

visit umeå!

Activities



Bjurholm
Nordmaling
Robertsfors
Umeå
Vindeln
Vännäs



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!



Umeå

the food city

Welcome to Norrland's foremost food city. Here you can experience high-quality food and service that creates strong food memories. Enjoy everything from seasonal vegetarian flavor explosions to American barbecue with a northern touch. For a real gourmet experience with local ingredients, choose one of our popular White Guide restaurants.

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

Gotthards krog

New restaurants in Umeå

There has been a culinary boom in our city for some time. During the autumn, many new restaurants have opened including Facit bar, which takes you on an exciting cocktail journey through Sweden's landscape.

Learn more at: visitumea.se/en/new-restaurants-umea



Nya Konditoriet

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

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. Take a trip to Tavelsjö and you will find Root, a restaurant that offers both pizza and activities.



Root in Tavelsjö

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

Shopping for all tastes

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.

IKEA close to the city centre.

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.

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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 maledominated 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. Season: 15 December to 15 April and dog sledding on wheels 1 September to 31 November.

Learn more at: auroraborealis.nu,
granobeckasin.com, hedlundahusky.se,
spruceislandhusky.se
[f riverlakehuskies](https://www.facebook.com/riverlakehuskies)





Ice track on lake Tavelsjön

Winter in Tavelsjö

Beautifully surrounded by mountains lies Lake Tavelsjön, with a landscape that is perfect for hiking. During winter, Tavelsjö offers a great variety of experiences and activities. Here you can, among other things, cross-country ski and try long-distance skating on the lake, climb any of the snow-capped mountain peaks, eat good locally produced food, and try a winter bath through a hole in the ice.

Learn more at:

visitumea.se/en/tavelsjo-winter



Tavelsjöberget

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



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.



Winter landscape in Granö

Experience winter in Granö

Experience the silence in the snow-covered forest by joining a guided ski tour or a hike with snowshoes. You can enjoy the northern lights by travelling by dogsled, and if you want to spend the night try the bird's nest up among the tops of the trees. In the kitchen, the food is prepared with sustainability in focus. Granö Beckasin offers a variety of activities throughout the year.

Learn more at: granobeckasin.com

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, gronaker.webnode.se



Nature reserves to visit during the winter

There are many exciting nature reserves in the Umeå region that are suitable for visiting during the winter. You are guaranteed a wonderful nature experience and a pleasant excursion.

Learn more at: lansstyrelsen.se/vasterbotten/besoksmal/naturreservat



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/Gammlia skogen

– walking trails run up by snowmobile

Grössjön naturreservat

– usually have trampled trails in winter

Northern Lights adventures



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. There are also Northern Lights tours with dog sleds or snowmobiles available.

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**

Curiosum



Curiosum

Looking for a fun activity for the entire family? At Curiosum you can actively explore and discover science and technology together through virtual space journeys, exciting experiments, interactive exhibitions, engaging shows, workshops, and much more.

Learn more at: curiosum.umu.se

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 Grönåkers Farm
- 3 Aurora Borealis Adventures
- 4 Hedlunda Husky
- 5 Granö Beckasin
- 6 Forsknäckarna
- 7 Damina
- 8 River Lake Huskies
- 9 Älgens Hus

- 11 Tavelsjö AIK isbana
- 12 Agnäsbacken
- 13 Bräntberget
- 14 Buberget
- 15 Bygdsiljumbacken
- 16 Middagsberget
- 17 Ålidberget
- 18 Kassjöbacken
- 19 Leo's lekland
- 20 Hazeland
- 21 Aquarena/
Storsjöhallen
- 22 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 Hamptjärnsberget
- 7 Klangvägen
- 8 Stadsliden / Gammlia skogen
- 9 Grössjön naturreservat
- 10 Strandpromenaden

KONST & KULTUR / ART & CULTURE

- 11 Slöjdarnas Hus
- 12 Umedalens Skulpturpark
- 8 Västerbottens museum
- 13 Olofsfors bruksmuseum
- 10 Kvinnohistoriskt museum
- 10 Bildmuseet
- 10 Guitars – The Museum
- 10 Norrlandsoperan

