

visit umeda!



Bjurholm
Nordmaling
Robertsfors
Umeå
Vindeln
Vännäs

Activities
this summer

WELCOME!

All year round you, as a visitor, can experience what our everyday life is like – the city's entertainment combined with both peaceful and exciting nature experiences. In this brochure we have gathered tips on what to see and experience in our destination this summer. You can find more inspiration on our website visitumea.se. Don't miss the map on the centrefold! There you will find more places worth visiting and our best bathing spots pinpointed.

CONTENTS

FOOD.....	PAGE 3	ACTIVITIES.....	PAGE 12
SHOPPING	PAGE 5	FOR THE FAMILY.....	PAGE 14
CULTURE	PAGE 6	QUICK GUIDE	PAGE 15
OUTINGS.....	PAGE 8	MAP.....	PAGE 16
HIKING.....	PAGE 10		

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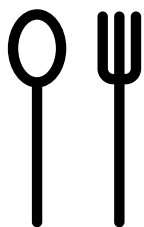


Visit Umeå



Visit Umeå

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Culinary sensations

For a true gourmet experience with produce from our part of the country – select one of our popular **restaurants recommended in the *White Guide***, Sweden's foremost publication for restaurant recommendations. Regardless of the restaurant's focus, you can be sure to find something with a Västerbotten taste, albeit with the chef's own little twist.

Learn more at: gotthardskrog.se, koksbaren.com,
hungerochtorst.se, harlequinumea.com, bodeganumea.se,
wildriver.se, rexumea.com, kvarkenfisk.se, tapasbardeli.se



The restaurant boat Sjöbris

Eat by the Umeälven river

The restaurant boat **Sjöbris** has indoor and outdoor seating and live shows several times a week. The restaurant **Båten** is also popular in the summer. You will find the brand new restaurant **Tonka** Strandgatan by Konstnärligt campus (Umeå Arts Campus).

More tips on restaurants with outdoor seating:
visitumea.se/en/open-air-dining-umea

Have a tasty “FIKA”

Nya Konditoriet is Umeå's oldest coffee shop. **Rost, Kulturbageriet** and **Gamla Bibliotekscaféet** all serve good vegetarian/vegan/ecological lunches as well as great “fika”. **Costas of Sweden** is the place for those who like fine coffee. If you want to combine a good “fika” with a cultural experience, don't miss out on the **Västerbotten museum's café! Presteles trädgårdskafé & logi** in Hörnsjö outside of Nordmaling is definitely worth the trip!

Learn more at:
visitumea.se/en/coffee-shops



Nya Konditoriet



Gårdshem

Local delicacies

The delicatessens **DUÅ** and **Gårdshem** in central Umeå are a must to visit if you love good food. Fill up your picnic basket for the excursion or buy delicatessen from our part of the country to bring home. **Två Fiskare** offers local fish and seafood.

Many of the farms and local food producers who supply fresh produce to the city's restaurants can also be visited.

Learn more at:
visitumea.se/en/farm-shops

Shopping for all tastes

Avion Shopping and 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.

Avion Shopping and IKEA

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, hairdressers, furniture stores, paint stores, petrol stations, gyms, bowling alleys and Leo's Lekland.

Culture for everyone



Bildmuseet

Tip!
What's on this week? Check out visitumea.se/en/events for this week's events!

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 museum building offers a fantastic view of the river and the city.

Learn more at: bildmuseet.umu.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 cosy café. Here you can also see the world's oldest ski – older than the pyramids of 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

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. Free admittance.

Learn more at:
umedalensskulptur.org

Konstvägen Sju Älvar

Konstvägen – probably the world's longest permanent art exhibition, extends from the coast to the mountains. The stretch, which is 350 km long, contains 13 artworks. Six of these can be found in the Umeå region. One of the most famous pieces of art is "Hägring", a glass church located in the middle of a bog between Bjurholm and Vännäs.

Learn more at: konstvagen.se

Kvinnohistoriskt museum

The museum of women's history is the first of its kind in Sweden. It is located in the Väven cultural centre. In exhibitions about our present, history and future the museum puts women at the centre of the story.

Learn more at: kvinnohistoriskt.se

Olofsfors Bruk

Olofsfors Ironworks is one of Sweden's best-preserved ironworks, founded in 1762. The mill comes to life in summer when craftsmen are active in the different buildings. Guided tours are offered all year (book in advance!) Restaurant and café. Open during the summer.

Learn more at: olofsforsbruk.nu

Guided city walks

Join a guided city walk and learn more about Umeå! Thanks to local sponsors, the Umeå Guides Association offers free tours during summer.

Learn more at: umeguide.se

Pleasant **day trips**



Bergudden's Lighthouse, Holmön

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 which can be rented on the island. Sail with *Slupen* out to Stora Fjäderägg island and stay overnight in an old Lighthouse keeper's home.

Learn more at: visitholmon.com

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

Älgens Hus

Want to see a moose? At Älgens Hus in Västernyliden, Bjurholm there is an absolute moose guarantee! Here you can see and pet a live moose and learn everything you need to know about the king of the forest.

Learn more at: algenhus.se



Formstråket

A 35 km stretch between Öre and Hörnsjö with different creators and craftsmen: Åbrånets Limousin, Maria Lundström Konst, Presteles trädgårdscafé & logi, Den gamla butiken i Örsbäck, Humlebäck Keramik och Möbelsnickeri, Pjöllers Design and Öre gårdsbageri. All offer a solid range of experiences, unique craftsmanship and good food.

Learn more at: formstraket.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 harbour. Hantverk i Ratan sells handicrafts in the harbour warehouse. There is also a guest harbour as well as guest parking for motorhomes.

Learn more at: ratan.se

Norrbyuskär

Here you will find a beautiful archipelago, good food, art, culture and activities that suit all ages. Relax in a tranquil environment, enjoy archipelagoinspired 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

Umeå Energicentrum

In the village Klabböle you will find Umeå's first power plant. There are guided tours and activities for all ages including an adventure playground and café. Take the suspension bridge over the river to visit the forest garden Arboretum Norr.

Learn more at: umeaenergi.se

Beautiful **hiking**



To get maps of hiking trails and nature reserves: download the app "Naturkartan".

Hiking along Isälvsleden

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. Missutjärn, is 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 riverbanks is Drakryggen, (the Dragon's back). The path follows the narrow ridge line which really lives up to its name. Himlastegen (the heavenly steps) is a more that 100 steps long wooden staircase that take you up the ridge.

Tio toppar Tavelsjö

A visitor guide that helps you find your way up ten mountains, all located around Tavelsjö. The peaks 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.



Beautiful views along Tavelsjöleden

Öreälvleden

Öreälvleden offers an approximately 100 km 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 in Umeå city centre. Discover caves, climb the high peaks and look for the mythical Tavelsjö lake monster when you have a good view of Lake Tavelsjö. The trail connects with both Vindelälvleden trail and Vännforsleden trail and is 42 km long.

Soft Hiking

Tavelsjön Runt, **Nydala Runt** and **Ume Älvdal** (the Ume River valley) are popular and easily accessible trails around Umeå that are well suited for both bike rides and soft hiking. For the family we suggest **Klangvägen** (Agnäs, Bjurholm), which is an interactive hiking trail with sound artwork and magnificent views from the top of mountain Rågberget. The adventure trail **Äventyrsstigen** at lake Nydalasjön (Umeå) is an approximately 800 m long forest trail with eleven obstacles of varying nature and difficulty where balance is put to the test. Suitable for children of all ages.

More hiking information at: [visitumea.se](https://www.visitumea.se)

Unique experiences and **adventures**



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 await. Do not miss the family tour offered by Forsknäckarna. The tour ends with an ice cream feast at Glassbonden!

Learn more at: forsknackarna.se,
forsranning.se



Husky walks

Experience nature with a happy and social four-legged hiking companion. In the summer you can hike or jog in the forest terrain with a guide and dogs.

Learn more at: auroraborealis.nu,
granobeckasin.com,
hedlundahusky.se,
teamissa.se, facebook.com/draghundarbjornligans/

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 river. Stay for a swim, fishing or coffee whenever you want. You choose yourself if you want to experience this adventure for one, two or even seven days.

Learn more at: granobeckasin.com



Paddle along the coast and rivers

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, for example, Bjurholm, Tavelsjö, Åmsele and Sävar.

Learn more at: visitumea.se

Horseback riding

Riding tours on calm and safe horses are available 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 also tours with horse and carriage.

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

For the whole **family**



Animals are fun!

Älgens Hus in Bjurholm offers close contact with the king of the forest. Here you can see, experience and pet a real-life moose. **Mickelbo Gård** in Mickelsträsk is a minizoo with Swedish farm animals and a few more exotic animals such as yak, lama and camel. The farm **Glassbonden** in Västra Selet offers homemade ice cream with local flavours in the ice cream parlor overlooking the river Vindelälven and the grazing animals.

Learn more at: algenshus.se, mickelbo.se, glassbonden.se

Swimming – outdoors or in?

Want to go swimming? Here you can find adventure pools both outdoors and indoors. **Navet** and **Aquarena** (indoors), **Umelagun** (outdoors) and **Vännäsbadet** (outdoors) are some of our favourites.

Learn more at: visitumea.se/en/swimming

Active play and mystery

Looking for a fun activity with the whole family? In Umeå there are indoor playgrounds for the younger kids, Laserdome and arcade halls for the older kids and escape rooms for those who like to solve a mystery. In Obbola there is a multi-sport arena for all kinds of biking.

Learn more at: leoslekland.se, hazeland.se, megazone.se, molinders.se, multiarenan.se

Quick guide



TOURIST INFORMATION

Visit Umeå tourist centre is all digital and offers inspiration and information about the Umeå region in English and Swedish.

Visit us: www.visitumea.se

Email us: info@visitumea.se

Tips on summer info on the website

Activities for families – visitumea.se/en/family

Biking – visitumea.se/en/cycle

Paddling – visitumea.se/en/paddle

Hiking – visitumea.se/en/hiking-trails

Summer tips – visitumea.se/en/summer

Excursions – visitumea.se/en/excursion

FAQ – visitumea.se/en/faq

Maps and brochures

Printed information can be found at hotels, camping sites, shopping malls and is also available for online reading and downloading at: visitumea.se/en/brochures

Free WIFI

Umeå Energi offers free WIFI in Umeå: umeaenergi.se/wifi-plus

BUS TRAVEL

Local and regional travel info: tabussen.nu. Travel info: tel. +46 (0)771100 110.

Personal travel service at Umeå bus station and Vasaplan.

Airport bus departs from Vasaplan, Umeå city centre, see: tabussen.nu/flygbussen/english/

Bus to Wasaline: mandatory pre-booking online or by phone +46 (0)90 14 14 14, at least 3 h before departure. Departs from Vasaplan (gate W), see: wasaline.com/en/faq/transfer-traffic-in-umea/

FERRY TIMETABLES

Wasaline (ferry to Finland): wasaline.com

Ferry to Holmön: trafikverket.se/farjerederiet/farjeleder/Farjeleder-i-Vasterbottens-lan/Holmoleden/Tidtabell-Holmoleden/

Ferry to Norrbyskär: visitnorrbyskar.se/norrbyskarsfarjan-ab/

PARKING

General information: upab.umea.se/parkera/hitta-parkering/

Aimo Park: aimopark.se/sv-se/

Parking and rest stops for motor homes: umea.se/parkering

LATRINE DRAINAGE

First Camp Umeå is closest to Umeå city centre.

More spots, see: husbilsplats.se/husbilsplatser/hitta-tomningsplatser-for-husbilar/

ÄVENTYR OCH AKTIVITETER / ADVENTURES AND ACTIVITIES

HÄSTAKTIVITETER / HORSE ACTIVITIES

- 1 Backfors Gärd
- 2 Sunnadalens Islandshästar
- 3 Grönåkers Farm

HUNDAKTIVITETER / DOG ACTIVITIES

- 1 Aurora Borealis Adventures
- 2 Hedlunda Husky
- 3 Granö Beckasin

FORSRÄNNING / WHITE WATER RAFTING

- 1 Forsknäckarna
- 2 Wilderness Adventure

VANDRINGSLEDER / HIKING TRAILS

- 1 Tavelsjöleden
- 2 Öreålsleden
- 3 Lögdeålvens Vildmarksled/
Lögdeålsleden
- 4 Isålsleden
- 5 Flottarstigen
- 6 Tavelsjön runt
- 7 Nydala runt
- 8 Ume Älvdal
- 9 Vindelålvensleden/
Vännforsleden

NATUR / NATURE




- 1 Arboretum Norr
- 2 Balbergets naturreservat
- 3 Drakryggen
- 5 Nydalasjön
- 8 Mårdseleforsens naturreservat
- 15 Naturreservat Strömbäck Kont
- 17 Tallbergsbroarna
- 18 Vindelforsarnas naturreservat/
Vindelålvens naturcentrum
- 20 Älgens Hus
- 24 Hamptjärnsstugan
- 25 Klangvägen

KONST & KULTUR / ART & CULTURE

- 14 Slöjdarnas Hus
- 16 Umedalens Skulpturpark

MUSEUM / MUSEUMS

- 1 Umeå Energicentrum
- 4 Västerbottens museum
- 6 Holmöns båtmuseum
- 7 Kulturum Ratan
- 9 Norrbyskärs museum
- 10 Olofsfors bruksmuseum
- 11 Ostens Lager
- 13 Västerbackens sågverksmuseum
- 19 Vännäs Motormuseum
- 22 Robertsfors bruksmuseum
- 23 Kvinnohistoriskt museum
- 23 Bildmuseet
- 23 Guitars – The Museum

-  Gästhamn / Guest harbour
-  Färja till Holmöns eller
Norrbyskärs / Ferry to Holmöns
or Norrbyskärs
-  Badplats / Bathing area

0 5 10 15 km

T-kartor Sweden AB