

# *Autumn in* **ÖSTERSUND**





# AUTUMN IN ÖSTERSUND

## Spa

Treat yourself to a relaxing and warming spa break. Let your body and mind relax. Swim outdoors under the stars, feel the heat from the different sauna experiences and be inspired by the Jämtland health tradition at **Frösö Park Spa**. At **Cloud Spa Hotel Östersund** you will be greeted by jacuzzis, dry saunas and outdoor pool with a view of beautiful Frösön. **Hotel Gamla Teatern** offers classic treatments, hot tubs, sauna and Turkish Hammam bath. Or why not treat yourself to a Hot Stone massage at **SPA Kliniken**.

## Art

Experience the **Nationalmuseum Jamtli's** exhibition *Ideal and Reality – Nordic nature*. The exhibition is about how the Nordic nature depicted in art and crafts from the 17th century onwards. **Lux**, at **Norra Station Café**, shows **Anna Widmark** and **Anna Fors**, "*Arvedelar*" 1-29 October – an exhibition about roots and legacy of those who have gone before, about reconciliation, settlement and about the love of Jämtland. At **Ahlbergshallen** in central Östersund and at **Härke konstcenter art center** on Frösön, exhibitions from artists and craftsmen will be shown all autumn.

## Shopping

Östersund offers good shopping. Here you stroll in the city center between alleys of small unique shops and pedestrian streets chains and galleries. Everything is here for a successful shopping trip and it's never far to a cup of coffee in the city's many cafes. During **Halloween in the City** on October 27, the shops are open until 8 PM, crammed with lots of good offers and discounts. The center will be decorated and there will be activities and happenings for all ages. At this year's "Local is the new black" on 25 November there is a chance to find bargains and at the same time support your local store.

## Food

Östersund is the only Swedish city designated by UNESCO as Creative City of Gastronomy, here it is easy to enjoy the local gastronomy. **Arctura** offers a large lunch buffet with a panoramic view at the ski stadium. **Sir Winston** at Stortorget serves lunches and à la carte with Swedish cuisine in focus. Near Stortorget lies **Republiken** with a focus on local seasonal ingredients. **Ripan** stands for Italian cuisine and **Grekiska Grill & Bar** offers traditional Greek dishes.

You can find more tips on restaurants at [visitostersund.se/en/restaurants-in-ostersund/](https://visitostersund.se/en/restaurants-in-ostersund/)





# WHAT'S ON

## Art week

1-9 October, Art Week with art exhibitions, open studios, workshops and art talks.

## Barley Brewers Fest

The beer festival for those who love craft beer. 7-8 October at Verket.

## The Quality Wine Fair

15 October, Gamla Teatern – wine tasting, learn more about grapes and wines.

## Sustainable Outdoor Östersund

15-16 October, Sustainable Outdoor Östersund takes place with an open-air flea market where visitors can try out different activities, eat food cooked over an open fire and attend interesting workshops.

## Boostersund

Boostersund 15-16 October, is a weekend for those who like to train. Listen to inspiring speakers, relax and fill up with energy and inspiration.

## Halloween in the City Centre

Thursday 27 October, Östersunds spookiest event takes place. The city centre will be decorated with a Halloween theme. Shops will be open for evening shopping. Activities for all ages.

## Östersunds Blues Festival

28-29 October, Östersund Blues Festival will be celebrating it's 20-year anniversary at Storsjöteatern. Extra events start 27 October at Clarion Hotel and Jazzköket.

## Jamtli Night

11 November, exciting events with magic & mystery both inside and outside at Jamtli. Meet ghostly figures, go on a spooky walk, and ride a merry-go-round. Drop in to see magic performances and join a creative workshop.

## Cross Country Skiing test weekend

12-13 November, ski exhibition at Östersunds Ski stadium. During the weekend, world leading brands are on site and you will be able to both try and buy the products.

## European Curling Championships

19-26 November, Östersund hosts the Le Gruyere AOP European Curling Championships at Östersund Arena, where 46 teams from all over Europe will be participating.

## Östersund Rockfest

25 November, Östersund Rock festival takes place at Folkets Hus with bands such as Evergrey, Clawfinger and Hardcore Superstar.

## Swedish dance band week

10 December, Folkets Hus will be filled to the tune of dance band music when Lasse Stefanz, Strepplers and Jannez, three of Sweden's most well-known dance bands invite you to dance.

## More events

This autumn Östersund will be visited by many artists in both music and theater. Concerts arranged by Jazz i Jemtland and Stuck On. In our sport arenas we will be following ÖIK who make their debut in Sweden's second tier hockey league. Also follow Jämtland Basket and Östersund Basket who play in Sweden's top league.

More information about the events, tips, inspiration and tickets can be found in the event calendar at [visitostersund.se/en/](https://www.visitostersund.se/en/)





# ACTIVITIES FOR KIDS

Have fun with the kids during the autumn holidays! Here we have collected some tips on fun things to do.

## Storsjöbadet

Bring the family or friends and compete in the water slides, try Wiggle bridge and Plumsaren, or enjoy a family day in the relax area 31 October.

## Multichallenge

Between 28 Oct–5 Nov, Boda Borg Östersund is running the "terribly" fun event Boda Booooo... , which can be a really scary experience. If you want to avoid ghosts and visit Boda Borg as usual, just visit during the day.

Experience the Mini Multi playland with ball pond, slides, ball cannons, trampolines and tunnels for the smaller children, or try a round of mini golf in UV light.

## Jamtli

Autumn holiday fun at Jamtli. Monday 31 October–Friday 4 November. Take part in autumn holiday activities both inside and outside where the theme this year is hunting and nature. In addition to autumn holiday fun, there is always an open-air museum and Jamtli's exhibitions to visit.

## Visit the Cinema

**Cinema holiday at Cinema Regina 30/10–6/11:** Shows, among other things, Titina, about the little terrier Titina who conquered the North Pole. A polar adventure for the whole family. Where is Anne Frank: based on the world-famous Anne Frank's diary. Little Allan – the human antenna: A funny, ingenious and entertaining film for the whole family

**Biostaden:** Autumn holiday matinee Monday-Friday. Double performances Saturday-Sunday.

## First Lego League

Experience robot matches and be inspired! During the autumn, young people between the ages of 10–16 work with a research and technology project culminating in a tournament at Mittuniversitetets campus in Östersund, 12 November.

## Birgers Adventure park and Pump Track

At Birger's (The Great Lake monsters' son) new adventure park at Dalhemsparken Frösön you can climb, crawl, jump and run. Anyone who wants to come and play can come here, at any time. Both children and adults. And Great Lake monsters

At the Pumptrack, which is next door, there is always a fun track open and free for both young and old. Here you can go surfing, rollerblades, kickbike and bicycle.

## The Birger hunt

Can you find all the Birgers in town? Birger has hidden in 12 different places in the city. The first 100 who manage to find all the Birger decals get a reward at the Tourist Center, Storgatan 27.

## Skates

Skate for free at Östersunds Arena, A and B halls. See [ostersund.se](http://ostersund.se) for opening hours.

## Autumn holidays at the libraries

**Lyssna och Pyssla:** During three afternoons, those who are 9-12 years sit down and enjoy a story and keep busy with simpler crafts. **Höstlovshäng:** During the whole autumn holiday, week 44, you can do crafts, play games, make buttons and test robots. **Play video games:** Play Mario Kart on Nintendo Switch together, no prior knowledge is required. **Programmera mera:** Codey Rocky is a programmable robot for children from 6 years. **"Akti lij" – a Sami dance performance,** a magical performance that brings the children into the Sami fairy tale world, 6 November.

Through the autumn most of the companies above are open with regular opening hours.



# OUTDOOR

## Fishing along the shores of Lake Storsjön

**Fishing in Lake Storsjön** can yield both grayling and perch in just 5 minutes from the city center. Fishing with a rod is free in Lake Storsjön, no permits are needed. If you prefer to fish in more solitude, the beaches along Andersön also offer interesting fishing for grayling and whitefish.

**Family fishing at the small lake Lillsjön**, the nature area just 10 minutes away from the centre, there is an easily accessible and free family fishing area for perch, pike and implanted rainbow trout.

## 3 tips on hiking trails

In Östersund, Lake Storsjön and the mountains are always present. Fill the bag with picnic food and something to quench your thirst, so that you can be out and enjoy a whole day of hiking or walking.

**Stengårdstigen.** The path is roughly 3 km long and starts at Frösö Campsite. The Stengård path goes down the hill to one of Frösön's preserved village roads, where there is told about the farm Mickelsgård and Vallsundet's ferry location. The path talks about Frösön in recent years centuries but also about ancient remains from the Iron Age.

**Östbergets nature trail.** The nature trail is 1.7 km long and is excellent for a shorter exercise or for a shorter weekend excursion with coffee. Start at the parking lot at Frösötornet view tower on Frösön.

**Tysjöarna Nature Reserve.** Take a nice excursion to Tysjöarna Nature Reserve which is located just north of Östersund. Tysjöarna is one of the world's largest marl areas. In the environment that is very calcareous and moist, many rare animals and plants live.

## Running

Östersund offers plenty of opportunities for those who like training. You can find everything from fast interval runs to hilly terrain and steep ski slopes with wonderful views from the top of Östberget.

Tips for a nice run:

[visitostersund.se/en/training-in-ostersund/](https://visitostersund.se/en/training-in-ostersund/)

## Bike tours nearby

**Spikbodarna and Lillsjön** are nice areas for runners, strollers and cyclists to get together, here you will find some of Östersund's finest trails.

### Follow the Pilgrimage by bike from Östersund to Frösö Church.

Start your bike ride at Badhusparken, from there you follow the red trail markings, they will take you over to Frösö Island. From here the cycling continues along Lake Storsjön, approx. 7 km trail up to the church.

## Cooking over an open fire

Food never tastes as good as when you cook it outdoors, here is a recipe suggestion:

**"Raggmunk" with lingonberry.** Raggmunk is perfect as outdoor food, easy to prepare, really tasty and also suitable for cooking together around the fire in a frying pan or on a Trangia. The easiest way is to prepare the batter at home and then pour it into a bottle to easily be able to pour the batter into the frying pan.

**Ingredients:** Batter for a 1.5-liter bottle  
4 eggs, 1 liter of milk, about 4 dl wheat flour (until the batter is thick enough), 1.6 kg firm grated potato, salt to taste.

More tips on activities, excursions, hikes, etc. Look into our webpage: [visitostersund.se/en/](https://visitostersund.se/en/) or via our app.



Web



Android



iPhone





# CHRISTMAS SPIRIT

Östersund offers lots of Christmas atmosphere from mid-November until early January. Here are some of the highlights:

## Christmas Markets

The Christmas Market at Jamtli 2-4 December is said to be one of the cosiest markets in Europe. The historical buildings at Jamtli create a wonderful setting for the 200 vendors of genuine hand-craft and locally produced delicacies. 26-27 November there is an Advent Market at Lon and 17-18 December there is a Christmas Market at Kyrkås Kulturgård.

## The Swedish Christmas Museum at Jamtli

The Christmas starts at Jamtli. From 26 November to 6 January Jamtli welcomes you to the Swedish Christmas Museum. Have a look at the super-sized Advent Calendar, experience the traditions of a Swedish Christmas and discover their origins from Santa Lucia, Yuletide Goat and Father Christmas to gingerbread house design competitions and activities for children.



## Lucia

The annual candlelit Lucia procession is a tradition more than 400 years old. The Lucia concert at Östersund Stora Kyrkan is one of the most popular Christmas concerts, 13 December.

## Christmas cruise on board M/S Thomée

Fridays and Saturdays from 18 November to 17 December the boat M/S Thomée heads out on lake Storsjön and offers a classic Christmas table with local flavors onboard.

## The flavors of Christmas

At restaurant Hov you will find the classic Swedish Christmas dinner with Jämtland specialties. Other restaurants serving Christmas dinners are Arctura, Gamla Teatern, Restaurang Tiki, M/S Thomeé and Tivars Gårdsmejeri. If you would rather start the day with a cosy Christmas breakfast, you can book a table at Hamngatan 12, Clarion Hotel Grand and Kyrkås Kulturgård.

## Sweden's Christmas Tree

Saturday 26 November, Sweden's Christmas tree will be inaugurated at 4 pm in the Town square.

## Shopping evening with Santa Parade

During Santa shopping evening 20 December, many shops stay open until 8 pm. There will also be a Santa parade for children.



You can find more information about Christmas in Östersund at [visitostersund.se/en/christmas-ostersund/](https://visitostersund.se/en/christmas-ostersund/)