



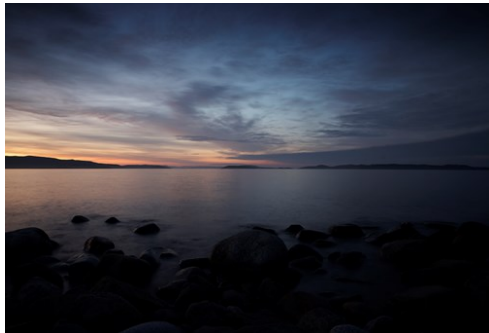
Höga Kusten

Photo: Marcus Sjöberg, Friluftsbyn / Höga Kusten



Höga Kusten

Far up in northern Europe is a place where 20,000 years nature's forces have shaped a dramatic landscape with the world's highest coastline. Mountains plunging straight into the depths of the sea in a way that leaves you breathless. Here, you will get to experience the real, unexploited, and genuine Sweden. Bold visitors can try fermented herring and climbing, but the High Coast of Sweden on the Gulf of Bothnia is more about harmony than adrenaline. Through endless opportunities to be active in nature with your loved ones, you will regain the strength to return to your urban, busy everyday life.



Höga Kusten



Höga Kusten

Featured



Technichus

Technichus is a discovery centre for science and technology for all ages. Ch...



Härnösands Art Gallery

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Mannaminne Open Air Museum

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Friluftsbyn

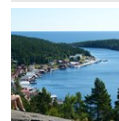
Friluftsbyn is an outdoor village and Sweden's place for outdoor meetings. L...



Hallsta Ski

Hallsta Ski is the name used for all activities offered at Mt. Hallstaberget...

Top 5



Ulvön Island

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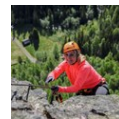
Högbonden Island & Lighthouse

At the very edge of the High Coast of Sweden, the dark rocks



Skule Naturscen

At the foot of Mount Skuleberget lies Skule Naturscen. A wide variety of con...



Via Ferrata

Europe's biggest via ferrata (protected climbing route) centre — unique adre...



Höga Kusten-Båtarna

Höga Kusten-Båtarna (HK Ship) runs the sea traffic in the High Coast of Swed...

THE REGION



Höga Kusten

The High Coast of Sweden Västernorrland County is a unique coastal area and a UNESCO World Heritage. The only World Heritage in Sweden as a result of its scenic postglacial land uplift. Since the last ice age, the land has risen 300 meters — a stunning example of isostatic rebound.

Visitors are drawn to four municipalities in the region, each known for their unique features. Try and visit them all!

Härnösand



Härnösand was founded in 1585 and today you find the Cathedral, the residence of the County Governor and a university in the city. Cultural life is rich with attractions such as the Västernorrland County Museum and the Hemsö Fästning military fortress. Events include everything from city celebrations and dance festivals, to theaters and jazz nights. Nature is right on the town's doorstep, with nature reserves, great beaches and activities for all ages.

Photo: Höga Kusten
Internet: hamosand.se

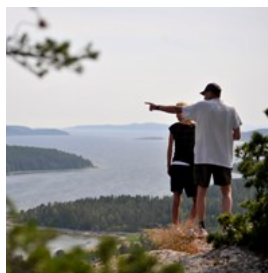
Kramfors



There are many things to do and see in Kramfors: music festivals, Sweden's highest island, the boat Ådalen III, the High Coast Bridge, and Box — Sweden's northern most whiskey distillery. Don't miss the archipelago with all its authentic fishing villages. In Ådalen, you will find culture with historical burden. In Nora, you will find winding mountain roads and amazing views.

Photo: Freedgeers/Höga Kusten
Internet: www.kramfors.se/kommun--demokrati/other-languages/english

Örnsköldsvik



Örnsköldsvik is located in the northern part of the High Coast of Sweden. The landscape here is varied with coast and cliffs, inland and forest. In Örnsköldsvik's archipelago, you will find twenty major and many smaller islands scattered in the sea. Names like Ulvön and Trysunda are worth remembering. Fishing villages, fermented herring, smoked whitefish, rocks, birds and sailing are some of the things you will experience here in Västernorrland County.

Photo: Örnsköldsviks Kommun/Höga Kusten
Internet: www.ornskoldsvik.se

Sollefteå



The name Sollefteå translates to "the sunny climes." Situated in the Ångermanälven river valley, nestled between the fjeld and the sea and

bordered by scenic mountains and steep sandy river banks, this region has always been a magnet for people throughout history. The rock carvings at Nämforsen river shows it was an important place even 6,000 years ago.

Photo: Höga Kusten

DO & SEE



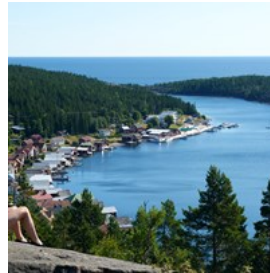
Höga Kusten

Höga Kusten, the High Coast, offers activities and attractions for all tastes, both on land and on water. You can go canoeing along the trails, boating along the river, hiking in the National Park, Skuleskogen, or in one of the many nature reserves in the area.

If you are interested in arts and culture — many talented artists and craftspeople live and work here, and will happily invite you for a visit.

For children, there is also plenty to do. How about a visit to the ostrich farm where you can be involved in feeding the ostriches, or a day at Junsele zoo where you can watch the bear Loke and the white tigers?

Ulvön Island



Ulvön Island is one of the High Coast of Sweden's treasures. You reach the island by boat from Ullånger or Köpmanholmen. At the small harbour Ulvöhamn is a hotel, a few restaurants, a museum and shops. Further in on the island, there is a hostel and a few campsites with cabins. The old fisherman's chapel is also worth a visit.

Photo: Malin Wedin/Höga Kusten

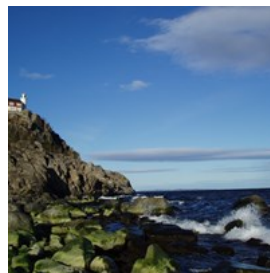
Address: Ulvön, 89399 Örnsköldsvik

Public Transport: Boat from Ullånger or Köpmanholmen

Internet: www.ulvon.info

More Info: Ulvön Island is known for is a type of pungent fermented herring — Surströmming

Högbonden Island & Lighthouse



At the very edge of the High Coast of Sweden, the dark rocks of Högbonden Island rise from the sea. The old lighthouse is perched at the top of the island, next to a steep descent. Högbonden is your go-to place for peace and quiet, and you are more than welcome to stay overnight at the hostel.

Photo: Höga Kusten

Address: Högbonden, Nordingrå

Public Transport: Boat from Barsta or Bönhamn

Internet: hogbondenfyr.se

Skule Naturscen



At the foot of Mount Skuleberget lies Skule Naturscen. A wide variety of concerts and festivals are arranged every summer —

Skulefestivalen, amongst others. Swedish artists perform here every summer, with the magnificent nature as a backdrop.

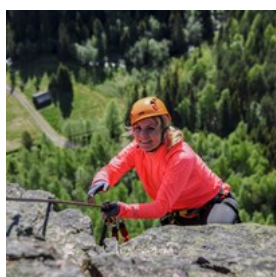
Photo: Verkställande Byrån/Höga Kusten

Address: Skuleberget 107, Docksta

Phone: +46 771 47 70 70

Internet: naturscen.se

Via Ferrata



Europe's biggest via ferrata (protected climbing route) centre — unique adrenaline rush and a fantastic adventure is guaranteed. Here,

everyone between 40-140 kg has the chance to experience mountain climbing under the highest level of safety. No previous experience is necessary, and only an average level of fitness is required.

Photo: Via Ferrata/Höga Kusten

Address: Skuleberget, Docksta

Opening hours: Daily 10am-2pm

Phone: +46 613 405 00

Internet: www.viaferrata.se

Email: info@viaferrata.se

Höga Kusten-Båtarna



Höga Kusten-Båtarna (HK Ship) runs the sea traffic in the High Coast of Sweden. Their boats will take you from the mainland to the High

Coast of Sweden's treasure Ulvön island or Högbonden island.

Photo: Höga Kusten

Address: Kajvägen 1, Ullånger

Phone: +46 613 105 50

Internet: www.hkship.se

Email: info@hkship.se

Friluftsbyn



Friluftsbyn is an outdoor village and Sweden's place for outdoor meetings. Like-minded people gather here to experience the perfect

mix of adventure and relaxation. Many events are arranged here during the year, like the High Coast Hike, High Coast Winter Classic and High Coast Trail, to mention a few. But you can also come here to stay during your own hike in the High Coast of Sweden.

Photo: Höga Kusten

Address: Gällstasjön 102, Docksta

Internet: friluftsbyn.se

Email: info@friluftsbyn.se

Junsele Zoo



At the westernmost corner of lovely Ångermanland lies Junsele. A small village with character and exciting places to visit.

One of them is Junsele Zoo. Here you'll find bears, wolves, camels, tigers and many other interesting animals.

Photo: Höga Kusten

Address: Slalomvägen 1, Junsele

Opening hours: Daily 10am-4pm in the summer

Phone: +46 621 102 95

Internet: www.junseledjurpark.com

Email: camping@aventyrserberget.se

Hallsta Ski



Hallsta Ski is the name used for all activities offered at Mt.

Hallstaberget during summer and winter. The activities include

cross-country skiing, biathlon, alpine skiing, and summer training such as running and rollerskiing, as well as mountain biking. Hallstaberget also has a ski-jumping facility.

Photo: Anton Östlund/Höga Kusten

Address: Hallstaberget, Hallsta 303, Sollefteå

Internet: www.solleftea.se/hallsta-ski

Mannaminne Open Air Museum



In the heart of the High Coast of Sweden you will find a fascinating place called Mannaminne. The life's work of artist Anders Åberg consists of

50 buildings and is one of the destinations most baffling outdoor museums. Historical buildings which have been transported to the site, cars, machines, handcraft and much more makes for a fascinating day out.

Photo: Malin Wedin/Höga Kusten

Address: Häggvik 109, 870 30 Nordingrå

Opening hours: Open from May through September

Phone: +46 613 202 90

Internet: www.mannaminne.se/en

Email: kontakt@mannaminne.se

Bönhamn



Bönhamn is an old fishing village, a place where time stands still. Enjoy its peacefulness among the iconic red boathouses.

Take some time to relax

on the small beach or the cliffs, take a fika at a café, take a boat trip to Högbonden island or see the stairs rise from the sea — a unique art object.

Photo: Höga Kusten

Address: Bönhamn, Nordingrå

Internet: www.hogakusten.com/en/bonhamn

Norrällsviken



Norrällsviken is an old fishing village founded in the 17th century. Walk along the boathouses, listen to the sea ripple and smell the salty sea.

Enjoy a dinner at restaurant Fiskarfänget, take a swim at Storsand sea bath, play golf at the Norrällsviken golf club or hike in the nature reserve. Stay at the hotel or camping for a night's rest.

Photo: Höga Kusten

Address: Norrällsviken, Mjällom

Public Transport: Bus 217 from Kramfors

Hemsö Fortress



Hemsö Fortress is an old military facility, fully intact and provides a unique insight into one of Sweden's most important coastal defence lines

during the Cold War. Guided tours of the combat control room, cannon batteries, cannon towers,

anti-aircraft defences, medical centre, canteens etc. Here is also a restaurant and café with an amazing view.

Photo: Höga Kusten

Address: Hemsö fästning, Hemsön, Härnösand

Public Transport: Bus 518 from Härnösand Central. Ferry to reach the island. Contact Hemsö Fästning for transport.

Opening hours: June to September. Open year around for groups.

Phone: +46 70 544 13 20

Internet: www.hogakusten.com/en/hemso-fortress

Email: destinationhemso@gmail.com

Technichus



Technichus is a discovery centre for science and technology for all ages. Challenge each other in Brainball, catch rubies on the climbing wall, try your hand at forestry, become a dentist for a day, try snowboarding or test your brain in math.

Photo: Höga Kusten

Address: Storgatan 11, Härnösand

Opening hours: Thu-Sun 10am-4pm

Phone: +46 611 34 96 35

Internet: www.technichus.se

Email: reception@technichus.se

Härnösands Art Gallery



In Härnösand you will find an art gallery with current social art and parts of the "Qvistska Collection". The collection was a donation to Härnösand's city from Nils and Elna Quists, who amassed an impressive art collection in their lifetimes. Included, among others, are Picasso, Chagall and Matisse.

Photo: Henrik Sendelbach/cc by-sa 3.0/wikimedia(image

cropped)

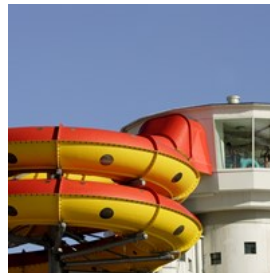
Address: Stora Torget 2, Härnösand

Opening hours: Tue-Sat 11am-3pm, Sun & Mon closed

Phone: +46 611 34 81 42

Internet: harnosand.se/konsthallen

Paradiset Water Park



Paradiset is one of Sweden's best adventure water parks. Both kids and adults can have fun in Sweden's longest water slide — the Magic Eye. There is also an outside pool open all year round! Enjoy an ice cream and spend your day in Paradiset — a paradise even on rainy days.

Photo: Paradiset/Höga Kusten

Address: Lasarettsgatan 15, Örnsköldsvik

Opening hours: Mon-Thu 1pm-8:30pm, Fri 10am-9:30pm,

Sat 10am-8pm, Sun 10am-6pm

Phone: +46 660 885 90

Internet: www.paradisetornskoldsvik.se

DAY HIKES & NATURE RESERVES



Höga Kusten

Get together with your friends and family to spend the day hiking and experience the contrasts between the ocean, deep forest and mountains.

A day hike suits those who come here seeking adventure, as well as those searching for a great view to either admire and photograph it — the

nature on the High Coast of Sweden offers a broad and wide scale of shades.

Granvågsniporna Nature Preserve



Right where the waters of Faxälven river flow into the mighty Ångermanälven river, you can get a magnificent view over the river and

its surrounding landscapes, one of Ådalen's most beautiful places.

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

Balesuddens Nature Reserve



The characteristically red cliff with Lake Balestjärn's (tarn) crystal-clear water is a place from the fairy tales. The nature here is similar

to Skuleskogen National Park: hilly terrain, varying from dark pine forests to more open mountain slopes of more than 150 metres above sea level. Balesudden makes a perfect day trip for the family or with friends.

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

Högklinten



Högklinten is a mountain with the worlds biggest cobblestone field. With 280 metres above the sea, Högklinten gives you the perfect view over the

sea, overlooking both Örnsköldsvik in the north and Härnösand in the south.

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

Norrfällsviken Nature Reserve

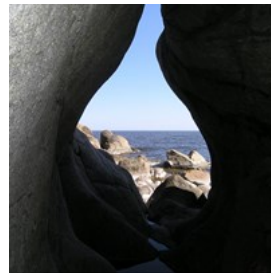


Cobble fields are continually being formed here. The red rapakivi granite rocks are typical of Höga Kusten. No less than twelve species of orchid have been identified in this nature reserve.

On your way to Norrfällsviken, you'll pass by Villmyran Nature Reserve — best known for the Norna and Skogsfru orchids that bloom there.

Photo: J H Westerberg/cc by-sa 4.0/wikimedia(image cropped)

Smitingen Nature Reserve



Smitingen Nature Reserve features spectacular geological formations, caves, moulins, potholes and limestone pillars. The area is now classified as a Natura 2000 area.

Follow marked paths and visit exposed tunnel caves or take a dip from the cliffs of Klubbsjön. Walk the so-called "geologist path" and see how stones and rocks were sculpted into strange forms. The reserve includes the sea bath, Klubbsjön, Härnöklubb and the mountains southwest of the sea bath.

Photo: Höga Kusten

Internet: www.lansstyrelsen.se/vasternorrland/besoksmal/naturreservat/smitingen-harnoklubb.html

Valkallen



Along the southern part of the High Coast Trail, you will find Valkallen mountain. Take in the breathtaking views of the ocean, the High Coast

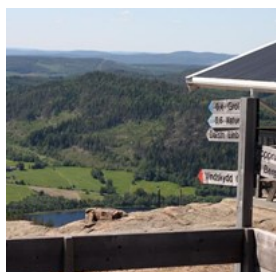
Bridge, Storöns Nature Reserve, and further up the coast — the iconic Högbondens lighthouse. On each side of the peak, which is 240 meters above sea level, two paths lead to the top. Both connect to the High Coast trail.

A great location all year around with a stunning view that is suitable for kids to walk. At the top, there is a shelter with sleeping accommodations, outdoor toilet and barbecue facilities. A great place to bring and enjoy a fika!

Photo: Höga Kusten

Internet: www.hogakusten.com/en/valkallen

Mount Skuleberget



Get a breathtaking view over the High Coast!

There are two paths to choose from: start from Friluftsbbyn or from Naturum. The top of

Skuleberget is 294 metres above sea level, and the highest coastline is 286 metres above the current sea level, making it the highest in the world — and it's easy to see from the top of Skuleberget.

Photo: Höga Kusten

Internet: www.hogakusten.com/en/skuleberget

More Info: Stop for fika at the nearby Friluftsbbyn cafe.

Rotsidan



Rotsidan is a 4 km long coastline with beautifully polished, flat diabase rock, framed by windswept coastal pines. The area is easily

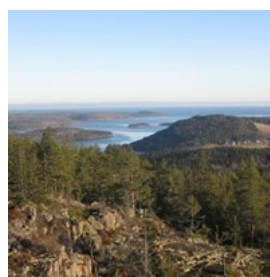
accessible for both casual sunbathers and hikers. The Rotsidan expanse of cliffs is a popular destination on sunny summer days. Here you can lie on the warm rocks or hike along the coast to find the most perfect rock to take a swim from. The rocks remain as captivating as the winds begin to blow from the southeast.

Adjacent to the parking are dry toilets and information. To the reserve, it is a wide path, partially boardwalked. Some roots and bumps in the trail.

Photo: Höga Kusten

Internet: www.hogakusten.com/en/rotsidan

Omne Trail & Omneberget



Omne trail starts from Omnebadet and goes through the village Omne up to the top of Omneberget, over the mountain and down

through the Omneberget nature reserve, and then back to Omnebadet. The view from Omneberget is magnificent, with vistas of the archipelago and dramatic cliffs down to Omnesjön.

Photo: Höga Kusten

Internet: www.hogakusten.com/en/omne-trail-omneberget

More Info: The trail is 6 km long, and it takes about three hours to walk.

THE HIGH COAST TRAIL



Höga Kusten

Walk the High Coast trail and you will get the opportunity to experience some of the world heritages absolute treats. It will take you through beautiful woodlands, mountains with stunning views, rocky coasts, bays and protected nature areas. There are several activities, detours and experiences to discover and try along the trail.

The High Coast Trail extends between Hornöberget at the end of Ångermanälven and central Örnsköldsvik. The trail is well marked with orange paint on tree trunks and poles. In addition, there is a signpost with distances statements or directional arrows with the High Coast Trail symbol at crossroads and trail branches. The shelters and unlocked cabins that are available along the trail is at the wanderer's availability and cannot be pre-booked. You can also not exclude other visitors. Of course, you always have the option of booking a regular hotel, hostel or a guest house online.

In Örnsköldsvik, Kramfors and Härnösand, you will find tourist offices that are open all year round. During the summer, the tourist offices at Hornöberget and Nordingrå are open.

The High Coast Trail is 135,3 km long and is divided into 7 sections. The different sections

have been made so that, in principle, within each stage, there is at least one overnight accommodation, from open and public cabins to hostels and hotels.

Every end of the sections is also accessible by car. The possibility of permanent parking can, however, be limited.

The different sections can help you plan and organise yourself for the trek. However, it is not something you must follow strictly. There are a number of interesting side trips and activities to take part in on or near the High Coast Trail which can make some sections take longer times than others.

TOP 5 MUSEUMS



Höga Kusten

Just like nature, there is a breadth and depth of different exhibitions on the High Coast. From south to north, you can visit everything from Sweden's largest car museum to exhibitions with works by Picasso to a museum that tells the dark tales about the age of witches.

Rock Art Museum — Nämforsen Hällristningsmuseum



Nämforsen on the Ångerman river is one of Europe's oldest rock carving locations. At this museum you will see almost 3,000 carved

figures and lines, the oldest ones dating back to 4,000 BCE. Nämforsen is a world class cultural heritage.

Photo: Fjallvaxter.och.norrskan/cc by-sa 4.0/wikimedia(image cropped)

Address: Nipvägen 7, Näsåker

Phone: +46 622 106 30

Internet: namforsen.com/englis

Email: info@namforsen.com

Västernorrlands County Museum



This museum, also known as Murberget County Museum, presents the story of Västernorrland County with permanent exhibitions about people

and artefacts from the stone age onward. Temporary exhibitions of art, crafts, photography, film and socially topical subjects. The open-air museum is one of the largest of its kind in the country, depicting both urban and rural environments. In the summer, actors in period costume occupy the exhibits, and there is always plenty for children to do.

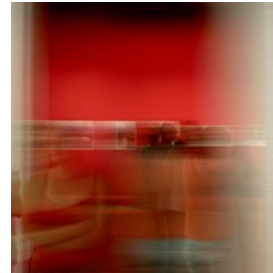
Photo: Höga Kusten

Address: Västernorrlands museum, Murbergsvägen 31, Härnösand

Phone: +46 611 886 00

Internet: vnmuseum.se

Örnsköldsvik Museum & Art Gallery



Get to know the stories about local history at the Örnsköldsvik Museum and Art Gallery. The art gallery is located in the town centre, near the sea,

in a beautiful building from 1905. The museum has had several international collaborations and previously exhibited world-renowned exhibitions such as "Star Wars Exhibition" and "The prints of Andy Warhol: From A to B and back again".

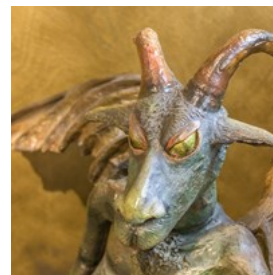
Photo: julian mora/unsplash

Address: Örnsköldsviks museum och konsthall,

Läroverksgatan 1, Örnsköldsvik

Internet: www.ornskoldsvik.se/museum

Witch Museum — Häxmuseet



The Witch Museum tells a dark but interesting story about the witch processes in Torsåker in 1675. "The Faith of Time Makes Man" is the name of the

exhibition that employs interactive digital technology. It tells the story of the witch processes, as well as asking introspective questions about our present time. The free audio guides that allow you to share the story through your smartphone or tablet.

You can also book a guided tour of the witches. The guide takes about 3 hours and ends with a 400 meter long path through the forest up to Bålberget — the Witch Mountain — where Europe's largest execution of "witches" took place once upon a time.

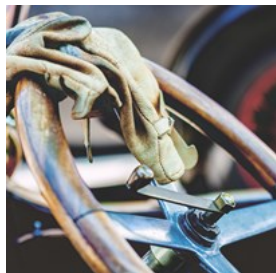
Photo: Häxmuseet/Höga Kusten

Address: Folkhögskolevägen 5, Prästmon, Nyland

Phone: +46 612 856 01

Internet: haxmuseet.se

Car Museum Härnösand



Visit Sweden's largest car museum with 270 cars in seven different themed halls. Cars you forgot to remember, and cars you'd rather forget. You can

experience the car museum in summer and autumn.

Photo: Axel Hoffmann/pixabay

Address: Djuphamnsvägen 4, Härnösand

Phone: +46 70 213 44 45

Internet: harnosandsbilmuseum.se

Email: info@harnosandsbilmuseum.se

TOP 5 OUTDOOR BATHS



Gullviks havsbad/Höga Kusten

No summer is complete without going for a swim, and on the High Coast, there are opportunities to cool in any form — from its lovely lakes to its endless blue ocean.

Rotsidan



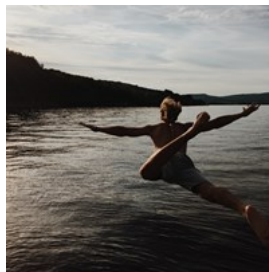
Rotsidan is a four km long coastal area with flat diabase cliffs framed with windswept pines and short spruces. A geological interesting

place, easily accessible and perfect for sunbathing.

Photo: Peder Sundström/Höga Kusten

Address: Rotsidan, Nordingrå

Gullviks Sea Bath



Gullvik is one of Örnsköldsvik's most popular sandy beaches. On site there is a barbecue area, several volleyball nets, a large

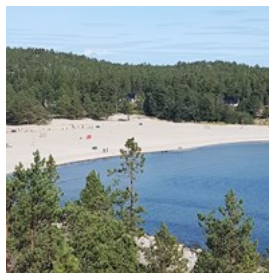
playground and a campsite for those who want to stay longer. There is also a kiosk and a nice restaurant.

Photo: Laurie-Anne Robert/unsplash

Address: Gullviks havsbad, Gullvik 140, Domsjö

Internet: gullvikshavsbad.se

Smitingen Sea Bath



Smitingen in Härnösand is a well-visited classic sandy beach that is one of Norrland's finest. Close to the city centre, only five km from Härnösand, you

will find shallow water and a sandy beach, where you can surf on the waves. Smitingen features a café and a volleyball net.

Photo: Höga Kusten

Address: Smitingens Havsbad, Smitingen, Härnösand

Internet: smitingen.se

More Info: Close to the beach, you will find the nature reserve with its hiking trails.

Hörsångs Sea Bath



Hörsång's sea bath is a sandy beach located 20 km northwest of the High Coast Bridge. The shallow water makes it great even for smaller kids.

Photo: public domain/wikimedia(image cropped)

Address: Hörsångs Camping & Havsbud, Hårsång 402,
Noraström

Internet: www.horsangscamping.se

Salusand Sea Bath



Sheltered by the forest and with an outstanding view of the sea, Salusand havsbud is one of northern Sweden's longest sandy beaches.

Besides sunbathing and swimming, you can enjoy mini-golf, playground for the kids, volleyball, badminton and a restaurant.

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

Address: Salusand havsbud, Salusand 105, Husum

Phone: +46 660 987 99

Internet: salusandscamping.se

TASTES



Höga Kusten

The High Coast of Sweden boasts rich culinary traditions. While the fermented herring, known as Surströmming, is heralded as the local delicacy, there's an abundance for those who'd prefer other options. Within the cities, an array of restaurants await, while beyond the urban confines, one can savour delectable dishes set against the backdrop of the countryside's cultural ambiance.

Väggivägg



Väggivägg restaurant is a quality restaurant for gastronomic adventures. Top quality raw materials are the starting point for tasty and exciting dishes, and a dining experience beyond the ordinary.

Photo: Väggivägg/Höga Kusten

Address: Brunnshusgatan 1, Härmösand

Opening hours: Tue-Thu 5pm-10pm, Fri & Sat 5pm-11pm,
Sun & Mon closed

Phone: +46 611 247 45

Internet: logen.nu

Linnea & Peter



At Linnea & Peter the menu is based on simplicity and quality, inspired by the High Coast of Sweden. No frills and fuss, and no fleeting trends. The raw material should speak for itself. It's also perfectly fine to just sit down at the bar and have a beer and some snacks.

Photo: Höga Kusten

Address: Fabriksgatan 12B, Örnsköldsvik

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

Phone: +46 660 101 90

Internet: www.linneaochpeter.se

Email: info@linneaochpeter.se

Ulvö Hotell & Restaurang



The kitchen at Ulvö Hotell has a great respect and love to all farmers and do their utmost to prepare each dish with respect and love. The

High Coast of Sweden has so many food craftsman and farmers that produces various

crops and raw materials with an enormous passion.

Photo: Ulvö Hotell/Höga Kusten

Address: Ulvö Hamngata 105, Ulvöhamn

Phone: +46 660 22 40 09

Internet: www.ulvohotell.se

Email: boka@ulvohotell.se

Hernö Gin



Sweden's first and the world's northernmost gin distillery is located in the small village Dala, just outside Härnösand. Here gin is crafted passionately within a large copper pan. Hernö Gin is one of the most awarded gin in Europe, with more than 25 international master and gold medals.

Photo: Hernö Gin/Höga Kusten

Address: Dala 152, Härnösand

Phone: +46 611 50 57 70

Internet: www.hernogin.com

Email: info@hernogin.com

Mjälloms Tunnbröd — Sweden's Oldest Flatbread Bakery



Water, flour and hot ovens — that's where the traditional Swedish flatbread originates from. The history of the flat bread can be traced back

to the High Coast of Sweden. In year 1923 Sweden's oldest flat bread bakery was founded in the small village of Mjällom. The bakery is now located in Ullånger and here you can try to bake your very own flat bread or buy fresh bread from the store.

Photo: Mjälloms Tunnbröd/Höga Kusten

Address: Industrivägen 10, Ullånger

Phone: +46 613 71 13 50

Internet: mjalloms.se

Email: info@mjalloms.se

Jeltsjes Chokladpraliner



Jeltsjes pralines are delicious, handmade with care, love and passion. They are created with chocolate of the highest quality, fair trade and

organic. The number of fillings to choose from are many, and a lot of them originate from Skuleskogen.

Photo: Helen Sahlstrand/Höga Kusten

Address: Dockstavägen 26, Docksta

Phone: +46 72 736 79 03

Internet: jeltsjeschokladpraliner.se

Email: livetsgoda@telia.com

Fermented Herring

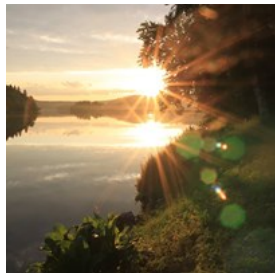


Never has rotten fish smelled so bad yet tasted so good. The small local herrings are caught in the spring, salted and left to ferment before being

stuffed in a tin before it hits the tables and shops. The result is Swedish surströmming! The traditionalist Swedes, food lovers and adventurous tourists eat it in the end of August always outdoors. Eat it like the locals, wrap it in buttered flat bread with slices of almond potatoes, diced onion and crème fraîche accompanied with beer, schnapps and lots of friends.

Photo: Charlotte Westberg/Höga Kusten

Resele Strand mat & café



Lovely food and an amazing view of Ångerman river makes Resele Strand a popular choice. The menu always includes one fish and one meat dish along with snacks and other meals. The BBQ buffet is served at weekends during summer, weather permitting.

Photo: Höga Kusten

Address: Myre 261, Näsåker

Phone: +46 70 362 11 99

Internet: www.hogakusten.com/sv/resele-strand-mat-cafe

Email: info@myregarden.com

Restaurang Fiskarfänget



Fiskarfänget restaurant is located in the authentic boathouse environment in Norrfällsviken. A big buffet with all kinds of fish is always served and there are also fish for sale. It's a popular meeting place and a popular destination for boaters and visitors who stay overnight at the campsite or hotel nearby.

Photo: Höga Kusten

Address: Norrfällsviken, Mjällom

Phone: +46 613 211 42

Internet: www.instagram.com/fiskarfandet

Fiskevistet Restaurang



Fiskevistet is a restaurant in Skeppsmalen's fishing village. They serve meat and seafood dishes, including surströmming. Here, you'll also find the Surströmming Museum.

Photo: Andy Wang/unsplash

Address: Skeppsmalen, Arnäsavall

Phone: +46 70 546 75 36

Internet: fiskevistet.se

More Info: Open during summer

Hotell Höga Kusten Restaurang



Situated within Hotell Höga Kusten, the restaurant offers panoramic views of the stunning Ångermanälven and the iconic High Coast Bridge. Guests can choose from a diverse a la carte menu, complemented by a special menu just for kids. The establishment also houses a fully licensed bar and a café that serves an assortment of sandwiches, pastries, ice creams and sweets.

Photo: Höga Kusten

Address: Hornöberget, Sandöverken

Opening hours: Kitchen open Sun-Thu 11am-8pm, Fri & Sat 11am-9pm

Phone: +46 613 72 22 70

Internet: www.hotellhoga-kusten.se

Email: info@hotellhoga-kusten.se

Ullångers Hotell & Restaurang



Ullångers Hotell is a recently-renovated hotel in the middle of the world heritage site. You can stay in one of the modern rooms, or go for one with a nostalgic Scandinavia feel. The attached restaurant offers an authentically rustic menu.

Photo: Höga Kusten

Address: Sundbrogatan 30, Ullånger

Phone: +46 613 109 00

Internet: www.ullangershotell.se

Email: info@ullangershotell.se

TOURIST INFORMATION



Höga Kusten

Sundsvall-Timrå Airport (SDL)



The Sundsvall-Timrå Airport, also known as Midlanda, is located about 21 kilometres north of Sundsvall, 8 kilometres east of Timrå and 32

kilometres south of Härnösand. For transportation to and from the airport you can hire a taxi.

Photo: T. Gorhum/shutterstock

Phone: +46 60 658 39 00

Internet: www.sdlairport.se

Höga Kusten Airport (KRF)



The airport is located about 23 kilometres from Kramfors centre and 35 kilometres from Sollefteå.

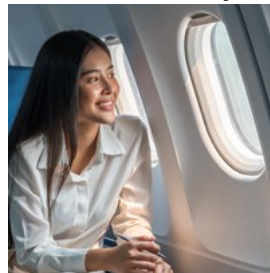
For transportation to and from the airport you can

hire a taxi.

Photo: VadimNicolaou/shutterstock

Internet: www.hogakustenairport.se/engelska

Örnsköldsvik Airport (OER)



Örnsköldsvik Airport is located about 25 kilometres from the centre of Örnsköldsvik. For transportation to and from the airport you can

hire a taxi.

Photo: Natee Meepian/shutterstock

Address: Västanå 100, Husum

Phone: +46 660 874 00

Internet: www.oer.se

Train



Arriving at the High Coast by train from the south will likely involve riding with SJ. Tickets can be purchased either on their website or via

their mobile app.

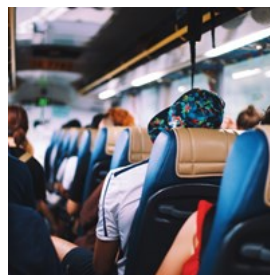
Norrtåg also operates in the High Coast area, but keep in mind that their tickets aren't interchangeable with SJ's. While SJ requires advance ticket booking, you have the option to buy a ticket right on board when travelling with Norrtåg.

Photo: Alasdair McLellan/cc by-sa 3.0/wikimedia

(cropped)(image cropped)

Internet: sj.se

Bus



The Y-bus takes you to and from the High Coast. The bus makes several stops on the Örnsköldsvik-Stockholm route and the

Sollefteå-Kramfors-Stockholm route.

Photo: Annie Spratt/unsplash

Internet: www.ybuss.se

Public Transport



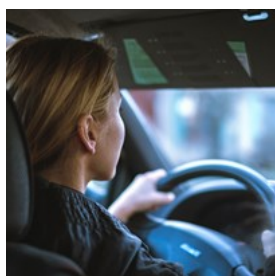
The DinTur firm operates the bus system throughout Västernorrland County. You can buy a ticket

directly on board the bus, but be aware that the buses do not accept cash.

Photo: Sugarman Joe/unsplash

Internet: www.dintur.se

Taxi



There are numerous small taxi companies, as well as international ones, that operate along the High Coast. You can easily find taxis in any of

the four major towns of the region.

- Härnösand

Taxi Härnösand

+46 611 10 000

www.taxiharnosand.se

Taxi Kurir

+46 611 27 000

- Kramfors

Taxi Kramfors (Flygtaxi Kramfors in Höga Kusten Airport)

+46 612 10 000

www.flygtaxi.se

Ullånger Taxi

+46 70 377 82 41

- Sollefteå

Taxi Sollefteå

+46 620 10 000

Taxi Nipstaden

+46 620 58 000

- Örnsköldsvik

Örntaxi

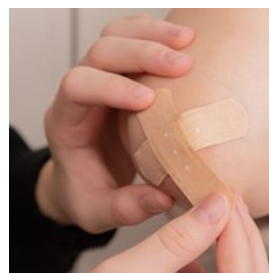
+46 660 10 000

Taxi Örnstaden

+46 660 55 000

Photo: Jan Baborák/unsplash

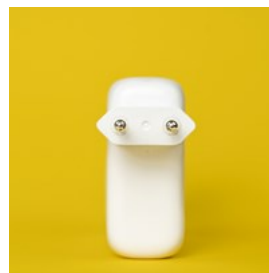
Pharmacy



The Swedish word for pharmacy is apoteket. They are typically open Monday through Friday from around 9 am until 7 pm. Some are also open on the weekends with reduced opening hours.

Photo: Diana Polekhina/unsplash

Electricity



220-240V AC, 50Hz

Photo: Mika Baumeister/unsplash

Population

Härnösand: 25,012

Kramfors: 17,407

Örnsköldsvik: 55,387
Sollefteå: 18,667

Currency

Swedish SEK/crowns

Internet

www.hogakusten.com/en

Newspapers

Tidningen Ångermanland: www.tidningenangermanland.se

Örnsköldsviks Allehanda: www.allehanda.se

Emergency numbers

112

Tourist information

There are over 50 InfoPoint around the High Coast region

www.hogakusten.com/en/plan-your-trip/contact

You can reach "Höga Kusten" tourist information offices by phone and e-mail Mon–Fri 10am–4pm.

info@hogakusten.com

+46 771 26 50 00