

visit umeda!



Bjurholm
Nordmaling
Robertsfors
Umeå
Vindeln
Vännäs

Activities



WELCOME!

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

In this brochure we have gathered tips on what to see and experience in our destination. You can find more inspiration on our website visitumea.se. Don’t miss the map on the centrefold! There you will find more places worth visiting and our best bathing spots pinpointed. Please note that the contents of this brochure may be subject to alterations!

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www.visitumea.se





Culinary sensations

For a true gourmet experience with local produce – select one of our popular restaurants recommended in the *White Guide*, Sweden's foremost publication for restaurant recommendations. Regardless of the restaurant's focus, you can be sure to find something with a Västerbotten taste, albeit with the chef's own little twist.

Learn more at: gotthardskrog.se, koksbaren.com, hungerochtorst.se, harlequinumea.com, bodeganumea.se, wildriver.se, rexumea.com, kvarkenfisk.se, tapasbardeli.se

Köksbaren



Take an excursion

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

Tip! Find taste walks and other current food events at forfoodies.se

Have a tasty “FIKA”

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

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

Local delicacies

The delicatessens **DUÅ** and **Gårdshem** in central Umeå are a must to visit if you love good food. Fill up your picnic basket for the excursion or buy delicatessen from our part of the country to bring home. **Två Fiskare** offers local fish and seafood. Many of the farms and local food producers who supply fresh produce to the city's restaurants can also be visited.

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

Eat by the Umeälven river

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

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



Gårdshem



Fun family dining

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

Shopping for all tastes

Avion Shopping and IKEA

One of the region's best and most comfortable shopping options. There are over 80 shops, restaurants and cafes, with IKEA on one end and Willys and Systembolaget on the other. Here you'll find a good mix of leading retail chains and local stores all gathered in one place.

Avion Shopping and IKEA

Umeå city centre

Fashion, beauty, interior design, technology, sports, health, second hand, locally produced crafts, books, flowers and food – nowhere in northern Sweden can you find such a wide range of shops as in Umeå. There are also many cosy cafes where you can take a break between visits to the shops.

Stora Birk

A commercial area with a wide range of food stores, shops, car shops, artisans, workshops, restaurants, cafes, hairdressers, furniture stores, paint stores, petrol stations, gyms, bowling alleys and Leo's Lekland.

Culture for everyone



Listen! ©Camilla Akra/Image copyright2021



Tip! What's on this week? Check out : [visitumea.se/en/events](https://www.visitumea.se/en/events) for this week's events!

Bildmuseet

One of the country's most interesting scenes for international contemporary art. A place where the whole family can enjoy art, exhibitions and events – always free of charge. Besides continuously adding new exhibitions, this beautiful museum building offers a fantastic view of the river and the city.

Learn more at: [bildmuseet.umu.se](https://www.bildmuseet.umu.se)

Västerbotten Museum

Family-friendly museum with exhibitions and programs on cultural history, art, textiles and photography. At the museum there is a creative workshop for children, a well-stocked museum shop and a cosy café. Here you can also see the world's oldest ski – older than the pyramids of Egypt! !

Learn more at: [vbm.se](https://www.vbm.se)



Art in Umeå

Are you curious about the art in Umeå? Walk the art route and discover some of the artwork in Umeå city centre.

Learn more at: [visitumea.se/en/art-ni-umea](https://www.visitumea.se/en/art-ni-umea)

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!

Learn more at: guitarsthemuseum.com

Olofsfors bruk

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

Learn more at: olofsforsbruk.nu

Kvinnohistoriskt museum

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

Learn more at: kvinnohistoriskt.se

Konstvägen Sju Älvar

Konstvägen – probably the world's longest permanent art exhibition, extends from the coast to the mountains. The stretch, which is 350 km long, contains 13 artworks. Six of these can be found in the Umeå region. One of the most famous pieces of art is “Hägring”, a glass church located in the middle of a bog between Bjurholm and Vännäs.

Learn more at: konstvagen.se

Umedalens Skulpturpark

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

Learn more at: umedalenskulptur.org

Guided city walks

Join a guided city walk and learn more about Umeå. Thanks to local sponsors, the Umeå Guides Association offers free tours during summer.

Learn more at: umeguide.se

Pleasant **day trips**



Berguddens fyr, Holmön

Holmön

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

Learn more at: visitholmon.com

Norrbyuskär

Here you will find a beautiful archipelago, good food, art, culture and activities that suit all ages. Relax in a tranquil environment, enjoy archipelago-inspired menus, experience the wonderful outdoors, or take part in any adventure activity.

Learn more at: visitnorrbyuskar.se



Älgens Hus

Want to see a moose? At Älgens Hus in Västernyliden, Bjurholm there is an absolute moose guarantee! Here you can see and pet a live moose and learn everything you need to know about the king of the forest.

Learn more at: algenshus.se

Umeå Energicentrum

In the village Klabböle you will find Umeå's first power plant. There are guided tours and activities for all ages including an adventure playground and café. Take the suspension bridge over the river to visit the forest garden Arboretum Norr.

Learn more at: umeaenergi.se

Formstråket

A 35 km stretch between Öre and Hörnsjö with different creators and craftsmen: Åbrånets Limousin, Maria Lundström Konst, Presteles Trädgårdscafé & Logi, Den gamla butiken i Örsbäck, Humlebäck Keramik och Möbelsnickeri, Pjöllers Design and Öre Gårdsbageri. All offer a solid range of experiences, unique craftsmanship and appetizing food.

Learn more at: formstraket.se

Mårdseleforsen

Enjoy a magnificent scenery at Mårdseleforsen nature reserve where the primeval forest meets the river. Here you can also study the stone slabs that carry traces from the ice age. Don't miss the White Guide restaurant Wild River, which offers food and drink inspired by the local area, in combination with what Västerbotten's inland has to offer.

Learn more at: wildriver.se

Ratan/Rataskär

In the ancient Tullgården you can learn more about the land uplift along the Västerbotten coast and the village's exciting history as a war scene and big harbour. Rent a boat and visit the island Rataskär where there are labyrinths and interesting remains. Visit the eco-store Malin i Ratan and the harbour warehouse where Hantverk i Ratan sells handicrafts.

Learn more at: ratan.se

Beautiful hiking



To get maps of hiking trails and nature reserves: download the app “Naturkartan”

Hiking along the Isälvsleden, which is partly adapted for cycling.

Isälvsleden

Popular hiking trail between Vindeln and Åmsele (approx. 60 km long) which follows paths and small roads in a beautiful and easygoing terrain shaped by the ice sheets. Here you will find, among other things, Lerfallet in Ristjärn where a miniature landscape with active sludge volcanoes has been formed by water. Missutjärn, is one of the most beautiful woodland lakes which is surrounded by fairytale-like pine forest.

Lögdeälvsleden

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

Tio toppar Tavelsjö

A visitor guide that helps you find your way up ten mountains, all located around Tavelsjö. The peaks offer different experiences, levels of difficulty and views. For each mountain there is a marked path from its base up to the top. Choose between walks from 0.5 to 2.1 km (one way) and slopes that vary between 46 and 165 meters. After climbing all the mountains you will have climbed a total of 1,000 meters.



A striking view of Tavelsjö.

Öreälvleden

Öreälvleden offers an approximately 100 km walk in a magnificent forest river landscape lined with high steep river banks and deep ravines. Along the trail there are several overnight cabins and picnic areas, but for those who only wish to go hiking, the trail can also be accessed from the roads along the entire route. Perfect for a daytrip with the family.

Tavelsjöleden

Urban hiking trail that starts in Umeå city centre. Discover caves, climb the high peaks and look for the mythical Tavelesjö lake monster when you have a striking view of Lake Tavelesjö. The trail connects with both Vindelälvleden trail and Vännforsleden trail and is 42 km long.

Vandring med barn

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

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

Unique experiences and adventures



Adventurous river rafting

Experience an adventure among the waves in one of Europe's untouched rivers – Vindelälven. You are outfitted with a wetsuit, life jacket, helmet and paddle. After a thorough safety check, the wild rapids await. Do not miss the **family tour** offered by Forsknäckarna. The tour ends with an ice cream feast at Glassbonden.

Learn more at: forsknackarna.se,
forsranning.se

Paddle along the coast and rivers

In the region there are several opportunities to discover nature from a canoe or kayak. Maybe a trip along Öreälven's glen, or why not join a gourmet paddling on the coast? Canoe rentals are available in, for example, Bjurholm, Tavelsjö, Åmsele and Sävar.

Learn more at: visitumea.se



Surrounded by nature

Granö Beckasin is located by the beautiful Umeälven river. Spend the night in a **bird's nest** up high in the tree canopy. Build your own **timber raft** and glide down the river. Granö Beckasin offers more, such as hiking, biking, fishing and cycling. This a place where body and soul find rest.

Learn more at: granobeckasin.com

Husky walks

Experience nature with a happy and social four-legged hiking companion. In the summer you can hike or jog in the forest terrain with a guide and dogs.

Learn more at: auroraborealis.nu,
granobeckasin.com,
hedlundahusky.se,
teamissa.se, facebook.com/draghundarbjornligans/



Horseback riding

Riding tours on calm and safe horses are available for absolute beginners and for those who have ridden before. Does the idea of sitting on a horse sound a bit too exciting? Relax! There also tours with horse and carriage.

Learn more at: backforsgard.se, gronaker.webnode.se

Fun for the whole **family**



Exciting experiments at Curiosum.

Zip Adventure Park

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

Learn more at: zipadventurepark.se

Curiosum

Looking for a fun family activity? At Curiosum, Umeå's new science center, the entire family can actively explore and discover science and technology through exciting experiments, virtual space journeys, and other activities.

Learn more at: curiosum.umu.se

Unforgettable animal encounters

At Älgens Hus you can see, experience and pet a real-life moose. Mickelbo Gård in Mickelstråk is a minizoo with Swedish farm animals and a few more exotic animals. The farm Glassbonden offers homemade ice cream in the ice cream parlor overlooking the grazing animals.

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

Swimming – outdoors or in?

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

Läs mer på: visitumea.se/sv/bada

Active play and mystery

In Umeå there are indoor playgrounds for the younger kids, Laserdome and arcade halls for the older kids, and escape rooms for those who like to solve a mystery. In Obbola there is a multi-sport arena for all kinds of biking.

Learn more at: leoslekland.se, hazeland.se, megazone.se, molinders.se, multiarenan.se



Tip!

Rafting in the Vindelälven river, family trip, page 12

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

Activities at Umeå Energicentrum, page 9

Quick guide

Tourist information – Visit Umeå tourist centre is all digital and offers inspiration and information about the Umeå region in English and Swedish.

Visit us: www.visitumea.se

E-mail us: info@visitumea.se

Maps and brochures – Printed information can be found at hotels, camping sites, shopping malls and is also available for online reading and downloading at: visitumea.se/en/brochures

Free WIFI – Umeå Energi offers free WIFI in Umeå: umeaenergi.se/wifi

Bus travel

Local and regional travel, airport bus: tabussen.nu. Travel info: tel. +46 (0)771100 110. Personal travel service at Umeå bus station and Vasaplan.

Airport bus departs from Vasaplan, Umeå city centre.

Bus to Wasaline: mandatory pre-booking online or by phone +46 (0)90 14 14 14, at least 3 h before departure. Departs from Vasaplan (gate W), see: wasaline.com/en/faq/transfer-traffic-in-umea/

Ferry timetables

Wasaline (ferry to Finland): wasaline.com

Ferry to Holmön: From Norrfjärden, 30 km north of Umeå. The journey takes about 45 minutes. Learn more at: trafikverket.se/farjerederiet/farjeleder/Farjeleder-i-Vasterbottens-lan/Holmoleden/Tidtabell-Holmoleden/

Ferry to Norrbyskär: From Norrbyn, 39 km south of Umeå. The journey takes about 15 minutes. Learn more at: visitnorrbyskar.se/norrbyskarsfarjan-ab/

Parking

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

Latrine drainage

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

ÄVENTYR OCH AKTIVITETER / ADVENTURES AND ACTIVITIES

HÄSTAKTIVITETER / HORSE ACTIVITIES

- 1 Backfors Gård
- 2 Grönåkers Farm

HUNDAKTIVITETER / DOG ACTIVITIES

- 1 Aurora Borealis Adventures
- 2 Hedlunda Husky
- 3 Granö Beckasin

FORSRÄNNING / WHITE WATER RAFTING

- 1 Forsknäckarna
- 2 Wilderness Adventure

VANDRINGSLEDER / HIKING TRAILS

- 1 Tavelsjöleden
- 2 Öreålvleden
- 3 Lögdeålvens Vildmarksled / Lögdeålvleden
- 4 Isålvleden
- 5 Flottarstigen
- 6 Tavelsjön runt
- 7 Nydala runt
- 8 Ume Älvdal
- 9 Vindelälvsleden / Vännforsleden

NATUR / NATURE


- 1 Arboretum Norr
- 2 Balbergets naturreservat
- 3 Drakryggen
- 5 Nydalasjön
- 8 Mårdseleforsens naturreservat
- 15 Naturreservat Strömbäck Kont
- 17 Tallbergsbroarna
- 18 Vindelforsarnas naturreservat / Vindelälvens naturcentrum
- 20 Älgens Hus
- 24 Hamptjärnsstugan
- 25 Klangvägen

KONST & KULTUR / ART & CULTURE

- 14 Slöjdarnas Hus
- 16 Umedalens Skulpturpark

MUSEUM / MUSEUMS

- 1 Umeå Energicentrum
- 4 Västerbottens museum
- 6 Holmöns båtmuseum
- 7 Kulturum Ratan
- 9 Norrbyskärs museum
- 10 Olofsfors bruksmuseum
- 11 Ostens Lager
- 13 Västerbackens sågverksmuseum
- 19 Vännäs Motormuseum
- 22 Robertsfors bruksmuseum
- 23 Kvinnohistoriskt museum
- 23 Bildmuseet
- 23 Guitars – The Museum

 Gästhamn / Guest harbour

 Färja till Holmön eller Norrbyskärs / Ferry to Holmön or Norrbyskärs

 Badplats / Bathing area