

visit umeda!



Bjurholm
Nordmaling
Robertsfors
Umeå
Vindeln
Vännäs

Activities



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. 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 activities pinpointed.

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



Visit Umeå



Visit Umeå

www.visitumea.se





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



Have a tasty “FIKA”

Nya Konditoriet is Umeå's oldest coffee shop. Rost, Kulturbageriet and Gamla Bibliotekscaféet all serve good vegetarian/vegan/organic 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!

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 your backpack for an 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



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

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, hairdressers, furniture stores, paint stores, petrol stations, gyms, bowling alleys and Leos Lekland.

Avion Shopping and IKEA

One of the region's best and most convenient 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.

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: umedalenskulptur.org

Kvinnohistoriskt museum

At the Väven cultural centre you can find the Museum of Women's History – the first 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 male-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 cosy 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.


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,
spruceislandhusky.se

 [draghundarbjornligans](#)

 [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 explain 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 there is a snow depth of two metres.

Learn more at: granobeckasin.com

 [riverlakehuskies](https://www.facebook.com/riverlakehuskies)



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: **forskknackarna.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, algenshus.se,
forsknackarna.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 waterfront along the Umeälven river

Strömbäck Kont

– for those who want to see the sea

Stadsliden/Gammliasbogen

– walking trails run up by snowmobile

Grössjön naturreservat

– usually have trampled trails in winter

Northern Lights adventures

A person is silhouetted against a vibrant green aurora borealis in a dark night sky. The person is standing on a tripod, likely a camera, and is positioned in the center of the frame. The aurora is a bright, flowing green light that fills much of the sky. In the background, there is a calm body of water reflecting the light, and a line of trees on the left side. The overall scene is serene and magical.

Capturing the Northern Lights

Sleep under the Northern Lights Aurora sleigh ride

Spend the night in an *Aurora Teepee*. 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 teepee. Spice up your stay with a half-day dogsled trip and dinner outdoors! Learn more at: auroraborealis.nu

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

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



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**



Curiosum

Looking for a fun activity with the whole family? This winter's big news is Curiosum, Umeå's new science center, where the whole family can actively explore and learn more about science and technology through exciting experiments and activities.

Learn more at:
curiosum.umu.se

Curiosum, Umeå's new science center

Active play and mystery

In Umeå there are indoor playgrounds for the youngest and Laserdome and arcade halls for the slightly older kids. For anyone who likes intricate puzzles, there are escape rooms and activities with mysteries to crack, both outdoors and indoors.

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

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

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
- 6 Spruce Island Husky
- 7 Forsknäckarna
- 8 Damina
- 9 River Lake Huskies
- 10 Björnligans draghundar
- 11 Älgens Hus

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

- 20 Leos Lekland
- 21 Hazeland
- 22 Aquarena/
Storsjöhallen
- 23 Mickelbo gård
- 10 Megazone
- 10 Navet

BESÖKSMÅL / ATTRACTIONS

NATUR / NATURE

- 1 Balbergets naturreservat
- 2 Nydalasjön / Nydala runt
- 3 Mårseleforsens 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

- 10 Norrlandsoperan
- 11 Slöjdarnas Hus
- 12 Umedalens Skulpturpark

MUSEUM / MUSEUMS

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

