# LULeå



winter/spring winter 🏶



SWEEP ACROSS LULEÅ'S SKIES

### Experience the Gammelstad Church Town World Heritage Site

## FROZEN WATER

An arena for adventures near the city

## Culture, sports and shopping

NIGHTLIFE & NATURAL EXPERIENCES





### Free WiFi in Luleå

Free WiFi can be found in many councilrun 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

Tips!

#### It's easy to have fun here

With a city centre within walking distance of most attractions, Luleå is the perfect place for interesting experiences. It is easy to find all kinds of entertainment and activities using our city map, which you can collect from the Tourist Centre. Tips on current events can be found online:

www.visitlulea.se/evenemang



#### LULEÅ TOURIST CENTRE

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.

Kulturens hus, Skeppsbrogatan 17, Luleå +46 (0)920-45 70 00, turistcenter@lulea.se



ELITE STADS-HOTELLET LULEÅ InfoPoint will give you tips about all you can see and experience in Luleå.

Storgatan 15, Luleå +46 (0)920-27 40 00 info.lulea@elite.se FIRST CAMP LULEÅ InfoPoint is located at the campsite reception desk. Here you can buy fishing licences for Luleå fishing conservation district. Also adjacent is a shop where you can buy food, beverages and other tasty treats.

Arcusv. 110, Luleå +46 (0)920-603 00 lulea@firstcamp.se

#### RÅNEÅ MEDBORGAR-KONTOR OCH

Photo: Susanne Lundholm

**BIBLIOTEK** At Info-Point you can buy fishing and hunting licences, stamps and local crafts. You can also borrow books, read newspapers, use public computers and wireless internet.

Västerlångv. 2, Råneå +46 (0)924-575 00 mbk-ranea@lulea.se

Magical northern lights

Lundström

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.

#### CONDITIONS FOR NORTHERN LIGHTS IN LULEÅ

- It has to be sufficient solar energy to create aurorae in the atmosphere combined with the energy impacting the atmosphere at an angle that is suitable for our location.
- Clear skies or scattered clouds are required for the northern lights to be visible.
- Choose an open and suitably dark place. Avoid well-lit places to any extent possible.
- There is no 'timetable'. Northern lights may occur at any point during the hours of darkness and vary in duration.
- Northern lights are visible in Luleå from late August until the first days of April. During the rest of the year, the skies are too bright for the phenomenon to be visible.

#### a-tip!

For northern lights forecasts, visit: www.aurora-service.eu/aurora-forecast You can also download the app Aurora Forecast, available for both iPhone and Android.



#### Good places to spot the northern lights in Luleå:

- Gamla malmkajen/Cementakajen The old Ore Quay/ The Cement Quay
- Gäddvik/Laxfiskemuséet
  The Salmon Fishing Museum
- Hindersöstallarna
- Karlsvik/First Camp
- Mjölkuddsberget
- Måttsundsbacken
- Ormbergsbacken
- Sinksundet
- The ice roads safety information, please visit: www.lulea.se

The colour of the northern lights depends on the height and speed at which the solar particles collide with the atmosphere.





araph the northern lights.

Photographer Per Lundström is an expert at catching the northern lights on camera. Here, he gives



you his top 3 places to see and photo-

#### 1. Gäddvik

A perfect place to go looking for the northern lights, especially by the fishing museum and the small barn next to the pier. A great dark place to spot anything that goes on in the sky above and also good for photography of the water and whatever else of interest that may be captured in the picture.

#### 2. Ormbergsbacken

A classic place for spotting northern lights in Luleå. Here, at the top of the hill, you can quickly and easily see if there's anything going on the sky. You can also get good pictures of the Luleå city lights down below.

#### 3. Sinksundet

This is also a good place, down by the bathing beach. It is dark and by the water's edge you have a great place for photography combined with good visibility, meaning that you can see the northern lights in any direction.

Per's photos can be found on Instagram: @perlundstrom\_photo





## worth preserving Gammelstad Church Town

JUST OUTSIDE LULEÀ 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 Luleà'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 churchgoers 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.visitgammelstad.se

## Photo: Susanne Lindho

### Highlights in The Church Town

#### CHRISTMAS MARKET

During the second weekend of Advent, the annual Christmas Market is held in Gammelstad Church Town. In the marketplace at the Hägnan outdoor museum, there are vendors with tables filled with crafts and treats. Up on the Kyrktorget square, the Christmas market has its official opening, with a Master of Ceremonies and various performances, including Santa and his little helpers. The church also hosts concerts and the church cottage windows are lit with Advent candelabras. A traditional Christmas market, guaranteed to imbue you with the Christmas spirit.

www.visitgammelstad.se

#### CHRISTMAS SMORGASBORD

During the weeks in the lead up to Christmas it's popular to gather friends and family and eat Christmas smorgasbord together. Christmas delicacies like ham, herring, salmon, meatballs, Jansson's temptation and Christmas candy are served. If you would like to experience a traditional Christmas smorgasbord in an historic environment, Café Fägnan and Kaptensgården are two good options.

www.restaurangkaptensgarden.se

#### GUIDED TOURS AND LANTERN WALKS

In winter, the church town is a tranquil place to walk around and it is easy to let your mind drift back into the olden days. The best way to experience the church town is in the company of a guide. Throughout winter, various scheduled activities and guided tours are available for booking. Go on a guided tour of the church town to learn more about it. When the sun begins to set you can go on a lantern walk and discover the church town by the light of stable lanterns, together with a guide. You could try making your own Christmas candle, an activity that was very common in the past.

www.visitgammelstad.se

#### **ELDFEST - THE FIRE FESTIVAL**

As the winter dark has settled and the biting cold nips your cheeks, fire is celebrated during a magical, old Scandinavian festival. Experience plays from the Viking Age, see fire-eaters taming the fire, fairytale walks for children, live music and lantern walks. Always on the first Saturday in Februar.







Photo: Susanne Lir

You will find clips about Gammelstad Church Town, the lantern walks and the fire festival on Youtube. Search for "Gammelstad Church Town".



### 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. Welcome inside!

www.visitgammelstad.se



## Knäck & karamell

#### AWARD WINNING HANDMADE CONFECTIONERY

In the caramel factory at Stadsötorget in Gammelstad, pralines, fudge folds and charcoal are poured. Courses and various tests are also held here. Looking to buy goodies? A list of resellers can be found on the web.

www.gammelstads.com

#### **BUY A SOUVENIR**

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 and **Lapland Heartwork** in central Luleå where you will find art glassware, warm Lovvika mittens, arctic cranberry and cloudberry jam, sallow thorn confectionery, tin bracelets together with other local crafts and Sami handicraft like wooden cups, amongst other things.

www.shopinlapland.com | www.laplandheartwork.se



Isbiten af Luleå is designed by Eva Gunnarsdotter Björk in collaboration with Shop in Lapland, as a tribute to the winter city Luleå.

## Local modes of

#### PULK/SLED

#### Use:

Pulled by someone or something. Used either for cargo or for people. Also used for fun on downhill slopes.

#### Pros:

Helps you to easily pull things over snow and ice. Fun downhill.

#### Cons:

There are many different types of pulks. The smaller plastic ones are often fragile and the larger ones tend to be cumbersome.

Difficulty: Few difficulties.





#### KICKSLED

#### Use:

For short or slightly longer transportation over ice or densely packed snow.

**Pros:** Suitable for two people.

**Cons:** Requires a hard, wintery surface. Does not work on gravel.

**Difficulty:** With basic balancing abilities you'll be just fine.

#### SNOWSHOES

#### Use:

Second to none if you, like Jesus, would like to walk on (frozen) water in winter. Snowshoes give you the best possible way to move across snow and ice.

**Pros:** Deep snow will be no obstacle to your exploration of the outdoors.

**Cons:** Takes a heavier toll on your leg muscles than one might think. Be prepared to become exhausted.

**Difficulty:** Requires a slightly odd walking technique, very different from your normal walk. A minor obstacle, however, very easy to learn.



#### Use:

Transport for children, fun downhill toy.

**Pros:** Steerable, usable for getting children from point A to point B.

**Cons:** Goes downhill very quickly and is not optimised for safety. Use a helmet!

**Difficulty:** Steering the toboggan at high speed is very difficult. Be careful if you're not experienced.

#### SNOW SLIDER

#### Use:

Hunting for adrenaline rushes on steep slopes.

Pros:

#### Easy to carry.

**Cons:** Difficult to steer. Some chance of pain in the rear end.

#### Difficulty:

Actually staying on the slider all the way down the slope.



## JUST DO IT: Walk on water

#### **Experiences** close to nature

The island of Gråsiälören is not far from Luleå's South Harbour. On the island, the charity organisation, Lions sells hot dogs, waffles and coffee amongst other things. They are open on Saturdays and Sundays, 11AM-3PM during the winter whilst the ice track is open and the weather permitting. There is also a heated cabin where you can go inside.

(I tin The Lions' flag is raised when open for sales.



DID YOU KNOW THAT THE GULF OF BOTHNIA which surrounds Luleå and the Lule River both freeze during the winter? Yes, it's really true. The sea ice turns into a gigantic events arena for winter adventures both big and small.

The ice track that is ploughed on the ice surrounding the city centre, from the North to the South harbour, is loved by everyone, locals and visitors alike. Join the people milling about on sunny winter days, when everyone goes outside to go skating, kicksledding, snowmobiling, walking, grilling sausages, sunbathing, hanging out and just enjoying life together.

In cooperation with Luleå Council, companies offer free public use of kicksleds so that you can get out onto the ice track surrounding the city. The kicksleds are lined up at the North and South harbours and there are also "kicksled parking lots" in other places where the kicksleds can be picked up and dropped off.





Throughout the winter in Luleå, you can see the large ice breakers Ale, Atle, Frej, Oden and Ymer parked between their missions to keep a channel open through the ice for incoming cargo ships. Standing on the ice by the edge of the channel is a thrilling experience in itself.



## FATBIKE

Biking in winter? Sliding around on slippery city streets? No, not like that. Far from it. In recent years, Luleå has become Sweden's fatbike heaven. In summer, visitors go cycling on our islands in the archipelago – during the winter you can also cycle between the islands. The wide, durable tyres of the fatbike means it can get you over any kind of terrain, you can go cycling on the ice to the outer rim of the Bothnian archipelago, with the northern lights above and winter grazing deer around you on the islands outside Luleå.

Read more

www.visitlulea.se

## <sup>minus</sup> 41°C

#### Winter facts

Lowest temperature ever recorded in Luleå: -41°c (the Swedish record is -52°c). Greatest snow depth: 113 cm.

#### Average temperatures

November: -4 December: -8 January: -10 February: -10 March: -5

#### Why does the sea freeze?

The Gulf of Bothnia has brackish water, a mixture of freshwater and saltwater. The reason behind this is that eight major rivers flow out into the gulf. The Gulf of Bothnia is estimated to be approx. 4/5 parts freshwater, making it the most freshwater, making it the water area in the world. That is why the sea freezes here every year.

#### **Dress properly**

To feel really comfortable outdoors in winter it's important to dress properly. Especially if you will be participating in some kind of physical activity. Think layer-by-layer, we recommend wool or some other material that keeps you dry closest to your body. A warm down jacket makes a very nice outer layer if it's really cold outside. And don't forget warm shoes,

#### Did you know...

gloves and a

cap.

...that the famous Lovikka mitten was designed in 1892 by Erika Aittamaa in the village of Lovikka? Today you will find woollen mittens and other crafted goods, in the shops, Lapland Heartwork and Shop in Lapland, amongst other places.

www.laplandheartwork.se www.shopinlapland.com The KPN Grand Prix is a series of long-distance ice skating events organised by the Dutch Ice Skating Association. Several of these events are held in Luleå, due to their great love of our ice track. The fact is that Luleå's ice track is unmatched anywhere else in the world when it comes to size and its excellent quality attracts the world's best ice skaters to the competitions that are held here.

## **Skating in Lulea**

LULEÀ IS A CITY THAT LOVES ICE. Centuries of winter and frozen seas have made ice a natural part of Luleà as a city and consequently the people of Luleà have developed a particularly strong relationship with ice skating.

The interest is further heightened by the successful ice hockey teams, always fighting for medals amongst Sweden's best teams, and also by Alexander Majorov, Sweden's best figure skater in modern times, who hails from the city.

However, maybe it's the ice track, the 13 kilometre ice skating paradise that surrounds central Luleå that really earns Luleå its name as an ice skating city. For both visitors and locals alike, the ice track may well be the most popular destination in the city. For more than 15 years, it has encircled Luleå in winter and offered the people of Luleå world-class ice skating on natural ice. The peak season extends from January to March.

The fact is that the locals themselves did not fully appreciate the greatness of the ice track until 2016, when suddenly world famous ice skaters from the Netherlands showed up, trying to set a world record for fastest skating on natural ice. The visiting skaters all said that it may well have been the best ice track they had ever seen and that they would be happy to come back. News of the amazing ice track spread all the way to the Ice Skating Association in Amsterdam who upon inspection concluded that the rumours were true and decided to organise events in the major KPN Grand Prix series on the ice outside Luleå. Everyone, from professionals to leisure skaters, share the 30 metre wide track and pay nothing for it – skating here is completely free. Something shared by both professionals and hobbyists is the fascination with the fact that the ice track is so close to the city centre.

One moment you can sit in a trendy café or lie in your hotel bed and only minutes later you can be out skating on sea ice. This makes Luleå's ice track something very special.

#### atip!

Ice skates can be rented from Äventyrsbutiken Hägglunds in the middle of central Luleå. If you would like a guided tour, visit our web.

www.aventyrsbutiken.se | www.visitlulea.se

### TRY YOUR LUCK AT WINTER FISHING

**FROM LULEA'S NORTH AND SOUTH HARBOURS** you can see people sitting alone, for hours, out on the ice of the city's inlets. What are they doing out there? Fishing! The trick is to drill a hole in the frozen water, giving you access to the fish beneath the ice. Pimpla is the Swedish word for ice fishing and as the rays of the early spring sun warm you, sitting on a reindeer pelt or a kicksled, you will find that it is a very peaceful pastime.

#### THE FISH WILL BITE

There are many nice places to go winter fishing in Luleå. For instance: Björköfjärden, Furufjärden, Strapösundet, the South and North harbours, Hertsöträsket, Örnabben and Stora Stenträsket. If you would like a guided tour, visit our web.

www.visitlulea.se

Available from the Luleå Tourist Centre in Kulturens hus.

#### A-tip!

An easy way to get started with ice fishing is to buy an ice fishing rod and go looking for holes drilled by other fishermen, that haven't yet frozen over. Equipment for all kinds of fishing can be found at Äventyrsbutiken Hägglunds, amongst other places.

www.aventyrsbutiken.se





FINE FISH YOU HAVE A CHANCE TO CATCH



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



GÄDDA (esox lucius) The fish considered a delicacy by some and an awful creature by others. Large fish that will put up a fight, tasty if prepared in the right way.



ABORRE (perca fluvitalis) Probably the most common fish in the Luleå region. Flavoursome fish, a classic delicacy amongst the locals. Tastes best when you catch and prepare it yourself.

Illustrations: Lisa Wallin

## DISCOVER LULEÀ'S Winter archipelago



IN THE LULEA ARCHIPELAGO, where there are 1.312 islands, many kilometres of winter roads are ploughed, as a service to both visitors and residents. Experience the feeling of driving by car between the islands. Talk to the islanders and be amazed by the fact that in just a few months, the nearby inlet will be filled with boats. Listen to the silence and experience the tranquility, rest your eyes where the unobstructed horizon meets the sky and recharge your batteries with energy from the vast, white vistas. Here there is plenty of room to just be, let your mind wander and find its way home. To you.

#### Book a cottage in the archipelago

Luleå Council offers cottages to rent all year round on the islands Kluntarna, Brändöskär and Småskär. To book a cottage, please contact the Luleå Tourist Centre by phone, +46 (O)97O-45 70 00 or by email at turistcenter@lulea.se

www.lulea.se/skargard





## Take the car out to the archipelago

Driving a car over the ice of the archipelago or on the frozen river sounds unbelievable to many. To Luleå's locals, however, it's a natural and important part of winter to be able to drive between the islands off the coast. Driving on the ice is risk-free as long as you stay on the ploughed ice roads. The strength of the ice is carefully controlled through test drilling. Normally, the ice roads open in January or early February, depending on weather and temperature. Clear signage will be in place if the ice roads are temporarily closed and when the season is over. Be aware that limited speed prevails.

#### Information about the ice roads

Contact Luleå Tourist Centre for information and safety recommendations regarding the ice roads, or read more at:

www.lulea.se/skargard



### The icebergs of the outer archipelago

Brändön Lodge is the starting point for guided tours, by snowmobile or hovercraft, to the outer parts of the archipelago. The pack ice, that is the icebergs that build up from the pressure of the open sea meeting the ice of the coastal archipelago, create a truly Arctic environment. The white vistas and ice formations that sometimes grow up to ten metres high are fascinating.

www.brandonlodge.se



#### Hover across the ice

A guide will meet you at Brändön Lodge for a day out in the archipelago. You will literally be hovering a short distance above the ground or the ice when travelling in a hovercraft. It whirls and twirls, making the ride an enjoyable experience in itself. By hovercraft you can travel on the frozen sea out into the archipelago even at times when the ice is not strong enough to carry heavier vehicles. The goal of your excursion can either be to visit the pack ice of the outer archipelago or the small island Brändöskär, or to visit to the old chapel where you will be served hot beverages. Step out of your hovercraft onto the frozen sea ice and with a bit of luck you will be able to spot both seals and sea eagles.

www.brandonlodge.se

## Only a stone's throw

COME ALONG INTO THE FOREST, it's right around the corner, and we can make our own tracks in the untouched snow. With skis on your feet and snow to carry you, you can travel a bit farther than on bare ground, turning the winter adventure into an expedition. Snowshoes or a snowmobile both work just as well. The winter forest is something special, everything is white and fluffy, it feels embedded and it dampens all sound. It feels safe somehow, caring.

For those of you who prefer whizzing past on fast cross-country skis on well prepared tracks, there are miles and miles to explore here in Luleå. Have you tried skiing at night? Gliding along illuminated tracks, embraced by the darkness and with the cool wind on your face, becoming one with the forest, is magical. Look for other signs in the snow and of wildlife in the forest. You may get to see fresh elk tracks, you may send a snowy white hare running away, meet curious squirrels or a clever fox sneaking around between the tree trunks. Stop for a moment and listen to the birds singing on a glistening early spring day.

The forests surrounding the city have long been winter grazing lands for the reindeer of the Sami communities along the Lule River. Large herds of reindeer feed on the islands in the archipelago and with a bit of luck you can get to meet a lone, wandering reindeer.

Come - let's go out into the forest!





#### DOGSLEDDING

Would you like to experience speed and excitement along with the dampened sound of paws and runners against snow. Then try dogsledding and feel yourself almost melting into the winter landscape. If you would like to, you could be your own musher. Should you wish, the adventure can start with you being picked up on the ice in central Luleå, just a short walk from your hotel.

#### For tips on tours to book: www.visitlulea.se

### Cross-country skiing

#### ORMBERGET

Experiencing nature whilst gliding on cross-country skis, almost without a sound, at a fast or a slow pace, is just part of everyday life for many people living in Luleå. Illuminated tracks let you ski even when it's dark outside. The most extensive track system can be found at Ormberget, about 4 kilometres from central Luleå, with tracks for both beginners, leisure skiers and professionals, track lengths varying between 1.5 and 10 kilometres. From the winter season 2019, the municipality charges a track fee for anyone over 20 who wants to go cross-country skiing at Ormberget.

www.lulea.se/ormberget

#### **OTHER TRACKS**

Other illuminated cross-country tracks are found on Mjölkuddsberget, in Bergnäset, Gammelstad, Sunderbyn as well as in Råneå. No matter whether you prefer gliding through flat terrain, poling through a rougher landscape or trying your strength on steep slopes and then challenging yourself with the bends, you can be sure to find a suitable track in Luleå. Descriptions of all twelve cross-country tracks and their current status can be found at: www.skidspar.se

#### MAKE YOUR OWN TRACKS

If you would rather make your own tracks, we recommend skiing on the frozen Lule River or the ice in the archipelago, only a few hundred metres away from the city's hotels. At Äventyrsbutiken Hägglunds, equipment for outdoor activities is available for hire.

www.aventyrsbutiken.se



#### SNOWMOBILING

Do as the people of Luleå do and go by snowmobile! No matter if you choose the frozen archipelago or a snug forest environment for your tour, the snowmobile is an excellent wintertime mode of transport. You travel light and fast and you get really close to nature. When it's time to take a break, there's nothing like a hot beverage, or, on longer tours, lunch cooked over an open fire.

For tips on tours to book: www.visitlulea.se



#### IT ALL GOES DOWNHILL

Opportunities for alpine skiing are excellent in Luleå. Twenty kilometres outside the city you will find Måttsundsbacken, a ski resort with several slopes, suitable for beginners and families with children but also challenging for more experienced and daring skiers. You can also go downhill skiing at the Ormberget mountain, just on the outskirts of town. There is also a large sled slope there, for those who would like to try snow sliders or sleds.

www.mattsundsbacken.se | www.lulea.se/ormberget



## Fun and learning

IF BOTH CHILDREN AND ADULTS WERE to tire of ice and snow, 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.

#### **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.leoslekland.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 and its adjacent activity space is located behind the fire station. Here you will find games to borrow and a wide assortment available to buy.

#### www.spelkallan.se



#### **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



#### 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



19



## 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

#### **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

#### **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

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, we can recommend a visit to the Norrbotten Museum.



#### NORRBOTTENSTEATERN

The Norbotten County Theatre is beautifully situated in Luleå's North Harbour. Here, high quality performing arts events are staged, for young and old alike. The restaurant in the building, Bistro Norrland, is the perfect place to round off a hectic day in the city.

www.norrbottensteatern.se | www.bistronorrland.se

#### **VETENSKAPENS HUS**

What used to be the city's old post office is now home to Vetenskapens 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/vetenskapenshus

## **Relax and enjoy**

AFTER A DAY OUTDOORS IN THE FRESH WINTER AIR a spa treatment feels wonderful. 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 Luleå can definitely leave you feeling revitalised, as alongside spas there are also plenty of hairdressers, barbers and beauty salons. A visit to Luleå can definitely leave you feeling refreshed. *Read more: www.siitlulea.se* 





## Exercice on your own or in groups

#### ACTIC GYM

#### www.actic.se

CROSSFITHOLISTIC www.crossfitholistic.se

#### FITNESS24SEVEN

sv.fitness24seven.com

GYMMET www.gymmet.nu/lulea

#### HERMELINEN

www.hermelinen.se

INPULS www.inpuls.nu

## To eat out, that 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, cloudberries, 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

**MUURIKKA:** 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.

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

**SUOVAS:** 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.





### **Dinner on Ice**™

Welcome to a candlelit dinner where the fire is not just there to create an atmosphere, it is absolutely necessary to keep you warm. That's the way it works when the restaurant is located out on the sea ice. The crackling fire will keep you warm whilst you enjoy fine dining with good wines and steaming hot coffee. You will sit on reindeer pelts inside a cosy, heated tent, with the stars and maybe even the northern lights shining above you in the clear sky. Dinner on Ice is a completely unique dining experience offering a luxurious dinner in a setting that could hardly be more symbolic of Luleå – on the frozen sea, under the clear sky.

www.brandonlodge.se



#### KÖTTBUTIKEN

Köttbutiken (the meat shop) has its own cut and buys Swedish meat, and as far as possible with local breeders. Breeders who, like them, have pride in the profession and care of the animals. Köttbutiken works according to the concept "from nose to tail" which means that they take care of the whole animal. This means that they can offer a wide range of fine piece details.

www.kottbutiken.com



THE PEOPLE OF LULEÀ LIKE THEIR FIKA and are of course happy that they have cafés listed in White Guide!



#### Börje Olsson Konditorier

The well-renowned bakery, established in 1958, serves good coffee, fresh, hearty sandwiches and pastries of their own production. They have 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. 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.

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



#### **PINCHOS**



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 and French Crème brûlée

www.pinchos.se

#### LE CROISSANT

A French cafe with good food and romance in a relaxed environment. Here you can enjoy your coffee together with French pastries and well cooked food à la minute.

www.lecroissant.se



#### 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

#### STILL GASTROBAR

#### Streetfood with elegance. In a cozy environment you will experience flavors from all over the world. Here you will find everything from healthy bowls and soup to exciting snacks. Enjoy a glass of wine, good drinks and fortifying coffee.

www.stillgastrobar.se



#### SUSHIBAR & RÅVARA

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

#### TACOBAR

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



#### PIZZABAKEREN

Norwegian pizza? Yes actually! In three different sizes (20, 30 and 40 cm) with a thick, "fluffy" crispy bottom and there are lots of toppings to choose from. www.pizzabakeren.se



## TRY BARHOPPING IN LULEÅ

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.

#### .....

## 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





LULEÅ HAS a wide, exciting and steadily expanding range of restaurants. 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 in Sweden - and 6 of them are in Luleå.





## Charming city pulse OR EVERYTHING YOU NEED IN ONE PLACE

SHOPPING OPTIONS IN LULEA are many and accessible, with more than 400 shops and malls. The main street, Storgatan, has three large malls: Smedjan, Shopping and Strand – warm and cosy if the cold is biting outside. Most of the major Swedish fashion brands are represented 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 find new frames for your glasses.

Going north from central Luleå, in the direction of Gammelstad, 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 cosy little boutiques with locally designed products, arts and crafts.



#### Luleå Konfektyr

In the area Kronan you will find Luleå Konfektyr, producing handmade pralines, toffee and confectionery using local berries such as Arctic raspberries, cloudberries and bilberries.

www.luleakonfektyr.se



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/





Your sartorial needs are covered at **Hanzens**, with a wide selection of clothes from exclusive and wellrenowned 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



#### 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







Hotell Savoy

## Welcome into the warmth

#### DESIGNER LUXURY AND RUSTIC CHARM

**NOTHING IS QUITE AS GOOD** as coming back into the snug, cosy warmth after a day full of winter adventures. Since Luleå is an old meeting place with a long tradition of welcoming hospitality, naturally, there is a wide selection of accommodation options, close to nature and in the midst of the city. You can start, or round off, your experience by exploring the city.

The hotels in Luleå conform to a high standard and you have a variety of options, major chains like Scandic, Elite, Choice and Best Western as well as bed and breakfast options. High-quality Clarion Hotel Sense and Hotell Savoy, both with spa facilities, restaurants and bars, can be found in central Luleå. If you are looking for more affordable options, there are several hostels and budget hotels to choose from. Rustic log house charm can be found both at Brändön Lodge out by the sea surrounded by the forest. Why not make your stay even more exciting by making accommodation an adventure in itself? The perfect way to become at one with nature, the forest, and silence. Maybe even get to be all alone with the northern lights dancing in the skies. Less than an hour from the airport and the city, there are several spectacular accommodation options close to nature, experiences that you will carry with you for a long time. Please don't delay, come here – and let us take care of you whilst you visit.

#### A-tip!

To find out more about accommodation options in Luleå:

www.visitlulea.se





#### Cosy at scenic Brändön

Brändön Lodge, about 20 kilometres outside central Luleå, offers snug and cosy accommodation in newly renovated cabins situated in scenic surroundings. There is something to do for the entire family with a variety of activities such as snowmobile tours on the archipelago ice, cross-country skiing, dogsledding, ice fishing and of course a lot of fun and games to be had with snow and ice.

#### www.brandonlodge.se



#### Glamping

Why not make your stay an adventure in itself and book a night or two at the Aurora Safari Camp? Just under an hour from Luleå, on a forest-clad cape on the Råne River banks, you will find this exclusive camp with Sami tents. Perfect for glamorous camping, so called glamping – with warming fires, cosy beds, cool champagne and the northern lights dancing in the skies.

www.aurorasafaricamp.com

CHARMING PLACES TO STAY JUST OUTSIDE TOWN

#### Aim for the tops

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 in the treetops, with names like Ufo and Mirrorcube. Or take a guided tour of the centuries-old pine forest and listen to the story of how the Treehotel became a reality. The restaurant offers local delicacies such as game meat and hand-picked berries.



#### Winter living in the archipelago

Jopikgården is one of the best preserved treasures of the Luleå archipelago. The old farm house evokes the spirit of archipelagic farming, whilst the rooms at the family hotel are of a very high standard. The restaurant here is renowned for its excellent food, made with local delicacies.

During the winter weekends, Jopikgården is a perfect place to visit, as the ice road connects Hindersön to the mainland. Take a trip here for a warming cup of coffee and the farm's classic waffles, it's a popular weekend getaway amongst the locals.

You don't need to drive out to the island either, there are plenty of options for visiting this beautiful place – by snowmobile, hovercraft, bicycle, cross-country skis or helicopter, it's up to you and the strength of the ice.

The hotel has been designed with its farm heritage and archipelagic culture in mind. The interiors illustrate how seal hunters and fishermen lived in the harsh but stunningly beautiful environment of the archipelago and how the residents of the archipelago live on their islands to this day. Jopikgården has preserved its history and added modern amenities.

A tranquil place, away from the bustling city, where you and your company can enjoy the calm that envelops Luleå's vast archipelago.



### 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 Skelleftea 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* 





Within a population of 78 000 Luleå is the largest city in Swedish Lapland. Here you will find shopping, nightlife, culture, sports, high-quality hotels, White Guide listed restaurants, World Heritage Site Gammelstad Church Town, indoor arenas for play and adventure, brackish water archipelago, rivers and forestland. www.visitlulea.se