

visit umeda!



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 peaceful and exciting nature experiences. In this brochure we have gathered tips on what to see and experience in the Umeå region during summer. You can find more inspiration on our website visitumea.se and do not miss the map on the centerfold! There you will find more places worth visiting as well as our best swimming spots pinpointed.

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FAQ

Find answers to the most common questions before or during your visit.



Read more

Please visit our website for more information!

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Visit Umeå



Visit Umeå

www.visitumea.se





Unique Taste Sensations

Welcome to Northern Sweden's preeminent culinary destination. Here you will get to experience top-tier food and exceptional service. Everything from seasonal vegetarian flavor explosions to American barbeque with a northern touch, will create memorable food experiences.



Tips on food & drinks



Facit Bar - The best new cocktail bar in Sweden

Do not miss out on the cocktail bar in central Umeå. An establishment that exclusively serves food and drinks made with Swedish ingredients. One of the masterminds behind this concept is Emil Åreng who has traveled the world, published books and articles, won the biggest cocktail competitions and managed the historic Cadier Bar at Grand Hotel in Stockholm. Today, Facit Bar is a travel reason in itself and has received awards such as the Swedish Design Award gold and the "Best New Cocktail Bar" title in the Bartenders' Choice Awards.

Fun family dining

For those who like to combine their meal with an activity! We recommend **O'Learys**, which offers bowling and an entire arcade of games. You can also try **Orangeriet**, where you can enjoy playing boule and shuffleboard or **Megazone** which offers Laserdome, Prison Island and Phazerzone. Another suggestion is the circus themed **Pinchos** which is an app restaurant and usually a favorite among children!

Cozy summer cafés

Café Alice is a farm café in a rural setting where everything is home-baked and where you can buy local products.

Kullar & Klang has homemade cakes, locally produced and organic food, a flea market and a gallery garage.

Presteles Trädgårdskafé & Logi serves organic "fika" and bread baked in a wood-fired stone oven.

Öre Gårdsbageri is a bakery that bakes sourdough bread and buns using only sourdough. Take home or enjoy on-site.

Eat by the river - Umeälven

On a sunny day! You as a guest, can enjoy a delicious meal at **Gotthards by the river** with a beautiful view. The restaurant **Sjöbris** located along the river, offers both indoor and outdoor seating as well as live shows several times per week. **Tonka Strandgatan** is a café located on the Konstnäriligt campus and offers a fantastic view of the river. If you prefer take out, **Broparken** is a perfect place to sit and enjoy coffee or a good lunch.

Local delicacies

Among the red boathouses in the fishing port of Obbola is **Salteriet** where you can meet local fishermen and shop directly from them. In **Vännäs Saluhall**, you can buy local meat, flatbread, marmalades and other treats. **Åbrånets Limousin** offers a farm shop, café & restaurant in a rural setting. The popular deli's **DUÅ**, **Gårdshem** and **Två Fiskare** can all be found in central Umeå.



Stunning Summer Shopping



Tips on shopping



Umeå city center

The range of shops in the city center is both varied and large. Fashion, beauty, interior design are all mixed with second hand and locally produced crafts.

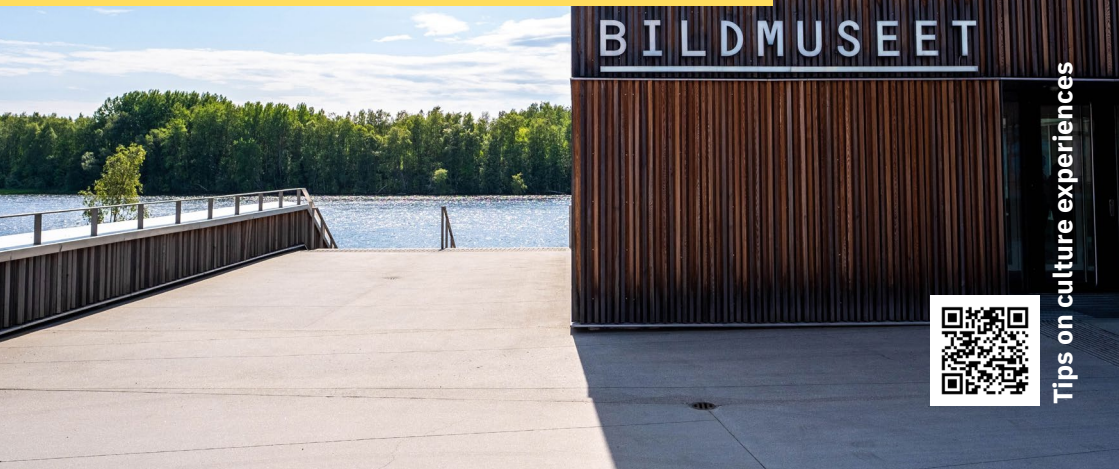
Commercial areas

Avion Shopping offers one of the region's best and most convenient shopping offerings with over 80 shops, restaurants and cafes adjacent to **IKEA**. **Stora Birk** and **Sandbäcken** are large commercial areas with a large selection of different shops.

Unique shops a short distance away

Den gamla butiken in Örsbäck is filled with interior details with designs from the past and the present. A combination of new and reused items. **Häggströms** is northern Sweden's largest fashion house with a size of 2300 m² and is found in the idyllic village of Lögdeå. Take a trip to Ratan, a place with an exciting history and where you can visit the eco-shop **Malin in Ratan** and **Hantverk in Ratan**. Within biking distance of Umeå city center you will find **Eljest**, a craft shop and garden café in a rural environment on Ön.

Captivating Culture Cruising



Tips on culture experiences

Bildmuseet

One of the country's most interesting scene 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.

Learn more about Umeå

Guided tours – 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

Art in Umeå – Walk the art route and discover some of the artwork in Umeå city center.

Västerbottens museum

This open-air museum at Gammlia, features the county's history with exhibitions and programs on cultural history. Art, textiles and photographs are all portrayed in the museum and during summer, there is an interactive family exhibition called “Hamnstadén Umeå”. A new prehistoric and interactive exhibit for the whole family including both visual and tactile elements.



Tip! Take a trip to one of the summer-open museums in the Umeå region.



Guitars – The Museum

At the museum you will find one of the world's largest privately-owned collections of electric guitars, basses, amplifiers and other music-related memorabilia. All of which make up the basis of an experience-based exhibition. Make sure to book the guided tour!

Kvinnohistoriskt museum

At Väven cultural center, 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. Stories and testimonies shared during #metoo became a start of a movement and the exhibition named “#metoo” explores the future of the movement and its impact on society.

Umedalens Skulpturpark

One of Northern Europe's foremost sculpture collections features more than 40 pieces made by artists such as Tony Cragg, Louise Bourgeois, Anthony Gormley, Jaume Plensa and Anish Kapoor. The park is located approximately 5 km west of the center of Umeå and is open year-round, 24 hours a day.



Tip! Discover Umeå in a new way by visiting places of safety and equality.



Listen

Exhilarating Excursions



Ratan, Rataskär



Summer tips

Holmön

Discover one of our archipelago treasures! At **Holmöns Båtmuseum** (boat museum) where you can learn more about the history of the island. The magnificent nature of the island is easily discovered on foot or by bicycle that can be rented on site. Restaurant, accommodation and convenience store are all available on the island. Take a trip to the island **Stora Fjäderägg** and stay overnight in an old Lighthouse keeper's home.

Ratan/Rataskär

Ratan is an idyllic seaside village with hiking trails and beautiful nature and interesting history. At **Tullgården**, you can enjoy a cozy café experience, eat delicious food, and also gain insights into the place and its history. On the island of **Rataskär**, there are several interesting cultural remains such as medieval labyrinths, plots, a pilot station and a lighthouse you can visit. Boats are available for rent.

Mårdseleforsen

Enjoy a magnificent scenery at Mårdseleforsen Nature Reserve where the pristine forest meets the river. Here you can also study the stone slabs that carry traces from the ice age. Be sure to book a table in advance for a unique dining experience at **Restaurant Wild River**.

Norrbyuskär

Experience the work with Nya Norrbyuskär this summer! One of the country's largest remediation projects is currently underway here, as the soil is being restored after the long sawmill era from 1895 to 1952. At **Norrbyuskärs museum** you will find food and drinks, guided tours and activities for the children.

Älgens Hus

Want to see a moose? Älgens Hus in Västernyliden Bjurholm, offers 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.



Tip! Formstråket, a 35 km stretch between Öre and Hörnsjö that features unique craftsmanship and delicious food.



Mårdseleforsarna

Scenic Trails



Tavelsjöberget



Tips for hiking

Lögdeälvleden

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 Storforskojan. The nature around the river valley offers pleasant environments for those who are interested in birds and nature, and it is possible to hike both shorter and longer trips along the trail.

Tavelsjöleden

Perfect route for those who want to hike, starting in Umeå city center. There are plenty of caves and mountain tops with magnificent views. Do not forget to look for the mythical lake monster Tavelsjöodjuret when you have a good view of Lake Tavelsjö! If you like climbing, Vallberget is the mountain to conquer.



Tip!
Download the app
Naturkartan
or visit
visitumea.se.

Isälvsleden

A popular hiking trail between Vindeln and Åmsele (approx 60 km). The scenic trail follows paths and small roads with an easy-going terrain shaped by ancient ice sheets. The trail has been adapted for cycling, and alongside the trail you will find active sludge volcanoes and a fairytale-like pine forest.

Flottarstigen/ Fiskestigen

Your hike starts at the sea and the nature reserve Klubben på Fiskestigen where the name describes the fantastic fishing. Follow the nature trail upstream where you will experience a great biodiversity. At Robertsfors town, the trail changes name to Flottarstigen due to historical reasons. Flottarstigen gives you wonderful picnic areas, rapids and quiet passages.

A summer by bike

Explore **Umeälvsdal** by bike and discover a cycling route that combines stunning natural views with fascinating historical sites, captivating art installations, and delightful food and beverage options.

Bike park in Vännäsby, has a paved pump track, a graveled skill park with wooden obstacles, various drops and a wallride.

The newest addition to **Kassjöbacken**, is the the 900 meter long **downhill course** with a fall height of 99 meters, making it ideal for drops, velodromes and jumps of different sizes that offers an exciting ride down the mountain!

SCA multi-arena in Obbola, has 13 marked MTB and running trails. At the arena **Obbola Outdoor** offers cycling guidance with MTB that is suitable for both children and adults. There is also the opportunity to try MTB with technical tips.

Bicycle guiding with Umeå Tours a good and sustainable way to discover Umeå, the tour also includes a visit to Umedalen's sculpture park.



Biking isälvsleden



Endless Adventures



Tips on paddling

Adventurous river rafting

Experience an adventure on the waves of one of Europe's untouched rivers – Vindelälven. You are provided with a wetsuit, life jacket, helmet, and paddle. Do not miss the family-friendly tour offered by **Forsknäckarna**, a tour that ends with an ice cream feast at **Glassbonden**.

Paddle along the coast and rivers

In the region, there are several opportunities to discover nature by 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, Bjurholm, Tavelstö, Åmsele, Sävar and Umeå.

Kayakomat Umeå - Book, unlock and paddle – Kayakomats can be found at Umeälven (Kvarnlunden) and Nydalasjön.



Surrounded by nature in Granö

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. In addition, Granö Beckasin offers activities such as hiking, biking, fishing, and cycling. This is a place where body and soul can find rest. **Sjungaregården** is located in Granö and visitors are welcome to experience what a farmhouse looked like at the end of the 19th century. Visit the bakery, **Granö Gårdsbageri**, which is located nearby. Learn more about sled dogs by visiting **Husky House** and of course you get to greet some of the dogs and pet puppies.

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. Companies that offer husky walks are **Aurora Borealis Adventures**, **Granö Beckasin**, **Hedlunda Husky**, **Riverlake Huskies**.

Horse Activities

Riding tours on calm and safe horses are available for beginners and experienced riders. There are also tours with horse and carriage. **Backfors Gård**, **Grönåkers Farm**, **Håknäs Hästbruk** and **Eldare Gård** offer activities.



Fantastic Family Fun



Fun in the tree tops at Zip Adventure Park



Tips for families

Zip Adventure Park

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

Unforgettable Animal Encounters

At **Älgens Hus** you can see, experience and pet a real-life moose. **Mickelbo Gård** in Mickelsträsk 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, which overlooks the grazing animals.

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**.

Swimming: Indoors or outdoors?

Those who are eager to swim can find adventure pools both indoors and outdoors. The adventure pools **Navet** and **Aquarena** (indoors), as well as **Umelagun** and **Vännäsbadet** (outdoors), are some of our favourites.

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 mysteries. In Obbola there is a **multi-sport** arena for all kinds of biking and Vännäsby has a new **bike park**. A fun and exciting activity for the whole family is **Mountaincart** that can be experienced at **Kassjöbacken**.

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.



Tip! Hiking with children.



UPPTÄCK KULTUR OCH NATUR / DISCOVER CULTURE AND NATURE

VANDRINGSLEDER / HIKING TRAILS

- 1 Tavelsjöleden
- 2 Öreälvsleden
- 3 Lögdeälvens Vildmarksled / Lögdeälvsleden / Drakryggen
- 4 Isävsleden
- 5 Flottarstigen
- 6 Tavelsjön runt
- 8 Nydala runt
- 9 Ume Älvdal
- 9 Vindelälvsleden / Vännforsleden

NATUR / NATURE

- 1 Arboretum Norr
- 2 Balbergets naturreservat
- 3 Hamptjärnsberget
- 4 Klangvägen
- 5 Mårdseleforsens naturreservat
- 6 Nydalasjön
- 7 Strömbäck Kont naturreservat
- 8 Tallbergsbroarna
- 9 Vindelforsarnas naturreservat / Vindelälvens naturcenterum

KULTUR / CULTURE

- 1 Bildmuseet
- 4 Guitars – The Museum
- 2 Holmöns båtmuseum
- 3 Ratan
- 4 Kvinnohistoriskt museum
- 5 Norrbyskärs museum
- 5 Olofsors bruksmuseum
- 7 Robertsfors bruksmuseum
- 8 Slöjdarnas Hus
- 9 Umedalens Skulpturpark
- 10 Umeå Energicentrum
- 11 Vännäs Motormuseum
- 1 Västerbottens museum



- Gästhamn / Guest harbour
- Färja till Holmön eller Norrbyskärs / Ferry to Holmön or Norrbyskärs
- Badplats / Bathing area