

LULEÅ

the destinations of
**SWEDISH
LAPLAND**
SWEDEN'S ARCTIC DESTINATION

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



WORLD HERITAGE SITE GAMMELSTAD CHURCH TOWN

The stone church from 1492 in use and over 400 church cottages preserved.

LULEÅ ARCHIPELAGO WITH 1,312 ISLANDS

Our part of the world's largest brackish water archipelago.



CLOSE TO ADVENTURES BIG AND LITTLE. FOR KIDS ALL AGES.

NIGHT AS DAY. NATURE AS CITY.

Find your way in Luleå



LULEÅ TOURIST CENTER

The Luleå tourist center offers tips and advice during your stay in Luleå. Here, you will find maps, timetables, brochures and other useful information about Luleå and Swedish Lapland including tips about accessible activities and destinations. The tourist center is responsible for rental of the councilowned cabins in the archipelago, season tickets for guest harbours and boat services. There's a souvenir shop with Luleå-branded products.

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



RÅNEÅ LIBRARY (IN THE CITIZENS' OFFICE)

InfoPoint with staff to ask and brochures to pick up. You can borrow books, read newspapers, use public computers and connect to the internet.

Västerlångvägen 2, Råneå.

FIRST CAMP ARCUS-LULEÅ

InfoPoint available by the front desk. Adjacent to it, you will also find a shop where you can buy food, beverages and tasty treats. You can also find brochures and ask the staff for tips.

First Camp Arcus-Luleå, Arcusvägen 110, Luleå.

ELITE STADSHOTELLET

InfoPoint available by the front desk. Where, you will find tips on things to see and do in and around Luleå.

Storgatan 15, Luleå.

GAMMELSTAD VISITOR CENTER

Start your visit to the world heritage site Gammelstad church town with a visit to the Visitor Center. Here, you will receive a good introduction to the area and all its sights. You can also pick up brochures and maps. Take the opportunity to browse the souvenir shop.

Kyrkorget 1, Gammelstad.



CHANGES DUE TO UNFORESEEN CIRCUMSTANCES

We strive to inspire and give you tips that are as up-to-date as possible about things to see and do during your stay in Luleå, but since our circumstances are constantly changing, we advise that some of the information in this summer guide may be out of date.

The summer guide is a complement to our website visitlulea.se.

Free WiFi in Luleå

Free WiFi is available in large parts of the city center and in several of Luleå municipality's public premises. 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.

lulea.se



Tips!

KEEP TRACK OF
WHAT'S HAPPENING

With a city center within walking distance of most things, 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 Center.

See visitlulea.se - here you will find information on current events.



Photo: Gunvor Ekström

THE RIGHT OF PUBLIC ACCESS

DO NOT DISTURB, DO NOT DESTROY

Swedish law guarantees a right of public access, meaning that we're allowed to roam the outdoors freely, pick flowers, berries and mushrooms, swim, pitch tents, go cycling, boating, make campfires which are part of outdoor life. The right of public access is a privilege and a freedom that depends upon people acting responsibly and carefully towards the natural environment. We are not allowed to harm animals, plants or the environment and we must treat landowners and people we meet with respect.

RESTRICTIONS

Naturally, you may not pick protected species. Nature reserves and national parks often have special regulations, restricting the right of public access. There may also be rules governing things such as speed limits, water skiing and leash requirements for dogs. Motor vehicles may not be driven off-road, on bare ground.

BIRD PROTECTION AREAS

The archipelago has bird protection areas, where disembarkation is prohibited during certain parts of the year, often from May 1 to August 1.

FISHING

You are free to fish in the sea, but there are rules on how, when and what you can fish. Lakes and rivers normally require a fishing licence.

fiskekort.se | lansstyrelsen.se
naturvardsverket.se

Midnight light

Text: Swedish Lapland | Photo: Lule-Bild

THE BEST THING ABOUT MIDNIGHT LIGHT is that you can do everything around the clock. Swimming, golfing, fishing, hanging out outdoors until the wee hours. With some risk that you may forget to go to bed...

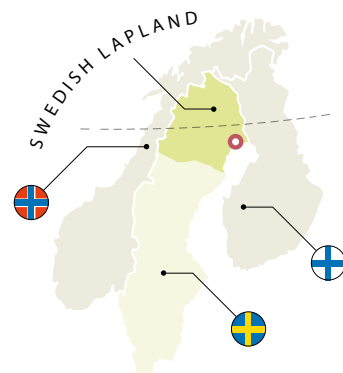
The midnight sun is a natural phenomenon that occurs during the summer months, north of the Arctic Circle. This means that the sun is still visible at night. Places south of the Arctic Circle experience midnight twilight, i.e. daylight even during the night. This is also known as midnight light or white nights.

From mid-March, the northern end of the earth's axis tilts more and more towards the sun and reaches its maximum gradient at 23° at the summer solstice. The summer solstice means that the sun reaches its highest position in the sky during the day. This happens around June 21st. At this angle, everything north of the Arctic Circle at 66° N is exposed to sun around the clock. When the earth's axis tilts in the other direction during the winter, everything north of the Arctic Circle is hidden from the sun's rays.

It is a common misconception that we, here in Swedish Lapland, have either darkness or light, during the winter months when the sun never reaches the horizon or in summer when the sun never sets. But the fact is that we have light all year round, just different kinds of light. Some darker, others lighter and some really colourful.

You can see the midnight sun in almost the whole of Swedish Lapland, but even if you do not see the sun itself, you see the light. The period of midnight light in Swedish Lapland lasts for about 100 days. With a sun that practically never sets, you have more hours of potential fun at your disposal. You can swim, play golf, fish or ride well into the small hours. And if you are into photography, the 100 days without a night mean absolutely fantastic conditions.

At swedishlapland.com you can read about the Arctic light.



WHAT IS SWEDISH LAPLAND?

The destination is a collaborative place brand, designed to promote Sweden's Arctic area to international travellers. The place brand also constitutes a collaborative platform for all the local destinations and tourism entrepreneurs in Norrbotten county and the municipalities Skellefteå and Sorsele. All operate within the joint place brand Swedish Lapland.

WHY IS IT CALLED SWEDISH LAPLAND?

Because the area is pretty much equivalent with our Finnish counterpart and neighbour who has made the name Lapland known to the world. We just added Swedish to distinguish us geographically.

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 center, 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 cosy little boutiques with local design, arts and crafts.

Embrace every opportunity. Here you can spend one moment at an 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 nights, filled with both adventure and a healthy helping of peace and quiet.

visitlulea.se

Do not miss...



Are you a fan of auctions?
Look at lulea-auktionsverk.se
for opportunities to buy something antique.

Out and about

LOOK FOR CHECKPOINTS

Hittaut is a public health initiative focused on the use of maps and modern technology. It is a fun and simple way to get exercise, while also discovering scenic locations. Using a map and/or a GPS device, you go looking for checkpoints. Hard copies of the map are also available, at the Luleå Tourist Center.

Find out more at:
orientering.se/
provapaaktiviteter/hittaut/lulea



Photo: Susanne Lindholm

Art cycling tour

Experience Luleå's public art on your bicycle. The tour will take you through central Luleå. Collect a map and a registration form from the Luleå Tourist Center at Kulturens hus.

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. They 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.

laplandheartwork.se



Flea markets and second hand

In summer there are plenty of signs for flea markets in Luleå. Keep an eye on visittlulea.se/events and signs by the roads you travel on.

SECOND HAND

- Röda Korset | Småbåtsgatan 5.
- Rädda barnen | Repslagarg. 16.
- Secondhand shop Samlat
Köpmantorget, see [instagram](https://www.instagram.com).
- Hållbarhetshuset
Brandgatan 4, see lumire.se.

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.



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.

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.



Photo: Lule-Bild



**Södra hamnplan
– and oasis in the city centre**

In summer, Södra hamnplan in Luleå is transformed into an oasis inviting both young and old. There is plenty of space for those who want to relax. For those who are more active, thanks to Fritidsbanken, equipment is available to borrow for various activities, free of charge. There are also a number of food trucks, so it's a great place to go and have lunch.



Photo: Peter Rosén

WORTH PRESERVING

Gammelstad Church Town

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.

Luleå'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.

visitgammelstad.se

The Gammelstad Visitor Center

In the middle of the church town, in the old Bethel Chapel dating from the 19th century, you will find the Gammelstad Visitor Center where you can pick up brochures and maps and buy a souvenir from the souvenir shop. There is also a new exhibition about Gammelstad's history. The exhibition contains displays related to other world heritage sites and information describing what a church town and a church cottage really are. The exhibition is playful and interesting for children.

visitgammelstad.se



You can have coffee at Ulla's Café next to the Visitor Center and at Café Fägnan at the Hägnan Outdoor Museum. Tips on more cafés and restaurants can be found at visitlulea.se

Photo: Visitor Center

Guided tours

GAMMELSTAD CHURCH TOWN

Open, guided tours all year round, on designated dates and times. During the tour, which will take about an hour, you will be strolling through the quaint alleyways and learning more about the exciting history of Gammelstad. You will visit a church cottage, and the medieval church (so long as there are no ongoing events). Book online to secure your spot.

OPEN-AIR MUSEUM HÄGNAN

The Open-air Museum Hägnan has farmsteads from the 18th, 19th and 20th centuries on display. Come on a journey back in time, and learn more about what life was like in the farming community of Luleå parish. You will be visiting a wealthy 1880's farm, and a simple farmstead from 1780.

AUDIOGUIDE

Listen to eight different audio tracks on the history of Gammelstad. Book your audio guide online and collect it at the Visitor Center, on Kyrktoget. Use the accompanying map to navigate while you are listening. The audio guide is available in Swedish, English, German, French, Dutch, Finnish, Northern Sami and Meänkieli.

Tip! Soon, you will be able to explore the church town around the clock with the help of a smartphone app. Keep an eye on visitgammelstad.se for more information.



Photo: Susanne Lindholm



Photo: Susanne Lindholm

Open-air Museum Hägnan

THE OPEN-AIR MUSEUM HÄGNAN, 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 horses, the cows, the pigs, the goats, the rabbits and the hens are also popular amongst our younger visitors.



Photo: Susanne Lindholm



Photo: Susanne Lindholm

Highlights in the Church Town

NATIONAL DAY

A popular and festive National Day celebration with music, dance, performances and a range of activities for the whole family.

FIDDLER'S MEETING

Luleå hembygdsgille invites fiddlers, dancers, singers, audiences, veterans, beginners, young and old to take part in and enjoy wonderful music and dance and of course busking!

MIDSUMMER CELEBRATION

A traditional midsummer celebration where we come together to dress the midsummer pole. Games and dance with Luleå hembygdsgille. Wreath tying, hay jumping, bread baking and pony riding. The country store is open, offering coffee, sausages and grilled Baltic herring.



Photo: Lule-Bild

SUMMER THEATRE

A summer evening in June. The sun is high above the horizon. The natural world is green and blossoming. This means it's an ideal time for the actors of the Norrbotten Theatre to relocate out to Hägnan, for a summer performance.

HISTORICAL GAMES

Join us on a journey back in time in Gammelstad. Feel the wings of history beat and meet fascinating characters from the past.

visitgammelstad.se

Come along on a historic journey

From the city of Luleå with 250 inhabitants, to Luleå Municipality, with a current population of over 78,000

CITY PRIVILEGES

1621 Luleå was granted city privileges by King Gustav II Adolf. In its first five years, the city grew by 50 people. Soon after, the city was moved from Gammelstad to its current location.

1653 The city has its first fire. Four years after the relocation from Gammelstad, half of the city's buildings were devastated. In 1657, the city burned once again.

1667 The church was opened.

In the **1690's** there was considerable starvation, following years of crop failure.

1716 Russian Cossacks raid and pillage Luleå, killing some 20 citizens.

LULEÅ 100 YEARS

1762 The first major fire in the city consumes two thirds of it.

1790's This decade marks the beginning of the mill era, with the Selet and Melderstein.

1808-1809 The Swedish-Finnish war, Russian soldiers occupy Gammelstad and Luleå, and are plagued by disease, as evidenced by the Russian graves in Alvik and Gammelstad.

LULEÅ 200 YEARS

1857 The County Administrative Board relocated from.

1864 The city council was established.

1883 Construction of the Svartön ore port.

1887 The city burns again.

1888 The first ore train arrives from Gällivare to the port of Luleå.

Luleå's most expansive phase begins in the 1890's, with a population growth of 1,000 percent between **1821 and 1921**.

1905 The first water pipes were built.

1910 Teacher Siri Holm becomes the first woman to join the city council.

1914 World War I breaks out. The Crown's horses were readied in front of the old city hall, and the fleet of ore ships were held in Luleå's south harbour roadstead.

LULEÅ 300 YEARS

1921 King Gustaf V and Queen Victoria arrive on June 11, to celebrate the jubilee.

1939 World War II breaks out. Nazi Germany stored goods for their troops in Luleå. The arson attack on the socialist daily newspaper Norrskensflamman in 1940 leaves five people dead.

1943 Iron production begins at the Norrbotten Iron Mill, and the mill is in dire need of workers. There is a major housing shortage.

1950 The Malmudden residential area is completed, with 458 flats.

1954 The Bergnäset bridge was opened, making the ferry obsolete.

1955 Construction of the city mall, Shopping, was completed.

1958 The city hall was finished.

1969 The municipalities of Nederluleå and Råneå merge with the city of Luleå, to form Luleå Municipality.

1971 Luleå University of Technology was established as Sweden's fifth college of technology.

1970-1980's The residential areas of Björkskatan, Hertsön and Porsön are built.

1976 Plans for the Stålverk 80 steel mill are shelved.

1988 An unforgettable summer of World Cup sailing.

1996 Gammelstad church town is listed for preservation as a UNESCO World Heritage Site, becoming one of fifteen such sites in Sweden.

2011 Facebook decides to construct new server facilities in Luleå.

2019 Luleå Municipality reaches a population of 78,000.

LULEÅ 400 YEARS

2021 Luleå celebrates 400 years. The corona pandemic postponed the celebration with the big cake party until 2022.



Gustav II Adolf, born 1594 at the castle Tre Kronor in Stockholm, died 1632 in Lützen, was King of Sweden 1611-1632. Gustav Adolf inherited the Swedish throne after the death of his father, Charles IX, and took the throne at the age of 16.

Luleå archipelago



Brändöskär. Photo: Laponia rederi

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, Smaskär, Brändöskär, Hindersön and Junkön – islands which have been inhabited for hundreds of years. Fishermen's cabins, lighthouse 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.

Cruises in the Luleå archipelago

EVENING CRUISE

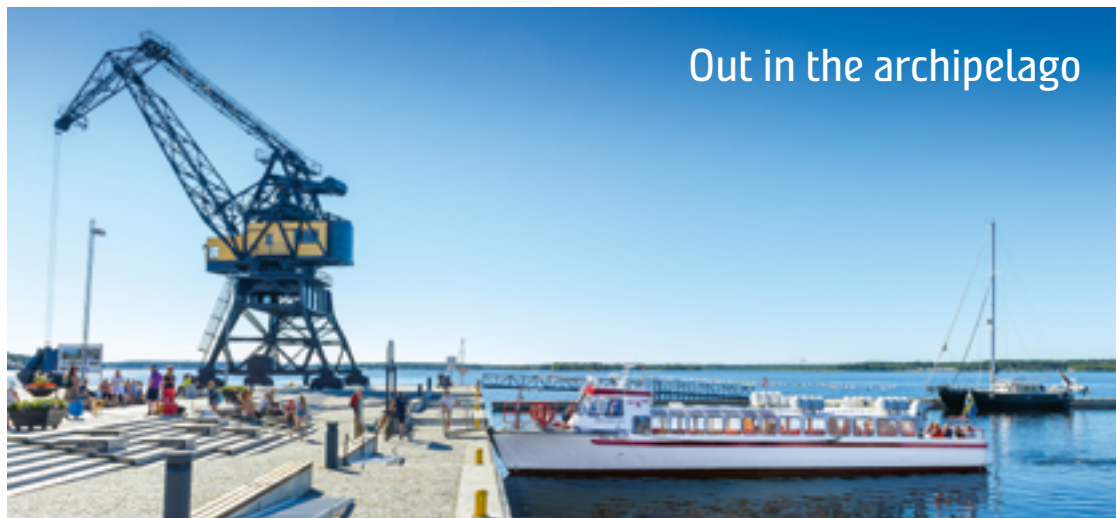
Take an evening cruise to the artists' island – Brändöskär. The island is located on the outer rim of the archipelago, and home to a picturesque fishing village. A platter of delicacies from the archipelago is served during the boat trip. The evening will feature accordion music and song, and during the journey home we will all be singing together.

SHRIMP CRUISE

Enjoy shrimp whilst troubadours play and sing during a three-hour evening cruise around Luleå's beautiful archipelago. Alternatives to shrimp can be pre-ordered when booking. The skipper always chooses a route that is suitable considering the forecast weather and wind conditions. Season from mid-May to the end of September.



At laponia.se you will find tips on more cruises in the Luleå archipelago.



Out in the archipelago

TOUR BOATS to the largest and most popular island destinations in the archipelago are available during the summer and autumn. 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 Laponia** operates round trip: departs from Södra hamnplan to Klubbviken havsbad, Sandön - Hindersön - Brändöskär - Småskär - Kluntarna - Junkön.
- The **M/S Stella Marina** is Luleå's 'bathing shuttle', going between Södra hamnplan in the city centre and Klubbviken havsbad.

Timetable for the archipelago boats available online at lulea.se/skargard and at the Tourist Center in Kulturens Hus.

6 islands to visit

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. Cottages are rented out as self-catering. Showers and saunas are open to the public. Sauna can also be booked privately. Make time to take a walk along the footpath of the island and visit the shingle field at Lappmyrberget.

HINDERSÖN

One of the larger islands in the Luleå archipelago. People

lived here as early as the 16th century, with fishing, farming and sealing as their main livelihoods. The island had an iron ore mine in the late 19th century, as well as a limestone and marble quarry in the early 20th century. Here are Jopikgården with cozy restaurant and accommodation in the form of hotel rooms and hostels. Access to sauna.

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). Picture-rescue boathouses line the beach whilst the cottages on the island are situated on the mountain. Here, there are also cottages available to rent. Access to sauna.

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. Access to sauna.

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 Victoria-klippan, 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.

JUNKÖN

This island is famous for its archipelago museum and gallery. Another tourist attraction is the 18th century windmill. The island has two rental cottages and a summer café. Access to sauna.

RENT A COTTAGE WITH SEA VIEWS



Klubbviken Havsbad. Photo: Lule-Bild

Brändön Lodge

Stay in a cottage near the child-friendly beach. Brändön Lodge offers well-lit, well equipped cottages for up to four people, all with a view of the sea. The cottages have a sofa bed, a toilet, shower, TV, and a kitchen with a fridge and a freezer. On the deck, outside the sauna or at one of our barbecue pits, you can sit and watch the beautiful rising, or setting sun. In Brändön, you can relax on the beach, or rent a bicycle, kayak or canoe. If you're feeling peckish, there's a restaurant and a kiosk just a stone's throw away. Parking spots for camper vans are available too.

brandonlodgelapland.com

Jopikgården

Luleå Archipelago Adventures offers experiences in the archipelago, in the form of eating, accommodation and activities on Hindersön. At Jopikgården, you can stay either in a hotel room or at a hostel. The main building, also housing the restaurant, has four hotel rooms on the upper floor. The hostel is found in the so-called Dränglängan, where there are six four-bed rooms. At Jopikgården, you can go kayaking, but other activities tailored to your request are also available.

luleaarchipelago.com

Klubbviken Havsbad

Klubbviken offers accommodation. There are two-bed cottages just on the water's edge, with toilets and showers in nearby amenities buildings. Above the beach, there are five four-bed cottages, each with their own kitchen and bathroom. All cottages are rented out as self-service accommodation. Showers and saunas are open to the public. The sauna can also be booked privately. In the restaurant you can enjoy a meal or Swedish fika. Here, you can spend your day playing beach volleyball, or rent a fatbike or a pedal boat. For the youngest, there are playgrounds.

klubbviken.se



Photo: Fredrik Broman





The municipality's cottages

Throughout the Luleå archipelago, there are rental cottages on four islands: Kluntarna, Junkön, Brändöskär and Småskär. The islands differ in character - from barren environments and shingle fields, to old-growth forests and sandy beaches. The cottages have between four and ten beds, and sauna facilities with common rooms are available. During the high season, there are cottage hosts on several of the islands.

lulea.se/skargard

The teacher's residence on Hindersön

The teacher's residence in Hindersön's old school is equipped with four beds (+ an extra bed), electricity, shower, toilet, TV, heating, stove, refrigerator with a small freezer compartment, percolator, kettle, pots and crockery, etc.

To book, visit "Accommodation" at visitlulea.se.

RENT A SAUNA RAFT

A sauna raft is much more than just a sauna. It's a lovely way to spend time with family and friends. Sweat in the heat from the wood-fired sauna, take a dip in the sea, cool off with a cold drink on the sun deck, light the grill and look out over the beautiful scenery of Luleå city.

More information at visitlulea.se under "See & do" - browse to the tag Sauna.



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 Center in Kulturens Hus.



LULEÅ'S BEST BEACHES AND BATHS



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 Rörbäcks havsbad

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. 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.

FIND
MORE BEACHES
AND BATHS:
lulea.se

1 Gültzaudden

A perfect place for families with children and for young people. There is a pirate ship and a volleyball court. The scenic Gültzaudden, 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 Tjuvholmssundet

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 cosy café. You are sheltered by a steep, sandy hillside behind you. Narrow beach with clear water and a fantastic view of the river.

8 Notviken

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.

13 Aronsbadet

Aronsbadet is a bath without entrance fee at Örnäset. 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, kioks, 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.



1

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.

At visitlulea.se you will find tips on more summer activities.



7



12



13



Adventures big and little

FOR KIDS ALL AGES

LULEÅ OFFERS PLENTY OF ACTIVITIES to fill your days with and our natural environment is something you simply have to see.

Luleå 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 Bålingeberget 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 Luleå'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 Niemi-sel 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.

Swing clubs or swerve around on tracks

LULEÅ GOLFKLUBB

Luleå has Sweden's northernmost 27-hole course and it is likely to have some of the best lighting conditions in the world. Luleå's midnight light means that you can even play a round in the middle of the night. Equipment can be hired on location (everything you need, as well as golf carts). Here you can also enjoy a good meal at Rutvik Golfrestaurang, serving Swedish fika and home cooked meals.

luleagolf.se

GOLFÄNGEN MINIGOLF

At Golfängen you will find an 18-hole course where you can challenge friends and family to a round of miniature golf in a scenic environment. Here you can also enjoy a fika at the canopied open-air cafe.

golfangen.se

GOKART

For those of you looking for high-speed experiences, you can go karting, solo or together – on a 690 metre track. The race track is located in a scenic environment by the Lulviksvägen road to the airport (opposite Nordkalotten Hotell & Konferens).

kartway.se/Lulea

STEEL PARK

Sweden's northernmost concrete park for skateboards, BMX etc. The park is suitable for both beginners and advanced and professional skiers.

GPS: 65.57633, 22.20345

Hidden gems



Ranch 465

Inspired by American cowboy culture, Ranch 465 combines the Wild West with the Norrbotten forests in Bjurå in the Råneå river valley. There are many hiking trails to explore only 45 minutes from Luleå city centre. Experience the fantastic environment on horseback.

ranch465.com



Avans gårdsbutik

Halfway between Luleå and Boden, on the south side of the Lule River, is Avan's farm shop. On the farm there are curious and cuddly ewes and rams of the Gotland sheep breed. In the shop you can buy leather, yarn and hand-knitted garments. Most skins are sold processed, and some are sewn together for carpets, blankets, seat cushions, pillows and more. Ceramics, wrought iron and knitted products made by local craftsmen are also sold here. Only open for pre-booked visits.

avansgardsbutik.se



Cape Wild

Cape Wild is a wilderness centre, 10 kilometres outside Luleå, near the Lule River. Here you can meet and socialise with tame moose and reindeer. They are all very gentle and love to be petted and fed with fruit and vegetables. There is also a souvenir shop here. Please note! Only open for pre-booked visits.

capewild.se



Bondgården Bålinge

The Bålinge farm is an organic farm where you can meet and pet the animals. The farm is located about 15 kilometres outside Luleå along the tourist route 616 *. In addition to all the animals - there is a shop, and also a restaurant in the middle of the barn, behind a plexiglass wall!

bondgardenbalinge.se

**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.*

Photo: Paul Hansen



EXPERIENCE
LULEÅ FROM
above



Upzone – adventure at high altitude!

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!

upzone.se/lulea



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 Brändön 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'**.

luleaklatterklubb.se



The Bälungeberget mountain

Unsurprisingly, Bälungeberget is one of Luleå's most popular destinations for hikes and outings. It is located about 15 kilometres west of Luleå. If you have not yet hiked up the 139 metre mountain, try it! From the top you have a beautiful view of the lively landscape of the Lule River. Up on the mountain there are picnic areas with fire pits.

At visitlulea.se you can download our hiking guide, where there is a description of trips up to Bälungeberget. A printed copy of the hiking guide can also be picked up at Luleå Tourist Center.



Photo: Magnus Stenberg

The Ormberget outdoor facility

Ormberget is a place well worth a visit, in both summer and winter. The view from the facility is fantastic and there are a lot of things to do here. Among other things, there is an extensive system of trails for walking and running, adventure trails, restaurant and barbecue areas. There are also mountain bike trails varying in difficulty and length, for both beginners and professionals.

At visitlulea.se you can download our cycling guide, where there is a description of the mountain bike trails on Ormberget. The bicycle guide can also be picked up at Luleå Tourist Center.



Gammelstadsviken

A couple of hundred years ago, Gammelstadsviken was a bay, whose only traffic consists of animals – and mainly birds. 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 rivaling 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 must for bird-watching enthusiasts and an excellent destination for those who wish to experience the beautiful countryside and go on a light hike.

visitlulea.se



Top 3 mountain peaks & viewpoints

1. PÅLBERGET 137 M:

A beautiful view of the Råne river and Pålträsket. There are exciting caves to explore here.

2. SNÖBERGET 241 M:

Snöberget is a mountain whose peak was never affected by the waves of the sea and thus remains forested, whilst the sides are bare and home to mighty shingle fields, created by ice and waves.

3. STORKROKBERGET 307 M:

Is the highest mountain in Luleå Municipality, its characteristic silhouette is seen from all over the Vitå valley.

Read more in the guide "Guldorn i Råneå & Vitå älvdalar" which can be downloaded via visitlulea.se. The guide can also be picked up at Luleå Tourist Center.

Top 10 BIRD-WATCHING LOCATIONS

1. Alvik
2. Ersnäs fjärden
3. Hertsöfjärden
4. Gammelstadsviken
5. Mjökuddstjärnen
6. Persöfjärden
7. Likskärsbanken
8. Kallax
9. Rödkallen
10. Kluntarna





On your own

There is a lot to discover and explore around Luleå on your own. For those of you who want to go out into the great outdoors to hike, cycle, paddle and fish, we have compiled a selection of our favourite places and tours in thematic guides. We hope you enjoy it as much as we do. Tip! An easy way to improve safety when embarking on an adventure is to share the experience with others. It will also be more fun.

Download the guides via visitlulea.se or pick up a printed copy at Luleå Tourist Center.

With guide

There are several companies in Luleå and the surrounding area that offer guided tours.

You will find them under "See & do" at visitlulea.se.



Enjoy paddling around the clock



Photo: Fredrik Broman

THREE THINGS TO NOTE

1. The Luleå archipelago is relatively shallow, with an average depth of approximately 10 metres. This means choppy sea (short, steep waves) when the wind takes hold. It also means that shallows and rocks can be encountered in the middle of a wide inlet.
2. The sea level is affected by air pressure and winds. The difference between high and low water can sometimes be as much as 2 metres.
3. In summer, southern and southwestern winds are most common and all crossings in the archipelago are affected to some degree by these wind directions. However, nights are often calm, so if the day is windy you can paddle at night instead!

TIPS!

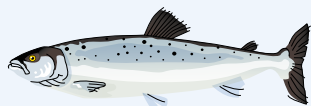
Before you head out to sea – pick up a terrain map, scale 1:50,000, or a sea chart with more detailed information about shallows, markings and waterways, as a complement to our kayaking guide. At the Granec store you will find nautical charts and books, as well as instruments for navigation.

granec.se



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.

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 website fiskekort.se and visittulea.se where you can find our Fishing guide.



Discover Råneå & Vitå älvvdalar

THE RANEA AND VITA RIVER valleys run through the municipalities of Luleå, Gällivare, Jokkmokk and Boden. This rich natural treasure, unaffected by hydropower development, stretches from the foot of the mountain Dundret in the northwest to the outlets in the Gulf of Bothnia in the southeast. The vast and untouched forest landscape of the river valleys

offers extraordinary experiences and great variety. The wildlife is rich. There are many spots to go swimming – in the sea, in rivers, lakes or pools. Wilderness adventures and lovely kayaking waters, as well as fishing opportunities, attract visitors. The Råneå and Vitå river valleys are also home to several places of cultural-historical significance that are interesting to visit. Let

the adventure take time, there are plenty of campsites and rest areas where you can stop for a break. In the area there are also grocery stores, petrol stations and eateries, frequented by residents and visitors alike.

Choose accommodation to suit your liking and taste – a forest hut, a cottage village, campsite or accommodation with conference facilities in a



Photo: Lule-Bild

hotel or manor environment. Knowledgeable hospitality companies are happy to guide you to the area's activities and magnificent experiences such as whitewater rafting, hunting and climbing. For a few days in August, crayfish fishing provides a great feast and family festivity. The lower section of the Råne River has one of Sweden's most abundant populations of

Swedish European crayfish. When dusk falls, small fires light up where people gather to cook something tasty on the fire or just socialise while waiting for the next cage emptying. The crayfish are cooked in dill or according to a secret recipe and served with delicious accompaniments. The crayfish party is a long-awaited event and a perfect end to the summer season.

GEMS OF THE RÅNE & VITÅ RIVER VALLEYS

the touring routes of
SWEDISH LAPLAND
YOUR ARCTIC DESTINATION



The guide with tips on things to see and experience in the Råneå and Vitå river valleys can be downloaded via visitlulea.se and you can also pick it up at Luleå Tourist Center in Kulturens hus and at InfoPoint in Råneå Citizens' Office and Library.

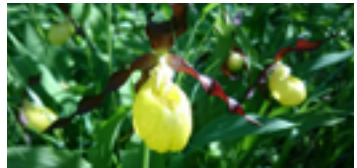


Photo: Gunvor Ekström

The flora along the river valley is unique. A total of 318 vascular plants, many of them very rare, have been registered on the river's banks and beds. There is great species diversity. Red baneberry, Siberian lettuce and the knotweed, *Persicaria foliosa* are some of the rarer species. Several rare plants thrive here, such as orchids like the calypso orchid, lady's slipper and lesser butterfly-orchid.



Photo: Per Lundström

The crayfish was introduced into the Råne River during the 1950s and a strong population has been established from the sea at Råneå to further upstream. The crayfish have so far avoided the spread of the crayfish plague. It is therefore important that the equipment used has not previously been used in other waters.

Fun and learning

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 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.

Photo: Jessica Tervaniemi



ALCATRAZ

A three-storey experience centre. Here you will find; go-karting, VR games, laser games, paintballing, bowling and "Prison Island" - a challenging adventure where you solve tasks from within prison cells. When you get hungry or thirsty, there is a restaurant with a variety of options. Just coming and hanging out is free, you only pay for the activities in which you choose to participate.

alcatraz.nu



Photo: Jennie Pettersson

TEKNIKENS HUS

A popular destination for the whole family. Discover technology in our world, explore together or on your own. Learn more about the internet in our everyday life from the exhibition about Facebook's Luleå Datacenter. Daily screenings in the Planetarium of dome movies or viewing of the starry sky. Family workshops and construction assignments.

teknikenshus.se



KLÄTTERHUSET

Here you will find bouldering, top rope climbing and lead climbing. The motto is that pretty much everyone can climb. There are no rules for climbing - you climb as high as you like, using whatever holds you prefer. The climbing hall has a gym, a shop, a café and changing rooms with showers and a sauna.

klatterhuset.se



O'LEARYS

Welcome to an event arena where you can satisfy your appetite, watch televised games or compete with friends. There are bowling alleys, a games room with arcade games, pinball games, air hockey, billiards and shuffleboard, stands, a restaurant and dance floor. Outdoor seating on the roof!

olearys.se/lulea

360 TRAMPOLINE CENTER

An out of the ordinary adventure can be found in the large facility located in the middle of the Storheden shopping area. In addition to all the attractions, there is a section for coffee breaks and relaxation. The activities in the trampoline park are aimed at all age groups.

360trampolinecenter.com



LEOS LEKLAND

Ball pit, slide, climbing walls, tubby slide, spider tower and much more for children aged 1 and above. Here, the adults can take the opportunity to hang out in the café while the children play. Connect your phone to Leo's WiFi and surf for free. Relax with TV and magazines.

leoslekland.se

Fun with history, art, culture and science



FLYGMUSEET F21

The F21 Aviation Museum is located just outside the gate to the F21 air force base. The exhibitions describe the air defence of upper northern Sweden from the beginning of the 1940s, with the region's often extreme climate. Our Viggen fighter jet simulator JA 37 DI gives you a thrilling and realistic flying experience. Try to take off, handle the aircraft in the air and land "for real". You will be manoeuvring over Luleå, the bridges and the archipelago, high or low, and the whole of Sweden is below.

flygmuseetf21.se

KULTURENS HUS

Kulturens hus offers a panoramic view of Luleå's north harbour. The three storey building houses the city library, art gallery, tourist centre, conference facilities, concert halls and a café and restaurant. Here you will find a large selection of different cultural and music events. The art gallery displays contemporary art mainly from Sweden, but also from other countries. There are also lectures, an open art workshop and guided tours.

kulturenshus.com



NORRBOTTENS JÄRNVÄGSMUSEUM

Welcome to one of Sweden's largest railway museums located in a scenic area in the old industrial community of Karlsvik, 6 km from Luleå's city centre. The main focus of the museum is to preserve and display artefacts that are connected to the Ore Line, but there are also vehicles, buildings and other objects taken from different places in northern Sweden. During the summer, scheduled museum trains run on the Gammelstad-Karlsvikshyttan railway.

nbjvm.se

EBENESER

The old yellow ochre Ebeneser church in the middle of Luleå's high street, Storgatan, is one of the few examples of large-scale Art Nouveau architecture in Luleå. Kulturföreningen Ebeneser is housed here in an inspiring café environment. Ebeneser is a meeting place for those interested in culture and has an open stage for both spontaneous and planned cultural expressions.

ebeneser.nu



NORRBOTTENS MUSEUM

The Norrbotten County museum shows exhibitions, documentaries from Norrbotten and has activity programmes for both adults and children. The museum also has play areas for children as well as a café and shop.

norrbottnsmuseum.se



Photo: Lule-Bild

PONTUSBADET

Pontusbadet is a charming 1950's style swimming pool complex, focused on various forms of swimming training and competitive swimming. The pools are used by swimming associations and individuals swimming for leisure.

lulea.se/pontusbadet

VETENSKAPENS HUS

The city's old post office now houses Vetenskapens Hus, the House of Science. In the large, airy meeting space, you can attend open popular science lectures. The facility is for the public and is an open space for meetings. You can also enjoy coffee, pastries and food at the restaurant Unik, located in the same building.

ltu.se/vetenskapenshus | unikcafe.se/vetenskapens-hus

Food the Luleå Way

In Luleå there are several high-class restaurants. With chefs leaving internationally renowned Michelin restaurants to settle down right here in Luleå together with a sommelier who has been responsible for drinks during royal weddings. Gastronomic knowledge and qualifications are found throughout the city. Luleå also offers creativity and a safe, relaxed atmosphere. Fine dining is both fine, fresh and fun here!

MIDNIGHT SUN IN SUMMER



1 TAVERNA GUSTO

tavernagusto.se

2 RESTAURANG CG

restaurangcg.se

3 HEMMAGASTRONOMI

hemmagastronomi.se

4 BISTRON

bistron.se

5 KARL AUGUST

karlaugust.se

6 COOK'S KROG

cookskrog.se

7 NINE

restaurangnine.se

8 EGO

restaurangego.se

9 RESTAURANG ARKIPELAG

restaurangarkipelag.se





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, 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, 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 cloudberry.

GÅHKKU: Chewy Sami flatbread, preferably made on a muurikka. Closely related to the other Swedish flatbreads klädda 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.



Photo: Per Lundström



Fresh fish from Junköfiskarna

The fishing operation Junköfiskarna is run by the Ökvist family who have lived by the sea on the island of Junkön since the 18th century. During the summer, Junköfiskarna docks in Norra hamn and sells fresh fish directly from the boat. The tradition of the floating fish shop has spanned many years now and is a real holiday must in Luleå! Make sure to be there on time. The catch includes salmon, herring, whitefish and sea trout. For five weeks every autumn, vendace is trawled and the delicious Kalix vendace roe is extracted from it.

See junkofiskarna.se for information about days and times.

HANDMADE LITTLE TREATS



Luleå Confectionery

In the Kronan area, you will find the company Luleå Konfektyr, which produces handmade pralines, fudge and confectionery from local berries such as Arctic raspberries, raspberries, cloudberry, sea buckthorn, bilberries and lingonberries.

facebook.com/luleakonfektyr

Knäck & karamell

In the candy factory on Stadsötorget in Gammelstad, pralines are poured, fudge is folded and award-winning toffee is made. Courses and tastings are also held here. Are you eager to buy some treats? You can find retailers online.

gammelstads.com



Time for Swedish 'fika'

A WARMING CUP OF TEA. A FRESHLY BAKED BUN. A strong, invigorating Espresso. A molten chocolate cake with cream. A steaming hot cup of chocolate. There are many varieties of a Swedish fika and what could be better after a day in the great outdoors or in the shopping streets, than to put your feet up and just enjoy yourself with something good to drink or eat.



Photo: Burban Studios

SPEND TIME OUTSIDE & INDOORS

In Luleå's city centre you will find a large selection of cafés.

Enjoy the traditional **Börje Olssons Konditorier**. Since 1958, they have been serving good coffee, fresh, hearty sandwiches and sweet baked goods from their own bakery.

At **Friends Fika & Food**, you and your friends can meet, regardless of whether you want to have a fika or eat something savoury from the à la carte menu. The sweet treats are delivered daily from our own bakery and the range varies with the season and the baker's inspiration.

At **Café La Yache**, in a small, cosy, corner location, you will find hot and cold drinks of the highest quality. Enjoy them with pastries, bowls, salads and sandwiches.

At Bergviken just outside Luleå's city centre, you will find **Lilla skafferiet** – a café, bakery, butcher shop and boutique. Here, you can enjoy pastries or a healthy snack with coffee or tea, or enjoy a Swedish smörgåstårter – a layered sandwich cake – for lunch.

And for those of you who want to venture beyond the city, we suggest:

Gammelstads Konditori & Café – a modern patisserie with elements of old traditions, serving fantastic pastries.

Have a good cup of coffee outside or indoors at the cosy **Kallax Gårdsbutik**.

A delight for both the eye and the stomach is **Strömsunds-hemmet's** cookies buffet with 24 different types of cookies and Danish style smørrebrød sandwiches.

Ralph Lundstengården is a farmhouse with a history dating back to the 18th century. But fret not, the pastries are fresh!

At visittulea.se you will find more tips on places that will tickle your tastebuds!



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** and **Bar CG** which both have 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 **Bistron** and here you can also treat yourself to a drink if you are visiting the Norrbottensteatern theatre next door.

If you are aiming for the stars, take another detour to Luleå's only sky bar and restaurant **Nine** 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 **Ego Bar & Restaurant** at **Hotell Savoy**. There they have Luleå's most vibrant bar scene, inviting menus and DJs.

As we said, Luleå has something for everyone.

Bottenvikens Bryggeri

All beers are created from high-quality ingredients and often with local elements in both origin and flavour. For example, Bottenvikens Bryggeri decided, in collaboration with Tornion Panimo and Pite Bryggeri, to celebrate Luleå, Piteå and Tornio's 400th anniversary by creating their interpretation of how a beer may have tasted in 1621. So what is our verdict? Well, if the beer was this good 400 years ago, no one was left wanting!

Not only is beer brewed here, it is discussed as well. So, for those of you who want to taste the different brews. Book a tasting session via bottenvikensbryggeri.se.



Photo: Bottenvikens Bryggeri



Photo: Camilla Niemi

Charming city pulse

OR EVERYTHING YOU NEED IN ONE PLACE

SHOPPING OPTIONS IN LULEÅ ARE MANY and accessible, with hundreds of shops and malls. Stroll in the city and treat yourself to shopping in small boutiques or in the malls. Smedjan, Shopping and Strand. 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.

Going north from central Luleå, 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 boutiques with locally designed products, arts and crafts.



Photo: Viveka Österman

Souvenirs with the local brand Luleå are available for purchase at Luleå Tourist Center and Visitor Center in Gammelstad.

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. A visit to Luleå can definitely leave you feeling revitalised, as alongside spas there are also plenty of hairdressers, barbers and beauty salons.

visitlulea.se



Thanks! Good night!

SLEEP WELL IN TOWN OR NEAR NATURE

SINCE LULEÅ IS AN AGE-OLD MEETING PLACE, with a long tradition of welcoming hospitality, naturally, the city offers a wide range of accommodation options, close to the natural environment, or to the pulse of the city. Maybe begin, or round off, your visit by exploring the city?

In general, the standard of accommodation in Luleå is high and you have plenty of options, hotel chains such as Scandic, Elite and Best Western, as well as private alternatives. High-class Clarion Hotel Sense and Hotell Savoy, both with spa facilities, restaurants and bars, are located near the city centre. Those of you who are looking for more affordable options have several hostels and budget hotels to choose from. Timbered, rustic charm can be found at Brändön Lodge, out by the sea and enveloped by the forest. Out on Hindersön in the Luleå archipelago lies Jopik-garden – a well-preserved treasure.

Why not spice up your stay by making the accommodation an adventure in itself? Park your camper van, pitch your tent, or rent a cottage at First Camp. Less than an hour away from the airport and the city, several spectacular, natural accommodation options await you – where you will find memories to last a lifetime.

På visitlulea.se kan du läsa mer om boenden som finns i Luleå.



Find more

EXCURSIONS WELL WORTH A DETOUR

Photo: Maria Åberg Andersson



MELDERSTEIN HERRGÅRD

Meldersteins Herrgård is situated in a beautiful, undisturbed environment by Route 760, 12 km from Råneå 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. 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.

melderstein.se

STORFORSSEN

Storforsen in the village Bredsel just outside Älvsbyn, 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.

storforsen-hotell.se



Photo: Oleg Bondarev



Photo: Thomas Öberg

Selets bruk is situated thirty kilometres outside central Luleå, southwest of the Lule River.

SELETS BRUK

Selets bruk (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.

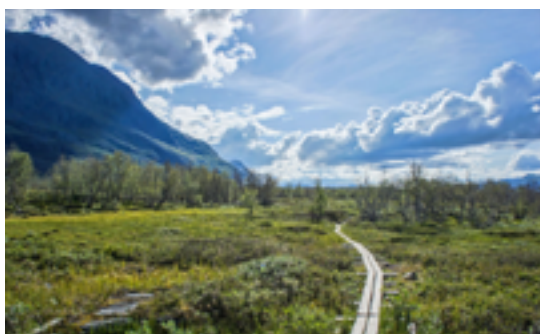
visitlulea.se



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.

icehotel.com



Kungsleden

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 Lapponia 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.

svenskaturistforeningen.se



Visit Treehotel i 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.

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 Jokkmokks 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.

ajtte.com

Map of

MIDNIGHT SUN
IN THE SUMMER

Swedish Lapland



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. swedishlapland.com



Luleå Business Region is working to develop trading, meeting and reasons for travelling to Luleå. Our mission is to make Luleå known as a lively, competitive and attractive city of commerce; close to people, nature, an archipelago and various activities. luleabusinessregion.se