WINTER PULSE 2019/2020
YOUR GUIDE TO EVENTS, ACTIVITIES, SHOPPING, RESTAURANTS, ACCOMMODATION AND MUCH, MUCH MORE!
There's something special about Östersund. The contrast between city and mountains is just one of the ingredients that makes the city unique – and a fantastic winter destination. Whether you come to experience the pulse of the city, the peacefulness of nature, for the food or the events, you are sure to discover that there is loads to do and we are very happy to share it with you.

Swedish Top Sport City 2019!
In September Östersund was awarded Sweden’s leading City of Sport by Sport & Business Sweden. Östersund won because of the international competitions hosted here, international sports research, a wide range of sports for all ages and our aim at becoming a center for parasport.

2019 City Centre of the year!
This summer we won the prestigious 2019 City Centre of the year award amongst tough competition from several other Swedish cities. The prize is given to the city that has made the best improvements to the city centre. A bustling Stortorget square, recently opened courtyards containing restaurants and cultural activities and a raft of other small events were some of our success factors.

Student City of the year 2018/19!
The Swedish Association of Student Unions nominated us as the student city for things like guaranteed homes for students, active outdoor recreation opportunities and the mentor programme.

We are proud of our city, we look forward to a fantastic winter and we hope you will enjoy being here with us.

Visit Östersund
Rådhusgatan 44 | +46 (0)63-701 17 00 | info@visitostersund.se
www.visitostersund.se | facebook.com/visitostersund
Open: Monday-Friday 11-17. Extended opening hours during major events. See visitostersund.se for more information. Day before Holidays we close at 15:00. Christmas Eve, New Years Eve and public holidays we are closed.
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www.visitostersund.se
There are plenty of Instagram-friendly places and activities in Östersund to put on your bucket list.

Tag your picture #hjärtaöstersund or #visitostersund and share your picture with us.
CHRISTMAS MARKETS

Christmas Market at Jamtli, 6-8 December, has over the past decades become something of a must for young and old alike. The historical buildings at Jamtli create a wonderful setting where 20,000 visitors and more than 200 vendors of genuine handicraft and locally produced delicacies meet each other in a warm and unique Christmas atmosphere. Pay a visit to Father Christmas in the Lillhärdal farm, enjoy the sound of sleigh bells, Christmas carols and songs, taste Christmas fare, and be entertained by all sorts of performing artists. Jamtli Christmas Market is said to be one of the cosiest in Europe.

For more Christmas Markets visit our website for dates and locations.
Välkommen till
Jamtli
i Östersund

Oknytt!
29 okt 2019–16 feb 2020

Från gryning
 till skymning
– nordisk konst kring sekelskiftet 1900
28 maj 2019–19 april 2020

Julmarknad
Mat, slöjd & konsthandverk
6–8 december 2019

Öppet tis-sön kl 11–17
www.jamtli.com
THE SWEDISH CHRISTMAS MUSEUM AT JAMTLI
Opens on the first Sunday in Advent with the inauguration of the super-sized Advent Calendar and ends with a playful Twelfth Night. Here you experience the traditions of a Swedish Christmas and discover their origins, from Santa Lucia, the Yuletide Goat and Father Christmas to gingerbread baking and activities for children.

CHRISTMAS FOOD
Lutfisk, Meatballs, Jansson’s temptation, gingerbread, saffron buns and glögg. Try out a traditional Swedish Christmas buffet at Restaurant Hov or aboard the old steamer M/S Thomée cruising the waters of Lake Storsjön. For those who prefer a Christmas breakfast there are several nice places to visit for example Jazzköket, Jaktstugan, Norra Station and Hamngatan 12.

SWEDEN’S OFFICIAL CHRISTMAS TREE AND SANTA
Is inaugurated Saturday November 30 at Stortorget Main Square along with Christmas Choirs and “Glögg” (mulled wine). On weekends Santa Claus is meeting young and old alike at URBAN, the building in the middle of the town square. Pay him a visit and make your wish for Christmas.

CHRISTMAS CONCERTS
Why not get into the holiday spirit with some classic Christmas carols? There are plenty of Christmas concerts throughout the festive season. They bring you all the most beloved Christmas Carols as well new favourites.

LUCIA
The annual candlelit Lucia procession on 13 December is a more than 400 year old tradition and perhaps one of the more exotic Swedish customs to be experienced. On St Lucias Day you will see plenty of children dressed as Lucia’s maidens with glowing candles in their hair or dressed as gingerbread men and elves. The Lucia concert at Östersund Stora Kyra is one of the most popular Christmas concerts.
Elva idrotter och party på kvällen
Östersund 22-23 februari
www.nordiskaungdomsspelen.se

En idrottsfest
för unga när den är
som allra bäst!

NYÅRSREVY PÅ STORSJÖTEATERN
BILJETTER & MER INFO: OSTERSUNDSREVYN.COM

PREMIÄR
5 JANUARI
Prepare yourself for a new drama every day when the world’s top biathletes gather to compete for the first World Cup points of the season, at the Biathlon Stadium in Östersund from 30. November.

“There will be eight competitions over six days in all, and Sweden has a great chance of winning a few medals,” says Lisa Engman who is the Marketing Manager for the World Cup. “The national team is stronger than ever – we already saw that during the World Championships. Hanna Öberg and Mona Brorsson are likely to stand out, but really the entire team is looking good, so with the right conditions we can expect several medals.”

If you want to feel the wind whip through your hair as the skiers swish by then you have plenty of opportunity to do so as the most popular areas along the World Championships competition course are still there. The spectator tent has now a better location, close to the course and with a super view of the shooting range. Local food, loads of activities to try your hand at, and entertainment from local groups Patricks Combo and Erik med vänner are some of the highlights we can look forward to during the action-packed week.

Lina Johansson

BIATHLON WORLD CUP PREMIERE

brings the entire elite corps to town

FACTS WORLD CUP PREMIERE:

Dates: 30 November – 8 December

30 nov 13.10 Single Mixed Relay
15.00 Mixed Relay
1 dec 12.30 Sprint Men
15.30 Sprint Women
4 dec 16.15 Individual Men
5 dec 16.20 Individual Women
7 dec 17.30 Relay Men
8 dec 15.30 Relay Women

Tickets: www.worldcupostersund.se

www.visitostersund.se
“The biggest cross-country skiing event we have ever held in Östersund, and the closest we get to hosting a World Championships at home.” It is with great warmth and enthusiasm that project manager Ante Andersson describes Skitour 2020. It is a 10-day long ski competition and festival in which the world’s cross-country skiing elite gather to compete over a number of stages in Östersund, Åre, Meråker and Trondheim.

Valentine’s Day, 14 February, will see the start of the competitions and we can count on a mighty opening ceremony on Stortorget Square. “We will decorate the square with the Östersund Heart, the symbol of Östersund, and declare our love for each other, the sport and the city,” explains Ante. Ambitions are high and the team hopes to lay the foundation for future cooperation between Sweden and Norway. And they aim to make the event as sustainable as possible.

The competitions commence at the Ski Stadium in Östersund on 15 February. Thereafter, the National Arena in Åre will be transformed into a cross-country ski arena where the skiers will come together for a sprint. Next, they face 38 km of skiing across the mountains between Storlien and Meråker. And the competitions conclude in Trondheim on 22 - 23 February.

Lina Johansson

FACTS SKI TOUR 2020

Östersund
14 Feb 19.00 Inauguration Main Square
15 Feb 13.30 10 km Freestyle Women
   16.10 15 km Freestyle Men
16 Feb 14.00 15 km Pursuit Classic Men
   16.00 Pursuit Classic Women

Åre
18 Feb Freestyle Sprint at the National Arena

Storlien - Meråker
20 Feb 38 km Freestyle over the mountain. Mass start

Trondheim
22 Feb Sprint Classic
23 Feb 15 km Pursuit Classic

Tickets
Ski Tour 2020 focuses on sustainability and making environmentally friendly choices. All the teams and athletes will take the train between the different locations, the tickets and information is accessible via an app or the website in order to minimize the carbon dioxide footprint.

www.skitour2020.com
“Today, participation in sports gets too serious at too young an age. We need to bring the playfulness back. This is what I usually say during my presentations, and it is precisely what I want to achieve through the Nordic Youth Games”, says Johanna Ojala, Head of Development.

The games open with a sprint on the snow-covered Stortorget square on 21 February. They then continue with alpine skiing, ski cross, athletics, ski-orienteering, ice hockey and much more. Curling, tennis and Brazilian Jiu-Jitsu are newcomers this year. There is an extra focus on ice-hockey for girls as there are very few such tournaments. And with an ever-growing event, it is hoped that we will see some 3000 starts from 2000 participants aged between 9 and 16 years.

Lina Johansson

FACTS:
Dates 22-23 February
Inauguration at Östersund Main Square February 21. at 19.00
Cross Country Skiing, Ski Orienteering, Biathlon, Downhill, Ski Cross, Figure Skating, Ice Hockey, Track and Field, Brazilian Jiu-Jitsu, Curling, Tennis
nordiskaungdomsspelen.se
But as early as February 2020, the qualifiers and selection competitions for the 2021 Swedish national team will take place. International participants from 20 other countries will also attend. “There will be loads of sports happiness and plenty of proud moments,” says Gerda Tjernström Nilsson who is responsible for the Games. The participants will compete in seven sports; cross-country skiing, figure skating, speed skating and floorball in Östersund, and alpine skiing, snowboarding and snow-shoe running in Åre.

The difference between the Paralympics and the Special Olympics is that in the Paralympics the participants are intellectually disabled and everybody competes based on their own abilities.

Count on festivities and activities both surrounding the competitions and on Stortorget square. You are warmly welcome to cheer on our Swedish medal hopefuls at the Special Olympics Winter Games on 1-4 February.

Lina Johansson
MORE WINTER

WORLD SPRINT SERIES
The fastest XC Skiers on the planet clash in a series of Supersprints around the world to decide who is the fastest skier in the world and the premiere is held here in Östersund on November 9th.
worldsprintseries.com

CROSS COUNTRY COMPETITIONS
During the winter, several national and international skiing competitions are held at Östersund Ski Stadium. For example: 12 Dec. Daniel Karlsson Memorial, 22-23. Dec. Scandic Cup/FIS Senior, 18. Jan. Östersund Ski Marathon, a part of the Ski Classic Challenges. Oskskidor.com

SNOW CROSS COMPETITIONS
Top speed, engines revving and the elite of the world’s snow cross racers in frequent duels and spectacular jumps – all aiming to bring home the trophy. 11-12. January they gather in Östersund for one of Sweden’s largest and oldest international snow cross competitions, each year attracting a huge number of spectators. www.ossk.se

BASKETBALL AND ICE HOCKEY
The basketball season lasts from October to March. Jämtland Basket (men) plays in the Swedish Basketball League and Östersund Basket (ladies) in North Division 1 Women’s Basketball League. Both teams play their home games at Sporthallen. Östersund Ice Hockey Club (ÖIK) plays in the first division at Östersund Arena. The season lasting from September til March.
SPORT EVENTS

WORLD PARA BIATHLON
WORLD PARA NORDIC SKIING CUP FINALS
ECH PARA ICE HOCKEY

Östersund aims at becoming an international center for Parasport. 11-15. March, we welcome para biathletes from all over the world to World Cup competitions and 18-22. March cross-country para athletes. 17-27. April Östersund hosts an international Para Ice Hockey tournament. The competitions are one step towards the World Championships that will be held in Östersund in 2023.

More events on:
www.visitostersund.se
25 YEARS OF STORSJÖHYTTAN
Östersund’s glass works Storsjöhyttan celebrates its 25 years. The old power generation plant in Östersund’s harbour is now the home of Storsjöhyttan, which is run by glass blowers Ulla Gustafsson and Nilla Eneroth. Step inside to see how the glass is shaped, mostly into articles for everyday use but also to make beautiful decorative ornaments and unique works of art. More celebrations and exhibitions to come during the year. www.storsjohyttan.com

GREGORIEMARKNADEN
The annual Gregorian market has a thousand years of history. You will find all kinds of bargains from local food delicacies and fur hats to crafts and household goods. From 5 - 7 March in Vinterparken / Östersund’s harbour.

ÖSTERSUND’S REVY “SO RIGHT”
New year 2002 saw the first Östersund Revy and over the years it has won many national Revy awards. Last summer Östersund hosted the Swedish Revy championships. This year’s performance “Helt Rätt” (So Right) premières on 5 January with a delightful mix of sarcastic sketches, wry songs, amusing monologues, wonderful music and lots of zestful fun. Tickets are available via nortic.se or over the counter at Visit Östersund. www.ostersundsrevyn.com

MALT FESTIVAL
On 22 February a group of Östersund’s pubs throw open their doors for a weekend when people can learn all about whiskey and beer. Some of the region’s and the world’s best beer and whiskey producers show off their products, seminars are held, and you buy tasting tickets to test your way around the range of drinks.

There are plenty of cultural experiences in Östersund. Check out www.visitostersund.se for current events and tips for cultural enjoyment.

A SELECTION OF CULTURAL FAVOURITES
There are plenty of cultural experiences in Östersund. Check out www.visitostersund.se for current events and tips for cultural enjoyment.

GREGORIEMARKNADEN
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A TOUR OF THE CITY’S ART

Start at Nationalmuseum with Jamtli “From Dawn to Dusk – Nordic art from the turn of the 20th century”. Next, stroll towards the city via Primusrummet at the County Offices where works by the naïvist Primus Mortimer Pettersson are exhibited. Then go onwards to the exciting Galleri Lux. Check out Sofia’s Galleri to see the painters in action and then Drejeriet for ceramics. There are several interesting art galleries around the city. Current exhibitions are posted on our website. Stop by us at Visit Östersund to pick up a map for your own tour of historic buildings and public works of art.

THE ÖSTERSUND HEART KEEPS THE BEAT

Bo Kaspers Orkester, the acclaimed tribute show “Thank you for the music” and the British Ukulele Orchestra are just a few of this winter’s concerts. Riksteatern (Swedish National Touring Theatre) will also be in town with moving and amusing performances from a range of Swedish artists (such as Maria Lundqvist, Anders & Måns, Sissela Kyle and Petter). Check out the events calendar at www.visitostersund.se for daily updates.
OF D

Östersund is unique for enjoying food and for its range of culinary experiences. Eating your way through the city, appointed Creative City of Gastronomy by UNESCO, is an an exciting experience.

Wedemarks patisserie is the oldest café in town and the doors open early here. By 8am you can watch the city come to life with a freshly baked breakfast roll. If you want to exercise, head towards Hotel Frösö Park’s hotel breakfast, and feast your eyes on the Jämtland mountains while you eat. Nummer ETT is a gem of a place for brunch all day.

Hamngatan 12 serves up good snacks and light lunches while inspiring you with beautiful furnishing ideas. Café Jaktstugan focuses on high quality and you’ll find good gluten-free, sugar-free and milk-free options here. 2Inspire also has a menu that will truly please the raw-food lover.

For lunch, Jazzköket’s Saluhall (food hall) is a must for anybody who enjoys the best of the vegetable kingdom. Meat, fish, local cheeses and cured meats are also on the menu. Norra Station is home to a coffee roastery and gallery Lux, for those wanting to imbibe some culture during lunch. A sausage here will change your view of a simple sausage forever.

Restaurang och Vineri Ripan is the new Italian kid on the block, serving food as only the Italians can. Vezzo offers a wide spectrum of tasty dishes and is very popular with both couples and families.

Top off your day with dinner. At Republiken Bar och Kök you can try everything from wood-grouse to moose carpaccio. Jazzköket is the gastronomic star of the city. The food here is innovative and the ingredients top class. Natural wines and local beverages take centre stage, and this is the place where many people decide that Östersund is worth another visit, simply for the food. Three days a week HEIM Food Studio opens as a wine bar and restaurant. HEIM is a melting pot of culture and food innovation, one week you might meet a chef from Italy and the next a chef from London. There is a warm ambience in the studio and every month they host a different guest artist. HEIM means home in the local Jämtland dialect, and that is how it should feel for you – like coming home to the food city of Östersund.

Tina Stafrén
Welcome to the
COURTYARDS
OF THE CITY

The smell of freshly roasted coffee beans and cardamom buns wafts across the room. At one table, two colleagues sit hunched over a laptop, and in the next room pictures are being hung ahead of the evening’s exhibition opening. Morning is in full swing in one of Östersund’s courtyards.

A while back, a group of local enthusiasts decided to reinvigorate Östersund’s courtyards. They wanted to make them accessible to everyone.

“Many years ago, the courtyards of the city had an important function. This was where the farrier, the tailor and the butcher could be found, and it was here that the city’s residents came to test out products before buying them. There was a natural closeness between the producer and the consumer. Then production was moved out of the city and the courtyards were left empty. We wanted to change that,” explains Manne Mosten of Norra Station’s café and coffee roastery.

At Norra Station they have created a warm and welcoming environment. Regular customers and curious tourists alike drop by here, and the basic idea is that all senses should be satisfied. The café roasts its own coffee and serves food based on local ingredients. Gallery LUX exhibits art, crafts and design and in the evenings, the premises are used for food walks, coffee courses, tastings and lectures.

Right across the street, at Hamngatan 12, Malin Savehed has extended her furnishing and interior design store and opened a café and bistro there. She too wants to recreate the atmosphere of the old courtyards.

“Right here the buildings around the courtyard were used as stables for travelling horses, for carpentry and a blacksmith’s workshop,” says Malin.

Just like at Norra Station, sustainability is an important business ingredient at Hamngatan 12. They take leftover fruit and vegetables from food shops and use it as a base in soups, juices and smoothies. They also sell second-hand furniture and in the evenings the premises are used for wine tastings, parties, lectures and concerts.

You reach both Norra Station and Hamngatan 12 from Hamngatan (street) in Östersund.

Emelie Strand
SMALL BOUTIQUES
give the city centre its heart and soul

Whooohooo! Östersund won the 2019 City Centre of the year award. And the reason we won is actually pretty simple: Everything we do, we do so that people will like our city. And one of the things that many people like is small, personal shops. Join us on a city walking tour to some of Östersund’s treasures.

OMISTLIGA TING
We start at Storgatan 37. This is an oasis full to the brim of beautiful items for the home. Go round the shop a couple of times and you’ll be guaranteed to see something new every time.

BRUKAT
Directly opposite is the city’s newest second-hand shop. Second-hand clothes are displayed here in a completely new way. Beautifully hanged, stylish combinations and a collection that suits the season.

FIN INUNDER
We go around the corner and up to Hamngatan. That’s where we find Fin InUnder, a treasure trove for those looking for underwear, bathing clothes or nightwear that fits perfectly.

HAMNGATAN 12
A few steps further up brings us to Hamngatan 12, an inspiring lifestyle shop with furnishings, fashion, porcelain, fabrics and jewellery. And right at the back of the shop there is a charming café and bistro.

JAZZKÖKET SALUHALL
We continue up to Prästgatan, turn right and step into Jazzköket Saluhall. The staff at this food hall know everything about our small scale artisan food. Buy meat, fish, cheese and why not their own sausages or sit down and enjoy the deliciously prepaired food.

TE-CENTRALEN
We go onwards to Stjärntorget Square and turn up to Te-Centralen. You’ll find tea from all the corners of the world here, everything from Frösö Blomster to Oolong. Make sure you ask the staff anything you ever wanted to know about tea.

MIN LILLA AFFÄR
We arrive at Stortorget square and Min Lilla Affär, a cosy, personal clothes shop for those looking to treat themselves to something special. You’ll find everything from miracle trousers to beautiful accessories.

INLANDET
The walking tour ends in the side street above the town square. At the shop Inlandet you’ll find hoodies, caps, t-shirts, goggles, skateboards, snowboards and anything else related to the wonderful outdoors.

Emelie Strand

This is just a small selection of Östersund’s many boutiques. You are welcome to explore more for yourself!
Put 1. February in your calendar, that’s the date of the premiere for the most anticipated venue of the year – Vinterparken (The Winter Park).

Cold nights and warming winter sun provide the perfect combination for enjoying those fine winter days. In February the lake is frozen over with thick ice, so it’s time for Vinterparken and Medvinden, a winter playground of ice-skating tracks, walking paths and skiing trails that extend for miles and miles across lake Storsjön’s ice. Deckchairs are lined up in rows along Winter beach out on the ice, along with fireplaces that are lit every day. Barbecue your own lunch or buy a tasty snack at one of the food cabins where local food producers make guest appearances and sell delicious take-away meals. Badhusparken’s café with its heated glass pavilion is a good alternative, especially on cloudy, windy days.

You can rent long distance skates at Sjöbutiken shop. It also has sledges, snow sliders and helmets for you to borrow when the kids want to explore the snow castle or ride the zipline. In the blink of an eye, the very youngest will be over at Birger’s playground, which has a sledging slope and an ice adventure zone with obstacles and tracks made of ice – the very best of winter fun.

Vinterparken is a place for relaxing and recharging. There is free Wi-Fi for anybody wanting to keep a check on the world outside. People meet here for lunch or for a hearty walk over the ice, families go sledging, grill sausages and spend time together, mid-week visitors stretch out in the deckchairs or go for a tour on the ploughed, natural ice-skating tracks. Vinterparken has something for
everybody. And new things pop up there every year, such as the winter art gallery or the mini second-hand bookstore. And in the evenings the ice is beautifully illuminated by atmospheric lighting. Check out vinterparken.se for the most up-to-date programme and happenings.

Janna Thalén
A FAMILY WINTER

Winter Days - the perfect time for some fun winter activities for the whole family.

Get out and enjoy the snow and the fresh winter fresh air.
THE WINTER PARK
The Winter Park – is the place to enjoy winter. There are groomed tracks for skating, cross country skiing and walking, that runs for miles over Lake Storsjön’s ice. For children there is a cool snow castle, pulka tracks and an ice fun park. There are always fires burning for those who want to make a barbeque. Twice a week, Sundays and Tuesdays the Winter Bath, with its wood fired hot tubs and sauna is open to the public. The Winter Park opens on 1. February. www.vinterparken.se

STORSJÖBADET ADVENTURE POOLS
Storsjöbadet has something for everyone! The kids’ area has wonderfully warm water for the littlies, there are cool, rapid water slides and diving boards for teenagers and a relaxation area for the adults. storsjobadet.se

PULKA SLOPES
At Frösön there is a lit pulka slope, Kärringbacken, within walking distance from the city center. At Vinterparken, in the harbour, you find Birgers Playland with pulka slopes.

SKATING
Östersund Arena offers indoor skating several hours a week. At Campus you find a 400 m lit track and at Vinterparken you skate on Lake Storsjön. Long distance skates can be rented at Vinterparken.

JAMTLI
At Jamtli you meet the cultural history of Jämtland in an entertaining way. Permanent exhibitions about the region’s past show for example the Viking Age and the Sami culture side by side with temporary exhibitions that reflect the world of today. At National Museum Jamtli Nordic art around the turn of the Century 1900 is displayed including artists like Anders Zorn, Bruno Liljefors and Elsa Beskow. The children can try their art skills at the art studio. Read more on page 30. jamtli.com

SKIING IN THE CITY CENTRE
There are 89 km of cross-country skiing tracks at the ski stadium in central Östersund. At Frösön you find two downhill slopes – read more on page 36.

DOG SLEDDING AND TAME MOOSE
Going on a dog sledding tour is a true winter experience. The trails goes over frozen lakes and through forests, while you relax in the sled on a reindeer skin. The tours include traditional Swedish fika.
At Moose Garden you make the acquaintance of tame moose and on a guided tour you learn more about the King of the forest and get to pat the moose.
exploreostersund.se kennelpathseekers.com moosegarden.com

www.visitostersund.se
**STRIKE**
Bowling for the whole family you can find at Bowlinghallen Bar & Kitchen.
www.bowlinghallenostersund.se

**SPA**
Relax with the kids. At Frösö Park Spa a large selection of indoor and outdoor pools, saunas och relaxation areas await. From 13 years and older daily, 4-12 years old only in the mornings accompanied by an adult.
frosoparkhotel.se/spa

**MULTI CHALLENGE – ADVENTURE HOUSE**
A house full of activities and challenges. Try out go-karting, the laserdome, the climbing walls, mini golf, the play land or enter the world of Boda Borg. At Boda Borg you solve tasks as a group and collect stamps on quests. You need to think outside the box and work together to survive.
multichallenge.se

**DJUNGELHUSET – PLAY LAND**
Djunglehuset is a dream for young children. A giant indoor playland with everything from bouncy castles, slides, tunnels and pinball games.
djungelhuset.se

**PADEL, CLIMBING OR SKATE**
Padel is played in doubles and is a mix of tennis and squash - great fun for the whole family. There are indoor halls situated on Frösön and in Lugnvik, where you also can rent rackets. Bring along your skateboard and try out Östersunds new skate hall. For climbers, the new indoor climbing hall is a must. Top rope climbing, bouldering, children's climbing area, book an instructor, courses, café and shop.
facebook.com/pdlcenterostersund
facebook.com/pages/Bangården/
ostersundklattercenter.se
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HAVE YOU MET BIRGER THE LITTLE STORSJÖ MONSTER?

"Impossible not to like"

Two of the books are available in English

"The books about Birger are fantastic!"

Follow Birger on Facebook @storsjobirger
With both permanent and temporary exhibitions, a park with historic settings and the newly built Nationalmuseum Jamtli, which exhibits art from Nationalmuseum in Stockholm, Jamtli is a full day-out for the entire family.

**Did you know** that there are enchanted beings at Jamtli? Well, at least during winter until 16 February. In the exhibition Enchanted! you will hear stories about trolls, gnomes, elves and other small creatures that are out there. Or not. For, what do we really know about those mystical beings that often keep themselves hidden from us humans? How surly are garden gnomes and do trolls really turn into stone in the sunlight? And why do elves dance in the moonlight? Come to Jamtli and listen to stories that, for some, are merely tales, but for others are completely true.

**Once you have** met our enchanted friends, head over to Nationalmuseum Jamtli for a moment of atmospheric paintings. The exhibition From Dawn to Dusk – Nordic art from the turn of the 20th century displays more than 130 works of art from Nationalmuseum’s collections. It is an impressive collection from artists including Bruno Liljefors, Paul Gauguin, Elsa Beskow, Anders Zorn and August Strindberg.

**Inside Jamtli** you’ll find the permanent exhibitions, and it’s good to start your visit by sliding down through the stomach of the Lake Storsjö monster. Then go deeper into a world full of knowledge and exciting surprises. Learn all about the culture of the Sami or how the Vikings lived, be amazed by the Överhögdalsbonaderna tapestries that are more than 1000 years old, or creep on all fours into the wolf’s lair. The exhibitions are suitable for adults and children alike who are curious about learning more.

**Jamtli is also** an open-air museum. Walk through the farms and historic settings from 1785 until modern times. In the play area, jump in the hay and play with the wooden animals in the barn, and below Hackåsgarden, there’s a mini version of the steamboat Thomée.

**Every day** from 3 - 4 pm you can also visit Jamtli’s barn and help to take care of the animals. Scratch a Jämt goat or a Klövsjö sheep, or why not check out the Bjurholm hens.

Janna Thalén
winter’s tale

“From Dawn to Dusk” at National Juseum Jamtli.

Met gnomes and trolls in the exhibition “Enchanted”!

Don’t miss the permanent exhibitions.

Read more on jamtli.com
A paradise for CROSS COUNTRY

You find them everywhere. The cross-country skiers. Skiing is part of life here in Östersund and many of Sweden’s (and the world’s) best skiers and biathletes live and train here in Östersund.

A world-class skiing stadium within walking distance from the city centre, roller ski tracks in the summer and early snow guarantee are some of the reasons why.

Thus, it is little wonder that the Swedish Winter Sports Research Centre, one of the world’s best physiological test labs for winter sports, is situated here in Östersund

But don’t be afraid! In Östersund you find tracks that suits everyone, from the novice and children to recreational skiers and the elite. Skiing in Östersund can be great fun and a good opportunity to learn more.

ÖSTERSUND SKI STADIUM

For over 100 years cross country skiers have been competing on the tracks surrounding the Ski Stadium. In all there’s 89 km of tracks here, right in the city centre. The Ski Stadium is home of the Swedish National Arena for Biathlon, hosting the World Championships in March 2019. This winter sees the opening of the Biathlon World Cup in December and the new Ski Tour 2020 in February, with the world’s elite cross-country skiers commencing here in Östersund, traveling on to Åre and Trondheim in Norway for the finals.

At the Ski Stadium you find exercise tracks, illuminated tracks and competition tracks. Hire an instructor for an hour or a day and polish your technique. Rental of skis and ski boots are on the premises.

LEISURE TRACKS

Spikbodarna, Lövsta and Svartsjöarna tracks, just outside the city centre, are very skier friendly and suitable for skiers who want to admire nature in peace and quiet. Choose from 2.5 km up to 13.5 km flat tracks, perfect to combine with some hot chocolate on a sunny day. Some tracks also allows dogs and pulka sleds.

TRACKS ON LAKE STORSJÖN

On lake Storsjön there are recreational tracks catered for daily from 1. February until the end of the season. Bring along something to sit on and something to eat and drink and head for Kungsgårdsviden, 10 km from the city centre.
Östersunds Skidstadion kan erbjuda dig som älskar skidåkning 89 km fantastiska skidspår för såväl elit som motionär.

Avgift tas ut på tränings- och tävlingsspåren i skidstadionområdet, det vill säga stadionområdet/konstsnöspåret inklusive stadionplatten, världscupsspåren, motionsspår 2,7 km (blå/gul), motionsspår 3,5 km (röd/gul) samt motionsspår elljus 5,0 km (grön/gul).

I avgiften ingår tillgång till gratis parkering, vallabod, omklädningsrum med dusch och bastu. Årets nyhet är värmestugan som kommer vara öppet under helger från den 1 december.

Dagkort vuxen 60kr, Säsong 800kr
Dagkort ungdom och senior 30kr, säsong 400kr.

Säsongskort köper du via Ica Maxi förbutik, Intersport Lillänge och Intersport Skidstadion och dagkort kan betalas via swish.

Mer information: www.ostersund.se
GET YOUR HEART PUMPING IN YOUR WINTER WOOLLIES

If you don’t mind a bit of frost in your hair, exercising outdoors gives your body and mind an extra kick.
För att snöröjningen av gator och vägar skall ske så smidigt som möjligt är det viktigt att du följer reglerna för datumparkering. Datumparkering gäller mellan 1 oktober och 31 maj.

Det innebär att du under dygn med:
- Udda datum mellan kl 00.00 och 07.00 inte får parkera på den sida av gatan som har udda adressnummer.
- Jämnt datum mellan kl 00.00 och 07.00 inte får parkera på den sida av gatan som har jämna adressnummer.

Kom-ihåg-knepp
- Vid jämnt datum på kvällen ställ bilen på sida med jämnt husnummer.
- Vid ojämnt datum ställ bilen på sida med ojämnt husnummer.

Hjälp oss att underlätta snöröjningen och öka trafiksäkerheten – respektera datumparkeringen.

Janna Thalén

With almost 90 kms of groomed ski trails, ski slopes in the centre of town and wonderful walks over the frozen lake, there is plenty of opportunity to get your heart pumping for a while. But Wintercycling? Of course! The real enthusiasts cycle all year-round. Why not try biking on the frozen lake or on biking trails maintained by local biking fans? You can rent bikes from Lagg & Hoj, Velorapide, and others. Check out the FB-group Happyride Östersund for tips on tours.

Rent long distance skates and swoosh along the ploughed ice tracks of Medvinden, or take your skates to the skate rink at the University campus. If ice hockey is more your thing, then Östersund’s Arena has two ice-skating rinks and a bandy rink open to the public, with or without hockey sticks. You will find the current opening hours at ostersund.se.

If you have studded trainers, you can go running on the trails at Östersund’s Ski Stadium. The most popular trails soon become well-trodden. But of course, nobody is allowed to run on the ski tracks. You can get tips on running tours and group training via the FB-group Happyrun Östersund.

Feel like going for a walk? At Bynäset on Frösön island there is a 7km trail with a view of Åreskutan and Oviksfjället mountains. Frösöberget loop or Hälsans Stig trail starting at Badhusparken are two other 7 km trails with lovely views.

If you would rather exercise in a t-shirt than in long johns, Friskis & Svettis offers a free mid-level exercise class every Friday at 4pm on Frösön. No reservation required. Frösö Park Hotel and Spa offers yoga and functional exercise classes and outdoor exercise every week. If you are not staying at the hotel, the sessions cost SEK 125 and need to be booked in advance. Why not challenge yourself or a friend on the obstacle course or outdoor gym at the hotel?

The recently opened PDL Center Östersund has two paddle tennis courts. If you don’t have anyone to play with, check out the open FB-group Padelkompisar Östersund.

Janna Thalén
The Gustavsbergsbacken downhill slope is a glittering, white landmark in the city on winter evenings. On top of the slope you have magnificent views over Östersund and lake Storsjön below you. Gustavsbergsbacken has nurtured several world-class skiers. It's vertical is quite steep. But it also has an adjacent run, Silverling, where adults and kids can develop their skiing skills and ride a button lift.

The Ladängen slope, overlooking the mountains, has two runs - perfect for practising your carving technique. Here you also find a fun park with jumps, boxes and rails. Maybe the stars of the future are already practising here.

FACTS DOWNHILL SKIING

Opening hours and prices: Ostersund.se/skidbackar

Ski rental: Lagg & Hoj at Gustavsbergsbacken. Lagghoj.se

Transport: Both slopes are just 10 minutes away by car or by bus from the city centre. At Gustavsbergsbacken there is a small café. At both Ladängen and Gustavsbergsbacken you can sit inside and eat your packed lunch.
Besök Östersunds fina äventyrsbad!

Badupplevelser, relax och motion - allt under samma tak

Välkomna!

Storsjöbadet
www.storsjobadet.se | 063-14 31 79

Östersunds Stugby & Camping
www.ostersund.se/ski | 063-14 30 00
COLD AND HOT

A cold bath? In the winter? Yepp, in fact a bracingly cold bath can both reduce tension and kick start the body’s endorphins. Why not give yourself a real rejuvenating experience?

In Östersund’s harbour you’ll find Vinterbadet. Wood-fired bath tubs, a sauna, a relaxation area and of course – an ice-hole in the frozen lake. The baths are open to the general public on Tuesdays and Sundays, but anybody can also book Vinterbadet for a group of friends or a work party. www.vinterparken.se

You can also enjoy a cold bath at Frösö Park Hotel Spa, but indoors. After a while in the sauna, sink your body into the icy water of the Vaken. Take a deep breath, then just relax and enjoy. Or try out the Vadet, two long chutes, just wide enough to wade slowly in. One chute is filled with cold water and the other with warm water. Those in the know say to take at least five rounds. Your circulation increases after the icy coldness, and a wonderful warmth spreads throughout your feet and legs. Frösö Park Hotel Spa also has several different saunas and both indoor and outdoor pools. Pull your woolly hat down over your ears, step out onto the terrace under the stars and enjoy a soak in the warm water. An amazing experience. frosopark.se

At Storsjöbadet swimming pools you’ll find a relaxation area with a classic wood-fired sauna, a Roman steam room, a meditation sauna, a candlelit sauna and the cosy cabin sauna. Join an Aufguss session, when a sauna host uses aromatic essential oils to spread warmth and create all sorts of calming and rejuvenating sensations. There are also indoor and outdoor jacuzzis. storsjobadet.se

Spakliniken has treatments for your entire body – massage, face, feet and skincare treatments. They also offer acupuncture, ultrasound and laser treatments. You can enjoy the relaxation area which has dry and steam saunas as well as jacuzzis both inside and outdoors on the roof terrace. spakliniken.se

Hammam & Spa at Gamla Teatern offers classic treatments, jacuzzis, a sauna, and last but not least, a Turkish Hammam bath. Open to anybody who wants a moment of real relaxation. gamlateatern.se

Janna Thalén
Skidåkning med svängrum
ÖSTERSUNDS NÄRMASTE FJÄLL!

Köp ditt skipass online – alltid billigast!

www.bydalsfjallen.se
Kommunens P-hus
5 kr/tim
Zon 47
Betalning med mynt
danst på plan 4B

Parkeringszoner och avgifter:
- 15 kr/timme.
  Avgift 9-18 vardagar, 9-15 lördagar
- 10 kr/timme.
  Avgift 9-18 vardagar, 9-15 lördagar
- 2 kr/timme.
  Avgift 9-18 vardagar, 9-15 lördagar
- Turistbussar, husvagnar och husbilar
  (ingen avgift)

Symbolförklaring:
- Parkeringshus
- Parkerspelsplats
- Parkeringautomat som tar myntbetalning

Kommunens
P-hus
5 kr/tim
Zon 47
Betalning med mynt
danst på plan 4B

Betalning med mynt
danst på plan 4B

P-Hus
Kommunens
P-Hus
Kommunens

3. Ange registreringsnummer, stad och
4. Ange hur lång tid du vill parkera eller
2. Öppna appen och skapa konto
1. Ladda ner appen via AppStore, Google

Zonnummer:
44  45  46

5 kr/tim
Zon 48

2 kr/tim
Zon 49

Parkera med mobilen:

ePARK:
1. Ladda ner appen via AppStore, Google
Play eller Windows App Store
2. Öppna appen och skapa konto
3. Ange registreringsnummer, stad och
zon
4. Ange hur lång tid du vill parkera eller
välj att checka in
5. Köp biljett.
Det går även bra att använda webbläsaren
på din dator och gå in på eparkera.se.

SMS Park:
1. Påbörja parkering: SMS:a 62+zonkod
(ex. 6245 eller 6246), regnummer,
personnummer till nummer 0700404040
2. Avsluta parkering: SMS:a Avsluta till
nummer 0700404040

Efter du startat och avslutat din parke-
ing får du ett bekräftelse-SMS, först
då är din parkering giltig/avslutad. Alla
parkeringar under en kalendermånad
hamnar på en samlad faktura som
skickas ut i början av nästa månad.
Begär SMS-faktura så undviker du
faktureringsavgift.

EasyPark:
1. Ladda ner appen EasyPark i App
Store eller Google Play.
2. Starta appen och följ instruktionerna
för att registrera dig.
3. Starta parkering: Välj parkeringstid
genom att snurra på hjulet.
4. Avsluta eller förläng p-tiden efter
behov.
Om du inte har en smartphone kan du
använda EasyParks talsvarstjänst för att
parkera, telefonnummer 0770-87 00 00.
Läs mer på www.easypark.se.
A WINTER DAY OUT

A VISIT TO VERKÖ CASTLE
Visit Verkö Island and the beautiful Verkö Castle, dating back to the 19th century, out in the Jämtland archipelago. In the beginning of February, or as soon as the ice on Lake Storsjön is strong enough Verkö Castle opens for the winter season. The 40-minute-long journey from Vinterparken out to Verkö Island is an adventure and offers a great view over lake Storsjön and the surrounding mountains. In the summer you can go by boat to the island and in the winter you will get there with the Ice Express – two specially built sledges pulled by snow scooters or a 4-wheel drive. On arrival you can enjoy delicious food and also spend the night.

Open Saturdays to the public, groups can pre-book Mon-Sun all winter.

MEET THE KING OF THE FOREST AT MOOSE GARDEN
In Orrviken, about 12 kilometres outside of Östersund, you find Moose Garden. Here you can meet the king of the forest, the Jämtland heraldic animal in an unusual and close encounter. At Moose Garden you make the acquaintance of tame moose and roe deer.

On the guided tour you get to pat the moose and learn facts about their life. It is also possible to stay the night at Moose Garden in 2-bed cabins overlooking the moose enclosure, Lake Storsjön and the mountain area.

For information about guided tours during the winter – keep an eye on Facebook and Instagram facebook.com/moosegardensweden, @moosegarden
ACTIVITIES

You will find that Östersund has plenty to offer during your stay with us. Don’t miss out on recently opened Nationalmuseum Jamtli. Outdoors we recommend a visit to Vinterparken (the Winter Park) with lots of activities for everyone young in mind. If you prefer to stay indoors perhaps a visit to Storsjöbadet pools complex or Multi Challenge adventure house can warm you up.

Guide

Vinterbadet

Vinterbadet is an incredible experience which is open during winter. Wood fire hot tubs in the open air as well as a sauna, relaxation area and ice bathing. Those who dare can take an icy dip in the black waters of Lake Storsjön.

Open: Drop in 4 Feb – 12 April Tuesdays and Sundays 16-20
Groups can prebook during the period 1 Dec – 11 April
Info: vinterparken.se

Improve your skiing technique

Learn the basics in cross country skiing or improve your existing technique. Take an hour’s course and choose between classic or skate style at the World Championship Arena. You are welcome to combine the activity with a course in Biathlon.

Open: All year round
Price: SEK 450 /person in a group of 3-6
Info: Facebook: Tord Wiksten Event & PR | +46 70-689 30 38
Tordwiksten.com | info@wiksten.nu
Have a go at Biathlon

Learn the basics in biathlon with theory, shooting practice and a race at the end of the lesson. The activity is held outside at the Biathlon World Championship Arena. Groups 1 to 300 persons are welcome. We promise you a memorable experience. You are welcome to combine the activity with a skiing course.

Open: All year around
Price: SEK 450/person in a group of 3-6
Info: Facebook: Tord Wiksten Event & PR | +46 70-689 30 38
      Tordwiksten.com | info@wiksten.nu

Lagg & hoj

Rent your ski equipment with us. Slalom, telemark or snowboard. Hire for one day, or the whole season. We have equipment for everyone, from the 3-year-old to the expert who wants to test the latest freeride skiing. Rent your equipment online or visit the ski rental shop at Gustavsbergsbacken's lifts on Hornsgatan, Fröson.

Opening hours and prices: lagghoj.se
Rental: Prebook your equipment online, pick up Vintervägen 12 Fröson
Shop: Hornsgatan 11 Fröson

Downhill Skiing

Östersund has two ski slopes Gustavsbergs and Ladängen on Fröson. The slopes are situated only 10 minutes by bus or car from the city centre. Skiing for everybody, from novices to experienced skiers. If your legs get tired just take a rest in the sun near the barbecue areas. In Lit 20 minutes by car from Östersund you find Litsbacken, another ski slope, situated with a beautiful view over Indalsälven.

Opening hours and prices: ostersund.se/skidor
Info: +46 63-14 30 00

Explore Östersund

Östersunds best activities and experiences – all year round – for your conference, your group, the school trip or with your friends. Book for ex crazy winter games, snow racers, snow bike, snow shoeing, ice fishing, gastronomy walks, driving on ice and much more. Visit us at Frösö Park Activity Center or via www.exploreostersund.se
Info: exploreostersund.se  |  Cronstadsv. 3  |  +46 70-271 71 66

Inlandsbanan to Jokkmokks market

Take the chance to go on a winter journey to the 400 year old Jokkmokks Wintermarket. The Sami cultural heritage is in focus these days. Enjoy concerts and experience the traditional reindeer caravan. See husky dogs on the frozen lake Talvatis. We will also do a day trip out to the world known Ice hotel in Jukkasjärvi. If you are lucky you will experience the magical northern lights during these exiting days. 4-10 February 2020.

Dates: 4-10 February 2020. Departure from Östersund.
Info: +46 771- 53 53 53 | inlandsbanan.se

Jamtli – A museum you never seen before

See the 1000-year old Viking Textile Fabrics Överhogdal Tapestries, the oldest pictorial tapestries in Europe and much more in the permanent exhibitions. Throughout the year you can visit temporary exhibitions and events. Visit the National Museum Jamtli – an arena for art and design experiences from the Nationalmuseum’s collections.

Open: Tuesday-Sunday 11-17
Price: Adults SEK 100. Free entrance for children under the age of 18, if accompanied by an adult.
Info: +46 63-15 01 00, +46 63-15 01 10 | jamtli.com
**Storsjöbadet**
A playground for the whole family. Kids area with wonderfully warm water for the younger children, water slides and diving boards for teenagers and a relaxation area for the adults. 25 metre swimming pool. Café and restaurant.

**Opening hours and prices:** More info at storsjobadet.se

**Info:** Krondikesvägen 95, Östersund | +46 63-14 31 79 | storsjobadet.se

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**Multi Challenge – Nöjescenter**
One of Sweden’s biggest entertainment centres – filled with activities like Boda Borg quests, Indoor go karting, Laser hall, Mini golf, Playland, Climbing walls, Pool tables. The wide range of activities make it perfect for all types of groups such as friends, family, companies and bachelor partys. We are currently in the process of expanding the facility to include a new restaurant with a unique concept where Bowling and Shuffleboard are also offered.

**Open:** Monday – Saturday 10-20, Sunday 10-18

**Price:** We always have free entrance, separate prices for the activities

**Info:** multichallenge.se | Tjalmargatan 1, Östersund | +46 63-14 05 40

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**Djungelhuset**
Playground and an adventure world for children 0-12 years old. Djungelhuset play area offers many challenges where the children can exercise their motor skill on the gigantic climbing frame in three levels, on slides and tunnels, bouncy castles etc. Pinball games, and ball cannon for older kids and a cushioned area for the babies. Café

**Open:** Monday – Thursday 9-17, Friday-Sunday 9-18. School breaks and summer 9-18

**Price:** See website djungelhuset.se

**Info:** Fabriksvägen 3, Östersund | +46 63-391 02 88 | #djungelhusetapandjulle

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**Östersund Klättercenter**
Welcome to Östersund’s first and only climbing centre! With us you will find climbing for everyone, beginners and elites. Rope climbing or bouldering. Our smallest climbing wall is suitable for the youngest children. After your climbing you can enjoy a coffee in our cozy café. We also have equipment for sale and for hire.

**Info:** Minnesgårdsgränd 4F | +46 73-938 85 50 | info@ostersundsklattercenter.se

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**Bowlinghallen**
We are your local bowling hall with focus on well-maintained lanes, good food and drink and helpful staff. The bowling hall offers complete packages for all your celebrations (including companies) with food and fun for young and old. Discover the golf simulator or why not challenge each other in the Night Duel à la Master’s Master? In the restaurant you can enjoy today’s lunch, buffet or fika in the café which can easily be combined with a series game.

**Info:** Bangårdsgatan 2 | +46 63-51 21 27 | bowlinghallenostersund.se

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**PDL Center Östersund**
Padel is one of the world’s fastest growing sports. It is played in doubles on an enclosed court about half the size of a tennis court. Scoring is the same as normal tennis and the balls used are pretty much identical. It’s easy to get started and it’s a fast fun game. Solid, stringless racquets are used.

**Info:** Frösön: Stockvägen 46, Frösö Park | Lugnvik: Ställverksvägen 1
+46 70-539 83 11, +46 70-539 83 12
pdlcenter.se | FB: PDL Center Östersund
Wild Jämtland
Wild Jämtland offers a genuine and different nature experience. Watch bears and other wildlife from our cozy, safe and comfortable hideouts near Landön, 60 kilometres from Östersund. Last summer was a success with 217 bear observations, 94% of our guests saw our bear! Do not miss the chance of an experience you will never forget, book a hideout night now for the coming season. One of our three hideouts is suitable for guests with disabilities. The nearby wildlife baiting areas comply with the Country Administrative Board of Jämtland’s regulations. Welcome!
Open: End of April – June 2020
Info: wildjamtland.se | +46 70-523 29 89 Roger | facebook.com/wildjamtland

Lits Camping & Kanot
Lit Campsite is situated on a promontory where Hårkan flows into Indalsälven. We have over 25 years of experience in organizing canoe trips. Here you get tips on day trips, weekend trips or long trips up to 14 days. We transport you and the canoe to a suitable starting point. For day trips there are plenty of tour suggestions where you can start directly from the campsite.
Price: From SEK 395/day, lifejacket included
Info: litscamping.com

SIXT Car Rental
In need of a small or large car? A minibus or van? We have the car for you. Pick up at Gulf, Kyrksgatan 32 or at the airport.
+46 63-12 01 12

Sverigetaxi Åre Östersund
Wherever you want to go, all around the clock and year round. Quality, safety, sustainability and service are our company core values.
+46 63-199 000 | taxiostersund.se
Östersund is a great place to visit if you are interested in discovering Swedish food. The city is an appointed UNESCO Creative City of Gastronomy. We have a long-lasting culinary tradition based on locally produced sustainable food. Make sure to try char, moose and reindeer, cheese from our local farm dairies and our award winning beers and sparkling wine. Many restaurants give the local fare a modern twist, but if you are interested in food and drink there is much more to explore than restaurants. Many shops specialize in local delicacies.
Restaurang Arctura
Östersunds best views, overlooking the mountains, lakes and forests. Lunch and à la carte with local touch.
Öskvägen 13, Skidstadion Ösd
+46 63-16 15 60 | arctura.se

Arena restaurangen
Arena restaurangen is located in Östersund Arena, and offers a lunch buffet and cafe seven days a week. Conferences, events, catering, sports bar.
+46 63-677 97 00
arenarestaurangen.com

Artut Bar & Kök
We focus on beer from craft breweries worldwide and pizzas baked on sour-dough. With high-quality raw materials, we welcome you to the table.
Hamngatan 17, Östersund
+46 63-10 51 10 | Facebook, search: Artut

Brunkullan Brasserie
Welcome to Brunkullan Brasserie. Stylish restaurant & bar serving à la carte from our brasserie-inspired menu and carefully selected beverages. Large outdoor garden.
Postgränd 5, Östersund
+46 63-10 14 54 | brunkullanbrasserie.se

Big Lake Coffee
Östersunds only Specialty CoffeeBar, Barista Butik and Artisan Roastery. Various original coffee, unique brewing methods and accessories. Local pastries. Coffee courses, tastings, etc.
Hamngatan 19, Östersund
+46 76-140 00 66 | biglakecoffee.se

Café Jaktstugan
Café, lunch, brunch with organic/locally sustainably sourced ingredients. Wide selection of gluten/lactose free and wholesome choices. Outdoor garden.
Biblioteksgatan 6
+46 63-51 50 30 | cafejaktstugan.se

2inspire - Ecocaféet
Storgatan 26, Östersund
+46 63-77 90 77 | 2inspire.se

Edenbos Konditori & butik
One of Östersund's classic cafés. Wide selection of classic favourites and tasty sandwiches/salads. Open until 7 pm daily.
Rådhusgatan 59
+46 63-51 12 20 | edenbos.se

Grinded
This is how burgers should be. Popular outdoor seating in the same courtyard as restaurant Vezzo and Magazinet Bar.
Storgatan 28, Östersund
+46 63-12 00 90 | grinded.se

Hamngatan 12 Magasinet
Something more than a cafe, something more than an interior design store. Freshly squeezed juices, homemade food and sweets, always with focus on health and sustainability.
Hamngatan 12, Östersund
+46 51 02 99 | Facebook: Hamngatan12

HEIM
Pub / winebar with menus that tickle the taste buds. Guest chefs and producers from our global network. Events, meetings, cooking classes. Food concerts with world-class musicians. Open Thurs-Sat.
Thomeégränd 9, Östersund
+46 79-100 80 01 | heim.se

Jazzköket
In the courtyard on Prästgatan 44 you will find our evening restaurant with live music on stage, creative local food & well-chosen beverages. Recommended by White Guide.
Prästgatan 44, Östersund
+46 63-10 15 75 | jazzkoket.se
Jazzkökets Saluhall & Bistro
Welcome to our food hall with vegetarian options. A food hall with fish from Norway, local grass-fed meat, local cheeses & lots more.
Prästgatan 44, Östersund
+46 63-10 15 75 | jazzkoket.se

Kitchen & Table Clarion Hotel Grand
Here the flavours and ingredients meet in a mix between Manhattan and Jämtland. Popular bar, lunch, brunch and dinner.
Prästgatan 16, Östersund
+46 63-55 60 04 | kitchenandtable.se

Lagerbaren
Recommended by White Guide as one of 65 top cocktailbars in Sweden. Creative top-notch cocktails made from selected local ingredients, local beers & natural wines.
Prästgatan 44. Instagram: @lagerbaren
+46 63-10 15 75 | jazzkoket.se

Magazinet Bar
Cocktail & winebar you mustn’t miss! Nice atmosphere with the best drinks. DJ’s and a good vibe. Cocktail and wine tastings.
Storgatan 28, Östersund
+46-63-12 00 90 | magazinetbar.se

Nummer Ett Café & Co-office
We serve brunch all day long. Freshly made juices and sustainable, artisan made “fika”. Welcome to or cosy corner on the Stortorget Main Square
Stortorget 1, Östersund
+46 63-663 15 15 | n1.se

Norra Station Café
Food, music, art and culture in a lovely mix. Tasty sustainable food from a number of local farmers and producers. Own coffee roastery.
Prästgatan 40 | norra-station.nu
+46 70-677 84 32

O’Learys Östersund
Plenty of sport, good food and activities for friends, families or colleagues.
Kyrkgatan 70, Östersund
+46 63-57 57 57 | olearys.se/ostersund

Restaurang Hov
Well-cooked food in a classic setting. Today’s lunch with table service Mon-Fri 11-14. Book a business lunch, party, wedding etc.
Museiplan 2 | +46 63-15 01 03 bokning@restauranghov.se

Restaurang Viktoria
Dating back to the 1950s, the restaurant serves homely fare, lunch and à la carte. Large alfresco area on the roof.
Prästgatan 41-43, Östersund
+46 63-10 55 55 | FB: Restaurang Viktoria

Republiken Bar & Kök
Inspiration, innovation and carefully selected high quality ingredients characterize our modern cuisine. Cocktail lounge.
Samuel Permans g. 9
+46 63-10 16 10 | republiken.net

Sammurai
Japanese restaurant with sushi, sukiyaki and Korean hot dishes. Buffet lunch, also take-away.
Gustav III:s Torg, Östersund
+46 63-51 89 90 | sammurai.net

Sir Winston Restaurant & Bar
Well known for its ambiance, tasty food and bar. Menu based on locally produced ingredients. Wide selection of drinks and beer.
Prästgatan 19, Stortorget, Östersund
+46 63-10 68 00 | sirwinston.se/sir-winston
Tages konditori & kök
Classic favourites and newly composed delicacies – all baked with love in our own bakery. Try the popular burgers with meat from nearby farms or our “Today’s special”.
Frösövägen 32, Frösön
+46 63-51 84 07 | tages.se

Tegel Restaurang & Bar
In the city centre. With great passion for food, drinks and service. Classic menu in a cozy environment.
Postgränd 11
+46 63-12 90 99 | tegelrestaurang.se

Teatergrillen Gamla Teatern
Charming listed hotel in Östersund built in 1882 with a lovely restaurant in a theater environment. Enjoy a nice glass of wine in our wine bar.
Thoméegränd 20, Östersund
+46 63-51 16 00 | gamlateatern.se

Tivars Gårdsmejeri
Farm shop, restaurant and café on island Norderön, on the shores of Lake Storsjön. Homemade cheeses and meat from the farm. Kayak rentals.
Norderön 630 Frösön
+46-70-385 51 52 | tivars.se

Upstairs
A banquet hall in addition to the usual, located at Stortorget in Östersund. The restaurant can accommodate up to 80 people. Enjoy a nice company, the environment and good flavors.
Prästgatan 19 | +46 63-10 71 00
sirwinston.se/upstairs

Vezzo Bar e Ristorante
Italian restaurant, multiple award winner of the Swedish Championship in Pizza. Pizza, pasta and salads. Outdoor seating.
Storgatan 28, Östersund
+46 63-12 00 90 | vezzo.se
Östersund was founded for trade reasons and we are still very much a town for commerce. The city centre is full of shops. You find the international chains side by side with quirky boutiques where the stock reflects the owner’s personality. At Lillängé you find the large shopping complexes and along Bangårdsgatan the second-hand shops are easy to find. Here are some local shopping tips!
Drejeriet Butik & Galleri
Crafts shop & Gallery with 15 craft cooperative members offering high-quality arts and crafts. The gallery shows contemporary ceramics and glass.
Hamngatan 7 | Instagram: Drejeriet
+46 63-13 35 33 | drejeriet-keramik.se

Frösö Handtryck General Store
Contemporary design in our city shop. Here you find our latest prints and plenty of inspiration.
Storgatan 19 Östersund
+46 63-434 40 | frosohandtryck.se

Jamtli Butik
Get inspired by traditional crafts and modern design. Gifts, souvenirs, sweets, books, toys and much more.
Museiplan, Östersund
+46 63-15 03 03 | jamtli.com

Gaupa Hantverk
Crafts shop with a large selection of locally produced glass, ceramics, textiles, leather, jewelry etc from local artisans.
Zätagränd 1
+46 76-945 65 15 | gaupa.se

Storsjöhyttan Glass Works
Jämtlands first glass works runned by two female artisans. See how the hot molten glass is shaped into beautiful objects. A studio workshop, shop and gallery.
Hamnen, Östersund
+46 63-13 36 30 | storsjohyttan.com

Svensssons ramar
Framing store with art and exhibitions. Certified art framing. Summer open Mon-fri 11-17, Sat 11-14.
Storgatan 42
+46 63-12 58 52 | svenssonsramar.se
Ancis Hälsobutik
For your health. Homeopathic remedies and medicine, supplements and treatments. For both humans and animals.
Storgatan 5,
+46-63-51 55 20 | ancis.se

Apoteket Kärnan
Body care and make up, vitamins and dietary supplements, ear piercing, prescriptions, drugstore.
Kärnangallerian, Prästgatan 45
apoteket.se

Brukat
A modern second-hand shop with selected women’s clothing, shoes, bags and accessories
Storgatan 42
+46 79-337 64 83 | brukat.se

Burmans skor
Östersund’s most well-stocked shoe store. Well-known footwear brands such as Ecco, Timberland, Gant and Ten points. Shoes for the whole family.
Prästgatan 38
+46 63-51 12 97 | burmansskor.se

Cervera
Wide range of good quality and designer kitchen accessories. Scandinavian design such as iittala, Georg Jensen, Global, Orrefors etc.
Prästgatan 46
+46 63-13 39 30 | cervera.se

Fin InUnder
Service, Quality and Function, we are the best at it! Underwear, swimwear, tights etc.
Hamngatan 10
+46 63-10 27 70 | fininunder.se

Hudateljén by Allavie Clinic
Hudateljén offers classical treatments as well as individually based treatments. Specialized in IPL, micro needling, fillers, botox and waxing.
Storgatan 34
+46 63-51 25 45 | allavieclinic.com

Inlandet
Outdoor meets street wear in a modern mix and atmosphere. Welcome to us!
Samuel Permans Gata 10
+46 10-474 91 00 | inlandet.se

KANDY´Z
Welcome to Norrland’s largest sweet shop. 1000 fresh varieties. Top 10 of Norwegian candy.
Bangårdsgatan 34
+46 63-451 01 46 | kandyz.se

Kärnan Galleria
Prästgatan 45 | #kärnangalleria

Mittpunkten
20 shops under the same roof. Own garage and generous opening hours. Mittpunkten – a must for shopping.
Kyrkgatan 68 | mittpunkten.net
Mr & Mrs GANT BUTIKEN
Here you will find a large selection from GANT for the whole family, but also quality clothing from other leading brands. With good response you get the best help for your needs.
Kärnan, Prästgatan 45 | +46 63-10 60 12

Pantbanken Östersund
At Pantbanken Östersund you can borrow money quickly and easily with your own possessions as collateral. Welcome to stop by in our nice shop.
Färjemanstigatan 19 | +46 63-51 06 06 pantbankenostersund.se

SNÖ of Sweden Outlet
In our outlet store here in Östersund we sell out sample collections, older collections and 2nd hand sorting at very good prices. Mon-Fri 10-18, Sat-Sun 10-16.
Gamla Brandstationens innergård
+46 63-12 01 41 | Regementsg 23

Sofiás Galleri
"Art of the northern soul" Oilpaintings and art prints with alpine motives, nature and animals in the Nordics.
Open art studio where you can see live painting by Sofia Ohlsén.
Storgatan 34
+46 70-36 70 06 07 | sofiasgalleri.se

Spakliniken City Spa
Your wellbeing in focus. Relax, Spa, skin- and face treatments, massage. Rooftop jacuzzi.
Ringvägen 4, Östersund
+46 63-55 60 90 | spakliniken.se

Turistcenter
Buy tickets for events, gifts or a memory from Östersund. We have local products, handicrafts and the little Storsjöodjur/ Great lake monster, Birgers books, soft-toys, sweets and more.
Rådhusgatan 44
+ 46 63-701 17 00 | visitostersund.se

Opening hours:
Monday – Friday 11-17
Day before Holidays we close at 15.
Christmas Eve, New Years Eve and holidays we are closed
Extended opening hours during major events. See visitostersund.se for more information.
Östersund offers a full range of accommodation, from the well known hotel chains to family run B&B’s and camping sites. The one thing they all have in common is that most attractions are close by, many within easy walking distance. 
More information on accommodation: www.visitostersund.se

**Hotel Frösö Park**
Sports- and Convention hotel at Frösön, 3 min from airport and 10 min from city centre. Spa, restaurant, gym, conference facilities, free parking.
Cronstads väg 2, Frösön
+46 63-16 50 00 | frosoparkhotel.se

**Hotell Gamla Teatern**
Welcome to a hotel rich in ambiance, situated in the centre of Östersund. Relax and Hamam and a lovely restaurant. Free parking and Wi-Fi
Thoméegränd 20, Östersund
+46 63-51 16 00 | gamlateatern.se

**Clarion Hotel Grand Östersund**
Full-service hotel in the centre with popular restaurant, bar, pool and sauna. Parking and garage. Offers on website
Prästgatan 16, Östersund
+46 63-55 60 00 | clarionostersund.se
Hotell Östersund
Kyrkgatan 70, Östersund
+46 63-57 57 00 | hotellostersund.se

Scandic Östersund Syd
Kron-likesvägen 97 | +46 63-685 86 01
scandichotels.com/ostersundsyd

Hotell Emma
Charming hotel in the city centre. Breakfast with local touch. Wi-Fi, garage, bike hire, free gym service.
Prästgatan 31, Östersund
+46 63-51 78 40 | hotelemma.com

Hotell Stortorget
Östersund’s newest hotel, at Stortorget/ Gågatan. Breakfast buffet or a take a way breakfast for people on the go. Parking in adjacent P-house. Restaurant, beauty salon and massage service available. SMS code for entry.
Prästgatan 17, Östersund
+46 63-10 05 00 | hotellosd.se

Hotell Jämteborg
Central, close to railway, shops and restaurants. Still a quiet area. Large free parking. Bar/restaurant, access to gym, Wi-Fi, sauna and pool table. Breakfast buffet.
Storgatan 54, Östersund
+46 63-51 01 01 | jamteborg.se

Hotell Linden
Quiet mid-range hotel close to the railway station. Rooms have WC/ shower, TV and Wi-Fi. Parking. Breakfast included.
Storgatan 64, Östersund
+46 63-51 73 35 | hotellinden.se

Sure Hotel by Best Western Älgen
Family friendly, close to the railway station. Quiet location. Parking. Wi-Fi. Breakfast incl.
Storgatan 61, Östersund
+46 63-51 75 25 | hotelalgen.se

Pensionat Björnen
Guesthouse near the railway station. Reception at Hotel Älgen. Competitively priced option for individuals and groups.
Storgatan 62, Östersund
+46 63-51 75 25 | hotelalgen.se

Pensionat Svea Bed & Breakfast
Storgatan 49, Östersund
+46 63-51 29 01 | jamteborg.se

Framgården
B&B at countryside farm with milk cows. Breakfast from local produce. 35 min from Östersund. Hiking trail to Forsa, Jämtland’s swimming gem.
Skylnäs 245 Brunflo
+46 70-602 50 40 | framgarden.se
Leopold Bed & Breakfast
Situated in the city centre on the pedestrian street. Nice airy rooms with high ceilings. Affordable 7 rooms all with shower & wc. Wi-Fi, TV. Continental breakfast buffet. Non-smoking.
Prästgatan 26
+46 708-10 55 85 | leopoldbb.com

Stallbackens Annex
7 km from Östersund. 100 m2, 7 beds, fully equipped kitchen, access to barbecue and hot tub.
Åsvägen 117, Ås | +46 70- 657 40 50 stallbackens.se/annexet

Sörbygården Bed & Breakfast
Accommodation with scenic surroundings and a view of Lake Storsjön about 10 min outside Östersund. Buffet breakfast, sauna and wifi. Dog friendly.
Härmön 112, Brunflo | sorygarden.se
+46 63-212 77, +46 70-239 16 61

Jamtli Vandrarhem
1-to 5-bed rooms. TV in all rooms. There are rooms for guests with pets. Free Wi-Fi and free parking.
Museiplan, Östersund | +46 63-15 03 00 jamtli.com | vandrarhemmet@jamtl.com

STF Östersund Ledkrysset
Mountain-inspired hostel in the city, with rooms of all sizes. Outdoor patio, lounge / tv room, garage and Wifi. Breakfast buffet and self-catering kitchen.
Biblioteksgatan 25 | +46 63-10 33 10 ostersundledkrysset.se

Arctura Lodge & Conferens
20 newly renovated apartments. Ski in / out at Östersund Ski Stadium. Modern conference rooms, sauna and bubble pool, relax. Free parking and Wi-Fi.
ÖSK-vägen 10 | +46 70-678 75 66

Östersunds Stugby och Camping
Near nature and Storsjöbadet adventure pools, 2,5 km from city centre. Sweden's largest cabin village. Full service and many types of accommodation round the year.
Kronikesv. 95 C, Östersund
+46 63-14 46 15 | ostersundscamping.se

Lits Camping & Kanoting Campsite
In a beautiful environment, 20 min with car from Östersund. Wi-Fi, Cabins, tent & caravan sites. Kitchen/shower in self-catering area. Fishing & Canoe/kayak rental.
Härkmon 125, Lit
+46 642-102 47 | litscamping.com

Sandvikens Camping & Stugby
+46 63-370 08, +46 70-331 61 24 sandvikenscamping-stugby.com

Nordic Camping Frösön
Beautifully situated, only 5 km from city centre. Cabins with/without running water or with shower and WC. Camping/tent pitches. Wi-Fi. Kiosk. Mini-golf course & sauna.
Rödövägen 3, Frösön
+46 771-10 12 00 | nordiccamping.se
WELCOME BACK
THIS SUMMER!

visitostersund.se
ÖSTERSUND
Nya hyresrätter i centrala Östersund

För dig 65+

Härligt trygghetsboende med trivselvärd och gemenskap
1–2 rum & kök, hög standard.
Första inflytt september 2019

Remonthagen växer med ett stort trygghetsboende på hela 72 lägenheter. På Stallmästaren finns både boulebanor, odlingslådor och utegym. Ett naturskönt område med närhet till både friluftsliv och stan.
ostersundshem.se/stallmastaren

Ytsmarta hyresrätter
114 nya hyresrätter centralt läge
1–2 rum & kök, alla med balkong
Första inflytt september 2019

Trevliga låghus på helt nybyggda Tallåsen, Stadsdel Norr.
ostersundshem.se/tallasen

Se fler av våra nya bostadsområden:
www.ostersundshem.se/nyproduktion

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