival)  
**Wellness & Relaxation:** 1 sauna and 2 hot tubs (summer)  
**Winter activities:** snowmobile safaris, snowshoes hiking, ice climbing  
**Summer activities:** rafting, high track, giant swing  
**Note:** the business is owned and run by four friends, pets are allowed, next supermarket in 35 km, parking places available for free  
**Accessibility:** Umeå City Airport (100 km), Lycksele (35 km), closest train stations in Vindelån (40 km) and Lycksele (35 km)

#### CONTACT

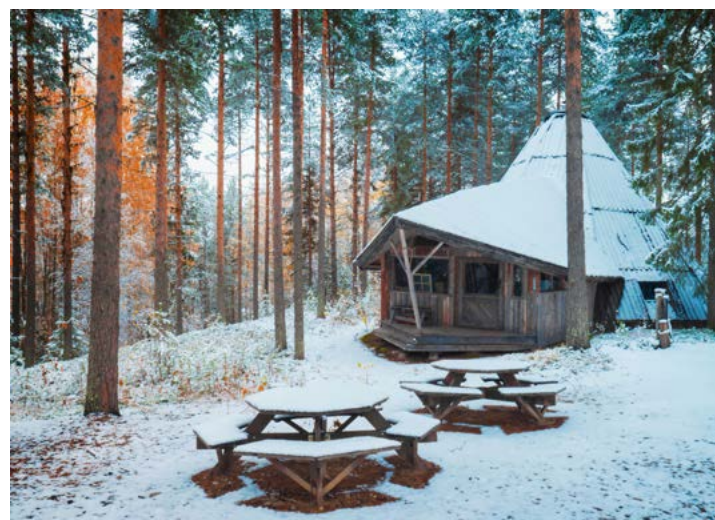
Forsknäckarna  
 Robert Holmlund and Patrick Edin  
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 Tel. +46 70 681 47 56 (Robert)  
 Tel. +46 70 226 39 54 (Patrick)  
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[www.forsknackarna.se](http://www.forsknackarna.se)  
[facebook.com/Forsknackarna](https://www.facebook.com/Forsknackarna)  
[instagram.com/forsknackarna](https://www.instagram.com/forsknackarna)

### RESTAURANT VIKHEDEN

Welcome to dinner in the wilderness! At us you can eat dinner with a wilderness theme, cooked with locally produced ingredients of highest quality. Our Souvas and moose meat come from Anders Skum in Ammarnäs where the meat is cold smoked in an old fashioned style. The almond potatoes come from Selet and the salmon comes from Norums Fiskrökeri in Bygdeå. You will dine either in our viking-house that holds 250 seated guests, or in our forest cot that holds 55 guests. It all depends on the size of your company. We are licensed to serve alcohol.

#### DETAILS

**Season:** summer  
**Opening hours:** Restaurant must be pre-booked.  
**Specialties:** Souvas, a typical sami dish with reindeer meat is the most popular dish in our restaurant.



### ACTIVITIES & FAMILY



### WHITE RIVER RAFTING FOR FAMILIES

Experience a fun adventure among the waves! We are now able to offer rafting in Selet where we finish the activity with ice cream at Glassbonden. This is our family route which starts at Glassbonden, on site you are equipped with a wet suit, life jacket, helmet and paddle. After a thorough safety walkthrough by your guide you get to face the waves and rapids. Be prepared for an exciting and wet experience! After about one hour of rafting you step back onto shore and a minibus will be waiting for you to bring you back to Glassbonden and ice cream!

**Season:** summer, June to August  
**Duration:** 3 hours  
**Languages:** English  
**Participants:** 6-20 pax  
**Minimum age:** 7 years  
**Services included:** equipment (wet suits, life jackets and helmets), guide, ice cream  
**Note:** Swim wear is recommended.

### NATURE & ACTIVITIES

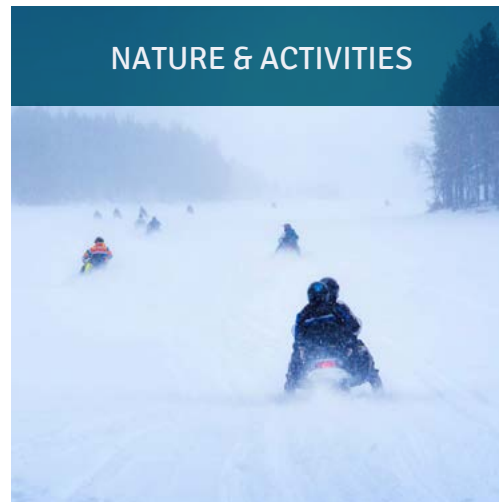


### WHITE RIVER RAFTING TROLLFORSEN TOUR

A wet adventure among waves and rapids. We start to paddle our way through upper Trollforsen which is about 1,100 m long, with a total drop of 8 m. This is where the fun starts among the waves and rapids the roar of the stream is mixed with shouts of joy. You can count on getting splashed with water. Next up is a short calm section before we head into lower Trollforsen which is about 1,300 m long with a drop of total 7 m.

**Season:** summer, May to September  
**Duration:** The ride takes about 1-1.5 hours and the activity as a whole takes about 3 hours including preparations and transports.  
**Languages:** English  
**Participants:** 6-50 pax  
**Minimum age:** 12 years  
**Services included:** equipment (wet suits, life jackets and helmets), guide, cup of coffee on an open fire.  
**Note:** Swim wear is recommended.

### NATURE & ACTIVITIES



### SNOWMOBILE SAFARI

A guided safari through a magical winter landscape. Regardless if you are a group of tourists or colleagues, experienced or beginners. Our guides will make sure you get a real adventure and experiences that you will remember for a long time. We start from Lycksele. Our snowmobiles are up-to-date and easy to drive. Depending if you want to go during the day or join the evening tour we can stop for lunch or fika and simply enjoy the beautiful winter landscape. With a little bit of luck we will see some moose.

**Season:** winter  
**Duration:** 2 or 4 hours  
**Languages:** English  
**Participants:** 4-18 pax  
**Minimum age:** 16 years  
**Services included:** clothing (overall) and boots, guide  
**Optional services:** meals (recommended for the 4 h tour), transfer to the starting point in Lycksele, 40 km from Ekorrsele

### NATURE & ACTIVITIES



### ICE CLIMBING

Challenge yourself and face the wall of ice! This activity requires a bit of courage and you cannot be afraid of heights! Take the chance and try ice climbing. Together with one of our guides you are able to climb even if you are a beginner. With axes and crampons (spike shoes) you make your way up the wall of ice.

**Season:** winter; December to March, depending on the weather condition  
**Duration:** 4 hours  
**Languages:** English  
**Participants:** 6-20 pax  
**Minimum age:** 12 years  
**Services included:** climbing equipment, guide  
**Optional services:** meals and accommodation in the wilderness camp





## AURORA BOREALIS ADVENTURE

### NATURE EXPERIENCES

Welcome to **Aurora Borealis Adventures** - experience nature in Swedish Lapland!

Experience beautiful nature in Swedish Lapland during all four seasons of the year. We offer dog sled tours almost all year around, but also stand up paddling, kennel visits and much more.

You find us 40 km from Vindeln, 35 km from Lycksele or 100 km from Umeå.

#### DETAILS

**Sustainability:** We work in a sustainable way and work with local food and organic products as much as we can from local meat and dairy farms. We use environmentally-friendly vehicles when preparing trails etc. and recycle all our trash.

**Note:** family-run company

**Languages:** English

**Founded:** 1993

**Operating season:** year-round

**Activities offered:** dog sled tours on snow (Dec.-April), dog sled tours with wagons (Sep.-Nov.), kennel visits (May-Nov.), husky walks (May-Nov.), SUP (late May-Sep.), stay in Aurora Tepees (Sep.-April)

#### CONTACT

Aurora Borealis HB  
 Maria Gustafsson and Donald Eriksson  
 Ekorrsle 35, 922 91 Vindeln  
 Tel. +46-705799338 (Maria) / +46 730933076  
[info@auroraborealis.nu](mailto:info@auroraborealis.nu)  
[www.auroraborealis.nu](http://www.auroraborealis.nu)  
[www.dogsledding.se](http://www.dogsledding.se)  
[facebook.com/auroraborealisadventures](https://facebook.com/auroraborealisadventures)  
[instagram.com/auroraborealisb](https://instagram.com/auroraborealisb)

### AURORA TEPEES

A night in an Aurora Tepee is a unique way to experience the nature. The comfortable Tepee is a perfect place to enjoy the magical scenery with Northern Lights in fall and winter, and summer nights with amazing midnight sun. From the comfort of our heated facility, the Tepees allows visitors the time and ease to await for the legendary light show to begin. We'd like to remind you that the Northern Lights are not on a clock schedule and we can't necessarily predict this natural phenomenon so just relax. Inside, there is electric heating but no tap water and no WC. Just outside to the Aurora Tepee, there is a heated outhouse.

#### DETAILS

**Availability:** 01.09.-01.05.

**Built:** 2018

**Number of Tepees:** 2 Tepees (12 m<sup>2</sup>)

**Tepee facilities:** 2 comfortable beds in each, electric heating

**Optional services:** wood heated sauna and hot tub at additional cost

**Note:** dogs are allowed, next supermarket in 35 km, free parking

**Accessibility:** Lycksele Airport (40 km)



#### 4-day package

Our pre-winter tour is a perfect tour if you are looking for a smaller getaway with your family or friends with a good chance to see the Northern lights and to experience the first snow. The pre-winter tour is a 4-day tour, including the arrival and departure day.

#### Day 1: Arrival

Arrival in the evening.

#### Day 2: Walking with the dogs

After breakfast in the guesthouse you have time to just enjoy the silence and nature around our lodge. At 13 h light lunch will be served. After the lunch we walk down to the kennel to meet some of our dogs. We pick out one dog for each guest and put a backpack on the dogs. Each guest will also get a belt and Nordic walking poles. We walk for about 3 km up to an open place with a view up to 30 km a clear day, but the main reason is to have a chance to see the Aurora Borealis dance across the sky. We spend some time up there, drinking tea, coffee or hot chocolate and eat a nice sandwich in our little tentipi. After this little picnic it's time to head back to the lodge again. If we already got the first snow, we might make this tour with snowshoes instead.

Later in the evening, coffee and some Sámi specialties like dry meat, smoked meat, fish and a special Sámi bread, called gák'ko are served. You learn more about our life, nowadays and in the past. People have been living in this area for more than 4,500 years and a system of hunting-pits comprising 15 pits indicates the importance of moose hunting to ancient hunters. Nearby are four hearths, which are the remains of an old Sami encampment that was once situated here. The hearths show where the cots were placed. Down by the river you find remains of a large tar pile. The settlers in the nearby village of Ekorrsle were large manufacturers of tar around the turn of the century.

If you want to add some extra to your stay, you can walk down to the sauna & hot-tub by the riverside. Enjoy the heat from the wood heated stove and cool down in the river, and hopefully see the Aurora Borealis again (optional, additional costs).

#### Day 3: Tour with the husky cart

Breakfast in the guest house. The tour starts with meeting the sled dogs and with a dogsledding lecture and assignment of gear and clothes, before we go out for a tour with our special built carts. This includes outdoor lunch by the trail somewhere.

As a guest on this 20-30 km long tour you will be riding a cart for 3 people with a team of 8-12 dogs. Free time in the afternoon to walk around

## NORTHERN LIGHTS PRE-WINTER TOUR



to see some wildlife such as moose, reindeer, fox or grouse etc. Dinner in the guest house.

#### Day 3: Zoo visit in Lycksele & departure

Lycksele has been southern Lapland most important place since the 16th century for trading etc. Visit at the world's northernmost Zoo to meet moose, elks, wolves, lynx and much more. On weekends in December you can also meet Santa and his reindeers in the park.

We also visit the open air and forest museum where you learn more about the Sámi way of life. Departure.

**Season:** Sept.-Dec. **Duration:** 4 days/ 3 nights

**Languages:** English

**Participants:** 2-5 pax. **Minimum age:** 4 years

**Services included:** 3 overnight stays in the guest house incl. full board, transfers within the program, guided activities as described,

**Optional:** transfers from and to airport/stations, overnight stay in the Aurora Tepee, sauna and hot tub by the river

## AURORA BOREALIS TOUR



**Season:** 15.12.-15.04. **Duration:** 3 days/ 2nights. **Languages:** English

**Participants:** 1-4 pax. **Minimum age:** 10 years

**Services included:** 2 overnight stays (One night in our guest house, one night in Aurora Tepee) incl. full board, winter equipment (thermo clothes, warm shoes, gloves and hats), guide

**Optional:** snow shoes, traditional skis

**Note:** alcoholic beverages excl., special requests such as vegetarian or allergies are no problem. To drive an own team guests need to understand the safety instructions held in English.

#### 3-day dogsledding adventure

This guided Aurora and dogsledding adventure is a three day tour package combined with one night in our cozy guest house called the Yellow house and the second night in our Aurora Tepees.

#### Day 1: Arrival & first dogsledding adventure

Arrival around 11 h. After lunch you get your warm winter clothes. The first tour starts at mid-day and lasts until it gets dark. The way is lighted up with head torches and hopefully Aurora borealis dancing across the sky. Just the slight sound of the working dogs and runners in the snow will be with you for that day. You get to know your dogs and start to form a personal relationship. With every stop, and praise for the dogs, they learn to trust you and you to trust them. You stay in our cozy Yellow house the first night, eat local food and drink a glass of organic wine.

#### Day 2: Full-day dogsledding tour

After breakfast, it is time to embark the trails again. In harmony with the running rhythm of your team you will enjoy nature in a way you've never experienced before. You will see some of the beautiful, remote back-country of south Lapland, and become one with your dog team. The tour will take you over frozen lakes and rivers, up smaller mountains and through pine tree woods. After a few hours behind the dogs we will have lunch "on the trail" and make a campfire to keep warm. Return to the kennel in the late afternoon. Dinner will be served in the guest house at 19.30 h before it is time go walk down to your Aurora Tepee for the night.

#### Day 3: Half-day dogsledding & departure

After a musher's breakfast, we go down to the kennel again to set up today's teams. Today's tour will be a half day tour with outdoor lunch somewhere along the trail. Return to the kennel around 13.30 h. Departure.





## GRANÖ BECKASIN

### TREE HOUSES, ECO-HOTEL & HOTEL CABINS

Granö Beckasin is a lodge situated on a peninsula on the Ume-river amidst Swedish Lapland's beautiful wilderness, situated between Umeå and Lycksele. We are certified as an ecotourism company by "Natures Best".

#### Accommodation at Granö Beckasin

**Outstanding lodging:** Enjoy and relax in our 6 unique tree houses the only one with a complete bathroom offering your guest everything you expect of hotel room with high standards. Including a spectacular view over the Umeriver.

**The ECO-hotel:** This building with 12 rooms is built with sustainable recourses and incredible low heating costs.

**Hotel cabins:** cabins 25 m<sup>2</sup> big with hotel standard are perfect for families and gives you individual service with a small kitchen inside.

#### Wilderness trips and cultural experiences

Explore and experience northern Sweden's nature and culture with Granö Beckasin. We offer tours through the wilderness as well as trips to cultural sites combined with practical lectures.

Use our knowledge of the surrounding area and let us help you to package holidays for your costumers. We have a good cooperation with many different company from the cost around Umeå up to the mountain region.

**Summer time:** Bicycle tours with luggage transportation. Build your own timber raft like Huckelberry Fin and ride on the calm river Umeälven (1, 2 or 7 day trips). Wild water rafting on the river Vindelälven (the best in Europe). Guided tours like Riverpearls-safaris, mose-safaris, Dog-sledge on wheels, hiking and more.

**Winter – light and landscape:** Dog-sledge touring, northern lights tours, snowmobile tours, snow shoe hiking and cross country ski.

**Cultural manners and practices of northern Sweden's settlers and Same:** Historical touring and baking settlers bread. Natural medicine - exploring the regions herbs.

#### DETAILS

**Built:** 2010 - we took over a old camping side and renovated the cottages, 2013 - the first 2 Birds Nest, 2014- the Eco-hotel 12 rooms and new restaurant, 2015- 4 new Birds Nests and Glasshouse (for meetings and more), 2016 - converted all cottages to hotel standard

**Last renovation:** 2019 - new restaurant kitchen

**Sustainability:** We are Natures Best certified and a KRAV-certificated restaurant (using min. 25% ecological ingredients and do the best regarding water and garbage recycling). Partnerships with local entrepreneurs, priority use of local and fair trade suppliers, use of reusable, returnable or recycled goods, renewable energy sources are used, own water treatment plants.

**Season:** all year

**Languages:** English, German

**Number & type of accommodation:** 6 Birds Nest/ Aurora Tree houses (2-3 pax + 1 extra), 8 Hotel-cottages (2-4 pax), 12 Eco-hotel rooms (2 pax), total 26 rooms.

**Facilities:** varies depending on the type of accommodation

**Restaurants:** one restaurant with Nordic and sustainable focus

**Spa & Wellness:** one sauna and 2 hot tubs

**Packages:** different options for both summer and winter available

**Accessibility:** Airports Umeå (78 km), Lycksele (52 km), Skellefteå (151 km); train stations Vindeln (24 km), Umeå (74 km); transfer offered

#### CONTACT

Granö Beckasin  
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[facebook.com/granobeckasin](https://facebook.com/granobeckasin)  
[instagram.com/granobeckasin](https://instagram.com/granobeckasin)

#### 6-day package - highlights:

- week full of adventures and yet time for individual recreation
- whole day husky trip through the snowscape
- whole day trip snowmobile and ice fishing
- including aurora activities

#### Day 1: Arrival

Arrival to Umeå or Lycksele and transfer to Granö (approx. 1 h). Check in to hotel room (Eco-hotel/Hotel cottage). Meeting with a guide. Fitting of outdoor clothes if rented. Dinner at the lodge.

#### Day 2: Snowshoe excursion

Breakfast. Get to no the surrounding by snowshoes learning more about the forest and the history of Lapland. Together we make up a fire and prepare our food outside. We hike up to the best view points in our surrounding and enjoy the breathtaking beauty of our winter forest. (5 h). Dinner back at the lodge.

#### Day 3: Husky safari

Breakfast. Whole day husky sledding (5-6 h) including lunch in the wild. Dinner back at the Lodge.

#### Day 4: Snowmobile tour & ice fishing

Breakfast. Whole day snowmobile tour (5-6 h) including lunch in the wild and some ice fishing. Dinner back at the Lodge.

#### Day 5: Spare time & traditional Sami-ski experience

Breakfast. Spare time. Lunch. Exploring the wild on traditional Sami-ski. We put on the wooden skies and leave the Beckasin Lodge at a leisurely pace making our way deep in to the forest. Our knowledgeable nature guides tell us about the secrets of the forest and show traces of many of the animals that live here. Halfway through the road we make a warming fire and warm up with hot drinks and good snacks.

#### Day 6: Sami culture & northern lights safari

Breakfast. On this unique tour you meet the reindeers of the Sami and learn more about their culture during a lunch in a tipi. The herder shows the daily life in the forest, how to find food for the reindeers during winter time and how to track predators and the reindeers in the snow. Dinner at the lodge. Northern light safari with car and snowshoes.

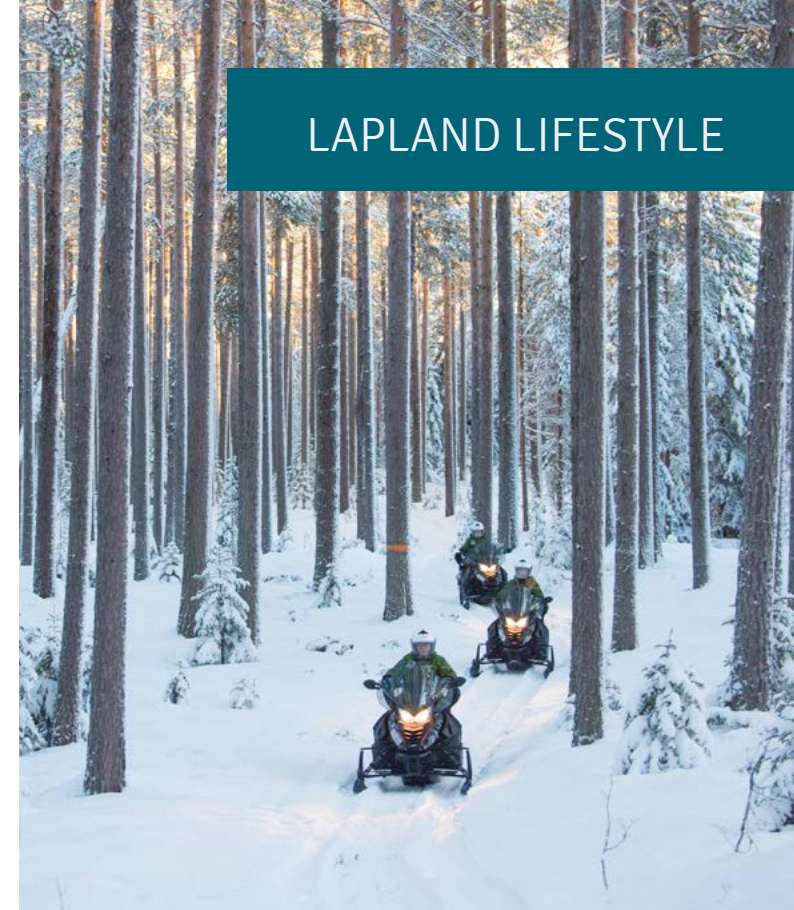
#### Day 7: Spare time

Breakfast. Spare time. Lunch. Spare time. Dinner at the lodge.

#### Day 8: Departure

Breakfast. Transfer back to Umeå or Lycksele.

## LAPLAND LIFESTYLE



**Season:** every Sunday from 02.01.-02.04.2020

**Duration:** 7 nights/ 8 days

**Languages:** English, German

**Participants:** 2-8 pax. **Minimum age:** 12 years

**Services included:** transfer, 7 overnight stays at the Eco-hotel or a hotel cottage, meals and activities as described, guide, winter clothing included on dogsledding and snowmobile tour

**Optional:** other activities, winter clothing for rent during the stay, upgrade to spectacular Tree house



## SUMMER HUSKY ADVENTURE

**Season:** every Wednesday and Friday from 01.06.-30.11.2020

**Duration:** 5 days/ 4 nights

**Languages:** English, German

**Participants:** 1-8 pax. **Minimum age:** 8 years

**Services included:** 4 overnight stays in the Eco-hotel or a hotel cottage incl. half board with two-course dinner, 2x husky adventure incl. 1x lunch, guide, guided tour in the science park incl. transfer

**Optional:** accommodation upgrade (Birds Nest - Tree house), additional nights, other activities, airport transfer

#### 5-day summer package in Lapland

##### Day 1: Arrival

Arrival to Granö (rental car or transfer). Check in to hotel room (Eco-hotel or Hotel cottage). Meeting with a guide. Dinner at the lodge.

##### Day 2: Husky kennel visit and hiking

Breakfast. In the morning, visit to the husky kennel. Learn more about the culture and history of mushing, try out how to harness a husky and prepare a sled or wagon for a trip. Lunch break (excl.) and time for relaxation. In the afternoon, husky hiking in the forest and supporting preparations for the next day. Dinner back at the Lodge

##### Day 3: Longer husky tour

Breakfast. You will go on a longer tour with the huskies and have lunch break outside in the wild. In the early afternoon you return to the kennel. Back to the lodge in the afternoon. Dinner back at the lodge.

##### Day 4: Guided excursion in Sweden's oldest Science Park

Breakfast. Guided excursion in the Science Park "Kulbäcksliden" the oldest Science Park in Sweden. Especially the big marshland has been an object of interest. The history started when digging companies spread the rumour that Sweden will become one big swamp landscape. Of course the opposite is the case but since then many different science projects are running in the area and many are focusing now on the climate change since the marshland is one of the best investigated in the world.

Afterwards you have spare time. Do a hike in the close surrounding of Granö or make a trip with canoe or take part of other guided tours, for example moose safari. Dinner back at the Lodge.

##### Day 5: Departure

Breakfast. Departure. Possibility for more activities or longer stay.





## ÄLGENS HUS

### THE MOOSE FARM

Älgens Hus (The Moose Farm), is Europe's first elk park with tame elks. Both adults and kids are fascinated by the King of the Forest. Meeting the huge elks can be a surreal and incredible experience. Being allowed to pat the elks is a unique experience, and is only possible, since the elks are tame. The whole area is full of exciting adventures for anyone regardless of age.

A popular souvenir from the Älgens Hus/ Moose Farm, is the cheese made of moose milk.

#### Restaurant

The restaurant is located in the wooden, main building. Menu with elk stew, elk meatballs with lingonberries, elk burger, also vegetarian options etc. The restaurant is open during summer or on request.

#### Guided tour at the Moose Farm

The tour includes a slideshow: The year of elk (20 minutes), a guided tour in the museum with opportunities to ask the experienced guides all your questions (30 minutes). And naturally, the most exciting moment, saying hello to these noble elks (30 minutes).

Älgens Hus is a family-owned company in second generation. During the summer season the main attractions are the tame elks. The Moose Farm then is open every day except Mondays, drop in. During the winter the company offers besides the elks, even snowmobile tours.

**Languages:** English

**Opened:** 1996

**Season:** The Moose Farm is open between 09.06.-23.08.2020, otherwise on request. Snowmobile tours are offered in winter.

**Opening hours:** Tue.-Sun. 11- 17 h (Moose Farm)

**Services:** guided tours, exhibition, restaurant, snowmobile tours

**Note:** We recommend two hours for the visit.

### SNOWMOBILE SAFARI

Two days snowmobile trip with focus on nature experiences. Overnight stay in a rustic cottage for a maximum of 8 people.

#### Day 1: By snowmobile from mountains to lakes

The tour starts at the Moose Farm and takes you on well-prepared trails in a hilly landscape over mountains and lakes with beautiful views.

After lunch, the trip goes on to a rustic cottage out in the wilderness for dinner, nice socializing and lodging.

#### Day 2: Safari continues & possibility for pimple or ice fishing

After breakfast, the safari starts with new adventures. In addition to a forest lunch, you can try pimple fishing/ ice fishing, make your coffee over an open fire. Often you are given the opportunity to see reindeers in their natural environment.

**Season:** December-April, depending on the snow conditions

**Duration:** 2 days/ 1 night

**Languages:** English

**Participants:** 5-8 pax (min. price for 5 pax. Tours with less people can be arranged on request.)

**Starting point:** The Moose Farm, Bjurholm 75 km from Umeå

**Starting time:** in the morning

**Services included:** guide, all necessary equipment, meals (1x breakfast, 2x lunch, 1 x supper), 1 overnight stay in a cottage

#### CONTACT

Älgens Hus - Moose Farm

Daniel Johansson

Västernyliden 23, Bjurholm

Tel. +46 706670759

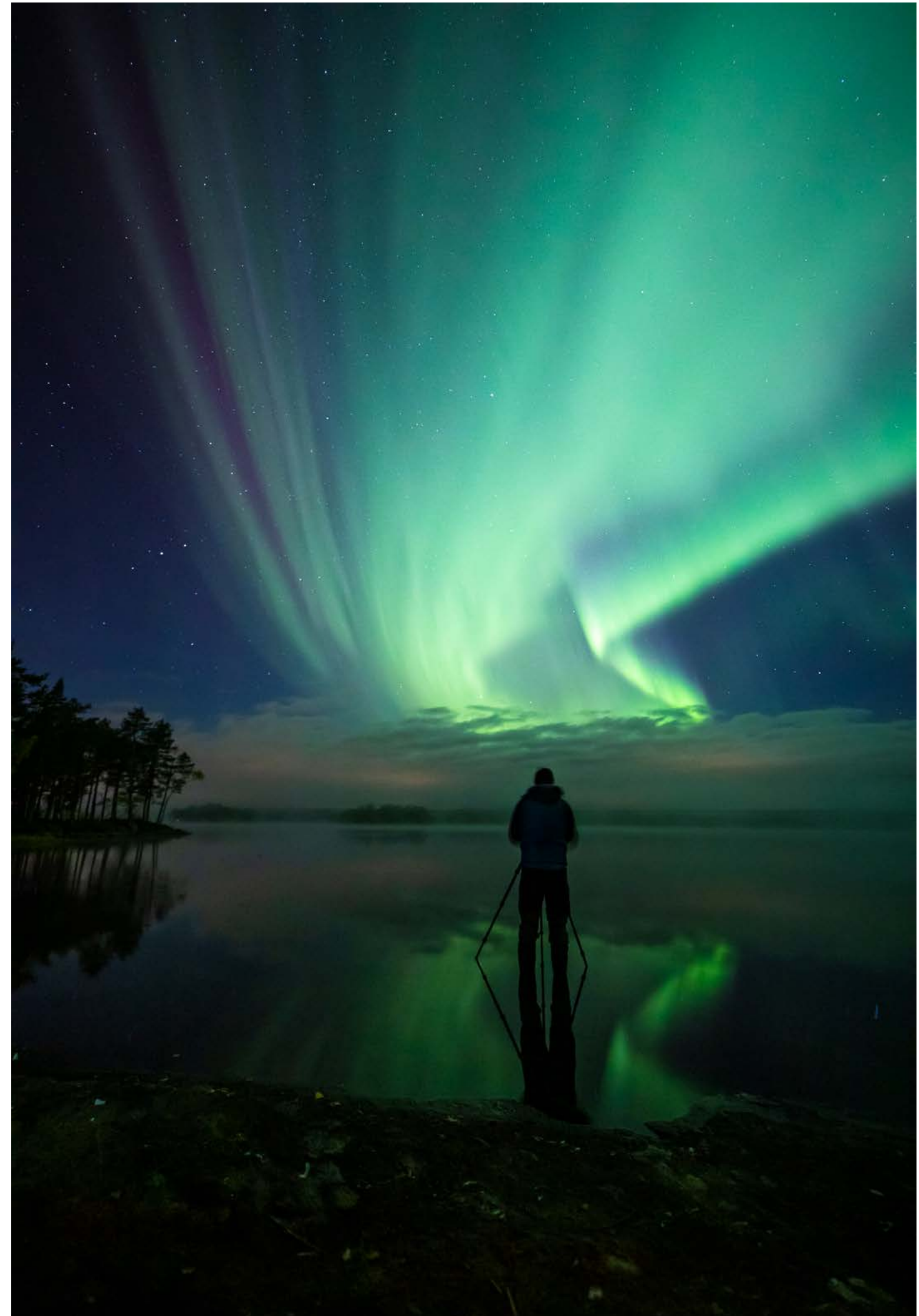
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[facebook.com/Älgens-Hus-131114430251123](https://facebook.com/Älgens-Hus-131114430251123)

[instagram.com/algenshusbjurholm](https://instagram.com/algenshusbjurholm)





# HÖGA KUSTEN

## HÖGA KUSTEN

### THE HIGH COAST OF SWEDEN



#### Nature experiences in the UNESCO World Heritage region

Are you looking for high-reaching nature experiences? If this is the case, our beautiful High Coast UNESCO World Heritage Site is a must. Stretching along the Norrland coast from Härnösand to Örnsköldsvik is the world's highest coastline, along with a full display of the unique consequences of the land uplift after each Ice Age.

This is a place where people from all over the world will join you around the campfire. Decide yourself if you'd rather breathe in the nature and culture in a relaxed manner or quicken your pulse by taking part in exciting activities. Regardless of your preferences, we can promise that our panoramic views will leave you breathless.

Welcome to the High Coast of Sweden!

#### Year-round activities

Hiking (day tours and longer hikes), museums, adventure waterparks, Västernorrlands länsmuseum (change exhibitions couple of times during the year). High Coast Distillery. Fjällräven outlet. Technichus experiments. Örnsköldsvik Museum. Mjällom Flatbread baking. Most of the activity companies offer activities all year.

#### Höga Kusten's unique selling points

- ◆ Nature & the world of heritage site: The world heritage and the nature itself. We have Sweden's only pure natural world heritage with the world's largest land rise.
- ◆ Outdoor life: Exciting activities and events are possible thanks to the nature and the wide range of outdoor activities where we have a unique position as a recognized and award-winning destination for outdoor recreation and adventures.
- ◆ Social encounters: The promise of campfire experiences also makes the meeting between people and our response unique.
- ◆ The High Coast's most characteristic assets: nature, local cuisine, cultural heritage, time and companionship.

#### HÖGA KUSTEN AREA

**Number of beds (total):** around 1,500

**Number of hotels:** Örnsköldsvik: 6, Sollefteå: 1, Kramfors: 4, Härnösand: 4

**Number of cottages:** approx. 240

**Hiking trails in km:** The High Coast Trail (130 km), The World Heritage Trail (100 km), Niptrail 27 (km), Gula Leden (6 km), Arnäsleden (70 km), Omneleden (6 km)

**Number of alpine slopes:** Latbergsbacken Kramfors, Skuleberget Kramfors, Hallstaberget Sollefteå, Vårdkasberget Härnösand, Bjästabacken Örnsköldsvik, Åsbacken Örnsköldsvik, Solberg Örnsköldsvik

**Winter activities:** cross-country skiing, downhill skiing, snowshoe hiking, dog sledding, ice fishing.

**Summer activities:** hiking (day tours and longer hikes), fishing, climbing (Via Ferrata, sport climbing, bouldering), kayaking and canoeing, cycling, explore the islands, boat tours, visit nature Reserves and national parks. The Car museum and Boat Museum. Fermented Herring Museum. Myckelgensjö Fäbodår. Genesmon Ironage settlement.

Naturum Skuleberget. The Västana waterfall. Arknat art and High Coast Valley Art. The cave of Skallberget.

#### HOTEL ACCOMMODATION HÖGA KUSTEN

**Björkuddens Hotel** [www.bjorkudden.se/en/home](http://www.bjorkudden.se/en/home)

**First Hotel Kramm (Kramfors)** [www.firsthotels.se/hotell/sverige/kramfors/first-hotel-kramm](http://www.firsthotels.se/hotell/sverige/kramfors/first-hotel-kramm)

**First Hotel Statt** [www.firsthotels.se/hotell/sverige/ornskoldsvik/first-hotel-statt](http://www.firsthotels.se/hotell/sverige/ornskoldsvik/first-hotel-statt)

**Elite Plaza Hotel** [www.elite.se/en/hotels/ornskoldsvik/plaza-hotel](http://www.elite.se/en/hotels/ornskoldsvik/plaza-hotel)

**Hotel Focus** [www.bestwestern.com/en\\_US/book/hotels-in-ornskoldsvik/sure-hotel-by-best-western-focus/propertyCode.56037.html](http://www.bestwestern.com/en_US/book/hotels-in-ornskoldsvik/sure-hotel-by-best-western-focus/propertyCode.56037.html)

**Norrällsviken, Camping & Hotel** [www.norrallsvikenscamping.com](http://www.norrallsvikenscamping.com)

**Scandic Örnsköldsvik** [www.scandichotels.com/hotels/sweden/ornskoldsvik/scandic-ornskoldsvik](http://www.scandichotels.com/hotels/sweden/ornskoldsvik/scandic-ornskoldsvik)

**Högbonden Cafe & Vandrarhem AB** [hogbondenfyr.se/eng](http://hogbondenfyr.se/eng)

#### CONTACT

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[www.hogakusten.com](http://www.hogakusten.com)  
[facebook.com/Hogakusten](https://facebook.com/Hogakusten)  
[instagram.com/hogakusten](https://instagram.com/hogakusten)

#### ACCESSIBILITY

**Airports:** Höga Kusten Airport (25 km from nearest town Kramfors), Örnsköldsvik Airport (28 km from nearest town Örnsköldsvik), Sundsvall-Timrå Airport (32 km from nearest town Härnösand), Umeå Airport (109,5 km from nearest town Örnsköldsvik).

**Airlines:** Örnsköldsvik: BRA Airlines, Kramfors: Ampola, Sundsvall: SAS, BRA Airlines

**Train station:** Örnsköldsvik Train station, Kramfors Train station, Sollefteå Train station and Härnösand Train station. All in the middle of city centre.

**Harbours:** Örnsköldsvik Harbour and Härnösand Harbour are open for ferry traffic in cooperation with Cruiselines.



# EXPERIENCE HÖGA KUSTEN



## UNESCO WORLD HERITAGE HIGH COAST

Magnificent views and distinctive landscapes have given the High Coast its status as Sweden's most beautiful scenery. Nowhere else in the world has the post-glacial rebound been as dramatic as it has on the High Coast, and thanks to the traces of land uplift and inland ice, the area, together with the Kvarken Archipelago, has been inscribed as a UNESCO World Heritage Site.

## NATURE & ACTIVITIES



## HÖGA KUSTEN TURER

Höga Kusten Turer has many years of experience of the Höga Kusten Archipelago and will take you on a boat trip to the most spectacular places.

In addition to chartered tours, the company also offers water taxi trips and bird safari in magnificent natural settings. We take people to Sweden's and Bothnia's highest island – the impressive Mjältön. We also go to the charming fishing port Ulvön with its restaurants and hotel and to Trysunda, which is considered by many to be Sweden's most beautiful island. We also do seal and seabird safaris.

Offering personal service and paying attention to the patron's needs, Höga Kusten Turer shares their favorite spots and unique experiences in the UNESCO World Heritage Site, Höga Kusten. Höga Kusten Turer is a part of Höga Kusten.

**Season:** 15.05.-15.09.

**Languages:** English

**Capacity:** from 1 – 9 passengers

**Area of operation:** the High Coast Archipelago

**Routes:** No fixed routes. Trips usually start from our dock in Sund or Skulebergets Havscamping, which suits our passengers best. We can also pick guests up wherever they are.

**Availability:** No fixed timetables so far. We can operate any time the customer chooses of the day or even night.

**Services:** We guide on what we see on our way and about the 10,000 years of the land increase and the World Heritage High Coast of Sweden. We tell about geology, history, wild-life, seabirds and fishing.

**Catering on board:** No meals or beverage on the boat, other than water from the fridge or a cup of coffee.

**Sustainability:** We always use Preem Evolution Diesel, which reduces of green house gas compared with ordinary diesel. We leave toilet waste ashore to Örnsköldsviks commune and other waste ashore to Kramfors commune. We load our batteries from solar cells on board and from the net ashore. We always try to drive as ecologically and economically as possible. We use trimming tablets to allow the boat to make as little resistance as possible in the water.

**Contact:** HögaKustenTurur, Peter Bernström, Sund 135, 870 33 Docksta, Tel. +46 706 88 44 38, [peter@wojmarin.com](mailto:peter@wojmarin.com), [www.hogakustenturer.se](http://www.hogakustenturer.se), [facebook.com/hogakustenturer](https://facebook.com/hogakustenturer)



## NATURE & ACTIVITIES



## NATURE & ACTIVITIES



## NATURUM HÖGA KUSTEN

Naturum Höga Kusten is the official visiting center in Sweden for the World Heritage Site High Coast Kvarken Archipelago. We have exhibitions about the World Heritage Site explaining the phenomena of the land uplift and the National Park Skuleskogen telling about the old forest. Our team is glad to help you with suggestions for hikes and tours as well as to provide you with geological and biological explanations about the area.

**Guided tours:** During the summer weeks guided tours are offered every day at 15 h.

**Duration:** 30 min. **Participants:** max. 25 pax/ group

**Note:** Guided tours for groups should be booked in advance

**Availability:** open from April to September

**Services for visitors:** exhibitions, guided tours, small book shop, personal service and advices, restaurant during summer, café from April to September

**Note:** Guided tours and exhibitions are free of charge.

**Contact:** Naturum Höga Kusten, Anna Carlemalm, Skuleberget, 870 33 Docksta, Tel. +46 708168688, [anna.carlemalm@lansstyrelsen.se](mailto:anna.carlemalm@lansstyrelsen.se), [varldsarvethogakusten.se/en](http://varldsarvethogakusten.se/en)

## SKULESKOGEN NATIONAL PARK

Grandiose views of forests and sea, beautiful lakes, verdant spruce forest valleys and intriguing geological phenomena show more plainly than anywhere else that parts of Sweden have emerged from the sea.

Skuleskogen National Park is a monumental area with high mountains, old-growth forest and the seacoast that come together here in a landscape that is without equal in Sweden.

Skuleskogen National Park is located in the middle of the World Heritage Site High Coast Kvarken Archipelago.

**Availability:** year-round

**Services for visitors:** trails, huts, fire places and outhouse toilets

**Note:** Visit and public services are free of charge.

**Contact:** [info@naturumhogakusten.se](mailto:info@naturumhogakusten.se), [www.skuleskogen.se](http://www.skuleskogen.se)

## NATURE & FAMILY



## JUNSELE ZOO

Junsele Zoo is a real family favorite. We have about 25 species of animal, including rare white tigers.

We have bears, camels, lamas and lemurs plus many other animals for you to see up close – new for 2019 are our meerkats. Our goats and ponies are especially popular with children. We also have a play area with circus school and a farm with zoo school or why not visit our country store or kiosk and shop for souvenirs. We also have a restaurant and café.

**Season:** June-August

**Services:** restaurant, café, play area, kiosk, shop

**Contact:** Junsele Zoo, Ulf Henriksson, Slalomvägen 1, 880 37 Junsele, Tel. +46 (0) 621 102 95/105 54, [info@aventyrberget.se](mailto:info@aventyrberget.se), [www.junseledjurpark.com](http://www.junseledjurpark.com), [facebook.com/JunseleDjurpark](https://facebook.com/JunseleDjurpark)

## NATURE & ACTIVITIES



## VIA FERRATA

Via ferrata - an Italian term which means 'iron path' - is protected climbing routes, built with a steel cable rail fixed to the rock. Half-way between scrambling and rock climbing, via ferratas allow non-expert climbers to reach high altitudes in a safe way, using minimum equipment.

**Season:** Spring, summer and autumn (May-Oct) the days the mountain is dry.

**Starting times:** Drop in during opening hours during the season if the mountain is dry. Daily updates on the website.

**Duration:** Normally it takes a couple of hours, plus the time that climbers spend at the top. During the holiday season it might take longer if there are many climbers on the route.

**Services included:** climbing equipment, introduction to climbing, phone assistance if needed

**Optional:** guide, shoes are available for rent

**Note:** To climb by yourself, climbers must be at least 18 years old. There is also a minimum weight requirement for each climber of 40 kg with a maximum weight of 140 kg (22 stone).

**Contact:** Tero Libell, Tel. +46 (0) 70 - 612 22 16, [tero@viaferrata.se](mailto:tero@viaferrata.se), [www.viaferrata.se](http://www.viaferrata.se), [facebook.com/viaferrataskuleberget](https://facebook.com/viaferrataskuleberget), [instagram.com/viaferrata](https://instagram.com/viaferrata)





## CULTURE & FAMILY

## MANNAMINNE

Mannaminne is a unique place of four acres, where over 50 buildings welcome everyone to a meeting between nature and culture, art and technique, history and future, locally and globally, tiny to big things. This is all the all inclusive composition by the artist Anders Åberg. Mannaminne is like a living village where there is always exciting things to discover, not just the art or the museums but also concerts, activities for children, temporary exhibitions, festivals and a lot of other events taking place. You can also eat and stay over night.

**Season:** 1st of May until the end of September

**Services:** Guided tours, hotel accommodation, B&B cottages, food and drinks

**Café Mannaminne:** serves coffee, tea, soft drinks with homemade coffee bread and sandwiches (specialty: delicious chocolate cake with freshly whipped cream). The café also serves lunch and à la carte with both cold and hot dishes (must eat in summer: Herring with mashed potatoes). Meals are cooked from the basics of raw materials from local traders.

**Contact:** Mannaminne, Annika Stattin, Häggvik 109, 870 30 Nordingrå, Tel. +46 613 202 90, kontakt@mannaminne.se, www.mannaminne.se



## CULTURE & NATURE

## NÄMFORSÉN ROCK ART MUSEUM

Nämforsén in Näsåker, Sweden, is a site of one of the largest collections of rock-carvings in Europe. About 2,600 different figures and lines have been chipped out on the rocky islands of Notön, Brådön, Laxön and their adjacent shores close to the rapids. The oldest carvings were probably made around 4500 B.C.

The Rock Carving Museum shows the rock carvings and its history, but also the rock paintings found in the region. Findings from the excavations made in Nämforsén are shown in an exhibition in the museum. Here you can see real carvings that are not painted, arrowheads, ceramics and chisels. The excavations on the southern side of the river were made in 1944 and the settlement is still considered one of the richest in Northern Europe.

**Season:** The museum is open 15.06.-15.08., 10.30-17.15 h (closed Mondays and Midsummer weekend). The rock carving area is always open to visitors.

**Services:** Guided tours on demand. Café serving cookies, buns, hot and cold drinks.

**Note:** Free entrance to the museum.

**Contact:** Nämforsén, Peter Johansson, Nipvägen 7, 880 30 Näsåker, Tel. +46708181103, peter.johansson@namforsen.com, info@namforsen.com, www.namforsen.com



## CULTURE

## VÄSTERNORRLANDS MUSEUM

The Västernorrland Museum preserves, develops and makes available the county's cultural heritage and is an important visitor destination in the county. The activities are extensive and the public part includes exhibitions, programs and educational activities. The museum also owns large collections of objects and archives and conducts active digitization work. Archeology, preservation and building antiquarian activities are important parts of our outward cultural heritage work.

**Season:** The museum is open year-round. The open air museum only opens in the summer. Tue-Sun. 11-17 h, Thu. 11-20 h

**Services:** The activities are extensive and the public part includes exhibitions, programs and educational activities. Museum shop and café serving homemade bread and pastries.

**Note:** Free admission to the museum.

**Contact:** Västernorrland Museum, Kerstin Ulander, Murbergsvägen 31, 871 50 Härnösand, Tel. +46 (0) 76-830 04 42, kerstin.ulander@vnmuseum.se, hej@vnmuseum.se, www.vnmuseum.se



## CULTURE

## HIGH COAST ART VALLEY

The High Coast Art Valley is the name which describes this magnificent art and nature valley, situated only 25 km from Örnsköldsvik. The Nätterlund foundation has placed 30 sculptures along this cultural passage. The High Coast Art Valley is a great opportunity to see unique and interesting art in a beautiful landscape setting. A perfect start could be to visit Herrgårdsparken in Köpmanholmen. This very beautiful and peaceful park easy to access is the perfect stop while waiting for the ferry to take you to Trysunda and Ulvöarna, in the Archipelago. Walking around the park will take you about an hour and it offers something for everyone.

**Availability:** May-October

**Note:** Visit is free of charge.

**Contact:** [www.highcoastartvalley.se](http://www.highcoastartvalley.se)



## HIGH COAST DISTILLERY

With a view of the majestic Ångermanälven river, on a hill with the historic distillery building as the nearest neighbour, you'll find our Visitor Center. Inside sits our restaurant and whisky bar which opens onto a large decking over looking the river. Modern conference facilities and the High Coast shop complete the set up.

### Visitor Center

The Visitor Center is a wonderful meeting place in all seasons for whisky friends, groups and companies who want to take part in a unique whisky experience.

### Guided tours

A guided tour around the distillery is a must when visiting us. For an hour or so you will go with one of our talented guides around and follow the path of the raw materials from our malt silo to warehouses. After the tour you can visit our bar and restaurant where we have a wide selection of current and previous releases.

**Availability:** upon request

**Duration:** approx. 1 h

**Participants:** min. 4 pax

### DETAILS

**Opened:** 2010

**Languages:** English

**Season:** open year around (limited opening hours)

**Opening hours:** depending on seasons

**Services:** bar, restaurant, visitor center, conference facilities, shop; guided tours

### CONTACT

High Coast Distillery  
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[facebook.com/highcoastdistillery](https://facebook.com/highcoastdistillery)



## FOOD & DRINKS

## HERNÖ GIN DISTILLERY

Hernö Gin is the first dedicated gin distillery in Sweden. Our hand hammered copper stills Kierstin and Marit are crafting our award winning organic gin from natural botanicals. It all begun with a passion for gin and a dream evolving to gin crafting. A journey that took Founder and Master Distiller Jon Hillgren to places and gin distilleries all around the world in his thirst for knowledge and his search for ginspiration. When Jon and his wife bought an 1800-century farm in Dala he started to create truly organic, artisan gin inspired by the natural beauty of the region. A gin so palatable that it is perfect to drink neat.

### Award winning gin

Today Hernö Gin is the most awarded gin in Europe 2013-2017 and awarded World's Best Gin 2017 and 2018. Also awarded World's Best Matured Gin 2019.

### Guided tours and tastings

Welcome to visit Hernö Gin, Home of Swedish Gin, for guided tours, tastings, cocktails in the bar and dinner in our restaurant. Please pre-book your visit.

### DETAILS

**Opened:** 2014

**Languages:** English

**Season:** year-round

**Opening hours:** daily for pre-booked groups. Contact us for information.

**Services:** guided distillery tour, gin tasting, cocktails, food & drink

**Note:** Age limit 18 years.

**Customized menus for pre-booked groups:** Suggestions: À la carte dinner with specialties from the north of Sweden, dinner buffet with cold and warm dishes, home made Swedish meatballs, goulash. Please contact us for more information.

**Sustainability:** Hernö Gin is creating organic gin and aims to contribute to a sustainable future. Purchase of certified organic products and services as far as possible. Climate smart use of energy, for example we recover heat from the production and use it for heating the facilities.

### CONTACT

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## ACCOMMODATION



### HOTEL HÖGA KUSTEN

With an impressive view over the Ångermanälven River and Höga Kusten Bridge, this hotel is 100 m from European Route E4. It provides free WiFi, gym and sauna access. Härnösand is 24 km away.

All of the brightly decorated rooms at Hotell Höga Kusten feature a flat screen TV with cable channels, as well as a desk and bathroom with a shower. Some include a private terrace.

The hotel's à la carte restaurant serves Swedish and international dishes for lunch and dinner. A café bar is also available.

Guests can book an outdoor hot tub with massage features and panoramic river views. More active guests can play frisbee golf on the hotel's course.

An on-site tourist information centre is available during the summer. The well-known Högakustenleden Hiking Trail starts at the hotel.

#### DETAILS

**Built:** 1994

**Last renovation:** 2019

**Sustainability:** Sweden's first and only wind-powered hotel.

**Season:** all year

**Languages:** English, German

**Number & type of rooms:** 28 double rooms, in total 59 beds

**Room facilities:** telephone, desk, seating area, heating, cable channels, carpeted, flat-screen TV, private entrance, wardrobe or closet, terrace in some rooms, outdoor furniture in some rooms, clothes rack, shower/ WC

**Restaurants:** one à la carte restaurant

**Spa & Wellness:** sauna, spa massage pool, massage chair

**Activities offered:** snow shoe hiking, hiking, kayak

**Note:** dogs in certain rooms allowed, parking; adapted for disabled persons

**Accessibility:** Airports Sundsvall (55 km), Kramfors (30 km), train stations in Kramfors or Härnösand (25 km)

### HOTEL HALLSTABERGET

Hotel Hallstaberget offers a restaurant, wine cellars, a nightclub, Hallsta Spa & Relax with baths and a Sauna World and of course treatments of various kinds. Hallstaberget is a suitable venue for conferences and meetings as well as a perfect accommodation to spend relaxing holiday weekends. The hotel provides good offers for both business and leisure travelers. Treat yourself to a luxury weekend at a reasonable price.

Hotel Hallstaberget, built in 1969, has been a centre of attraction for Sollefteå since then. After 2 years of renovation starting in 2011, the new Hotell Hallstaberget opened with international star standards in both rooms and service.

The hotel has undergone a total makeover, a new restaurant, a brand new conference center and 171 new guest rooms. The hotel has been expanded with the northernmost modern SPA "Hallsta Sky Spa & Relax" with a fantastic panoramic view of Sollefteå.

#### DETAILS

**Built:** 1969

**Last renovation:** 2012-2013

**Sustainability:** efforts to recycle all waste and to reduce water consumption, fewer hazardous chemicals in use, trying to reduce the use of unnecessary plastic products

**Season:** all year

**Languages:** English

**Number & type of rooms:** 171 rooms, different types from single and double rooms, family rooms, to Deluxe rooms and suites

**Room facilities:** toilet, shower, tv, minibar, wardrobe

**Restaurants:** 1 restaurant, 1 lobby bar, 1 restaurant bar, 1 night club bar

**Spa & Wellness:** 1 spa with one large pool, 3 bubble baths, 4 different saunas, 1 outdoor jacuzzi, 1 cold pool

**Activities offered:** cross-country skiing, downhill, go by raft, fishing

**Note:** owner-run hotel, dogs allowed for an extra charge, parking places available

**Accessibility:** Kramfors Airport (36 km), Kramfors train station (42 km)

### ULVÖ HOTEL

Ulvö Hotel is a unique hotel in a unique place. This family-run hotel beautifully located on an island offers 26 double rooms in different categories. All rooms have access to free WiFi, TV and a shared balcony. Our goal is for you to feel at home, but to be spoiled as well. Our rooms are all individually decorated with good natural light, beautiful design details and luxury bathroom products.

#### DETAILS

**Season:** 30.04.-30.06.2020, 01.08.-31.09.2020, July closed for tour operators and winter closed.

**Languages:** English

**Number & type of rooms:** 26 double rooms in different categories.

**Room facilities:** All rooms include free Wi-Fi, TV and access to a shared balcony. The rooms are individually furnished with beautiful design details, lovely bath products and great natural light.

**Room facilities:** One restaurant and a bar. One outdoor bar in the summer.

**Note:** family-run hotel

**Accessibility:** Örnsköldsvik airport (approx. 47 km), Örnsköldsvik train station 25 km. Boat to the island approx. 1.5 h.

Lotsstugan are located at the cliffs on the northeast side of Härnön, just 10 minutes from Härnösand city. In the summer its open as B&B and rest of the year bookable by groups.

#### DETAILS

**Built:** 1863

**Last renovation:** 2011

**Sustainability:** All meals are cooked at Lotsstugan with local and ecological food commodities as much as possible.

**Season:** B&B: 26.06. until the middle of August. Conference and groups rest of the year.

**Languages:** English

**Number & type of rooms:** 8 twin rooms, 2 single rooms.

In a building nearby there are 3 more twin rooms.

**Room facilities:** shared toilet/bathrooms. One on each floor.

**Restaurants:** one

**Spa & Wellness:** one sauna for 8 persons with relax. Also two wilderness bath (tub) for totally 12 persons.

**Note:** Owned and operated by Ulrika & Anders Hemström. Dogs allowed in 2 bedrooms (one twin, one single), not in common spaces, parking spaces available

**Accessibility:** Sundsvall-Timrå airport (40 km), Härnösand train station (9 km)

#### CONTACT

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#### CONTACT

Hotell Hallstaberget  
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#### CONTACT

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#### CONTACT

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## HIKE & CRUISE ALONG THE HIGH COAST WORLD HERITAGE

### Day 1 (Mon): Arrival to Örnsköldsvik (Höga Kusten)

On your arrival to Örnsköldsvik on Monday you check in at Elite Plaza Hotel, a 4 star hotel located at the harbor of Örnsköldsvik. Your personal guide, Bengt Wallin from the company Höga Kusten Walkabout welcomes you at the hotel. He will inform you about the whole tour and there is the possibility to ask questions about the program.

### Day 2 (Tue): By boat to the island Trysunda

On the second day you take a local bus from Örnsköldsvik central station to Köpmanholmen. The station is approx. 500 meters from your hotel. The bus to Köpmanholmen departs at 07.50 h. The trip to Köpmanholmen takes about 45 minutes. Tickets can be bought in the bus (credit card).

In Köpmanholmen at the harbor, you take the local boat to Trysunda. The boat M/f Ulvön departs at 9 h. Tickets can be bought at the ticket office in the harbor.

Arrival at Trysunda is at 09.35 h. Peter, the manager of the Trysunda Hostel welcomes you there. Check in at your private room. Lunch and dinner can be ordered at the Hostel.

Trysunda is a lovely island, once designated as the most beautiful island in Sweden. You can take short walks and visit some fantastic bays on the island and the charming old fishing village.

### Day 3 (Wed): By boat to the island Ulvön

On the third day you proceed your trip by the local boat m/f Ulvön to the island Ulvön. The boat arrives at the first harbour called Fjären. The boat departs from Trysunda at 09.20 h.

When you arrive ashore at Fjären, your luggage will be transported to Hotel Ulvö. You take a pleasant walk of about 4 kilo-

meters through the beautiful landscape on the Northern island of Ulvön down to the harbor to Hotel Ulvö, where Ebba and her colleagues will welcome you.

In the harbor of Ulvön you can stroll through the beautiful fishing village, once the biggest fishing village in the Northern Baltic Sea. Visit the old church chapel from the 17th century and the Ulvö museum. You can also take a walk up on the small mountain where the old pilot cabin is. We recommend that you order lunch and dinner at the hotel.

### Day 4 (Thu): Boat trip to Mjältön island

On day four you will be picked up by chartered boat from the dock below your hotel at 10 h. Your skipper's name is Peter Bernström. Here you will also meet your private guide Bengt Wallin again. The chartered boat will take you to the island Mjältön. Mjältön is the highest island in the whole Baltic Sea. Your guide will take you on a walk to the top of the island. From the top you can admire a fantastic view over the World Heritage Höga Kusten. Bengt tells you about the heritage and its rising land.

On the top you will enjoy a light outdoor lunch. After the peak climbing the journey continues with the chartered boat to the bay of Ullånger and the shore at Sund. After arrival at the dock in Sund, you take a walk with your guide through the spruce forest up to Skuleskogens Guest House. Your luggage will be transported to the Guest House. Monica Näslund will welcome you to this charming Guest House just outside the border of the Skuleskogen national park. You can order dinner from Monica at the Guest House.

On the top you will enjoy a light outdoor lunch. After the peak climbing the journey continues with the chartered boat to the bay of Ullånger and the shore at Sund. After arrival at the dock in Sund, you take a walk with your guide through the spruce forest up to Skuleskogens Guest House. Your luggage will be transported to the Guest House. Monica Näslund will welcome you to this charming Guest House just outside the border of the Skuleskogen national park. You can order dinner from Monica at the Guest House.

### Day 5 (Fri): Guided walk through the National Park Skuleskogen

After breakfast at the Guest House you will meet your guide Bengt at 9 h. Your luggage will be transported to Örnsköldsvik and Elite Plaza Hotel. You will be guided on a walk through the National Park, a walk of about 11 kilometers on trails in the forest and on cliffs. You will see amazing old pine and spruce forests, fantastic views, and enjoy a lunch cooked over the open fire while resting at an old chalet. Bengt will teach you how to make fire by using flint and tinder. The walk through the National Park will end at the north entrance of the park at about 16 h. A taxi will take you back to Örnsköldsvik and Elite Plaza Hotel; the ride to the hotel takes about 30 minutes. After having said farewell to your guide you spend a nice evening evening and one last night in Örnsköldsvik.

### Day 6 (Sat): Departure

**Season:** The Hike and Cruise along the High Coast World Heritage is available at three occasions, the dates are in this moment preliminary: 22 - 26 June 2020, 10 - 14 August 2020, 24 - 28 August 2020

**Duration:** 6 days incl. departure day (5 days of programme)/ 5 nights

**Languages:** Guided services in English

**Participants:** 2-8 pax

**Minimum age:** Minimum age is 10 years.

**Starting point:** Starting point is Elite Plaza Hotel in Örnsköldsvik Sweden.

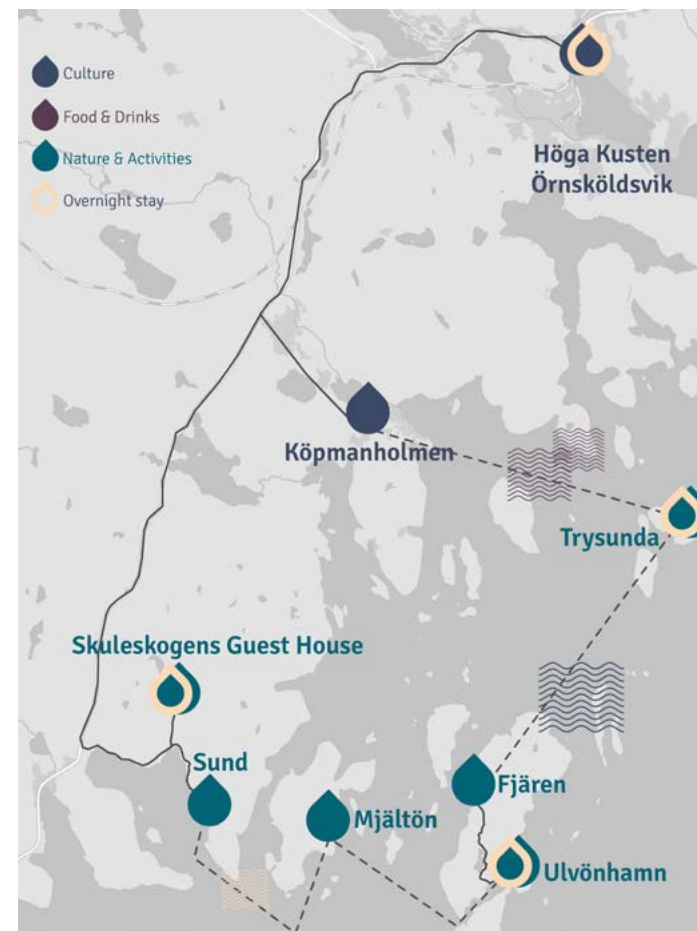
**Starting time:** Starting time is when you meet your guide at 17.00 h the first day in the lobby at Elite Plaza Hotel.

**Services included:** 5 overnights (Day 1: Elite Plaza Hotel,



Örnsköldsvik, Day 2: Trysunda Hostel, Day 3: Ulvö Hotel, Day 4: Skuleskogens Guest House, Day 5: Elite Plaza Hotel, Örnsköldsvik), meals (Breakfast at Elite Plaza Hotel, Trysunda Hostel, Ulvö Hotel and Skuleskogens Guest House. Outdoor lunches on day 4 and 5), Transfer (Chartered boat on day 3. Taxi from the north entrance of Skuleskogens National Park back to Elite Plaza Hotel in Örnsköldsvik), Guide (Meeting with the guide on arrival. Guide on day 4 and 5), luggage transport (day 3 from the harbor Fjären at Ulvön to Ulvö Hotel, day 4 from the dock in Sund to Skuleskogens Guest House, day 5 from Skuleskogens Guest House to Elite plaza hotel in Örnsköldsvik.)

**Note:** Participants must be able to walk on rough trails in the forest and on cliffs.



## HÖGA KUSTEN WALKABOUT

**Höga Kusten Walkabout** offers guided walks and hiking in the region of Höga Kusten. Most of the hikes and walks take place in the archipelago of Höga Kusten and in the forest.

**Sustainability:** Our guide is a very experienced outdoorsman. Our motto in nature is „Do not disturb, neither destroy“. We cooperate with local companies for transfers and for housing. We only use reusable materials for our outdoor lunch packages.

**Note:** Owner is Bengt Wallin. Höga Kusten Walkabout is an individual company.

**Languages:** English

**Founded:** 2012

**Operating season:** The main season is from June to October.

**Activities offered:** Guided walks and hiking in the region of Höga Kusten. Guidance in the nature and culture.

### CONTACT

Höga Kusten Walkabout

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# VAASA REGION

## VAASA REGION

### URBAN CITY LIFE & CALM NATURE



Experiences which make you want to return.

Do you prefer the bustle of a city or the calm of nature? Would you prefer a delicious artisan pastry at a cosy café or freshly grilled perch by a campfire?

In the Vaasa region, you won't need to choose one or the other, as beautiful nature and urban city life can be easily combined on a single visit. Everything in the Vaasa region is close by, and moving from one sort of atmosphere and experience to another is effortless.

In the centre of Vaasa, you'll have your pick of charming cafés, quality restaurants, trendy speciality shops, and a wide selection of cultural experiences. The city centre is just minutes away from the seaside, with stunning views that can be enjoyed on foot, by bike, or by boat or on a stand-up paddle board!

Just a little further away, the gorgeous UNESCO World Natural Heritage scenery of the Kvarken archipelago and the fertile flatlands of the Ostrobothnian countryside await.

There is plenty to do and experience for all visitors, from families to nature lovers and cultural travellers.

Our enthusiasm and passion for hospitality leave everyone who visits the Vaasa region feeling welcome.

Whatever the itinerary of your visit, our goal is that you depart here with experiences and memories that are sure to have you return to the Vaasa region soon. Welcome!

#### Vaasa's unique selling points

- ◆ UNESCO World Heritage site Kvarken Archipelago
- ◆ Archipelago
- ◆ 4 seasons
- ◆ Easy access by air, railway, ferry and road
- ◆ Nature activities close by the city

#### VAASA REGION

**Number of beds (total):** 2,400 hotel beds

**Number of hotels:** 13

**Number of cottages:** 98

**Hiking trails in km:** Several hiking trails from 4 km to 45 km

**Skiing tracks:** Several ski tracks in Vaasa and surroundings, from 1 to 30 km, all together more than 200 km.

**Winter activities:** Winter fishing, skiing, skating, horseback riding, sauna experiences

**Summer activities:** Boat trips, hiking, canoeing, kayaking, fishing, bike rental, sup boarding, sailing, berry and mushroom picking, sauna experiences, music festivals, outdoor museums

**Year-round activities & services:** Exhibitions, Museums, Visiting visitors centers.

#### ACCESSIBILITY

**Airports:** Vaasa Airport (11 km)

**Train stations:** in the city center

**Harbour:** Vaasa Harbour

**Transfer options:** Taxi Vaasa: +358 6 100411, car rental companies

#### CONTACT

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[twitter.com/VisitVaasa](https://twitter.com/VisitVaasa)  
[instagram.com/visitvaasa](https://instagram.com/visitvaasa)

#### VISIT VAASA

Visit Vaasa offers newsletters, FAM trips in cooperation with Visit Finland, activity packages and local guide services.

#### Image Bank:

[kuvapankki.vaasa.fi/s/HstvsOYoSiUhMnJ6/fo/qAL-hsGqUdWJkKA8](https://kuvapankki.vaasa.fi/s/HstvsOYoSiUhMnJ6/fo/qAL-hsGqUdWJkKA8)

#### Tourist Information:

Visit Vaasa, Rewell Center, 65100 Vaasa



# EXPERIENCE VAASA REGION



## KVARKEN ROUND TRIP BY TRAIN

### ACTIVITIES & CULTURE

#### CYCLING TOUR TO THE METEORITE CRATER

A cycling tour introduces us to the amazing 520 million-year-old history of the meteorite crater in Söderfjärden. Afterwards, at the open-air museum Stundras we will see and experience how the people used to live and work in the 19th century.

**Season:** first of May until the end of September. **Duration:** 2.5 h

**Languages:** English. **Participants:** 1-10 pax.

**Minimum age:** 15 years

**Starting point & time:** town square at Visit Vaasa's office or other place upon agreement (for example hotels); starting time upon agreement

**Services included:** helmet and map included in the bike rental

**Optional:** guide for a fee

**Note:** entrance ticket to the open-air museum Stundras needs to be purchased on spot

**Contact:** Visit Vaasa, [booking@visitvaasa.fi](mailto:booking@visitvaasa.fi), Erkki Laakso, Tel. +358 50 469900, [erkki.laakso@visitvaasa.fi](mailto:erkki.laakso@visitvaasa.fi)

#### FLOATING SAUNA

Floating Sauna is a 6 x 10 m sauna raft that is located in the inner harbour of Vaasa. Cruise in the beautiful archipelago of Vaasa while enjoying a warm and relaxing sauna bath. Our Captain will make sure that you have a nice and safe cruise, just relax and enjoy. Max 12 people are allowed on board, the raft has a 6-8 persons sauna and a living room where you can have meetings, dinner or just hang out. There is also the possibility to make your own barbecue on the grill, listen to music and chill.

**Season:** 15.04.-31.10. **Duration:** one trip lasts 3 h

**Languages:** English. **Participants:** max. 12 persons

**Starting point & time:** inner harbour in Vaasa's city center, starting time upon agreement

**Services included:** rental of the sauna raft with captain, access to barbecue grill. The captain can tell guests more about the archipelago and surroundings

**Optional:** rental towel, dinner/ catering can be booked, option to combine the sauna cruise with a speed boat or jet ski ride in the archipelago around Vaasa

**Contact:** Visit Vaasa, [booking@visitvaasa.fi](mailto:booking@visitvaasa.fi), Erkki Laakso, Tel. +358 50 469900, [erkki.laakso@visitvaasa.fi](mailto:erkki.laakso@visitvaasa.fi)

#### Example round trip to explore Kvarken Destinations

Explore the contrasts of Swedish and Finnish nature by train! This package combines the amazing archipelago with the lake and forest scenery!

#### Along the High Coast of Sweden via Umeå to Granö

Take the train (or car) from Stockholm along the UNESCO World Natural heritage coast passing Örnsköldsvik to Umeå. Explore the High Coast with a rental car before continuing to Umeå. If you are travelling by train, you need to order a taxi to get to Granö Beckasin (p. 20) - a lodge situated on a peninsula on the Umeriver amidst beautiful wilderness. Overnight in the ECO-hotel or in one of the outstanding tree houses and enjoy a spectacular view over the river Umeälven. Continue the next day via Vindeln to Umeå. Spend a day in Umeå and take the ferry Wasaline (p. 7) to Vaasa.

#### Coastal Gems, Vaasa

Check in at a hotel in Vaasa, departure with rental car to UNESCO World heritage area Kvarken, to explore and see the beautiful and ruff archipelago from the watchtower in Svedjehamn and have a late lunch at

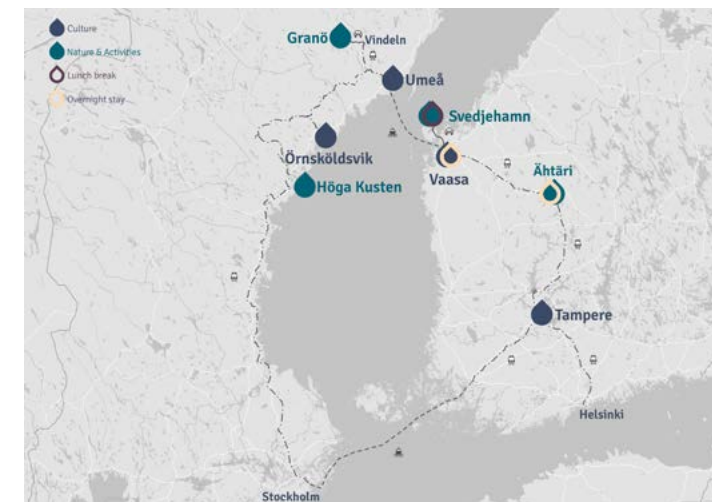
Restaurant Salteriet, beautifully located in the old fish salting hose by the sea. Maybe you want to take a walk around the 3 km long trail and say hello to some Highland cattle who are living on the island. On the way back to center of Vaasa you cross the longest bridge in Finland and by the bridge there is a visitors-center for the UNESCO area.

#### Touch of Scandinavian Nature, Ähtäri

Departure to Ähtäri Zoo & Resort, distance from Vaasa 160 km, approx. 2 hours by train (or by car). Visit to Ähtäri Zoo, the oldest natural animal park in Finland, to see over 50 different animal species, mainly native to the Northern hemisphere and Scandinavian forest zone. Lunch at Snowpanda Deli&Café. Later in the evening, you'll head for a guided midnight sun kayaking trip / evening kayaking trip to Lake Hankavesi. The night time trip is an unforgettable experience, especially in dark, warm, late summer evenings.

#### Tampere - The Sauna Capital of the World

After breakfast, continue from Ähtäri Zoo to Tampere (150 km, approx. 1 h 50 min. by train (or by car). Guided city tour incl. lunch and sauna.



**Season:** 01.05.-30.09.2020. **Duration:** 3 days/ 2 nights in Finland (option for additional days in both Sweden and Finland)

**Languages:** English. **Participants:** 2-10 pax, min. age 18 (children starting from 13 years accompanied by adult)

**Services included:** 1 night at Scandic Waskia, Vaasa (dbl/twin room), 1 night at Hotel Mesikämmen, Ähtäri (dbl/twin room), 2 x breakfast, 3 x lunch, transfer (during the Tampere city tour, some transportation by local buses included), equipment (rental kayak, paddle, buoyancy aid, spraydeck), guide services on the kayaking trip and on Tampere city tour, sauna bath in Kaupinoja public sauna

**Optional:** extra days in the High Coast area/ Granö/ Umeå, ferry trip with Wasaline, overnight in Tampere, full board/ other meals, over activities (sailing, trekking, fatbiking).

**Note:** Train tickets and rental car excl.. We can provide you with direct contact information for car rentals and train tickets

**Contact:** Visit Vaasa, [booking@visitvaasa.fi](mailto:booking@visitvaasa.fi), Erkki Laakso, Tel. +358 50 469900, [erkki.laakso@visitvaasa.fi](mailto:erkki.laakso@visitvaasa.fi)





## KYRÖ DISTILLERY

Like most great ideas in Finland, the one for our Finnish all rye distillery was also conceived in a sauna. The question was, why doesn't anyone make rye whisky in this country – where rye bread is the official national delicacy? From there, the idea grew and before long, our distillery found a home in an old dairy in Isokyrö, the same place where the most famous Finnish cheese Oltermanni was once produced. Stills were first heated up in 2014 and from there the distillery has gone on to win several international prizes and we now sell our products in dozens of countries all around the world.

### Kyrö Distillery Visitor Centre

For people seeking new experiences Kyrö Visitor Center offers dinner packages for groups, focusing on Finnish delicacies and locally sourced ingredients. The group packages can be tailored to also include a Kyrö spirit tasting, a cocktail school, gin blending workshop and distillery tour where the story behind Kyrö spirits really comes to life.

During the Visitor Centre opening hours, individual customers can also attend distillery tours and tastings as well as enjoy unique cocktails based on locally sourced ingredients. After experiencing the Kyrö Distillery Tour, the visitor should know a lot about the history, company story and gin and whisky production itself.

### DETAILS

**Opened:** 2014

**Languages:** English, Swedish, Estonian (tours and tastings)

**Season:** open for groups throughout the year. Bookings in advance, [kmek@kyrodistillery.com](mailto:kmek@kyrodistillery.com)

**Opening hours:** please check the company's website

**Services:** distillery tours, tastings, cocktail school (for groups), gin blending workshops (for groups), dinner packages (for groups)

**Sustainability:** Kyrö has done a lot of study about how to make its environmental footprint smaller. Examples: Using recycled textiles in our clothing made by Pure Waste and recycled paper in our coasters; reuse of excess heat for e.g. heating the premises of the distillery; taking river water from Kyrö river to be used as cooling water in the process; waste recycling, use of local ingredients and service as much as possible

### CONTACT

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[instagram.com/kyrodistillery](https://instagram.com/kyrodistillery)



## BOCK'S BREWERY & RESTAURANT

Bock's sits in the heart of a once booming brewery district. Housed in a 150 year old ice cellar Bock's serves hungry patrons a selection of mouthwatering dishes and pints of its award winning beers and ciders. We work closely with local producers who supply us with the best ingredients from the region and our beer is naturally brewed by our very own German Braumeister! Whether you come alone or in a group we'll happily provide you with the appropriate facilities and services to make any happening possible - be it a dinner, theme party or seminar.

### DETAILS

**Opened:** 2015

**Languages:** English, German on request

**Season:** year-round

**Opening hours:** Mon.-Thu. 11-23 h, Fri. 11-02 h, Sat. 12-02 h, Sun. 12-18 h; lunch is served Mon.-Fri. 11-14 h (exc.l summer months)

Opening hours subject to change.

**Capacity:** Up to 540 inside (of which 340 divided between 3 different event rooms) + 100 outside

**Services:** lunch, a la carte, set menus, shop, brewery tours & tastings (note: German guiding subject to availability), sauna, events, meetings, conferences

**Specialties:** burgers and beer, our creamy risotto

**Sustainability:** We call it to "Make Good!". We support our local community by sourcing ingredients locally at the source, but also actively promote local producers and the demand for locally produced goods. One such action happens in the monthly food markets we organize where local producers may participate free of charge. We run a fund which supports local initiatives with stipends and we recently got our first company car running on bio gas.

### CONTACT

Bock's Brewery & Restaurant  
Anne Suomalainen  
Gerbyntie 16, 65230 Vaasa  
Tel. +358 50 3777000  
[anne.suomalainen@bockscornerbrewery.com](mailto:anne.suomalainen@bockscornerbrewery.com)  
[sales@bockscornerbrewery.com](mailto:sales@bockscornerbrewery.com)  
[www.bockscornerbrewery.com](http://www.bockscornerbrewery.com)  
[facebook.com/bockscornerbrewery](https://facebook.com/bockscornerbrewery)  
[instagram.com/bockscornerbrewery](https://instagram.com/bockscornerbrewery)



## KALLE'S INN

Where the road from civilization ends, lies the jewel of the Gulf of Bothnia, Kalle's Inn. This is a true archipelago experience with a golden edge. Our guests are offered an unforgettable visit in a breathtaking environment surrounded by peace and quiet.

### Glass house accommodation

The glass houses, or prisma as we like to call them, offer a unique accommodation where you can experience luxury but still feel a very close connection to nature.

### Location

The most Western point of mainland Finland accessible by car.

### DETAILS

**Built:** award winning glass houses built in 2017

**Season:** all year

**Languages:** English

**Number & type of accommodation:** In total 8 twin/ double en suites prisma shaped glass houses. In the main building there is also a dorm type accommodation with a capacity of eight persons. Extra beds not available in the glass houses. Reception and lounge in the Lapp house next to the prisma. Free WiFi in the whole area.

**Room facilities:** All the glass houses have their own bathroom with toilet and shower. Motorized twin or double beds. Air condition and electrical heating guarantees comfortable living both summer and winter. Evening sauna is included in the price.

**Restaurants:** Two restaurants, Scandinavian cuisine with a local twist.

**Spa & Wellness:** Three different saunas on the premises, all with outside hot tubs.

**Activities:** sauna activities with swimming/ winter bath, (ice) fishing, hiking, kick sled. Other activities in cooperation with partner companies, e.g. floating, island hopping, sailing, fishing tours at sea, photography excursions

**Packages:** Packages with activities can be arranged for 1-3 nights. Please contact for examples.

**Note:** family-run business; no pets allowed, free parking available

**Accessibility:** Vaasa airport (55 km), Vaasa railway station (45 km); private transfer to/ from Kalle's Inn can be arranged for an extra cost.

### CONTACT

Kalle's Inn  
Freddi Skott  
Klobbskatvägen 189  
65970 Söderudden  
Tel. +358 (0) 10 231 1300  
[info@kallesinn.com](mailto:info@kallesinn.com)  
[www.kallesinn.com/en](http://www.kallesinn.com/en)  
[facebook.com/kallesinn](https://facebook.com/kallesinn)  
[instagram.com/kalles\\_inn](https://instagram.com/kalles_inn)





# HOTELS IN VAASA & SURROUNDINGS



The privately-owned, beautiful hotel Astor is situated in the middle of Vaasa, opposite the railway station. The most important tourist attractions, shopping malls and theatres are just around the corner. Hotel Astor was for more than 100 years ago the private home of the butter trader Mr Laurell and is today a small and cosy hotel in the middle of the town.

**Details**

**Number of rooms:** 49  
**Number of beds:** 83  
**Address:** Asemakatu 4, 65100 Vaasa  
**Web:** [www.astorvaasa.fi](http://www.astorvaasa.fi)  
**Contact:** [astor@astorvaasa.fi](mailto:astor@astorvaasa.fi), Tel. +358 6 326911



Hotel GreenStar® is a popular hotel concept that's both affordable and environmentally friendly. The savings in energy consumption save your money too! Our new city hotel in Vaasa opens in beginning of 2020.

**Details**

**Number of rooms:** 98  
**Number of beds:** 294  
**Address:** Myllykatu 17, 65100 Vaasa  
**Web:** [www.greenstar.fi/en/Hotel/Vaasa](http://www.greenstar.fi/en/Hotel/Vaasa)  
**Contact:** [vaasa@greenstar.fi](mailto:vaasa@greenstar.fi)



Hotel Vallonia is a cosy and nice business, conference and family hotel in Mustasaari, a stone's throw from Vaasa. The hotel rooms are large and some have a sauna of their own and mini kitchen. Free parking and dinner (18-21 h) for all the hotel guests.

**Details**

**Number of rooms:** 65  
**Number of beds:** 130  
**Address:** Keskustie 3, 65610 Mustasaari  
**Web:** [www.vallonia.fi](http://www.vallonia.fi)  
**Contact:** [info@vallonia.fi](mailto:info@vallonia.fi), Tel. +358 6 3288 200



Welcome to our modern and classy hotel in the center of Närpes. We have 30 highly equipped hotel rooms, 27 double rooms and 1 single room. The suites include livingroom, bedroom and sauna. All of our guests have access to our common sauna on request. If you arrive by car, free parking is included for hotel guests right by our hotel. During winter you also have access to car heaters and carport.

**Details**

**Number of rooms:** 28  
**Number of beds:** 55  
**Address:** Närpesvägen 16 C, 64200 Närpes  
**Web:** [www.hotelredgreen.fi/en](http://www.hotelredgreen.fi/en)  
**Contact:** [sales@hotelredgreen.fi](mailto:sales@hotelredgreen.fi), Tel. +358 6 8238 400



Vaasa's Vaakuna is a stylish and unique hotel right in the heart of the city. Its location by the market square close to a shopping centre offers excellent shopping opportunities.

**Details**

**Number of rooms:** 143  
**Number of beds:** 264  
**Address:** Rewell Center 101, 65100 Vaasa  
**Web:** [www.sokoshotels.fi/en/vaasa/sokos-hotel-vaakuna](http://www.sokoshotels.fi/en/vaasa/sokos-hotel-vaakuna)  
**Contact:** [sales.vaasa@sokoshotels.fi](mailto:sales.vaasa@sokoshotels.fi), Tel. +358 20 780 88 00



The city centre Original Sokos Hotel Royal Vaasa is by a beautiful esplanade. Vaasa is a compact city with a big city feeling that has everything within walking distance.

**Details**

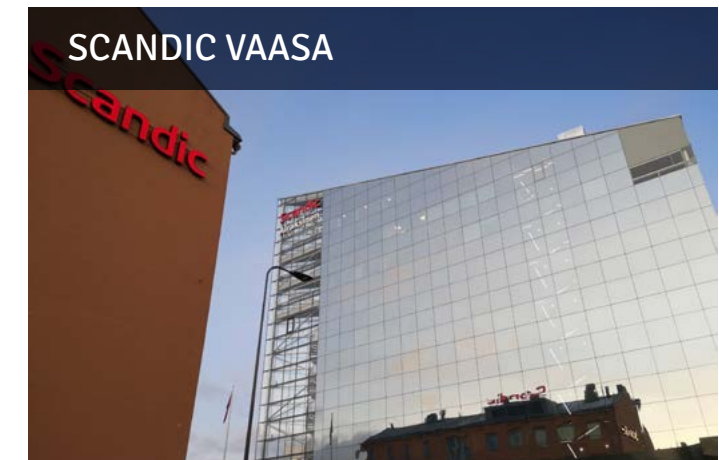
**Number of rooms:** 285  
**Number of beds:** 565  
**Address:** Hovioikeudenpuistikko 18, 65100 Vaasa  
**Web:** [www.sokoshotels.fi/en/vaasa/original-sokos-hotel-royal-vaasa](http://www.sokoshotels.fi/en/vaasa/original-sokos-hotel-royal-vaasa)  
**Contact:** [royal.vaasa@sokoshotels.fi](mailto:royal.vaasa@sokoshotels.fi), Tel. +358 20 1234 619



A peaceful hotel with a beautiful sea landscape at a convenient distance from the centre of Vaasa. A large parking area free of charge, versatile services, spacious rooms and the Tropiclandia spa next door guarantee a cosy stay.

**Details**

**Number of rooms:** 184  
**Number of beds:** 362  
**Address:** Lemmenpolku 3, Vaasa  
**Web:** [www.scandichotels.com/hotels/finland/vaasa/scandic-waskia](http://www.scandichotels.com/hotels/finland/vaasa/scandic-waskia)  
**Contact:** [waskia@scandichotels.com](mailto:waskia@scandichotels.com), Tel. +358 6 2413 0018



It is easy to feel at home and enjoy the relaxed city life in this hotel located close to the Vaasa pedestrian centre. The beautifully-decorated rooms and the event facilities, located in the hotel extension, provide versatile solutions for all your needs.

**Details**

**Number of rooms:** 68  
**Number of beds:** 133  
**Address:** Rosteninkatu 6, Vaasa  
**Web:** [www.scandichotels.com/hotels/finland/vaasa/scandic-vaasa](http://www.scandichotels.com/hotels/finland/vaasa/scandic-vaasa)  
**Contact:** [vaasa@scandichotels.com](mailto:vaasa@scandichotels.com), Tel. +358 6 317 0097



# KOKKOLA

## KOKKOLA

### CHARMING SEASIDE TOWN



#### Cultural experiences and easily accessible archipelago

Kokkola is a charming seaside town with a population of about 47,000. The king of Sweden, Gustav II Adolf founded the town in 1620. The city obtained free trading rights in 1765. At that time, Kokkola was famous for ship manufacturing and tar trading. The port of Kokkola is the third largest in Finland and international trade is still very strong. Growing population, diversified economic structure, and heavy investment by trade and industry have strengthened the vitality of Kokkola.

Kokkola is also a cultural town that offers versatile cultural experiences and annual events. The famous old wooden part of the town and the easily accessible archipelago attract visitors.

Kokkola is located by two main roads and has regular train and flight connections. It is easy to come to Kokkola!

#### Kokkola's unique selling points

- ◆ Combination of lively city and peaceful nature
- ◆ Lighthouse island Tankar
- ◆ Regular archipelago cruises
- ◆ Tourist activities throughout the year
- ◆ High quality cultural and sport events around the year
- ◆ Traditional fishing villages
- ◆ One of the best preserved wooden towns
- ◆ Famous for the smiling service

#### KOKKOLA REGION

Number of beds (total): 835

Number of hotels: 4

Number of cottages: 40

Hiking trails in km: over 100 km

Skiing tracks: 50 km

**Winter activities:** cross-country skiing, Nordic walking, fitness, bowling, ice fishing, winter swimming

**Summer activities:** cycling and fat biking, frisbee golf, fishing, hiking, canoeing, horseback riding, Nordic walking, golf, cruise, trekking, SUP, volleyball, geocaching, roller skating, swimming, bird watching

**Year-round activities & services:** museums, concerts, swimming, art galleries, guided tours

#### HOTEL ACCOMMODATION IN KOKKOLA

##### Sokos Hotel Kaarle

[www.sokoshotels.fi/en/kokkola/sokos-hotel-kaarle](http://www.sokoshotels.fi/en/kokkola/sokos-hotel-kaarle)

##### Hotel Seurahuone

[www.seurahuone.com/home](http://www.seurahuone.com/home)

##### Hotel Kokkola

[www.hotelkokkola.fi](http://www.hotelkokkola.fi)

##### Hotel Nukkumatti

[www.hotellinukkumatti.fi](http://www.hotellinukkumatti.fi)

#### CONTACT

Kokkola Tourism Ltd

Jari Kola

Kokkola City Hall

Kauppatori 5, P.O.Box 43

67100 Kokkola

Tel. +358 44 780 9713

[www.kokkola.fi/visitkokkola/en\\_GB/etusivu](http://www.kokkola.fi/visitkokkola/en_GB/etusivu)

[facebook.com/Visit.Kokkola](https://facebook.com/Visit.Kokkola)

[twitter.com/visitkokkola](https://twitter.com/visitkokkola)

[instagram.com/visit\\_kokkola](https://instagram.com/visit_kokkola)

[youtube.com/user/VisitKokkola](https://youtube.com/user/VisitKokkola)

#### ACCESSIBILITY

**Airports:** Kokkola-Pietarsaari airport (19 km)

**Train stations:** Kokkola

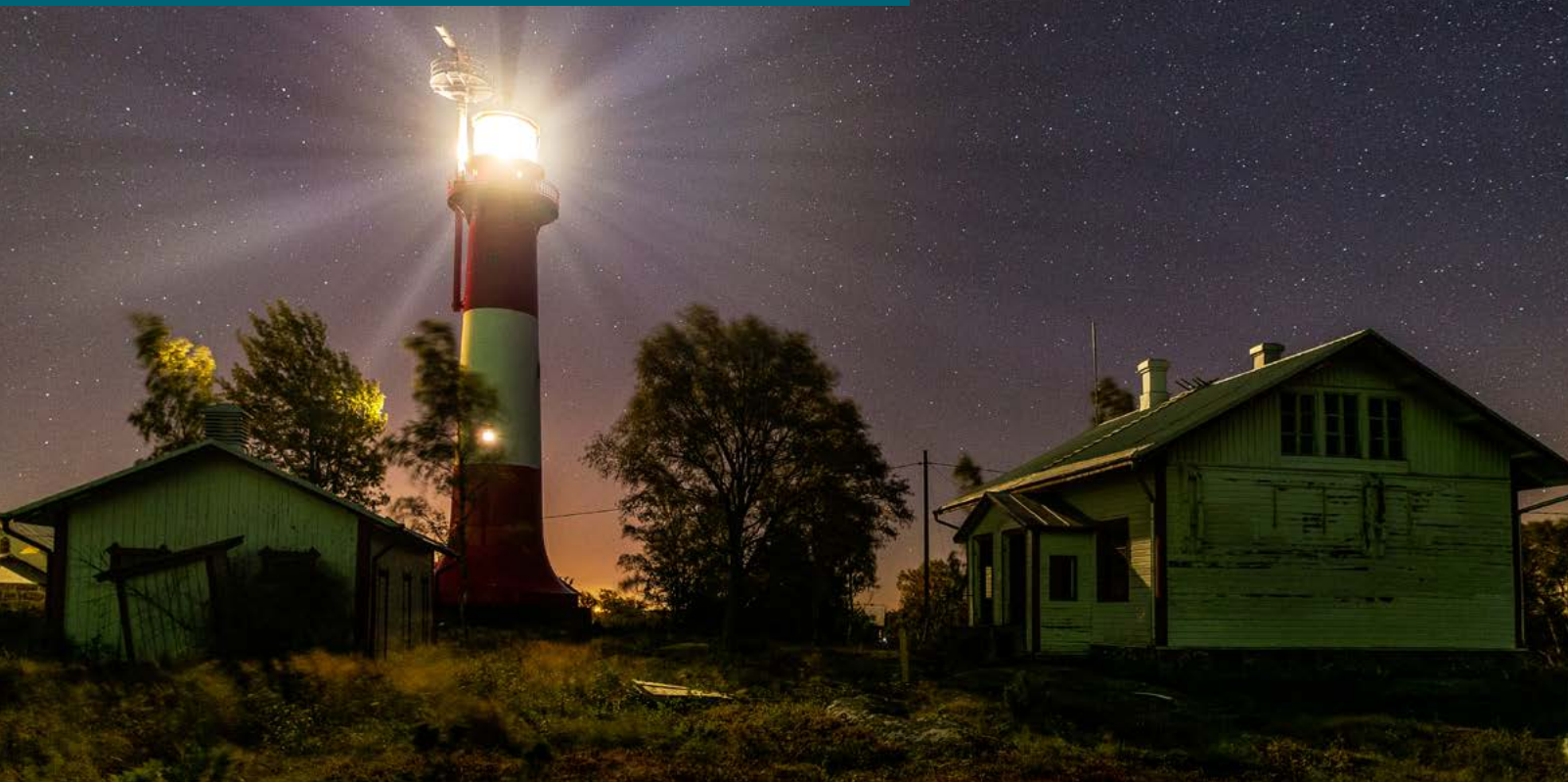
**Harbours:** Passenger harbour Meripuisto and guest harbours Tankar and Mustakari

#### KOKKOLA TOURISM LTD

Kokkola Tourism Ltd operates as a tourism-, congress- and event service provider in Kokkola. The company also operates archipelago cruises.



# EXPERIENCE KOKKOLA



## NATURE & ACTIVITIES



## THE LIGHTHOUSE ISLAND TANKAR

Today, Tankar is, in terms of tourism, one of Finland's most important lighthouse islands and one of the most popular tourist attraction in Kokkola. The island of Tankar is situated in the outer archipelago in the Bay of Bothnia, 15 km north-west of Kokkola harbour.

Step aboard m/s Jenny and make a trip to Tankar Lighthouse Island. Cruises are available throughout the summer according to the timetable. The one-way journey to Tankar takes approximately 90 minutes. The boat has a capacity for up to 177 passengers. After arrival to the island there is a guided tour free of charge. It is possible to visit the lighthouse in certain days during the summer for a small fee. The lighthouse is still in use and it was finished in 1889.

Today's Tankar is a diverse destination for tourists, offering unforgettable experiences of nature and samples of the old archipelago lifestyle to the unhurried visitor.

The charming archipelago village is comprised of the old fishermen's cabins and the café and guest house, with the church guarding from its own rock. A little museum presents the old hunting culture of the coast.

A visit to the island's wooden church is truly fascinating. Even today, the cramped pews decorated with the fishermen's initials and the old church art inspire devotion and humility. The island's location adds a particular maritime stamp to its nature, which is coloured by its diverse flora as well as the numerous bird species which are permanently resident or migratory.

Tankar offers a unique night stay in the Tankar Inn still used as a pilot station, in the old Lighthouse Master's cabins as well as the guest house in the fishing village. An experience to remember.

**Availability:** June, July and August

**Services:** bar on board, guided tour (free) on the island, café Tankar (famous salmon soup for ex.), tankar church, the seal hunting museum, the stone landmark, the bird station, the nature trail, entrance to the lighthouse (certain days), accommodation for about 40 persons on the island

**Sustainability:** Tankar belongs to the Luoto archipelago's Natura 2000 area. Natura 2000 is a network of nature protection areas in the territory of the EU. It has been made the Landscape Management Plan for the island of Tankar.

**Contact:** Kokkola Tourism Ltd, Jari Kola, Tel. +358 44 780 9713, [jari.kola@visitkokkola.fi](mailto:jari.kola@visitkokkola.fi)

## NATURE & CULTURE



## ÖJA FISHERMAN VILLAGE

Öja offers visitors a unique archipelago environment with activities and nature experiences for everyone. Salty seawater dip, calm nature and local food is always easily accessible. The colorful history of the archipelago appears where ever you least expect it and fascinated guided tours are arranged all year round.

The old grey boathouses at the harbour and the historical pier café is the heart of Fisherman Village and invites to relaxing moments all year round. Café Bryggan is one of the most popular cafés in the area with its large sunny terrace by the sea. Café Bryggan serves local bakery products, sandwiches and pies.

Full dining service and tasty menus are also offered at the boathouse or event hall restaurant.

**Availability:** Café Bryggan open to public: 16.5.20.-15.8.2020. To groups: all year round

**Opening times:** Mon.-Sat. 11-22 h, Sun. 12-22 h

**Services for visitors:** Café services, boathouse restaurant, guided tours on the Fisherman Village area, hiking tours, guest harbour, accommodation and a sandy family-friendly beach.

**Sustainability:** Öja Fisherman village is a cooperation owned and supported by locals. Food ingredients, bakery and brewery handcrafts are at minimum 75% local produced. Environmentally-friendly and ecological products are used on daily basis. Clean nature and sustainably used hiking paths are highly prioritised by the cooperation.

**Contact:** Öja Fisherman Village, Linda Boberg-Santala, Öjantie 454, 68550 Öja, Kokkola, Tel. +358 503377522, [info@cafebryggan.fi](mailto:info@cafebryggan.fi), [www.cafebryggan.fi](http://www.cafebryggan.fi), [facebook.com/fiskarbyn](https://facebook.com/fiskarbyn), [instagram.com/cafebryggan](https://instagram.com/cafebryggan)

## FOOD & DRINKS



## BISTRO FISKARBYN

regional, Finnish, Scandinavian

The Fisherman village restaurant has two facilities, the old boathouse on the pier for groups up to 20 persons and the modern village centre restaurant for groups up to 70 persons.

**Availability:** 02.01.-22.12.2020

**Opening times:** on demand

**Capacity:** Boathouse 20 guests, Village centre 70 guests

**Services for visitors:** lunch, dinner, coffee breaks. buffet style or full service

**Specialty:** The traditional and local Öja fish soup and the pier steak.

**Note:** Free parking lot nearby the restaurant.

**Sustainability:** Food ingredients, bakery and brewery handcrafts are up to 75% local produced. Environmentally-friendly and ecological products are used on daily basis.

**Contact:** Öja Fisherman Village, Linda Boberg-Santala, Öjantie 454, 68550 Öja, Kokkola, Tel. +358 503377522, [info@cafebryggan.fi](mailto:info@cafebryggan.fi), [www.cafebryggan.fi](http://www.cafebryggan.fi), [facebook.com/fiskarbyn](https://facebook.com/fiskarbyn), [instagram.com/cafebryggan](https://instagram.com/cafebryggan)

## NATURE & FAMILY



## THE TOIVONEN ANIMAL PARK & THE PEASANT MUSEUM

The Toivonen Animal Park and the Peasant Museum is a great, wholesome place that people of all ages will enjoy and want to visit again. Visitors are welcome to see the charming and adorable animals while enjoying the peaceful country setting. The Toivonen Animal Park and the Peasant Museum currently consists of 50 separate buildings and more than 12,500 exhibits. Museum village is constantly expanding and it is being developed purposefully to share detailed information on the average countryside village life in the early 20th century. During the summer season there are many interesting workshops that follow the old peasant tradition and a number of theme exhibitions.

**Availability:** 18.05.-23.08.2020

**Services for visitors:** café. shop selling handicrafts and souvenirs. During summer, there are exhibitions and demonstrations; cottage and camping area

**Location:** The Toivonen Animal Park and the Peasants' Museum is situated by main road E8, 10 km to the north from Kokkola.

**Contact:** Eläinpuistontie 2, 68300 Kälviä, [www.elainpuisto.fi/eng](http://www.elainpuisto.fi/eng)





## CULTURE

### NERISTAN - OLD WOOD TOWN OF KOKKOLA

In the Kokkola city centre lies one of our country's most extensively preserved historical areas of wooden houses. The town plan is from the 1650s. It consists of 12 blocks with hundreds of wooden houses and outbuildings. The oldest are from the 17th century.

Nowadays the wooden houses are home for several families. On the narrow streets the spirit of old Kokkola can still be sensed today.

To experience and learn more about the area's history, a guided tour is recommended.

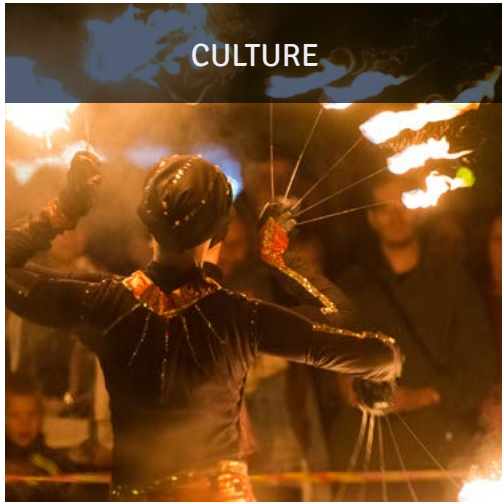
**Availability:** year-round accessible for individual visits, guided tours on request

**Languages:** English

**Services for visitors:** A guided walking tour in Kokkola Old Town Neristan, suggested duration 1,5 hours. Bus tours on request.

**Recommendation:** To feel the real atmosphere it is possible to visit some of the houses on request. There are interesting events in Neristan, please have a look at the calendar.

**Contact:** Kokkola Tourism Ltd., Jari Kola, Tel. +358 44 780 9713, [jari.kola@visitkokkola.fi](mailto:jari.kola@visitkokkola.fi)



## CULTURE

### THE VENETIAN NIGHT FESTIVAL 28.-29.8.2020

The festival of water, fire and light - Traditional ending of the summer season in Kokkola region.

In Kokkola and the surrounding area, the 'Venetian Evening' or 'Venetziad' is the traditional way to mark the end of the summer season and the time when people leave their summer cottages on the last weekend of August each year.

A magnificent festival of light and illumination became part of the Venetian evening. Bonfires, lanterns and barrels of tar were set alight, together with displays of fireworks, to lighten the darkening late summer evenings. The festival gets its name from the Italian art of making fireworks, which came to the rest of Europe in the 16th and 17th centuries. The fireworks were originally known here as Venetian fires, after the Venetian trading town.

Burning lanterns can be seen along the coast as far as eyes can see on this event. This can best be experienced from an atmospheric cruise on board m/s Jenny.

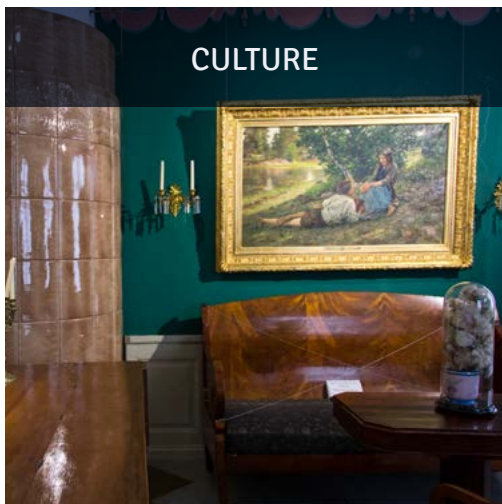
There is a music festival, a light show, a traditional rowing competition, a marathon and much more. Check the detailed program from our website [www.venetsialaiset.fi](http://www.venetsialaiset.fi). There is something for everyone during this special weekend. Welcome!

**Event date:** The last weekend in August, 28.-29.8.2020 - repeating every year on the last weekend of August. The Venetian Night Festival begins Friday evening and lasts the complete Saturday.

**Recommendation:** Take a cruise at daytime to Tankar lighthouse island which is one of the most important lighthouse islands in Finland. Stay an overnight at Tankar island and celebrate Venetian night over there.

**Note:** The main program is free of charge. The additional program may have extra charge (like cruises, sightseeing tour, marathon, etc.). Please have a look at Visit Kokkola's website for more information. VIP packages for groups are possible to organize.

**Contact:** Kokkola Tourism Ltd., Jari Kola, Tel. +358 44 780 9713, [jari.kola@visitkokkola.fi](mailto:jari.kola@visitkokkola.fi)



## CULTURE

### K.H. RENLUND MUSEUM

This rich cultural heritage of Kokkola is displayed in the K.H. Renlund Museum. Alongside exhibitions, the museum offers an extensive range of educational programs for visitors of all ages. The courtyard of the Museum Quarter is an oasis during the summer, a pleasant place where you can sit and enjoy refreshments in historical surroundings. A wide range of exhibitions can be admired at the Roos House, the Pedagogy, the Lassander House and the Exhibition Hall. Visits to the Drake House and to see Leo Torppa's Camera Collection can be arranged by appointment. Karl Herman Renlund (1850-1908) donated his large art collection to the town of Kokkola.

**Availability:** year-round Tue-Sun 11-18 h, Thu 11-18 h

**Languages:** English

**Services for visitors:** exhibitions, educational programs, guided tours, museum shop

**Note:** Free admission in 2020.

**Contact:** K.H. Renlund Museum, office, Vingenkatu 18 (2. floor), Tel. +358 44 7809 474, contact for guided tours: Tel. +358 44 7809 477



## KOKKOLA - A CHARMING SEASIDE TOWN

### 2-days-program in Kokkola

Delight in the beautiful nature, fascinating history and relaxing atmosphere of charming seaside town Kokkola. Explore Tankar, one of Finland's most important lighthouse islands and taste traditional seafood made from seasonal ingredients in a breathtaking view by the sea at Mustakari which is a summer restaurant and the fourth oldest yacht club in Finland. Wander around the streets of Neristan, an extensively preserved historical area, where the oldest wooden houses are built in 17th century.

VesiVeijari is one of the most popular swimming centers in Finland. There are nine pools at your disposal including outdoor pool and in addition to the traditional sauna, you can also try the infrared sauna. Waffle Café and Art Bakery offers wonderful cuisine and local art in a unique setting in an idyllic museum quarter.

### Day 1: Lighthouse Island Tankar

- A cruise to Lighthouse Island Tankar on board m/s Jenny
- Traditional salmon soup and coffee at Tankar Cafe
- Guided island tour with a visit to the church and to the museum
- Return from Tankar with m/s Jenny
- Check in to the hotel
- Dinner by the sea in the fourth oldest yacht club Mustakari

### Day 2: Time for relaxation and history

- Buffet breakfast at the hotel
- Swimming and water aerobic exercises at VesiVeijari
- Own time for shopping or rest
- Lunch at restaurant Kokkolinna, Art Nouveau building from 1908
- A sightseeing tour in Kokkola with the visits to K.H. Renlund Art Gallery and to The Nature Museum
- In the afternoon coffee and tasty waffles at the Waffle Café and Art Bakery situated in the idyllic museum quarter



**Season:** June - August

**Duration:** 2 days/ 1 night

**Languages:** English

**Participants:** min. 15 persons

**Starting time:** variable

**Services included:** one night hotel accommodation in a double or twin room, meals (1x breakfast, 2x lunch, 1x dinner, 1x coffee and waffles), cruise to the lighthouse island Tankar and guided island tour, admission fee to VesiVeijari swimming center, a guided tour in Neristan - the old wooden town of Kokkola

**Optional:** single room (surcharge), transfers e.g. between hotel and activity starting points

**Contact:** Kokkola Tourism Ltd., Jari Kola, Tel. +358 44 780 9713, [jari.kola@visitkokkola.fi](mailto:jari.kola@visitkokkola.fi)



# JAKOBSTAD REGION

## JAKOBSTAD REGION



### Vivid region with Finnish & Swedish influence

The Jakobstad (Pietarsaari) region is a vivid and beautiful area on the west coast of Finland where nature, sea and beautiful beaches are never far no matter where in the region you are. There are about 50,000 inhabitants in the region, a majority who have Swedish as their first language. This gives the region a slightly different and exciting twist, and a special mix of both traditional Finnish culture and influences picked up from Sweden through the centuries.

The centre of the region is the town of Pietarsaari (or Jakobstad in Swedish) that hosts a wide range of cultural events, and the municipalities around it - Luoto, Pedersöre and Kruunupyö together with the neighboring town Uusikarlepyy - are as important in giving the region its cozy and charming character.

#### Jakobstad's unique selling points

- ◆ special charm from its Finnish-Swedish heritage
- ◆ combination of untouched nature and the the cultural life of a small and cozy town
- ◆ cultural highlights such as the Arctic museum Nanoq & the Strengberg Tobacco museum
- ◆ Skata - the old town of Pietarsaari with idyllic wooden houses and narrow streets
- ◆ secluded natural spots where forests, rivers, cliffs, sea and sandy beaches come together

#### JAKOBSTAD REGION

**Number of beds (total):** 350

**Number of hotels:** 5

**Number of cottages:** 20

**Hiking trails in km:** 350 km

**Skiing tracks:** 200 km

**Winter activities:** skiing, walking tour over the ice to the former sea pilot station of Mässkär, ice skating, ice fishing, ice swimming, sauna, long distance ice skating, nordic lights watching (if the conditions are right)

**Summer activities:** boat tour to island Mässkär for max 52 persons, outdoor trails, beaches, hiking, trail running, biking, camping, kayaking, paddling, sauna, stand up paddling, berry picking, mushroom picking,

bushcraft, mindfulness, tailor made adventure trails by wilderness guides, longboat rowing, a guided tour at the shipyard Vega & Jakobstads Wapen

**Year-round activities & services:** art, music, guided tours in Skata, Nanoq, the Jakobstad museum, the tobacco museum, the motor museum, the tractor museum, the fishing and boat museum, the tour around the old harbour, sauna.

#### HOTEL ACCOMMODATION IN JAKOBSTAD

**Hotel Epoque**

[www.hotelepoque.fi/en/home](http://www.hotelepoque.fi/en/home)

**Stadshotellet Jakobstad**

[www.stadshotellet.fi/en/home](http://www.stadshotellet.fi/en/home)

#### CONTACT

Visit Jakobstad Region

Milla Kallioinen

Strengbergsgatan 1

68600 Jakobstad

Tel. +358 44 785 1651

[milla.kallioinen@jakobstad.fi](mailto:milla.kallioinen@jakobstad.fi)

[visitpietarsaarensuomi.fi/en](http://visitpietarsaarensuomi.fi/en)

[facebook.com/visitjakobstadregion](https://facebook.com/visitjakobstadregion)

[instagram.com/visitjakobstadregion](https://instagram.com/visitjakobstadregion)

#### ACCESSIBILITY

**Airports:** Kookola-Pietarsaari (25 km)

**Train stations:** Pännäinen (10 km)

#### VISIT JAKOBSTAD REGION

**Tourist Information:** At the market place of Jakobstad



# EXPERIENCE JAKOBSTAD REGION



## CULTURE



## THE ARCTIC MUSEUM NANOQ

Get familiar with the Arctic way of life, and culture, in a museum built outdoors as a part of the surrounding nature.

Hidden deep in the woods, along the nature trails in Fäboda in Pietarsaari, you will encounter a rare chance to learn more about arctic culture and customs. The museum is built outdoors as a part of the surrounding nature and is a tribute to the cultures of the last Arctic people and presents customs from different areas. You can also learn about the exciting and famous expeditions made to the North and South Pole. The Arctic Museum Nanoq was founded by an adventurous fireman; Pentti Kronqvist, who made numerous excursions to Svalbard, Greenland, Siberia - among others - and brought home items gathered during his trips to the most rural parts of our northern and southern hemisphere. At the museum you can visit permanent and temporary exhibitions, listen to the experienced guides who will share exciting stories from various excursions, or wander around in the small village of houses all built in the exact style to show what the arctic lifestyle looks like. Nanoq is truly a unique destination worth experiencing. During the winter the museum is open by request.

**Availability:** Summer: daily from the beginning of June until end of August. Other seasons on request.

**Opening times:** Summer: 12-18 h. Other times on request.

**Languages:** English, German on request

**Services for visitors:** Guided tours, smoke sauna by preorder, the museum's facilities can be booked for a dinner or a meeting. More information about the different options available on the museum's website.

**Meals:** In summer there is a cafe serving ice cream, coffee, tea etc. For bigger groups it is possible to order catering.

**Note:** Beautiful nature and hiking trails just around the corner, about 35 km all together; shorter hikes are possible. Fäboda's beaches are near by with a nice summer restaurant.

**Sustainability:** Nanoq wants to show how humans can live in harmony with nature, and show a path to a more sustainable way of life, utilizing what nature offers without destroying its ecology. The whole museum area is built to co-exist side by side with nature.

**Contact:** The Arctic Museum Nanoq, Pete Mäkelä, Fäbodavägen 60, 68620 Jakobstad, Tel. +358 40 806 4082, [petemakela1@gmail.com](mailto:petemakela1@gmail.com), [info@nanoq.fi](mailto:info@nanoq.fi), [www.nanoq.fi](http://www.nanoq.fi), [facebook.com/Nanoq-159100543739](https://www.facebook.com/Nanoq-159100543739), [instagram.com/arctic\\_museum\\_nano](https://www.instagram.com/arctic_museum_nano)



## CULTURE



## TYYNELÄN TONTUT

Tyynelän Tontut is a fascinating 18th century's courtyard that is located at the coast, by the seven bridges road between Kokkola and Pietarsaari at the municipality of Luoto. At Tyynelä you can see granaries which are decorated in different themes and they are furnished with antiques. There are also hundreds of hand made elves „living“ in all the houses of the courtyard.

Walking through the gates in Tyynelä is like taking a trip down memory lane back to your childhood and to Finnish farmer traditions. The residence is full of fascinating details and beautiful little elves doing their daily work. In the old times, people in Finland believed Finnish elves, called tonttu, lived in saunas, barns and in every home. It was also believed that the elves helped people with different tasks, but you rarely saw an elf in everyday life. The most well-known elves all around the world are of course the Christmas elves. All elves at Tyynelän tontut are handmade, from the body to the clothes, by the owner Eija Porkola. They have their own personality and name, and their own working places at the farmhouse.

In addition to the elves there is also a small toy museum, a wedding museum and of course a cafeteria which is open daily in July and December until Christmas.

**Availability:** Tyynelän Tontut is open daily in July and in December until Christmas. Available on request during other times.

**Opening times:** July and December until Christmas; 11-18 h. Other times on request.

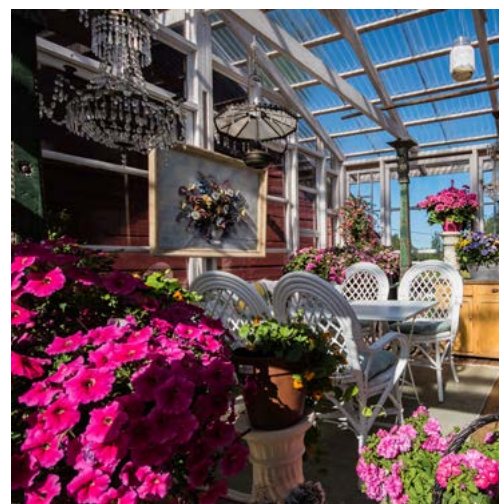
**Languages:** English, German

**Services for visitors:** Guided tours at the courtyard

**Meals:** Cafeteria serving coffee/ tea and cake/ sweet pastries

**Note:** Visitors can buy or order an own elf at Tyynelän Tonttu

**Contact:** Tyynelän Tontut, Eija Porkola, Västerbyvägen 238, 68560 Eugmo, Tel. +358 50 528 8016, [eija@tyynelantontut.fi](mailto:eija@tyynelantontut.fi), [www.tyynelantontut.fi/frontpage](http://www.tyynelantontut.fi/frontpage), [facebook.com/Tyynelän-Tontut-369778676446644](https://www.facebook.com/Tyynelän-Tontut-369778676446644), [instagram.com/tyynelan\\_tontut](https://www.instagram.com/tyynelan_tontut)







## FROM THE WOODS TO THE SEA

### 5-day package in the Finnish archipelago and forests

A mix of just the right amounts of fresh sea air and coastal culture in the Finnish archipelago. Explore hidden gems along the Finnish west coast surrounded by forests, the Bothnian Sea and a rich history. Genuine experiences with a strong local flavour await!

#### Day 1: Arrival in Pietarsaari

Arrival to Pietarsaari and check in to Stadshotellet.

#### Day 2: Hiking, outdoor culture and smoke sauna

Breakfast at Stadshotellet. Transfer to the beautiful beach of Fäboda to meet Natventure, your wilderness guides. The hiking trail (about 7 km) along the coastline continues through a forest area toward one of the huts and barbecue spots along the path. You prepare and enjoy lunch surrounded by nature. After lunch you visit the arctic museum Nanoq. Coffee break and a short guided tour at Nanoq. In the evening, you enjoy a visit in a smoke sauna and have dinner in one of the cozy houses. Transfer back to the hotel.

#### Day 3: Canoe paddling, local culture and a unique night hike

After breakfast, transfer to Svanen Camping to meet your wilderness guides again. Today's paddling trip is about 5 km and takes you along Lake Larsmo toward the seaside restaurant Strandis, where you will enjoy lunch. Transfer to Tyynelän Tonttula – a place where you can acquaint yourself with the mythology, history and culture of Finnish elves. After Tonttula, the transport will head for Café Bryggan – where you will prepare for the Historical White Night Hiking in Öja that is about 10 km and starts after late dinner. You enjoy magnificent archipelago views. After the hike, transfer to your hotel in Kokkola.

#### Day 4: Cruise to the lighthouse island Tankar

Breakfast. Time to visit the city centre & Neristan – the old wooden town of Kokkola. Transfer to Meripuisto harbour. On board of m/s Jenny you cruise the Bothnian sea to the Lighthouse Island of Tankar. After lunch at Café Tankar you go on a guided walk (2 km), around the island. Back on dry land, you get to enjoy dinner.

#### Day 5: Departure

Breakfast at the hotel and check-out.

**Season:** June, July, August. **Duration:** 5 days/ 4 nights

**Languages:** English. **Participants:** max. 15 pax

**Services included:** 2 nights at a hotel in Pietarsaari & 2 nights at a hotel in Kokkola, catering (4 x hotel breakfast, 3 x lunch, 3x dinner, 1x coffee & snacks), guiding ( wilderness guides during the hike and in the paddling tour in Pietarsaari, guide at Cafe Bryggan & hiking tour and at the island of Tankar); entrance, guided tour & smoke sauna at the arctic museum Nanoq, entrance to Tyynelän Tonttula, cruise ticket to Tankar island with M/S Jenny; equipment (equipment needed for the meals in the forests as well as for the paddling), **Optional:** transportation if needed, programs for day one and five can be arranged by request at an additional cost

**Contact:** Kokkola Tourism Ltd., Jari Kola, Tel. +358 44 780 9713, [jari.kola@visitkokkola.fi](mailto:jari.kola@visitkokkola.fi)



## EMMES RETREAT

We like to provide our guests a unique experience sleeping in a tree house in beautiful, silent lakeside in forest surroundings.

We offer accommodation for 10 persons in four different tree houses, which are waiting for you to come and enjoy a relaxing holiday with us. You will have beautiful nature right at your doorstep with the forests and a pristine lake. If you prefer to sleep in a tent, we also have a couple of Tentsile Tree Tents.

In the area we also have a yoga-tree house and of course a sauna with lake view.

#### DETAILS

**Built:** 2011

**Sustainability:** Our cottages are built without harming the surrounding nature and the meals we provide (by preorder) are made with local and organic ingredients always when possible.

**Season:** May to the end of September

**Languages:** English

**Number & type of accommodation:** 4 different cottages built in trees  
**Accommodation facilities:** Linen, towels, use of shower in the sauna building, sauna, use of canoes and bikes. Overnight stay in Haven, Vilan and Tentsile includes breakfast. Ovan and Lyan have cooking facilities.

**Restaurants:** No restaurant, but meals can be preordered for groups.

**Spa & Wellness:** A small sauna and showers just next to the lake with an absolutely stunning view.

**Activities offered:** different activities and tailor-made packages can be organized

**Note:** family-run accommodation; free parking places available; next supermarket in about 17 km

**Accessibility:** Kokkola-Pietarsaari airport (32 km), Kokkola railway station (approx. 35 km); transfer can be preordered

By car the nearest address is Haavistovägen 357, Nedervetil, where you turn in on Åsens skogsväg and following the signs (about 1,7 km)

#### CONTACT

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[facebook.com/emmesretreat](https://facebook.com/emmesretreat)  
[instagram.com/emmesretreat](https://instagram.com/emmesretreat)

## ACCOMMODATION



## GLASBRUKET RESORT

We offer 3 luxurious cottages located next to the sea. In our houses you can enjoy modern accommodation still surrounded by Finnish nature. The scenery along the coastline is very unique, and so is the very history of Glasbruket. Our houses are spacious thanks to the glass-encrusted patios, where you can admire the view comfortably even in the cold days of winter. You can choose to cook the food yourselves or pre-order it from a local catering-company. And if you wish, we can fill the refrigerator with the supplies you need before you arrive. Our customer-service will coordinate with any special diet you may have concurrent with your booking. We always make sure that the beds are made and the outdoor-spa is filled with clean and hot water at the time of your arrival. We will also take care of the final clean-out free of charge.

#### DETAILS

**Built:** House 2 and 3 are built 2011. House 5 is built 2014.

**Season:** all year. **Languages:** English

**Number & type of accommodation:** 3 luxurious cottages each with 3 bedrooms with 2 fixed beds and 3 extra beds. House 2 and 3 are identical. House 5 is a bit bigger.

**Room facilities:** Kitchen with refrigerator, freezer, dishwasher, oven, stove, microwave, coffee maker, etc.; combined living and dining room, bathroom, sauna, glass-encrusted patio, 200m<sup>2</sup> terrace with built-in spa, barbeque place, WiFi, TV, bedlinen, towels, bathing-caps  
House 5 is a bit bigger and equipped with: 2 restrooms, a big sauna, winter-adjusted glass patio (30m<sup>2</sup>), a fully equipped kitchen and seating for 50 people.

**Restaurants:** No restaurant but catering available for additional cost.

**Spa & Wellness:** Traditional Finnish sauna and an outdoor spa in connection with private beach.

**Activities offered:** different year-round activities can be organized

**Note:** family-run accommodation; free parking places available; next supermarket in about 20 km (it is also possible to preorder groceries)

**Accessibility:** Kokkola-Pietarsaari airport (57 km), Vaasa airport (80 km), nearest train station is Pännäinen (32 km)

#### CONTACT

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[www.glasbruket.fi/en](http://www.glasbruket.fi/en)  
[facebook.com/glasbruket](https://facebook.com/glasbruket)  
[instagram.com/glasbruketresort](https://instagram.com/glasbruketresort)



# SEINÄJOKI REGION

## SEINÄJOKI REGION

### A CITY FULL OF CULTURE & EVENTS



Seinäjoki is a middle-size city in Western Finland beside good connections by train and car. Seinäjoki is a modern city with culture, unique architecture and many big events.

Seinäjoki Tango Festival is one of the biggest festivals in Finland. Over 100,000 people come to see and feel the atmosphere of Tango from all regions in Finland and all over the world to attend the Festival. Next summer the time for Tango Festival is 8.-12.7.2020.

#### Seinäjoki's unique selling points

- ◆ The Aalto Centre
- ◆ Seinäjoki Tango Festival [www.tangomarkkinat.fi](http://www.tangomarkkinat.fi)
- ◆ Good location beside the main railway line in Finland
- ◆ Family attractions in the region for example Ähtäri Zoo about one hour by car

#### SEINÄJOKI REGION

Number of beds (total): 1,500 beds (hotels)

Number of hotels: 5

Number of cottages: 30

Hiking trails in km: 200 km

Skiing tracks: 200 km

**Winter activities:** snowshoeing, electric bike rental and guided tours to Seinäjoki City and to Aalto Centre.

**Summer activities:** Canoeing, SUP boarding, electric bike rental and guided tours to Seinäjoki City and to Aalto Centre. A river cruise in Seinäjoki-river.

**Year-round activities & services:** Electric bike rental and guided tours to Seinäjoki City and to Aalto Centre. South Ostrobothnian Museum and Kalevan Navetta Art and Culture Centre are open year-round.

#### HOTEL ACCOMMODATION IN SEINÄJOKI

**Sokos Hotel Lakeus**

[www.sokoshotels.fi/en/seinajoki/sokos-hotel-lakeus](http://www.sokoshotels.fi/en/seinajoki/sokos-hotel-lakeus)

**Sokos Hotel Vaakuna**

[www.sokoshotels.fi/en/seinajoki/sokos-hotel-vaakuna](http://www.sokoshotels.fi/en/seinajoki/sokos-hotel-vaakuna)

**Scandic Seinäjoki**

[www.scandichotels.com/hotels/finland/seinajoki/scandic-seinajoki](http://www.scandichotels.com/hotels/finland/seinajoki/scandic-seinajoki)

**Hotel Sorsanpesä**

[www.sorsanpesa.fi](http://www.sorsanpesa.fi)

**Hotel Fooninki**

[www.hotellifooninki.fi](http://www.hotellifooninki.fi)

**Hotel Alma**

[www.hotelalma.fi](http://www.hotelalma.fi)

#### CONTACT

Visit Lakeus Oy

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[www.visitseinajoki.fi/en](http://www.visitseinajoki.fi/en)

[facebook.com/visitseinajoki1](https://facebook.com/visitseinajoki1)

[instagram.com/visitseinajokiofficial](https://instagram.com/visitseinajokiofficial)

#### ACCESSIBILITY

**Airports:** Vaasa Airport (80 km), Tampere Airport (200 km), Helsinki Airport 360 km

**Train stations:** Train station directly in city centre

**Harbour:** Vaasa harbour 80 km (Wasaline)

#### VISIT LAKEUS OY

Visit Lakeus (since 1.11.2019, former name South Ostrobothnia Tourist Service Ltd.) can provide packages for tour operators, guide services and transfer arrangements. The organisation also participates in FAM-trips together with Visit Finland.

**Tourist Information:** Ideapark Suupohjantie 57, 60320 Seinäjoki





## ÄHTÄRI ZOO

© Ähtäri Zoo / Timo Ahopelto

### NATURAL HABITAT ANIMAL PARK AND SNOWPANDA HOUSE

Ähtäri Zoo is a natural habitat animal park that provides the whole family with unique experiences all year round. Visit us, and you care for animals: all our customers help support the conservation of endangered species and animals' welfare.

#### Ähtäri Zoo and Snowpanda House

Welcome to explore the Scandinavian fauna & flora! Ähtäri Zoo is the oldest natural animal park in Finland and houses over 50 different animal species such as brown bear, lynx and snow leopard. Meet the highlights of the zoo - the snow pandas - and take a walk through the lush park. At the charming Zoo Farm you can pet the farm animals and learn about old Finnish farm duties in a fun way! By visiting the zoo, you also support the important species conservation work that Ähtäri Zoo is known for.

#### DETAILS

**Established:** 1973

**Season:** open all year round

**Opening hours:** extended opening hours during the summer season (Mid-June until Mid-August).

**Services at Ähtäri Zoo:** guided tours, workshops, environmental education, Yoga and Mindfulness lessons

**Restaurants:** Snowpanda Deli&Café (open year-round) offers, for example, tasty burgers, pastas, and salads - as well as coffee, soft drinks, cakes, sandwiches and pastries. The restaurant is also well-equipped to meet your takeaway needs. During the summer season zoo visitors can also stop by at our summer cafés (Lokki Boat Café, Kaakkolampi Café and mini shop, Farm Café).

**Shop:** Zoo Shop with stuffed animals and other zoo souvenirs, also local specialities like peat and linen products.

**Sustainability:** Ähtäri Zoo is a natural habitat animal park that provides unique non-motorized experiences all year round.

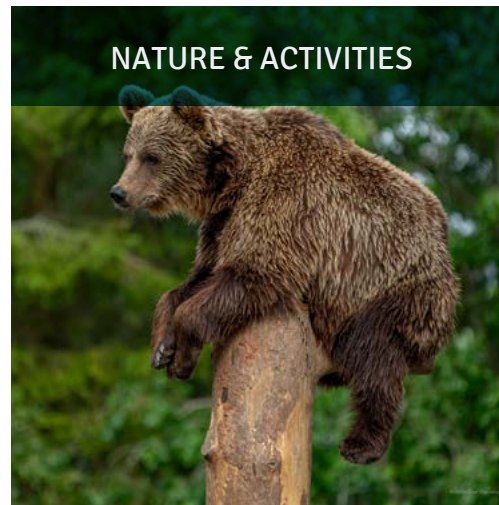
All customers help supporting the conservation of endangered species and animals' welfare. According to the sustainable development plan, Ähtäri Zoo progressively improves its environmental efforts such as waste sorting, recycling and reducing, energy and water saving and usage of reusable energy sources, socio-cultural sustainability (employment of locals, supporting the local producers etc.).



© Ähtäri Zoo / Timo Ahopelto



### ACTIVITIES & FAMILY



### NATURE & ACTIVITIES



### NATURE & ACTIVITIES



### NATURE & ACTIVITIES

## ECOLOGICAL ADVENTURE PARK FLOWPARK

At Flowpark you can test your courage by climbing on trails, which are built on living trees at the height of one to fifteen meters. The trails include different tasks including ropeways, swaying paths, swings and zip lines. Flowpark is suitable for people of all ages full of adventure spirit. Guests are instructed how to use the equipment and how to act on the courses before guests are allowed to enter the actual trails. Guests has to approve the safety instructions before they are allowed to enter the adventure trails.

**Season:** open daily during summer, during spring (1.5.-4.6.2020) and autumn (17.8.-30.10.2020) open during weekends and school holidays. The park can be opened for groups.

**Duration:** approx. 2-3 hours

**Languages:** English

**Participants:** during opening hours no min. pax; outside opening hours min. 15 pax

**Minimum age:** depending on the trails (10 or 14 year accompanied by a guardian)

**Services included:** Necessary safety equipment including harness and helmet.

**Note:** Recommended to wear outdoor clothing, shoes with flat outsoles and gloves.

## BREAKFAST FOR THE BEARS

From the 'King of the Forest' and the 'Bruin' to the 'Big Paw', the brown bear's venerable place in Northern culture and in the lives of our ancestors is reflected in the names it's been given. The brown bears are Europe's largest carnivores and they inspire awe and respect even today. At Ähtäri Zoo, we welcome you to join the morning duties of our bear keeper and experience the presence of brown bears at close range.

**Season:** 06.04.-14.06.2020, 03.08.-04.10.2020

**Duration:** 2 hours. **Languages:** English

**Participants:** 2-5 pax

**Minimum age:** 18 years

**Starting point:** Ähtäri Zoo (the maintenance facility). **Starting time:** 8 h

**Services included:** a pair of Wellington boots/ shoe covers and working gloves (borrowed), the animal keeper as a guide; available 2 hours prior to the public opening time, the zoo tour tickets included in the price (pandas excluded)

**Optional:** takeaway breakfast (to be enjoyed afterwards)

## FATBIKE ADVENTURE IN ÄHTÄRI

Fatbiking in Ähtäri is fun - both in summer and winter! There are beautiful tracks on the shoreside as well as calm pine forest trails to be discovered. With an experienced guide you get the best experience; the guide is able to instruct you with the use of bike as well as tell you fascinating stories about the surrounding nature.

**Season:** year-round. **Duration:** 2 hours

**Languages:** English

**Participants:** 2-5 pax

**Minimum age:** Children under 18 years need to be accompanied by a guardian. There are 2 bikes for children between 130-160 cm in height.

**Starting point:** Hotel Mesikämmen. **Starting time:** to be negotiated

**Services included:** guide, equipment (rental fatbike and helmet)

**Optional:** Picnic lunch and a coffee break by the lakeside camp fire. Also longer biking tours to the nature protection site Arpainen and/ or with an overnight outdoors available.

**Note:** fatbikes can be also rented for self-guided trips

## MIDNIGHT SUN KAYAKING

Enjoy the Finnish summer evening and explore lake Hankavesi by kayaking, with an experienced guide. The night time trip is an unforgettable experience, especially in dark, warm, late summer evenings or during cooler evenings as the leaf colour transforms itself in autumn.

**Season:** 01.05.-30.09.2020

**Duration:** 2.5 hours

**Languages:** English

**Participants:** 2-5 pax (bigger groups possible on request)

**Minimum age:** 13 years. Children under 18 years need to be accompanied by a guardian.

**Starting point:** Hotel Mesikämmen (beach area)

**Starting time:** available both during the day or evening/ night, from 21 h onwards

**Services included:** guide, equipment (rental kayak, paddle, buoyancy aid, spraydeck)

**Optional:** picnic/ meals and coffee, transfers

**Note:** suitable both for beginners and more experienced customers

#### CONTACT

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[www.ahtarizoo.fi](http://www.ahtarizoo.fi)  
[facebook.com/AhtariZoo](https://facebook.com/AhtariZoo)  
[twitter.com/ahtarizoo](https://twitter.com/ahtarizoo)  
[instagram.com/ahtarizoo](https://instagram.com/ahtarizoo)





## HOTEL MESIKÄMMEN

Welcome to Hotel Mesikämmen, next to Ähtäri Zoo! Designed by architects Timo and Tuomo Suomalainen, this hotel offers a unique architectural experience as well as a good night's sleep in peaceful and natural surroundings. Spacious rooms, complete with terrace and a lake view, are perfect for both groups and families. There's a restaurant, spa and a gym available for the guests. The area offers fantastic possibilities for different kind of outdoor activities and exploration of the natural environment.

### DETAILS

**Built:** 1976. **Last renovation:** 2018

**Season:** year-round. **Languages:** English

**Number & type of rooms:** 101 rooms in total: single/ double rooms (max. 2+1 beds), family rooms (max. 2+2 beds), combi/ panorama rooms (max. 2+4 persons), superior rooms (max. 2+2 persons)

**Room facilities:** The rooms are spacious, with own terrace and view to the lake from each room. Minimum of 1 extra bed available per room. Tv, radio, bathroom with toilet and shower.

Spacious combi/ panorama rooms: possibility for an extra bed and sofa bed in combi room. The room can be combined with a standard double room to one big spacious family room. Panorama rooms with one master bed and max. 4 extra beds (in sofa beds), wide panorama window and balcony to the lake.

Superior rooms with minibar, instant coffee maker and electric kettle.

**Restaurants:** 1, restaurant with à la carte

**Spa & Wellness:** 2 public saunas, 1 private sauna, swimming pool + childrens' pool, jacuzzi, water massage pool, peat treatments, massage, acupuncture and other naturopathic treatments, gym

**Packages:** Seasonal holiday packages to Ähtäri Zoo, wellness packages with spa, massages or yoga/ tai-chi lessons, outdoor activity packages (summer)

**Note:** pets are allowed in some of our rooms, free parking for hotel guests, next to the hotel.

**Accessibility:** Airports Vaasa (155 km), Jyväskylä (110 km), Tampere (155 km)



## POWERPARK

### Adventure World PowerPark

In just over ten years, the dream of one visionary overflowing with ideas has grown into a highly rated leisure attraction in Finland. It is a fantasy world for amusement-seekers of all ages and sizes. The beginnings of the success story are in the outdoor karting track, said to be one of the prettiest in the world. Today, the heart of the fun is the amusement park, featuring the largest number of rides in Finland, for all ages. As there is hardly enough time in one day to experience all the amazing activities, the park has plenty of options for accommodation and dining.

### Accommodation

In PowerPark you can find unique accommodation experiences. We offer various types of accommodation to everyone from small families to large groups. You can choose a hotel or apartment, a convenient rental cabin, an old-time wagon, the camping site or a treehouse.

### DETAILS

**Built:** accommodation build 2000-2017, Power Park in 2000

**Season:** accommodation (01.06.-05.09.2020), amusement park (May to August). **Languages:** English

**Number & type of accommodation:** 36 hotel rooms (20 in Park Hotel Härmä, 8 in Hotel San Marino and 8 in Hotel Monza), 4 apartment in Kelo, 40 different cottages of different sizes

**Accommodation facilities:** The equipment level varies depending on the room and the cottage. Most of the cottages have a toilet, shower, sauna, and kitchen. Bed linen, towels and final cleaning are included. In Park Hotel Härmä there is minibar, kettle and hairdryer.

**Restaurants:** During summer time, seven different restaurants/ bars. During the winter there are two restaurants, one is only open on request for group.

**Note:** family-run business

**Accessibility:** Vaasa airport (58 km); train stations Härmä in summer (approx. 2 km and Kauhava in winter (approx. 25 km)

### CONTACT

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facebook.com/powerpark  
instagram.com/huvaltio\_powerpark



## HOTEL KIVITIPPU

Right at the edge of Europe's largest crater lake, you will find Hotel Kivitippu. A newly renovated hotel with beautiful surroundings and a variety of activities, such as Sauna experiences, Cruise on the lake, SUP paddling, golf, fishing and so on. Easy accessible by bus or car.

### Meteorite center

At Hotel Kivitippu one can travel back in time with the help of virtual reality and experience the final moments of the meteorite before it crashed in to the surface of the earth - about 78 mio. years ago - and created a huge crater today known as lake Lappajärvi.

### DETAILS

**Built:** 1989

**Last renovation:** 2017

**Season:** year-round

**Languages:** English

**Number & type of rooms:** In the main building there are 77 single/ double rooms, 16 family rooms, two suites. In the beach sauna Aquarius there are three double rooms and a suite.

**Room facilities:** hotel rooms (single/double): air condition, TV, hair dryer. Family rooms: air condition, TV, hairdryer, electric water kettle, a variety of coffee and tea.

Suites: air condition, TV, hairdryer, mini fridge, electric water kettle, a variety of coffee and tea.

Aquarius rooms: air condition, TV, mini fridge, electric water kettle.

**Restaurants:** In the hotel there is a restaurant with à la carte and lunch menu. In addition, there is a bar in connection with the restaurant.

**Spa & Wellness:** public sauna and a small indoor pool area (hotel) incl. room, two saunas (for 6 & 10 pax), open fire and admission to the pool area can be reserved, sauna (max. 14 pax) incl. fire place (Aquarius building); wellbeing area (wellness treatments offered)

**Packages:** Well-being packages incl. accommodation with breakfast, half an hour massage, free admittance to sauna, pool area and gym. Golf packages, from one up to five days, incl. accommodation, breakfast, free admittance to sauna, pool area, gym, and two-six rounds of golf.

**Note:** pets in some rooms allowed, free parking spaces available

**Accessibility:** Kokkola-Pietarsaari airport (80 km), Vaasa airport (140 km), Kauhava train station (40 km)

### CONTACT

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instagram.com/kivitippu



## HOTEL ALMA

Family run hotel right next to Seinäjoki railway station. Hotel Alma offers three different style of rooms; Jugendstil in the main building, rough industrial style in the old water tower and modern style in the new tower.

### DETAILS

**Built:** main building 2006 / Water Tower 2015 / New Tower 2020

**Next renovation:** 2020

**Season:** year-round

**Languages:** English

**Number & type of rooms:** New Tower: 31 twin standard, 15 single standard, 4 double sauna superior, 2 suites with jetted bath tub and sauna. Water Tower: 6 double junior suite with sauna, 1 suite with jetted bath tub and sauna

Main Building: 7 single superior, 7 twin superior, 4 double superior, 1 suite with sauna, 1 suite with bath tub

**Room facilities:** All rooms: wc, shower, 43" television with Chromecast, wifi, working table, work chair, rest chair, air conditioning. Superior rooms & suites additional equipment: minibar, bath robe, slippers

**Restaurants:** 1 a la carte restaurant, 2 lobby bars, 1 terrace

**Spa & Wellness:** two saunas free to use for hotel guests

**Note:** one room in which pets are allowed, free parking spaces

**Accessibility:** Vaasa airport (70 km), Seinäjoki train station (0,1 km)

### CONTACT

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## DESIGN, ARCHITECTURE & HANDICRAFT IN SEINÄJOKI

### THE GEMS OF AALTO'S ARCHITECTURE

With this two days program you travel in the sceneries from the various phases in the life of architect Alvar Aalto, from Seinäjoki via Kuortane to Alajärvi. With guided walk in Seinäjoki you will explore the Aalto Centre, the unique complex of six Aalto buildings. You will enjoy lunch at an urban restaurant and visit at The Defence Corps and Lotta Svärd Museum which is dedicated to voluntary national defense. The museum building was designed by Aalto in the 1920s. The next day on the way from Seinäjoki to Alajärvi you have the chance to view from outside the birthplace of Alvar Aalto in Kuortane. In Alajärvi you will have a walk around the Aalto Centre "From Alvar Aalto's first design to the last project by Aalto's office". You will also see the Aalto's family grave and enjoy the hospitality and delicious food at an authentic Ostrobothnian vineyard.

#### Day 1: Seinäjoki

- arrival at Seinäjoki
- guided walk at the Seinäjoki Aalto Centre and Apila library
- the world's largest collection of Aalto glassware
- lunch
- guided tour in the Defence Corps and Lotta Svärd Museum

#### Day 2: Alajärvi

- departure from Seinäjoki
- Alvar Aalto's birthplace in Kuortane
- guided walk around the Aalto Centre in Alajärvi
- Alajärvi Church, Aalto family grave and the war memorials designed by Alvar Aalto, Aino and Alvar Aalto's 1930s glass designs
- lunch and shopping at Punaisen Tuvan Viinitila vineyard

**Season:** year-round  
**Duration:** 2 days program  
**Languages:** English  
**Participants:** 10-16 pax  
**Starting time:** upon request  
**Services included:** meals (lunch in Seinäjoki, lunch at Punaisen Tuvan Viinitila vineyard in Alajärvi), guided tours in English (guided walk at the Aalto Centre in Seinäjoki (90 min), guided tour at the Defence Corps and Lotta Svärd Museum (60-90 min), guided walk at the Aalto Centre in Alajärvi (60-90 min), admission at the Defence Corps and Lotta Svärd Museum  
**Optional:** accommodation, transfers, admission and guided tour at Nelimarkka-museum in Alajärvi



### FINNISH DESIGN, ARCHITECTURE & HANDICRAFT

With this two days program you will discover Seinäjoki through its architecture, design and handicraft! A guided walking tour led by a local guide from Seinäjoki you will explore the Aalto Centre. This unique complex of six buildings is designed by world famous architect Alvar Aalto. The Aalto Centre includes Cross of the Plains Church, Parish Centre, City Hall, Municipal library, Government Office building and City Theatre. During the summer you can climb to the top of the 65-metre church tower. You will also see the architecturally spectacular Apila Library, designed by JKMM Architects. Explore local handicraft culture in Kaarakka House and make your own local craft. In Amfora Boutique you will see high quality ceramic products created by designer, ceramic artist Päivi Rintaniemi. You will enjoy unique lunch made with local and seasonal ingredients at the Uppala Manor.

#### Day 1:

- arrival at Seinäjoki
- guided walk at the Aalto Centre and Apila library in Seinäjoki
- the world's largest collection of Aalto glassware
- make your own craft and shopping possibilities in Kaarakka House
- lunch at Uppala Manor

#### Day 2:

- Amfora Boutique
- departure from Seinäjoki by train or bus

**Season:** year-round  
**Duration:** 2 days program  
**Languages:** English  
**Participants:** min. 10 persons, larger groups available on request  
**Starting time:** upon request  
**Services included:** meals (lunch at Uppala Manor), guided tour in English (guided walk at the Aalto Centre in Seinäjoki (90 min) (EN, SE, DE, RU, JPN)), visit to the Amfora (EN), presentation of the Kaarakka Handicrafts House with time for handicraft course (EN)  
**Optional:** accommodation, transfer



### GUIDED WALKING TOUR

The Seinäjoki Aalto Centre was designed by world famous architect Alvar Aalto. The six buildings are located close together in the middle of Seinäjoki city center within walking distance from Seinäjoki railway station.

A guided walking tour led by a local guide from Seinäjoki will include the Lakeuden Risti Church, Seinäjoki City Hall, Seinäjoki City Theatre, Aalto Library and the world's largest collection of Aalto glassware. You will also see the architecturally spectacular Apila Library, designed by JKMM Architects.

**Season:** year-round  
**Duration:** 1.5-2 hours  
**Languages:** English, Swedish, German, Russian, Japanese  
**Participants:** max. 25 persons / one guide  
**Starting point:** in front of the Seinäjoki City Hall  
**Starting time:** upon request  
**Services included:** guide, entrance fees  
**Optional:** coffee, lunch, dinner, accommodation in Seinäjoki



### VISIT LAKEUS

**Visit Lakeus Ltd.** is a regional sales and marketing office specialized in the tourist services of South Ostrobothnia, Finland. The beautiful region of South Ostrobothnia (Finnish: Etelä-Pohjanmaa) is situated in Western Finland. It's uniqueness lies in its original culture, rich history and entrepreneurial spirit.

**Languages:** English  
**Founded:** 1992  
**Operating season:** year-round

#### CONTACT

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# KRISTINESTAD

## KRISTINESTAD

### MARITIME TOWN WITH HISTORY & TRADITION



#### Well preserved authentic town with maritime flair

Kristinestad (Kristiinankaupunki) is located on the west coast of Finland, south of Kvarken. The old town center, with its 17th century wooden houses along the waterfront, is surrounded by an extensive and dynamic hinterland consisting of the modern town center, farmland, an island archipelago and forest.

Few towns in Finland are as well preserved in terms of the genuine and lovingly maintained and restored town centre. This well-preserved idyll of old wooden houses has a proud history as a commercial and maritime town with a well established shipbuilding tradition. The town and its environs are full of historical monuments and sights. Chartered in 1649 Kristinestad is a jewel among towns dotted along the Ostrobothnian coast.

#### Sustainable lifestyle in Kristinestad

Kristinestad is the only town in Finland to have been accepted into the "CittaSlow" movement. "CittaSlow" stands for locally produced food, a sustainable lifestyle, improved wellbeing and having a sense of local traditions and a high quality of life. It is a movement that sums up the soul of Kristinestad perfectly.

#### Kristinestad's unique selling points

- peaceful and quiet small town
- pure, close by nature
- well-preserved old wooden house town
- fine archipelago and clean sea
- everymans right to pick berries and mushroom

#### KRISTINESTAD REGION

Number of beds (total): 210

Number of hotels: 4

Number of cottages: 60

Hiking trails in km: 70 km

Skiing tracks: 50 km

Alpine slopes: 1

**Winter activities:** cross-country skiing, 2 ice-skate areas and 5 km plow ice-skate track on the ice. Ice fishing. Christmas tours (the guide tells of 19th century Christmas celebrations in Kristinestad)

**Summer activities:** hiking, canoe and rowing boat rental, fishing trips, bicycle rental, birdwatching, frisbee golf field, SUP board rental, 7 beaches to swim.

berry and mushroom picking in autumn in the forests. Sea cruising, a boat trip in the beautiful archipelago of Kristinestad.

**Year-round activities & services:** visit museums and churches, different guided tours in the center of Kristinestad

#### HOTELS IN KRISTINESTAD REGION

**Hotel Kristina**  
[www.hotelkristina.fi](http://www.hotelkristina.fi)

**Hotel Leila**  
[www.hotelleila.fi](http://www.hotelleila.fi)

#### CONTACT

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[instagram.com/visitkristinestad](https://instagram.com/visitkristinestad)

#### ACCESSIBILITY

**Airports:** Vaasa (90 km), Helsinki (360 km)  
**Train stations:** Pori (90 km) Vaasa (100 km), Seinäjoki (120 km)

#### VISIT KRISTINESTAD

Visit Kristinestad provides packages on request, guide bookings, FAM trips in cooperation with Visit Finland.

**Tourist Information:** Östra Långgatan 49 64100 Kristinestad





## JUNGMAN RESTAURANT

Jungman Restaurant & Café Bar is situated in the centre of Kristiinankaupunki at the immediate waterline with large sea-view windows and a long summer terrace over the water - sea side feeling in the heart of the town.

Both our lunch and á la carte menus are based on traditional Finnish and Nordic cuisine added with selected international classics. Our food philosophy is based on doing things by ourselves as handicraft. Being located in a Cittaslow town we also share the Slow Food-philosophy.

We serve buffet lunch on weekdays using locally produced raw materials such as fish, meat and vegetables. Lunch buffet can be arranged for groups over 25 persons even at weekends. In the evenings and at weekends we serve á la carte.

### DETAILS

**Opened:** 2014

**Sustainability:** In addition to using locally produced raw materials we also use resources of nature: berries, mushrooms, wild fish and occasionally even game. Recycling and waste separation is self-evident.

**Season:** year-round

**Opening hours:** weekdays: 10-20 h; Sat. 12-22 h; Sun. 12-18 h

**Languages:** English

**Capacity:** in total 132 seats (52 on the second floor)

**Services:** buffet lunch, a la carte, café, bar

**Specialty:** Dishes with locally produced potatoes.

### CONTACT

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[facebook.com/JungmanKRS](https://facebook.com/JungmanKRS)  
[instagram.com/jungmanrestaurant](https://instagram.com/jungmanrestaurant)



## HOTEL KREPELIN

Built between 1812 and 1860, the buildings in the courtyard of this sea merchant's home have been fully renovated in 2002 to serviced apartments, and are in the very center of Kristinestad. Every room has two or more beds fitted with our signature sheets and pillow covers, a fully equipped modern kitchen where cooking breakfast and other meals is easy, wireless internet, and a bathroom. With us you can live like in your own home.

### DETAILS

**Built:** 1812

**Last renovation:** 2002-2007

**Season:** year-round

**Languages:** English

**Number & type of accommodation:** 9 apartments

**Apartment facilities:** coffee maker, water cooker, stove, oven, toaster, microwave oven, fridge-freezer, hair dryer, WiFi, cable TV

**Restaurants:** none

**Spa & Wellness:** A traditional Finnish sauna built in a 19th century wooden spice storage of a sea merchant. Fully renovated with a dressing room, a toilet, shower room and the sauna room with electrical stove. Towels and disposable bench covers available per request. Free for hotel guests.

**Note:** family-run hotel; pets are allowed, free parking available, next supermarket in 500 m

**Accessibility:** Vaasa airport (100 km), Vaasa and Pori train stations (100 km)

### CONTACT

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[facebook.com/hotellikrepelin](https://facebook.com/hotellikrepelin)  
[instagram.com/hotelli\\_krepelin](https://instagram.com/hotelli_krepelin)



## GUESTHOUSE VINKEL

Vinkel Guesthouse is designed for those who want to experience the real small town atmosphere. The guesthouse is renovated with love and care trying to preserve all that is genuine for the house built in 1865. The modern utilities are naturally there for you and you can enjoy a carefree holiday in these nice premises.

The small guesthouse is located in the middle of the historic old town, having the peace and quiet of its own. The house is a self-catering house and is ideal for a family or couples, offering sleeping possibilities for max 4 adults. The garden is shared with the main building but the house has its own terrace. Linen and towels are included in the price.

### DETAILS

**Built:** 1865

**Last renovation:** 2007

**Season:** year-round

**Languages:** English

**Number & type of accommodation:** 1 guesthouse for max. 4 adults

**Guesthouse facilities:** kitchen fully equipped, toilet, shower

**Note:** pets are allowed; parking places available; next supermarket in 600 m

**Accessibility:** Vaasa airport (90 km), Helsinki airport (360 km), train stations in Pori (90 km), Vaasa (100 km) and Seinäjoki (120 km)

### CONTACT

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## MAATILAMATKAILU WANHA TUPA

Built in 1821, the old Ostrobothnian house has been renovated with love and skill to provide accommodation. Come with two or a family, group or family to enjoy the atmosphere and peace of the countryside. The house and its courtyards are also ideal for organizing events. The Wanha Tupa offers the vacationer a wonderful combination of farm tranquility, an idyllic seaside town feel and the sea. Guests at the Wanhan Tuva also have a traditional wooden sauna and a summer kitchen with barbecue facilities.

### DETAILS

**Built:** 2011

**Last renovation:** 2018

**Sustainability:** We use local produce and strive for a cleaner life and respect for nature

**Season:** year-round

**Languages:** English

**Number & type of rooms:** sleeping facilities for 20 pax

**Room facilities:** kitchen fully equipped, toilet, shower

**Spa & Wellness:** wood-heated sauna, hot tub

**Note:** pets are allowed; parking places available; next supermarket in 7 km

**Accessibility:** Vaasa airport (90 km), Helsinki airport (360 km), train stations in Pori (90 km), Vaasa (100 km) and Seinäjoki (120 km)

### CONTACT

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## THE FINNISH COAST, THE ARCHIPELAGO & HÖGA KUSTEN

### Example round trip to explore Kvarken Destinations

**Route: Stockholm - Turku - Pori - Kristinestad - Vaasa - Umeå - Höga Kusten - Stockholm**

This stunning journey takes you through coastal areas of Finland and Sweden. Along with the bustling city life, you'll get to experience beautiful nature by hiking, swimming and kayaking. The route includes 3 UNESCO World Heritage Sites. In Finland, going to the sauna is a must, but why not give some fishing a try as well? Explore the fascinating old towns with their charming wooden houses. Indulge in the food culture at some of the great restaurants along the way and enjoy the local flavours. Relax in high-quality accommodation and take advantage of a rare opportunity for an overnight stay in a house made of glass! Bicycle excursions, river cruises and as much shopping as you can handle are also on the cards. Beginning and ending in Stockholm, this amazing trip is full of exquisite archipelago views, picturesque coastline and unforgettable experiences.

#### Day 1: Stockholm - Turku

Tallink Silja departs in the evening from Stockholm to Turku (at 19.30 h). There is a buffet dinner on board. Accommodation is in an A-Class cabin with a window.

#### Day 2: Turku

Turku is a city that just oozes charm, proudly standing as the oldest city in Finland and still justifying its 2011 status as European Capital of Culture. The city is a must-visit place for foodies, with a rising reputation for its feast of splendid restaurants, quite rightly billed as the unofficial Food Capital of Finland.

Program included: In the morning exploring the distinctive nature of Ruissalo Island by e-bike.

Use of the city's famed Food Walk card taking you straight to the heart of the city's restaurant culture and introducing you to the delightful tastes of Turku.

#### Day 2: Turku - Rauma - Pori

The journey from Turku to Pori takes approx. 2 hrs (150 km). The trip will stop in Rauma for lunch along the way, as well as to explore the UNESCO World Heritage Site of Old Rauma.

**The journey continues to Pori:** Pori is another relaxing seaside town. Known for its famous music festival, Pori Jazz, it is also blessed with one of the longest and most beautiful beaches at Yyteri, which, along with the Kirjurinluoto Park at the heart of the city, makes it a firm holiday favourite for families and nature enthusiasts.

**Towards Yyteri in the afternoon:** The Yyteri peninsula jutting out into the Bothnian Sea has only existed for the past three hundred years. Yyteri is Finnish nature at its best, with six kilometres of soft sand. The Yyteri nature trails located nearby are in the area between the beach and the Bothnian Sea National Park.

Accommodation at Yyteri Spa Hotel.

**Tips:** Hike on the nature paths with Nordic Walking poles, or try some Frisbee Golf.

**Supplementary options:** Huikee Adventure Park, horse riding, 'fat bike' rental, SUP or surf-board rental.

#### Day 3: Pori - Kristinestad - Vaasa

**Morning in central Pori:** A visit to Pori town centre and the Kirjurinluoto Park, a verdant oasis at the centre of the city with plenty of things to do for the whole family. At Kirjurinluoto, you can also enjoy outdoor trails, garden exhibits, cafes and the riverside beach.

**Supplementary options:** Market Square, Pori Microbreweries, Pori Art Museum, Juselius Mausoleum, Puuvilla Shopping Centre as well as Ahlström Works (on the way to Vaasa).

**During the day:** Leave Pori and head to Vaasa (190 km) approx. 2.5 hrs. The next stop is Kristinestad, where there will be lunch and the chance to visit the Lebell's Merchant House museum and the town's wooden homes.

**Tips for lunch in Kristinestad:**

Restaurant Ljungman (p. 64), Crazy Cat

**Supplementary options:** Entrance to the museum in Kristinestad.

**Journey continues to Vaasa 1.5 hrs (100 km):** The trip will arrive in Vaasa in the afternoon, followed by check in to the city centre hotel. The shops and sights of Vaasa centre await to be explored.

#### Restaurant tips in Vaasa:

Tips for dinner by the sea: Restaurant Ship Faros, Restaurant Hejm, Restaurant Strampen.

Tips for a drink on the way to the dinner: Pocket Wine & Drinks

#### Accommodation tips in Vaasa:

Sokos Royal Vaasa (p. 40)

#### Supplementary options: Kalle's Inn (p. 39)

Stay overnight at Kalle's Inn in one of the unique glass houses, and enjoy memorable programme of sauna, swimming and dinner." The breathtaking setting is created by the peace, tranquillity and beauty of the surrounding nature, distinctive to the Ostrobothnian coast".

Includes: Accommodation in a glass house, breakfast and dinner, sauna and hot-tub.

**Supplementary options:** Fishing, canoeing.

#### Day 4: Vaasa

##### Explore Kvarken Archipelago

Explore the Kvarken Archipelago – another of Finland's World Heritage Sites – at the World Heritage Gateway visitor's centre. Located next to the Replot Bridge, the longest in Finland, the centre presents the heritage of Kvarken through films and exhibitions.

Next is a drive to the Svedjehamn harbour in Björköby, where a hiking trail approx. 3 km long takes you up to the Saltkaret observation tower. Lunch is enjoyed at Restaurant Salteriet.

Following lunch is the chance to canoe for 4 hrs (independently or with a guide).

The trip will return to the Sokos Royal Vaasa hotel, for sauna and spectacular views across the city.

**Supplementary options:** Entrance to the Weichsel exhibition, kayaking guide.

#### Day 5: Vaasa – Umeå, Sweden

Breakfast in the hotel. Depart in the morning for Umeå aboard the Wasaline ferry (p. 7), where the 4 hour journey includes archipelago buffet, shopping and live music on board.

Arrive to Umeå harbour around midday (Swedish time!).

**Umeå, Sweden:** Check in at the hotel and explore the city of Umeå, popularly known as City of Birches.

#### Explore Umeå

The museum visit in the afternoon can include Bildmuseet (Museum of Visual Arts, p. 11), 'Guitar – The Museum' (p. 11) or the regional culture museum Västerbottens (p. 10). There's also the option to visit the gardens of the Arboretum Norr by the river Umeälven.

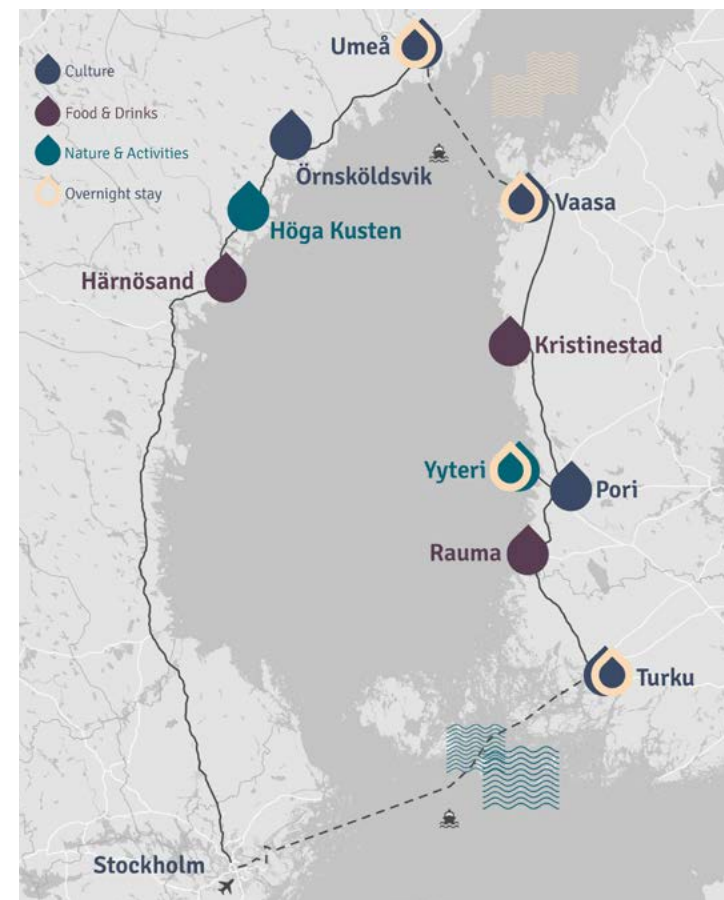
#### Dinner suggestions in Umeå:

Your choice of dinner at either Köksbaren, Rex or Gotthards krog (p. 12)

#### Accommodation tips in Umeå:

Stora Hotellet Umeå (p. 13), Hotel Gamla Fängelset (p. 14)

**Supplementary options:** Guided tour of the museums or Arboretum, entrance to the Guitar museum, visit the moose farm Älgens hus (p. 22)



#### Day 6: Umeå - Höga Kusten

The journey continues from Umeå to the UNESCO High Coast World Heritage Site stretching along the Norrland coast from Härnösand to Örnsköldsvik.

##### Explore Höga Kusten

Distinctive landscapes offer plenty opportunities for nature adventures in the High Coast area. Experience the archipelago and hop from island to island by boat or join a guided hiking trip in the Skuleskogen National Park offered by Höga Kusten Walkabout (p. 30-31).

#### Tips for nature experiences & activities:

Nature sightseeing, visit Naturum Höga Kusten (p. 27), the official visitor centre in Sweden for the World Heritage Site High Coast (approx. 1.5 h, 95 km drive), climbing routes via ferrata (p. 27)

#### Recommendations for cultural sights:

High Coast Art Valley, Nämforsen Rock Art Museum (p. 28)

#### Accommodation tips in Höga Kusten:

Höga Kusten Hotel (p. 30), Ulvö Hotel (p. 31)

**Supplementary options:** Guided tour, e.g. with Höga Kusten Walkabout.

#### Day 7: Höga Kusten - Stockholm

On the way south, stop in Härnösand at Hernö Gin - the first dedicated gin distillery in Sweden.

#### Season: May-September 2020

**Duration:** 7 days/ 6 nights

**Services included:** Tallink Silja: cabin (A-class), buffet, car slot; Turku: food walk card, e-bike rental for 4 hrs, Låna e-boat rental for 1 h; Pori: accommodation in Yyteri spa hotel (dbl) with breakfast and dinner, entrance to spa; Vaasa museum entrance, kayak rental for 4 hrs, lunch; Wasaline: Buffet lunch, ferry tickets and car slot; Umeå & Höga Kusten: Supplementary

**Optional:** other accommodations on request

**Contact:** Visit Vaasa, [booking@visitvaasa.fi](mailto:booking@visitvaasa.fi), Erkki Laakso, Tel. +358 50 469900, [erkki.laakso@visitvaasa.fi](mailto:erkki.laakso@visitvaasa.fi)





### **Project partners in the Destination Kvarken project**

Kvarken Council (Lead Part), Vaasa Region Development Company VASEK, Hanken School of Economics, Umeå Municipality, Visit Umeå AB, Höga Kusten Destinationsutveckling AB

### **Financiers**

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More information: [kvarken.org](http://kvarken.org)

[kvarkendestinations.com/about-us](http://kvarkendestinations.com/about-us)



EUROPEAN UNION

**Interreg**  
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European Regional Development Fund

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