



# ÖSTER SUND



**WINTER 2023/2024**

YOUR GUIDE TO ACTIVITIES, SHOPPING, ACCOMMODATION,  
RESTAURANTS AND MUCH MORE!





# WELCOME!

The contrast between the city and the nearby mountains makes Östersund unique and a fantastic winter destination. Whether you come to experience the pulse of the city, the peacefulness of nature, for the food or the events, you will discover that there is plenty to do here, and we would love to share it with you.



## FOOD

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. You can find tips on restaurants at:

[visitostersund.se/en/eat](http://visitostersund.se/en/eat)



## EVENTS

In order not to miss what is happening during your visit in Östersund, take a look at our events calendar.

[visitostersund.se/en/events-in-ostersund](http://visitostersund.se/en/events-in-ostersund)



## SHOPPING

The alleys in the city centre of Östersund have many small cozy shops that offers great shopping. Stroll around between the small unique shops and the chains and galleries of the pedestrian street. Here you can find everything for an enjoyable day's shopping and it's never far to a cup of coffee in the town's many cafes.

[visitostersund.se/en/to-shop-in-ostersund](http://visitostersund.se/en/to-shop-in-ostersund)



## ACCOMMODATION

Here you will find accommodation options, such as hotels, small guest houses and hostels for your stay in Östersund.

[visitostersund.se/en/stay-in-ostersund](http://visitostersund.se/en/stay-in-ostersund)



Storgatan 27 | +46 63-701 17 00 | [info@visitostersund.se](mailto:info@visitostersund.se) | [visitostersund.se](http://visitostersund.se)  
[facebook.com/visitostersund](https://facebook.com/visitostersund) | [instagram.com/visitostersund](https://instagram.com/visitostersund)  
Open: Monday-Friday 10-15. Christmas Eve, New Years Eve and public holidays we are closed.  
With reservation for changes.



# 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 hour .....SEK 150  
Per day .....SEK 250  
Per week .....SEK 1 500

### Boots only / Skates without boots

Per hour .....SEK 100  
Per day .....SEK 200  
Per week .....SEK 500 / 1 000  
*Boots in continental sizes 36-47*

### Hockey skates (Childrens sizes only)

Per hour .....SEK 30  
Per day .....SEK 80

### Guided skating tour, 1.5 hours

(technique for beginners, skate hire excluded)

1 Person.....SEK 600  
2 Persons.....SEK 400 / person  
3-4 persons.....SEK 350 / person

### Guided skating tour, 3 hours

with one guide /  
trainer for a group .....SEK 1 500

## ICE FISHING

Ice fishing gear .....free of charge

### Guided fishing

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

1-10 persons.....SEK 600 / person  
11 or more .....SEK 450 / person  
Fishing gear included

## KICK SLEDGE

Try out the traditional Swedish kick

Per hour.....SEK 50  
Per day .....SEK 100 / day

## PULKAS

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

## 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 / person .....SEK 250  
Pre bookings only at [vinterparken.se](http://vinterparken.se)

### Group bookings available at other times

Price / group .....SEK 3 800

## CONTACT INFORMATION:

**Östersund Winter Park:** [vinterparken.se](http://vinterparken.se)  
Rentals: [janne.carlsson@storsjoyran.se](mailto:janne.carlsson@storsjoyran.se),  
+46 70 212 00 76

**Guided skating tours:** [aktivut.se](http://aktivut.se)  
Pre-bookings only: [sofie@aktivut.se](mailto:sofie@aktivut.se),  
+46 70 226 81 00

**Guided fishing:** [stevent.se](http://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 day .....SEK 350 / person  
2 days .....SEK 550 / person  
1 week ..... SEK 1 150 kr / person  
stadionbutiken.se • +46 63 18 90 00  
webbshop@landbys.se

### 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 1 000  
2 persons.....SEK 700 / person  
3-8 persons.....SEK 550 / person  
9 or more.....SEK 450 / person

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

tordwiksten.com • +46 73 802 93 91  
tord@tordwiksten.se

### 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 1 800  
2 persons.....SEK 1 260 / person  
3-8 persons.....SEK 990 / person  
9 or more.....SEK 855 / person

tordwiksten.com • +46 73 802 93 91  
tord@tordwiksten.se

## 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 år .....SEK 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 hour .....SEK 500  
2 persons 1 hour .....SEK 350 / pers  
3-4 persons 1,5 hour .....SEK 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 320 / day  
8-15 years.....SEK 250 / day  
Children up to 7 years.....SEK 190 / day  
Ski touring equipment.....SEK 650 / day  
lagghoj.se • +46 63 663 19 10  
info@lagghoj.se



*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 tires** .....SEK 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 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 (8-15y) ..... SEK 100

Kids (4-7y) ..... SEK 40

Children (0-3y) ..... Free of charge

moosegarden.com • +46 70 363 60 61

info@moosegarden.com

## 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



# 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 museums 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](http://jamtli.com) • [info@jamtli.com](mailto:info@jamtli.com)

### Entrance:

Adults (Under 18 free)..... SEK 130

## 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](http://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](http://multichallenge.se) • [info@multichallenge.se](mailto:info@multichallenge.se)

### Prices:

Boda Borg Quests ..... from SEK 200 / person  
Go Karting ..... from SEK 145 / person  
Laser Dome..... from SEK 150 / person  
Play Land..... SEK 110 / person  
Bowling..... SEK 370 / lane  
Billiards..... SEK 195 / pool table  
Shuffle Board ..... SEK 225 / table

## BOWLING

Strike – Bring the family bowling at Bowlinghallen. [bowlinghallenostersund.se](http://bowlinghallenostersund.se) • [info@bowlinghallenostersund.se](mailto:info@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](http://ostersundsklatcenter.se)

### Entrance:

Adults..... SEK 145  
Children..... SEK 95

## PADEL & SQUASH & TENNIS

Östersund hosts four different padel halls, one squash hall and one tennis hall. [oftk.se](http://oftk.se) • [matchi.se](http://matchi.se) • [oftk@telia.com](mailto:oftk@telia.com)

Tennis ..... Lane rental from SEK 130  
Squash..... Lane rental from SEK 110  
Padel..... Lane rental from SEK 99 / 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](http://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](http://frosoparkhotel.se/spa)  
[hello@frosoparkhotel.se](mailto:hello@frosoparkhotel.se)

Entrance..... from SEK 365 / person

**Cloud SPA** – rooftop SPA with magnificent views over Lake Storsjön. Jacuzzi, sauna, outdoor pool and hot tub.

[hotellostersund.se/cloud](http://hotellostersund.se/cloud) • [reception@hotellostersund.se](mailto:reception@hotellostersund.se)

Entrance..... from SEK 365 / person

**Storsjöbadet Relax** – classic wood sauna, roman sauna, steam sauna, Aufguss, outdoor jacuzzi.

[storsjobadet.se](http://storsjobadet.se)

Entrance..... from SEK 190 / person

**Winter Bath in Winter Park** – wood fired outdoor hot tubs, sauna, ice bath. [vinterparken.se](http://vinterparken.se)

Entrance..... SEK 200 / person

**Gamla Teatern Hamam** – two jacuzzis, sauna and treatments. [gamlateatern.se/hamam-spa](http://gamlateatern.se/hamam-spa) • [info@gamlateatern.se](mailto:info@gamlateatern.se)

Entrance..... from SEK 295 / person

*With reservation for any price changes*