

# visit umeå!



Bjurholm  
Nordmaling  
Robertsfors  
Umeå  
Vindeln  
Vännäs

Things  
to do in  
the **Umeå**  
region



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# WELCOME!

Do you like the city's offerings and entertainment combined with unique experiences? Then you've come to the right place! The university city of Umeå, with its 125,000 inhabitants is northern Sweden's largest city. The over 30,000 students give the city a youthful and modern touch along with an international feeling and an openness that we are proud of.

Here you can do some inspired shopping, dine at high-class restaurants and enjoy great cultural offerings and interesting architecture. Our countryside with vast forests, wild rivers and rolling seas are just around the corner for you to discover. There are easily accessible hiking and cycling trails, cool dog sledding trips and even rafting for those looking for an adrenaline rush.

You can experience our everyday life all year round such as the city's entertainment combined with both the peace and excitement of nature. We wish you a warm welcome!



# Culture for everyone



Bildmuseet.

## Bildmuseet

One of the country's most interesting scenes for international contemporary art. A place where the whole family can enjoy art exhibitions and events - always free of charge. In addition to continuously adding new exhibitions, this beautiful building, designed by the Danish firm Henning Larsen Architects, offers a fantastic view of the river, museum shop, art books and picture souvenirs as well as a café and restaurant. Bildmuseet can be found at the artistic campus by the shore of Umeälven.

Learn more at: [bildmuseet.umu.se](http://bildmuseet.umu.se)

## Norrlandsoperan

Norrlandsoperan is a performance arts center that houses departments for contemporary art, opera, dance and a symphony orchestra. In addition to their own productions, which are characterized by both tradition and provocation, the opera is visited every season by touring performances and has several international partners.

Learn more at: [norrlandsoperan.se](http://norrlandsoperan.se)

## Guitars – The Museum

The brothers Åhdén from Umeå have one of the world's largest privately owned guitar collections. At Guitars – The Museum you will find a unique collection of electric guitars, basses, amplifiers and musical props, all of which make up the basis of an experience-based exhibition. So be sure to not miss the guided tour!

Learn more at: [guitarsthemuseum.com](http://guitarsthemuseum.com)

## Kvinnohistoriskt museum

At the Väven cultural center you can find the Women's History Museum – the only one of its kind in Sweden. The museum highlights the many hard-working enterprising and brilliant women who have been neglected or completely forgotten in the man-dominated writing of history.

Learn more at: [kvinnohistoriskt.se](http://kvinnohistoriskt.se)

## Västerbottens Museum

Family-friendly museum with exhibitions and programs on cultural history, art, textiles and photography. At the museum there is a creative workshop for children, a well-stocked museum shop and a cozy café. Here you can also see the world's oldest ski – older than the pyramids of Egypt!

Learn more at: [vbm.se](http://vbm.se)

## Umedalens Skulpturpark

One of Northern Europe's foremost sculpture collections with some 40 works by artists such as Tony Cragg, Louise Bourgeois, Anthony Gormley, Jaume Plensa and Anish Kapoor. The park is open all year round, around the clock, and is located about 5 km west of Umeå center. Free admittance.

Learn more at: [umedalskulptur.org](http://umedalskulptur.org)



Umedalens skulpturpark.



Experience Umeå through a guided walking tour of the city. Book your tour here: [umeguide.se](http://umeguide.se)





What's happening this week? Go to [visitumea.se](https://visitumea.se) for more information about the events this week.



Olofsfors bruk.

## Formstråket

Formstråket is a 35 km stretch between Öre and Hörnsjö. Along this stretch you have the possibility to visit six different creators and craftsmen: Åbrånets Limousin, Maria Lundström Art, Presteles garden and café and the old shop in Örsbäck, Humlebäck Keramik and Möbelsnickeri and Pjölle Design. All offer a solid range of experiences and unique craftsmanship – everything from sourdough bread, interior decoration, wood crafts and ceramics to handiwork, art and good food.

Learn more at: [formstraket.se](https://formstraket.se)

## Slöjdarnas Hus

Slöjdarnas Hus is located by the beautiful and unregulated Vindelälven and is run by the non-profit organization Vännäs Slöjd. The large disabled-access friendly shop and exhibition room offers a wide range of home-made and high quality handi-crafts. Most of it is manufactured by a craftsman from the county. Adjacent to the sales area you will find a café with home-baked snacks.

Learn more at: [slojdarnashus.se](https://slojdarnashus.se)

## Olofsfors Bruk

Olofsfors Bruk is one of Sweden's most well-preserved agricultural environments, a cultural heritage considered one of Västerbottens areas of national interest. The forests and waterways facilitated the production of high quality crude and bar iron. Both exhibitions and activities can be arranged here. Welcome to the guided tour as well!

Learn more at: [olofsforsbruk.nu](https://olofsforsbruk.nu)

## Konstvägen Sju Älvar

Konstvägen – probably the worlds longest permanent exhibition, extends from the coast to the mountains. The stretch, which is 35 kilometers long, contains all 13 artworks. Six of these artworks can be found in the Umeå region, and one of the most famous, “Hägring” is a glass church the stands in the middle of a bog between Bjurholm and Vännäs.

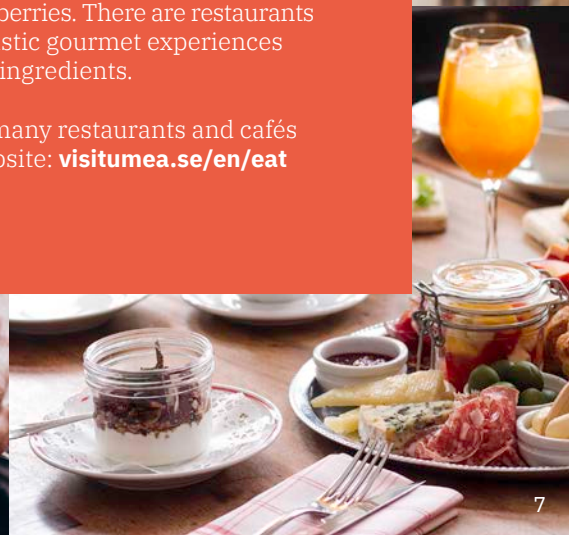
Learn more at: [konstvagen.se](https://konstvagen.se)



# Try our culinary sensations

Umeå is a fantastic town when it comes to food. Ten of the city's restaurants are listed in the restaurant guide 'White Guide', which also recommends several of our cafés. The restaurants have local produce such as reindeer, moose, char, whitefish, lynx, cloudberry, lingonberry and arctic raspberries. There are restaurants in Umeå that offer fantastic gourmet experiences with local ingredients.

More about the region's many restaurants and cafés can be found on our website: [visitumea.se/en/eat](https://visitumea.se/en/eat)





# Unique adventures and experiences in nature



Rafting.

## Speedy rafting

Experience an adventure among the waves in one of Europe's untouched rivers – Vindelälven. You are outfitted with a wetsuit, life jacket, helmet and paddle. After a thorough safety check, the wild rapids awake. Forsknäckarna offers everything from family trips for those 7 and older to tougher water rafting for those 18 and older.

Learn more at: [forsknackarna.se](https://forsknackarna.se)

## Indoor/outdoor bathing

Find a new favorite splash among lake, sea or indoor baths. More information can be found at: [visitumea.se/en/summer](https://visitumea.se/en/summer)



Cosy husky walkabout.

## Husky walkabout

Experience nature with a happy and social four-legged hiking companion. At Aurora Borealis and Granö Beckasin in the summer you can hike in the forest terrain with a guide and dogs.

Learn more at: [auroraborealis.nu](https://auroraborealis.nu) and [granobeckasin.com](https://granobeckasin.com)

## Build your own raft

At Granö Beckasin you can build your own log raft and have a front row seat experience of the beautiful surroundings of the Umeälven. Stay for a swim, fishing or coffee whenever you want. You choose for yourself if you want to experience this adventure for one, two or even seven days.

Learn more at: [granobeckasin.com](https://granobeckasin.com)



Selfbuilt raft on Umeälven.

## Paddle along the rivers and coasts

In the region there are several opportunities to discover nature from a canoe or kayak. Maybe a trip along Öreälven's glen or why not join a gourmet paddling on the coast? Canoe rentals are available in Bjurholm and Sävar.

Learn more at: [visitumea.se](https://visitumea.se)

## Horseback ride in the forest

Backfors Gård offers horseback riding in fantastic scenery along the hilly terrain of Öreälven and the deep forests of Västerbotten's inland. In the summer, the horses take you calmly and safely over beautiful flower fields, lush forest paths or via Öreälven's high pebble rocks and over the rushing river.

Learn more at: [backforsgard.se](https://backforsgard.se)



# Activities for the entire family



Bathing at Vännäsbadet.

**Around Lake Tavelsjö**, around Lake Nydala and along Ume Älvdal shore path are some examples of popular and easily accessible trails that are well suited for both bicycle trips and easier hiking. Learn more at: [visitumea.se](http://visitumea.se)

**At Forslunda** you can meet lots of cute animals such as sheep, pigs, chickens and cows. And experience an old-fashioned mini-farm. Suitable for children of all ages.

**Mickelbo Gård** in Mickelsträsk is a mini-zoo with Swedish farm animals and a few more exotic animals such as the yak, lama and camel. Here you can also shop in the farm shop and have a nice coffee at the café. Learn more at: [mickelbo.se](http://mickelbo.se)

**Glassbonden** in Västra Selet produces ice cream from the milk of the farm's own mountain cows. How about ice cream with local flavors such as västerbotten's cheese or queen of the meadow? Learn more at: [glassbonden.se](http://glassbonden.se)

**Älgens Hus** in Bjurholm offers close contact with the king of the forest. Here you can see, experience and pet a real life moose. Open drop-in during the summer. Learn more at: [algenhus.se](http://algenhus.se)

**SCA Arena** in Obbola (16 km from Umeå) offers different types of cycling such as beginner cycling, cross country/mountain bike, BMX and dirt biking. There is also an expanded network of trails for terrain cycling. Learn more at: [multiarenan.se](http://multiarenan.se)

**Umeå Energicentrum** was Umeå's first power plant. There are guided tours and activities for all ages including an adventure playground and café. Learn more at: [umeaenergi.se](http://umeaenergi.se)

**In the Nydala area** of Umeå is the adventure pool Umelagun (outdoors) and the lake bath of Lake Nydala as well as the 4H-farm Hemmanet. Learn more at: [visitumea.se](http://visitumea.se)

## Mårdseleforsen

Enjoy a magnificent scenery at Mårdseleforsen Nature Reserve where the primeval forest meets the river. Here you can also study the stone slabs that carry traces from the ice age. Don't miss the White Guide restaurant Wild River, which offers food and drink inspired by the local area, in combination with what Västerbotten's inland has to offer.

Learn more at: [wildriver.se](http://wildriver.se)

## Ratan

40 km to the north of Umeå lies the village of Ratan. In the ancient Tullgården you can learn more about the land uplift along the Västerbotten coast and the village's exciting history as a war scene and big harbor. Hantverk in Ratan sells handicrafts in the harbor warehouse. There is also a guest port as well as guest places for motorhomes.

## Norrbyuskär

Here you will find a beautiful archipelago, good food, art, culture and activities that suit all ages. Relax in a tranquil environment, enjoy archipelago-inspired menus, experience the wonderful outdoors or participate in any adventure activity. The ferry to Norrbyuskär departs from Norrbyn, 39 km south of Umeå. Learn more at: [visitnorrbyuskar.se](http://visitnorrbyuskar.se)

## Nordmalingsrundan

How about a full day in the areas around Nordmaling? Normalingsrundan offers a full day of culture, crafts and good coffee. Start the day with a guided tour of Olofsfors Mill and have a coffee at Café Anno 1762, then continue on to meet Formstråket's various creators and artists.



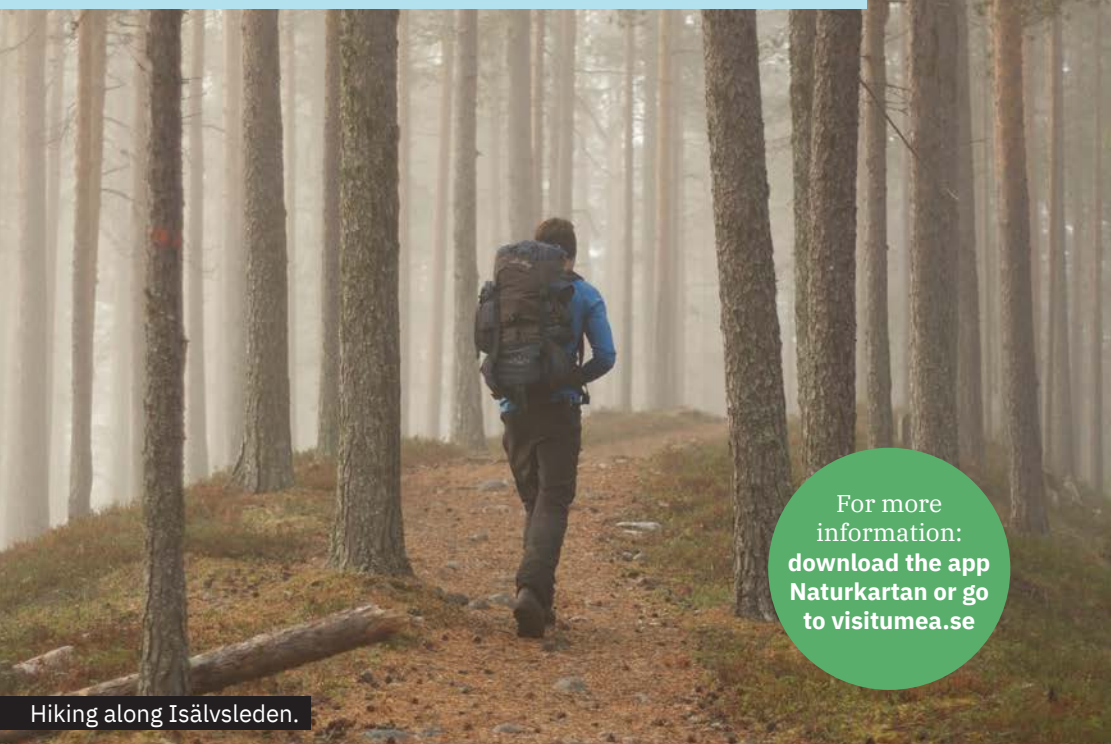
## Holmön

Discover one of our archipelago treasures. The ferry to Holmön departs from Norrfjärden which is about 30 km north of Umeå and the journey takes about 45 minutes. The magnificent scenery is easily experienced by bicycle that can be rented on the island.

Lighthouse at Holmön.



# Experience the landscape by hiking



For more information:  
**download the app Naturkartan or go to visitumea.se**

Hiking along Isälvsleden.

## Äventyrsstigen at Nydala

This is an approximately 800 meter long forest trail that begins and ends in connection with the Kärleksviken bathing area at Lake Nydala. Along the path there are different obstacles of varying difficulty that you will need to get through to move on. The obstacles are designed so that the participants are put to the test by constant position changes and balance exercises. If you can't or won't go through the obstacles they can be skipped with ease. Suitable for children of all ages.

## Klangvägen

Klangvägen is a unique hiking trail that is lined with sound artworks designed by artists from the Umeå Region. The works of art are designed in such a way that direct interaction by the hikers creates a sound. In addition to good exercise, the trail also offers fantastic views from Rågberget's peak and the waters fascinating driveway along Öreälven.

## Tio toppar Tavelsjö

Tio Toppar, Tavelsjö is a visitor guide that helps you find your way up ten mountains. The mountains offer different experiences, levels of difficulty and views. For each mountain there is a marked path from its base up to the top. Choose between walks from 0.5 to 2.1 km (one way) and slopes that vary between 46 and 165 meters. After climbing all the mountains you will have climbed a total of 1000 meters.



Nice view along Tavelsjöleden.

## Öreälvleden

Öreälvleden offers an approximately 100 kilometer walk in a magnificent forest river landscape lined with high steep river banks and deep ravines. Along the trail there are a number of overnight cabins and picnic areas, but for those who only wish to go hiking, the trail can also be accessed from the roads along the entire route. Perfect for a daytrip with the family.

## Tavelsjöleden

Urban hiking trail that starts at Regementet in central Umeå. Discover caves, climb the high peaks and look for the mythical Tavelsjö animal when you have a good view of Lake Tavelsjö. The trail connects with both Vindelälvsleden trail and Vännforsleden trail and is 39 km long.

## Isälvsleden

Popular hiking trail between Vindeln and Åmsele (approx. 60 km long) which follows paths and small roads in a beautiful and easygoing terrain shaped by the ice sheets. Here you will find, among other things, Lerfallet in Ristjärn where a miniature landscape with active sludge volcanoes has been formed by water. And even Missutjärn, one of the most beautiful woodland lakes which is surrounded by fairytale-like pine forest.

## Drakryggen

Lögdeälven is known for its ravine landscapes, meander arches and various forms of terraces. The mightiest of the steep river banks is Drakryggen which lies about 300 m north of Storforskojan. The path follows the narrow ridge line which really lives up to its name – Himlastegen (the heavenly steps) – a more than 100 steps long wooden staircase that take you up the ridge.



## Shopping for all tastes

### Avion Shopping and Ikea

Avion offers one of the region's best and most comfortable shopping options. There are over 80 shops, restaurants and cafés, with IKEA on one end and Willys and Systembolaget on the other. Here you'll find a good mix of leading retail chains and local stores all gathered in one place.

Avion Shopping and Ikea.

### Stora Birk

At commercial area Stora Birk there is a wide range of food stores, shops, car shops, artisans, workshops, restaurants, cafés, hairdressers, furniture stores, paint stores, petrol stations, gyms and bowling alleys among others. There are also visitor destinations for the whole family such as the trampoline park Jump and Leos Lekland.

### Umeå Center

The range of shops in the city's center is both varied and large. A wide range of fashion, beauty and interior design are mixed together with secondhand stores, locally produces crafts, books, flowers and groceries. Umeå's center also has many cosy cafés where you can take a break between visits to the shops.

## Discover the local farm stores

### Åbrånets Limousin

A farm shop and a café located in a beautiful rural setting at Hörnån. In addition to a farm, they also sell the farms own exquisite limousin meat and sausage. Learn more at: [abranet.se](http://abranet.se)

Afternoon snacks at Åbrånets Limousin.

### Salteriet

Among the red fishing huts in Obbola, freshly caught fish are sold directly from Salteriet's fishermen. In the summer, cold fish meals and sandwiches are sold or enjoyed on the dock.

Learn more at: [gamlasalteriet.se](http://gamlasalteriet.se)

### Leva gårdsbutik

In Östra Spöland you can buy organic natural beef from their own farm, meat and cheese from farms in the neighborhood, as well as children's clothes and caps from their own studio. There is also a café in the farm.

Learn more at: [levagardsbutik.se](http://levagardsbutik.se)

### Hälje gård

In the farm shop just outside Umeå you can buy meat and skins from the sheep's own farm. There are also products from other producers in the immediate area and a wide range of activities.

Learn more at: [haljegard.nu](http://haljegard.nu)

### Norum fiskrökeri

This fish smokehouse works with quality products and the aging process is thought down to the smallest detail. You will find everything from the sea's delights to the accessories that turn the easiest meals into a party.

Learn more at: [norumsfiskrokeri.se](http://norumsfiskrokeri.se)