

Photo: Peter van der Meulen/Unsplash



Hans Lindqvist/cc by-sa 4.0/WikimediaCommons



MartinKra/Pixabay



Hans Lindqvist/cc by-sa 3.0/WikimediaCommons

Sundsvall, a dynamic urban centre in northern Sweden, offers a unique blend of modern vibrancy and rich neo-Renaissance architectural charm. Encircled by lush forests and towering mountains, this city is a gateway to outdoor adventures. Its rejuvenated cityscape, highlighted by the striking stone architecture of Stenstaden, invites you to explore cultural richness, diverse cuisine and a thriving art scene. Sundsvall is a captivating destination for travellers seeking an authentic Swedish experience.

## Featured



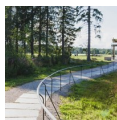
### Norra Berget Open-air Museum

The Norra Berget open-air museum is one of the region's most popular excursi...



### Selånger Pilgrim Center

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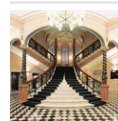
Himlabadet is an adventure pool with something for everyone. Water slides, a...



### Old Church of Alnö

The Alnö Old Church is a medieval church built in the latter part of the 12t...

## Top 5



### Staircase of Knaust

The Elite Hotel Knaust is located in a building from 1891, well-known for it...



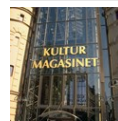
### Rooftop Tour

Discover Sundsvall from above! Have a close up with the Stone Town on a guid...



### Gudmundstjärn Nature Reser...

Gudmundstjärn, located 30 km west of Sundsvall, is one of Sweden's last pres...



### Kulturmagasinet

The Kulturmagasinet consists of four old harbour warehouses in the Stone Cit...



### Indalsleden — the Indal Route

National roads 86 and 87 between Sundsvall and Östersund, known as the Indal...

## THE CITY



*Visit Sundsvall*

If there is a Swedish city that has risen from the ashes like a Phoenix and dazzled the rest of the world with its new splendour, it must be Sundsvall. After the major fire in 1888, the city was rebuilt with insurance money and contributions from the rich timber magnates. It was built entirely in stone and designed by the leading architects of the time, who took pride in outdoing each other. It would be simply impossible to build a similar city today. Back then, Sundsvall was Sweden's Klondike — a city to which thousands of people travelled to seek their fortune and a better life. Today, Sundsvall buzzes with life and activity more than ever, and the chances of finding happiness are not diminished, but quite the opposite.

Sweden's largest coastal delta is formed at the mouth of the river Indalsälven, where it flows into the Gulf of Bothnia. This unique natural environment is best explored on foot or by canoe. The Sundsvall-Timrå Airport, the county's largest airport, is located in the middle of the delta, a stone's throw from the magnificent Y:et sculpture created by the artist Bengt Lindström. Here is also a seaside 18-hole golf course. Timrå is also home to Merlo, the only castle in Norrland, and the beautiful Tynderö peninsula with its many roadside cafes and farm shops along Skeppshamnsleden. A ten-minute drive

south brings you to Birsta shopping centre and Sundsvall's diverse offerings.

The geographical heart of Sweden is starting to develop into a musical centre. The rock bands Takida and Corroded both originate from Ånge. The beautiful valley of the river Ljungan, dotted with small villages and large manors from the days of the timber magnates, strikes a chord in people's hearts. The result is sweet music.

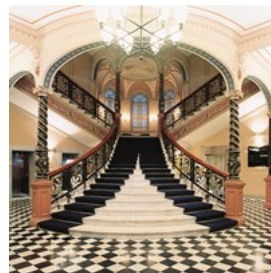
## DO & SEE



*Visit Sundsvall*

There's a lot to see in the Sundsvall region. The natural attractions are just as fascinating as the historical sites. And don't miss the Stone City!

### Staircase of Knaust



mirrors.

The Elite Hotel Knaust is located in a building from 1891, well-known for its beautiful fan-shaped marble staircase and magnificent hall of

Photo: Visit Sundsvall

Address: Elite Hotel Knaust, Storgatan 13, Sundsvall

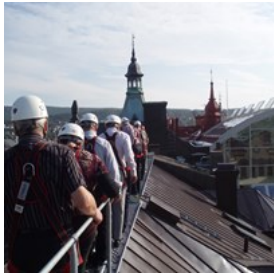
Phone: +46 60 608 00 00

Internet:

[www.elite.se/en/hotels/sundsvall/elite-hotel-knaust-sundsvall](http://www.elite.se/en/hotels/sundsvall/elite-hotel-knaust-sundsvall)



### Rooftop Tour



Discover Sundsvall from above! Have a close up with the Stone Town on a guided tour.

Photo: Visit Sundsvall

Address: In: Gallerian, Torggatan 4, Sundsvall

Phone: +46 60 12 14 44

Internet: [takvandring.com](http://takvandring.com)

Email: [info@takvandring.com](mailto:info@takvandring.com)

### Gudmundstjärn Nature Reserve & Open-air Museum



Gudmundstjärn, located 30 km west of Sundsvall, is one of Sweden's last preserved self-sufficient settlements. Between 1779 and 1944 the fields here were farmed by five generations. No roads connected the homestead to the outside world. The 22 preserved buildings have been declared historical monuments, and the area is now a nature reserve.

Photo: Visit Sundsvall

Address: Gudmundstjärn, Indal

Phone: +46 611 34 90 00

Internet: [www.lansstyrelsen.se/vasternorrland/besoksmal/naturreservat/gudmundstjarn](http://www.lansstyrelsen.se/vasternorrland/besoksmal/naturreservat/gudmundstjarn)

### Kulturmagasinet



The Kulturmagasinet consists of four old harbour warehouses in the Stone City of Sundsvall, which were glazed over in 1986 to form today's cultural centre. It houses Sundsvall city library, Sundsvall Museum, a café, the

Medelpad Archive and much more. It offers culture for everyone, with special activities aimed at children throughout the year.

Photo: Visit Sundsvall

Address: Packhusgatan 4, Sundsvall

Opening hours: Mon-Thu 10am-7pm, Fri 10am-6pm, Sat & Sun 11am-4pm

Phone: +46 60 19 18 00

Internet:

[sundsvall.se/uppleva-och-gora/kultur/kulturmagasinet](http://sundsvall.se/uppleva-och-gora/kultur/kulturmagasinet)

Email: [kulturmagasinet@sundsvall.se](mailto:kulturmagasinet@sundsvall.se)

### Indalsleden — the Indal Route



National roads 86 and 87 between Sundsvall and Östersund, known as the Indalsleden, are said to be some of Sweden's most beautiful tourist

routes. The entire stretch along the Indal River valley is an eldorado for independent outdoor activities. If you're interested in history, there are numerous reasons to stop and explore old rural culture, museums, nature information centres and ancient remains.

Photo: Visit Sundsvall

Address: Indalsleden Väg 86 & 87, Sundsvall/Timrå

Internet: [www.indalsleden.se](http://www.indalsleden.se)

### Selånger Pilgrim Center



The Selånger Pilgrim Centre serves as a platform to highlight the exciting local history. It's also as a starting point for cyclists and hikers on

the St Olavsleden — a pilgrim's way between Selånger outside Sundsvall in Sweden and Nidaros Cathedral in Trondheim in Norway

The centre features a café offering coffee, tea,

sandwiches, salads, and the world's most delicious "dragon" ice cream. Don't miss the opportunity to try the locally produced cheesecake from Gårdtjärn with jam from Blåtand in Stöde.

Photo: Selångers församling/Visit Sundsvall

Address: Selångers pilgrimscenter, Kungsnäs 159, Sundsvall

Opening hours: Mon-Fri 9am-5pm, Sat 11am-5pm, Sun noon-5pm

Phone: +46 60 64 50 60

Internet: selangerpilgrimscenter.se

### Nolby Högar Open-air Museum



Welcome to a meeting place many thousands of years old, which tells a part of the exciting history of Västernorrland. Take in the landscape and

the views. Traces of previous generations are especially evident here: burial mounds, an early medieval church ruin, house foundations, roads, and a runestone bear witness to the lives lived here.

The exhibition at the Nolby Högar site narrates the area's long history. Here, you can learn about how land uplift has changed the landscape over time and how people have used this place for thousands of years.

Photo: David Schreiner, Sundsvalls museum/Visit Sundsvall

Address: Gamla vägen 10, Kvissleby

Phone: +46 60 19 12 00

Internet: [sundsvall.se/uppleva-och-gora/kultur/kulturhistoria-kulturarv/nolby-hogar](https://sundsvall.se/uppleva-och-gora/kultur/kulturhistoria-kulturarv/nolby-hogar)

### Svartvik Industrial Heritage



Svartvik bears the memories from 200 years of northern Swedish industrial history, evolving from a loading dock to a shipyard, steam sawmill, and pulp factory. Today, Svartvik will be a point of interest with displays of its history, park like environment, playgrounds for the children, one of the oldest water towers in Sweden and a skittle alley, where you can try to play just like the patrons did during the peak of the logging industry. Visit the exhibition featuring a 7-meter-long model of Svartvik in the 1930s.

In the summer, a variety of activities are organised by the Svartvik Days Association. In the winter, image and storytelling evenings with historical themes are arranged.

Dine at the manor house, enjoy a coffee at Café Svartvik, or visit the antique shop.

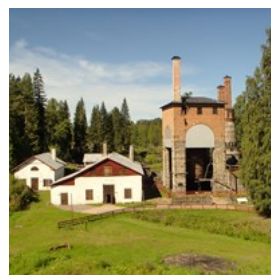
Photo: Sundsvalls museum/Visit Sundsvall

Address: Svartviks industriminnen, Svartviksvägen 22, Kvissleby

Phone: +46 70 675 67 64

Internet: [svartvikskulturarv.se](https://svartvikskulturarv.se)

### Galtströms Bruk



Galtström is located at what once was Medelpad's first, largest and last ironworks, along the coast south of Sundsvall. A visit to

Galtström is like a journey through time. In the wonderful environment you can feel the wing beat of history, ride a steam train, wander in nature, or take a dip in the sea from cliffs and

sandy beaches.

The site includes a restaurant, a playground, fascinating ruins, and is very child-friendly. SCA, which owns and manages the ironworks, offers guided tours on Saturdays and Sundays throughout the summer.

Photo: Hans Lindqvist/cc by-sa 4.0/wikimedia(image cropped)

Address: Galtström 160, Njurunda

Phone: +46 60 51 31 61

Internet: [www.galtstromsbruk.se](http://www.galtstromsbruk.se)

Email: [info@galtstromsbruk.se](mailto:info@galtstromsbruk.se)

### Merlo Slott



The grand, fairy-tale castle-like main building in Timrå was built in 1883-1885 as a summer residence for the timber magnate Fredrik Bünsow,

who was one of Sweden's most powerful timber barons at the time. The architects were Isak Gustaf Clason and Fritz Eckert. Clason is known for designing the Nordic Museum and Hallwyl Palace in Stockholm. The beautiful castle (or Villa Merlo, as it is actually called) is now a cultural heritage site and houses Svenska Cellulosa's central archive. In the summer, you can take a guided tour to see the many rooms and halls that still retain their former glory. Even the garden alone is well worth a visit.

Photo: Visit Sundsvall

Address: Merlovägen 10, Timrå

Internet: [sv.wikipedia.org/wiki/Merlo\\_slott](http://sv.wikipedia.org/wiki/Merlo_slott)

### Flataklocken — the Geographical Midpoint of Sweden



Approximately 60 kilometres west of Sundsvall, you'll find Flataklocken, which was designated as the Geographical Centre of

Sweden's landmass through a centre-of-gravity calculation by KTH in Stockholm in 1947. This means that if you were to put Sweden on a needle, it would be in balance just over the mountain Flataklocken. It offers a vast 360-degree view of the beautiful landscape in Ljungandalen, and on clear days, one can see far towards the Sundsvall coast. At the summit, there are fire pits and a café open in the summer.

Photo: Visit Sundsvall

Address: Ånge 520, Torpshammar

Internet: [munkbysjon.se](http://munkbysjon.se)

### Norra Berget Open-air Museum



The Norra Berget open-air museum is one of the region's most popular excursion destinations. The combination of nature,

cultural history, eateries, shops, playgrounds, barbecue areas and events appeals to both young and old, all year-round.

Photo: Visit Sundsvall

Address: Gustav Adolfsvägen 18 B, Sundsvall

Phone: +46 60 19 12 00

Internet: [sundsvall.se/norraberget](http://sundsvall.se/norraberget)

### Alnö Island

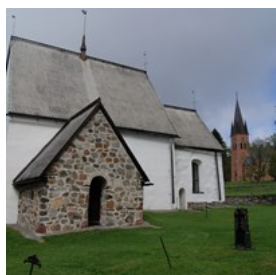


Alnö, known as 'Norrländ's Hawaii', is a volcanic island just outside Sundsvall that formed approximately 570 million years ago. As a result, Alnö features unique rocks and minerals not found anywhere else in the world, including the eponymous Alnöite. Around the turn of the 20th century, Alnö was a true sawmill island with 19 sawmills operating simultaneously. Today's Alnö is a summer paradise with cosy bathing coves, fishing villages, restaurants and cafés.

Photo: Visit Sundsvall

Address: Alnö/Alnö, Bottniska viken, Sundsvall

### Old Church of Alnö



The Alnö Old Church is a medieval church built in the latter part of the 12th century. The church served two purposes: as a place of worship and as a defensive structure. Today, it stands as one of the oldest and best-preserved churches, popular in the summer for baptisms and weddings. Nearby lies Alnö Hembygdsgård, with its exhibitions on Alnö's local history.

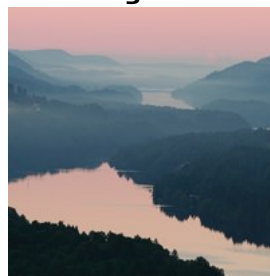
Photo: Visit Sundsvall

Address: Alnö gamla kyrka, Alnövägen 85A, Alnö

Phone: +46 60 55 36 50

Internet: [www.svenskakyrkan.se/alno](http://www.svenskakyrkan.se/alno)

### Vättaberget



The view from Vättaberget is one of the most photographed in Sweden and well worth the 1-hour drive from Sundsvall city. In the summer, you can enjoy a cup of coffee or light refreshments at the Vättaberget café. You can also visit some of the old buildings on site, such as the blacksmith's shop. In the winter, it's the ski slope that attracts visitors.

Photo: Visit Sundsvall

Address: Åsen, Liden

Internet: [www.visitnordvastra.se/visit/vattaberget](http://www.visitnordvastra.se/visit/vattaberget)

### Bergsåkers Trotting Track



Bergsåker Racecourse, the country's fourth largest harness racing track and the true trotting metropolis of Norrland. Races are held year-round, with about 50 racing days every year. The biggest racing event is the Sundsvall Open Trot, held at the end of August each year. Besides harness racing, Bergsåker also annually hosts fairs, exhibitions, markets, and a variety of other events.

Photo: Visit Sundsvall

Address: Bergsåker travbana, Travbanevägen 5, Sundsvall

Phone: +46 60 66 96 00

Internet: [www.bergsaker.com](http://www.bergsaker.com)

Email: [info@bergsaker.travsport.se](mailto:info@bergsaker.travsport.se)



## Kustvägen



Kustvägen (the coast road) is a 75-km stretch of road south of Sundsvall, that runs from Jättendal in the south to Svartvik in the north. Take the

opportunity to leave the big roads and experience the lovely Swedish coastline. The road will take you through forest and agriculture landscape. You'll find genuine fishing villages, Norrland's longest beach, restaurants & cafés, industrial museums, golf courses, hotels, camping, B&Bs, fishing and more.

Photo: Visit Sundsvall

Internet: [www.kustvaegen.se](http://www.kustvaegen.se)

## Himlabadet



Himlabadet is an adventure pool with something for everyone. Water slides, a relaxation and spa area, waterfalls, whirlpools, saunas, café,

restaurant and more. Want to give surfing a try? Here's your chance, on Europe's first SurfStream. In the summer, there are also outdoor pools to enjoy.

Photo: Visit Sundsvall

Address: Universitetsallén 13, Sundsvall

Phone: +46 60 19 20 00

Internet: [himlabadet.se](http://himlabadet.se)

Email: [info@himlabadet.se](mailto:info@himlabadet.se)

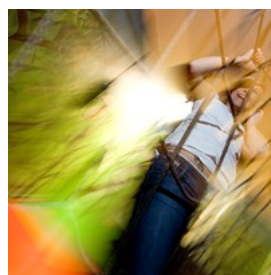
## ACTIVITIES



Visit Sundsvall

Sundsvall has everything to offer you a memorable vacation. Here, you'll find the pulse of the urban life and charm of a small town, activities and culture, history and architecture. Come and enjoy yourself. Summer or winter, weekday or weekend.

## Boda Borg



The world's first Boda Borg in Torpshammar offers a unique experience for the whole family, corporate groups, or friends. No special

skills or equipment are required to tackle the various team challenges known as Quests. Everyone in the team has the potential to become a hero and help the team advance. Each room presents a new Quest with a task for the team to solve.

Photo: Visit Sundsvall

Address: Boda Borg 100, Torpshammar

Phone: +46 691 122 00

Internet: [www.bodaborg.com/locations/torpshammar](http://www.bodaborg.com/locations/torpshammar)

Email: [torpshammar@bodaborg.se](mailto:torpshammar@bodaborg.se)

### Juniskär Kajak



Paddling a sea kayak is a magnificent experience. In the scenic Juniskär, about 15 km south of Sundsvall, conditions are excellent for less

experienced paddlers as the archipelago often offers calm waters even when it's windy. On still days, you can experience incredible kayaking in the sea bays, around the islands, and across the vast open sea. Rent stable and easy-to-paddle quality kayaks. A signed map of the area is included, and you can get tips on various beautiful tours in the area. It is also possible to paddle with a guide.

Photo: Visit Sundsvall

Address: Juniskärsvägen 132, Kvissleby

Phone: +46 70 652 27 81

Email: juniskarkajak@gmail.com

### Sundsvall's Parachute Club



Perhaps skydiving is on your to-do list? It's probably among the craziest things one can do. Naturally, this experience is available in

Sundsvall. You can skydive, do a tandem jump, or even get certified. The training includes 10 jumps, theory class, insurance, and equipment. Contact the club for more information.

Photo: Visit Sundsvall

Address: Sundsvalls Fallskärmsklubb, Bänkåsvägen 73, Alnö

Phone: +46 73 050 07 93

Internet: frifall.com

Email: info@frifall.com

### Drakstaden Skate Park



Drakstaden skate park is an indoor meeting point for spontaneous practice of the sports skateboard, BMX and inline skates. You can borrow most of

the equipment if you didn't bring your own. There's a kiosk that sells coffee and snacks during regular opening hours.

Photo: Visit Sundsvall

Address: Universitetsallén 30, Sundsvall

Phone: +46 73 354 58 97

Internet: [www.drakstaden.com](http://www.drakstaden.com)

Email: [monica@drakstaden.com](mailto:monica@drakstaden.com)

### Fire Truck Tour



Experience Sundsvall from a fire truck! Two old Volvo fire trucks from 1935 and 1938, named Aron and Ecce, offer the whole family a fun and

educational tour around the Stone City. The tours start from Stora Torget.

Photo: Rolf Edlund/Visit Sundsvall

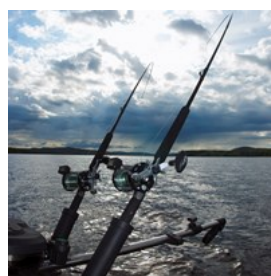
Address: Stora Torget

Phone: +46 70 334 74 36

Internet: [www.sundsvallsbk.se](http://www.sundsvallsbk.se)

Email: [sundsvallsbrandcorps@gmail.com](mailto:sundsvallsbrandcorps@gmail.com)

### Fishing



The sea, rivers, lakes, and ponds are out there waiting for you. There are many reasons to go fishing, and the Sundsvall area offers a wide and

varied range of fishing waters. From advanced salmon fishing to simple perch angling, there's something for everyone. Bring your favourite fly



and waders, or rent equipment on site. Fishing maps for the entire municipality are available at the tourist office. You can also book your own fishing guide to take you to the best fishing spots.

Photo: Magnus Ström/Visit Sundsvall

Internet: [sundsvall.se/fiskeisundsvall](https://sundsvall.se/fiskeisundsvall)

### Strike Club & Prison Island



Gather your friends, family or colleagues and make ready for a challenging and exciting adventure at Strike Club.

Here you find, Bowling,

Laser Game, Nascar, Basketball, Arcade games, Prison Island and much more. Also, take the opportunity to grab a bite to eat in the restaurant.

Photo: Salih Enes Alkan/unsplash

Address: Hotell Södra Berget, Södra Stadsberget 1, Sundsvall

Phone: +46 60 67 10 60

Internet: [www.strikeclub.se](https://www.strikeclub.se)

More Info: [prisonisland.se](https://prisonisland.se)

## RESTAURANTS



Visit Sundsvall

Sundsvall, the most restaurant-dense city in Norrland, offers a range of dining experiences that are sure to delight gourmets passing through. Be inspired by flavours and ideas from

around the world in its many White Guide-awarded restaurants. The city boasts gourmet restaurants, cocktail bars, international kitchens, cosy local pubs, organic eateries, vibrant spots and romantic venues – indeed, something for every taste.

### Brasserie Verket



Brasserie Verket at Scandic Sundsvall City is a warm and rustic restaurant with well-prepared and delicious food, a relaxed

environment inspired by the city's industrial history. The menu offers classic Swedish dishes and grilled meat, fish, poultry and vegetable dishes, prepared in an open kitchen, placing you at the heart of the action.

Photo: Scandic Sundsvall City/Visit Sundsvall

Address: Scandic Sundsvall City, Trädgårdsgatan 31-33, Sundsvall

Opening hours: Mon-Fri 6am-9:30am / 5pm-10pm; Sat 7am-10:30am / 5pm-10pm; Sun 7am-10:30am

Phone: +46 60 785 62 07

Internet: [www.scandichotels.com/hotels/sweden/sundsvall/scandic-sundsvall-city/restaurant-bar/restaurant](https://www.scandichotels.com/hotels/sweden/sundsvall/scandic-sundsvall-city/restaurant-bar/restaurant)

### Dragon House



Dragon house is a well-known Chinese restaurant in Sundsvall that's been around for over 20 years. They serve traditional Chinese food,

à la carte, lunch- and weekend buffets, all at a good price. Takeaway and home delivery are also available.

Photo: Dragon House/Visit Sundsvall

Address: Rådhusgatan 34, Sundsvall

Opening hours: Mon-Thu 11am-9pm, Fri 11am-10pm, Sat

noon-10am, Sun noon-9pm

Phone: +46 60 17 68 88

Internet: [restaurantguru.com/Dragon-House-Sundsvall](https://restaurantguru.com/Dragon-House-Sundsvall)

Email: [dragon@dragonhouse.nu](mailto:dragon@dragonhouse.nu)

### Restaurant Kung Louie



Kung Louie is a lunch and à la carte restaurant whose speciality is wood-fired pizzas. Some evenings there is also live music.

Photo: Kung Louie/Visit Sundsvall

Address: Storgatan 33, Sundsvall

Opening hours: Tue-Thu 5pm-11pm, Fri & Sat 4pm-2am, Sun & Mon closed

Phone: +46 60 12 02 20

Internet: [restaurantguru.com/Kung-Louie-Sundsvall-2](https://restaurantguru.com/Kung-Louie-Sundsvall-2)

### Dolcetto



Dolcetto is Sundsvall's very own Italian neighbourhood restaurant, serving fantastic Italian dishes made with fresh

ingredients and a genuine love for Italian cuisine.

Photo: Lgh\_9/pexels

Address: Kyrkogatan 8, Sundsvall

Opening hours: Tue-Thu 4pm-10pm, Fri 4pm-11pm, Sat 2pm-11pm, Mon & Sun closed

Phone: +46 60 61 77 70

Internet: [www.restaurangdolcetto.se](https://www.restaurangdolcetto.se)

### Invito



Invito is an elegant restaurant that combines the Italian cuisine with the flavours of Norrland. Drop in for a fine glass of wine at the bar, enjoy an

intimate dinner with a loved one, or even host a large company party.

Photo: Kristofer Lönnå

Address: Storgatan 6-8, Sundsvall

Opening hours: Lunch: Mon-Fri 11am-2pm. Dinner:

Mon-Thu 5pm-11pm, Fri 4pm-midnight, Sat 5pm-midnight.

Sun closed

Phone: +46 60 15 39 00

Internet: [invitobar.se](https://www.invitobar.se)

Email: [sundsvall@invitobar.se](mailto:sundsvall@invitobar.se)

### Restaurant APA



Renowned for its diverse beer selection and gourmet burgers, APA Restaurant invites diners to a unique culinary experience, where each

dish is meticulously crafted from scratch, embodying passion and mastery. Discover the house-special APA beer, a masterpiece from their own microbrewery.

Photo: Visit Sundsvall

Address: Storgatan 33, Sundsvall

Opening hours: Mon & Tue 4pm-10pm, Wed & Thu 4pm-11pm, Fri 11am-midnight, Sat noon-midnight, Sun 4pm-10pm

Phone: +46 60 12 02 20

Internet: [www.restaurangapa.se/sundsvall](https://www.restaurangapa.se/sundsvall)

Email: [info@restaurangapa.se](mailto:info@restaurangapa.se)

### Restaurant 180°



The standout feature of the 180 Degrees is its breathtaking view. Perched on the side of Södra Berget, the restaurant offers a

sweeping panorama of Sundsvall and the bay. The menu showcases the best of Swedish cuisine, with a focus on meticulously chosen, locally sourced ingredients, ensuring each dish

reflects the region's culinary excellence.

Photo: Visit Sundsvall  
Address: Södra Stadsberget 1, Sundsvall  
Phone: +46 60 67 10 00  
Internet: [www.sodraberget.se/hundra80](http://www.sodraberget.se/hundra80)  
Email: [reception@sodraberget.com](mailto:reception@sodraberget.com)

### Restaurang Lörudden



Lörudden is a well-renowned fish restaurant located in the Lörudden fishing village south of Sundsvall.

Regular events such as vendace roe tasting evenings and Christmas buffets focus on the gifts of the sea. The restaurant is featured in the White Guide.

Photo: Visit Sundsvall  
Address: Lörudden 173, Njurunda  
Phone: +46 60 370 98  
Internet: [sillmans.se/loran](http://sillmans.se/loran)

### Chaow Praya River



Chaow Praya River is a Thai restaurant that will give you an authentic taste of Thailand, both in flavours and décor. They offer à la carte, lunch and

takeaway.

Photo: Louis Hansel/unsplash  
Address: Trädgårdsgatan 43, Sundsvall  
Opening hours: Daily 3am-10pm  
Phone: +46 60 15 54 57  
Internet: [thaisundsvall.se](http://thaisundsvall.se)

### Innergården 1891



Innergården 1891 offers a unique dining experience, blending the ambience of outdoor dining with the comfort of an indoor setting. Nestled under a glass atrium, this café, restaurant and bar boasts a charming wine bar with an extensive global wine selection. Savour a glass of wine, enjoy a casual fika, or indulge in simple yet delicious meals like fish and chips — Innergården 1891 caters to diverse tastes.

Photo: Visit Sundsvall  
Address: Centralgatan 6, Sundsvall  
Opening hours: Mon-Sat 10am-10pm, Sun noon-8pm  
Phone: +46 60 61 18 91  
Internet: [www.instagram.com/innergarden1891](http://www.instagram.com/innergarden1891)  
Email: [info@innergarden.se](mailto:info@innergarden.se)

### RÅ



RÅ restaurant redefines the modern steakhouse with a sharp focus on seasonal ingredients, crafting an experience that delights the taste

buds. Its bar echoes this ethos, presenting a diverse array of seasonally inspired drinks. Not quite tapas, nor traditional full plates, but a series of smaller, exquisitely presented dishes, served sequentially for a unique culinary journey. Paired with fantastic cocktails, RÅ promises an evening so engaging, you may find yourself relishing every moment until close.

Photo: Visit Sundsvall  
Address: Nybrogatan 16, Sundsvall  
Opening hours: Wed & Thu 5pm-11pm, Fri & Sat 5pm-3am, Sun-Tue closed  
Phone: +46 70 397 50 60  
Internet: [www.rasundsvall.se](http://www.rasundsvall.se)  
Email: [info@rasundsvall.se](mailto:info@rasundsvall.se)



## CAFES



Visit Sundsvall

Sundsvall has an abundance of cafés. Whether you are looking for a plain cup of Joe, the latest trendy coffee drink, a delicious pastry, an organic alternative, or a light meal, you'll have the ideal place.

### Pallas Konditori



Pallas Konditori is a cafe of rich history with their own bakery, a large variety of pastries and cakes. In addition, there's

Photo: Pallas konditori/Visit Sundsvall

Address: Strandgatan 16, Sundsvall

Opening hours: Mon-Fri 8am-5pm, Sat 10am-4pm, Sun closed

Phone: +46 60 785 58 03

Internet: [www.instagram.com/pallas\\_konditori](https://www.instagram.com/pallas_konditori)

### Tant Anci & Fröken Sara



Tant Anci & Fröken Sara focus on local, sustainable, and organic options, with gluten-free, lactose-free, vegetarian, and other alternatives. If you're in the mood for a treat, they have delightful homemade pastries and excellent

organic ice cream. Their wine and beer are, of course, organic, including specially imported Greek wines. In the cosy shop section, you'll find teas, chocolates, and oils — perfect for gifts.

Photo: Alice Pasqual/unsplash

Address: Bankgatan 15, Sundsvall

Opening hours: Mon-Fri 11am-8pm, Sat noon-6pm, Sun closed

Phone: +46 60 785 57 00

Internet: [tantanci.eu](https://tantanci.eu)

Email: [info@tantanci.se](mailto:info@tantanci.se)

### Stenstans Bageri & Konditori



Stenstans is a traditional bakery with a genuine local feel. Here, you'll find a huge selection of sourdough bread, cakes, tea time snacks and desserts. Cosy setting, spacious tables and clean. Everything is made in a traditional manner using whole ingredients like butter, cream, berries and fruits.

Photo: Visit Sundsvall

Address: Trädgårdsgatan 22, Sundsvall

Opening hours: Mon-Fri 7am-6pm, Sat 9am-4pm, Sun closed

Phone: +46 60 17 19 99

Internet: [www.instagram.com/stenstansbageri](https://www.instagram.com/stenstansbageri)

Email: [info@stenstansbageri.se](mailto:info@stenstansbageri.se)

### Café Charm



Photo: Visit Sundsvall

Address: Storgatan 34, Sundsvall

Opening hours: Mon-Fri 8am-6pm, Sat 9:30am-5pm, Sun 11am-5pm

Phone: +46 60 17 12 80

Internet: [cafecharm.se](http://cafecharm.se)

Email: [Storgatan@cafecharm.se](mailto:Storgatan@cafecharm.se)

More Info: Café Charm can also be found at Rederigatan 40 and in Birsta City shopping centre

### City Café



In 1891, three years after the great Sundsvall fire, Mina Nordström started a café in the newly rebuilt Hirschska house. Mina owned the café through a

century change and two world wars. In 1945, Konrad Dufenberg took over the business, and in 1967 a new era began with the name change to City Caféet. In 1997, Gunilla Sjöberg took over this venerable café, which is now the second oldest in Sweden.

Today's City Café is filled with tradition, personality, and charm. People from across the country visit to experience a piece of well-preserved history. Gunilla's homemade mustard is a must-try, and its recipe is a closely guarded secret.

Photo: Visit Sundsvall

Address: Kyrkogatan 18, Sundsvall

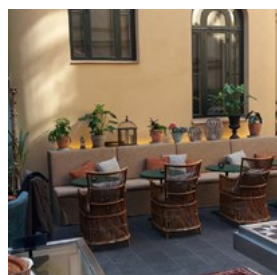
Opening hours: Mon-Fri 6am-3pm, Sat 9am-3pm, Sun closed

Phone: +46 60 61 37 63

Internet: [citycafe.se](http://citycafe.se)

Email: [jennieback82@outlook.com](mailto:jennieback82@outlook.com)

### Orangeriet



In the centre of Sundsvall City Hall, you find Orangeriet. The cafe lovely pastries, salads, sandwiches, lighter dishes, coffee and other

ecological beverages. Sit down with a fine glass of wine or a locally produced craft beer in the inner courtyard, or on the outdoor terrace,

weather permitting.

Photo: Bryners Bistro/Visit Sundsvall

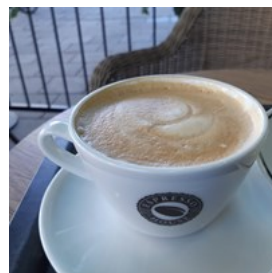
Address: Sundsvall Stadshus, Torggatan 5, Sundsvall

Opening hours: Mon-Sat 11am-4pm, Sun closed

Phone: +46 60 743 95 00

Email: [stadshuset@bryners.se](mailto:stadshuset@bryners.se)

### Espresso House



The history of Espresso House goes back to 1996 when the first café opened in Lund by Charles and Elisabet Asker. What started as a

small café inspired by both the Italian coffee culture and the American coffee tradition, is today the largest coffee shop chain in Scandinavia, with more than 400 coffee shops spread out between the four countries Sweden, Norway, Finland and Denmark.

At Espresso House, there are more than coffee; sandwiches, salads, pies, yoghurt and more, something for every occasion – breakfast, lunch, snack or on the go. All bread and pastries served is made at their own bakery in Malmö, Sweden.

Photo: EspressoHouse/Visit Sundsvall

Address: Storgatan 25, Sundsvall

Opening hours: Mon-Fri 7am-9pm, Sat & Sun 9am-7pm

Phone: +46 76 521 92 90

Internet: [espressohouse.com/hitta-oss/sundsvall](http://espressohouse.com/hitta-oss/sundsvall)

## BARS & NIGHTLIFE



*Visit Sundsvall*

Sundsvall has many pubs and clubs in a wide variety of styles, all with knowledgeable staff and excellent food. The city also has plenty of watering holes for those who love the nightlife and dancing until dawn. Later during the evening, many restaurants turn into lovely places where the lights turn down and the music turns up.

### E Street



E Street is the meeting place for those who appreciate good food, friendly gatherings and musical entertainment, including karaoke. Here,

you can have a beer at the bar, enjoy a three-course dinner, or simply drop in for a cup of coffee. The bar attracts a more adult crowd.

Photo: Sérgio Alves Santos/unsplash

Address: Esplanaden 14, Sundsvall

Opening hours: Mon-Thu 4pm-11pm, Fri & Sat 4pm-3am,  
Sun 4pm-2am. Lunches: Mon-Fri 10:45am-2pm

Phone: +46 60 890 07 00

Internet: [www.estreet.nu](http://www.estreet.nu)

Email: [info@estreet.nu](mailto:info@estreet.nu)

### q.bar



In the lobby bar of Quality Hotel Sundsvall, you can enjoy delicious food and delightful music nights. It's the natural gathering place for both hotel guests and the residents of Sundsvall.

Photo: Ambitious Studio, Rick Barrett/unsplash

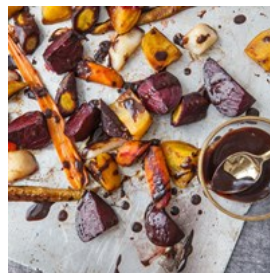
Address: Quality Hotel Sundsvall, Esplanaden 29, Sundsvall

Opening hours: Mon-Thu 5pm-11pm, Fri & Sat  
4pm-midnight, Sun closed

Phone: +46 60 16 00 80

Internet: [www.qsundsvall.se/restaurang](http://www.qsundsvall.se/restaurang)

### Udda Tapas Bar



Udda, a fusion of Spanish flair and Swedish finesse, is a delight for tapas enthusiasts. Offering an exquisite selection of tapas paired with

irresistible cocktails, it's the ideal spot for both dining and lively evenings. As the night progresses, the atmosphere transforms with music, creating a perfect setting for warm summer parties.

Photo: American Heritage Chocolate/unsplash

Address: Esplanaden 17, Sundsvall

Phone: +46 73 098 66 07

Internet: [www.uddasundsvall.se](http://www.uddasundsvall.se)

Email: [info@uddasundsvall.se](mailto:info@uddasundsvall.se)



## SHOPPING



Visit Sundsvall

Shopping is one of Sundsvall's strongest features. The range and variety are of big city standard and attract visitors from the whole of Norrland. Even from the south, many keen shoppers flock to the area.

### Storgatan in the Stone Town



There are over 200 shops in the Stone Town. And although Storgatan (the main street) offers enough shopping for one or two days, don't miss the side streets. There, you'll find a number of shops that are worth a small detour.

Photo: Visit Sundsvall  
Internet: [stenstan.se](http://stenstan.se)  
Email: [info@stenstan.se](mailto:info@stenstan.se)

### In:Gallerian



Norrland's largest city mall, In:Gallerian, is situated in the heart of the Stone City and extends across three blocks. These blocks are interconnected by walkways, allowing you to easily move indoors between the buildings for as long as 249 meters on one of the floors.

In:Gallerian offers world-class shopping. Here, you'll find everything from clothing and shoes, groceries and technology, to health and beauty products. In addition to shopping, In:Gallerian also features restaurants and cafés. These are spread throughout the mall, creating pleasant 'pit stops' for you to enjoy a tasty meal or coffee in a lovely environment, parts of which date back to the late 19th century.

Photo: Visit Sundsvall  
Address: Torggatan 4, Sundsvall  
Opening hours: Mon-Fri 10am-7pm, Sat 10am-5pm, Sun noon-4pm  
Phone: +46 77 033 22 00  
Internet: [www.ingallerian.se](http://www.ingallerian.se)

### Birsta City



About 8 km north of Sundsvall, Birsta City sits adjacent to the E4. Here, you'll find IKEA and around 95 other stores. Birsta offers everything you might need for family, leisure and home: fashion, home electronics, appliances, sports and leisure, garden, furniture, décor, and building supplies. Parking is free in Birsta, with 2,500 parking spaces available.

Photo: Visit Sundsvall  
Address: Gesällvägen 1, Sundsvall  
Phone: +46 702 65 22 33  
Internet: [www.birstacity.se](http://www.birstacity.se)

### Ido Tea & Coffee Roasters



Even if coffee beans aren't on your shopping list, it's well worth making a stop at Ido, which has its own roastery. The aroma is

heavenly. The shop, one of the oldest in the Stone City with 85 years to its name, sells not only coffee but also tea blends, coffee beans, and other delightful nicknacks.

Photo: Visit Sundsvall

Address: Ido te & kafferosteri, Nybrogatan 8, Sundsvall

Opening hours: Mon-Fri 11am-6pm, Sat 11am-3pm, Sun closed

Phone: +46 70 925 28 05

Internet: idorosteri.se

### Kent Watch & Jewellery



Kent Watch & Jewellery was established 30 years ago and has always had exclusive brands of watches and jewellery. In the store, you'll find a professional watchmaker who can help you with everything from changing a battery to renovating new and antique watches.

Photo: Visit Sundsvall

Address: Storgatan 15, Sundsvall

Phone: +46 60 15 45 00

Internet: [www.kentwj.se](http://www.kentwj.se)

Email: [info@kentwj.se](mailto:info@kentwj.se)

### Sköna Under



Whether you're looking for firm support or comfortable fit, Sköna Under on Storgatan has both the selection and the expertise. They specialize in women's lingerie, offering a bra range from the smallest AA to the largest J cup. In addition to bras, they also sell swimwear, dressing gowns, nightwear, socks, and bras for various specific needs, including prosthetic, relief, nursing and sports.

Photo: Visit Sundsvall

Address: Storgatan 16, Sundsvall

Opening hours: Mon-Fri 10am-6pm, Sat 11am-3pm, Sun closed

Phone: +46 60 12 44 20

Internet: [under.nu](http://under.nu)

Email: [info@skonaunder.se](mailto:info@skonaunder.se)

### Stöde Form



Stöde Form is a handicraft shop and café with more than 70 craftsman represented in the store. They also do courses in sewing leather, creating with straw, bead knitting and more.

Photo: Visit Sundsvall

Address: Gyllenvägen 20E, Stöde

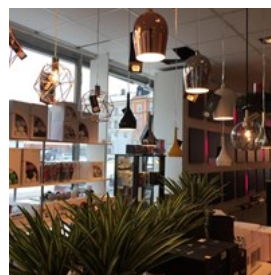
Opening hours: Tue-Fri 10am-6pm, Sat 10am-2pm, Sun 11am-4pm, Mon closed

Phone: +46 691 102 00

Internet: [www.stodeform.se](http://www.stodeform.se)

Email: [stodeform@hotmail.com](mailto:stodeform@hotmail.com)

### Rummet



Rummet on Köpmangatan is more like an entire interior design palace. It showcases the latest in design, furniture and lighting. You'll find everything from Bruno Mathsson's classics to modern newcomers from Kartell. For those who don't have room for a new sofa or a stylish dining table, there's also a vast selection of gift items, fabrics and wallpaper of the highest quality.

Photo: Visit Sundsvall

Address: Köpmangatan 7, Sundsvall

Phone: +46 60 12 57 40

Internet: [rummet.se](http://rummet.se)

Email: [kundservice@rummet.se](mailto:kundservice@rummet.se)

## CAMPING



Visit Sundsvall

### Camp Mid Adventure



Camp Mid Adventure is located in Torpshammar, right in the heart of Sweden, about 16 km from Sweden's Geographical Centre. The

camp is nestled on a pine ridge surrounded by the tranquil waters of the Ljungan river and the towering mountains of the Ljungandalen.

The camp offers activities for all ages. Try disk golf, a high ropes course, zipline, volleyball, paintball, water sports, and more. The camping spots are generously sized, and all cabins are situated near the water.

Photo: Visit Sundsvall

Address: Rombäck 850, Torpshammar

Phone: +46 70 633 64 07

Internet: midadventure.se

Email: info@midadventure.com

### Stöde Camping



At Stöde Camping, there are two types of cabins available for rent: 2-bed cabins and 4-bed cabins, all with lake views. You'll find a facility with sinks

for dishwashing, a microwave oven, showers, and toilets.

There's also a service house for those with motorhomes/caravans. It includes showers, toilets, a kitchen with cooking and dishwashing facilities, a laundry room with a drier, and a TV room. Boat and canoe rentals are available at the campsite, as well as excellent fishing spots nearby. Right next to the campsite is the Stödehuset, featuring a heated pool, gym, sauna, cafeteria, and more.

Photo: Visit Sundsvall

Address: Kälsta 107, Stöde

Phone: +46 76 881 82 83

Internet: [www.stodecamping.com/en](http://www.stodecamping.com/en)

Email: [stodecampingstode@hotmail.com](mailto:stodecampingstode@hotmail.com)

### Bergefors Parken Camping & Stugby



Bergefors park is a campsite with caravan and tent pitches, as well as a few cabins and villa caravans. There are about 96 spots with

electricity and around 20 without, all facing the Indal river.

Facilities include a mini-market with café service, indoor miniature golf, a sauna, an outdoor pool, a kitchen, a laundry room, and a grill hut available to all campsite guests. There's also a washing area with a high-pressure cleaner for cleaning vehicles. Just 5 km from



## Sundsvall-Timrå Airport.

Photo: Visit Sundsvall

Address: Forsvägen 20 A, Sörberge

Phone: +46 60 51 50 90

Internet: [www.bergeforsparken.se](http://www.bergeforsparken.se)

Email: [info@bergeforsparken.se](mailto:info@bergeforsparken.se)

## Bergafjärdens Camping



Thousands of years ago, before the land uplift, the great Ljungan river had a different outlet than it does today. It flowed into Bergafjärden, creating a delta that is now a shallow, child-friendly sandy beach with warm waters, making it an ideal spot for those eager to swim. This, combined with the camping site, offers a delightful and nature-close summer holiday for the whole family, with proximity to both the sea and the forest.

Besides cabins of various sizes, the area includes numerous caravan and tent pitches, a service house, a restaurant, a café, a small shop, and adventure mini-golf. The campsite is located about twenty minutes south of Sundsvall, easily accessible via the E4 motorway.

Photo: Visit Sundsvall

Address: Bergafjärden, Njurunda

Phone: +46 60 345 98

Internet: [bergafjarden.nu](http://bergafjarden.nu)

Email: [info@bergafjarden.nu](mailto:info@bergafjarden.nu)

## Vivstavarvstjärns Camping



Vivstavarvstjärns Camping offers campsites, cabins, and a hostel, located in a picturesque forested area near Timrå town centre and just 8 km from Birsta shopping centre.

Explore the scenic area around Vivstavarvstjärn with its family-friendly beach.

The campsite features a mix of forest and grassy areas for setting up caravans, motorhomes, or tents. There are 40 electric hook-up points, and the reception building includes a kiosk with a simple café. The service house is equipped with showers, toilets, a self-catering kitchen with a stove and microwave, and facilities for washing up after meals.

Photo: Visit Sundsvall

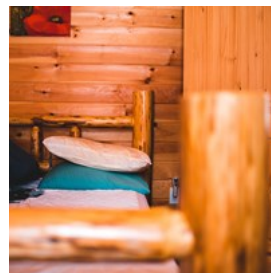
Address: Vivstavarvstjärnen 1, Timrå

Phone: +46 60 58 05 40

Internet: [vivstavarvscamping.se](http://vivstavarvscamping.se)

Email: [info@vivstavarvscamping.se](mailto:info@vivstavarvscamping.se)

## Utsiktens Turistgård



Utsiktens Turistgård is located along the Indal Trail (road 86), about 60 km from Sundsvall and 140 km from Östersund. Offering a stunning view

over the Indal river valley, it has six rental cabins. Each cabin has 5 beds, a living area, a private shower and toilet, and a kitchenette. A large terrace provides a fantastic view. The main house features a large kitchen, a dining room for about 70 guests, and a lounge. The cabins are available for rent year-round, and the view is just as beautiful in winter as it is in summer.

Photo: Erik Mclean/unsplash

Address: Sillre, Liden

Phone: +46 76 627 15 57

Internet: [utsikten.nu](http://utsikten.nu)

Email: [info@utsikten.nu](mailto:info@utsikten.nu)

### First Camp Fläsian — Sundsvall



About 5 km south of Sundsvall is First Camp Fläsian, a beautifully tiered campsite right by the sea. There's a bus stop adjacent to the

campsite, making it easy to get into town even without a car. At the campsite, you can stay in a cabin or rent a room. There are also numerous spots for caravans, motorhomes and tents. A barbecue area is available on site, down by the beach. The service house includes showers, toilets and a kitchen. A laundry room with washing machines and dryers is available for a small fee.

Photo: Visit Sundsvall

Address: Norrstigen 15, Sundsvall

Phone: +46 60 55 44 75

Internet: [firstcamp.se/destinationer/flasian-sundsvall](http://firstcamp.se/destinationer/flasian-sundsvall)

Email: [sundsvall@firstcamp.se](mailto:sundsvall@firstcamp.se)

## TOURIST INFORMATION



Visit Sundsvall

### Sundsvall-Timrå Airport (SDL)



Sundsvall Timrå Airport, often referred to as Midlanda, sits between Sundsvall and Härnösand. For seamless transfers, Flygtaxi

services are at your disposal, ensuring a stress-free journey to your chosen destination. Pricing is destination-based, with a fixed rate confirmed upon booking.

Photo: Henrik Sendelbach/cc by-sa 4.0/wikimedia

(cropped)(image cropped)

Address: Sundsvall-Timrå flygplats, Sörberge

Phone: +46 60 658 39 00

Internet: [www.sdlairport.se](http://www.sdlairport.se)

Email: [info@sdlairport.se](mailto:info@sdlairport.se)

### Public Transport



Din Tur is the operating name of Västernorrlands läns Trafik AB, the principal operator of local public transport for the county of Västernorrland.

It provides daily services between the county's municipalities, within the municipalities, and urban transport in Härnösand, Sollefteå, Sundsvall, and Örnsköldsvik.

The best place to catch a bus is at Navet (Sundsvall's bus station). Here, you can purchase and top up your travel card and ask questions about bus services.

Photo: kristoffer varas/unsplash

Address: Sundsvall busstation Navet, Magasinsgatan 12, Sundsvall

Phone: +46 771 100 110

Internet: [www.dintur.se](http://www.dintur.se)

Email: [kundservice@dintur.se](mailto:kundservice@dintur.se)

### Telephone



Country code: +46 Area  
code: 60

Photo: Wesley Hilario/unsplash

### Taxi



You can book a taxi  
online or by phone.  
Sverigetaxi Sundsvall  
+46 60 199 000  
[www.taxisundsvall.se](http://www.taxisundsvall.se)  
Taxi Kurir +46 60 150

000

[www.taxikurir.se](http://www.taxikurir.se)

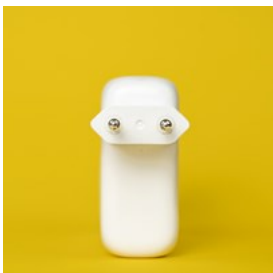
Taxi Drakstaden

+46 60 123456

[www.taxidrakstaden.se](http://www.taxidrakstaden.se)

Photo: Fotis Fotopoulos/unsplash

### Electricity



220-240V AC, 50Hz

Photo: Mika Baumeister/unsplash

### Medical Care / Hospital



In case of emergency you  
always call 112. If you're  
in need of advice or  
recommendation you can  
call 1177, the medical  
care hotline.

Photo: Karolina Grabowska/pexels

Address: Sundsvalls sjukhus, Lasarettsvägen 21, Sundsvall

Phone: +46 60 18 10 00

Internet: [www.1177.se/Vasternorrland](http://www.1177.se/Vasternorrland)

### Population

The city: 58,807

The municipality: 99,825

### Currency

Swedish Krona (Svensk krona, pl. Svenska kronor), SEK

### Internet

[www.visitsundsvall.se](http://www.visitsundsvall.se)

[sundsvall.se](http://sundsvall.se)

### Newspapers

Sundsvalls Tidning: [www.st.nu](http://www.st.nu)

Sundsvalls Nyheter (every weekend):

[www.sundsvallsnyheter.se](http://www.sundsvallsnyheter.se)

### Emergency numbers

112

### Tourist information

There are around touchscreen 20 InfoPoints run by  
Sundsvalls Turistbyrå ([visitsundsvall.se](http://visitsundsvall.se)). You'll find them in  
strategic points in the city.



