

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 during 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.

Content

● Food	3	● Activities	12
● Shopping	5	● For the Family	14
● Culture	6	Quick Guide	15
● Outings	8	Map	16
● Hiking and biking	10		



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

Photo:

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Adventure Park: **Zip Adventure Park**

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




Visit Umeå



Visit Umeå

www.visitumea.se






Harlequin

Food & Beverage Umeå

Welcome to the foremost food city in northern Sweden. Here you are met by high quality food & service that creates strong food memories. Enjoy cocktails from one of Sweden's best bars or American barbecue with a northern touch.



Emil Åreng, Facit Bar

New restaurants in Umeå

A culinary boom has been going on in our destination for some time now. Every year new restaurants are added and deliver new trends and taste adventures to both Umeå residents and incoming visitors. Facit Bar, Rökstugan BBQ and GP:s to name a few of the new restaurants.

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

Tip! Le Garage + Skulpturparken – One of northern Europe's foremost sculpture collections with about forty works is located in Umedalens Skulpturpark. Book a guided tour of the park combined with a 3-course dinner. The offer is valid on Sundays during July and August.

Learn more at: bistrolegarage.com

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 **Västerbottens museum's café!**

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

Eat by the Umeälven river

Gotthards by the river gives you as a guest a river-like dining experience with good sun chances. The restaurant boat **Sjöbris** has indoor and outdoor seating and live shows several times a week. **Båten** is a different and relaxed summer restaurant and close to **Tonka** Strandgatan by Konstnärligt campus (Umeå Art Campus).

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

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

Make an excursion

In a rural idyll in Hörnsjö you can enjoy organic “Fika” and bread at **Presteles Trädgårdskafé & Logi**. In Tavelsjö by the lake, is **Root Tavelsjö**. Here you can eat stone oven baked pizzas. Next to Vindelälven's beautiful rapids is the hidden gem **Wild River**, where you as a guest can enjoy food from local producers as well as what the forest has to offer.



Fun family dining

For those who like to combine a meal with an activity, we can recommend **O'Learys**, which offers bowling or **Orangeriet**, with boules and shuffleboards. The app restaurant **Pinchos** has a circus theme and is usually a favorite among children.

Shopping for all tastes

Avion Shopping and IKEA

One of the region's best and most comfortable shopping options. There are more than 80 shops, restaurants and cafes, 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

Fashion, beauty, interior design, technology, sports, health, second hand, locally produced crafts, books, flowers and food – nowhere in northern Sweden can you find such a wide range of shops as in Umeå. There are also many cosy cafes 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, cafes, hairdressers, furniture stores, paint stores, petrol stations, gyms, bowling alleys and Leo's Lekland.

Culture for everyone



Listen! ©Camilla Akraka/Image copyright2022

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. Besides 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

A family-friendly museum that depicts Västerbotten county's history with exhibitions and program on cultural history, art, textiles and documentary photography. This summer there is a new interactive family exhibition, Hamnstaden Umeå (The Port city of Umeå), and daily activities at the open-air museum Gammlia.

Learn more at: vbm.se

Umeå and gender equality

Listen – the metoo-monument, a museum that changes perspectives and surroundings for safety and equality. For decades equality has had a central role in the development of Umeå. Learn more on how you can discover the city in a new way: visitumea.se/en/equality-umea

Guitars – The Museum

At the museum you will find 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 with free admittance.

Learn more at: umedalensskulptur.org

Olofsfors bruk

Olofsfors Ironworks is one of Sweden's best-preserved ironworks, founded in 1762. Here you will find a café, building maintenance shop, accommodation, crafts and more.

Learn more at: olofsforsbruk.nu

Kvinnohistoriskt museum

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

Learn more at: kvinnohistoriskt.se

Guided tours

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

Bicycle guiding – Cycling is sustainable and a great way to discover a city. The bike ride includes a stop at Umedalens Sculpture Park.

Learn more at: umeatours.se/

Art in Umeå – Walk the art route and discover some of the artwork in Umeå city centre

Learn more at: visitumea.se/sv/konstrunda-i-umea

Bicycle guiding with MTB - Suitable for both children and adults. Also the opportunity to try MTB with technical tips.

Learn more at: obbolaoutdoor.se

Pleasant **day trips**



Ratan, Rataskär

Holmön

Discover one of our archipelago treasures. At Holmöns Båtmuseum (boat museum) you can learn more about the history of the island. The magnificent scenery is easily experienced by bicycle which can be rented on the island. There is also a café, a restaurant and general store on the island. Take a trip to the island Stora Fjäderägg and stay overnight in an old Lighthouse keeper's home.

Learn more at: visitholmon.com

Ratan/Rataskär

Ratan has an exciting history as a war scene and big harbour. Rent a boat and visit the island Rataskär where there are labyrinths and interesting remains. Visit the eco-store Malin i Ratan and the harbour warehouse where Hantverk i Ratan sells handicrafts.

Learn more at: ratan.se



Mårdseleforsarna

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

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

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: algenshus.se

Norrbyskär

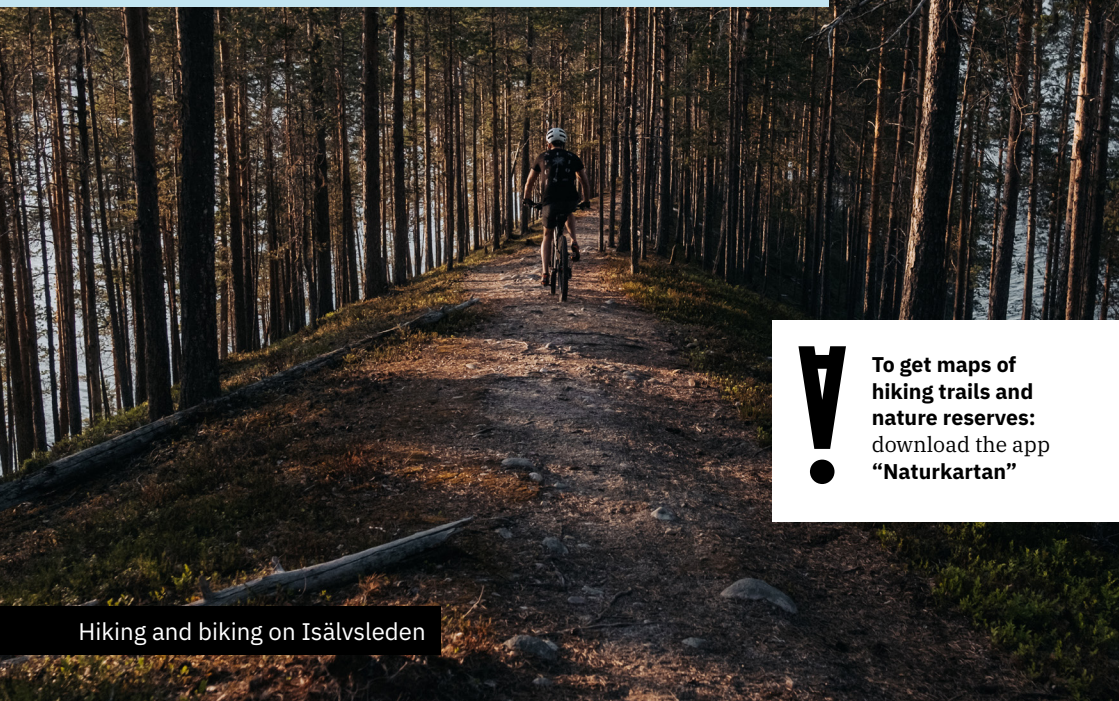
Here you will find a beautiful archipelago nature. Cultural history is mixed with arts and crafts at Norrbyskär's museum, which also offers guided tours. For the children there is "Lilla Norrbyskär", an educational play environment with miniatures of buildings from the island. A restaurant and craft shop are located at the museum. Paddle among wrecks and in the beautiful nature that surrounds Norrbyskär.

Learn more at: norrbyskar.se



Tip! A 35 km stretch between Öre and Hörnsjö with a range of experiences, unique craftsmanship and appetizing food. Learn more at: formstraket.se

Hiking and biking in beautiful nature



Hiking and biking on Isälvsleden



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, Lurfallet 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.

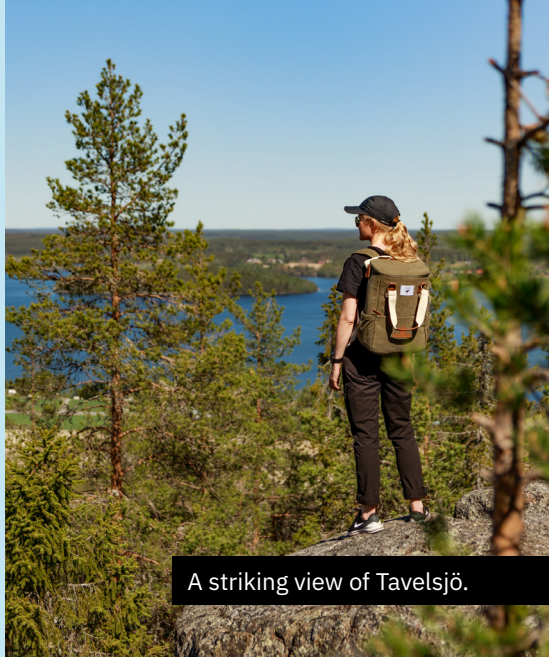
Lögdeälvsleden

An exquisite hiking trail along the Lögdeälven River, known for its ravine landscapes, meander arches and various forms of terraces. The mightiest of the steep riverbanks is Drakryggen, (the Dragon's back), which you will find north of Storforskojan. The nature around the river valley offers pleasant environments for those who are interested in birds and nature. It is possible to hike both shorter and longer trips along the trail.

Tavelsjö

During summer, Tavelsjö offers a great variety of experiences and activities. Here you can, among other things, paddle, hike, bike and climb any of the mountain peaks. Tavelsjöleden is a fantastic hiking trail that starts from central Umeå and that you can hike all the way to Tavelsjö. A visitor guide will help you find ten peaks in the area and around the lake you can both hike and bike. The lake is an ideal water to paddle in and canoe, kayak and SUP board are available for rent. You can eat good locally produced food at Tavelsjö Wårdshus and Root Tavelsjö.

Learn more at: visitumea.se/en/tavelsjo-summer



A striking view of Tavelsjö.

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 several 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.

Bike fun in the region

Nice conditions for a day of activities at SCA multi-arena in Obbola, with 13 marked MTB and trailrunning. In the new bicycle park in Vännäsby, there is a paved pump track, a gravel skill park with wooden obstacles, various drops and a wallride.

Learn more at: visitumea.se/en/cycle

Hiking with kids

For the family we suggest **Klangvägen** in Bjurholm, which is an interactive hiking trail with sound artwork. The adventure trail **Äventyrsstigen** at lake Nydalasjön in Umeå is an approximately 800 m long forest trail with eleven obstacles of varying nature and difficulty. The island **Stora Tuvan** in Umeå is part of the Umeälven delta nature reserve. Follow the suspension bridge over the water to the island and continue on the nature trail through the enchanting and lush forest to a plateau with a bird tower. In the **Vindelforsarna nature reserve** there is an easy-walking trail “around the rapids” with varying scenery and past exciting cultural remains

More hiking at: visitumea.se/en/hiking-children

Unique experiences and **adventures**



Adventurous river 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

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: <https://visitumea.se/en/paddle-in-umearegion>

New – Kayakomat Umeå
Book, unlock, paddle – Kayakomats in Obbola, Umeälven river (Kvarnlunden) and Nydalasjön.

Learn more at: visitumea.se/en/paddle-in-umearegion



Surrounded by nature

Granö Beckasin is located by the beautiful Umeälven river. Spend the night in a **bird's nest** up high in the tree canopy. Build your own **timber raft** and glide down the river. Granö Beckasin offers more, such as hiking, biking, fishing and cycling. This is a place where body and soul find rest. Sjungaregården is located in Granö and visitors are welcome to experience what a farmhouse looked like at the end of the 19th century. There is also a café and a stage for cultural events.

Learn more at: granobeckasin.com, sjungaregarden.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



Horse Activities

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 are also tours with horse and carriage. Backfors Gård, Grönåkers Farm, Håknäs Hästbruk and Eldare Gård offer activities.

Fun for the whole **family**



Fun in the tree tops at Zip Adventure Park

Zip Adventure Park

An adventure park where you can experience a different, fast-paced and challenging day of adventure, regardless of age and company. Here are challenges for all age groups – move between the treetops, challenge yourself, and enjoy both the excitement and the view.

Learn more at: zipadventurepark.se

Curiosum

Discover science and technology with the whole family at Curiosum, Umeå University's science center. Experiment, build, create, play, solve brain teasers and follow breathtaking film adventures in the dome theatre.

Learn more at: curiosum.umu.se

Unforgettable animal encounters

At Älgens Hus 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. The farm Glassbonden offers homemade ice cream in the ice cream parlor overlooking the grazing animals.

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

Swimming – outdoors or in?

Navet and Aquarena (indoors), Umelagun (outdoors) and Vännäsbadet (outdoors) are some of our favourites.

Active play and mystery

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 and in Vännäsby there is a new bike park. A fun and exciting activity for the whole family is mountaintop that can be experienced at Kassjöbacken.

Learn more at: visitumea.se/en/family-umea



Tip!

Rafting in the Vindelälven river, family trip, page 12

Hiking with kids, page 11.
More suggestions are available at visitumea.se

Activities at Umeå Energicentrum, page 9

Quick guide

Tourist information – Visit Umeå gives you information and inspiration digitally about the Umeå region in English and Swedish.

Visit us: www.visitumea.se
E-mail us: info@visitumea.se

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

Bus travel

Local and regional travel, airport bus: 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.

Bus to Wasaline: mandatory pre-booking online or by phone +46 (0)90 209 09 61, 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: From Norrfjärden, 30 km north of Umeå. The journey takes about 45 minutes. Learn more at: trafikverket.se/farjerederiet/farjeleder/Farjeleder-i-Vasterbottens-lan/Holmoleden/Tidtabell-Holmoleden/

Ferry to Norrbyskär: From Norrbyn, 39 km south of Umeå. The journey takes about 15 minutes. Learn more at: norrbyskar.se/erbjudanden/om-oss/farjetider/

Parking

General information: upab.umea.se/parkera/hitta-parkering/
Aimo Park: aimopark.se/sv-se/

Latrine drainage

First Camp Umeå is closest to Umeå city centre. More spots, see: husbilsplats.se/husbilsplatser/hitta-tomningsplatser-for-husbilar/

DISCOVER CULTURE AND NATURE

HIKING TRAILS

- 1 Tavelsjöleden
- 2 Öreälvleden
- 3 Lögdeälvens Vildmarksled /
Lögdeälvsleden / Drakryggen
- 4 Isälvsleden
- 5 Flottarstigen
- 6 Tavelsjön runt
- 7 Nydala runt
- 8 Ume Älvdal
- 9 Vindelälvsleden /
Vännforsleden

NATURE

- 1 Arboretum Norr
- 2 Balbergets naturreservat
- 3 Hamptjärnsberget
- 4 Klangvägen
- 5 Mårdselorsens naturreservat
- 6 Nydalasjön
- 7 Strömbäck Kont naturreservat
- 8 Tallbergsbroarna
- 9 Vindelforsarnas naturreservat/
Vindelälvens naturcentrum

CULTURE

- 1 Bildmuseet
- 4 Guitars – The Museum
- 2 Holmöns båtmuseum
- 3 Ratan
- 4 Kvinnohistoriskt museum
- 4 Norrbyskärs museum
- 5 Olofsfors bruksmuseum
- 6 Ostens Lager
- 7 Robertsfors bruksmuseum
- 8 Slöjdarnas Hus
- 9 Umedalens Skulpturpark
- 10 Umeå Energicentrum
- 11 Vännäs Motormuseum
- 1 Västerbottens museum

🚤 Gästhamn / Guest harbour

🚢 Färja till Holmön eller
Norrbyskärs / Ferry to Holmön
or Norrbyskärs

🛀 Badplats / Bathing area

0 5 10 15 km

T-kartor Sweden AB