

# Sweden National Day

## Experience beautiful nature, classic architecture, fine cuisine

Sweden's official travel and tourist information website, Visit Sweden, offers a wide variety of attractions that will surely prompt international tourists to make a trip to the Scandinavian country.

The following excerpts from the website introduce some of Sweden's regional draws. For further information, see <https://visitsweden.com>.

### Gothenburg and West Sweden

Island-hop Gothenburg's archipelago for swimming and catching rays and be back in time to freshen up, put on party clothes and hit the clubs and pubs of the Avenyn district? Only in Gothenburg. Worship fish and shellfish? Do it in Gothenburg's Fish Church or the Feskekyrka food market and restaurant.

Gothenburg is Sweden's culinary capital and is jam-packed with fine eateries that don't cost the earth (literally). But if one prefers to spend cash on a weekend rock-out, blow it on a ticket to the Way Out West music fest in the middle of August. Otherwise, the fantastic cafes and the Swedish design and fashion boutiques of the cobblestoned Haga quarter always welcome tourists for a visit.

The Bohuslan Coast and associated islands stretch from just outside Gothenburg on Sweden's west coast, all the way up to the Norwegian border. CNN Travel rightly named it as

"one of the ten great wilderness areas left in the world" particularly as a kayaking destination as its mix of deserted islands and pretty coastal villages make it unique in Europe. Visitors should go here for the lobster, oyster and other shellfish delights of the villages of Grebbestad, Fjällbacka and Lysekil, as well as safe kayaking among the sheltered isles.

### Stockholm and Central Sweden

Central Sweden is home to the country's capital of Stockholm, the provinces of Dalarna and Varmland, as well as the beautiful city of Uppsala.

Sweden's capital spreads out over 14 islands in Lake Malaren and looks out proudly to the Baltic Sea to the east. Her grand public buildings, palaces, rich cultural history and museums beautifully tell her 700-year-old history.

Stockholm is a must, but be sure to include the medieval city of Uppsala and challenger for "prettiest town anywhere" Sigtuna on the itinerary. Further north, in Dalarna province, tourists can start ticking off UNESCO World Heritage sites at the Great Copper Mine in Falun.

### Southern Sweden

For those who have watched the "Wallerlander" television series, adapted from

the books of Henning Mankell, they pretty much have the southern tip of Sweden in a nutshell. And it really is that gorgeous; with rolling plains, white cottages in the distance and endless sandy beaches.

Southern Sweden is made up of the provinces of Skane, Smaland, Blekinge and Oland and in all of them visitors are in for a pleasant surprise. Why? Because the landscapes and scenery here probably differ from the image people have in their heads. Particularly in Skane, where tourists are met with rolling farmland and one of Europe's richest farming areas. The area is big on small-scale artisan food production and farmers markets.

### Northern Sweden

The Aurora Sky Station in Abisko National Park is purpose-built for viewing the greatest light show on Earth — the northern lights. And because of its practically permanent cloud-free skies there's no better place to see them. In the height of summer, it's nonstop daylight here. Ski all the way into summer at the exotically remote Riksgransen.

In summertime go fly-fishing for salmon and arctic char, or lace up the hiking boots and tackle the world-famous King's Trail (Kungleden).

For unique flora and fauna head for the Jamtland Harjedalen region. In addition to the clean air, it is well known for its accessible wilderness, superb homemade foods and its five clearly defined seasons.

### Swedish Lapland

Where can it reach minus 40 C in winter, and 30 C in summer? Where is Europe's last remaining wilderness area and home to Europe's only indigenous people, the Sami? Swedish Lapland is the land of eight

seasons, the northern lights and the mid-night sun.

Swedish Lapland is home to the world famous Icehotel, where guests can eat off ice plates, drink from ice glasses and sleep in minus 5 C temperatures in a hotel made of ice and snow.

Or stay in the Treehotel, which is a hotel in the trees, near the city of Lulea. It is a collection of luxury tree houses including the UFO, a Room with a View and the Mirrorcube.

Arctic Circle cities Lulea and Kiruna are the last major outposts of civilization, modernity and comfort just minutes from the wilderness.



Aerial view of Gothenburg PER PIXEL PETERSSON / IMAGEBANK.SWEDEN. SE



Limestone monoliths, called "rauks" in Swedish, can be found all along the coastline of the Swedish islands of Gotland and Faro in the Baltic Sea.

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