

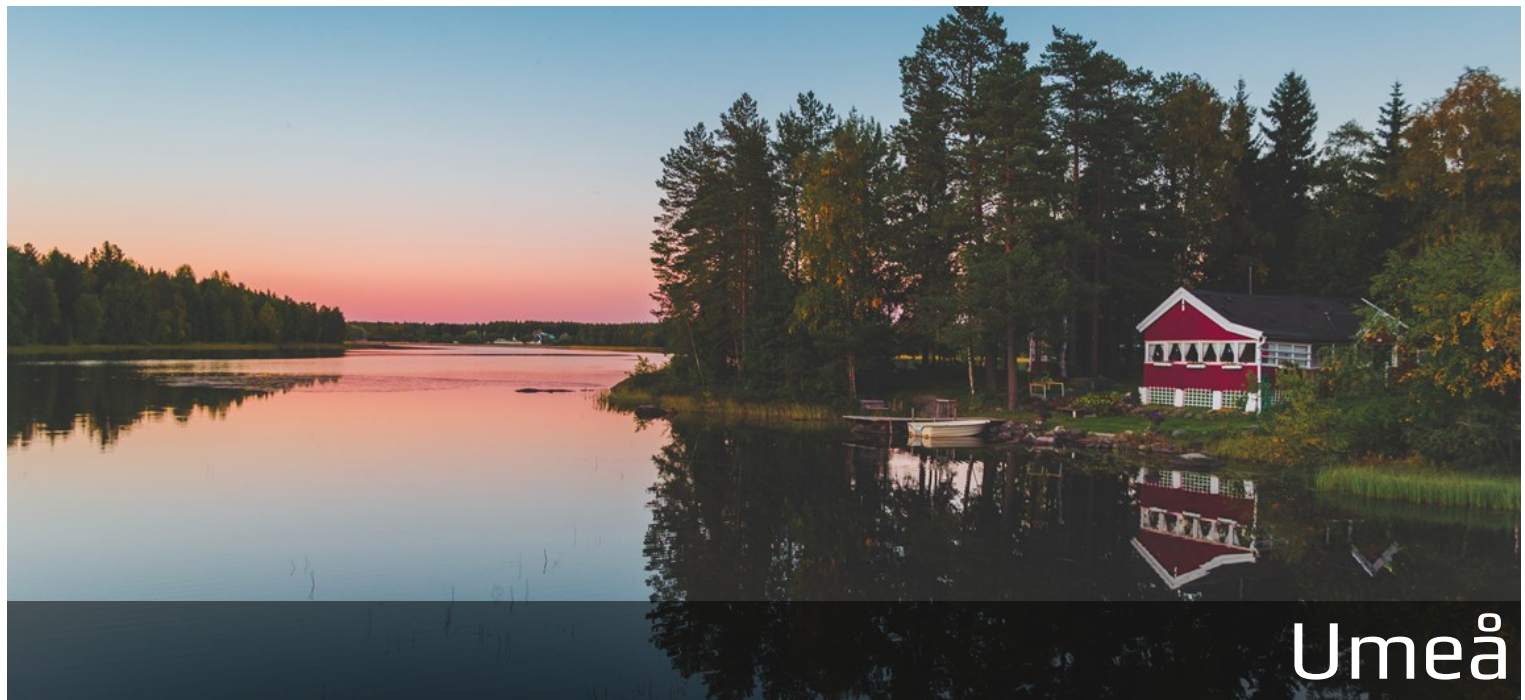


Photo: JordanDinchev/Shutterstock.com



Neirfy/Shutterstock.com



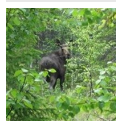
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Emmoth/Shutterstock.com

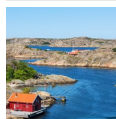
Umeå, known as the City of Birches, isn't just about high-quality culture. It's home to some of Northern Sweden's finest dining establishments, where the delicacies of the Norrland cuisine are served with remarkable precision. Add to this a plethora of outdoor activities, and it becomes clear why, among others, tens of thousands of students find Umeå so appealing.

Featured



Moose Safari

The Moose Safari is an extraordinary opportunity to get up close with the 'k...



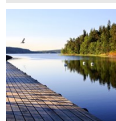
Norrbyö Islands

Norrbyö is an archipelago with a fascinating history, located 40 km south...



Gourmet Kayaking

In collaboration with Skeppsvik Manor, Umeå offers a complete taste and ...



Ume River Valley

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Dog Sled

A trip with a dog team, wrapped up in warm blankets under the northern light...



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Bildmuseet

In recent years, Bildmuseet has established itself as one of the country's l...



Västerbottens Museum

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Umedalens Sculpture Park

Skulpturparken, which is located in the former hospital compound in Umedalen...

THE CITY



Andreas Gradin/Shutterstock.com

If you want to understand something about Umeå before visiting the city, you can ponder these figures. 75,000 people live in the densely built-up areas. Of these 35,000 are students at the university — that's over 40 percent. Umeå is one of Sweden's most important student towns and it influences everything from culture, sport and entertainment to intellectual stimulation.

Festivals, lectures, and concerts are almost daily events in Umeå. The challenge often lies in choosing from the myriad of options rather than finding them. The music scene varies widely, encompassing everything from folk and jazz evenings to major rock concerts, with the jazz festival being one of the oldest in Europe. Umeå Open is the country's largest indoor festival with pop, rock and club music, while the Norrland Opera, which works with the Umeå Symphony Orchestra, satisfies the need for classical music. This vibrant cultural scene, alongside cutting-edge companies in biomedical and IT industries, imbues the City of Birches with a palpable sense of innovation, optimism and confidence.

While a significant portion of Sweden's electricity is generated from Västerbotten's rivers, these waterways offer tourists different attractions. The Vindel River, one of the

country's largest undeveloped rivers, is just one example of the waters providing opportunities for fishing and paddling. At the same time, the surrounding wilderness is perfect for adventures like beaver safaris and white-water rafting.

DO & SEE



g-stockstudio/Shutterstock.com

In Umeå, with the forests, the sea and the river, lots of exciting outdoor experiences await you just around the corner.

Dog Sled



A trip with a dog team, wrapped up in warm blankets under the northern lights, is a superb way of experiencing the

countryside of Norrland. There's a good chance you'll encounter an elk or a reindeer, too.

There are four companies that offer dog sledding tours: Hedlunda Husky (www.hedlundahusky.se), Granö Beckasin (granobeckasin.com), River Lake Huskies (www.teamissa.se) and Aurora Borealis Adventures (auroraborealis.nu).

Photo: BlueOrange Studio/Shutterstock.com

Address: Aurora Borealis Adventures, Ekorrsle 35, Vindeln

Phone: +46 73 093 30 76

Internet: visitumea.se/en/outdooractivities-umea

Guitars the Museum



Umeå brothers Samuel and Michael Åhdén possess one of the world's largest privately owned collections of guitars. In 2014, the whole world got

a chance to see it. You can visit the experience-based, interactive exhibition of electric guitars, basses, amps and music accessories at Umeå Guitar Museum. The museum houses about 500 exhibits altogether. Alongside the permanent exhibition, the museum arranges lectures, temporary exhibitions and presentations of new developments. World stars will also visit the museum during the year and hold 'clinics' — open guitar lessons.

Photo: Willow Hood/Shutterstock.com

Address: Skolgatan 59, Umeå

Opening hours: Mon-Sat noon-4pm, Sun closed

Phone: +46 90 580 90

Internet: guitarsthemuseum.com

Email: info@guitarsthemuseum.com

Bildmuseet



In recent years, Bildmuseet has established itself as one of the country's leading museums for photography and the

visual arts. Painting, sculpture, drawings, graffiti, video and installations, but also photojournalism, design, architecture and the world of scientific images are presented in about 15 exhibitions per year. The museum's new seven-story building enjoys phenomenal views. Along with its shop and café the museum is by the Ume river.

Photo: Rikard Fröberg/cc by 2.0/wikimedia (cropped)(image

cropped)

Address: Östra Strandgatan 30B, Umeå

Opening hours: Wed-Sun noon-5pm, Mon & Tue closed

Phone: +46 90 786 74 00

Internet: www.bildmuseet.umu.se/en

Email: info@bildmuseet.umu.se

More Info: Free admission

Västerbottens Museum



The permanent exhibitions at the Västerbotten Museum delve into the county's ancient history, cultural heritage, settler life and

reindeer husbandry. It also houses a remarkable photographic collection of Sune Jonsson, capturing the essence of the Norrland agricultural landscape.

In the summer, the outdoor museum at Gammlia buzzes with activity. Historical buildings, relocated from various parts of the county, together with period-costumed cottage hosts and farm animals, create an authentic atmosphere.

Three different Sami settlements have been recreated at Gammlia. In the winter, visitors can explore the permanent exhibitions and wander through the grounds.

Photo: Fredrik Larsson photography/cc by-sa 4.0/wikimedia(image cropped)

Address: Helena Elisabeths väg 3, Umeå

Opening hours: Tue-Sun 10am-5pm, Mon closed

Phone: +46 90 202 03 00

Internet: vbm.se

Email: info@vbm.se

Umedalens Sculpture Park



Skulpturparken, which is located in the former hospital compound in Umedalen, is considered to be one of Europe's most distinguished

sculpture parks and is also one of Västerbottens most visited sites in the summer. More than 150 Swedish and international artists have since the start in 1994 exhibited their works in Umedalen Skulptur, an exhibition that is organized every summer. Today there are also 26 permanent works in the park.

Skulpturparken also has a garden landscape in connection with the IKSU Spa, Umeå's so-called cultural spa. The garden is created by one of Sweden's famous landscaping artists, Ulf Nordfjell.

Photo: MikaelLindmark/cc by-sa 3.0/wikimedia (cropped)(image cropped)

Address: Umedalen skulpturpark, Teaterallén, Umeå
Internet: www.umedalensskulptur.org

Women's History Museum



The Women's History Museum is the only one of its kind in Sweden. This museum aims to bring up the role of women in historical

narratives, highlighting structures and ideas surrounding masculinity and femininity. It's set to be a dynamic museum that encourages repeat visits. The Women's History Museum seeks to surprise, challenge perspectives, and offer a fresh take on various issues. It's a space for action, laughter and debate!

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

cropped)

Address: Kulturväven, Storgatan 46a, Umeå

Opening hours: Mon-Wed & Fri 11am-5pm; Thu 11am-7pm; Sat 11am-4pm; Sun closed

Phone: +46 90 16 34 98

Internet: www.kvinnohistoriskt.se

Email: kvinnohistorisktmuseum@umea.se

Elk House



Elk House in Bjurholm, a mere 45 minutes from Umeå, offers the unique opportunity to get up close with the 'king of the forest'. Ever thought

about petting or feeding an elk? Here's your chance. The farm also produces elk cheese, which is, of course, available for purchase. Bookings are required in winter.

Photo: Martin Mecnarowski/Shutterstock.com

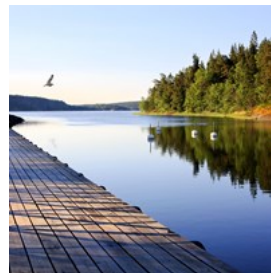
Address: Älgens Hus, Västernyliden 23, Umeå

Phone: +46 932 500 00

Internet: algenhus.se

Email: info@algenhus.se

Ume River Valley



Ume River Valley, with roads and trails following the Ume River, forms a popular excursion route that winds through a beautiful cultural

landscape. Enjoy the rushing waters, lush forests, stunning views, and a wealth of attractions rich in history, art, and culture.

Whether you're on a bike, on foot, or in a car, there's plenty to marvel at.

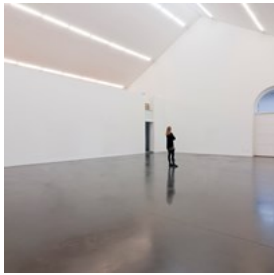
Photo: BigganVi/Shutterstock.com

Internet:

visitumea.se/en/strandpromenadenum-alvdal-river-valley

More Info: The whole trail is around 30 km.

GSA Gallery



GSA Gallery (Gallery Andersson / Sandström) is situated in the old hospital area of Umedalen and specializes in displaying

international contemporary art, with a particular emphasis on sculpture. For more information about the current exhibitions, take a look at their website.

Photo: Visit Umeå

Address: Skolgatan 76, Umeå

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

Phone: +46 90 14 49 90

Internet: gsa.se

Email: galleri@gsa.se

Rafting on the Vindel River



Vindel River is one of the world's premier destinations for white-water rafting.

Various companies offer everything from tranquil

half-day excursions to extreme adventures, with prices varying greatly depending on the activity. For more information, visit one of their websites. This is a summer activity.

Photo: Visit Umeå

Address: Wilderness Adventure Vindel AB, Västomån 321, Vindeln

Internet: visitumea.se/en/rafting-vindealven

Email: info@forsranning.se

Olofsfors Ironworks



Olofsfors Ironworks is one of Sweden's most authentic and well-preserved ironworks environments. The foundry, forges, the

manor house and residential buildings are in excellent condition and open for tours year-round.

In the summer, the area is open daily, and several artists and craftsmen are at place in their workshops. The manor house now serves as a restaurant, and the old school building houses a café and shop.

Photo: Visit Umeå

Address: Olofsfors Bruk, Olofsfors 101, Nordmaling

Opening hours: Tue-Sun 10am-4pm, Mon closed

Phone: +46 930 101 96

Internet: olofsforsbruk.nu

Moose Safari



The Moose Safari is an extraordinary opportunity to get up close with the 'king of the forest'. You'll have the chance to approach the moose

closely and photograph it.

Since there are bears in the area, there's a chance the dogs might track one of them, turning it into a bear safari, too.

Photo: Visit Umeå

Address: Granö Beckasin Lodge, Västana 15, Granö

Opening hours: Available in the summer

Phone: +46 933 410 00

Internet: granobeckasin.com/en/aktivitet/moose-safari

Holmön Island



Holmöarna consists of a group of larger and smaller islands. The nature here is unique, with large areas of land and water protected as

nature reserves. The birdlife is particularly abundant, especially around Stora Fjäderägg, which is also home to a bird station. The archipelago is also renowned for boat building.

Photo: BigganVi/Shutterstock.com

Address: Holmön, Umeå

Internet: visitholmon.com

Norrby skär Islands



Norrby skär is an archipelago with a fascinating history, located 40 km south of Umeå. At the turn of the century, Europe's largest

steam sawmill was located here. Today, it's an idyllic spot offering experiences for the whole family. Enjoy delicious food and stay in a manor-like setting at Hotel Norrby skär. A passenger ferry, with multiple trips daily during the summer, connects the island to Norrbyn.

Photo: TTphoto/Shutterstock.com

Internet: www.visitnorrbyskar.se

Gourmet Kayaking



In collaboration with Skeppsvik Manor, Umeajak offers a complete taste and outdoor experience. First, immerse yourself in the

invigorating sea air during a guided kayak tour in Skeppsvik's island-rich archipelago, followed

by the manor's fantastic buffet.

Photo: Visit Umeå

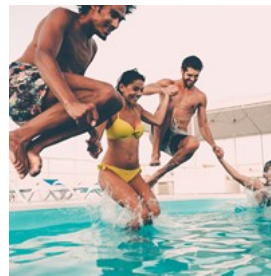
Address: Skeppsviks Herrgård, Skeppsvik, Sävar

Opening hours: From June through August

Phone: +46 90 70 598 50 80

Internet: www.umekajak.se

UmeLagun



UmeLagun is an outdoor pool located next to Nydalabadet, featuring a 25-meter lap pool. The family and adventure area includes lazy rivers,

a children's lagoon, a family lagoon, whirlpools, a warm pool, and various water attractions. There are two large water slides, one straight and one spiral, both with a height that ensures a thrilling speed down into the pool. A kiosk is available on-site, along with nearby dining options.

Photo: G-Stock Studi/Shutterstock.com

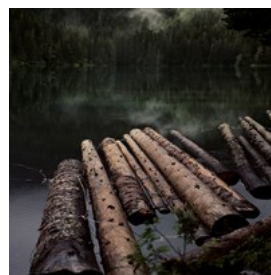
Address: Nydalasjön 10, Umeå

Phone: +46 90 16 55 55

Internet: www.umea.se/umelagun

Email: navet@umea.se

Raft Adventure



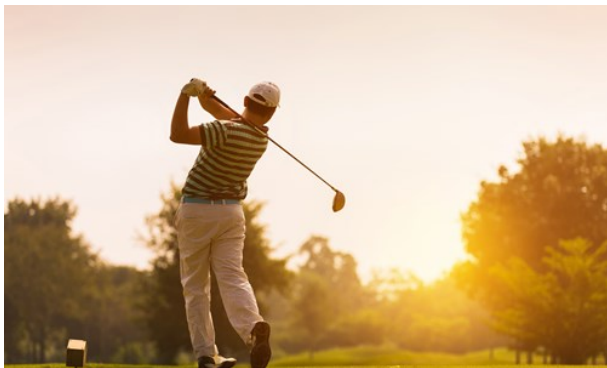
Build your own raft out of timber and rope and let it take you downstream along the serene Ume River. Experience nature up close and personal.

Let the endlessly bright summer nights of the north create a lifetime memory. Feel free to go ashore whenever you wish, wander through the forest, or rest in a picturesque clearing. Pull up on a beach for a swim, or fish whenever the mood strikes. Your guide will assist in building the raft.

Choose to embark on a one, two, or seven-day rafting adventure. Sleep on the raft or in a tent, and if you like, a box packed with typical Västerbotten food can be provided for you. You'll cook your own meals over an open fire or on a portable stove.

Photo: Appolinary Kalashnikova/unsplash
Address: Blåkullevägen 4, Granö
Phone: +46 76 229 98 55
Internet: visitumea.se/en/timber-rafting
Email: info@granobeckasin.com

GOLF



VectorLifestylepic/Shutterstock.com

Bjurholms Golf Course



The 18-hole golf course in Bjurholm offers a unique experience. Set in a hilly agricultural landscape, course architect Peter Nordwall has created a design reminiscent of the Scottish heaths, yet with a distinct character of its own.

Photo: maatman/Shutterstock.com
Address: Mariebäck 3, Bjurholm, Umeå
Phone: +46 932 107 56
Internet: www.bjurholmsgk.se
Email: kansliet@bjurholmsgk.se

Sörfors Golf Course

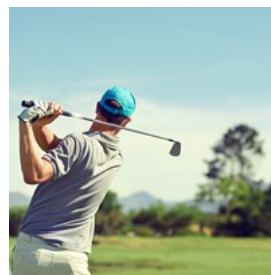


Sörfors' golf course, designed entirely on farmland, stands out as a remarkable park course. Widely appreciated for its enjoyable yet challenging

18-hole layout, it caters to all skill levels, from novices to seasoned players. This family-oriented club also features a restaurant known for its classic home-cooked cuisine.

Photo: Mikael Damkier/Shutterstock.com
Address: Umeå Sörfors Golfklubb, Sörfors, Umeå
Phone: +46 90 304 75
Internet: www.sorforsgk.se
Email: kansli@sorforsgk.se

Umeå Golf Club

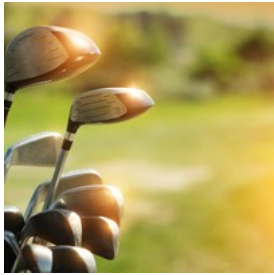


Umeå Golf Club warmly invites golfers of all levels. The club features an 18-hole course and a 9-hole course set in a scenic, hilly, and wooded

Swedish landscape. Facilities include practice greens, a driving range, and a restaurant. Golfers also have access to a complimentary short course, with the option to borrow clubs. Esteemed as one of Norrland's most beautiful and historic clubs, it dates back to 1954.

Photo: Daxiao Productions/Shutterstock.com
Address: Umeå Golfklubb, Enkan Ramborgs väg 10, Holmsund
Phone: +46 90 585 80
Internet: www.umgk.se
Email: info@umgk.se

Granöbygdens Golf Club



The 9-hole golf course at Tegsnäset welcomes both members of the Swedish Golf Federation and pay-and-play guests. Set in the heart of nature, it offers a stress-free environment that marries the game of golf with peace and quiet. The facility includes a driving range, a practice area, and self-service refreshments with snacks and meals available around the clock. Irons are available for free loan, while golf sets can be borrowed for a fee. Contact the club if you need a golf cart.

Photo: Konstantin Sutyagin/Shutterstock.com

Address: Tegsnäset 248, Granö

Phone: +46 933 401 65

Internet: www.granobygdensgk.se

Email: kansliet@granobygdensgk.se

DINING



Kzenon/Shutterstock.com

Västerbotten cuisine, featuring local ingredients like berries, almond potatoes, mushrooms, reindeer, trout, Arctic char, grouse, and elk meat, is available at many restaurants. For dessert, the orange-coloured cloudberry is a popular choice. These berries, growing in bogs and marshes, are a true delicacy. Also, don't miss the county's pride and one of its most famous products — the Västerbotten cheese.

Hunger & Törst



A visit to Hunger och Törst (Hunger and Thirst) is designed to be an exciting and varied experience every time. The restaurant's warm atmosphere is a reflection of their curiosity and love for ingredients. They carefully select ingredients based on what they consider the best and most intriguing at the moment, matching the techniques they wish to employ in that week's menu.

Photo: Rawpixel.com/Shutterstock.com

Address: Vasagatan 1, Umeå

Phone: +46 90 77 10 00

Internet: www.hungerochtorst.se/in-english

Email: info@hungerochtorst.se

Orangeriet Boule & Bistro



Savour flavourful Mediterranean dishes in an authentic setting. Also, take the opportunity to enjoy a game of boules!

Photo: Marian Weyo/Shutterstock.com

Address: Kungsgatan 71, Umeå

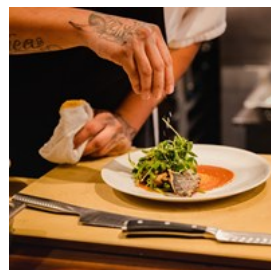
Opening hours: Mon 11am-10pm, Tue-Thu 11am-11pm, Fri 11am-1am, Sat 11:30am-1am, Sun closed

Phone: +46 90 12 17 40

Internet: orangerietumea.se

Email: boka@orangerietumea.se

Harriets



Named after the manager Erica's grandmother, Harriet, this restaurant embodies the spirit of warmth and hospitality. Harriet is an

unpretentious restaurant that blends classic cuisine with a hint of Norrland tradition. Here, guests can savour simple yet refined flavours, complemented by friendly service in a cosy, welcoming atmosphere. Whether you choose a hearty elk dish or a sumptuous ganache, Harriet's ensures a memorable dining experience.

Photo: Jason Leung/unsplash

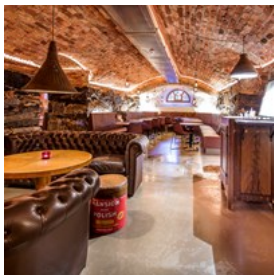
Address: Västra Norrlandsgatan 5, Umeå

Opening hours: Wed & Thu 5pm-10pm, Fri & Sat 5pm-11pm

Phone: +46 90 15 80 50

Internet: harriets.nu

Rådhuskällaren (Rex Umeå)



Sleek, sophisticated, and exceptionally tasty. Rex Brasserie sources ingredients from Västerbotten, drawing inspiration from all over

the world to create seasonally adapted and creative dishes. A popular eatery for all occasions and groups. From business lunches with table service to brunch, after-work gatherings, and à la carte dining.

Photo: Rex Umeå

Address: Rådhuskällaren, Rådhusorget 1, Umeå

Opening hours: Tue-Fri 11am-3pm / 5pm-11pm; Sat 5pm-11pm; Sun & Mon closed

Phone: +46 90 70 60 50

Internet: www.rexumea.com/en/rex-brasserie

Email: bokning@rexumea.com

Artonnittiosju



Artonnittiosju, set in the historic 1897 building alongside Hotel Mimer, offers a dining experience that goes beyond just food and drink. This

Umeå gem is as much about the ambience and service as it is about its well-crafted dishes. A favourite among both locals and hotel guests, the restaurant provides a cosy setting, excellent service, and a menu featuring both vegetarian and traditional options at reasonable prices. From their homemade bread to the saffron risotto, each meal is a testament to their commitment to quality.

Photo: Jack Frog/Shutterstock.com

Address: Elite Hotel Mimer, Kungsgatan 75, Umeå

Opening hours: Mon-Fri 6:30am-9pm, Sat & Sun 7am-10:30am

Phone: +46 90 203 94 80

Internet: www.artonnittiosju.se

Email: artonnittiosju@elite.se

Angelini



Angelini offers a fusion of Italian and American cuisines in a fresh and modern environment. The restaurant serves everything from classic

Italian dishes and American steaks to fresh salads, soups and pizzas. Stop by for breakfast, lunch and dinner, or just a drink with some light snacks in the lobby bar, accompanied by the sound of modern music.

Photo: Romaset/Shutterstock.com

Address: Hotel Avenue, Rådhusplanaden 14, Umeå

Opening hours: Mon & Tue 11am-1:30pm; Wed-Fri 11am-1:30pm / 5pm-10:30pm; Sat 5pm-10:30pm; Sun closed

Phone: +46 90 17 14 85

Internet: ligula.se/angelini

Email: restaurang.angelini@profilhotels.se

Gotthards Krog



Gotthards Krog is an exciting bistro located within the Women's History Museum. brunch, lunch, dinner, bar hangouts, coffee breaks, and everything in between. The cuisine here is draws inspiration from ports and countries around the world.

Photo: LStockStudio/Shutterstock.com

Address: Kvinnohistoriskt museum, Storgatan 46, Umeå

Opening hours: Mon-Thu 11am-1:30pm / 5pm-11pm; Fri 11am-1am; Sat noon-1am; Sun 4pm-10pm

Phone: +46 90 690 33 00

Internet: gotthardskrog.se/en

Email: info@gotthardskrog.se

Köksbaren



Köksbaren is a gastrobar, a popular restaurant for anyone who likes to hang out and eat good quality food. Book a table in the dining room or slink in and sit down at the large table in the bar. Köksbaren encourages sharing dishes, so that you can get the most out of their menu. Main courses vary with the seasons, reflecting the restaurant's dedication to quality and sustainability.

Photo: Syda Productions/Shutterstock.com

Address: Ådhusesplanaden 17B, Umeå

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

Phone: +46 90 13 56 60

Internet: koksbaren.com/english-menu

Email: info@koksbaren.com

Bistro Le Garage



Le Garage offers traditional, straightforward and honest food, starring seasonal Norrland ingredients. The drink selection primarily features local producers, only deviating from this principle when it comes to French wine. It's an excellent place to make the most of the Sculpture Park in the summer.

Photo: Mikhail_Kayl/Shutterstock.com

Address: Umedalen skulpturpark, Umedalsallén 15, Umeå

Opening hours: Lunch: Tue-Fri 11am-2pm. Dinner: Wed & Thu 5pm-1pm, Fri 5pm-11pm, Sat 4pm-11pm, Sun 4pm-9pm. Mon closed

Phone: +46 90 316 52

Internet: bistrolegarage.com

Email: info@bistrolegarage.com

Restaurang Sjöbris



Sjöbris is one of Umeå's most exciting restaurant locations! The eponymous boat, built in 1915, was transformed into a restaurant in 1999. During the summer, blues music is played on the aft deck, and there is plenty of seating on the greenhouse-covered pontoon.

Photo: Rus S/Shutterstock.com

Address: Kajen 10, Umeå

Opening hours: Mon 11am-11pm, Tue 11am-midnight, Wed & Thu 11am-11pm, Fri 11am-1am, Sat noon-1am, Sun noon-11pm

Phone: +46 90 77 71 23

Internet: www.sjobris.nu

Email: sjobris@sjobris.nu

Gandhi



Gandhi is an excellent yet affordable Indian restaurant that features grilled dishes from a tandoor, with options including chicken, lamb, beef and king prawns.

Photo: Papayoung/Shutterstock.com

Address: Järnvägstorget 18, Umeå

Opening hours: Mon-Thu 11-10pm, Fri 11am-11pm, Sat noon-11pm, Sun 3pm-9pm

Phone: +46 90 12 50 75

Internet: www.gandhi.se

Email: info@gandhi.se

CAFES



KITTIPAT BUARUNG/Shutterstock.com

Explore the diverse café culture of Umeå, ranging from charming traditional bakeries and vegan cafés to distinctive coffee spots. Indulge in organic treats at a local farm shop, sample exclusive coffee blends at a chic third-wave coffee shops, or soak in the classic ambiance of Umeå's most established bakery. Whether you're a coffee enthusiast or simply enjoy a good pastry, Umeå offers a delightful variety for all tastes.

Gamla Bibliotekscaféet



The Gamla Bibliotekscaféet is adjacent to Rådhusorget. The owners have been running the café in these premises in nearly 30

years. It's the go-to spot for breakfast, lunch or a coffee break. There is a full range of delicious salads, soups, grilled sourdough bread and of course tasty cakes — everything, all day long! The cafe is KRAV-certified.

Photo: successo images/Shutterstock.com

Address: BIC Factory, Rådhusplanaden 6, Umeå

Opening hours: Mon-Fri 9am-7pm, Sat 10am-6pm, Sun 11am-5pm

Phone: +46 90 12 25 00

Internet: www.gamlabibliotekscafeet.se

Email: info@gamlabibliotekscafeet.se

Kulturbageriet



Kulturbageriet, nestled in Umeå's historic Stora Hotellet stable, offers a fusion of Västerbotten's culture and global flavors. As a craft bakery and

café, it serves stone-baked breads, specialty coffee, hearty soups and fresh juices. Located in the heart of Väven with spacious outdoor seating, it's a hub for early risers and late-night visitors alike. Come for the exquisite pizzas, stay for the story behind our ingredients and craftsmanship.

Photo: Song_about_summer/Shutterstock.com

Address: Stora Hotellet i Umeå, Storgatan 46, Umeå

Opening hours: Mon 10am-6pm, Tue-Fri 10am-9pm, Sat 10:30am-9pm, Sun 10:30am-6pm

Phone: +46 90 690 33 33

Internet: kulturbageriet.se

Email: cafe@kulturbageriet.se

Nya Konditoriet (NK)



Classic Swedish bakeries are becoming increasingly rare, but Nya Konditoriet is a real gem. NK is located in one of Umeå's best-preserved

wooden houses from the 1920s, with a listed façade that must remain unchanged. The interior exudes a 1950s "grandma" ambiance, filled with the aromas of coffee and freshly baked bread.

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

Address: Kungsgatan 57, Umeå

Phone: +46 90 77 14 04

Internet: nyakonditoriet.se

Email: info@nyakonditoriet.se

Konditori Mekka



Konditori Mekka is an oasis located in central Umeå. The bakery has roots dating back to the 1950s, and the tradition here is to always offer

fresh bread and pastries made in the very same bakery.

Photo: Stolyevych Yuliya/Shutterstock.com

Address: Rådhusplanaden 15, Umeå

Opening hours: Mon-Fri 7am-5pm, Sat 9am-5pm, Sun 10am-5pm

Phone: +46 90 77 44 04

Internet: mekka.se

Email: info@mekka.se

BARS & NIGHTLIFE



Picnote/Shutterstock.com

Most visitors will find no shortage of pleasant locations perfectly fit for an evening drink, some even hosting live music sessions. From traditional pubs to swanky cocktail bars, Umeå has it all.

Lottas Krog & Pub



Lottas is the neighbourhood pub with a diverse crowd, popular of weekdays or the weekends alike. The setting is classically

English, and the selection of beers, wines and whiskies is extensive, with knowledgeable staff happy to help you make a choice. The food here is a step above typical pub fare.

Photo: donfiore/Shutterstock.com

Address: Nygatan 22, Umeå

Opening hours: Mon 3pm-11pm, Tue 3pm-midnight, Wed & Thu 2pm-11pm, Fri 2pm-1am, Sat noon-1am, Sun closed

Phone: +46 90 12 95 51

Internet: www.lottas.nu

Email: info@lottas.nu

Pipes of Scotland



Pipes of Scotland offers a wide range of beers and whiskies, along with many an array of dishes from their exciting menu. Just a stone's throw from

Rådhusstorget along Rådhusplanaden, Pipes of Scotland creates a pleasant atmosphere with a Scottish flair. Their selection includes 17 different types of draught beer and about 50 bottled varieties, plus around 70 types of whisky.

Live music here ranges from Irish folk to hard rock.

Photo: Jacob Lund/Shutterstock.com

Address: Hotel Avenue, Västra Norrlandsgatan 17, Umeå

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

Phone: +46 90 13 41 00

Internet: ligula.se/pipes-of-scotland-umea

Email: hotelaveny@profilhotels.se

Droskan



Droskan presents a vibrant blend of dining and entertainment, known for its cheap-and-cheerful buffet. Featuring a large

outdoor seating area in the summer, the restaurant is a hub for both delightful meals and lively musical evenings, often transforming into a nightclub for the weekend.

Photo: Anne Whirpool/Shutterstock.com

Address: Storgatan 60, Umeå

Opening hours: Lunch: Mon-Fri 10am-1:30pm. Evening: Wed & Thu 5pm-9pm, Thu & Sat 5pm-11pm, Sun 3pm-7pm

Phone: +46 90 13 55 88

Internet: droskan.se

Email: info@droskan.se

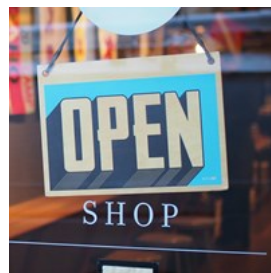
SHOPPING



Igor Sinkov/Shutterstock.com

Are you a true fashionista, or just fancy a day in town? Umeå region provides design and interior design, fashion, vintage boutiques and gourmet shopping.

Returbutiken



Returbutiken stands out as one of Norrland's largest second-hand stores, offering an eclectic array of items for home and leisure at

remarkably affordable prices. From carefully selected electronics to a diverse range of clothes, home decor, and used sports equipment, the store is a treasure trove for bargain hunters. Praised for the quality and value of its goods, Returbutiken is a must-visit for those seeking unique finds and sustainable shopping options.

Photo: Mike Petrucci/unsplash

Address: Tegelbruksvägen 7, Umeå

Opening hours: Mon, Wed & Thu noon-6pm; Sat 10am-2pm; Tue & Fri closed

Phone: +46 90 16 49 12

Internet: www.instagram.com/returbutikenumea

Naturkompaniet



Naturkompaniet offers an extensive selection of gear for outdoor enthusiasts, from backpacks, shoes and clothing to sleeping bags

and tents. The store is also well-equipped for winter activities, featuring cross-country skiing and skating equipment. With its attractive decor and array of knives and axes, it's also a great spot for finding unique Swedish gifts.

Photo: Holly Mandarich/unsplash

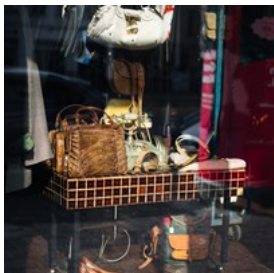
Address: Västra Esplanaden 5, Umeå

Phone: +46 90 77 06 60

Internet: www.naturkompaniet.se/butiker

Email: info@naturkompaniet.se

Red Cross



The Red Cross shop in Umeå specialises in a carefully curated collection of fashion and design. This shop is a treasure trove for those

seekers of unique, quirky clothing and decorative items. With its well-organised layout and friendly, accommodating staff, it offers a pleasant shopping experience in a charming, compact setting. Despite its smaller size, the shop boasts a diverse selection of pre-loved clothing, making it an ideal stop for budget-friendly fashion finds.

Photo: Robert Bagramov/unsplash

Address: Röda Korset i Umeå, Rådhusplanaden 12, Umeå

Opening hours: Mon-Fri noon-5pm, Sat noon-4pm, Sun closed

Phone: +46 90 205 96 08

Internet: www.rodakorset.se/ort/vasterbotten/umea-kommun

Pryl 1900



Pryl 1900 in central Umeå offers an intriguing array of items from all eras, blending antiques, retro, and newer designs under one roof. It's more

than just a shop; it's a treasure trove of quality finds and curiosities. Known for its helpful, friendly service, this store is a must-visit for those who appreciate the charm and quality of unique pieces, all available at great prices.

Photo: Jasmin Schreiber/unsplash

Address: Kungsgatan 92, Umeå

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

Phone: +46 70 448 51 43

Internet: pryl1900.se

MVG-Gallerian



The MVG shopping centre features numerous shops across three floors: from McDonald's on the ground floor to the well-stocked Clas Ohlsson

covering the entire upper level. MVG houses well-known store names such as Gina Tricot, Hemtex, Coop, KappAhl, Akademibokhandeln, Kicks, Teknikmagasinet, Kjell & Company.

Photo: Andresr/Shutterstock.com

Address: Kungsgatan 52-54, Umeå

Opening hours: Mon-Fri 10am-7pm, Sat 10am-5pm, Sun noon-4pm

Phone: +46 77 033 22 00

Internet: mvgumea.se

Email: mvg@dios.se

Sagagallerian



Located in central Umeå, the Sagagallerian shopping centre offers a pleasant mix of shops, including fashion, toys, hair care, handicrafts, home decor, a café and more. Among the stores you'll find Handelsgården and Sagolika Ting.

Photo: Kamil Macniak/Shutterstock.com

Address: Götgatan 1-3, Umeå

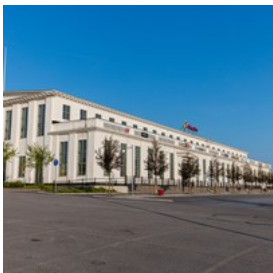
Opening hours: Mon-Fri 10am-6pm, Sat 10am-4pm, Sun noon-4pm

Phone: +46 10 470 98 61

Internet: www.sagagallerian.se

Email: saga@dios.se

Strömpilen



Situated alongside the Ume River, Strömpilen shopping centre offers a comprehensive shopping experience with a selection of large stores, including the well-stocked ICA supermarket. This destination caters to a wide range of needs, from home and garden essentials to clothes, toys, cosmetics, and more. Convenience is key, with a cafeteria on-site and ample parking space. Adjacent to the supermarket, shoppers will find Systembolaget and Apotek Hjärtat pharmacy, along with several other retail outlets.

Photo: Fredrik Larsson photography/cc by-sa 4.0/wikimedia(image cropped)

Address: Strömpilsplatsen 20, Umeå

Opening hours: Mon-Fri 10am-7pm, Sat 10am-5pm, Sun noon-5pm

Internet: strompilen.se

Kvarteret Utopia



Norrand's hottest city mall offers something for every sense and taste, with a little extra of everything. Utopia is a modern shopping centre offering shops for clothing, accessories & beauty products, as well as a great food court with casual eateries.

Photo: Visit Umeå

Address: Kungsgatan 65, Umeå

Opening hours: Mon-Fri 10am-7pm, Sat 10am-5pm, Sun noon-4pm

Phone: +46 90 71 72 00

Internet: kvarteretutopia.se

TOURIST INFORMATION



Tsuguliev/Shutterstock.com

Passport / Visa



Sweden can be visited visa-free for up to 90 days by citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen)

travellers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport but must have a valid ID with them during their stay.

Photo: mana5280/unsplash

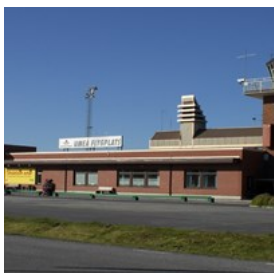
Best Time to Visit



There are extensive skiing opportunities in the region, so those looking to go skiing on their trip to Umeå should plan their trip for the snowy winter months. The period from May to September tends to be the most pleasant temperature-wise, and many events take place during the summer months. The Swedish Midsummer celebration around summer solstice is the main event.

Photo: Fredrik Larsson photography/cc by-sa 4.0/wikimedia(image cropped)

Umeå Airport (UME)



The centre of Umeå is about 4 kilometres from the airport. The airport bus #80 departs from the front of the station building about 10 minutes after arrival from Stockholm. There are taxis waiting outside the station hall on arrival and it takes only 10 minutes to travel to the city centre. If there are no cars, there are direct telephones to the taxis between the entrance doors.

Photo: Mikael Lindmark/cc by-sa 3.0/wikimedia(image cropped)
Address: Flygplatsvägen 32, Umeå

Phone: +46 10 109 50 00
Internet: www.swedavia.se/umea
Email: info@umeaairport.se

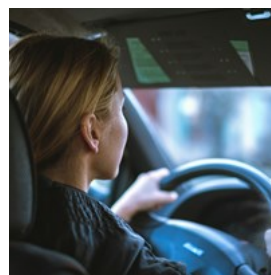
Public Transport



Within the centre of Umeå, most places are just a short walk away. For journeys to different parts of the city, the local transport system, Ultra, is available. The county's public transportation network is well-developed, a necessity in a region characterized by miles of dense forests, rushing rivers, and wilderness that separates towns and villages. The Västerbotten County Public Transport Authority (Länstrafiken) is responsible for all bus public transport in Västerbotten and operates services between villages.

Photo: Fredrik Larsson photography/cc by-sa 4.0/wikimedia(image cropped)
Phone: +46 90 771 100 110
Internet: www.tabussen.nu/ultra/english

Taxi



Taxis in Umeå are reliable and use fare meters. It can sometimes be difficult to find a car on the street, even in the centre. Umeå

Taxi
umeataxi.se
+46 90 77 00 00

Taxi Direkt
taxidirekt.se
+46 90 100100

eco TAXI

ecotaxi.se
+46 90 911 911

Photo: Jan Baborák/unsplash

Post



There are no post offices in Sweden. Stamps are available for purchase at most kiosks, newsstands and convenience stores. Postboxes can usually be found nearby. For packages and big parcels, look for "Postombud", a designated area in grocery stores or corner stores.

Photo: Ali Bakhtiari/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.

Kronans Apotek is centrally located. The chemists at the Norrlands University Hospital is open until 8 pm and is open on Sundays as well.

Photo: Diana Polekhina/unsplash

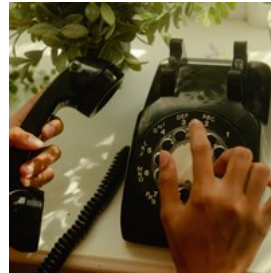
Address: Kronans Apotek, Renmarkstorget 9, Umeå

Opening hours: Mon-Fri 9am-6pm, Sat 10am-3pm, Sun closed

Phone: +46 771 612 612

Internet: www.kronansapotek.se/hitta-apotek/kronans-apotek-umea-renmarkstorget-0606

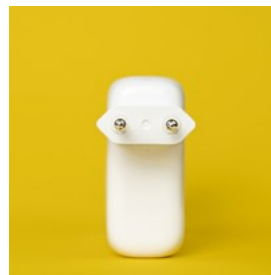
Telephone



Country code: +46 Area code: 90

Photo: Wesley Hilario/unsplash

Electricity



220-240V AC, 50Hz

Photo: Mika Baumeister/unsplash

Population

130,224 (2020)

Currency

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

Opening hours

In Umeå, the shops are normally open Monday to Friday 10am-5pm, and Saturday 11am-3pm.

Internet

visitumea.se/en

Newspapers

Västerbottens-Kuriren (local paper) — www.vk.se

Västerbottens Folkblad (local paper) — www.folkbladet.nu

Aftonbladet — www.aftonbladet.se

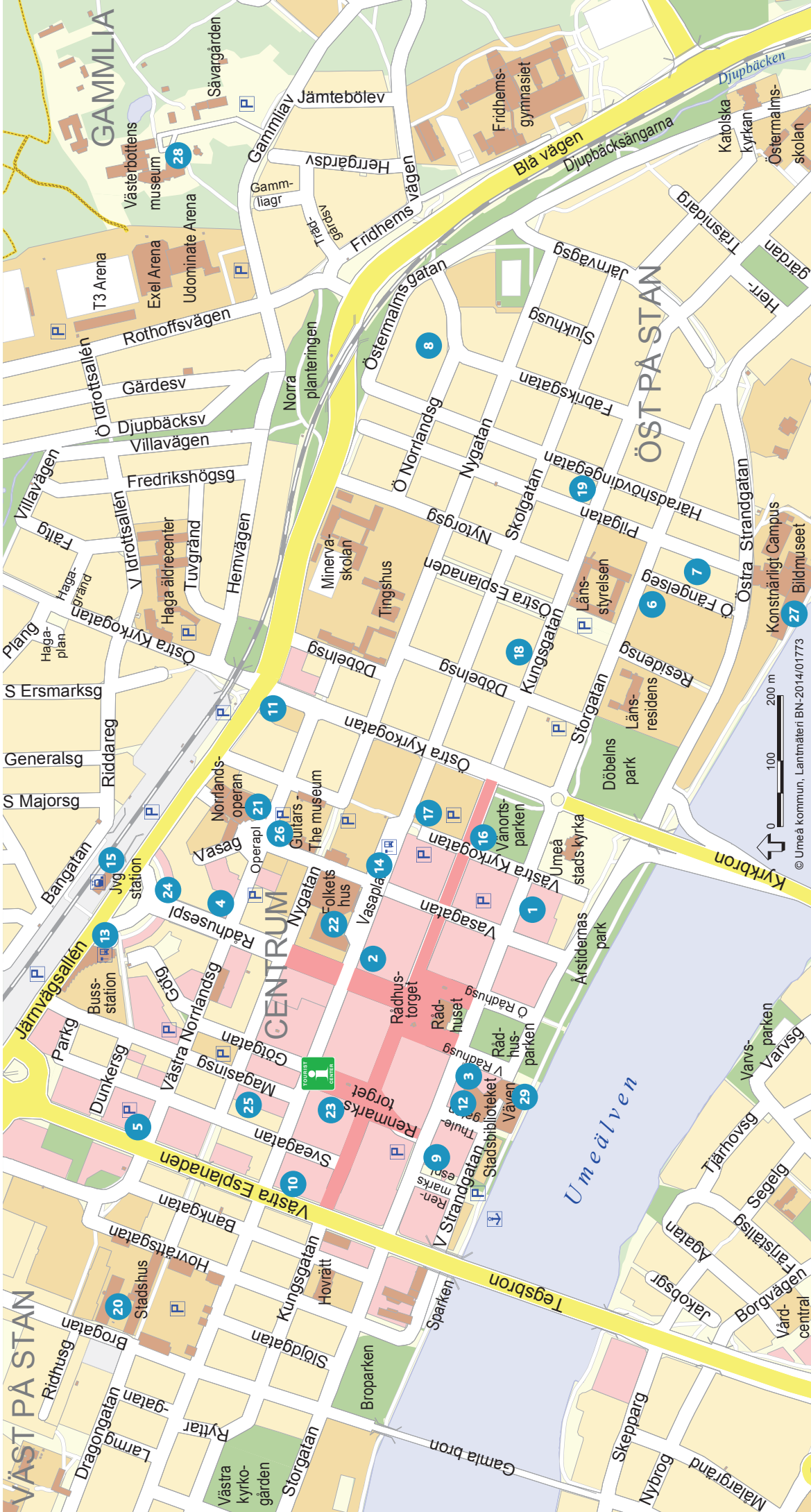
Expressen — www.expressen.se

Dagens Nyheter — www.dn.se

Svenska Dagbladet — www.svd.se

Emergency numbers

112



BOENDE / ACCOMMODATION

- 1. Clarion Collection Hotel Uman
- 2. Comfort Hotel Winn
- 3. Stora Hotellet
- 4. Hotel Aveny, Profil Hotels
- 5. First Hotell Dragonen
- 6. Hotell Gamla Fängelset
- 7. Hotell Pilen
- 8. 57-an Rumsuthyrning
- 9. Scandic Plaza
- 10. STF Vandrarhem
- 11. YMCA Hostel Umeå
- 12. U&Me

- +46 (0)90 12 72 20
- 71 11 00
- 77 88 70
- 13 41 00
- 12 58 00
- 10 03 80
- 14 14 60
- +46(0)70-620 47 46
- 205 63 00
- 77 16 50
- 18 57 18

BUSS OCH TÅG / BUS AND TRAIN

- 13. Busstation (fjärrtrafik/distant buses)
- Resefin/ Travel info
- 14. Vasaplan (lokalbussar/ local buses)
- Resefin/ Travel info
- 15. Umeå Centralstation (train station)
- 16. Buss till/bus to Wasaline (förbokas/book in advance)
- 17. Flygbuss/Airport bus

- +46(0)771-100 110
- +46(0)771-100 110
- +46(0)771-100 110

ÖVRIGT / MORE

- 20. Umeå kommun, Stadshuset
- 21. NorrlandsOperan
- 22. Umeå Folkets Hus
- 22. Biljettenrum, Umeå Folkets Hus
- 23. Forex/ Foreign Exchange
- 24. Postombud, ICA Nära Bågen
- 25. Skatteverket, Försäkringskassan

- 16 10 00
- 15 43 00
- 15 62 00
- 13 31 80
- +46(0)210 16 31
- 77 02 18

TAXI

- Eco Taxi
- Taxi Direkt
- Taxi Kurir
- Umeå Taxi

- 911 911
- 100 100
- 18 18 18
- 77 00 00

SEVÄRDHETER / SIGHTS

- 17 12 38
- 14 01 70

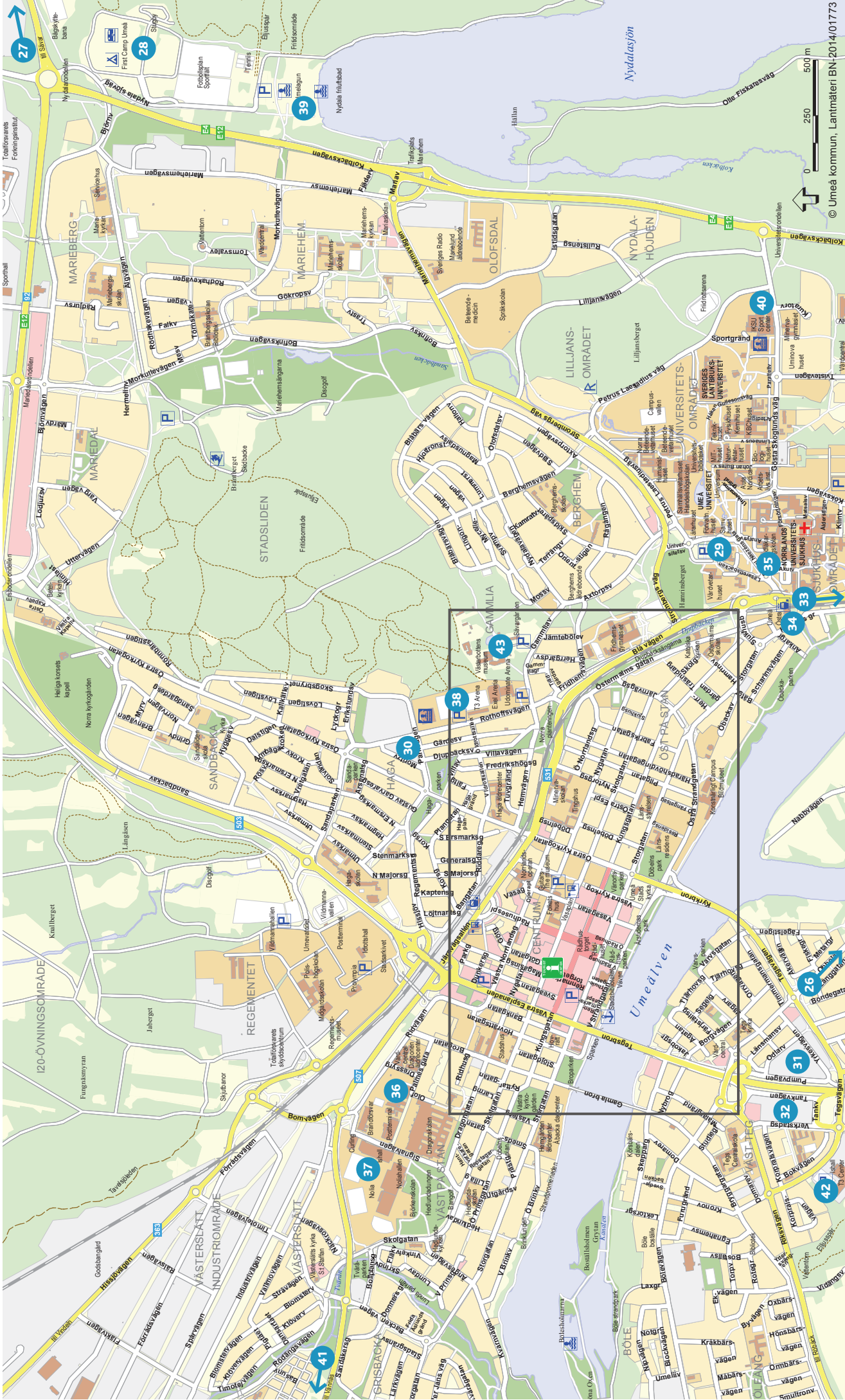
SEVÄRDHETER / SIGHTS

- 26. Guitars – the Museum
- 27. Bildmuseet
- 28. Västerbottens museum
- 29. Kvinnohistoriskt museum

- 580 90
- 786 74 00

visitumea.se

VISIT UMEÅ – TURISTCENTER
Renmarkstorget 15, 903 26 Umeå
+46 (0)90-16 16 16, info@visitumea.se



BOENDE / ACCOMMODATION

- 26. Best Western Hotel Botnia (flygplats/airport) +46 (0)90 13 54 90
- 27. Hotell Entré Norr 18 06 90
- 28. First Camp Umeå 70 26 00
- 29. Hotell Björken (NUS) 10 87 00
- 30. OK Hotell 10 85 00
- 31. Scandic Umeå Syd 205 60 00

- 32. Hotell Teg
- 33. Umeå Camping, Bella Vista

BUSS, TÅG, FLYGPLATS / BUS, TRAIN, AIRPORT

- 26. Umeå Airport (flygplats)
- 34. Umeå Östra (train station)
- 35. Reseinfo / Travel info NUS

ÖVRIGT / MORE

- 36. Polis
- 37. Dragonens idrotts- och mässcentrum / Nolia

BAD / SWIMMING, SPORT

- 37. Noliahallen, Curlinghall
- 38. Umeå Simhall
- Udominate Arena, T3 Arena, Exel Arena

- 39. Umeålag och utomhusbad
- 40. IKSU Sportcenter
- 41. IKSU Spa
- 42. T3 Center (ishall)

SEVÄRDHETER / SIGHTS

- 12 48 84
- 16 16 40
- 43. Umeålagens skulpturpark
- 41. Västerbottens museum