YOUR GUIDE 2020
YOUR GUIDE TO ACTIVITIES, SHOPPING, EVENTS, ACCOMMODATION, RESTAURANTS AND MUCH MORE!
There is something special about being in Östersund. The contrast between city, lake and the mountains are some of the ingredients that make the city unique and a magnificent summer destination. Whether your intention is to experience the city’s pulse, the nature’s calming effect, for the culinary delights or any other activity, you will discover that there are many activities we have to offer.

2020 is, to say the least, a special year. Like the rest of the world, Östersund has been affected and adjustments are made due to Covid-19. As a visitor, you can take part in many outdoor activities where we can offer large areas with relatively few people. You can also rest assured that our attractions, restaurants, cafes and accommodation facilities follow the official regulations made, so that you all can enjoy your stay in Östersund.

We look forward to this summer and hope you will enjoy your stay with us!
There are plenty of Instagram friendly places and activities in Östersund to put on your bucket list.

Tag your picture with #hjärtaöstersund or #visitostersund and share it with us.
SMALL BOUTIQUES
– give the city centre its heart and soul

Last year 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 of some of Östersund’s treasures.

**BRUKAT**
We start off at Storgatan 42 – at Brukat, 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 interior design, fashion, porcelain, fabrics and jewellery. And right at the back of the shop there is a charming café and bistro.

**SALUHALLEN**
We continue up to Prästgatan, turn right and step into Saluhallen. The staff at this food hall know everything about our local raw ingredients the best way to prepare them. Buy meat, fish, cheese and why not their own sausages. You can also have a seat and enjoy some delicious food here.

**TELOGOTT**
A bit further north along the pedestrian street is the best-smelling shop in the city. Floor to ceiling shelves are packed with chocolate, hand-made pralines, salty and sweet liquorice and of course, their own-roasted coffee.

**TE-CENTRALEN**
We go onwards to Stärntorget Square and turn up to Te-Centralen. You’ll find tea from the four 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 cozy, 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.

**BIG LAKE COFFEE**
We end the tour at Big Lake Coffee, Specialty Coffee Bar, Artisan Roastery and Coffee Boutique. Here is also coffee courses, tastings and group activities on offer.

Emelie Strand

This is just a small selection of Östersund’s many boutiques. At visitostersund.se you find more about shopping in Östersund.

www.visitostersund.se
But what is it that makes Östersund such a Mecca for small-scale food craftsmanship and creative cooking art? We would say close proximity to pure nature, the hearty local raw ingredients, the rich cultural heritage and not least, so many food enthusiasts. Wherever you may be in the city, it’s easy to enjoy the local gastronomy. You can really feel how proud our restaurants are to use and prepare the fantastic ingredients that our region has to offer.

Jazzköket is the gastronomic star of the city. The food here is innovative and the raw 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. 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, but the vegetarian dishes are something extra.

Hamngatan 12 serves nice fresh lunches, tapas and wine tastings while inspiring you with beautiful furnishing ideas. Across the street Norra Station is home to a coffee roastery and gallery Lux, for those wanting to imbibe some culture during lunch. Taste their homemade sausage here and you will forever change your view of the simple sausage.

At Republiken Bar & Kök you can try everything from wood grouse to jättenlandic char and moose carpaccio. Restaurang och Vineria 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 with young children. Marité offers good food overlooking the harbour and the Lake Storsjön.

Café Jakstugan focuses on high quality and a wealth of flavors, and you’ll find good gluten-free, sugar-free and milk-free options here. 2Inspire also has a snack menu that will truly please the raw-food lover. Nummer ETT is a gem of a place for brunch all day. Classic pub menu is served at Sir Winston and Dalwhinnie. M/S Thomée takes you to Verkön Island with their small castle and summer menu. At Norderön, in the middle of Lake Storsjön, you find Tivars farm dairy and restaurant with magnificent views of the Oviksfjället mountains.

More on restaurants and food on visitostersund.se

Tina Stafrén
Jamtli offers an exciting journey through the history of Jämtland and Härjedalen. Here you will discover stimulating milieux and enjoy being part of history.

**Jamtli Historyland**
During summer, the open air museum comes alive as actors and animals move into farms and other historical areas. A few steps take you between the 18th, 19th and 20th century and role-playing is used to show how people lived. Choose to experience the poor meagre times of the 1700s, or the city in 1895 with its store and market square. Take a ride on a bus from 1920 or stop off and buy something at the petrol station that takes you back to the 1950s. Don't miss the typical 1975 brick house complete with avocado green kitchen and teenager's room with a tin can collection.

**Jamtli Museum**
Those who are brave at heart will start the tour sliding down through the stomach of the Great Lake Monster, land in the permanent exhibitions and learn more about the Sami people and the Viking Age or see how men and women built the country. The museums most interesting artefact is undoubtedly Överhogdalsbonaderna – Europe's oldest pictorial tapestries. Woven textiles containing motives and symbols from both the Norse mythology and the entry of Christianity.

**Jamtli National Museum**
Jamtli National Museum was inaugurated two years ago and is a new arena for art and design experiences in Östersund. 18 June 2020 til April 2021 the exhibition "18th Century Art Sweden and Europe" is on display with artists such as Alexander Roslin, Johan Tobias Sergel Carl Hårleman, Louis Jean Desprez, Angelika Kaufmann, Carl August Ehrensvärd, Pehr Hillerström, Elias Martin and Carl Fredrik von Beda.

Opening hours and prices at jamtli.com
Free entrance for children under 18 years old if accompanied by an adult.
GET OUT ON THE WATER

Experiencing lakes and watercourses with a paddle in your hand brings a special closeness to water and nature. A sense of freedom and simplicity that can be both soothing, and somewhat strenuous when the wind blows in the “wrong” direction. And for those preferring to have someone else doing “the job” there are more possibilities to get out on the water.

BY SUP
Stand Up paddling is the new trendsport, a fun and relaxing activity that allows you to explore the shorelines of lake Storsjön. A perfect combination of water sport and nature experience. You use a steady surf board to stand on and use the paddle like a broomstick with both hands on the shaft. SUP rentals at Surfbukten or Kungsgården.

BY CANOE / KAYAK
Around Östersund there is a diversity of lakes and watercourses that are just perfect for paddling. From a try-out trip to being out for several days with accommodation. Remember that winds can suddenly whip up so adapt the trip based on your skills, the waves and the wind direction and always use a life jacket.

Lake Storsjön. The fact that Östersund is located next to the 5th largest lake in Sweden means that there are wonderful opportunities directly on our doorstep. Gliding along the mirror-like surface of Lake Storsjön on a still summer evening, with the snow-capped mountains in view is unbeatable. For those who are fit and familiar with paddling, a tour around Frösön island (some 30 km) might be an exciting challenge. A tour around Andersön island (just over 10 km) offers wonderful views of the mountains, Vallsundet sound and Frösön. Another fine tour starts from the city, follows along the shoreline of Frösön, passes through Vallsundet sound and then continues into the bay between Frösön and Bynäset. There are lovely beaches for a well-deserved break. In Storsjön kayaks can be rented at Surfbukten or at Tivars on Norderön.

Flowing waters. Indalsälven, Långan and Härkan that are all rivers to the north of Östersund offering a wide variety of paddling experiences, from simple day trips to tours of several days with accommodation. There are also plenty of good opportunities to combine paddling with fishing, for example for brown trout and grayling. For beginners wanting to try out a day trip, a tour to Blåberget of 8 km one way easily upstream, is one of the recommendations. Another option for a day trip is paddling downstream along Indalsälven. There are pretty islands along the northern shore of the river that are suitable for a break. At Lits camping and canoe rental centre they have compiled a range of different tour options along three watercourses. Whether you are a beginner or advanced, want to be out for half a day or a whole week, there is something for you.

ABOARD A BOAT
M/S Thomée. M/S Thomée operates Storsjön’s water with frequent trips to Verkön and the castle restaurant. The voyage takes about 1.5 hours. Food and drink are also served on board.

Sjöexpressen. From Norderön you can take the Sjöexpressen to Verkön. You can also take your own boat and add it to the marina below the castle. Verkö Castle is a paradise nestled in lush greenery and with Storsjön’s most generous and welcoming summer terrace.

Rib boat SuperTornado. Expect wind in your hair – The Rib boat SuperTornado takes only 20 minutes from Östersund harbor to Verkön. Passengers are equipped with float overalls, life jackets and googles.

BY SUP
Stand Up paddling is the new trendsport, a fun and relaxing activity that allows you to explore the shorelines of lake Storsjön. A perfect combination of water sport and nature experience. You use a steady surf board to stand on and use the paddle like a broomstick with both hands on the shaft. SUP rentals at Surfbukten or Kungsgården.

BY CANOE / KAYAK
Around Östersund there is a diversity of lakes and watercourses that are just perfect for paddling. From a try-out trip to being out for several days with accommodation. Remember that winds can suddenly whip up so adapt the trip based on your skills, the waves and the wind direction and always use a life jacket.

Lake Storsjön. The fact that Östersund is located next to the 5th largest lake in Sweden means that there are wonderful opportunities directly on our doorstep. Gliding along the mirror-like surface of Lake Storsjön on a still summer evening, with the snow-capped mountains in view is unbeatable. For those who are fit and familiar with paddling, a tour around Frösön island (some 30 km) might be an exciting challenge. A tour around Andersön island (just over 10 km) offers wonderful views of the mountains, Vallsundet sound and Frösön. Another fine tour starts from the city, follows along the shoreline of Frösön, passes through Vallsundet sound and then continues into the bay between Frösön and Bynäset. There are lovely beaches for a well-deserved break. In Storsjön kayaks can be rented at Surfbukten or at Tivars on Norderön.

Flowing waters. Indalsälven, Långan and Härkan that are all rivers to the north of Östersund offering a wide variety of paddling experiences, from simple day trips to tours of several days with accommodation. There are also plenty of good opportunities to combine paddling with fishing, for example for brown trout and grayling. For beginners wanting to try out a day trip, a tour to Blåberget of 8 km one way easily upstream, is one of the recommendations. Another option for a day trip is paddling downstream along Indalsälven. There are pretty islands along the northern shore of the river that are suitable for a break. At Lits camping and canoe rental centre they have compiled a range of different tour options along three watercourses. Whether you are a beginner or advanced, want to be out for half a day or a whole week, there is something for you.

ABOARD A BOAT
M/S Thomée. M/S Thomée operates Storsjön’s water with frequent trips to Verkön and the castle restaurant. The voyage takes about 1.5 hours. Food and drink are also served on board.

Sjöexpressen. From Norderön you can take the Sjöexpressen to Verkön. You can also take your own boat and add it to the marina below the castle. Verkö Castle is a paradise nestled in lush greenery and with Storsjön’s most generous and welcoming summer terrace.

Rib boat SuperTornado. Expect wind in your hair – The Rib boat SuperTornado takes only 20 minutes from Östersund harbor to Verkön. Passengers are equipped with float overalls, life jackets and googles.

Text: Lars Häreblad
A FAMILY SUMMER

Summer holidays - the perfect time to relax with the family. There are plenty of activities to enjoy in Östersund – here are some suggestions. Find out more about opening hours and prices on our web.

Pump track and skateboard
At Frösön, next to Surf Bukten and the outdoor gym, you find a popular pump track where the kids train their technique on bikes, kicks or skateboards, busy with riders all day long. On the city side of the bridge, there is a skatepark with manual pads and rails and also a newly opened skate hall.
At Brunflo Bike Park, 15 km south of Östersund you find mountainbike cycling with drops, waves and curves – the perfect training environment for the whole family and on Frösön there are plenty of mountainbike XC tracks. Don’t forget your helmet!

Travel in time at Jamtli
Jamtli Historieland is an open-air museum with children’s activities, time travel and historical exhibitions. Jamtli offers an exciting journey through the history of Jämtland and Härjedalen and you will enjoy being part of history. The children can also try their skills at the art studio at the National Museum Jamtli. jamtli.com

Tame elks at Moose Garden
Meet the king of the forest and the Jämtland heraldic animal in an unusual and close encounter. At Moose Garden you make the acquaintance of tame elks and roe deer. On the guided tour you get to pat the moose and learn facts about their life. moosegarden.com
Frösö Fun Park
Activity hall with inflatable obstacle courses, trampolines, bouncy castles, pedal cars, floor ball, table tennis and much more.
frosoparkarena.se

Multi Challenge – adventure house
A house full of activities and challenges. Try out go karting, the laser dome, the climbing walls, the play land or enter the world of Boda Borg, where you solve tasks as a group and collect stamps on quests.
multichallenge.se

Storsjöbadet – adventure pools
Storsjöbadet has something for everyone! The kids’ area has wonderfully warm water for the littlies, there are cool slides and diving boards for teenagers and a relaxation area for the adults. Also, large outdoor section with pools and play area.
storsjobadet.se

Djungelhuset – play land
Djungelhuset is a dream for young children. A giant indoor playland with everything from bouncy castles, slides, tunnels and pinball games.
djungelhuset.se

Surfbukten
Lean back and enjoy life from a hammock or sun lounger, try wakeboarding along a cable in the bay, play beach volleyball, balance on a slackline, go longboarding, bathe from the jetty or drink a delicious espresso in the cafe.
surfbukten.se

Locknekratern Meteorite centre
Created around the meteorite impact that took place in Ångsta 455 million years ago. Mini-cosmonova, exhibitions and educational activities for kids.
locknekratern.se

Strike
Bring the family bowling at Bowlinghallen Östersund.
bowlinghallenostersund.se

High speed
Strap into a go kart and enjoy the thrill of speed. Just outside Östersund you find Östersund Motor Stadium and the one kilometre long outdoor go kart track full of twists, turns and inclines.
ostenstkart.se

Climbing
If you’re into climbing, the newly opened indoor climbing hall is a must. Top rope climbing, bouldering, childrens area, book an instructor, courses, cafe and shop.
ostersundsklattercenter.se

Playgrounds
Badhusparken, down by the lake Storsjön offers a playground and café. You can also play croquet, outdoor chess and mini golf on the premises. Björkbackaparken has large play ground for youngsters, a café, boule facilities, outdoor tennis courts and an outdoor padel court.
GET ACTIVE

Östersund is a real multi-sport city when it comes to outdoor activities. Read more on for example kayaking, biking and swimming on following sides or visit visitostersund.se for extended information.

Outdoor gyms and pump track

There are several outdoor gyms in and around Östersund. Often near a park, the gyms are open to the public and free of charge. Some of the most popular ones are: Next to Surfbukten, at Jamtli, at Frösö Park and at Remonthagen. Next to the outdoor gym in Surfbukten there is also a kid’s pump track for bikes and kick bikes.

Outdoor Yoga

Make most of the summer, bring a mat and go with the flow. On our website we list pop up sessions regularly.

Terrain running and hiking

Running is a fantastic way to discover a new city. Frösöberget around is a classic, 8 km asphalt with magnificent views over Östersund, the lake and the mountains. Andersön, outside of Östersund, has beautiful paths in the forest along the lakeside. 11.5 km all the way around, families appreciate the 2.1 km trail. Bynäset around is also a popular trail, 7 km following the waters. At Östersund Ski stadium the blue/white marked trail, 4.5 km, is hilly and technical.

Climbing

Drop by or book an instructor at Östersund’s new indoor climbing centre. Rope climbing and bouldering, courses and workshops. For outdoor climbing we recommend Frösöberget or Stuguberget.

Golf

Several golf courses are within easy reach of the city. Frösö golf course, with amazing views over the mountain area, has 18 holes, an adventure course for kids and a 9-hole pay & play. Storsjöbygden’s golf course, 20 km to the southwest, has an 18-hole course in a scenic, gently hilly and forested terrain. Take the free ferry out to Norderön Golf course. There is an 18-hole pay & play and plenty of activities such as boule, frisbee golf, bicycles and kayaks for hire. www.sbgk.nu | www.ofg.nu | www.spela-golf.nu

Padel

Best described as a racket sport that combines the elements of tennis, squash and badminton – Padel has taken Östersund by storm. Pre-book ing is necessary. At Frösön (opposite Frösö Park Hotel) and in Lugnvik Industrial Area there are indoor courts. Next to Östersund Tennis Club you also find an outdoor court.

Terrain running and hiking

Running is a fantastic way to discover a new city. Frösöberget around is a classic, 8 km asphalt with magnificent views over Östersund, the lake and the mountains. Andersön, outside of Östersund, has beautiful paths in the forest along the lakeside. 11.5 km all the way around, families appreciate the 2.1 km trail. Bynäset around is also a popular trail, 7 km following the waters. At Östersund Ski stadium the blue/white marked trail, 4.5 km, is hilly and technical.

Climbing

Drop by or book an instructor at Östersund’s new indoor climbing centre. Rope climbing and bouldering, courses and workshops. For outdoor climbing we recommend Frösöberget or Stuguberget.

Golf

Several golf courses are within easy reach of the city. Frösö golf course, with amazing views over the mountain area, has 18 holes, an adventure course for kids and a 9-hole pay & play. Storsjöbygden’s golf course, 20 km to the southwest, has an 18-hole course in a scenic, gently hilly and forested terrain. Take the free ferry out to Norderön Golf course. There is an 18-hole pay & play and plenty of activities such as boule, frisbee golf, bicycles and kayaks for hire. www.sbgk.nu | www.ofg.nu | www.spela-golf.nu

Read more on for example kayaking, biking and swimming at visitostersund.se
ÖSTERSUND
A CITY OF CYCLING

There’s something here to suit everybody. Plenty of trails of all kinds. From the city centre you can see Östberget, a trove of fantastic downhill and Enduro biking. In Badhusparken, adults and children alike enjoy the pumptrack, while the country roads invite you to a wide range of lovely cycling.

Read more about cycling on visitostersund.se

Downhill and Enduro at Östberget
If you’re an adrenaline and downhill junkie, Östberget is a treasure trove of trails of all manner of difficulty and character. From the top of Gustavsbergsbacken and Ladängen hills there are trails of various difficulties. In June and August you reach the top by lift two nights a week, otherwise via the asphalt road towards the viewing tower. Östberget is an Enduro Sweden arena and the tracks are highly rated.

Road biking
The road cyclist has many miles to cover on the roads surrounding Östersund. There are plenty of roads and fairly sparse traffic if you choose stretches away from the large motorways. The Brunfloven circuit is a classic route. It is around 40 km long, and if you do it on Sweden’s national day, 6 June, you will also be part of the classic, traditional Jämthjulingen race.

If you prefer a calmer tempo and want to pack a snack in your bicycle basket, cycle out from Östersund to Andersön nature reserve. The island has barbecue areas and places for swimming on a hot summer day. From central Östersund, Andersön is around 15 km one way.

Cross-country biking in Fugelsta
Just outside Östersund in a part of the forest above Marieby church, enthusiasts have dug and built trails over many years that blend in beautifully with nature. There’s something for everybody here, young and old, even if some of the trails are more technically challenging. No steep downhills, just fine flow trails and pure cycling joy. Some of the trails have sloped bends and some hand-made jumps to test out. And there’s also a pumptrack at the edge of the forest.

All the trails are in the Trailforks app, and the classic circuit that includes the finest trails is superb.

Things to keep in mind:
Much of the trail cycling in Östersund is not signposted. But many of the trails and areas that are popular with Östersund’s cyclists are marked clearly in the Trailforks app.

The Right of Public Access applies to forest trails. Remember to be considerate to others you meet in the forest. Be kind to nature and avoid cycling in sensitive areas.

A helmet is a must, whether you are biking downhill, country roads, trails or have packed a picnic basket. Take an extra inner tube, mini-pump and multi-tool so that you can take care of minor repairs. Bikes are for rent at Lagg & Hoj at Frösön and Stortorget main square.

Helena Enqvist
Right in the city centre you’ll find Surfbukten, with a diving tower and a number of jetties. You can try water-skiing or wakeboarding pulled along by a power-operated cable, play beach volleyball, go slacklining or just chill out in a hammock and soak in the atmosphere.

On Frösön at Bynäset, you’ll find a long shallow bay for bathing, with a stony beach and stunning views of the mountains. The area has some simple services such as an outside toilet, a small kiosk and a barbecue area.

The island of Andersön is a popular destination. It is a nature reserve located 15 km from Östersund. Along its beautiful stony beaches there are many cosy, long shallow bays where you can enjoy a swim with a view of the mountains, and there are also trails for walking or jogging.

15 km from the city at Lits campsite the Indalsälven river flows lazily along. There is a lovely sandy beach at “Älvlagunen” (River lagoon), beach volleyball and fantastic fishing. You are welcome to swim there, even if you are not staying on the camp site.

At Hara pier, people go swimming from the old Steamboat pier. There is a popular summer café that is run by the local villagers, and it always has home-baked on the menu.

Storsjöbadet adventure pools is fun whatever the weather. It has several outside pools, large green areas, a beach volleyball pitch and a large playground. Inside, there is an adventure pool with three water slides, a climbing wall and bubble pools. And the very youngest get their own pool with water slides and a fountain. If you prefer a bit more peace and quiet, then pop into the spa for an authentic Aufguss sauna experience.

If you’re looking for real relaxation, or want to give yourself an extra special treat, then don’t miss a visit to Frösö Park Spa between your pool and sauna adventures.
For thousands of years the island of Frösön has been a meeting place. The Vikings came here, and so did the hunting people before them. You too are welcome here to experience adventures, sample the cultural history and enjoy the breathtaking views of Lake Storsjön and the mountains of Oviksfjällen and Åreskutan. Here are a few ways to discover Frösön.

Frösö Church
The 12th century church was built on the site of an ancient pagan place of sacrifice. Listen to the knowledgeable guides and enjoy the views. Music concerts during summer.

Sommarhagen Music Museum
The home of composer and music critic Wilhelm Peterson-Berger is one of Sweden’s most interesting design artefacts. The audio guides provide information about P-B’s eventful life and his music.

The Rune Stone
Sweden’s northernmost rune stone. The inscriptions carved in the 1050’s states that Östman, Gudfast’s son, erected a bridge across the sound and brought Christianity to Jämtland.

Bynäset
Bynäset offers nice trails for running, walking or cycling along the 7 km route. At Västbyviken you find one of Östersunds most popular beaches with barbecue facilities and a kiosk.

Frösö Golf course
with magnificent view over Lake Storsjön and the mountains. 18 holes, 9 holes Pay- and Play course and driving range.

Frösötornet view tower
From the viewing tower at Frösön, situated 468 m above sea level, you can see all the way to Norway. There are also popular walking tracks and a White Guide recommended café here serving raw food sweets.

Biking and hiking
Frösön is popular among mountainbikers and there are plenty of trails. “Frösön around” is one of the most frequented, ca 30 km with a mix of trail that takes you through the forests and over fields as well as along gravelled paths.

Frösö Park SPA
Frösö Park Spa is an inviting 1200 sq.m oasis for everyone who wants to relax. Choose from four different types of sauna, indoor and outdoor pools and spa treatments.

Padel and outdoor gym
At Frösö Park you find two indoor Padel courses. There is also an outdoor gym and an obstacle course. Another outdoor gym on Frösön is situated at Surfbukten.

Eat well!
There are plenty of cafés and restaurants at Frösön so there is no need to go hungry. Try the typical “Frösö kisses” at Tages Bakery, homemade cookies and buns at Stocke Titt. Have a brunch at Frösö Park Hotel or an espresso at Surfbukten.
FABULOUS FISHING
RIGHT AROUND THE CORNER

Catch game fish in the city? Really? Of course. In Östersund, if you use the right fishing technique you can catch grayling in Badhusparken park in the very centre of the city. Or from the shores of Frösön. And it is not really that difficult.

Through bottom fishing with bait or fly casting with a float you can land your own fish for lunch or dinner. Fishing with a rod is free on Lake Storsjön, no permits are needed. If you prefer to fish in more solitude, the beaches along Bynäset or the north side of Frösön also provide interesting fishing for grayling. And the views of the mountains and Åreskutan peak are amazing from here. If you are really in luck, you might even catch a brown trout.

Family fishing
In the Lillsjön nature area just 10 minutes from the centre, there is an easily accessible and free family fishing area for perch, pike and stocked rainbow trout. And if you fancy fishing from a boat on a lake, try Lake Ösjön by the village of Lillsjöhögen just some 20 km away. Rental boats, trout and arctic char await the eager fisher. The fishing there is best in early summer.

Stream fishing
For those who like to fish in running waters, there are plenty of options. The Långan and Hårkan rivers run into the Indalsälven river at Lit, just 20 km or so to the north of Östersund. Both have lovely streams with good populations of grayling and trout. Fishing in rivers requires a little more skill. You need to be able to manage a fishing rod with a spinner or a fly cast. Fishing works best with a fly-fishing rod and a nymph or dry fly on the line. The fact that many fishing specialists travel a long way for the wilderness river fishing is a testimony to the quality of the fishing. No need to worry about any crowds, for sure. You can easily find your very own piece of water here.

So what are you waiting for? There is something for everybody. Get out and test your luck at fishing. You’ll find it just around the corner.

Ingemar Näslund

Read more about fishing in Östersund on visitostersund.se
**Tysjöarna**

Tysjöarna nature reserve is located just north of Östersund. Its shallow lakes are a haven for ducks, wading birds, cranes and swans. It’s a lovely 10 km walk around the lakes with a wind shelter and a barbecue area right next to Stora Blekekällan spring. For a more “exciting” walk, one suggestion is to start from the southern entrance at Tysjövägen road in Lugnvik. The northern entrance has a more even pathway making the area accessible with prams, wheelchairs and walkers.

**Ändsjön**

The forest surrounding Lake Ändsjön on Frösön offers a lovely forest walk. The shallow lake is a perfect resting place for many of our ducks and wading birds, and there is a bird-watching tower by the lake for bird-spotting. Take your binoculars along and see if you can spot a black-necked grebe, grey heron or coot.

The chalky soil around the lake also creates the perfect environment for orchids. Frösön has rich animal wildlife so don’t be surprised if you happen upon moose, deer or beaver during your walk around the lake.

**Andersön**

Andersön island's nature reserve is a popular destination located around 20 minutes by car from the centre of Östersund. From the western side visitors get a fantastic view of Lake Storsjön and Åreskutan mountain. Follow the shoreline northwards and walk all the way round the island. It is a couple of hours’ walk that is easy to begin with but becomes slightly hillier on the northern side. Enjoy the ancient forest that has stood for hundreds of years, the gnarly, wind-beaten pine trees and wonderful rocks where you can lie and sunbathe.

**Vikekärret marsh on Rödön**

A unique place for all orchid fanatics! This is where to come from June onwards to see all the fantastic orchids that bloom in the chalky soils of the area. Some years, the place is covered with lady’s slipper orchids. In addition to the lady’s slipper, you can also find fly orchids, early marsh orchids and bird’s-eye primroses. The area is easily accessible, a couple of hundred metres’ walk through the forest from the car. Search for Acksjön on Google Maps for directions.

**Per Danielsson**

Wonderful experiences in nature are never far away from Östersund. Pack a snack, put on a good pair of walking shoes, and get on out there!
ARTY EXPERIENCES

A pleasant way to pass the time? A way to awaken creativity? Provocation? We all relate to art differently. Aren't we lucky that art is flourishing in Östersund?

Örjan Noring
A son of Jämtland from Hackås who captured the everyday melancholy of life and the authentic Norrland in both colour and expression. He is considered one of the foremost Jamtland artists of the 1900s who had great significance for landscape painting. 8 July – 13 Sept. jamtli.com

18th century – Sweden and Europe
A century of difficulties and hardship, but also a century marked by a growing belief in science, optimism for the future and utilitarian thinking. This new exhibition at Nationalmuseum Jamtli focuses on the relations between Sweden and the rest of Europe during the 18th century in the field of visual arts and applied arts. War, diplomacy, trade and the birth of rococo are just some of the themes addressed in the works shown. Portraits, landscapes, everyday interior pictures, and also unique sketches and drawings that have never before been exhibited are among the 180 works from the Nationalmuseum’s collections. 18 June 2020 – 11 April 2021. jamtli.com

Galleri Lux
Paintings, graphics, clay, bee wax and a mix of techniques. Don’t miss a visit to Galleri Lux located in the lovely premises of Norra Station, for a multi-art experience. The exhibition “En i sänder utan brådska” (One at a time, no hurry) highlights the artistry of three female artists; Ewa Carlsson, Kristina Wrang and Kersti Grönlund. 23 May until the end of July. lux.nu/carlsson-wrang-gronlund/

Food
Plant-based, meat or insect burgers. Jamtli’s “MAT” (FOOD) exhibition takes you on a food-focused journey through time, looking at our relationship to food, from hunting and fishing a thousand years ago to today’s trends when food is no longer about survival. Until 21 Feb 2021. jamtli.com

A photographic walking tour
“Music is the forest I want to get lost in” is an interactive photographic and musical experience in which the visitor sets their own pace. Take a walk through Östersund and look out for the 24 photos placed in different display windows around the city. The exhibition is a selection of concert photos by the photographer Katarina Norström. If you have a QR reader on your phone, you can listen to the songs simultaneously on Spotify. Start at Mittpunkten shopping centre or Svenssons ramar, for example, and then follow the descriptions of the exhibition tour placed next to each picture.

Nya ljusår och Ögonblick
An exhibition by two photographers – one news photographer who captures the details of daily life and an astrophotographer who specialises in nature’s magic of the night. Jan Andersson and Göran Strand held an exhibition together a few years ago. This year’s exhibition “New light years and moments” once again portrays Jämtland both geographically and at all hours of the day. 15 March – 16 Aug. jamtli.com

More exhibitions on visitostersund.se

Janna Thalén

Music is the forest I want to get lost in, Katarina Norström

Madame Deshagnes 1753, Alexander Roslin. Nationalmuseum

Örjan Noring

Janna Thalén
A WALK AROUND THE HOUSES OF ÖSTERSUND

Here is a suggestion for a walk through the streets of central Östersund.

Scan the QR-code below, or pick up a map at Visit Östersund Tourist Center.

The town of Östersund was founded in 1786 by King Gustav III for military and commercial reasons. To hasten the growth of the population those who moved into the new town were given different benefits, such as freedom of tax for the first 20 years.

HOUSES WITH HISTORY

The Old School
The upper secondary school opened in Östersund in 1849, 60 years after the town was founded. The inscription above the door “Sapienta Duce”, means “with wisdom as our guiding star”. Today, the Tourist Center is just one of the many functions operating in the building.

Ahlbergshallen - The Town Museum
This building from 1912 housed the first library in town. The Old Östersund Association maintains here a valuable collection of old objects and photographs from Östersund, showing the historical development of the town. Anyone who is interested in the city’s history is welcome to visit.

The Town Hall
The Town Hall was inaugurated in 1912, conducted in national romantic style by Frans B. Wallberg. When Östersund celebrated its 200th anniversary a bell ringing system was installed that now plays three times a day. Today, the Town Hall contains offices for Östersund municipality.

The Old Church
Opened in 1846, the Old Church served the town’s then 450 inhabitants. The church is made of timber and the walls were plastered to resemble a stone church – something the inhabitants could not afford. The parishioners themselves were obliged to work on the building of the church.

Sparbankshuset - Swedbank
In the corner of the main square is a building, erected in 1914-1915. Jämtlands Läns Sparbank, founded in 1847 moved into this building after completion and remain so to this day.

Buntmakaren – Storgatan 19
Storgatan is one of Sweden’s best preserved 1880s environments. As an example, we have the Buntmakaren built in the 1840s at the lower corner of the main square. The trader Robert Fresk ran his business here. Together with this street house and most other houses on Storgatan, they form a typical cityscape for the 1880s Östersund.

Smithens gård- Storgatan 23
In the backyard there is a loft house from the 1880s which was moved to the city by Diderik Cappelen-Smith from Norway. In the house he had his colonial and wine trade. In 1887 DC Smith died and his widow Wendela took over the store and she kept it until she was over 90 years old. During this time one of the city’s finest pastry shops, owned by Maria Helin, also traded in this building. Maria also started an amusement park at Frösön and she was involved in trying to catch the Great Lake Monster.

The Old Theatre
The Old Theatre was built in 1884 and was at that time the largest wooden building in Sweden, used by the good templars. Today it houses a hotel and a restaurant. The theatre character has however been preserved and performances are still given.

Magasinet - Hamngatan 12
The restaurant Hamngatan 12 is located in an old building from the 19th century. Here you have the opportunity to sit down in a unique environment and enjoy a lunch or coffee. If you take a liking to one of the chairs here, you can buy it.
EVENTS IN ÖSTERSUND

In Östersund we are proud of several recurring, small and large, fantastic events. Everything from children’s theater from a smaller stage to Storsjöyran with tens of thousands of visitors. This summer requires creative solutions and lots of flexibility. Everything to try to offer events based on the restrictions that are in place.

**The Eat Art Festival, June 1-14**
A cross-cultural food festival with activities for the whole family chooses to change the concept and digitize the program.

**The viking drama Arnljot**
Will be broadcasted so visitors can see the Viking drama digitally July 3-5.

**St Olavsloppet**
Race relay between Östersund and Trondheim makes a virtual relay between June 22-27, where the participants run the same lengths as in the physical race. The stretches can be performed anywhere, the important thing is that the length of the respective stretch is as long as in the physical race.

**Waiting for Godot**
In the old soldier’s cinema at Frösö Park, Samuel Beckett’s Waiting for Godot will be played for a smaller audience of 45 people at a time. The audience will experience a poetic, dreamlike and absurd theater of man’s pursuit of life’s meaning. Godot will be played July 1-3, July 8-10 and July 15-17.

**Let Live Live**
An initiative of Jubel to support live performances during Covid-19. Let Live Live therefore travels the country to support local organizers, actors and artists and will make a stop in Östersund August 8.

**After the summer**
Dates have been set for several events that could not be carried out during the spring and summer. For example, Molly Sandén September 22, the Flamingo Quintet, the dance band’s Rolling Stones October 1. Petter had just begun his tour before it was paused, but is now planning to visit Östersund on October 27 and 28. Pernilla Wahlgren October 30, Jonas Gardell December 10 and we also hope to welcome you to Jamtli Julmarknad December 4-6 and World Cup Biathlon December 3-6.

To follow all events and any changes check out the calendar: visitostersund.se/evenemang
ACTIVITIES

You will find that Östersund has plenty to offer during your stay with us. Don’t miss out on Nationalmuseum Jamtli and a tour with M/S Thomée on Lake Storsjön. Moose Garden and Wild Jämtland offers unique and genuine experiences with wild animals. If you would like to stay indoors perhaps a visit to Multi Challenge adventure house or the new open Climbing Center will be suitable.

Jamtli
A museum you never seen before – at Jamtli there is always something to see and do. During the summer, the open air museum comes alive as actors and animals move into farms and other historical areas. Throughout the year you can visit permanent and temporary exhibitions and the National museum Jamtli which is an arena for art and design experiences from the Nationalmuseum’s collections.
Price: 20 Juni–16 August SEK 290. At other times adults SEK 120.
Info: Tel +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 as well as a gym. Outdoor area with a 50 m heated pool, a splash pool for children and space for sunbathing. Café. Free parking.
Open: See website.
Price: See website.
Info: Kronviksvägen 95, Östersund | Tel +46 63-14 31 79 | storsjobadet.se

Multi Challenge – Amusement centre
One of Sweden’s largest amusement centres full of activities such as Boda Borg questing, indoor go-karting, laser tag, mini-golf, Play kingdom, climbing walls, billiards and more. The wide selection and extensive experience makes it a perfect choice for all kinds of groups, such as friends, families, companies and stag parties.
Expansion – The centre is currently being expanded to include a restaurant with a unique concept, where bowling and Shuffleboard will also be on the menu.
Price: We always have FREE entrance. Separate prices for the activities.
Info: Tjalamargatan 1, Östersund | Tel +46 63-14 05 40 | multichallenge.se

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: Stockevägen 46, Frösö Park | Lugnvik: Ställverksvägen 1
Tel +46 70-539 83 11, +46 70-539 83 12
pdlcenter.se | FB: PDL Center Östersund

Locknekratern Meteoritcenter
Some 458 million years ago, the unique twin asteroids struck the Earth. Come to Ångsta, 25 km to the south of Östersund, to find out more. Lockne crater and meteorite centre. Mini Cosmonova, exhibition and café.
Price: Adults SEK 100, Students & 65+ SEK 60, children under 12 free entrance.
Info: locknekratern.se | FB: Locknekratern

Moose Garden – Meet the king of the forest
Meet the king of the forest and the Jämtland heraldic animal in an unusual and close encounter. Joining one of our tours is a unique experience. You get to pat the moose and learn facts about their life. Stay the night in one of our cabins. Café and souvenir shop.
Open: 27th of June to 9th of August, see website for dates and times.
No pre booking needed.
Price: See website
Info: moosegarden.com | FB: MooseGardenSweden | Instagram: Moosegardenorrviken

Norderöns Golf Course
The family friendly golf course with more then just golf. Norderöns Golf Club is located on an island in the Great Lake Storsjön. Enjoy the free journey with the ferry out to Norderö island and you will find the 18-hole pay & play and plenty of activities such as boules, frisbee golf and bicycles and kayaks for hire.
Open: Monday–Sunday during summer
Info: Tel +46 70-644 00 56 | www.norderonsgk.se

Wild Jämtland
Wild Jämtland offers a genuine and different nature experience. Watch bear and other wildlife from our cozy, safe and comfortable hideouts near Landön, 60 kilometres from Östersund. Summer 2018 was a success with 217 bear observations, 94% of our guests saw a bear! Do not miss the chance of an experience you’ll never forget, book a hideout night already now for the coming season. One of our three hideouts is suitable for guests with disabilities. The nearby wildlife baiting areas comply with the County Administrative Board of Jämtland’s regulations. Welcome!
Open: May–July 2020
Price: From SEK 1500 pp / night.
Info: wildjamtland.se | Tel +46 70-523 29 89 Roger | FB: wildjamtland
**Lits Camping & Kanot**
Lits Camping & Kanot 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

**Bowling alley**
We have well-maintained bowling lanes, a game simulator, good food and drinks, all topped up with helpful staff.
We offer complete packages for all your celebrations (including companies) with food and entertainment for old and young alike. Come for the daily lunch, à la carte, a buffet or just a light snack and combine it with a league game. Welcome!

Open/Price: Check our website or Facebook page for current prices and hours: bowlinghallenostersund.se | FB: ostersundbowlinghall
Info: Bangårdsgatan 2 | Tel +46 63-51 21 27

**Sommarhagen villa**
Sommarhagen is located on Frösön with sweeping views of the forests, lakes and mountains. The building was built in 1914 by the Swedish composer, music critic and song-writer Wilhelm Peterson-Berger. The artist's home, which is now a museum, is a dream home from 1914, an original building in the national romantic style with elements of Jugend. Audio guides are available in Swedish, English and German.

Info: sommarhagen.com | Groups can book visits from May to September at +46 73-071 9919.

**Summer bathing in Winter park (Vinterparken)**
Visit the splendid new summer baths located in the famous Winter baths (Vinterbadet) in Badhusparken. Rent the entire place including a chill-out area, sauna, changing rooms and showers. Outdoors you’ll find sofa seating, dining tables, sun loungers, parasols and a drinks fridge. Go down the steps to the lovely Lake Storsjön and a swimming jetty. Can be rented for a maximum of three hours and for up to 15 people. Latest closing time is 10 pm. Our staff welcome you on location and close up afterwards.

Info: Tel +46 70-212 00 76 | Booking: vinterparken.se

**Lagg & Hoj bike rentals**
Explore our city by bike. Rent a bike online or contact us for guided tours. Visit our pop-up container on Stortorget square. We have electric cargo bikes, mountain bikes or electric bikes for steep hills. And children and adults can try our electric kick bikes. Why not try downhill biking? See Östersund municipality’s website for the lift opening hours.

Open/Price: lagghoj.se
Info: Tel +46 63-663 19 10 | Rental: Stortorget | Store: Hornsgatan 11 Frösön
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.
O’Learys Östersund
Plenty of sport, good food and activities for friends, families or colleagues.
Kyrkogatan 70, Östersund
+46 63-57 57 57 | olearys.se/ostersund

Restaurang Vineri Ripan
On the menu you will find starters, pasta, pizza, meat, desserts and a selection of Italian beers, wines and liqueurs.
Stortorget 4, Östersund
+46 63-554 20 00 | fjallripanrestaurang.se

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

Teaterträdgårn Gamla Teatern
Don’t miss Östersund’s best summer oasis. A combination of good food, drinks and DJ’s.
Thomegränd 20, Östersund
+46 63-51 16 00 | gamlateatern.se

Tivars Farm Diary and Restaurant
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

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
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 Lillänge you find the large shopping complexes and along Bangårdsgatan the second-hand shops are easy to find. Here are some local shopping tips!
Apoteket Kårnan
Body care and make up, vitamins and dietary supplements, prescriptions, drugstore.
Kårnangallerian, Pråstgatan 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.
Pråstgatan 38
+46 63-51 12 97 | burmansskor.se

Crafts shop with a large selection of locally produced glass, ceramics, textiles, leather, jewelry etc from local artisans.
Samuel perchman Gata 10
+46 63-13 90 00 | inglandet.se

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

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

Kårnan Galleria
Pråstgatan 45 | #kårnangalleria

Mittpunkten
20 stores under the same roof, own garage and generous opening hours.
Mittpunkten – One Stop Shopping!
Kyrkogatan 66 | mittpunkten.net

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 | regementugård

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, shop and gallery.
Hamm, Östersund
+46 63-13 36 30 | storsjohyttan.com

Svedberghs Guld
Buy a memory from Östersund. The Östersund jewelry - the snow heart is only available in our store. You can get the unique snow heart in gold or silver.
Pråstgatan 40, Östersund
+46 63-51 16 26 | svedberghsguld.se

Turkos Klinik & Butik
Swedens skin care treatment center of the year 2018! Turkos puts your wellbeing in focus with exclusive organic skin care treatments. Shop with skin care products, make up dietary supplements. Köpmangatan 34 | +46 63-12 23 13 turkos.se | Instagram: turkossweden

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

Kårnan Galleria
Pråstgatan 45 | #kårnangalleria

Mittpunkten
20 stores under the same roof, own garage and generous opening hours.
Mittpunkten – One Stop Shopping!
Kyrkogatan 66 | mittpunkten.net

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 | regementugård

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, shop and gallery.
Hamm, Östersund
+46 63-13 36 30 | storsjohyttan.com

Svedberghs Guld
Buy a memory from Östersund. The Östersund jewelry - the snow heart is only available in our store. You can get the unique snow heart in gold or silver.
Pråstgatan 40, Östersund
+46 63-51 16 26 | svedberghsguld.se

Turkos Klinik & Butik
Swedens skin care treatment center of the year 2018! Turkos puts your wellbeing in focus with exclusive organic skin care treatments. Shop with skin care products, make up dietary supplements. Köpmangatan 34 | +46 63-12 23 13 turkos.se | Instagram: turkossweden

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

Kårnan Galleria
Pråstgatan 45 | #kårnangalleria

Mittpunkten
20 stores under the same roof, own garage and generous opening hours.
Mittpunkten – One Stop Shopping!
Kyrkogatan 66 | mittpunkten.net

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 | regementugård

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, shop and gallery.
Hamm, Östersund
+46 63-13 36 30 | storsjohyttan.com

Svedberghs Guld
Buy a memory from Östersund. The Östersund jewelry - the snow heart is only available in our store. You can get the unique snow heart in gold or silver.
Pråstgatan 40, Östersund
+46 63-51 16 26 | svedberghsguld.se

Turkos Klinik & Butik
Swedens skin care treatment center of the year 2018! Turkos puts your wellbeing in focus with exclusive organic skin care treatments. Shop with skin care products, make up dietary supplements. Köpmangatan 34 | +46 63-12 23 13 turkos.se | Instagram: turkossweden

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

Kårnan Galleria
Pråstgatan 45 | #kårnangalleria

Mittpunkten
20 stores under the same roof, own garage and generous opening hours.
Mittpunkten – One Stop Shopping!
Kyrkogatan 66 | mittpunkten.net

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 | regementugård

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, shop and gallery.
Hamm, Östersund
+46 63-13 36 30 | storsjohyttan.com

Svedberghs Guld
Buy a memory from Östersund. The Östersund jewelry - the snow heart is only available in our store. You can get the unique snow heart in gold or silver.
Pråstgatan 40, Östersund
+46 63-51 16 26 | svedberghsguld.se

Turkos Klinik & Butik
Swedens skin care treatment center of the year 2018! Turkos puts your wellbeing in focus with exclusive organic skin care treatments. Shop with skin care products, make up dietary supplements. Köpmangatan 34 | +46 63-12 23 13 turkos.se | Instagram: turkossweden
Tryggt boende för dig 65+

Trygghetsboendet Stallmästaren


Välkommen till ett bättre boende!

Kontakta oss gärna för en privat visning:
www.ostersundshem.se/stallmastaren

MED RESERVATION FÖR ÄNDRINGAR