

# visit umeda!

## Activities



Bjurholm  
Nordmaling  
Robertsfors  
Umeå  
Vindeln  
Vännäs



# WELCOME!

All year round you, as a visitor, can experience what our everyday life is like – the city's entertainment combined with both peaceful and exciting nature experiences.

In this brochure we have gathered tips on what to see and experience in our destination. You can find more inspiration on our website [visitumea.se](http://visitumea.se). Don't miss the map on the centrefold! There you will find more places worth visiting and our activities pinpointed.

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Shopping: **IKEA** | Guitars – The Museum: **Fredrik**

**Larsson** | Kvinnohistoriskt museum, #metoo exhibition:

**Fredrik Larsson** | **Dogsledding, Granö Beckasin:**

**Patrick Trägårdh** | Tavelsjö ice track: **Jonas Burman**

| Tavelsjöberget: **Emil Byström** | Bird's nest: **Granö**

**Beckasin** | Backfors Gård: **Maria Lindberg** | Winter

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# Food & Beverage

Welcome to Norrland's foremost food city. Here you can experience high-quality food and service that creates strong food memories. Enjoy everything from seasonal vegetarian flavor explosions to American barbecue with a northern touch.

For a real gourmet experience with local ingredients, choose our popular White Guide restaurants, **Gothards Krog**, **Köksbaren**, **Hunger och Törst**, **Harlequin** and **Bodegan**.

Köksbaren



## Fun family dining

For those who like to combine the meal with an activity, we can recommend **O'Learys**, which offers, among other things, bowling and an entire arcade with games or **Orangeriet**, with both boules and shuffleboard. The app restaurant **Pinchos** has a circus theme and is usually a real children's favorite.



## Have a tasty “FIKA”

**Nya Konditoriet** is Umeå's oldest coffee shop. **Rost, Kulturbageriet** and **Gamla Bibliotekscaféet** all serve good vegetarian, vegan and organic alternatives. **Costas of Sweden** is the place for those who like fine coffee. If you want to combine a good “fika” with a cultural experience, don't miss out on the **Västerbotten museum's café!**

## Umeå's new sky bar

At the top of floor 13 of **Clarion Hotel Umeå** is **Brasserie NØR** with associated roof terrace and sky bar. In the hotel's highest floor you will also find Elements Spa with sauna, gym and a warming pool with a hard-to-beat view of Umeå and the Umeälven river. The hotel has 270 rooms and is designed to be the obvious meeting place for weekends, conferences and entertainment.



## Local delicacies

Fill your backpack for an excursion or buy delicatessen from our part of the country to bring home. Make a visit to the stores **DUÅ**, **Gårdshem** and **Två Fiskare**. The award for *Store of the Year 2022* was awarded to **DUÅ**. A national award that promotes individual stores that, in strong competition, work creatively, are successful and profitable, with assortment, design and service that are appreciated by customers.

# Shopping for all tastes

## Avion Shopping and IKEA

Avion offers the region's best and most convenient shopping offer with IKEA at one end, Willys and Systembolaget at the other and a large selection of shops, restaurants and cafés in between.

Here you will find a mix of leading chain stores and local stores - all gathered in one place. The latest addition is **AB Småland**, which is a lifestyle concept and a green meeting place.

IKEA close to the city centre.



## Commercial area

The commercial area **Stora Birk** is Umeå's largest in area with several large chains, primarily in home and leisure, grocery stores and vehicle sales. **Bauhaus** is a new establishment in the adjacent area **Sandbäcken**.

## Umeå city centre

The range of shops in the city's centre is both varied and large. Fashion, beauty and interior design are mixed together with second hand stores, locally produced crafts, books, flowers and groceries. There are also many cosy cafés where you can take a break between visits to the shops.

# Culture for everyone



Guitars - The Museum

What's happening this week? Go to [visitumea.se](http://visitumea.se) for more information about the events this week.



## Guitars – The Museum

The brothers Åhdén from Umeå have one of the world's largest privately-owned collections of electric guitars, basses, amplifiers and musical props, all of which make up the basis of an experience-based exhibition. Be sure not to miss the guided tour!

## Norrlandsoperan

A performance arts centre that houses departments for contemporary art, opera, dance and a symphony orchestra. In addition to their own productions, the opera is visited every season by touring performances and has several international partners.

## Umedalens skulpturpark

One of Northern Europe's foremost sculpture collections with some 40 works by artists such as Tony Cragg, Louise Bourgeois, Anthony Gormley, Jaume Plensa and Anish Kapoor. The park is open all year round, around the clock, and is located about 5 km west of Umeå centre.

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## Kvinnohistoriskt museum

At the Väven cultural centre you can find the Museum of Women's History – the first of its kind in Sweden. The museum works in a norm critical way which puts women at the center of the narrative. The stories and testimonies shared during #metoo became the start of a movement. The exhibition #metoo is about that movement - but also about the future.

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## Västerbottens museum

Family-friendly museum depicting the county's history with exhibitions and programs on cultural history, art, textiles and photography. The museum has a children's workshop, a well-stocked museum shop and a cosy café. In addition, the world's oldest ski – older than the pyramids in Egypt!

## Bildmuseet

One of the country's most interesting scenes for international contemporary art. A place where the whole family can enjoy art exhibitions and events – always free of charge. In addition to continuously adding new exhibitions, this beautiful building offers a fantastic view of the river and the city. *Closed for renovation 29 January - 25 May 2023*



#metoo exhibition

# Experiences on **snow and ice**



## **Dogsledding**

Book a tour at **Aurora Borealis Adventures**, **Granö Beckasin**, **Hedlunda Husky**, **Spruce Island Husky** and **River Lake Huskies**. Some of these companies also offer dog sledding on wheels during spring and fall.





Ice track on lake Tavelsjön

## Winter in Tavelsjö

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



Tavelsjöberget

## Hamptjärnsberget

A great place for an excursion throughout the year. On the mountain you can enjoy a great view and an exciting topography - made for little adventurers! At the cottage **Hamptjärnsstugan** there are barbecue areas, hiking trails, ski trails and sledding slopes. The café is usually open during weekends and school holidays.



Bird's nest, Granö Beckasin



## Experience winter in Granö

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

## Horse activities

Horse riding on calm safe horses is available both for absolute beginners and for those who have ridden before. Does the idea of sitting on a horse sound a bit too exciting? Relax! There are also trips with horse-drawn sleds. In our destination the companies **Backfors Gård**, **Grönåkers Farm**, **Håknäs Hästbruk** and **Eldare farm** offer different kind of horse activities.



Backfors Gård

## Nature reserves to visit during the winter

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



### Beautiful winter strolls around Umeå

#### **Nydala runt**

– walking paths around the Nydalasjön lake

#### **Strandpromenaden**

– the waterfront along the Umeälven river

#### **Strömbäck Kont**

– for those who want to see the sea

#### **Stadsliden/Gammliasbogen**

– walking trails run up by snowmobile

# Northern lights adventures



## Sleep under the Northern Lights

At **Aurora Borealis Adventures** you can spend the night under the Northern Lights in an Aurora Tepee. You will sleep in a comfortable bed, while at the same time enjoying the night sky through the windows in the roof and walls of the tepee. Spice up your stay with a half-day dogsled trip and dinner outdoors!

In the outdoor camp by the sea **Coast to Fjäll**, you experience true Nordic lifestyle and get an unforgettable outdoor adventure at any time of the year. You stay in comfortable microcabins.

## Aurora sleigh ride

Snuggled up in a sled behind a dependable North Swedish working horse, with the sound of sleigh bells ringing in your ears, you will hopefully enjoy the Northern Lights and a starry sky that lights up the night. Book a ride at **Backfors Gård**.

## Capture the Northern Lights

Experience the most beautiful view that the night sky has to offer. Enjoy coffee made over an open fire and watch the Northern Lights dance over the stars. Together with the guide, you will learn how to photograph this magical phenomenon. There are also Northern Lights tours with dog sleds or snowmobiles available. Book your experience with **Granö Beckasin**.



Keep up with **Umeå Aurora Hunters'** Facebook group. There you will get tips on when the Northern Lights are visible. They also offer tours where you get to experience and learn how to photograph the Aurora Borealis.

# For the family



Curiosum



## Curiosum

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

## Active play and mystery

Activities for those who want to experience something fun together with family and friends. **Megazone** offers various activities such as Laserdome, Prison Island, Phazerzone and Arosfortet. At **Molinders Mystorium**, collaboration is important for finding clues and solving codes by using logical and creative thinking in an escape room.

## Mickelbo gård

**Mickelbo gård** in Mickelträsk is a mini-zoo which is open for much of the year, mainly in connection with the school holidays. There are both Swedish farm animals and exotic animals such as yak, llama and camel here.

## Adventure swimming

**Navet** is the obvious choice for a fun swimming experience with exciting attractions in the adventure pool. There are water slides, wave machine, jumping pool, climbing wall and other fun for the whole family.

# UMEÅREGIONEN

/ THE UMEÅ REGION

## VINTERAKTIVITETER / WINTER ACTIVITIES

- 1 Aurora Borealis Adventures
- 2 Backfors Gård
- 3 Granö Beckasin
- 4 Grönåkers Farm
- 5 Hedlunda Husky
- 6 River Lake Huskies
- 3 Spruce Island Husky
- 7 Tavelsjö isbana

## SKIDBACKAR / SLOPES

- 1 Agnäsbacken, Bjurholm
- 2 Bräntberget, Umeå
- 3 Buberget, Vindeln
- 4 Kassjöbacken, Umeå
- 5 Middagsberget, Vännäs
- 6 Ålidberget, Nordmaling

## NATUR / NATURE

- 1 Balberget
- 2 Grössjön
- 3 Hamptjärnsberget
- 4 Klangvägen
- 5 Mårdseleforsen
- 6 Nydalasjön
- 7 Stadsliden / Gammliaskogen
- 8 Strandpromenaden
- 9 Strömbäck-Kont
- 10 Vindelforsarna

