The archipelago
FOR THE WHOLE FAMILY

PADDDLE A KAYAK INTO THE HORIZON, CYCLE ON THE BEACH, HIKE IN THE FOREST
Day and night, in the countryside and in the city

SUN, SWIMMING, SHOPPING, CULTURE AND DINING
Nightlife & natural experiences
Welcome to Luleå!

Our close proximity to sea and nature, as well as the fact that Luleå is one of the sunniest places in Sweden, makes it an amazing summer destination. With two harbours enveloping the city centre, the breeze is a constant reminder of the freedom of the open sea.

During the summer months, the natural environment is bursting with fragrance and colour and wherever you go in the region, you are never far away from feeling the grass under your bare feet or experiencing tranquil, green forests offering a wealth of berries, all with a taste of summer.

Take a boat tour out into the archipelago and sample island life. Sit down on a rock with a fishing rod in hand and let all your everyday worries fade away. With plenty of campfire sites and trails to discover, exciting adventures await the whole family.

Take your time and enjoy some culture – visit the Gammelstad Church Town World Heritage Site, with the largest late medieval stone church in northern Sweden and well-preserved church cottages. At the Hägnan Outdoor Museum, you can see what life was like in the 18th century.

Enjoy a day full of learning at Teknikens Hus (the House of Technology), Sweden’s northernmost science center. Jump, play and slide at Leos Lekland and 360 Trampoline Center. Adventures for all ages can be found at the Alcatraz multi arena. Are you looking for a challenge? Try the high altitude obstacle course at the Upzone Adventure Park. Climb amongst the treetops, swing between nets, walk wires and leap onto ropeways.

Luleå offers a wide array of easily accessible shopping. You will find an urban atmosphere as well as smaller shops and malls. At the Storheden commercial district, you will find large chain stores whereas Gammelstad Church Town has cozy little boutiques with local design, arts and crafts.

Embrace every opportunity. Here you can spend one moment at a bustling outdoor restaurant and enjoy good food made with local ingredients – and then find yourself at a peaceful spot out by the sea only minutes later.

You are welcome to share our everyday life with long, bright summer days and and nights, filled with both adventure and a healthy helping of peace and quiet.

Photo: Peter Rosén
THE LULEÅ TOURIST CENTRE is an independent entity with a mission to give you the best of what Luleå has to offer. Here you will find timetables for the archipelago boats. You can also buy fishing licences for several of Luleå’s fishing waters, access cards for guest harbours, city maps, books, postcards and souvenirs here. They can help you find accessible activities and destinations to visit if you use a wheelchair, walker or similar. There is also a wide range of brochures on Luleå and Swedish Lapland as well as on the rest of Sweden.

Welcome to the Luleå Tourist Centre, Kulturens Hus, Skeppsbrogatan 17
+46(0)920-45 70 00, turistcenter@lulea.se

IN RÅNEÅ there is an infopoint where you can find current event and tourist information for the Råneå and Luleå area. Here amongst other things, you can buy fishing and hunting licences, stamps and local crafts. You can also borrow books, read newspapers, use public computers and wireless internet.

Råneå Medborgarkontor och Bibliotek, Västerlångvägen 2, Råneå
+46 (0)924-575 00, mbk-ranea@lulea.se

AT FIRST CAMP you will find an Info Point located at the campsite reception desk. Also adjacent is the campsite shop where you can buy food, beverages and other tasty treats. At the Info Point you can also buy fishing licences for the district Luleå fiskevårdsområde (Luleå fishing conservation district), found just around the corner.

First Camp Luleå, Arcusvägen 110, Luleå
+46 (0)920-603 00, lulea@firstcamp.se
It’s easy to have fun here

With a city centre where most things are within walking distance, Luleå is the perfect place for fun experiences. It’s easy to get to various activities and our city map will guide you along the way. In summer, we offer a wide range of festivals, from music and food to Pride festivities. Come and visit, enjoy the fairground rides until you’re dizzy, get a dolphin balloon, listen to talented entertainers and taste locally produced fruit and vegetables.

The city map can be collected from the Luleå Tourist Centre in Kulturens hus or downloaded from: www.visitlulea.se

Free WiFi in Luleå

Free WiFi can be found in many council-run public facilities, such as Stadshuset (City Hall), Kulturens Hus, Luleå Energi Arena, Arcushallen, libraries and schools. If you wish to use council WiFi, connect to the network LK-GUEST. No login required, users must however agree to Terms of Use. Following the first connection, your device will connect automatically whenever in range of a council WiFi transmitter, as long as WiFi is enabled on the device.

Read more at www.lulea.se

The people of Luleå love music and during the summer months, live acts perform on several stages around town. Movits!, pictured above, are a Swedish hip hop troupe from Luleå, consisting of Johan Jivin’ Rensfeldt, Mördar-Anders Rensfeldt and Jocke ‘OneTake’ Nilsson. The group play a mix of jazz and hip hop.
Just outside Luleå you will find Gammelstad Church Town, one of Sweden’s World Heritage Sites on UNESCO’s list of places worth preserving. Gammelstad actually used to be Luleå’s town centre up until the 17th century. Then, land uplift made the Gammelstad harbour too shallow, which meant that in 1649 the town had to be moved closer to the coast.

Lulea’s history, however, began in Gammelstad. It was mainly the church, the largest late medieval stone church in Northern Sweden that served as a gathering place for the locals. Amazingly, the church was built in 1492, and is still standing to this day in the very same place.

Church cottages were built to house church goers who came from far away, as regular church attendance was mandated by law in Sweden. Today, there are over 400 church cottages preserved in Gammelstad Church Town and the tradition of staying overnight lives on.

www.lulea.se/gammelstad
**Guided tours**

**GAMMELSTAD CHURCH TOWN**
Daily guided tours in summer. An hour-long stroll through the narrow alleys of the church town. You will be visiting a church cottage and, unless it is otherwise occupied, also the beautiful Nederluleå Church.

*Book a tour at:* www.lulea.se/gammelstad/book

**THE HÄGNAN OUTDOOR MUSEUM**
At the Hägnan Outdoor Museum you will find farms from the 18th, 19th and 20th centuries. Come on a guided tour of Hägnan and discover the farms’ history. Selected times and dates available throughout summer.

*Read more at:* www.lulea.se/gammelstad

**AUDIOGUIDE: GO BY YOURSELF**
If you would like to go at your own pace, exploring the church town, the audio guide is perfect, with eight recordings detail the history of Gammelstad. Listening and following them on foot takes about an hour.

*Rent your audio guide at the Gammelstad Visitor Centre.*

**THE GAMMELSTAD VISITOR CENTRE**
In the midst of the church town, in the old 19th century chapel Betelkapellet, lies the Gammelstad Visitor Centre. Here you will find information about Gammelstad, brochures and maps. On the top floor there is an exhibition on the history of the Gammelstad Church Town and on the ground floor there is a small souvenir shop. www.lulea.se/gammelstad

**Tip!**
Enjoy a “fika” at Ullas Café, near the Visitor Centre in the midst of the Gammelstad Church Town. Indoor and open-air seating available.
A summer night in June. The countryside is bustling, green and blossoming. What could possibly be more suitable than a joyful, romantic comedy of errors out in the open?

The Hägnan Outdoor Museum

THE HÄGNAN OUTDOOR MUSEUM, located a stone’s throw from the church town, is well worth a visit when you are in Gammelstad. At Hägnan, you will get to see what life was like in a coastal village in this region between the 18th and 20th centuries. The museum contains buildings from all over Swedish Lapland, offering a rich, varied selection of activities and experiences for all ages. After enjoying a Swedish fika, a light snack and a beverage, at the Kafé Fägnan, a stroll through the outdoor museum will do you good. Or you could bring your own picnic basket and sit down on the grass. There is a lot to see and you mustn’t miss the store, where you will get to go back in time. The pigs, the goats, the rabbits and the hens are also popular amongst our younger visitors.

Tip!
If you would like to have something locally produced and typical of Luleå and Swedish Lapland, we recommend Shop in Lapland in the Gammelstad Church Town.
www.shopinlapland.com

TRADITIONAL EVENTS

FOLK MUSIC FESTIVAL
Folk musicians and dancers from Luleå Hembygdsförening (Local History Society) meet together with folk music aficionados from all over Sweden and our neighbouring Nordic countries. Many dress up in traditional Swedish costumes.

MIDSUMMER EVE
Luleå Hembygdsförening (Local History Society) will lead the festivities, dressing and raising the Maypole, there will be traditional games and dancing. In the area, you will find daisy-chain-making, haystack jumping, bread baking and pony riding.
More events: www.lulea.se/gammelstad

Summer theatre

AT THE HÄGNAN OUTDOOR MUSEUM

The Norrbotten County Theatre in collaboration with Luleå Theatre College and Luleå Rytmik & Balettförening (Rhythm and Ballet Association) bid you a warm welcome to the Hägnan Outdoor Museum and Shakespeare’s “A Midsummer Night’s Dream”, where preparations for the forthcoming wedding between Duke Theseus and Queen Hippolyta are underway. Theseus’ daughter Hermia is betrothed to Demetrius, but she is in love with Lysander. Hermia’s best friend Helena, however, is in love with Demetrius! It doesn’t take long for confusion to arise. And things get even worse when Puck arrives, bringing his magical love juice…
Purchase tickets through: www.norrbottensteatern.se

A summer night in June. The countryside is bustling, green and blossoming. What could possibly be more suitable than a joyful, romantic comedy of errors out in the open?
A well-preserved world

The Luleå Archipelago is part of the archipelago of the Gulf of Bothnia, stretching from Skellefteå in the south to Haparanda by the Finnish border in the northeast. The Bothnian archipelago is the world’s largest brackish water archipelago. The water is neither salt nor fresh, which affects the flora and fauna.

There are 1,312 ever-changing islands in the Luleå archipelago, shaped by weather and wind, midwinter cold and the magical summertime midnight light. This vast archipelago, near the city, is well-preserved and tranquil. An experience for everyone and for all the senses.

Those used to life in the archipelago often say that you leave everything behind on the mainland. Worldly things leave your mind and time itself slows down. Here, there is a fresh fragrance, an aroma of sea and not harbour. The weather shifts. Sun turns to summer rain and mirror-like waters become stormy seas.

Boat trips to the larger islands are accessible and comfortable. On Sandön you will find the popular Klubbviken, with its two entirely different sides: one idyllic and simple with sandy beaches, restaurants and fun activities, one untouched and facing the sea. On the tour boat you can reach the archipelago with islands such as Kluntarna, Småskär, Brändöskär, Hindersön and Junkön – islands which have been inhabited for hundreds of years. Fishermen’s cabins, light house keepers’ cottages, lighthouses and log chapels remain.

Travelling with your own boat, you can dock at one of Luleå’s guest harbours or choose a natural harbour and have an entire island to yourself. Hop from beach to beach and walk across islands. Fall asleep and wake up in a tent or cottage in the archipelago, to the sound of sea birds, waves and winds. Bright, tranquil nights or days of adventure. Experience the Luleå archipelago in your own way.

Shrimp Cruise
During a three-hour cruise you get to enjoy a shrimp buffet and entertainment, whilst travelling through Luleå’s beautiful archipelago. Alternatives to shrimp can be ordered when booking. The skipper will always choose a suitable route with weather conditions in mind.

SHRIMP CRUISE
www.laponia.se

Evening Cruise
Go on an evening cruise with the Laponia Shipping Company to Brändöskär. The boat will dock at the picturesque fishing camp and a guided tour of the island will be available. In addition to the beautiful natural environment, the chapel from 1774 is well worth a visit. Dinner is served and there will be accordion music and song.

EVENING CRUISE
www.laponia.se
SIX ISLANDS TO VISIT

Tour boats to the largest and most popular island destinations in the archipelago are available during the summer and autumn. You can choose between shorter day trips and longer tours with the option of staying overnight on one of the islands, in the archipelago cottages that are available to rent.

- **The M/S Stella Marina** is Luleå’s ‘bathing shuttle’, going between Södra Hamnplan in the city centre and Klubbviken Havsbad.
- **The M/S SymfoNi** departs from Södra Hamnplan and takes you from pier to pier between the islands in the archipelago. Light meals are served onboard. For more and faster transports to and from Hindersön there is a possibility to change to **Hilda by Hindersön** at Klubbviken.
- You can board **The M/S Laponia** at the Teaterkajen quay in Luleå’s North Harbour. Choose her if you wish to go on a cruise. The boat is well equipped and accessible for the disabled, with a restaurant kitchen, two lounges and a sun deck.

Read more at: [www.lulea.se/skargard](http://www.lulea.se/skargard)

**KLUNTARNA**
Luleå’s most popular archipelago island. Here, you can experience most of the different types of environment found in the archipelago by walking the beautiful hiking trails. Near Victoriaklippan, colloquially known as Kluntgubben (the Kluntarna Man) are remains from the foundations of the first fishing camps on the island. Also, don’t miss the labyrinths and the compass rose, the fields of shingle and the old harbour. The island has three cottages and two sauna facilities, as well as a nice harbour where you can moor your own boat.

**SANDÖN**
The largest island in the archipelago. Klubbviken sea bath is here with long, sandy beaches. You come here if you want to bathe, have a snack, dine or enjoy evening entertainment. Make time to take a walk along the footpath of the island and visit the shingle field at Lappmyrberget.

**BRÄNDÖSKÄR**
Brändöskär lies on the outer rim of the archipelago and is famous for its fishing camp, its chapel and the statue of Christ (by artist Erik Marklund). Picturesque boathouses line the beach whilst the cottages on the island are situated on the mountain. Here, there are also cottages available to rent.

**SMÅSKÄR**
The fishing camp on the island has long played an important role in Luleå’s history and has been around since the 16th century. There are several smaller beaches here and also a rich bird life. Around 40 species of breeding birds and grey seals are often visible west of the island. The chapel at Småskär was built in the 1720’s, making it the oldest in the Luleå archipelago. There are two cottages available to rent here, as well as a sauna.

The archipelago is amazing and really something you should experience. Luleå Tourist Centre will help you with information on how to get there, things to consider when visiting and how to rent cottages that are property of Luleå Council. They also have great tips on experiences and activities. Call them on: (+46)(0)920 45 70 00.
Rent a cottage
There are twelve cottages available to rent in the Luleå archipelago, spread out across islands with different characteristics. Barren landscapes and shingle fields, contrasted with old-growth forests and sandy beaches. The cottages have 4-10 beds and there are sauna facilities with common rooms available.

Read more and make a reservation at: www.lulea.se/skargard

Borrow a rowing boat
From Tjuvholmssundet on the mainland you can row a short way over to Sandön. Follow trails across several archipelagic islands. Pick berries and mushrooms. Listen to the sound of the waves.

You can borrow the keys to the boat in exchange for a refundable deposit, at the Luleå Tourist Centre in Kulturens Hus.

Klubbviken Havsbad
The tour boats M/S Stella Marina and M/S Symfoni have daily departures for Klubbviken. Here, you will be met with happy smiles and a well-filled event calendar. At the restaurant you can enjoy quality food and Swedish fika. You can play beach volleyball and miniature golf, or rent a kayak or a pedal boat. For the youngest, there are playgrounds and the beach kiosk has ice cream, soft drinks and candy for sale. Klubbviken hosts many activities, evenings with live music and Sandön’s own running race, Tuffa Timmen (the Tough Hour).

www.klubbviken.se

Explore Sandön by fatbike and kayak
Sandön is the largest island in the Luleå archipelago. On the northeastern part lies the Klubbviken Havsbad (Sea Bath) with a restaurant and cottages – making it a good starting point for exploring the archipelago on your own. An easy way to discover the island, both out at sea and on land, is to book a boat transfer package, departing from Luleå’s South Harbour. The package includes two nights of lodging on the island, including breakfast, lunch and dinner, as well as fatbiking and kayaking, including safety equipment.

Read more and book through: www.klubbviken.se
THE LULEÅ ARCHIPELAGO

There is much to experience and discover amongst all the islands. The flora and fauna of the archipelago is unique. Here you will find roe deer, elk, sea eagles and reindeer left behind after grazing on the islands in winter. On the outer rim, seals are an increasingly common sight. Cloudberries, sea buckthorn and arctic raspberries grow here and you can feel the fragrance of heather, clay and Bothnian field wormwood. Out on Hindersön, you can spot the rare eyebright Euphrasia bottnica, found nowhere else in the world.

In our kayaking guide you will find more sights to see and things to do. Here, we describe paddle routes of varying difficulty, in the Luleå and Rånea area. The routes are grouped into three levels of difficulty: easy, intermediate and hard. The guide contains suggested routes as well as tips for newcomers and experienced paddlers alike.

You can pick up a copy of the kayaking guide at the Tourist Centre or download it from: www.visitlulea.se

WITH A GUIDE OR ON YOUR OWN

You can hire equipment from, or book guided tours, with the following companies:

BRÅNDÖN LODGE
www.brandokonferens.se

CANOE ADVENTURE NORTH
www.canoeadventure.nu

CREATIVE ADVENTURE
www.creative-adventure.se

EXPLORE LULEÅ
www.explorelulea.com

FIRST CAMP
www.firstcamp.se/lulea

FRILUFTSFRÅMJANDET
www.friluftsframjandet.se

KLUBBVIKEN HAVSBAD
www.klubbviken.se

LULEÅ KAJAKKLUBB
www.luleakajakkubb.bd.se

LAPLAND ARCHIPELAGO ADVENTURES
www.laplandarchipelago.com

ÄVENTYRSBUTIKEN HÄGGLUNDS
www.aventyrsbutiken.se
Paddle surfing

SUP (STAND UP PADDLING)
Rent a paddleboard and explore the surroundings of Sandön in the Luleå archipelago. There are many good spots to stop and swim, enjoy a snack or just have a break.

Lapland Archipelago sets up shop at the Klubbviken Havsbad a couple of days per week, offering paddleboard, paddle and life vest hire. Everything you need for a pleasant trip out on the open sea.

www.laplandarchipelago.com

Floating meeting places in the Luleå Archipelago

Riverrafters’ sauna raft is much more than just a sauna. All year round, Bengan’s Sauna Raft lies anchored in Stensborgsviken in the Luleå archipelago, about 15 minutes by boat from the South Harbour in central Luleå. Aboard the raft, Bengan and his crew will be taking care of you and your company. Here you can have a wood-fired sauna, take a dip in the sea or just enjoy the environment and eat a great meal.

www.riverrafter.se

Aboard the Luleå Paintball sauna raft, you are guaranteed to have an amazing night. You can cool down with cold beverages on the sun deck, light up the grill and look out over the beautiful Luleå cityscape. The sauna raft accommodates a maximum 15 passengers and has changing rooms, a sound system, a sun deck, a water heater, eating spaces and a coal grill. You can also book a combination of other activities such as paintballing, jet-skiing and wakeboarding.

www.luleapaintball.se
LULEÅ’S BEST BEACHES AND BATHS

1 Göltzauudden  
A perfect place for families with children and for young people. There is a pirate ship and a volleyball court. The scenic Göltzauudden, within walking distance of the city centre, with a playground, a café and toilets.

2 Svartöstan  
A well-preserved, centrally located gem, found just outside the old mill town and mostly frequented by the locals themselves. The nicest beach is the one surrounding a beautiful old stone pier, stretching out into the clear bathing water of the river. Swim in pleasantly shallow water or lie down and look at passing boats.

3 Tjuholmssundet  
An untouched oasis in the archipelago, close by and accessible by boat.

4 Lulviksbadet  
Nice, well-maintained and spacious, with large lawns and barbecuing opportunities. Part of the beach is a designated nudist beach.

5 Kvarnträsket  
Cosy, hidden away in the forests outside Bergnäset.

6 Brändön  
Child-friendly, at a scenic archipelago location, with a kiosk, café, restaurant and grilling pits. Firewood available for purchase. Sauna, kayak and pedal-car rental.

7 Niporna  
Karlsvik’s very own gem. Close to the Arcusbadet bath, the campsite, First Camp and a charmingly cozy café. You are sheltered by a steep, sandy hillside behind you. Narrow beach with clear water and a fantastic view of the river.

8 Lulsundet  
Nice and central. Popular family beach with large green areas and parking near the beach.

9 Storsand  
Wide sandy beach with shallow bath near Storheden shopping area. Child friendly and convenient and at the same time genuine and a beauty spot.

10 Klubbviken Havsbad  
Klubbvikens Havsbad offers good overnight accommodation, daily boat tours, a guest harbour and a wealth of activities in which to partake.

11 Rörbäcksbadet  
Rörbäcksbadet is located on a peninsula in Jämtön north of Råneå. There is a camping site here and Luleå municipality’s easternmost mainland port which can handle relatively large boats and has a guest harbour. The bath has a fine sandy beach and is suitable for younger children as it is shallow.

12 Arcusbadet  
The popular Arcusbadet is located at First Camp Luleå and entertains both young and old. There is a great adventure bath with a wave machine and a long waterchute. There is a barbeque restaurant, kiosk and dressing rooms in the area, showers and open-air showers.

13 Aronsbadet  
Aronsbadet is a bath without entrance fee at Örnnäset. There is a pool with a waterchute and a small children’s pool. The kiosk sells sausage, ice cream, snacks, candy and beverages.

14 Rånepoolen  
Rånepoolen is a tempered open-air bath with pool, waterchute, children’s pool, kiosks, dressingroom, large grass lanes and areas for play that offer great relaxation during hot summer days. Adjacent to the pool is a tennis court and an artificial turf pitch.
In summer Södra hamn (the south harbor) turns into an oasis in the city centre. Södra strand is a place of life and movement; for adults and children. It has a sandy beach, kiosk, barbeque areas, a stage for local talent, table tennis tables, areas for volleyball and street basketball and place for play. Sit under an umbrella and let the kids play, or rent a kayak and experience the city bays.

Sand between your toes and heated outdoor pools

On warm days in June, July and August, it’s almost mandatory to dip your toes in the ocean. Born again, you can run up onto the beach, lay down under the sun and relax. Or sneak out in the middle of the night for a swim in the light summer night. A luxury that can’t be found in many other places! Do you prefer the heated outdoor pools, there are several kid-friendly versions for seven days a week.
LULEÅ OFFERS PLENTY OF ACTIVITIES to fill your days with and our natural environment is something you simply have to see.

Lulea is a coastal city with water in reach wherever you turn. We are close to our beautiful archipelago but also to the rivers that surround the city. In the Råne River, fishing is often good, regardless of whether you’re after the salmon in the northern parts of the river or the pike, closer to the coastal mouth.

The Råne River is the largest forest river in Sweden and one of the few not developed for hydroelectric power, with long stretches running through untouched nature. However, the Råne River has many faces – in some spots the flow of water speeds up and the otherwise calm fishing and canoeing river turns into a perfect place for whitewater rafting.

There is a lot to explore on land too. Our many, long hiking trails are great for those who wish to explore the flora and fauna. The Hertsöleden trail, exiting at the Ormberget recreation area, as well as the mighty boulder ridges of the Bälingeberget mountain, are two favourites amongst hikers.

More and more people choose fatbiking instead of hiking these days. This eye-catching bicycle with abnormally wide tyres will take you across sticks and stones, mires and sand. Exploring Lulea’s natural environment on a fatbike is a perfect way to get around, simultaneously providing an injection of adrenaline.

Climbers have great options for satisfying their needs at Snipen in Niemisel and Kvarnberget on Brändön where the inland ice sheet has moved large boulders to the coast – perfect for bouldering.

Our summer lasts for 100 days with no night, a natural environment that never sleeps and experiences that never end.
Avans gårdbutik
Between Luleå and Boden, on the south side of the Lule River, lies Avans gårdbutik. On the farm, there are about 30 Gotland Pelt ewes. In the shop, you can buy pelts, yarn, handicraft and in the autumn there is also fresh lamb. The Swedish Lapland cousin of oilseed rape, turnip rape, also grows here. Turnip rape is nourished by the long, bright summer nights which give the oil its taste. Use it for baking, cooking and salads. It is also useful as a massage and body oil.
www.avansgardsbutik.se

Bondgården Bälinge
The Bälinge farm is newly established, located about 15 km outside central Luleå, along the Route 616 tourism road*. A shop, accommodation and a restaurant are under construction at the farm. Note! This summer, there is only the possibility of receiving larger groups to visit them.
www.bondgardenbalinge.se

Hertsö Organic Farm
Close to flourishing allotments, at the far end of the Hertsön residential area, is Hertsö Miljögård (Hertsö Organic Farm). There are sheep, rabbits, pigs, hens and nice barbecuing sites here. The café at Storgården serves homemade pastries, sandwiches and waffles. The farm has a garden of its own and the surrounding forest areas are wheelchair accessible. There are several trails, like the Health Trail, just nearby. Please note: the café doesn’t take credit cards.
www.lulea.se

Cape Wild
Cape Wild is a newly established wilderness centre located about 10 km outside central Luleå, just south of the Lule River. Construction is underway, but already the elk Zigge and Zebbe lives in the midst of the lush forest. Note! This summer, there is only the possibility of receiving larger groups to visit them.
www.capewild.se

TWO UPCOMING destinations NEXT SUMMER

*Route 616 is a scenic, 33 kilometre route on the southern side of the Lule River, between Luleå and Boden. Here you will find a number of nature reserves and destinations, as well as a wide array of small businesses selling products and services.
Climbing and bouldering

Approximately 60 km north of central Luleå, west of the village Niemisel in the northern parts of the municipality, you will find climbing to suit everyone, it does sound a bit of a cliché, but in this case it really is true. The **MTV Wall** is approximately 25 metres tall and located on the mountain, Snipen, an absolute must for climbers in northern Sweden. Here you will find 36 named climbing trails with fixed bolts and top anchors. If you are an experienced climber, the trail, **När lammen tystnar** (The Silence of the Lambs) is for you. For those of you who are newcomers, there are several easier climbs. If bouldering, free climbing across larger boulders, is your cup of tea – we recommend you visit Kvarnberget, about 100 metres away from the Brändö Lodge, where large boulders, deposited by the inland ice sheet, stand ready for climbing. Here you will find about 65 different boulders of varying difficulty, from the awe-inspiring ‘Psycho’ to the friendlier ‘Tintin in Tibet’.

www.luleklattrarna.se/utomhusklattring

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Upzone – adventure at high altitude!

Upzone is Luleå's new high-altitude obstacle course, opened in the spring of 2018. Here, you can challenge yourself amongst the treetops by walking between the trees and whizzing along ziplines. The courses vary in difficulty and are fun for all ages. The adventure begins with a safety demonstration before you ascend the courses. Please be assured that you will always be supervised by trained instructors. This means that you can relax and enjoy the surroundings. A full body harness, helmet and gloves are provided on location. You just need to bring suitably sturdy clothing, closed shoes, a positive mindset and a lot of willpower!

www.upzone.se/lulea
Camping in a tree tent
Experience a night in midnight light, in a tree tent at the Klubbviken Havsbad, on Sandön in the Luleå archipelago. Head out to Klubbviken with your own boat or on a tour boat and enjoy the tranquility amongst the treetops. Each tent accommodates up to three people. There are also other activities available to try. You can for instance rent kayaks, stand-up paddleboards and fatbikes.

www.laplandarchipelago.com

Gammelstadsviken
A couple of hundred years ago, Gammelstadsviken was a bay. Here, cargo boats sailed into Luleå Harbour, then located outside the Gammelstad Church Town. Today, it is a lake, whose only traffic consists of animals – and mainly birds. You will have to travel almost 1,000 kilometres to the south to experience a bird fauna rivalling that of Gammelstadsviken. Examples of returning guests at the lake are whooper swans, Canada geese, ospreys, robin redbreasts and hazel grouse. You can easily find your way here from the car park of the Hägnan Outdoor Museum, where a pleasant trail with footbridges has been prepared for hikers. It is an absolute must for bird-watching enthusiasts and an excellent destination for those who wish to experience the beautiful countryside and go on a light hike.

Go berry-picking
Blueberries and arctic cranberries, northern Sweden’s most common berries in the wild, are easy to find and many know their distinguishing features and taste. However, we would like to tell you about two other berries that you should know about – because they are simply magnificent.

Arctic raspberry:
Nothing like the regular raspberry. Flavoursome, with a sweet aroma, found by beach meadows, open meadows and ditch banks. Pick them one by one or you risk mashing the berries.

Sallow thorn:
A peculiar bush, growing on areas of land uplift out in the archipelago. The berries are rich in vitamin C and a delicious ingredient in jam, marmalade or beverages. Pick them carefully, – the berries are very brittle and the bush grubby.

Top 10 BIRD-WATCHING LOCATIONS
1. The farm fields at Alvik
2. Ersnäsfjärden
3. Hertsöfjärden
4. Gammelstadsviken
5. Mjölkuddstjärnen
6. Persöfjärden
7. Likskärsbanken
8. The Kallax beach meadows
9. Rödkallen
10. Kluntarna
Hiking in Luleå is almost like strolling through the history of this unique city. For instance, you can begin by hiking across the large shingle fields on Bällingeberget—the first spot to rise from the sea, following land uplift after the recession of the inland ice sheet. At the time, Bällingeberget was just an islet in the middle of the sea and the waves shaped the rocks that now make hiking on the mountain a fascinating experience.

Continue through the history of Luleå by visiting the place we now call Gammelstad Church Town, a UNESCO World Heritage Site and once the centre of Luleå, before the city was moved in the 17th century. Today, it is a popular tourist destination and there are also many rare birds in the area. Here, you can hike on what was once the seabed, now a beautiful forest with pleasant walking paths.

When you have made your way to the modern city of Luleå, on the peninsula by the coast, you will find many other amazing areas to explore on foot. When people moved here in the 1600’s, they also began exploring the surroundings. This helped create several excellent hiking trails near the city centre, such as one of the locals’ favourites, the trail around Hertsöträsk.

Luleå has a lot to offer hikers. We have collected our favourite destinations and we hope you will enjoy them just as much as we do.
IN LULEÅ, WE CYCLE EVERYWHERE AND ALL YEAR ROUND. In summer we take our bicycles no matter where we’re going, no matter what time of day it is. The midnight light allows us to enjoy one of Sweden’s best cycling cities 24 hours a day.

As we leave the city, cycling roads turn into trails and we love navigating our beautiful surroundings on a mountain bike. Whether it is for exercise or for leisure matters less to us, we have plenty of both. Even when the terrain gets rough or the snow and slippery roads of winter make things more difficult, we saddle up, because in Lulea there are many fatbike cyclists. Our love of this odd bicycle has a lot to do with the freedom it gives us – neither sea ice nor marshlands can stop a fatbike.

We cycle to work, we cycle for fun, we cycle for exercise and we cycle to discover. It’s part of our everyday life here in Lulea. In order to let you participate in this fine culture, we want to share some of our best tips for those of you who wish to go cycling but might not know where to go. The aim of our guide is to let visitors and locals alike find joy in cycling around our city.

Choose the type of bicycle that suits you best and go explore Lulea. For that purpose, exploration, a bicycle really is the best mode of transportation. It will take you anywhere in this city.
Fishing guide

1. SALMON
2. RAINBOW TROUT
3. ARCTIC CHAR
4. ZANDER
5. WHITEFISH
6. GRAYLING
7. TROUT
8. SEA-RUN TROUT
9. PERCH
10. PIKE
11. EUROPEAN CRAYFISH
12. VENDACE (COMMERCIAL FISHING)

This is where the fish bites:

1. TOWARDS BODEN
2. E4 TOWARDS HAPARANDA
3. CENTRAL LULEA
4. MITT I T JÄRN
5. HOVLÖSSJÖN
6. RÅNEÄLVEN
7. BODEN
8. HERT SÖT RÄSKE T
9. STORA STENTRÄSK
10. TÖRNEÄLVEN
11. AVAFORS
12. FISHING IN THE ARCHIPELAGO

DESTINATIONS OF SWEDISH LAPLAND

LULEÅ
**THE LULE RIVER.** Good salmon and trout fishing in the Gäddvik area. Perch, pike and whitefish can be fished from the city beaches, or by boat out in the open archipelago. In winter, many people go ice fishing on the ice surrounding the city. The best way to catch both perch and get a tan.

**THE RÅNE RIVER.** offers varied fishing. Large pike are not uncommon, especially near the river mouth. Salmon, trout and grayling are also found here. Higher up the river, you can also find zander. Perch are of course found throughout the length of the river. Also, do not forget the crayfish premiere in August! Sport fishers will find a number of pleasant tributaries of the Råne River, with good grayling and trout. Wild salmon is the largest fish you can catch here, however. Trout are protected all year round in the Råne River. However, at the river mouth and out at sea, fishing is permitted.

**LAKE HOVLÖSSJÖN.** The largest lake in the Luleå region has a strong trout population. Trolling is recommended here.

**LAKE HERTSÖTRÄSKET.** Lake near the city, with introduced rainbow trout. The lake also has pike and perch. Ice fishing in winter.

**LAKE STORA STENTRÄSK.** Lake in the northwestern corner of Luleå Municipality with introduced fish, rainbow trout and Arctic char. Good ice fishing in winter.

**LAKE MITTITJÄRN, NIEMISEL.** Smaller lake near Niemisel in the Råne River valley with introduced fish.

**LAKE METTRÄSKET, JÄMTÖN.** Lake a few kilometres north of Jämtön, with introduced rainbow trout.

**THE ARCHIPELAGO.** The Luleå archipelago offers interesting fishing. Here you will find large pike, as well as perch, whitefish, grayling, salmon and trout. Away from the river mouths, rod fishing is unrestricted, no licence is required. The river mouths and shallow waters close to some of the islands in the archipelago are best for pike. The outer parts of the archipelago offer good grayling fishing. The experience is something quite extraordinary to fly fishers, as the whole sea appears to boil. In autumn, vendace is fished for its roe. Kalix vendace roe is a famous delicacy. Ice fishing for perch, whitefish and grayling works well in the archipelago.

**GOOD TO KNOW.** Please take care to ensure that you are fishing in permitted waters and have the right licences. Respect local regulations, such as the permitted number of fish, minimum measurements and salmon gill tags. More information available at the Tourist Centre and local service providers.

**GET A FISHING LICENCE.** For fishing in the Råne River – buy a licence at the Råneå Sörsidan petrol station. You can also buy a licence online, through Sportfiskarna. For several of Luleå’s fishing water and Hertsöträsk you can buy a licence at the Luleå Tourist Centre.

**THREE FINE FISH YOU HAVE A CHANCE TO CATCH**

*There are many places to fish in Luleå. There are rivers with rapids and still waters, lakes with artificially introduced fish, and ocean fishing. The most common species are salmon, pike and perch.*

**SALMON** *(Salmo salar)*
A luxurious kind of game fish. A challenge for any fisher, the salmon is a strong and fighting fish.

**PIKE** *(Esox lucius)*
The fish considered a delicacy by some and an awful creature by others - tasty if prepared in the right way.

**PERCH** *(Perca fluviatilis)*
Probably the most common fish in the Luleå region. Flavoursome fish, a classic delicacy amongst the locals.
IF BOTH CHILDREN AND ADULTS were to tire of sun, or if the weather gods are in a bad mood, there are plenty of indoor activities in Luleå. Have a day full of learning at Teknikens Hus (The House of Technology) where you can take a guided tour into an underground mine or land an aeroplane. Jump and play around using all that stored-up energy at Leo’s Lekland and 360 Trampoline Center, after shopping at Storheden, or you can challenge the children to pool and bowling at O’Leary’s. If that’s not enough, the city has several indoor swimming pools. Before long, everyone will be ready for more outdoor living.
The F 21 Aviation Museum
The aviation museum is located outside the gates of the Norrbotten Air Wing. Exhibitions describe the air force from its beginnings in the 1940’s. Aeroplanes and helicopters as well as rescue vehicles, radar stations and air surveillance towers are on display. Inside the museum there are many different sections with pictures, gadgets and models. There is also a Viggen fighter jet simulator here.
www.flygmuseetf21.se

Norrbottens Järnvägsmuseum (Railroad Museum) is one of Sweden's largest railroad museums, located in a scenic area in the old industrial town of Karlsvik, 6 km from central Luleå. The main focus of the museum is to preserve and display artefacts from the Malmbanan (Iron Ore Line), however, there are also vehicles, buildings and other objects collected from various places across northern Sweden. During the summer, scheduled museum trains run on the Gammelstad-Karlsvikshyttan railroad.
www.nbjvm.se/sv

Teknikens Hus
Sweden's northernmost science centre. A popular place to visit for families, often across several generations. Discover the technology that surrounds us, explore together or by yourself.
www.teknikenshus.se

360 Trampoline Center
An adventure quite out of the ordinary. In addition to all the attractions you will find both party rooms and corporate conferencing rooms, as well as a section where you can relax and enjoy a Swedish fika. The activities at the trampoline park are aimed at all age groups.
www.360trampolinecenter.com

Leos Lekland
Large indoor adventure centre for children. Lots of space for fun, games and adventures, for children aged 1 and older.
www.leosleklanand.se

Padel 365
Here you can play padel and golf 365 days a year, 24 hours a day. Inside the hall there are two padel courts, a golf simulator, separate dressing rooms for men and women as well as a shared sauna. Bookings and payments are handled online.
www.padel365.se

Spelkällan
A game and hobby shop as well as a meeting place for families, passionate gaming geeks and anyone who is interested in non-digital games. The shop is located behind the fire station. Here you will find games to borrow and a wide assortment available to buy.
www.spelkallan.se

Pontusbadet
Pontusbadet is a charming swimming complex featuring 1950’s style architecture, focused on various forms of swimming exercises and competitive swimming.
www.lulea.se/pontusbadet
ALCATRAZ
Luleå’s latest experience centre is the namesake of the infamous Alcatraz prison outside San Francisco, USA. Here you will find: go-karts, VR games, laser games, paintball, spa, bowling, a flea market and the “Prison Island” – a challenging adventure where you solve puzzles inside prison cells. Whenever you get hungry or thirsty, there is a food court offering a wide selection of food and drink and fully licenced too. There is no entrance fee at Alcatraz, you pay for any activities in which you choose to participate.
www.alcatraz.nu

PETANQUE AND EXTREME SPORTS HALL
There is a petanque and extreme sports hall in the Örnäset residential area. Here you will find a hall with a number of petanque lanes and an extreme sports hall for skateboarding, BMX, inlines and kickbikes. The petanque hall has ten lanes, compliant with national and international professional standards. The extreme sports/skateboard hall is an indoor hall for skateboarding, BMX and inlines.
www.lulea.se
Fun with history, art, culture and science

when you ask the people of Lulea what they like most about their city, the wide selection of cultural events tops the list, unsurprisingly, when you take a closer look at what Lulea has to offer as a city of culture. The Norrbotten County Theatre was Sweden’s first county theatre when it was founded 50 years ago and to this day it continues to offer both locals and visitors a range of high-quality cultural performances. In recent years, Kulturens Hus, Lulea’s temple of culture and music, has improved the range of options even further. If you are interested in the history of Norrbotten, we can recommend a visit to the Norrbotten Museum.

EBENESER
The old ochre yellow Ebeneser Church on Storgatan is one of few examples of large scale Art Nouveau architecture in Luleå. It is now home to the Ebeneser Cultural Association, offering a multicultural range of activities in an inspiring café environment. Ebeneser is a meeting place for culture enthusiasts and has an open stage for both spontaneous and planned events.
www.ebeneser.nu | www.rekommenderas.coop/lulea

KULTURENS HUS
Its location gives Kulturens Hus a panoramic view of the North Harbour. The three-storey building houses the city library, an art gallery, the Tourist Centre, conferencing facilities, concert halls, as well as a café and a restaurant. Here you will find a wide range of various cultural and musical events. The art gallery displays contemporary art, mainly from Sweden but also from other countries. Here you can even find lectures, workshops and guided tours.
www.kulturenshus.com

NORRBOTTENS MUSEUM
The Norrbotten Museum has exhibitions and documentary films from Norrbotten on display, as well as programmes for both children and adults. There are also play rooms for children at the museum, as well as a café and a shop.
www.norrbottensmuseum.se

VETENSKAPENS HUS
What used to be the city’s old post office is now home to Vetenskapsens hus, closely connected to Luleå University of Technology. The large, airy meeting space hosts open, popular, science exhibitions on a range of subjects. The building is intended for public use and is an open place for meetings.
www.ltu.se/vetenskapsenshus
Time to go out and about

By the North Harbour you can enjoy the best evening sun. If you would like to be out on the water, Bistro Bar Brygga is the perfect option. This large boat with a barge has both a restaurant and a nightclub. The White Guide listed restaurants Bistro Norrland and Hemmagastronomi also have open-air seating with a view of the water.
To eat out, or to eat out, that is the question...

To eat out has two different meanings in Luleå. Treat yourself and visit one of the local gourmet restaurants, where skilled chefs cook local ingredients, offering you a taste palette from Swedish Lapland. You simply have to eat the delicious, nutritious game, reindeer and elk that have lived in the wild, enjoy game fish that have swum in pure, clear waters and let yourself be seduced by blueberries, cloudberrries, arctic raspberries and lingonberries that have ripened in the midnight sun.

To eat out also has a different, more literal meaning here in Luleå—when the food is served outside. Nothing tastes quite as good as a meal cooked over an open fire, especially when it rounds off a day of great outdoor activities. A muurikka, a large griddle pan, is often used to cook suovas (smoked reindeer meat) or palt (Swedish potato dumplings). And be sure to drink pot boiled coffee. The pot boiled coffee is something of a specialty and a signature beverage in the region. It is served hot in a wooden cup, strong and black—it will warm you and sharpen your senses.

If you’d rather enjoy a latte in a café setting, sit back and feel the city pulse, you have come to the right place. There are number of nice cafés and patisseries to choose from.

One thing is for sure: good food and good company are two important parts of the Luleå experience. Welcome to the table!
Local culinary dictionary

**MUURIKA:** Portable griddle pan, reminiscent of a wok, suitable for cooking outdoors over an open fire.

**PALT:** Balls/dumplings made with potato, flour and salt, and, depending on the chef, maybe filled with salted pork. Served with butter and lingonberry jam. If you eat too many, you will become drowsy, or as the locals would say, end up in a palt coma.

**SURSTRÖMMING:** Fermented Baltic herring, served with boiled potatoes and onion, rolled in flatbread. The smell when opening the can is very peculiar but the taste is known to be far more pleasant, mainly salty.

**KAFFEOST:** Coffee cheese, also known as Finnish squeaky cheese, for the squeaking sound it makes between your teeth when diced and submerged in a hot cup of coffee, instead of pastries. Also makes a good dessert, lightly fried with warm cloudberries.

**GÅHKKU:** Chewy Sami flatbread, preferably made on a muurikka. Closely related to the other Swedish flatbreads klådda and glödkaka (lit. ‘ember cake’).

**SUOVA:** Lightly smoked reindeer meat, often salted for preservation. Excellent for outdoor cooking.

**TJÄLKNÖL:** Frozen wild game, cooked as a steak, on a low heat for many hours, then placed in a salty brine and refrigerated for a few hours before being served as cold cuts.

**KÅSA:** Traditional drinking or serving container made out of wood, for drinking coffee out in the forest.

No taste to waste

**IN LULEÅ**

The people of Luleå like their Fika and are of course happy that Börje Olsson Konditorier, Friends Fika & Food and Café la Vache are listed in this year’s White Guide!

**Börje Olsson Konditorier**

The well-renowned bakery, established in 1958, serves good coffee, fresh, hearty sandwiches and pastries of their own production. In their newly renovated facilities on Storgatan, inside the Smedjan mall, you will find an extended assortment with light food, wine and beer. There are also plenty of options for those who have allergies.

www.borjeolssons.se

**Friends Fika & Food**

At Friends Fika & Food you can meet with friends regardless of whether you’re feeling peckish for a fika, hungry for a pleasant lunch whilst out shopping, holding a business meeting or attending an after work event. The goodies from the fika counter are delivered daily from their own bakery and the assortment varies by season and according to the baker’s current inspirations. Do try it together with a glass of bubbly.

www.friendsfikafood.se

**Time for ‘fika’**

**CAFÉ CONDIS**

www.cafecondis.se

**CAFÉ NOUVEAU**

www.cafenouveau.se

**CAFÉ LA VACHE**

www.cafelavache.se

**CAFÉ MAT & PRAT**

www.matoprat.se

**CAFÉ REKOMMENDERAS**

www.rekommenderas.coop/lulea

**ESPRESSO HOUSE**

www.espressohouse.com

**LE CROISSANT**

www.lecroissant.se

**WALLSTENS CAFÉ**

www.facebook.com/WallstensCafé

**WAYNE’S COFFEE**

www.facebook.com/wayneslulea

**Kolarens café**

Welcome to Kolarens Café, a cosy, rural favourite amongst campsite guests and locals alike. Enjoy the scenic location with a view of both Niporna and the Lule River. Here you can also meet sheep, grazing on the meadow near the café.

www.lillaskafferiet.se/kolarens-cafe/

**MORE SUMMER CAFÉS**

www.visitlulea.se
Luleå has a wide, exciting and steadily expanding range of restaurants and cafés. Here you will find everything from local Swedish Lapland delicacies to international food from all over the world – often based on local ingredients from the nearby wilderness and farms. The White Guide lists the best restaurants and cafés in Sweden – and 10 of them are in Luleå.

RESTAURANTS

VERY HIGH STANDARD
- Hemmagastronomi
  www.hemmagastronomi.se
- Restaurang CG
  www.restaurangcg.se

HIGH STANDARD
- Bistro Norrland
  www.bistronorrland.se
- Jazzmatsalen
  www.jazzmatsalen.nu
- Kitchen & Table
  www.kitchenandtable.se
- Villgot Lokal & Mat
  www.villgot.se

ALSO GREAT PLACES
- Cook’s Krog
  www.cookskrog.se

CAFÉS
- Börje Olsson Konditori
  www.borjeolssons.se
- Café la Vache
  www.cafelavache.se
- Friends fika & food
  www.friendsfikafood.se

Local and global

The people of Luleå do not only enjoy local delicacies. The city also offers flavours from all over the world. Below, a few tips on what to try here.

BASTARD BURGERS
While they do cook their burgers with ingredients from Swedish Lapland, their flavour and atmosphere is firmly rooted in street food culture. Flavoursome, hip and well made fast food.
Facebook: Bastard Burgers

TAPAS DE PAPÁ
When Spanish tapas came to Luleå, it was love at first sight. Here, you serve yourself and pay at the end of the evening. A social way to eat – perfect for sharing with your friends!
www.tapasdepapa.se

VILLGOT LOKAL & MAT
The menu is based on the concept of Nordic Fusion – an exciting interplay of local ingredients and trends with flavours and cooking methods from other countries and cultures.
www.villgot.se

SUSHIBAR & RÄVARA
Order from both kitchens and eat together in the shared dining hall. Sushibar serves both classic Japanese dishes and local specialties. Salladsbar has salads with a local, yet international flavour.
www.sushibar.nu

TAVERNA GUSTO
An Italian restaurant with two different sections. Neapolitan pizza on one side and classic pasta dishes, bruschettas and an Italian 3-course menu on the other.
www.tavernagusto.se

KOI KITCHEN & CAFÉ
Join us for a flavour journey through Vietnam and Asia. With our selection of street food courses you will have the same authentic experience as you would in a food market in Hanoi.
www.koikitchen.nu

PICHCONS
Pinchos is a unique, app-based restaurant concept, offering a wide range of small courses from all the world’s cuisines, everything from Spanish quesadillas to Asian dumplings, Hungarian steak on a plank and French Crème brûlée.
www.pinchos.se

TACO BAR
Here you will find everything from classic Nachos De Luxe and Soft Tacos with a range of fillings and flavours, to quesadillas and enchiladas. Enjoy right here, or order a takeaway.
www.tacobar.se
If you like music and hanging out with friends, there are plenty of places to enjoy. We will guide you through a local bar crawl:

We will start at the top of Storgatan at Restaurant CG, with a wide selection of gin and rum based drinks. How about a Hemingway Mojito?

Continuing down Storgatan, at Elite Stadshotellet, you will find The Bishop’s Arms, with Luleå’s largest selection of beer and whisky. Try their own beer, from Luleå’s only microbrewery pub, or participate in their beer tastings.

Then we will take a detour down to the North Harbour and Hemmagastronomi where the cocktail bar is open from the afternoon until late at night.

In a harbour warehouse further down you will find Bistro Norrland and here you can also treat yourself to a drink if you are visiting the Norrbottensteatern theatre next door.

Back on Storgatan again, we visit Invit Bar X, serving new cocktails and old classics.

Next stop is Wallstens Café for a good cup of coffee, a glass of wine or a beer.

If you are aiming for the stars, take another detour to Luleå’s only sky bar at Clarion Hotel Sense across the street from Kulturens Hus. Enjoy a good cocktail with a fantastic view of the rooftops and Luleå’s North Harbour.

The crawl nears its end as we return to Storgatan, dropping in to Hotell Savoy and Jazzmatsalen. There, you can relax with something from the bar whilst listening to your favourite music.

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**Hungry for food and sport?**

Here you can satisfy your cravings, watch live games or challenge your friends:

- **O’Learys** – an event arena with a bowling alley, an arcade games room, pinball machines, air hockey, pool tables, shuffleboard, stands, a restaurant and a dance floor. Open-air seating on the roof!
  
  www.olearys.se/lulea

- **Allstar** – the fabulous sports bar, serves Junk Food Deluxe for the whole family – even the youngest. You can get active in a game of pool or shuffleboard, or watch a game on one of the many TV screens.
  
  www.allstarbar.se/lulea
Hidden gems

**KALLAX GÅRDSBUTIK**
Here you will find interior decoration, beautiful new things, charmingly worn ones and items of our own design. Enjoy a fika at the cozy farm café, weather permitting you can sit out in the garden or on the veranda. Buy hand-picked delicacies such as: crowberries, blueberries, cloudberries and spruce shoot syrup, sallow thorn marmalade, arctic raspberry and cloudberry jam, vegetables fermented in lactic acid and handmade candy. Discover the beverages, *Flowering Queen-of-the-meadow* and *Midnight Sun Sangria*.

www.kallaxgardsbutik.se

**LILLA SKAFFERIET**
The café offers sweet fika, healthy fika and lunchtime salads. The organic coffee is brewed, the cups are flowery and the kitchen sofa is ready. The bakery provides sweet bread, pastries, sandwich layered cakes and raw food. The meat counter offers everything from classics such as marrow bones, to dry-aged sirloin. In the country store you will find organic and locally produced ingredients.

www.lillaskafferiet.se

**HEMMA GASTRONOMI DELI – LULEÅ’S MARKET HALL**
Here you will find everything you need to create culinary wonders. Vegetables, ice cream, farm-labelled, dry-aged meat, and a cheese, fish and shellfish counter.

www.hemmagastronomi.se

**BIERGO VILT BUTIK**
Biergo shop and café, offering reindeer and other wild game products, combined with wild berries. Try the Sami bread, Gáhkku with lightly smoked reindeer meat, gurpi. In the store, you will also find gift items and handicraft.

www.biergo.se

**ANTIKT OCH UNIKT**
If you like furniture and interior decoration from the period 1820-1950, don’t miss a visit to Antikt och Unikt in Mörön. This well-stocked shop offers a mix of antiques and beautiful new artefacts.

www.antiktochunikt.com
Fresh fish from Junkőfiskarna
Junkőfiskarna is run by the Ökvist family, who have earned their livelihood from the sea, on the island of Junkön since the 18th century. Every Tuesday, Thursday and Sunday, Junkőfiskarna docks at Luleå’s North Harbour to sell fresh fish straight from the boat. Be sure to make it on time! The catch contains salmon, herring, whitefish and sea trout. During five weeks every autumn, they trawl for vendace, from which the delicacy Kalix vendace roe is harvested. www.junkofiskarna.se

Nordansmak
A trading site for locally produced, organic, fairtrade and non-GMO products. Here you will also find a vegetarian and vegan restaurant. In the shop there are dairy products and a year-round selection of fruit and vegetables, as well as a wide range of spices, pasta, flour, cereals – and candy with a taste of Swedish Lapland berries. www.blogg.nordansmak.se

Luleå Konfektyr
In central Luleå you will find Luleå Konfektyr, producing handmade pralines, toffee and confectionery using local berries such as Arctic raspberries, cloudberries and bilberries. They also produce various types of dried berry powder and tea. Here, you can buy a cup of home produced hot cocoa, coffee, tea and ice cream. www.luleakonfektyr.se

Bottenvikens Bryggeri (Brewery)
Un-filtered, un-boring, un-inhibited, un-mass produced, un-watery, un-artificial. That’s how Bottenvikens Bryggeri describe their beer. The idea is for every batch to be unique and seasonal. At the restaurants, Bistro Norrland, Fabriken and Hemmagastronomi, you can sample the various brews, with names that pique your curiosity. How about ordering a Dröglapp (Dewlap), Skymnings-napp (Dusk-bite), Skär (Skerry) or Snålblåst (Biting Wind)? www.bottenvikensbryggeri.se

Shop
locally produced

Shop
locally produced

Shop
locally produced

Shop
locally produced

Shop
locally produced
Charming city pulse
OR EVERYTHING YOU NEED IN ONE PLACE

After long days on the beach, countryside adventures or excursions out to sea, it is sometimes nice to have a change of scenery for a while, Stroll along Storgatan and treat yourself to shopping in small boutiques or in the malls. Smedjan, Shopping and Strand. Shopping options in Lulea are many and accessible, with more than 400 shops and malls. Most of the major Swedish fashion brands are represented here and you will find a wide selection of fashion, accessories and shoes. A well-deserved break can be had at one of the cafés, or you could get your nails done, your hair done, or your beard trimmed. In Lulea, there are many indications that the locals enjoy being out at sea. Shopping, which was the world’s first shopping mall upon its completion in the 1950’s, is one example. “Welcome aboard!”, could easily have been a suitable greeting as you enter the nautically themed building, designed by architect Ralph Erskine. Going north from central Lulea, you will find many stores and shops specialising in construction, interior decoration, gardening and motor vehicles. Further away, at the Storheden shopping district you will find parking friendly shopping with major electronics, sports, interior decoration and pet stores. In Gammelstad Church Town there are cozy boutiques with locally designed products, arts and crafts.
Buy a souvenir to take home

If you would like to have something locally produced and typical of Luleå and Swedish Lapland, we recommend Lapland Heartwork in central Luleå and Shop in Lapland in the Gammelstad Church Town, who sell art glassware, warm Lovvika mittens, arctic cranberry and cloudberry jam, sallow thorn confectionery, tin bracelets and other local crafts and Sami handicraft like wooden cups, amongst other things.

www.laplandheartwork.se | www.shopinlapland.com

Postcards, colourful T-shirts, books of photos and other souvenirs are available to buy at the Luleå Tourist Centre in Kulturens Hus and the Visitor Centre in Gammelstad.

Are you looking to buy a car, boat, camper van or caravan? Husvagnscenter and Husvagnsimport offers a wide selection of vehicles.

www.husvagnscenter.se | www.husvagnsimport.se

Going once, going twice...

Are you a fan of auctions? Look at: www.lulea-auktionsverk.se

Summer flea market

In summer, there are plenty of signs for flea markets in Luleå. One of the regular ones (every Saturday over summer) is the Kulturgården flea market in Gammelstad Church Town. Another option is Loppismagasinet, found in the same location as the Alcatraz experience centre. They are open daily. Info on other flea markets available at: www.visitlulea.se

Your sartorial needs are covered at Hanzens, with a wide selection of clothes from exclusive and well-renowned brands. Upstairs you will find more shopping at Top Store and afterwards you can take a coffee or lunch at Wallstens Café.

www.hanzens.se

Visit the interior shop Pentik. Here you will find high quality Finnish pottery and designer textiles for your home. In the room there is also Café Nouveau where you hang out over a cup of coffee or a glass of wine.

www.pentik.com

For those of you looking for that little extra - treat yourself to a relaxing session at LYXX and let the barber Sweeney Todd shave or trim your beard in traditional fashion, with a cutthroat razor.

www.lyxx.se/barberare/

Photo: Hanzens

Photo: Anders Alm
Relax and enjoy

After a day of sunshine, fresh sea breezes and activities, it is lovely to indulge yourself with a spa treatment. The word ‘spa’ can be traced back to the Latin phrase “salus per aquam” meaning “health through water”. Regardless of whether you would like to use the pool, sauna or some other form of aquatic relaxation, as well as relaxing and beautifying treatments, there is a very wide range of options in Luleå. Try the seasonal sauna at Clarion Sense, enjoy the bubbles of the Hotell Savoy jacuzzi or splash in the outdoor pool at Alcatraz. At Krobbsbalans, you will find everything from relaxing to more in-depth massage treatments. A visit to Lulea can definitely leave you feeling revitalised, as alongside spas there are also plenty of hairdressers, barbers and beauty salons.

www.clarionsense.se | www.hotellsavoy.se | www.alcatraz.nu
www.kroppsbalans.com

Exercise on your own or in groups

ACTIC GYM
www.actic.se

FITNESS24SEVEN
sv.fitnes24seven.com

CROSSFITHOLISTIC
www.crossfitholistic.se

GYMMET
www.gymmet.nu/lulea

HERMELINEN
www.hermelinen.se

INPULS
www.inpuls.nu
Jopikgården

FEEL THE TRANQUILITY OF LULEA’S VAST ARCHIPELAGO.

Jopikgården is one of the best preserved treasures in the Luleå archipelago. The old farmhouse retains that genuine atmosphere of farming in the archipelago, whilst the rooms at the family hotel are of a high standard. The hotel has been shaped by the farm’s heritage and the culture of the archipelago. The interiors show how seal hunters and fishermen lived in the harsh, yet strikingly beautiful archipelago climate and how the residents of the archipelago live their lives to this day. Their restaurant is famous for its food, cooked with local, delicious ingredients.

www.jopik.se
**SELETS BRUK**

Selet’s Mill (Selet’s Mill) is a picturesque and easily accessible nature reserve with a heritage dating back to the 18th century. The area is a popular choice for excursions, protected both for its natural beauty and its cultural history. Bring a picnic basket, a berry-picking basket or fishing tackle and spend a day at Selet. There are plenty of resting places, campfire sites and walking trails with information boards telling the story of the mill.

More information: www.lulea.nu

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**MELDERSTEINS HERRGÅRD**

Melderstein Manor (Melderstein Manor) is situated in a beautiful, undisturbed environment by Route 760, 12 km from Rånea and the E4 (just 50 km from Luleå). This was the place to be in the 18th century. For years, the manor was at the heart of ironworks operations in Norrbotten County and it has been owned by the Bernadotte family, amongst many others. Today, it serves as a hotel and a restaurant, close to nature. In the beautiful surroundings you will find lovely walking paths, where memories of Melderstein’s proud history are on display.

www.melderstein.se

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**STORFORSEN**

Storforsen in the village Bredsle just outside Alvsbyn, is the largest untouched rapid in Europe. There is both excitement, adventure, nature and culture for the entire family in these majestic surroundings. During summer a walk along the rapid will be a grand experience. Bring a picnic basket and enjoy the sunshine from the rocks, take a dip or if you dare - jump in the water from “Döda fallet” (the dead fall). Or perhaps you would like to visit the forestry and timber-floating museum. Pre-book your picnic basket at Hotel Storforsen. The hotel also arranges guided nature walks.

www.storforsen-hotell.se
Visit the Treehotel in Harads

Make an excursion to one of the coolest hotels in Sweden, in Harads, halfway to Jokkmokk from Luleå. Stay in one of the uniquely designed rooms amongst the treetops, rooms with names like Ufo and Mirrorcube. Or take a guided tour in the oldgrowth pine forest and listen to the story of how the Treehotel became a reality. There are lots of other activities well worth a visit, and local food can be found at the restaurant by the Treehotel.

www.treehotel.se

Experience Sámi culture

Take a slightly longer trip up to Jokkmokk. Here in the forest country is where the mountainous regions begin. At Ájtte, a Swedish Sámi museum, stories are told about nature and culture. You are taken on a journey through time and space where you will see shaman drums, Sámi clothes, and hear Sámi songs, joiks, about nature and travels. Go on an icy walk and experience the cold of the Jokkmokk Winter Market, all year round. Only a short walk from Ájtte, you will find Jokkmokk’s Fjällträdgård (Jokkmokk’s Mountain Garden) where you can look at plants that grow on mountain tops, steep southern slopes and in other different mountain environments.

www.ajtte.com

Icehotel 365

ICEHOTEL in Jukkasjärvi, the grand hotel built only with snow and ice from the nearby Torne River, may well be the most classic destination for visitors in all of Swedish Lapland. Many things make the hotel unique – one being that it has to be rebuilt every year, as it melts during the summer. However, now you can stay at the ice hotel in summer too. The ICEHOTEL 365 was finished in late 2016 – accommodation where temperatures remain at 5 degrees below zero in the 20 suites.

www.icehotel.com

Kungsleden (The King’s Trail)

It can be said without further ado – the King’s Trail between Abisko and Hemavan is one of the most famous and maybe also one of the best hiking trails in the world. The trail, more than 400 kilometres long, will take you through the World Heritage Site Laponia and the four national parks Abisko, Stora Sjöfallet, Sarek and Pieljekaise. The King’s Trail alternates between alpine terrain and lowland mountain birch forest. Accommodation is available in many places along the way.

www.svenskaturistforeningen.se
Autumn and winter in Luleå!

The northern lights, Aurora Borealis, shrouded in magic and mystery, are the visible reaction of particles from the sun colliding with parts of the outer atmosphere, following the whims of the solar winds. The sparkling light experience in green, blue and sometimes even red, then sweeps over the dark night sky. No matter where you go, there is no guarantee of seeing the Northern Lights on a certain date, but the chances are usually the greatest from November to February. When the sun is at its most active, it's dark and the weather is clear, circumstances are at their best. Do travel away from the artificial city lights and you will have a much more intense experience of the light phenomenon. A tip! Download the Aurora Forecast app, available for both iPhone and Android, to get information on which nights it might be worth staying up for a little while longer.

Surrounded by the frozen sea ice, powdered with pure white snow, Luleå invites you to partake in winter fun and games, both indoors and outdoors. Use all your senses when you explore the city on the coast of the Gulf of Bothnia. Sample the smell of snow, listen to the sound of your steps creaking on snowy ground, gaze into the winter night and watch the northern lights dancing over the sky. Discover the many faces of winter. Midwinter, in December, January and February, often offers cold and plenty of snow, whilst the early spring in March and April gives you shining sun and pleasant tours on skis or by snowmobile, on the ice or in the forest.

In Luleå, both city life and outdoor living are always close by. Really close, yes, in the centre of town, you must try walking or ice skating on the frozen water, along the ice track that is ploughed from the North to the South Harbour. We recommend taking a detour to the nearby archipelagic island of Gråsjålören. There might be a fire burning by one of the wind shelters, a perfect place to stop and rest and maybe grill a sausage.

You’re beginning to see it now: we who live in Luleå like the winter, we only see good things in the snow and the cold. We invite you to fall in love with winter here in Luleå.

www.lulea.nu/vinterguide
Welcome to Sweden’s Arctic Destination!

In Swedish Lapland you can explore new adventures in an arctic environment. You’re a long way north, around the Arctic Circle, but thanks to the warm Gulf Stream of the Atlantic Ocean you can comfortably experience all the seasons. With vast contrasts from polar nights with northern lights in a white winter landscape, to warm summers with a hundred days without night under the midnight sun.

In the east – a 300 km coastline facing the Gulf of Bothnia – the world’s largest brackish water archipelago with thousands of islands. Sandy beaches, fishing camps and unique raw ingredients. In the west – majestic mountains, streams with water so clean you can drink it and great adventures right around the corner. And in between the quiet, mysterious forest and river valleys from Skellefteå River in the south to Torne River in the north-east which all have their unique features. Traditions and culture are strong here, and the love of nature is even stronger. This is our everyday life, and we invite you to share it with us.

www.swedishlapland.com