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.

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Please note that the contents of this brochure may be subject to alterations!

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, koksaren.com, hungerochtorst.se, harlequinumea.com, bodeganumea.se, wildriver.se, rexumea.com, kvarkenfisk.se, tapasbardeli.se
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 Hörsjö outside of Nordmaling is definitely worth the trip!

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

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.

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.
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

Tip!
What’s on this week? Check out visitumea.se/en/events for this week’s events!
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: umedalenskulptur.org

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

Konstågen Sju Älvar

Konstågen – 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
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

Discover one of our archipelago treasures. The ferry to Holmön departs from Norr- fjärden 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

Holmön

Bergudden’s Lighthouse, Holmön
**Älgens Hus**

Want to see a moose? At Älgens Hus in Västernylden, 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: [algenshus.se](https://algenshus.se)

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**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, Pjöller Design and Öre gårdsbageri. All offer a solid range of experiences, unique craftsmanship and good food.

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

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**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](https://ratan.se)

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**Norrbyskär**

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 Norrbyskär departs from Norrbyn, 39 km south of Umeå.

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

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**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](https://umeaenergi.se)
To get maps of hiking trails and nature reserves: download the app "Naturkartan".

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

Lögddeälven 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.

Öreälvsleden

Öreälvsleden 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 Vindelälvsleden 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
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

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!
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/draghundarbjoernligans/

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
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
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

HÅSTAKTIVITETER / HORSE ACTIVITIES
1 Backfors Gård
2 Sunndalens Islandshästar
3 Grönlunds Farm

HUNDAKTIVITETER / DOG ACTIVITIES
1 Aurora Borealis Adventures
2 Hedlundas Husky
3 Granö Beckasin

FORSÄNNING / WHITE WATER RAFTING
1 Forsknäckarna
2 Wilderness Adventure

VANDRINGSLEDER / HIKING TRAILS
1 Tavelsjöleden
2 Öreälvsleden
3 Lögdeälvens Vildmarksled/
Lögdeälvsleden
4 Isälvsleden
5 Flottarstigen
6 Tavelsjön runt
7 Nydala runt
8 Ume Ålvån
9 Vindelälvens Vildmarksled/

NATUR / NATURE
6 Arboretum Norr
7 Balberget naturreservat
8 Drakryggen
9 Nydalasjön
10 Mårdselykans naturreservat
11 Naturreservat Strömbäck Kont
12 Tallbergsbroarna
13 Vindelforsarnas naturreservat/
Vindelälvens naturcentrum
14 Alghems Hus
15 Hamptjärnsstugan
16 Klangvägen

KONST & KULTUR / ART & CULTURE
17 Slöjdarnas Hus
18 Umeåns Skulpturpark

MUSEUM / MUSEUMS
12 Umeå Energicentrum
13 Västerbottens museum
14 Holmöns båtmuseum
15 Kulturum Ratan
16 Norrbyskärns museum
17 Olofsfors bruksmuseum
18 Ostens Lager
19 Västerbackens sågverksmuseum
20 Vännäs Motormuseum
21 Robertsbruks museum
22 Kvinnohistoriskt museum
23 Bildmuseet
24 Guitars – The Museum

NATUR / NATURE
1 Gästhamn / Guest harbour
2 Färja till Holmön eller
Norrbyskär / Ferry to Holmön
or Norrbyskär
3 Badplats / Bathing area