

visit umeda!



Bjurholm
Nordmaling
Robertsfors
Umeå
Vindeln
Vännäs



Activities this winter

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Skiing, snowshoeing and horses: Calle Bredberg.

Winter landscape: Granö Beckasin/Patrick Trägårdh.

Winter strolls: Henke Olofsson.

Navet: Mattias Andersson.

CITY BEAT & COUNTRY BREAK

Do you love all the things a city has to offer? Preferably combined with a unique experience? Then you are in the right place! The university city of Umeå with its 128 600 inhabitants, is the largest city in northern Sweden. Over 30 000 students give the city a youthful, modern touch, but also an international feel and the openness we are so proud of.

Here you will find inspirational shopping, high-class restaurants, comfortable hotels, a lot of culture and interesting architecture. Around the corner a beautiful winter landscape awaits you with both exciting and peaceful outdoor adventures.

You can experience what our everyday life is like all year long - the beat of the city combined with country breaks. We warmly welcome you to visit us!



Culture for everyone



Bildmuseet and Umeå School of Architecture

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 offers a fantastic view of the river and the city.

Learn more at: bildmuseet.umu.se

Norrlandsoperan

A performance arts centre that houses departments for contemporary art, opera, dance and a symphony orchestra. In addition to their own productions, the opera is visited every season by touring performances and has several international partners.

Learn more at: norrlandsoperan.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 centre. Free admittance.

Learn more at: umedalensskulptur.org

Kvinnohistoriskt museum

At the Väven cultural centre you can find the Museum of Women's History – 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

Västerbottens museum

Family-friendly museum depicting the county's history with exhibitions and programs on cultural history, art, textiles and photography. The museum has a children's workshop, a well-stocked museum shop and a cozy café. In addition, the world's oldest ski – older than the pyramids in Egypt!

Learn more at: vbm.se

Guitars – The Museum

The brothers Åhdén from Umeå have one of the world's largest privately-owned collections of electric guitars, basses, amplifiers and musical props, all of which make up the basis of an experience-based exhibition. Be sure not to miss the guided tour!

Learn more at: guitarsthemuseum.com



What's happening this week? Go to visitumea.se for more information about the events this week.



Try our **culinary** sensations

Umeå is a fantastic town when it comes to food. Nine of the destination's restaurants are listed in the restaurant guide *'White Guide'*, which also recommends several of our cafés and bars. Here you will have fantastic gourmet experiences with local ingredients such as reindeer, moose, char, whitefish, cloudberry, lingonberry and arctic raspberries.

More about the region's many restaurants, cafés and bars can be found on our website: **visitumea.se/en/eat**

Shopping for all tastes



Christmas shopping in Umeå

Umeå city centre

The range of shops in the city's centre is both varied and large. Fashion, beauty and interior design are mixed together with second hand stores, locally produced crafts, books, flowers and groceries. There are also many cosy cafés where you can take a break between visits to the shops.

Stora Birk

A commercial area with a wide range of food stores, shops, car shops, artisans, workshops, restaurants, cafés, hair-dressers, furniture stores, paint stores, petrol stations, gyms and bowling alleys among others. There are also attractions for the whole family such as the trampoline park Jump and Leo's Lekland.

Avion Shopping & IKEA

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.

Experiences on snow and ice

Granö Beckasin

Dogsledding

If you haven't tried travelling by dogsled yet, then you really have something to look forward to! Through the woods and fields, the only thing that breaks the silence is the sound of paws and the snow under the runners of the sled.

Learn more at: auroraborealis.nu,
granobeckasin.com, hedlundahusky.se

 [draghundarbjoernligans](#)

 [riverlakehuskies](#)



Long-distance skating

The ice track on lake Tavelsjön is perfect for both long distance skating and family excursions. The stretch is divided into two loops with a crossing in the middle, so you can choose to go all or half the distance. Food and coffee sales on weekends.

Learn more at: tavelsjoisbana.se

Skiing in the Troll forest

You can discover the dark magic forest on traditional wooden skis with only the moon as a light source. Skilled nature guides tell about the secrets of the forest and show traces of many of the animals that live here.

Learn more at: granobeckasin.com



Snowshoeing

How many different types of snow are there and what are the characteristics? What is hiding under the snow and what plants can live here? Accompanied by a skilled guide and with snowshoes on your feet, it is possible to explore the forest, even if it is a snow depth of two meters.

Learn more at: granobeckasin.com

V Do you want a guided fishing trip?

There are several companies in the Umeå region that can help you with that. See visitumea.se for more info.

Ice climbing

A fun activity that requires a bit of courage and you cannot be afraid of heights! Together with a guide you will make your way up a wall of ice, even as a beginner. Learn more at: forsknackarna.se

Winter landscape in Granö

All sorts of skiing

There is a wide selection of well-prepared **ski trails** throughout the Umeå region. At Nydalasjön in Umeå there is an artificial-snow ski trail that extends the skiing season significantly. Cross-country skis can be rented at Sarek at IKSU Sport and First Camp Umeå.

For those who prefer **downhill skiing**, there are seven slopes within an hour's drive from Umeå. You can take the ski bus from Umeå to some slopes during the peak season.

Learn more at: visitumea.se See also the map in this brochure.

Horse activities

Horse riding on calm safe horses is available both for absolute beginners and for those who have ridden before. Does the idea of sitting on a horse sound a bit too exciting? Relax! There are also trips with horse-drawn sleds.

Learn more at: backforsgard.se,
stallsunnadalen.se,
gronaker.webnode.se



Snowmobile tours

Several companies offer guided snowmobile tours – a wonderful and fast way to enjoy the outdoors and the beautiful winter scenery. It is also possible to rent snowmobiles for adventures on your own.

Learn more at: granobeckasin.com,
damina.se, agenshus.se,
forsknackarna.se, hyrskotern.se

Learn about fire and ice

Listen to the quiet sound of the snow-covered forest and enjoy the chilly air while feeling the sweet smell of burning birchwood. During the tour you will learn how to safely build up a fireplace in the snow with different kinds of techniques.

Learn more at: granobeckasin.com



Beautiful winter strolls around Umeå

Nydala runt

– walking paths around the Nydalasjön lake

Strandpromenaden

– the seafront along the Umeälven river

Strömbäck Kont

– for those who want to see the sea

Stadsliden/Gammlia skogen

– walking trails run up by snowmobile

Grössjön naturreservat

– usually have trampled trails in winter

Northern Lights adventures

A person is seen from behind, standing on a tripod and photographing the Northern Lights. The aurora is a vibrant green, dancing across the dark night sky. The scene is reflected in a calm body of water in the foreground. The person is wearing a dark jacket and pants. The sky is dark with some clouds, and the water is still, creating a clear reflection of the person and the lights.

Capturing the Northern Lights

Sleep under the Northern Lights

Spend the night in an *Aurora Tepee*. You will be warm and comfortable, and sleep in a real double bed, while at the same time enjoying the night sky through the windows in the roof and walls of the tepee. Spice up your stay with a half-day dogsled trip and dinner outdoors! Learn more at: auroraborealis.nu

Capture the Northern Lights

Experience the most beautiful view that the night sky has to offer. Enjoy coffee made over an open fire and watch the Northern Lights dance over the stars. Together with the guide, you will learn how to photograph this magical phenomenon. Learn more at: granobeckasin.com

Aurora sleigh ride

Snuggled up in a sled behind a dependable North Swedish working horse, with the sound of sleigh bells ringing in your ears, you will hopefully enjoy the Northern Lights and a starry sky that lights up the night. Learn more at: backforsgard.se



Keep up with **Umeå Aurora Hunters'** Facebook group. There you will get tips on when the Northern Lights are visible. They also offer tours where you get to experience and learn how to photograph the Aurora Borealis.

Fun for the whole **family**

Adventure swimming

In our destination there are two adventure pools with water slides and other water attractions suitable for the whole family. The facilities also offer a wide range of workouts and relaxation.

Learn more at:
navet.umea.se,
storsjohallen.se

Swimming at Navet

Activities indoors

When the wind is whistling or a snow-storm is blowing, it is sometimes nice to do something indoors. Around Umeå there are several facilities to suit the active family - everything from playland and trampoline park to laser dome and arcade halls. Learn more at:

leoslekland.se, hopposkoj.se,
jump.se, megazone.se, hazeland.se

Fun family dining

For those who like to combine a meal with an activity, we can recommend O'Learys, which offers bowling and mini golf (indoors) or Orangeriet, with boules and shuffleboards. The app restaurant Pinchos has a circus theme and is usually a real children's favourite. Learn more at:

olearys.se/umea-event-center,
orangerietumea.se, pinchos.se

V Mickelbo gård

Mickelbo gård in Mickelträsk is a mini-zoo which is open for much of the year, mainly in connection with the school holidays. There are both Swedish farm animals and exotic animals such as yak, llama and camel here. Learn more at: **mickelbo.se**

ÄVENTYR OCH AKTIVITETER / ADVENTURES AND ACTIVITIES

- 1 Backfors Gård
- 2 Sunnadalens Islandshästar
- 3 Grönåkers Farm
- 4 Aurora Borealis Adventures
- 5 Hedlunda Husky
- 6 Granö Beckasin
- 7 Forsknäckarna
- 8 Damina
- 9 Hyrskotern
- 10 River Lake Huskies
- 11 Björnligans draghundar
- 12 Älgens Hus

- 13 Tavelsjö AIK isbana
- 14 Agnäsbacken
- 15 Bräntberget
- 16 Buberget
- 17 Bygdsiljumbacken
- 18 Middagsberget
- 19 Ålidberget
- 20 Kassjöbacken

- 21 Leo's lekland
- 21 Jump
- 22 STORA Hopp & Skoj
- 23 Hazeland
- 24 Aquarena/
Storsjöhallen
- 25 Mickelbo gård
- 10 Megazone
- 10 Navet

BESÖKSMÅL / ATTRACTIONS

NATUR / NATURE

- 1 Balbergets naturreservat
- 2 Nydalasjön / Nydala runt
- 3 Mårdseleforsens naturreservat
- 4 Naturreservat Strömbäck Kont
- 5 Vindelforsarnas naturreservat/
Vindelälvens naturcentrum
- 6 Hamptjärnsstugan
- 7 Klangvägen
- 8 Stadsliden / Gamliaskogen
- 9 Grössjön naturreservat
- 10 Strandpromenaden

KONST & KULTUR / ART & CULTURE

- 11 Slöjdarnas Hus
- 12 Umedalens Skulpturpark

MUSEUM / MUSEUMS

- 8 Västerbottens museum
- 13 Olofsfors bruksmuseum
- 10 Kvinnohistoriskt museum
- 10 Bildmuseet
- 10 Guitars – The Museum
- 10 Norrlandsoperan

