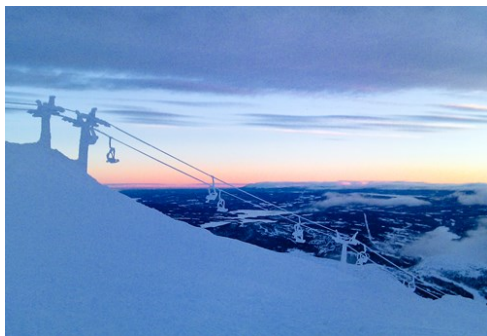




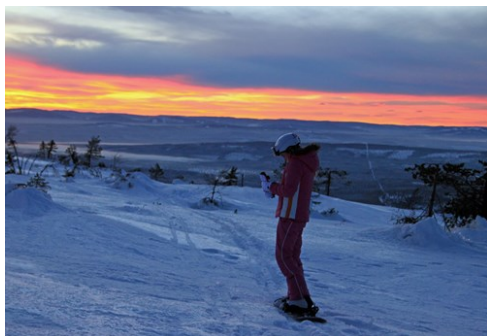
Photo: petritech/Flickr.com



Sebastian Eriksson/Flickr.com



Hanna Norlin/Flickr.com



afpitch/Shutterstock.com

A Swedish ski resort comparable with the mountain villages in the Alps, Åre has seen an increasing number of visitors every year. With a total piste length of 95 kilometres, around 100 descents, 40 lifts, almost 50 restaurants and over 30 bars and nightclubs, it is arguably Sweden's number one ski resort.

# QUIZ

*What Type of Traveller  
Are You Based on  
Your Travel IQ?*

**TAKE THE QUIZ**

### Top 5



#### Åreskutan

At 1,420 metres above sea level, Åreskutan is one of Sweden's most well-know...



#### Tännforsen Waterfall

A visit to Sweden's largest waterfall is a must for everyone who comes to År...



#### Duved Church

This magnificent wooden parish church was consecrated in 1894 and is designe...



#### Njarka Sami Camp

See and learn about how the Sami people in Njarka Sami Camp, which is locate...



#### The Karoliner Monument in ...

The Karoliner Monument is a ten-metre-high obelisk in granite erected in 189...



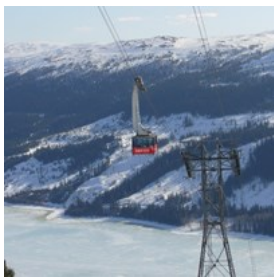
## DO & SEE



Roman Sulla/Shutterstock.com

Around Åre you'll find several points of interest to visit, from buildings and monuments to unspoilt nature areas.

### Åreskutan



At 1,420 metres above sea level, Åreskutan is one of Sweden's most well-known mountains, with a magnificent view over the mountain ranges

of West Jämtland. Getting to the top and to Sweden's highest cafeteria, Toppstugan, is easy thanks to the cable car - Kabinbanan - the only one in the Swedish mountains.

Photo: petritech/Flickr.com (image cropped)

Address: Åreskutan, Åre

### Tännforsen Waterfall



A visit to Sweden's largest waterfall is a must for everyone who comes to Åre. In the summer the waterfall is incredibly powerful, while in winter

beautiful shapes are formed from ice. It also becomes lit up at night, giving the water and the ice a magical dimension.

Photo: PhotoVisions/Shutterstock.com

Address: Tännforsen Waterfall, Åreälven, Åre

Phone: +46 647 230 23

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

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

More Info: Situated 22 km from Åre.

### Duved Church



This magnificent wooden parish church was consecrated in 1894 and is designed in a Neo-Gothic style. It recalls a time when,

thanks to incipient tourism, copper mining and forestry, economic growth in the district led to a substantial increase in the number of inhabitants and visitors, thus making the old church too small.

Photo: Piotr Wawrzyniuk/Shutterstock.com

Address: Karolinervägen 24, Duved

### Njarka Sami Camp



See and learn about how the Sami people in Njarka Sami Camp, which is located on a promontory in Lake Häggsjön. There are a variety of tents

here, with a special octagonal tent, called Jarngge, as Njarka's centre and the location for special ceremonies such as weddings and christenings. In addition to learning about Sami history, visitors can also feed the reindeers with reindeer moss, sleep in the Sami fashion and throw a lasso.

Photo: O.C Ritz/Shutterstock.com

Address: Häggsjönäs Njarka 111, Duved

Phone: +46 76 770 07 79

Internet: [www.njarka.com/index\\_eng.html](http://www.njarka.com/index_eng.html)

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

More Info: About 30 km west of Åre: Take the E14, turn right about 2 km past Duved and follow the signs for Njarka.



### The Karoliner Monument in Duved



The Karoliner Monument is a ten-metre-high obelisk in granite erected in 1892. It was erected in memory of the 3,000 men who died in severe winter

weather during and after the retreat of Carl XII's invasion in 1718. Lectures on the March of Death over Sylarna are held regularly at Roxy's Sledge Dogs.

Photo: Piotr Wawrzyniuk/Shutterstock.com

Address: Karolinervägen, Duved

More Info: For directions and more information, contact Åre Tourist Office.

### Naturum Valådalen



Information Centre with exhibitions about the mountains' geology and animal world, the Samis and reindeer feeding.

Allow the staff to whet your appetite for discovery before you set off on your own excursions in the easily accessible mountain and forest environment outside.

Photo: Piotr Wawrzyniuk/Shutterstock.com

Address: Vålådalen 26, Vålådalen

Phone: +46 0 10 225 32 26

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

More Info: Take the E14 to Undersåker where you drive southwards and follow the signs to Vålådalen which is located 30 kilometres from Undersåker in the mountains. There are also train and bus connections.

### Kretsloppshuset in Mörsil



Kretsloppshuset provides an ecological experience and educational facility with a winter garden, a rose garden, a park, an old-fashioned chicken

farm, a café and a restaurant, slide presentations, lectures, and courses as well as an old-fashioned shop selling goods produced in an environmentally friendly manner.

Photo: underworld/Shutterstock.com

Address: Kyrkvägen 5, Mörsil

Phone: +46 647 66 52 12

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

### Tott Spa



Tott Spa is located inside Tott Hotell and is free for guests, but it's open to all visitors for an affordable price. Its main attraction is definitely the large pool

with a beautiful view over Åre. The other facilities you'll find are hot tubs, a sauna and a gym. They also offer massage treatments.

Photo: HQuality/Shutterstock.com

Address: Tottvägen 111, Åre

Opening hours: Daily 6.00-21.00

Phone: +46 647 150 00

Internet: [www.tottare.se/en/spa](http://www.tottare.se/en/spa)

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

## SLOPE LIFE



lassedesignen/Shutterstock.com

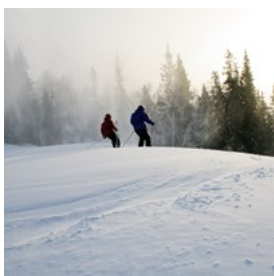
Åre offers, without doubt, one of the best skiing experiences in the Nordic countries with a vertical drop of 890 meters, 40 lifts and around 100 pistes.

There are several different types of lift passes in the area. Children under 8 years ski for free provided that they wear a helmet. All 40 lifts are included in the Åre ski lift pass, from Duved in the west to Åre Björnen in the east.

The first lifts open as early as possible in November, and after that the system opens up gradually depending on the amount of snow. The season is expected to last until May 1st.

For those who don't have much experience, there is of course a ski school in Åre. Skiers will find several rental shops for ski equipment.

### Åre village



Åre village offers world-class skiing with a wide range of pistes, modern lift system and varied terrain. After ski in the village's many bars easily competes with the night life in many Swedish cities.

Åre village offers world-class skiing with a wide range of pistes, modern lift system and varied terrain. After ski in the village's many bars

Photo: Alexei Novikov/Shutterstock.com

Address: Åre By, Åre

Internet: [www.skistar.com/en/ski-destinations/are](http://www.skistar.com/en/ski-destinations/are)

### Åre Björnen



Family friendly ski area with an emphasis on beginner slopes and children's slopes where children can independently explore the lift system. Those who want more challenging slopes can quickly get to Åre village's lift system, which lies just around the corner.

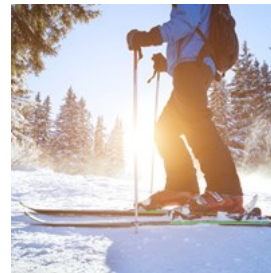
Family friendly ski area with an emphasis on beginner slopes and children's slopes where children can independently explore the

Photo: YanLev/Shutterstock.com

Address: Åre Björnen, Åre

Internet: [www.skistar.com/en/ski-destinations/are](http://www.skistar.com/en/ski-destinations/are)

### Duved



Those who want a slower pace and less people on the slopes, but still enjoy world class skiing, should head to Duved. Many ski instructors and professionals choose to go here in their leisure time because they thrive on the variety, nature and drop height.

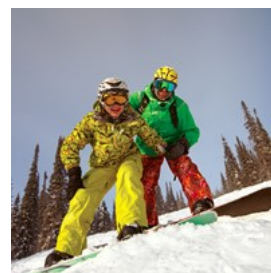
Those who want a slower pace and less people on the slopes, but still enjoy world class skiing, should head to Duved. Many ski instructors and

Photo: Song\_about\_summer/Shutterstock.com

Address: Duved

Internet: [www.skistar.com/en/ski-destinations/are](http://www.skistar.com/en/ski-destinations/are)

### Tegefjäll



Tegefjäll is, as Åre Björnen, also family friendly, but with more emphasis on older children and teenagers. In Tegefjäll the whole family can find great skiing and feel at home. Duved ski area is easy to reach from here,

Tegefjäll is, as Åre Björnen, also family friendly, but with more emphasis on older children and teenagers. In Tegefjäll the whole

because the lift system is semidetached with Tegefjäll's.

Photo: Ipatov/Shutterstock.com

Address: Tegefjäll

## DINING



Barbro Bergfeldt/Shutterstock.com

Hungry skiers and visitors can find many restaurants in Åre with a wide selection of food, including everything from Sami and Jämtland specialities to dishes from all over the world.

### Buustamons Fjällgård



Modern Swedish food with a focus on the Jämtland region is served here. The restaurant is at a height of 730 metres above sea level, beside

the slalom pistes between Rödkullen and Ullådalen.

Photo: ImYanis/Shutterstock.com

Address: Buustamon 142, Åre

Opening hours: Daily 10.00-16.00, Tue-Sat also 18.00-23.00

Phone: +46 647 531 75

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

### Täljstenskrogen - Hotell Karolinen



The Hotell Karolinen is reputed to have one of Sweden's oldest soapstone restaurants, where the guests can eat food such as elk steak, beef steak, chicken fillet and fish cooked on a heated soapstone that is placed on the table.

Photo: Oleksiy Mark/Shutterstock.com

Address: Björnänge 841, Åre

Phone: +46 647 320 90

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

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

### Villa Tottebo



Villa Tottebo is a restaurant located in a beautiful old hunting lodge from the 19th century. The restaurant has an old fashioned

decor and a fireplace that produces heat in the winter cold. The menu focuses on local ingredients and traditional dishes with a modern twist.

Photo: windwalk/Shutterstock.com

Address: Parkvägen 1, Åre

Phone: +46 647 506 20

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

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

### Werséns



Werséns is conveniently situated near Åre Square and serves Jämtländish cuisine along with a variety of pizzas. You can decide to accompany your meal with a glass of wine from their cellar.



Photo: Vladislav Noseek/Shutterstock.com

Address: Årevägen 95, Åre

Opening hours: Mon-Wed 17.00-24.00, Thu-Sun 12.00-2.00

Phone: +46 647 505 05

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

## Fjällpuben



Fjällpuben serves Swedish food in a cosy setting right in Åre's centre. Some of the specialities you can try here include elk or reindeer meat, salmon tartare, fried goat's cheese and fondue.

Photo: Fanfo/Shutterstock.com

Address: Årevägen 72B, Åre

Phone: +46 0647 502 40

Internet: [www.fjallpuben.se/en/welcome/?lang=en](http://www.fjallpuben.se/en/welcome/?lang=en)

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

## CAFES



*Susanne Nilsson/Flickr.com (image cropped)*

Make sure that you have enough strength for the day's activities by starting the day with an energizing breakfast buffet and an invigorating cup of coffee. A hot chocolate after skiing is also always a good idea.

## Hamrestugan



Cosy café with a wonderful view over the mountains, located in the centre of Hamrebacken in Duved. The usual café products can be found here, along with goulash, burgers and daily specials.

Photo: DwaFotografy/Shutterstock.com

Address: Lennart Brunnhages väg 25, Duved

Opening hours: Daily 9.00-16.30

Phone: +46 647 261 35

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

Email: [ham.res@hotmail.com](mailto:ham.res@hotmail.com)

## Årehyddan



Enjoy a well-deserved cup of hot coffee or chocolate by the woodburner after a skiing tour, and feel free to indulge in a waffle with cloudberry and cream. They also have a hearty lunch menu and organise "after-ski" parties from 15.00.

Photo: Victoria Chudinova/Shutterstock.com

Address: Stjärnbacken 3, Åre

Opening hours: Daily 11.00-18.00

Phone: +46 647 66 59 77

Internet: [www.arehyddan.se/english](http://www.arehyddan.se/english)

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

## Grädda Åre



Grädda Åre serves freshly ground coffee, ice cream, organic juices and traditional hot chocolate in addition to absolutely fresh bread, freshly baked cinnamon rolls and cloudberry biscuits. The café is decorated in warm, soft colors to

provide a pleasant and relaxing environment.

Photo: Alp Aksoy/Shutterstock.com  
Address: Brunkullan 150, Åre  
Opening hours: Daily 7.00-17.00  
Phone: +46 647 51515  
Internet: [www.gradda.se](http://www.gradda.se)

### Lilla Tyrolen



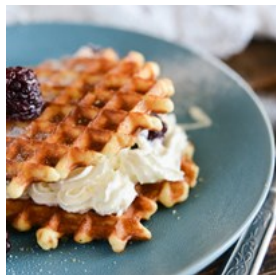
Lilla Tyrolen is the perfect café for frozen skiers, housed in an old log cabin from the 19th century with two open fires. Food with

inspiration from the Tyrol is served here.

Goulash and waffles with hot chocolate are served during the day, while three-course menus and fondues in the evening.

Photo: Milarka/Shutterstock.com  
Address: Björnen Råven 66, Åre  
Opening hours: Daily 11.00-23.00  
Phone: +46 647 324 25  
Internet: [www.lilla-tyrolen.se](http://www.lilla-tyrolen.se)

### Lillåstugan



Take a break from skiing with crisp waffles, homemade buns and sandwiches in this traditional café, which is located at the forest edge

on Ullådalen's estuary, on Mulfjället's most eastern hillside.

Photo: Malykalex/Shutterstock.com  
Address: Lillåstugan, Åre  
Opening hours: Daily 10.00-16.00  
Phone: +46 647 530 33  
Internet: [www.lillastugan.se](http://www.lillastugan.se)  
Email: [info@lillastugan.se](mailto:info@lillastugan.se)  
More Info: On the mountain in Ullådalen

## BARS & NIGHTLIFE



Vulp/Shutterstock.com

Åre is famous for its fantastic nightlife, and with more than 30 bars and nightclubs and masses of visitors up for a party it is hardly a surprise.

You will find many of the bars and clubs at Åre's hotels. There is often a restaurant connected to the bar or club, which means that you can spend an entire evening at the same place. Åre is also well-known for its superb After Ski, and several bars offer top-class After Ski parties every day.

### Bygget



Åre's leading entertainment establishment has three dance floors with a variety of music – from modern dance music and golden oldies on the main floor to R&B, soul and hip-hop in the Studio bar. They also organise epic After Skis here.

Photo: Syda Productions/Shutterstock.com  
Address: Fjällbyvägen 12, Åre  
Phone: +46 647 123 45  
Internet: [www.bygget.se](http://www.bygget.se)  
Email: [info@bygget.se](mailto:info@bygget.se)  
More Info: Bygget Events & Conference, Åre Fjällby

### Verandan



One of Åre's most lively nightclubs, with live bands and live performances, DJ's and famous guests ready to party, Verandan is the right place to spend your Sunday night. They also organise epic After Skis here.

Photo: Standret/Shutterstock.com  
Address: Sankt Olavs väg 40, Åre  
Phone: +46 647 50100  
Internet: [www.verandanare.se](http://www.verandanare.se)  
Email: [info@verandanare.se](mailto:info@verandanare.se)

### The Country Club



With regular theme evenings, such as poker, pop music and song contests, and with live performances from elite Swedish artists, you are guaranteed a fun evening at The Country Club.

Photo: bbernard/Shutterstock.com  
Address: Årevägen 81, Åre  
Phone: +46 647 178 00  
Internet: [www.thecountryclubare.com](http://www.thecountryclubare.com)  
Email: [thecountryclub@aregarden.com](mailto:thecountryclub@aregarden.com)  
More Info: Situated at Hotel Åregården

### Fjällgården



Fjällgården is a hotel that offers classic daily After Ski to varied and mood-enhancing music. The party starts at 15.00.

Photo: Pressmaster/Shutterstock.com  
Address: Fjällgårdsvägen 35, Åre  
Phone: +46 647 145 00  
Internet: [www.fjallgarden.se](http://www.fjallgarden.se)

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

### BomBom



BomBom is a bar and restaurant with a Californian menu and atmosphere. It is the perfect place to have some drinks in the evening and relax. The music gets louder as it gets later, transforming the bar into a club.

Photo: AlessandroBiascioli/Shutterstock.com  
Address: Årevägen 78, Åre  
Phone: +46 0 647 508 20  
Internet: [www.dahlbompatorget.se](http://www.dahlbompatorget.se)  
Email: [info@bombomare.se](mailto:info@bombomare.se)

## SHOPPING



*Iryna Inshyna/Shutterstock.com*

The village's shops have everything you would expect to find in other Swedish towns and in the Continental ski resorts. Also, don't miss the opportunity to buy some local products and handicrafts as souvenirs.

### Åre Glashytta



A visit to Åre Glashytta in Duved is a must. All the glasswork that is sold here is designed and blown in this magical workshop. From



glassware and bowls to vases and trinkets, there is something for every budget.

Photo: Sergii Kovalov/Shutterstock.com

Address: Stinsvägen 12, Duved

Opening hours: Tue-Fri 10.00-17.00, Sat 11.00-16.00

Phone: +46 0 647 260 70

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

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

### Åre Hemslöjd



If you are after Sami handicrafts you should visit Åre Hemslöjd, situated in the 100-year-old Köpmanshuset on Åre

Torg. Here you will find everything from games to cuddly toys, jewellery, leather goods, ceramics, art and more – the perfect shop if you are looking for a special gift or souvenir.

Photo: Inger Eriksen/Shutterstock.com

Address: Årevägen 87, Åre

Opening hours: Mon-Fri 11.00-18.00, Sat 11.00-17.00, Sun 12.00-17.00

Phone: +46 0647 501 30

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

Email: [shop@arehemslojd.se](mailto:shop@arehemslojd.se)

### Åre Chokladfabrik



Åre Chokladfabrik is a chocolate factory and shop outside the city centre, but worth the ride. Here you can try new flavours like

cloudberry, lingonberry and goat cheese, and then bring home your favourite ones. They also have a chocolate bar where you can order a delicious hot chocolate and chill out.

Photo: smallblackcat/Shutterstock.com

Address: Björnänge 801, Åre

Opening hours: Daily 10.00-18.00

Phone: +46 0647 155 80

Internet: [www.arechokladfabrik.se/en](http://www.arechokladfabrik.se/en)

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

More Info: Hours may change according to the season

### Åre Skidsport



Åre Skidsport sells everything you need for skiing, snowboarding and biking, plus a selection of streetwear clothes. Some equipment is also

available for rent.

Photo: Iakov Filimonov/Shutterstock.com

Address: Årevägen 88, Åre

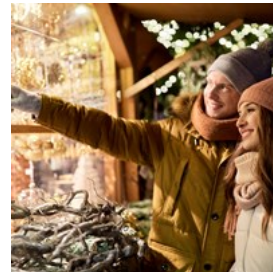
Opening hours: Daily 8.30-18.00

Phone: +46 0647 501 19

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

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

### Årebutiken



Årebutiken is a souvenir shop where you'll find local products, handicrafts and gift ideas like slippers, pillows, mugs, t-shirts and

sweaters.

Photo: Syda Productions/Shutterstock.com

Address: Torggränd 6, Åre

Opening hours: Mon-Fri 11.00-18.00, Sat 11.00-17.00, Sun 12.00-16.00

Phone: +46 0647 522 33

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

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

## TOURIST INFORMATION



tomtsya/Shutterstock.com

### Airport



For transfers from Östersund Airport to Åre you can book a flygtaxi at the same time as you book your flight ticket.

For more information

visit [www.flygtaxi.se/en](http://www.flygtaxi.se/en).

Länstrafiken in Jämtland also operates bus routes between Östersund and Åre. For more information go to [www.ltr.se](http://www.ltr.se). The distance between Östersund and Åre is about 10 kilometres.

Photo: Juan Garces

Address: Åre Östersund Airport, Frösön, Sweden

### Best Time to Visit



The Best Time to visit Åre is from early February to late April, when the days are longer and the weather more pleasant, but still snowy enough to

ski.

Photo: VectorA/Shutterstock.com

### Passport / Visa



Sweden can be visited visa-free for up to 90 days by citizens of most European countries, 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) travelers 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: TukTuk Design/Shutterstock.com

### 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: Andy Fuchs

### Public transport



Länstrafiken in Jämtland has buses that run between Åre and Duved and a lot of other locations in Åre municipality.



Photo: Pierre-Luc Auclair  
Phone: +46 0 771 100 110  
Internet: www.ltr.se

### Taxi

Taxi Åre



Photo: ArrivalGuides  
Phone: +46 647 100 22  
Internet: www.taxiare.se

### Pharmacy

Apoteksgruppen Åre



Photo: Gemma Garner  
Address: Årevägen 51, Åre  
Opening hours: Mon - Fri 10.00 - 18.00, Sat 10.00 - 15.00,  
Sun closed  
Phone: +46 647 50350  
Internet: www.apoteksgruppen.se

### Electricity

220v/50hz



Photo: Stirling Tschan

### Telephone

Country code: +46 Area  
code: 0647



Photo: Jardson Almeida

### Population

Åre municipality: 10,000  
Åre village: 1,000

### Currency

Swedish krona (SEK)

### Opening hours

Weekdays 10.00-18.00  
Saturdays 10.00-15.00

### Newspapers

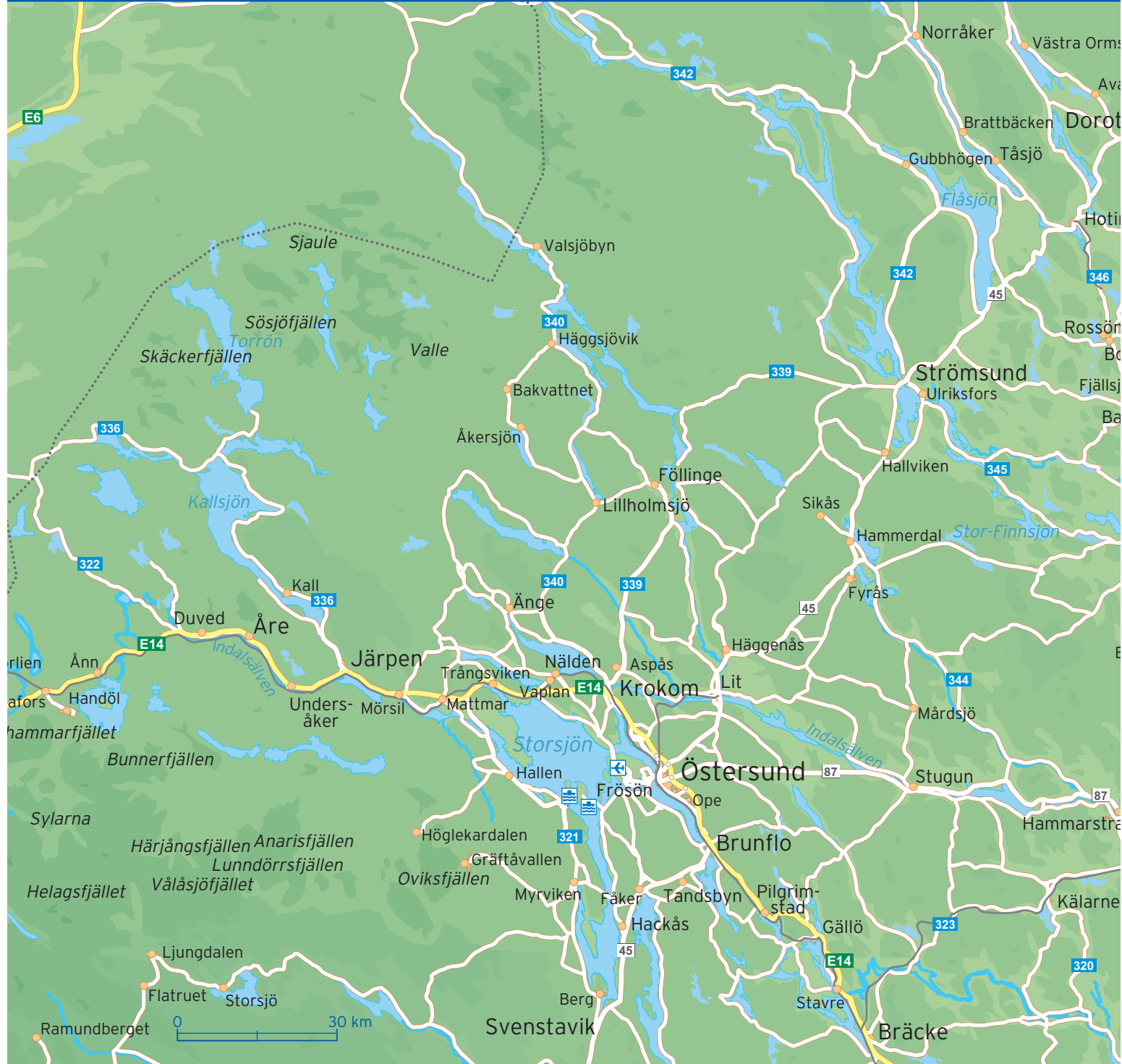
Länstidningen Östersund  
Dagens Nyheter  
Svenska Dagbladet  
Expressen  
Aftonbladet

### Emergency numbers

112

### Tourist information

Åre Tourist office  
Sankt Olavs Väg 33, Åre  
Tel: +46 647 163 21







Birgittavägen	D3 D4	Källvägen	C3	Solbringsvägen	C3 D3 D4
Blåsippbacken	D3 D4	Lienvägen	A2 B2	Stationsvägen	B2
Bullerbyn	C3 D3	Mörviksvägen	B2	Tottebovägen	D3
Bäckvägen	B2	Nybovägen	C3	Tottens Byväg	C2
Fjällgårdsvägen	C2	Parkvägen	B2	Tottvägen	B2 C2 C3
Frönäsvägen	D4	Pilgrimsvägen	C3 C4	Trotthummelvägen	D3 D4
Granbovägen	C3	Prästvägen	B2 C3	Vikbölevägen	D4
Granlidsvägen	D3	Rahmsvägen	C2	Åre Torg	B2
Kabinbanevägen	B2	S:t Olavsvägen	A2 B2 B3	Årestrand	B2
Karl Johans väg	C3	Sahlins väg	B2	Årevägen	B2 C3 C4
Kurortsvägen	C2 C3	Skolvägen	B2 C2	Östlienvägen	A1 A2
Kyrkvägen	B2	Slalomsvängen	B1 B2		