



# Umeå

Photo: JordanDinchev/Shutterstock.com



Neirfy/Shutterstock.com



Emmoth/Shutterstock.com



Emmoth/Shutterstock.com

The town of silver birches does not only offer top-class culture. Some of the very best restaurants in northern Sweden are to be found here, and they serve local culinary delicacies with singular precision. Add to that an exceptional outdoor life and you'll understand why tens of thousand of students feel so at home in Umeå.

# QUIZ

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

**TAKE THE QUIZ**

## Top 5



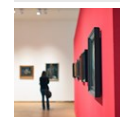
### Dog sled

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### Guitars - The museum

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### Bildmuseet

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### Västerbottens Museum

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### Umedalens skulpturpark

Skulpturparken, Sculpture Park, which is located in the former hospital comp...



## THE CITY



Andreas Gradin/Shutterstock.com

If you want to understand something about Umeå without 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 - more than 40 percent. Umeå is one of Sweden's most important student towns and it leaves its mark on everything from culture, sport and entertainment to intellectual stimulation. Festivals, lectures and concerts are held almost every day.

The music scene offers everything from song and jazz recitals to major rock concerts, and the jazz festival is 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, along with innovative companies in the fields of biomedicine and IT, create a tangible sense of new thinking, belief in the future and confidence in "the town of the silver birches".

A large proportion of Sweden's electric power comes from Västerbotten's rivers, but for tourists, it is natural that the rivers are interesting for other reasons. The Vindel River, one of the country's largest unexploited rivers, is just one of the waterways to offer fishing and paddling, while the surrounding countryside

lends itself very well to adventures in the wild like Beaver Safari and River Rafting.

Umeå is also home to the largest sport and exercise facility in the Nordic region, IKSU, closely linked to the University campus.

## 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. Perhaps you'll encounter an elk or a reindeer? Hedlunda Husky, Granö Beckasin (picture), River Lake Huskies and Aurora Borealis.

Photo: BlueOrange Studio/Shutterstock.com

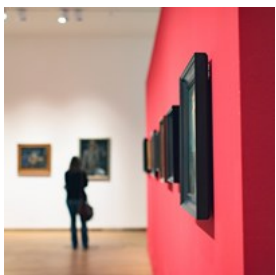
### Guitars - The museum



Umeå brothers Samuel and Michael Åhdén possess one of the world's largest privately owned collections of guitars and starting in 2014 the whole world has 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 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: Vasagatan 18-20, Umeå  
Opening hours: Mon - Sat 12pm - 6pm  
Phone: +4690 58090  
Internet: [www.guitarsthemuseum.com](http://www.guitarsthemuseum.com)  
Email: [info@guitarsthemuseum.com](mailto:info@guitarsthemuseum.com)

### Bildmuseet



In recent years it 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 Umeälven river. Entrance is free.

Photo: Ysbrand Cosijn/Shutterstock.com  
Address: Östra Strandgatan 30 B, Umeå

Opening hours: Tue - Thur 11am - 6pm, Fri 11am - 9pm, Sat - Sun 11am - 6pm  
Phone: +46 90 786 7400  
Internet: [www.bildmuseet.umu.se](http://www.bildmuseet.umu.se)  
Email: [info@bildmuseet.umu.se](mailto:info@bildmuseet.umu.se)

### Västerbottens Museum



The basic exhibitions in Västerbotten's museum deal with the county's ancient past, its cultural history, the life of settlers and reindeer husbandry. The photographer Sune Jonsson's fantastic pictures of the agricultural landscape of Norrland are also to be found here.

Gammlia is a hive of activity in the summer. Historical buildings have been moved here from various parts of the county, and together with the farm animals and the people living in the cottages who are dressed in keeping with the period, they create an authentic environment.

Photo: Iakov Filimonov/Shutterstock.com  
Address: Helena Elisabeths väg 3, Umeå  
Opening hours: Tue - Thur - Fri 10am - 5pm, Wed 10am - 8pm, Sat - Sun 11am - 5pm  
Phone: +46 90 16 39 00  
Internet: [www.vbm.se](http://www.vbm.se)  
Email: [info@vbm.se](mailto:info@vbm.se)

### Umedalens skulpturpark



Skulpturparken, Sculpture Park, 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 has since the start in 1994

exhibited their works in Umedalen Skulptur, an exhibition that is organized every summer. Today there are also 26 purchased and 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.

Skulpturparken is open to everyone year-round seven days a week.

Photo: Mikael Lindmark/Wikimedia Commons (image cropped)

Address: Västra Strandgatan 9, Umeå

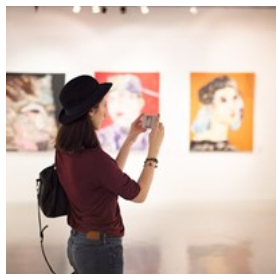
Phone: +46 90 144990

Internet: [www.umedalensskulptur.org](http://www.umedalensskulptur.org)

Email: [galleri@gsa.se](mailto:galleri@gsa.se)

More Info: About 5 kilometres west of central Umeå

### Women's history museum



The Women's history museum, the only one of its kind in Sweden. To highlight structures and ideas about male and female, the new museum

will raise the profiles of women in historiography. It will be a living museum that attracts repeated visits. The Women's history museum will surprise. It will also twist and turn aspects and perspectives. It is to be a place for action, laughter and debate.

Photo: Rawpixel.com/Shutterstock.com

Address: Storgatan 46A, Umeå

Opening hours: Tue - Wed 10am - 5pm, Thur 10am - 7.30pm,

Fri 10am - 5pm, Sat - Sun 12pm - 4pm

Phone: +46 90 16 34 98

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

Email: [kvinnohistoriskt@umea.se](mailto:kvinnohistoriskt@umea.se)

### Älgens Hus (Elk Farm)



Älgens Hus in Bjurholm, 45 minutes from Umeå, gives you the chance to get really close to the king of the forest you might even be able to stroke or feed him? The farm produces elk cheese which it goes without saying is available for purchase. Prebooking wintertime is required.

Photo: Martin Mecnarowski/Shutterstock.com

Address: Västernyliden 23, Umeå

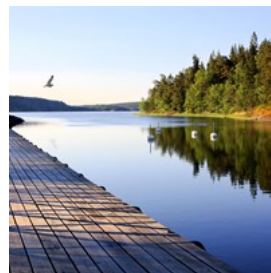
Phone: +46 90 32 50000

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

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

More Info: 60 minutes by car from Umeå

### Ume River Valley



Historical and cultural sights and beautiful scenery along the beautiful river Umeriver Valley. Our rushing waters, verdant forests, astonishing views and masses of attractions offering history, art and culture can be enjoyed on foot, from a bicycle saddle or by car. The whole trail is around 30 km.

Photo: BigganVi/Shutterstock.com

### Olofsfors ironworks

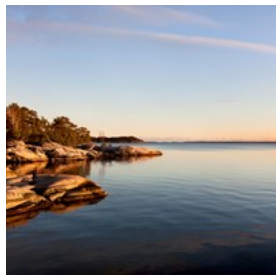


Olofsfors ironworks is one of Sweden's most genuine and well-preserved ironworks milieus. Here, the manor house and workmen's dwellings have been preserved as well as the blast furnace, ironworks forge and ironware workshop. These are available for booked tours all year round.

During the summer months the area is opened daily and several artists and craftsmen are at place in their workshops. The old manor is now transformed into a restaurant and the old school building holds a café and a shop.

Photo: oliveromg/Shutterstock.com  
Address: Nordmaling  
Phone: +46 90 30 131 96  
Internet: www.olofsforsbruk.nu

### Holmön island



Holmöarna is a group of islands of varying sizes. Large land and water areas are nature reserves and bird life is very rich. On Stora Fjäderägg there is even an ornithological station. The island group is famed for its age-old boat-buiding past.

Photo: BigganVi/Shutterstock.com  
Address: Holmön, Umeå  
Internet: www.visitholmon.se

### Norrbyuskär

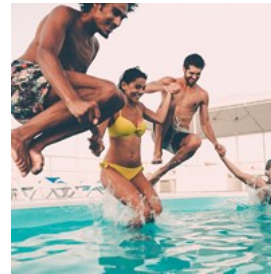


A group of islands with a fascinating history in Västerbotten's only archipelago, forty kilometres south of Umeå. At the turn of the century this was the location for Europe's largest steam sawmill. It is now an idyllic place with experiences for all the family. Good food and accommodation in a country estate environment at the Hotel Norrbyskär (see Accommodation). A passenger ferry operating several trips per day during the summer takes you to the island from Norrbyn.

Summer activity.

Photo: TTphoto/Shutterstock.com  
Address: Norrbyskär  
Internet: www.visitnorrbyuskar.se

### UmeLagun

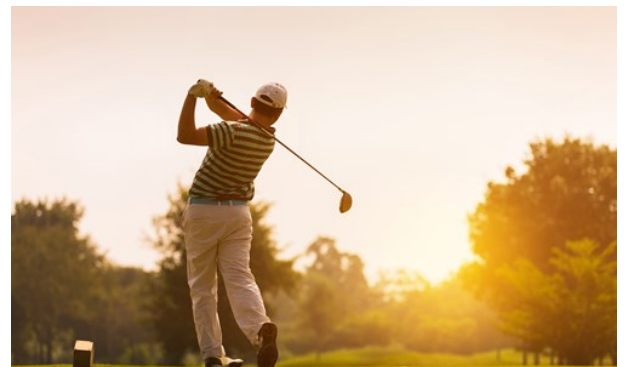


UmeLagun- Swimming fun for all the family in the outdoor swimming facility Umelagun. Here you can enjoy the Mediterranean

temperature in the pools. Here you can enjoy a 25 m exercise pool, along with a family and leisure section with water channels, a children/family lagoon, Jacuzzis, hot tub, water attractions and two water slides.

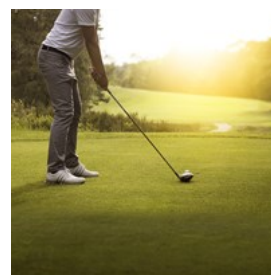
Photo: G-Stock Studi/Shutterstock.com  
Phone: +46 90 16 55 55  
Internet: www.visitumea.se

### GOLF



VectorLifestylepic/Shutterstock.com

### Bjurholms golf course



Bjurholms Golfcourse- The 18-hole golf course in Bjurholm is unique. It is rated as one of the most beautiful and challenging golf courses in Sweden.

The open landscape and rolling hills provide

strategic challenges and magnificent views in a pleasant environment.

The golf course is located in an undulated landscape with some quite steep slopes. A round of golf usually takes about five hours, but it is time well spent.

Photo: maatman/Shutterstock.com  
Address: Mariebäck 3, Bjurholm, Umeå  
Phone: +46 90 32 10756  
Internet: [www.bjurholmsgk.se](http://www.bjurholmsgk.se)  
Email: [kansliet@bjurholmsgk.se](mailto:kansliet@bjurholmsgk.se)

### Sörfors golf course

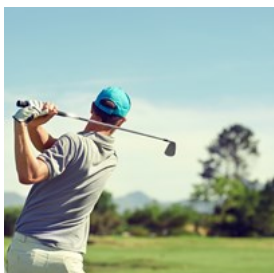


Sörfors Golfcourse- The golf course in Sörfors is laid out on arable land and is designed as a typical park. It is an enjoyable and challenging

18 hole course. The club is known for being a family club, where both beginners and the more skilled players are happy. Restaurant with home cooking.

Photo: Mikael Damkier/Shutterstock.com  
Address: Umeå Sörfors Golfklubb  
Phone: +46 90 30475  
Internet: [www.sorforsgk.se](http://www.sorforsgk.se)  
Email: [kansli@sorforsgk.se](mailto:kansli@sorforsgk.se)

### Umeå golf club



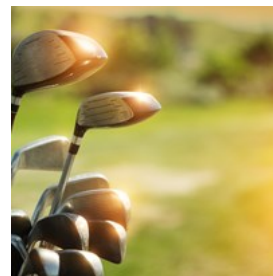
Offers you the possibility to play golf 24 hours a day from noon until noon! With 27 holes we give you the variation of three courses. A fully equipped

Pro Shop, two Club Professionals, golf carts, golf range, trolleys, restaurant, bar, all that you require to make your Golf Holiday one to re-member and make friends for life. Located

only ten minutes away from the Airport and Umeå City Centre and all it has to offer.

Photo: Daxiao Productions/Shutterstock.com  
Address: Enkan Ramborgs väg 10, Umeå  
Phone: +46 90 585 80  
Internet: [www.umgk.se](http://www.umgk.se)  
Email: [info@umgk.se](mailto:info@umgk.se)

### Granöbygdens golf club



Granöbygdens Golfclub- Is a 9 hole golf course located in Tegsnäset. In the middle of nature, surrounded by a stress free environment you can

combine golf, calmness and silence. Driving range, practice area and access to food and beverages is located on the area. There is also golf equipment available for rent.

Photo: Konstantin Sutyagin/Shutterstock.com  
Address: Tegsnäset, Granö  
Phone: +46 90 33 401 65  
Internet: [www.granobygdensgk.se](http://www.granobygdensgk.se)  
Email: [kansliet@granobygdensgk.se](mailto:kansliet@granobygdensgk.se)

## DINING



Kzenon/Shutterstock.com

Västerbotten cuisine - with local raw materials such as berries, 'almond potatoes', mushrooms, reindeer, salmon trout, char, grouse and venison - can be ordered at many restaurants. The orange coloured cloudberry is a popular dessert.

They grow in bogs and mosses and are a real delicacy. And don't miss the pride of the county, and one of its most well known products - Västerbotten cheese.

### Hunger & törst



A visit to "Hunger och Törst" should always be perceived as exciting and varied. In the restaurant's warm atmosphere they want to convey their curiosity and love for the raw material. The raw materials are carefully selected for what they think is best and most exciting at the moment.

Photo: Rawpixel.com/Shutterstock.com

Address: Strandgatan 15, 903 29 Umeå

Phone: +46 90 77 10 00

Internet: <http://hungerochtorst.se/>

### Orangeriet Boule & Bistro



Tasty Mediterranean cuisine in an authentic setting. Take the opportunity and play some Boule.

Photo: Marian Weyo/Shutterstock.com

Address: Kungsgatan 71, 90326 Umeå

Opening hours: Mon - Thur 11am - 10pm, Fri 11am - 1am, Sat 12pm - 1am

Phone: +46 90 12 17 40

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

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

### Harriets



Harriet has been named after the Manager Erica's grandmother, a lovely woman who does not actually wasn't so thrived in front of the fireplace, but better at the dining table and as a hostess for their relatives and friends. Harriet always appreciated good food and good company, preferably in combination with a glass of red or golden beer. In the same way, they want our guests to enjoy their stay at the table at Harriet, the work in front of the fireplace will take our talented chefs care and service are our pleasant dinner service staff.

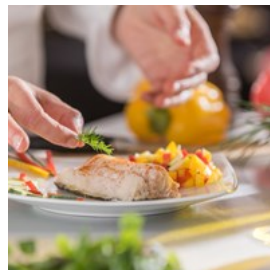
Photo: Syda Productions/Shutterstock.com

Address: Västra Norrlandsgatan 5, 90327 Umeå

Phone: +46 90-158050

Internet: <http://www.harriets.nu>

### Artonnittiosju



Artonnittiosju (1897) is a restaurant that has become a natural meeting place for guests of Hotel Mimer and Umeå residents alike. Here, it is not just good food and drink that are important. So that the experience appeals to all our visitors' senses, equal attention is given to atmosphere and service.

Photo: Jack Frog/Shutterstock.com

Address: Kungsgatan 75

Phone: +46 90 203 94 80

Internet: <https://www.elite.se/sv/hotell/umea/hotel-mimer/restaurang-mimer/>

### Angelini



Angelini Restaurant offers Italian and American cuisine in a fresh and modern environment. The restaurant serves everything from classic Italian dishes and American steaks to fresh salads, soups and pizzas. Here you can eat breakfast, lunch and dinner, and smaller meals in the cool lobby bar to the sound of modern music.

Photo: Romaset/Shutterstock.com

Address: Rådhusplanaden 14, Umeå

Opening hours: Tue - Fri 5pm - 11pm Sat 5pm - 11pm

Phone: +46 90 171485

Internet: angelini.se

Email: restaurang.angelini@profilhotels.se

### Rex Brasserie



Neat, mature and extremely tasty. Rex dining room and bar purchase raw materials from Västerbotten and get inspiration from the world, seasonal and creative. A popular fine restaurant for all occasions and societies.

Photo: johan.lebedevski/Shutterstock.com

Address: Rådhusorget, Umeå

Opening hours: Mon - Tue 5pm - 11pm, Wed - Sat 5pm - 2am

Phone: +46 90 706050

Internet: www.rexumea.com

Email: rex@rexumea.com

### Gotthards Krog



This is a new bistro in exciting premises. Its restaurant and bar are popular with Umeå residents and visitors alike. The bistro offers brunch, lunchtime meals, bar snacks while you laze, light refreshments and everything in between. Our cuisine draws inspiration from ports and countries all around the world.

Photo: LStockStudio/Shutterstock.com

Address: Storgatan 46, Umeå

Opening hours: Mon - Tue 6.30am - 11pm, Wed - Thur 6.30am - 12am, Fri 6.30am - 1am, Sat 7am - 1am, Sun 7am - 10pm

Phone: +46 90 6903300

Internet: www.gotthardskrog.se

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. It should be easy to get to know the taste of the really fine ingredients. Köksbaren puts out extra plates for entrees and snacks so it's possible to try food from each other. Main courses varies with the season. Or why not try grilled meat in a charcoal oven, just like you want it.

Photo: Syda Productions/Shutterstock.com

Address: Rådhusplanaden 17 C, Umeå

Opening hours: Mon 11am - 10pm Tue - Thur 11am - 11pm Fri 11am - 12am Sat 12pm - 12am

Phone: +46 90 13 56 60

Internet: koksbaren.com

Email: info@koksbaren.com



### Bistro Le Garage



Le Garage is a bistro, which means that the food is traditional, plain and honest. You could say it's "everyday", in the best meaning of the word.

The basic approach is French, spiced with Swedish influences.

Photo: Mikhail\_Kayl/Shutterstock.com

Address: Umedalsallén 15, Umeå

Opening hours: Mon - Fri 11am - 2pm, Wed - Sat 5pm - 10pm, Sun 4pm - 9pm

Phone: +46 90 316 52

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

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

### CAFES



KITTIPAT BUARUNG/Shutterstock.com

Cosy cafes and bakeries dot the city, and a good cup of coffee, paired with a Swedish "smörgås" (sandwich), is never too far away.

### Gamla Bibliotekscaféet



The cafe is adjacent to Rådhusstorget. The owners have been running the café in these premises in nearly 30 years. You can come to the

cafe to eat breakfast at 8 as well as for lunch or a coffee. There is a full range of delicious salads,

soups, grilled sourdough bread and of course tasty cakes, everything, all day! The cafe is KRAV-certified, actually Umeå only KRAV-certified coffee shop. Welcome!

Photo: successo images/Shutterstock.com

Address: Rådhusplanaden 6, Umeå

Opening hours: Mon - Thur 8am - 7pm Fri 8am - 6pm Sat 10am - 6pm Sun 11am - 6pm

Phone: +46 90 12 25 00

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

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

### Kulturbageriet



Bread, Coffee and Culture from Västerbotten and the world.

Photo: Song\_about\_summer/Shutterstock.com

Address: Storgatan 46, Umeå

Opening hours: Mon 6.30am - 6pm Tue - Fri 6.30am - 8pm Sat 7am - 6pm Sun 7am - 5pm

Phone: +46 90 690 33 30

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

Email: [cafe@kulturbageriet.se](mailto:cafe@kulturbageriet.se)

### Nya Konditoriet (NK)



Classic Swedish cafés of the old style are becoming rarities - but here is a real gem. Nk is situated in one of Umeå's best preserved wooden

buildings from the 1920s which has a listed facade which may not be altered. A 1950s feel pervades the premises which smell of coffee and freshly baked bread.

Photo: stockphoto for you/Shutterstock.com

Address: Kungsgatan 57, Umeå

Phone: +46 90 77 14 04

Internet: [nyakonditoriet.se](http://nyakonditoriet.se)  
Email: [info@nyakonditoriet.se](mailto:info@nyakonditoriet.se)

### Konditori Mekka



This is an oasis located in central Umeå. The café dates back to the 1950's and the tradition is to offer fresh bread and pastries from their

bakery.

Photo: [Stolyevych Yuliya/Shutterstock.com](http://Stolyevych Yuliya/Shutterstock.com)  
Address: Rådhusplanaden 17 A, Umeå  
Opening hours: Mon - Thur 7am - 8pm Fri 7am - 6pm Sat 9am - 6pm Sun 10am - 6pm  
Phone: +46 90 77 44 04  
Internet: [www.mekka.se](http://www.mekka.se)  
Email: [info@mekka.se](mailto:info@mekka.se)

### Café Station



Since 1997 Café Station offers pastries and sandwiches, lunch table with home made cooking. In the Café it's also musical entertainment

many times a week. A lot of families and children visit us but everyone is welcome. In the summer you borrow a picnic basket filled with food and then go out in the Rådhuspark, close to the café

Photo: [YAKOBCHUK VIACHESLAV/Shutterstock.com](http://YAKOBCHUK VIACHESLAV/Shutterstock.com)  
Address: Östra Rådhusgatan 2 C, Umeå  
Opening hours: Mon - Thur 11am - 9pm, Fri - Sat 11am - 11pm, Sun 12pm - 6pm  
Phone: +46 90 141990  
Internet: [www.kafestation.com](http://www.kafestation.com)  
Email: [Info@kafestation.com](mailto:Info@kafestation.com)

## BARS & NIGHTLIFE



[Picnote/Shutterstock.com](http://Picnote/Shutterstock.com)

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

### Lottas Krog



Lottas is a local restaurant with all kinds of visitors who enjoys weekday as weekend. It is a classical British environment and there is

a big supply of beer, wine and whiskey, the personnel has high skills. The food is also something more than just ordinary pubfood!

Photo: [donfiore/Shutterstock.com](http://donfiore/Shutterstock.com)  
Address: Nygatan 22, Umeå  
Opening hours: Mon 3pm - 11pm Tue 3pm - 12am Wed - Thur 3pm - 1am Fri 2pm - 1am Sat 12pm - 1am  
Phone: +46 90 12 95 51  
Internet: [www.lottas.nu](http://www.lottas.nu)  
Email: [info@lottas.nu](mailto:info@lottas.nu)

### Pipes of Scotland



Pipes of Scotland offers a wide selection of beer and whisky can offer many different dishes from their exciting menu. Pipes is located close to Rådhusstorget along Rådhusplanaden with a pleasant atmosphere with Scottish overtones. Among their range of 17 different beers on draft and 50 bottled varieties. They also offer about 70 different kinds of whiskey. But even if you are not fond of beer and whiskey are also a large assortment of other beverages; with or without alcohol.

Photo: Jacob Lund/Shutterstock.com

Address: Västra Norrlandsgatan 17, Umeå

Opening hours: Mon 5pm - 11pm Tue 5pm - 12am Wed 5pm - 2am Thur 5pm - 1am Fri 4pm - 2am Sat 2pm - 2am

Phone: +46 90 134100

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

Email: [hotelaveny@profilhotels.se](mailto:hotelaveny@profilhotels.se)

### Droskan



A restaurant with a focus on food and entertainment. There are many reasonably priced buffets to choose from.

Photo: Anne Whirpool/Shutterstock.com

Address: Storgatan 60, Umeå

Opening hours: Tue - Thur 5pm - 9pm, Fri - Sat 5pm - 2am, Sun 4pm - 7pm

Phone: 090 13 55 88

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

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

### Rex Brasserie



Neat, mature and extremely tasty. Rex dining room and bar purchase raw materials from Västerbotten and get inspiration from the world, seasonal and creative. A popular fine restaurant for all occasions and societies.

Photo: johan.lebedevski/Shutterstock.com

Address: Rådhusstorget, Umeå

Opening hours: Mon - Tue 5pm - 11pm, Wed - Sat 5pm - 2am

Phone: +46 90 706050

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

Email: [rex@rexumea.com](mailto:rex@rexumea.com)

## 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.

### Antiques & second-hand



Central Umeå offers many possibilities for making those finds of high quality antiques.

Photo: Aris Suwanmalee/Shutterstock.com

## MVG



Shopping mall along the pedestrian street in central Umeå built in three floors. From McDonald's that lies at the street level, to Clas

Ohlsson at the top floor. Besides them, there are plenty more well-known stores for you to visit at MVG.

Photo: Andresr/Shutterstock.com

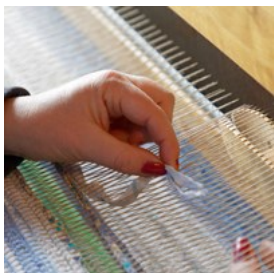
Address: Kungsgatan 54, Umeå

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

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

Email: [kontakt@mvgumea.se](mailto:kontakt@mvgumea.se)

## Handicrafts and design



Umeå is truly a crafts and handicrafts city. It boasts many well-known designers and artisans.

Visit some of them in their studios, try out

various crafts yourself or invest in a work of art!

Photo: Hans Christiansson/Shutterstock.com

## Sagagallerian



A mall located in the central of Umeå. Here you will find a nice mixture of fashion, toys, haircare, crafts and interior design.

Photo: Kamil Macniak/Shutterstock.com

Address: Götgatan 1-3, Umeå

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

Phone: +46 90 770 332200

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

Email: [malin.edfors@dios.se](mailto:malin.edfors@dios.se)

## Strömpilens shopping centre



Beautifully situated on the shore of the Ume River. Here you can find everything from food and fashion to jewelry and interior design.

Photo: David Prado Perucha/Shutterstock.com

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

More Info: 4 km outside of Umeå

## IKEA and Avion shopping



Welcome to Umeå's newest shopping area with IKEA open the shopping center Avion shopping. You reach the area quickly and easily

with the bus from Vasaplan. There are also plenty of both bicycle parkings and parking for cars.

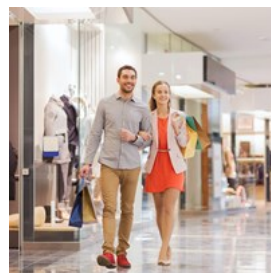
Photo: Iakov Filimonov/Shutterstock.com

Address: IKEA, 90422 Umeå

Internet:

<http://www.ikea.com/ext/local-store/se/sv/umea/om-varuhuset>

## Utopia



Welcome to Utopia, the fabulous shopping center in Umeå! Meet the world under one roof. Northern Swedens hottest city mall has something for all the

senses and tastes and with a little extra of everything. We call it Utopia - the place where everything is possible! Here are all the shops needed for an enchanting shopping experience. Leave your everyday life behind and step into another world!

Photo: Syda Productions/Shutterstock.com

Address: Rådhusplanaden 2A  
Internet: <http://www.utopiashopping.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) 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

### Best Time to Visit



There are extensive skiing opportunities in the region, so those looking to go skiing on their trip to Umeå should best 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 (like the famous Swedish Midsummer celebration in June).

Photo: VectorA/Shutterstock.com

### Airport



The centre of Umeå is about 4 kilometres from the airport. Airport busses depart from the front of the station building about 10

minutes after arrival from Stockholm. Inquiries about times of the airport bus can also be made at 090-16 22 50. 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. To book a flight taxi, phone: 020-97 97 97.

Photo: Juan Garces

Address: Flygplatsvägen Umeå

Phone: +46 90 10 109 50 00

Internet: [www.swedavia.se/umea](http://www.swedavia.se/umea)

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

## Public Transport



Within Umeå city centre most places are within walking distance. Travel to the different city districts is provided by the local bus service,

Ultra. Communications in the county are well developed, a necessity in a region where there are mile after mile of deep forests, rushing rivers and wilderness separating towns and villages from each other. Länstrafiken i Västerbotten is the principal provider of all public bus transport in Västerbotten and its routes run between the villages.

Photo: Pierre-Luc Auclair  
Phone: +46 90 771 100 110  
Internet: [www.tabussen.nu](http://www.tabussen.nu)  
Email: [brev@tabussen.nu](mailto:brev@tabussen.nu)

## 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 Phone:

+46 90 77 00 00

Taxi Direkt

Phone: +46 90 100100

eco TAXI

Phone: +46 90 911 911

Photo: ArrivalGuides

## Post

ICA Bågen



Photo: Andy Fuchs  
Address: Järnvägstorget, Umeå  
Phone: +46 90 77 02 18

## Pharmacy



Kronans Droghandel is centrally located at Renmarkstorget 9 and stays open Mon to Fri from 9.30 to 18.00, Sat from 10.00-15.00, Sun

closed. The chemists at Norrlands University Hospital is open until 20.00 and is opened on Sundays aswell.

For out of hours queries you can phone +46 771 450450, 24 hours a day, for the price of a local call.

Photo: Gemma Garner  
Phone: +46 771 450450

## Telephone

Country code: +46 Area code: 090



Photo: Jardson Almeida

## Electricity

220 V



Photo: Stirling Tschan

### Population

121,000

### Currency

Swedish SEK/crowns

### Opening hours

In Umeå the shops are normally open Monday – Friday  
10.00–17.00 Saturday 11:-15:00.

### Internet

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

### Newspapers

Västerbottens-Kuriren (local paper)  
Västerbottens Folkblad (local paper)  
Aftonbladet  
Expressen  
Dagens Nyheter  
Svenska Dagbladet

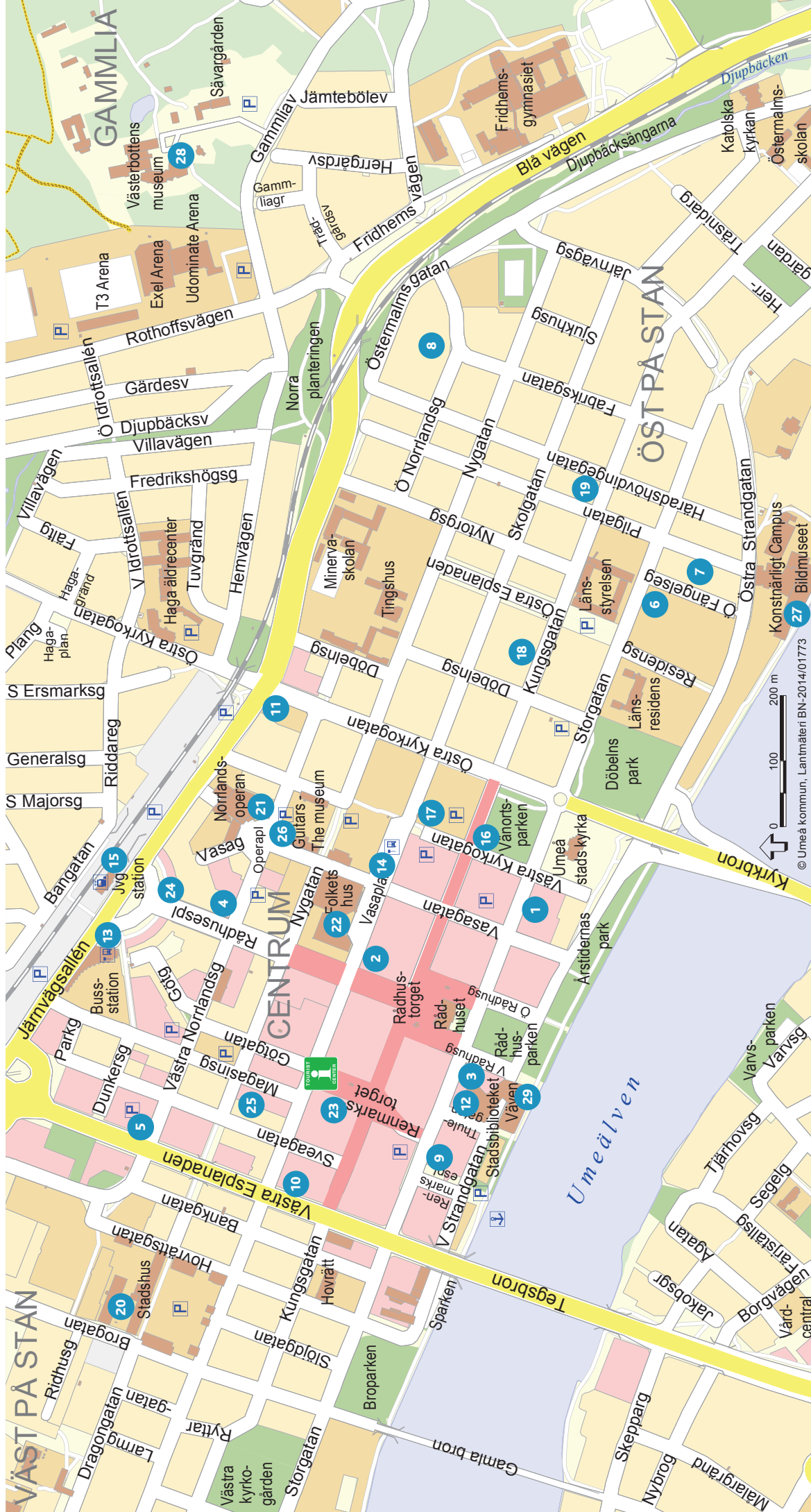
### Emergency numbers

112

### Tourist information

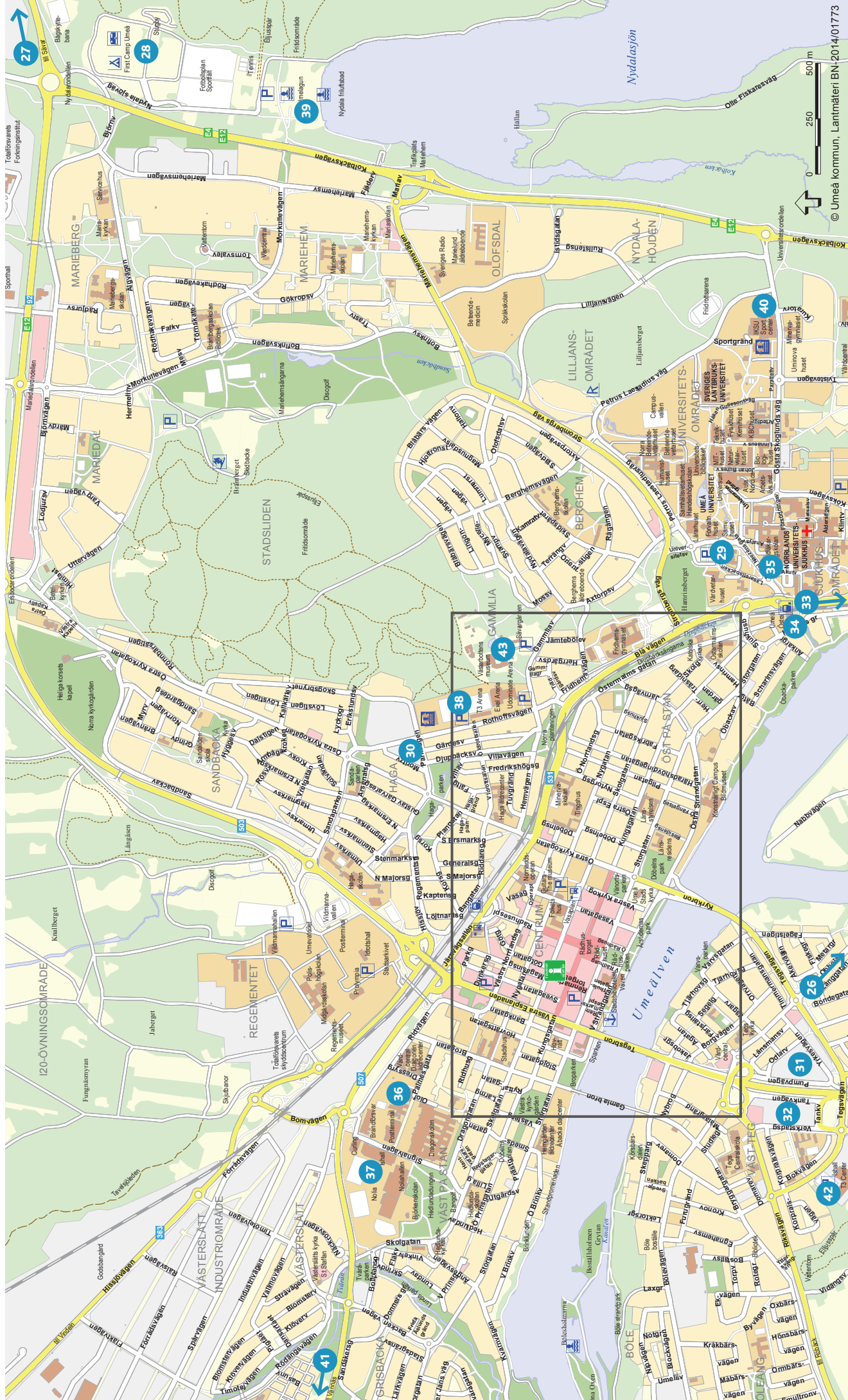
Umeå Tourist Office  
Address: Rådhusplanaden 6A  
Tel: +46 90 16 16 16  
Opening hours:  
Mon-Fri 10-17,  
Sat 11-15.

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



<b>BOENDE / ACCOMMODATION</b>	+46 (0)90	<b>ÖVRIGT / MORE</b>	16 10 00	<b>TAXI</b>	911 911
1. Clarion Collection Hotel Uman	12 72 20	20. Umeå kommun, Stadshuset	15 43 00	Eco Taxi	100 100
2. Comfort Hotel Winn	71 11 00	21. NorrlandsOperan	15 62 00	Taxi Direkt	18 18 18
3. Stora Hotellet	77 88 70	22. Umeå Folkets Hus	13 31 80	Taxi Kurir	77 00 00
4. Hotel Aveny, Profil Hotels	13 41 00	22. Biljettenrum, Umeå Folkets Hus	+46(0)211 16 31	Umeå Taxi	
5. First Hotell Dragonen	12 58 00	23. Forex/ Foreign Exchange	77 02 18		
6. Hotell Gamla Fängelset	10 03 80	24. Postombud, ICA Nära Bågen			
7. Hotell Pilen	14 14 60	25. Skatteverket, Försäkringskassan			
8. 57-an Rumstuthyrning	+46(0)70-620 47 46	<b>SEVÄRDHETER / SIGHTS</b>			
9. Scandic Plaza	205 63 00	26. Guitars – the Museum	580 90		
10. STF Vandrarhem	77 16 50	27. Bildmuseet	786 74 00		
11. YMCA Hostel Umeå	18 57 18	28. Västerbottens museum			
12. U&Me		29. Kvinnohistoriskt museum			





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- 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 +46 (0)90 12 27 00
  - 33. Umeå Camping, Bella Vista 19 04 25
- BUSS, TÅG, FLYGPLATS / BUS, TRAIN, AIRPORT**
- 26. Umeå Airport (flygplats) 12 48 84
  - 34. Umeå Östra (train station) 16 16 40
  - 35. Reseinfo / Travel info NUS +46 (0)771-100 110
- BAD / SWIMMING, SPORT**
- 37. Nolliahallen, Curlinghall 12 48 84
  - 38. Umeå Simhall 16 16 40
  - Udominate Arena, T3 Arena, Exel Arena 41. Umedalens skulpturpark 14 49 90
- ÖVRIGT / MORE**
- 36. Polis 114 14, +46 77 114 14 00
  - 37. Dragonens idrotts- och mässcentrum / Nolla 12 48 84
- SEVÄRDHETER / SIGHTS**
- 39. Umeålagun och utomhusbad 16 55 55
  - 40. IKSU Sportcenter 17 08 10
  - 41. IKSU Spa 71 24 60
  - 42. T3 Center (ishall)
  - 43. Västerbottens museum 16 39 00