Activities this winter
CONTENTS

Culture ........................................................................................................ 4
Food ........................................................................................................... 6
Shopping ................................................................................................. 7
Activities .................................................................................................. 8
The Northern Lights ................................................................. 12
Family Fun ............................................................................................... 13
Map ........................................................................................................ 14

Photo:
Cover images and Northern Lights: Fredrik Larsson.
Bildmuseet: Wilhelm Rejnus.
Gotthards Krog: Erik Nissen Johansen.
Christmas shopping: Malin Grönborg.
Dog sledding: Granö Beckasin/Bea Holmberg.
Long distance skating: Oskar Norberg.
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!

visitumea
www.visitumea.se
Culture for everyone

**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](http://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](http://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: [umedalenskulptur.org](http://umedalenskulptur.org)

---

**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](http://guitarsthemuseum.com)

---

**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](http://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](http://vbm.se)

---

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

Stora Birk
A commercial area with 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 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.

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.

Christmas shopping in Umeå
Experiences on snow and ice

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, draghundarbjornligans, riverlakehuskies
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

Long-distance skating

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
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, algenshus.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

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](http://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](http://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](http://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: leoslekland.se, hopposkoj.se, jump.se, megazone.se, hazeland.se

**Activities indoors**

When the wind is whistling or a snowstorm 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

**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. Sunnadalen Islandshästar
3. Grönåkers Farm
4. Aurora Borealis Adventures
5. Hedlundsa 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. Agnasbacken
15. Bräntberget
16. Buberget
17. Bygdsiljumbacken
18. Middagsberget
19. Äljudberget
20. Kassjöbacken
21. Leo’s lekland
22. Jump
23. STORA Hopp & Skoj
24. Hazeland
25. Aquarena/ Storsjöhallen
26. Mickelbo gård
27. Megazone
28. Navet

BESÖKSMÅL
/ ATTRACTIONS
NATUR / NATURE
1. Balbergets naturreservat
2. Nydalasjön / Nydala runt
3. Mårdseleforsens naturreservat
4. Naturreservat Strömbäck Kont
5. Vindforsarnas naturreservat / Vindelälvens naturcentrum
6. Hamptjärnstatugan
7. Klangvägen
8. Stadsliden / Gammliaskogen
9. Grössjö naturreservat
10. Strandpromenaden

KONST & KULTUR / ART & CULTURE
11. Slöjdarnas Hus
12. Umedalens Skulpturpark

MUSEUM / MUSEUMS
13. Västerbottens museum
14. Olofsfors bruksmuseum
15. Kvinnohistoriskt museum
16. Bildmuseet
17. Guitars – The Museum
18. Norrlandsoperan