

Autumn in **ÖSTERSUND**





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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. Treat yourself to a quiet moment with lovely scents and well-being at **Storsjöbadet** and enjoy the pool under the open sky.

Art

Experience the **Nationalmuseum Jamtli's** exhibition "Såsom i en spegel" – portraits over five centuries of women, men and children who lived in or worked for Sweden from the Vasa era to today. The artworks show different ideals of appearance and fashion while also being expressions of how ideas about status, social identity and profession have changed over the centuries. Opening 4 October. At **Lux**, inside Norra Station Café, 10 exhibitors from Luleå to Malmö show their works on the theme of Portraits. **Jamtli** celebrates Bengt Ellis's 100th anniversary with works from his search for the untouched, including when he explored South America and the indigenous people's relationship with nature. At **Ahlbergshallen** in central Östersund and at the **Härke art center** on Frösön, exhibitions from artists and craftsmen alternate throughout the autumn.

Self guided tour through Östersund's streets and alleys. Scan the QR code to see a map or get one at the Tourist Center, Storgatan 27.



Shopping

Östersund offers good shopping. Here you stroll in the city center between alleys of small unique shops and pedestrian streets chains and galleries. Here you will find everything for a successful shopping trip and it's never too far to a cup of coffee in the city's many cafes. During **Halloween in the City** on October 26, 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.

Scan the qr code for tips on city walks with small shops and second hand.



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 and in the middle of the pedestrian street is the restaurant **Tre Rum** serving tasty food in a homely environment.

You can find more tips on restaurants at visitostersund.se/en/restaurants-in-ostersund





WHAT'S ON

Art week

30 September-8 October, Art Week with art exhibitions, open studios, workshops and art talks.

FIBA Europe Cup

3-5 October, Jämtland Basket will be visited by the Spanish ACB team Casademont Zaragoza and BK Kvísl Pardubice from the Czech Republic.

Boostersund

Boostersund 7-8 October, is a weekend packed with training sessions. Listen to inspiring speakers, relax and fill up with energy and inspiration.

The Quality Wine Fair

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

Sustainable Outdoor Östersund

20-21 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.

Halloween in the City Centre

Thursday 26 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

26-28 October, Östersund Blues Festival at Storsjöteatern, Clarion and Jazzköket. On stage American ladies in the house, Muddy What, Jolly Jumper and Big Moe among others.

Jamtli Night

10 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

11-12 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.

BMW IBU World Cup Biathlon Östersund

25 November-3 December we welcome the biathlon elite to Östersund. Secure your tickets at [tickster.com](https://www.tickster.com) or at the Tourist center.

COOP FIS Cross-Country World Cup Östersund

The Cross-Country world elite visit Östersund 9-10 December. Exciting competitions in classic sprint and 10 km free style.

More events

This autumn Östersund will be visited by many artists in both music and theater. Concerts arranged by Jazz i Jämtland and Stuck On. In our sport arenas we will be following ÖIK who play 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 at [visitostersund.se/en](https://www.visitostersund.se/en)





ACTIVITIES FOR KIDS

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

Storsjöbadet

Bring the family or friends and compete in the water slides. Swim around among waterfalls, caves, slides and fountains. For the smallest children there is a slightly smaller section, a bit warmer but just as exciting.

Multichallenge

Between 27 Oct–4 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 30 Oct–Friday 2 Nov. Take part in autumn holiday activities both inside and outside In addition to autumn holiday fun, there is always an outdoor area and Jamtli’s exhibitions to visit.

Visit the Cinema

Cinema holiday at Cinema Regina, Prästgatan 56: 29 Oct–5 Nov: Shows *Nelly Rapp – Dödens spegel* scary and funny about the monster agent Nelly. Other films shown are: *Havets gnista*, *Det lilla gänget*, *Dancing Queen*, *Klara Ko och Tågmysteriet*. In addition, classic Swedish movies for the youngest (Free movies Wednesday–Friday.) Program: bioregina.se

Biostaden, Biblioteksgatan 14: Autumn holiday matinee Monday–Friday. Double performances Saturday–Sunday. Program: svenskabio.se

Skates

Skate for free at Östersunds Arena, A and B halls. See ostersund.se for opening hours.

Birgers Adventure park and Pump Track

At Birger’s (The Great Lake monsters’ son) adventure park at Dalhemsparken Frösön you can climb, crawl, jump and run. Anyone who wants to play can come here, at any time. Try the Pumptrack, which is next door, open and free for both young and old. Here you can go surfing, rollerblades, kickbike and bicycle.

In Brunflo, a brand new Pumptrack opened in September, take the opportunity to use it before the snow comes. And don’t miss the Brunflo Bike Park, open to all young and old cycling enthusiasts.

A magical autumn holiday!

This year, Länsförsäkringar Jämtland has been part of the county for 175 years. It is worth celebrating! In collaboration with Östersund municipality and associations many free autumn holiday activities for children is organized. The activities take place throughout the county and a large number in Östersund. At lfz.se/hostlov you can see which activities are offered during week 44.

Autumn holidays at the libraries

Throughout the autumn holidays, you can do crafts, play games, make buttons and test robots. And borrow lots of good books of course! Free of charge, and without advance notice, Monday 30 October–Friday 3 November at Kastal-Lit- and Torvalla Libraries. At Östersund’s library, those between the ages of 9–12 can come and listen to reading aloud while they can color and draw at Wednesday 14–15. On Thursday it is board game night at 15–19 and on Friday Östersund’s library has TV games from 13–16.

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. Signs inform 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

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. Make it easy, take the "Friday tacos" out. Fry the mince over the fire. Or make it really easy and fry it at home and just heat it up outside. You then display the accessories in small jars. You can also try this recipe suggestion if you want to cook on a grill or in a frying pan outdoors.

Sautéed reindeer in pita bread. Fry reindeer shavings, set aside. Fry the mushrooms and add the onion and let it sizzle for a while. Put in reindeer shavings and add mustard and "messmör". Season and let it simmer for a while. Pour in the cream at the end and simmer for another moment. Serve in the pita bread.

Ingredients 4 portions: Frying butter, reindeer meat: 500 g, Dijon mustard 1 tbsp, chanterelles 300 g, 1 yellow onion, cream 2.5 dl, "messmör" 1 tbsp, salt, pepper, parsley and pita bread.

More tips on activities, excursions, hikes, etc.
Look into our webpage: visitostersund.se/en





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 8-10 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. 2-3 December there is an Advent Market at Lon and 16-17 December there is a Christmas Market at Kyrkås Kulturgård.

The Swedish Christmas Museum at Jamtli

The Christmas starts at Jamtli. From 3 December to 7 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 concerts in Stora Kyrkan are filled with atmosphere, 13 December.

Christmas Concerts

Nothing creates a Christmas atmosphere like a Christmas concert. Christmas Night with Arvingarna and Linnea Henriksson, Anna-Lotta's Christmas and Sofia Karlsson & Martin Hederos are some of the artists on stage at Christmas time. Christmas music in a combination with a Christmas dinner is offered, among others by Patrik's Combo and Ruby Galore at Gamla Teatern. During Christmas time, the city center is also filled with Christmas music in the city where local musicians play.

Christmas cruise on board M/S Thomée

Fridays and Saturdays from 17 November to 16 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, Slaktar'n and 19Glas serves a Swedish Christmas dinner with Jämtland specialties. Other restaurants serving Christmas dinners are Arctura, Clarion, Gamla Teatern, Tiki, Norra Station and M/S Thomeé. If you would rather start the day with a cosy Christmas breakfast, you can book a table at Hamngatan 12, Clarion Hotel Grand, Norra Station and Kyrkås Kulturgård.

Östersund Christmas Tree

Saturday 25 November, Östersund Christmas tree will be inaugurated at the Town square.

Shopping evening with Santa Parade

During Santa shopping evening 21 December, many shops stay open until 8 pm. There will also be a Santa parade for children.

Christmas Calendar

24 days filled with Christmas spirit. Every day 1-24 December at 11.45-12.00 our live calendar will be open at Mårtens Torg.



You can find more information about Christmas in Östersund at visitostersund.se/en/Christmas-ostersund

