

ACTIVITIES & PRICES

WINTER 2023



**ÖSTER
SUND** 

ÖSTERSUND WINTER PARK



NATURAL ICE SKATING

On Lake Storsjön you find a 20 km natural ice skating track "Medvinden". The tracks are catered for on a daily basis from February 4 until the end of March.

At the starting point at Östersund Winter Park, in the harbour area, you find the rental service center with long distance skating equipment, pulkas etc.

Medvinden

February 4 – end of March
Admission free

Nordic Skates hire

Nordic Ice Skates with loose heel bindings and boots included

Per hourSEK 150
Per daySEK 250
Per weekSEK 1 500

Boots only / Skates without boots

Per hourSEK 100
Per daySEK 200
Per weekSEK 500 / 1 000
Boots in continental sizes 36-47

Hockey skates (Childrens sizes only)

Per hourSEK 30
Per daySEK 80

Guided skating tour, 1.5 hours

(technique for beginners, skate hire excluded)

1 PersonSEK 600
2 PersonsSEK 400/person
3-4 personsSEK 350/person

Guided skating tour, 3 hours

with one guide /
trainer for a groupSEK 1 500

ICE FISHING

Ice fishing gearfree of charge

Guided fishing

Join experienced guides for ice fishing in some of the best fishing spots around Östersund.

1-10 personsSEK 600 / person
11 or moreSEK 450 / person
Fishing gear included

KICK SLEDGE

Try out the traditional Swedish kick

Per hourSEK 50
Per daySEK 100/day

WINTER BATH AND SAUNA

In the Winter Park you find an outdoor winter bath facility opened twice a week for the general public.

The facility includes 2 wood fired hot tubs, relaxation area, sauna with lake views, changing rooms, WC and an ice bathing area. The facility accommodates 12 persons maximum at the same time.

**Tuesdays and Sundays 16.00 – 20.00
from 5. January till 30. April**

Price/personSEK 200
Pre bookings only at vinterparken.se

Group bookings available at other times

Price/groupSEK 3 800

PULKAS

free of charge when used at the pulka slopes in the Winter Park.

CONTACT INFORMATION:

Östersund Winter Park: vinterparken.se
Rentals: +46 70 212 00 76

Guided skating tours: aktivut.se
Pre-bookings only: +46 70 226 81 00

Guided fishing: stevent.se
+46 76 200 91 24



With reservation for any price changes

SKIING



CROSS COUNTRY SKIING

At Östersund Ski stadium (walking distance from city centre) you find a full service facility: Ski hire, ski service, waxing service, instructors, ski shop, showers and sauna. In the area you also find Arctura skybar/restaurant with a 360° view over Östersund, the mountain area and Lake Storsjön.

Ski Stadium / World Championship Arena including adjacent tracks

November - March, Competition trails and recreational tracks of varying lengths and difficulty. A total of 89 km tracks including 29 km of illuminated tracks.

Ski Pass prices/day

Adults..... SEK 80
65+ of age..... SEK 45
Up til 18..... Free of charge

Recreational tracks

December - March..... Free of charge

Östersund has plenty of prepared tracks of varying lengths in very skier friendly environment, suitable for skiers who want to admire nature in peace and quiet.

Visit our website visitostersund.se for more info on recreational tracks. Most of them are free of charge to use, some however appreciate a small track fee donation since most of them are catered for by local enthusiasts.

Ski rental (Price includes skis, poles and ski boots)

1 daySEK 350/person
2 daysSEK 550/person
1 weekSEK 1150 kr/person
stadiumbutiken.se • +46 63 18 90 00

Cross Country Ski lesson 60 min:

December - March

Both for beginners and advanced skiers, classic or skate style. Also possible combination of Biathlon try out.

1 person..... SEK 1000
2 persons.....SEK 600/person
3-6 persons.....SEK 450/person
7 or more.....SEK 400/person

Tord Wiksten event at the Ski stadium regularly also offer multi day classes during the winter.

tordwiksten.com • +46 73 802 93 91

Biathlon Try out clinic

December - March. Minimum 2 pers. 120 minutes of learning the basics of biathlon, incl. skiing, theory and target practice ending with a "competition". The activity takes place at the World Championship arena

1 person..... SEK 1800
2 persons..... SEK 1 080/person
3-6 persons.....SEK 810/person
7 or more.....SEK 720/person

tordwiksten.com • +46 73 802 93 91

DOWNHILL SKIING

Ski slopes open January - March *Gustavsbergsbacken* overlooking the city centre and lake Storsjön. The slope is quite steep but adjacent in the lower part there is a beginner's slope "Silverling" with a button lift. *Ladängen* overlooking the mountains and lake Storsjön. Perfect for families and those who want to practice their carving turns. Ladängen has two slopes and a fun park. Barbecue area and indoor seating for bringing your own hamper.

Skipass price/day

Adults.....SEK 165
Youths 8-17 årSEK 100
Kids under 8 free when accompanied by an adult
Key Card..... SEK 50

Ski lessons Alpine or Telemark:

(Skipass is being purchased separately)

1 person 1 hourSEK 500
2 persons 1 hourSEK 350/pers
3-4 persons 1,5 hourSEK 350/pers
Half day (2,5-3 hrs) ski inspiration and advice with one ski instructor for a group SEK 1 500
aktivut.se • +46 70 226 81 00

Alpine Ski hire:

Skis/poles/ski boots/ helmet
Adults.....SEK 290/day
8-years.....SEK 250/day
- 8 years.....SEK 190/day
Ski touring equipment.....SEK 650/day
lagghoj.se • +46 63 663 19 10



With reservation for any price changes

OTHER OUTDOOR ACTIVITIES



WINTER BIKING

Östersund has many kilometers of cleared winter roads, snowmobile tracks and a lake to ride the bike on. In addition, there are also plenty of long forest trails to bike.

Bike rental

Mountainbike or Fatbike with winter tires.....SEK 650/day

Cargo bike with winter tiresSEK 850 /day
lagghoj.se • +46 63 663 19 10

SNOW SHOE HIKE

2.5-3 hours hiking in a wonderful countryside winter environment with outdoor fika by the fireplace.

Price SEK 750/person
Included in price; snowshoes and coffee/hot drink.
Minimum 2 persons. Pre bookings only.
aktivut.se • +46 70 226 81 00

OUTDOOR FIKA

Approximately 2 hours by the lake or in the forest.
We make coffee over an open fire. Minimum 2 persons.
Pre bookings only

2-3 persons SEK 600/person
4 or more SEK..... SEK 400/person
aktivut.se • +46 70 226 81 00

MOOSE GARDEN

Guided tours on occasional weekends during the winter.
Enjoy the company of tame mooses on a guided tour and learn more about the Jämtland heraldic animal.

Guided tour:

Adults (+16y) SEK 225
Youth (8y-15y)..... SEK 100
Kids (4-7y)SEK 40
Children (0-3y) Free of charge
moosegarden.com • +46 70 363 60 61

SLEDDING SLOPES

On Frösön, a short walk from Östersund city center you will find Kärringbacken, which is a popular sledding slope for many families with children.

Winter Park - a small slide next to the activity arena. Saucers and riding mattresses for the slide can be borrowed in the Winter Park Service Centre.

Olssons Kulle, 1 kilometer walk from the city center is another popular spot.

WILD SWIMMING

Cold water swimming or ice bathing is becoming more and more popular. Surfbukten, next to the harbour area, has a hole in the ice that is maintained all through winter. Keep an eye on the Facebook group "Vinterbad Östersund" for up-to-date information.

OUTDOOR GAMES

Enjoy fun team games and activities in the outdoors. Compete and collect points by completing different challenges such as city orienteering or pentathlon. These activities can be arranged at various locations in and around Östersund.

Outdoor games.....SEK 250-350/person
City Orienteering..... SEK 250/person
stevent.se • +46 76 200 91 24



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INDOOR ACTIVITIES



JAMTLI AND NATIONAL MUSEUM JAMTLI

Jamtli offers an exciting journey through the history of Jämtland. Here you find permanent exhibitions about the region's past from the Ice Age via the Vikings and the native Swedish Sami people alongside temporary exhibitions of arts and handicraft. The museum's most valuable artefact are the Överhogdalsbonaderna Viking Tapestries - Europe's oldest pictorial tapestries found above ground.

National museum Jamtli is an arena for art and design with exhibitions from the Swedish National Museum's collections - currently showing "Ideal and Reality" - Nordic nature from 1600 and onwards. jamtli.com

Entrance:

Adults (Under 18 free)..... SEK 120

STORSJÖBADET POOLS

Adventure pools complex with training pools, water slides, various climate zones, Jacuzzis, outdoor pools and children's pool. Relaxation area with sauna world (adults only). storsjobadet.se

Entrance:

Adults..... SEK 120
Children 3-17 years..... SEK 60
Children 0-2 SEK 10
SPA (adults) SEK 190

MULTI CHALLENGE

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. You will also find the town's newest bowling alley here. multichallenge.se

Prices:

Boda Borg Quests from SEK 235/person
Go Karting from SEK 135/person
Laser Dome..... from SEK 140/person
Play Land..... SEK 100/person
Bowling..... SEK 350/lane
Billiards..... SEK 175/pool table
Shuffle Board SEK 195/table

BOWLING

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

Mon-Thu and evenings from SEK 230/lane
other evenings and weekends from SEK 370/lane

CLIMBING

Top rope climbing, bouldering, childrens area, book an instructor, courses, café and shop. ostersundsklatcenter.se

Entrance:

Adults..... SEK 130
Children..... SEK 95

PADEL & SQUASH & TENNIS

Östersund hosts four different padel halls, one squash hall and one tennis hall. oftk.se • matchi.se

Tennis..... Lane rental from SEK 240
Squash..... Lane rental from SEK 130
Padel..... Lane rental from SEK 90/person

SKATING INDOORS

In Östersund, the public skating indoors takes place at Östersund Arena in either the A-hall, the B-hall or outside at the bandy ground. There is no possibility to rent or borrow equipment at Östersund Arena. Different schedules every week so make sure to check out the opening hours. **Free admission.** ostersund.se

SPA

Unwind and let your body and mind relax.

Frösö Park SPA - two floors of relaxation.

Indoor - and outdoor pool, different saunas, a large selection of treatments and health sessions. frosoparkhotel.se/spa
Entrance..... from SEK 395/person

Cloud SPA - rooftop SPA with magnificent views over Lake Storsjön. Jacuzzi, sauna, outdoor pool and hot tub. hotellostersund.se/cloud

Entrance..... from SEK 365/person

Storsjöbadet Relax - classic wood sauna, roman sauna, steam sauna, Aufguss, outdoor jacuzzi. storsjobadet.se

Entrance..... from SEK 190/person

Winter Bath in Winter Park - wood fired outdoor hot tubs, sauna, ice bath. vinterparken.se

Entrance..... SEK 200/person

Gamla Teatern Hamam - two jacuzzis, sauna and treatments. gamlateatern.se/hamam-spa

Entrance..... from SEK 295/person

With reservation for any price changes