



**ÖSTERSUND**



**YOUR GUIDE TO ÖSTERSUND  
SUMMER 2026**

# Welcome to Östersund

There is something special about being in Östersund. The contrast between the city, the lake and the mountains is one of the ingredients that make Östersund a unique and magnificent summer destination. Whether you come to experience the city's pulse, the tranquility of nature, the food or the events – there is plenty to discover, and we are happy to share it all with you. We look forward to this summer and hope you will enjoy your stay with us.



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**Opening hours summer 2026:** June 1-21, Monday-Friday 10-16, June 22-August 2, Monday-Friday 10-17.  
(Extra open during Storsjöyran Sat August 1 10-14) August 2-30, Monday-Friday 10-16.  
Closed on weekends and public holidays. From August 31 ordinary opening hours Monday-Friday 10-15.

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# Events

The summer in Östersund is full of events.



## Storsjöyran Festival

📍 Östersund City Centre

📅 The Festival July 31–August 1. Krogstråket July 24–August 2.

Storsjöyran has been called “the mother of the Swedish festival” and, since its founding in 1983, has become a true classic of Swedish musical life. At Yran, beloved crowd favourites share the stage with tomorrow’s rising stars. The festival programme moves between the grand and the intimate — from open squares and outdoor stages to circus tents, theatre halls and lively basement venues.

This year, the festival takes place on July 31–August 1, bringing together a wonderful lineup including The Ark, Molly Sandén, Boko Yout, Magnus Uggla, Thomas Stenström, Joel Alme, Maja Francis and Pernilla Andersson — around 40 acts across six stages.

Storsjöyran is also surrounded by what may well be the world’s longest festival week — the ten-day Yranveckan, which this year begins on July 24. Throughout the week, Östersund’s harbour is transformed into Krogstråket: a lively meeting place filled with food, drink and live music. Over the years, Krogstråket has become a beloved tradition, winning the hearts of locals, tourists, and returning visitors alike.

**TICKETS & INFO:** [yran.se](http://yran.se)



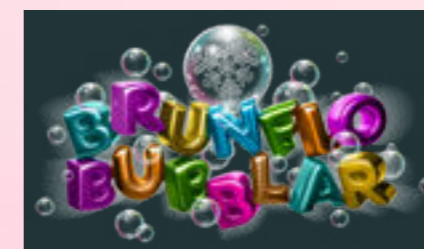
### Vårfest Jamtli

📍 Jamtli

📅 May 22-23

Artisans, market exhibitors, gardening, activities for children, heritage crafts and plenty of inspiration. Food and Music.

**TICKETS & INFO:** [jamtli.com](http://jamtli.com)



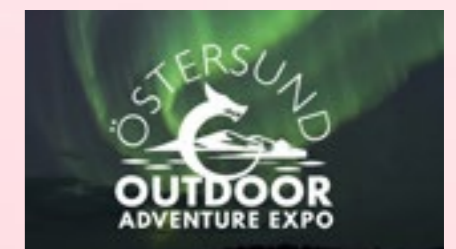
### Brunflo Bubblar

📍 Brunflo

📅 May 30

A day filled with fun activities, music, inspiration and festivities.

**INFO:** [ostersund.se](http://ostersund.se)



### Outdoor Adventure Expo

📍 Folkets Hus

📅 June 26-28

Meet exhibitors in outdoor activities, camping, motorcycling, running, etc. Listen to inspiring lectures from well-known outdoor profiles.

**INFO:** [ostersundoutdoor.se](http://ostersundoutdoor.se)

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



### Midsummer celebrations

📍 Jamtli  
📅 June 19

Celebrate Midsummer with flower picking, music and dancing around the maypole.

**INFO:** [visitostersund.se](http://visitostersund.se)



### St Olavsloppet

📍 Finish line Östersund  
📅 June 27

June 25-27th the race will take place between Trondheim and Östersund. For runners 0-12 years, Mini-Olav takes place June 27th at Stortorget.

**INFO:** [stolavsloppet.no](http://stolavsloppet.no)



### Storsjöcupen

📍 Sportfältet and other football arenas  
📅 June 30-July 4

Football joy with 500 teams from all over the world. Don't miss the opening where all participants march through town.

**INFO:** [storsjocupen.com](http://storsjocupen.com)



### Fisu World Forum

📍 Campus Mittuniversitetet  
📅 August 24-28

Students and experts from universities around the world gather to exchange knowledge about the future of university sports, health and well-being.

**INFO:** [ostersund2026forum.fisu.net](http://ostersund2026forum.fisu.net)



### Östersund Staaren Pride

📍 Östersund City Centre  
📅 August 24-30

August 29 – Pride parade with music, dance and all the colors of the rainbow.

**INFO:** [ostersundspride.se](http://ostersundspride.se)



### Östersund Summit

📍 Across several locations  
📅 August 28-29

At the Östersund Summit, business, academia, public authorities and residents come together for conversations and engagement on development in the region.

**INFO:** [ostersundsummit.se](http://ostersundsummit.se)



### Arnljotspelen

📍 Arnljotlägden Frösön  
📅 July 4-12

Experience the Viking drama Arnljotspelen, which is played at Arnljotlägden, Frösön – created by Wilhelm Peterson-Berger, a real summer experience.

**TICKETS:** [nortic.se](http://nortic.se)



### Red Bull Half Court

📍 Stortorget  
📅 July 31

The popular basketball tournament Red Bull Half Court is now visiting Östersund. A fast-paced streetball game where 3 vs. 3 players meet on a half court.

**INFO:** [redbull.com](http://redbull.com)



### Trotting Highlights – Jämtlands stora pris

📍 Östersundstravet  
📅 August 8

Norrland's biggest trotting festival with world-class trotting.

**INFO:** [ostersundstravet.com](http://ostersundstravet.com)



### Östersunds utedagar

📍 Östberget Frösön  
📅 September 5

An outdoor event with experiences and learning to inspire more time in nature. Activities, courses, equipment, food and drink.

**INFO:** [ostersundsutedagar.se](http://ostersundsutedagar.se)



### Östersunds Lådbilsrally

📍 Stortorget  
📅 September 5

Build your own soapbox car and race in one of summer's most fun challenges – or come and cheer on the creative rally drivers.

**INFO:** [visitostersund.se](http://visitostersund.se)



### Harvest Festival

📍 Farms around Östersund & Jämtland  
📅 September 5-6

During the Harvest Festival you can taste locally produced food & fika and buy produce from the farms.

**INFO:** [torsta.se](http://torsta.se)

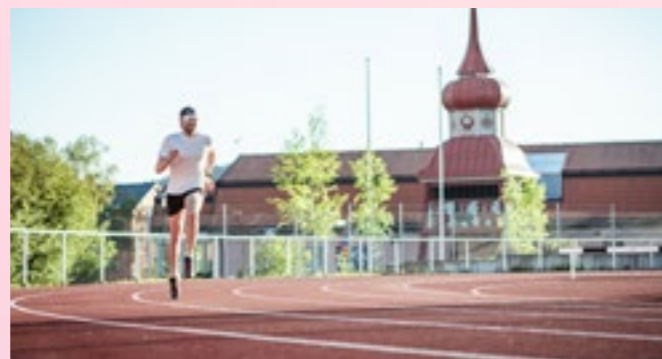


### Texas Summer Feast

📍 Stortorget 📅 July 8-11

Four-day festival filled with happenings, food, drink and live music by Jill Johnson, Robin Winther, Mimi Werner, Hoven Drogen and more.

**TICKETS:** [texassummerfeast.com](http://texassummerfeast.com)



### Veteran-SM friidrott

📍 Hofvallens IP 📅 August 7-9

Swedish National Veteran Championships in Östersund. All athletics disciplines are on the program, with participants between 35 and 90 years old. A festival for all ages – filled with energy, performance and the joy of sports.

**INFO:** [friidrott.se](http://friidrott.se)



### International Food Festival

📍 Stortorget 📅 August 12-15

The international food market visits Östersund with delicacies and culture from all corners of the world.

**INFO:** [internationalfoodfestival.se](http://internationalfoodfestival.se)

## More events this summer

- May-Aug\* Superettan football league ÖFK home games
- May 22 Women & Wine
- May 24 Anderson Runt (running competition)
- May 31 Opening Summer park & Sing along
- June 2 Våruset (running competition)
- June 6 National Day Celebrations, Jamtli
- June 6 Food Walk Jämtlandsgången
- June 12 Schools Out
- June 13 Tractor Pulling Frösön
- June 13 Backyard Ultra
- June 21-25 Frösö Music days
- July 4 Frjdholsloppet Water ski race
- Aug 7-9 Sommarhagens Music days
- Aug 24 Blodomloppet (running competition)

\* ÖFK home games May 17, 31, June 21, July 18, August 2, 9, and 23.

More events at [visitostersund.se](http://visitostersund.se)



# The Summer park

Welcome to Sommarparken – an oasis of activities and experiences in the heart of Östersund.



Sommarparken buzzes with life and movement, with plenty of space for both relaxation and play for all ages. There are several spots to socialise or unwind, and a core selection of games and activity equipment available to borrow for free. Throughout the summer, pop-up activities are also organised, including music quizzes, yoga sessions, workouts and live music.

## Badhusparken

Here you will find grassy areas for picnicking with views over Storsjön, a playground and mini golf. The café offers refreshments for those looking to recharge.

## Surfbukten

A natural summer hangout spot with swimming jetties, a diving tower and activities such as beach volleyball, SUP, longboards and games to borrow. The sauna is open daily and you can try wakeboarding at the cable park. The café serves ice cream, smoothies, toasted sandwiches and coffee.

## Dalhemsparken

Here you will find a pumptrack, an outdoor gym and Birger's Adventure Park for play and activity for both children and adults.

## Open all summer

The summer in Sommarparken kicks off on 31 May with an activity day and a sing-along with BB Gospel Choir and John Lundvik at Badhusparken. Surfbukten opens on 12 June with the Schools Out event, featuring live music, karaoke and try-out activities. From then on, Sommarparken is open daily throughout the summer.

➔ Read more

More about Sommarparken can be found at [visitostersund.se](http://visitostersund.se)



Follow Sommarparken on social media for the current daily programme:

[Surfbukten & Sommarparken](#)

[Surfbukten\\_sommarparken](#)

# Fika where culture meets flavours

Summer in Östersund offers a delightful combination of living cultural heritage and charming cafés. Here, history, lake views and freshly baked fika are never far apart.

## Discover the heritage farms

Östersund boasts a perfect blend of history, natural meeting places and culinary experiences. Just outside the city centre, the charming heritage farms offer a glimpse into local culture and tradition. Here you can stroll among historic buildings, explore living history and celebrate Swedish traditions – from Midsummer festivities to markets – while enjoying homemade fika or a delicious lunch in the summer sun. Heritage farms such as **Kyrkås**, **Frösö Hembygdsgård** and **Lits Hembygdsgård** welcome visitors to experience the county Jämtland's cultural heritage in natural surroundings.



## ➔ More heritage farms

- Brunflo Hembygdsgård
- Häggenås Hembygdsgård Tistegården
- Marieby Hembygdsgård
- Lockne Hembygdsgård at Löfsåsen



## ➔ More places for fika

- Tages Konditori & Kök
- Hamngatan Magasinet
- Jämtli Kafé
- Norra Station Café
- Oense
- Nummer Ett
- Café Tiki
- Café Tegelman



- Fröjas Oasen at Ås
- Surfbukten Café
- The People



# Eating out



## Restaurants

In the bustle of the main pedestrian street you'll find **Tre Rum**, offering everything from traditional Swedish home cooking to à la carte. **Brunkullans Brasserie** and **Teaterträdgårn** both boast lush garden settings, where summer dishes are enjoyed beneath parasols. **Winston Sail** offers a wide menu and a terrace in the best sunny spot on Stortorget. At Stortorget you also find **Cantina Street Food** serving tacos, ramen, bao buns, cocktails, etc. If you love meat, a visit to **Texas Longhorn** is highly recommended. **Slaktarn** sells and serves their own charcuterie, classic bistro dishes and drinks that pair just right. **Restaurang Oense** serves brunch, lunch and dinner – Swedish food inspired by world cuisines. Whether you're looking for a great cup of coffee, a wonderful dinner, a relaxed drink or an unforgettable night out, you'll find **Welcome** right in the city centre.

Local dishes are served at **Norra Station**, a cultural hub featuring music, art exhibitions and a wonderful buzz – both indoors and out. **Hamngatan 12** places you in the middle of an interior design shop combined with dining in a historic courtyard warehouse. **Nummer Ett** offers small plates and all-day brunch – combine this with a co-working space.

**Restaurant Bua** cooks according to the season. Choose from small plates or let Bua put together a menu with drinks for the evening. Sister restaurant **Nästgårds Gårdsrestaurang** in Hölje serves a tasting menu of 10 courses, made from ingredients grown in their own garden and forest, and meat from their own farm. **Nör** presents "All Day Dining", where you'll find all the classic favourite dishes seasoned with fresh inspiration, creativity and flair. Classic home cooking for lunch is served at **Heat** at Stadsdel Norr. **Morbror Fabian** is a newly opened deli, bar and restaurant in the former Jazzköket premises, offering lunches, after work events and live music.

Along a small cobblestone street in central Östersund you'll find **Astrid**. Behind its wooden door awaits a culinary experience with an Asian twist. Mexican food and tacos can be found at **Tacobaren**. For something a little different, the small Czech restaurant **Bistro Žižkov** offers its own distinct style and light beer varieties. **TIKI Grill & Drinks** serves soapstone-grilled dishes, exciting Polynesian flavours and American burgers.

Burgers and pub menus in a classic British style can be found at **Sir Winston** and **O'Leary's**. Homemade burgers made from scratch are on the menu at

**Tages** on Frösön – a bakery that also serves both fika and full meals. **Dalwhinnie** specialises in cocktails and locally produced food.

If you love Italian food, the colourful **Basta** is a favourite among locals – an Urban Italian right in the heart of Östersund. A solid selection of craft beers and playful pizza with ingredients from Jämtland can be found at **Artut**.

If you want to combine bowling with a meal, **Bowlinghallen Bar & Kök** is the place to go. At **Spiltas Krog** horse racing enthusiasts and lunch guests gather. **Restaurant Hov**, located in the heart of the open-air museum at Jamtli, serves lunches with carefully selected drinks and tastings inspired by the forest, mountains and fields. Visit the newly renovated **11:ans Grill**, a street food kitchen with a modern fast-food feeling.

A true highlight rising above the pines and spruces near Skidstadion is **Arctura** – here you can enjoy lunch with a breathtaking view, 55 metres above ground.

Take the **M/S Thomée** for a cruise with dining on board, or head to **Verkön** in the beautiful archipelago of Storsjön. **Tivars**, with its restaurant on the jetty and its own dairy on Norderön, offers far more than just fantastic cheeses.





## Bars

**Bar & evening hangouts.** For beats and a lively pulse, head to **Bonda Bar & Käk** – relaxed vibes and great drinks.

Live music, quiz nights and rock'n'roll – at rock bar **Jane Doe** it's full energy every night of the week.

**Countrybaren** serves cowboy-inspired dishes from the grill, with regular live music performances.

Experience the large roof terrace at **Marité** by the boat harbor – here you can enjoy a fantastic view of Storsjön while sip a delicious drink in the summer sun.

## Dog-friendly

**Here are some restaurants and cafés where you are welcome to bring your dog:**

**Restaurants:** Artut, Astrid, Basta, Grekiska Grill & Bar, Hamngatan 12, Norra Station Café, Nummer Ett, Sir Winston, Spader Dam, Taco Bar, Söders Krog, The Bishops Arms, Tivarsgårds Mejeri, Bonda Bar & Käk, Jane Doe

**Cafés:** Big Lake Coffee, Centralkonditoriet at Brunflo, Elvabäcks Bageri & Konditori, Stocke Titt Café, Waynes Coffee, Wedemarks Konditori



➔ **Read more about eating out at visitostersund**



## Outdoor dining

When it's time to enjoy good food and drinks in the open air, there is a wide selection of outdoor restaurants and terraces where sunshine and great flavours go hand in hand.

In central Östersund, classics like **Norra Station** invites you to a more creative setting where culture meets cuisine, or head to **Winston Sail** at Östersund's main square, Stortorget for a more continentally inspired meal under open skies. Here is also **Bishops Arms** with its popular outdoor seating area, sunny until late in the evening. At **Hamngatan 12 Magasinet**, you'll be seated in one of the city's oldest courtyards, surrounded by history.

For a livelier atmosphere, **Teaterträdgårn** combines food, music and social vibes – perfect for long summer evenings with friends.

If you want to dine on a rooftop terrace with the finest lake views in town, or simply stop for a drink, make sure to visit **Marité**, located by Östersund's marina.

**Brunkullans outdoor** seating is nestled in lush greenery in its own garden courtyard. **Restaurang BUA** has its very own outdoor terrace right in the city centre.

For a great day trip, visit **Playa Tivars** on Norderön. Settle in on the jetty by Storsjön for food and drinks with views over the mountains Oviksfjällen.



# 6 top swimming spots

Next to Östersund lies Sweden's fifth largest lake, Storsjön, offering fantastic swimming opportunities. Whether you prefer a lively beach, a quiet bay with mountain views or a pool – there is something for everyone!

## Swimming close to the city

**Surfbukten** is the cool summer hangout right in the heart of town. Swim from the piers and jump from the tower, go wakeboarding, play beach volleyball and borrow outdoor games. The café serves food, drinks, coffee and ice cream. Next door you'll find the playground Birger's Adventure Park, a pump track and an outdoor gym. **Storsjöbadet** is a favourite for both young and old, no matter the weather. It features several outdoor pools, large grassy areas, a beach volleyball court, and a playground. Indoors, there's a water park with three waterslides, a climbing wall, and hot tubs. At **Bynäset** you'll find a long black sandy beach with unbeatable views of the mountain landscape, walking trails and barbecue areas.



## A little further afield

**Andersöns Nature Reserve** offers shallow swimming bays with mountain views, beautiful trails and barbecue spots. At **Lits Camping** along the Indalsälven river you'll find a sandy beach, beach volleyball, canoe and kayak rentals and excellent fishing. **Hara Brygga** offers wonderful swimming from the old steamboat jetty and a charming summer café.

➔ **About Spa & relaxation, page 19**

➔ **All about swimming at visitostersund.se**



# Enjoy the water from the surface

Whether you prefer peaceful paddling, high-speed action on the water or a leisurely boat trip, there are plenty of water adventures to enjoy in and around Östersund!

## By boat

Book a lunch or dinner cruise with **M/S Thomée** to the beautiful island Verkön. The journey takes approximately 1.5 hours and there is onboard service. From the island Norderön at Tivars farm, you can take the boat **Sjöexpressen** across to Verkön. Is your group looking for a thrill? Book a trip on the speedboat **Supertornado** – and you'll reach the island Verkön in just 20 minutes.

## By canoe or kayak

Gliding out onto the mirror-still waters of **Storsjön** on a summer evening by kayak or canoe, with the mountains on the horizon, is a truly magical experience. A trip around the island **Andersön** offers stunning mountain views. Just outside Östersund lies **Locknesjön**, known for its crystal-clear, limestone-rich water with a beautiful shade of green. Nearby is **Näkten**, a lake with small islands and coves, creating a varied paddling experience. For those who want to paddle in flowing waters, **Indalsälven**, **Långan**, and **Hårkan** are perfect choices. Here, you can also combine paddling with fishing for trout and grayling.

## Surf and kite

Östersund is known for its steady winds, making Storsjön an excellent spot for both surfing and kiteboarding. Enthusiasts gather at **Mårtensviken**, **Västbyviken** and **Kungsgårdsviken**.

## ➔ Book tours and rent

Boat trips with M/S Thomée	sirwinston.se
Canadian canoe	litscamping.com
Kayak	tivars.se

*Kayaks and SUP boards are also available to rent at Kayakomaten at Surfbukten and Kajup at Bynäset on Frösön. 24-hour-self-service.*

## ➔ Read more at visitostersund.se

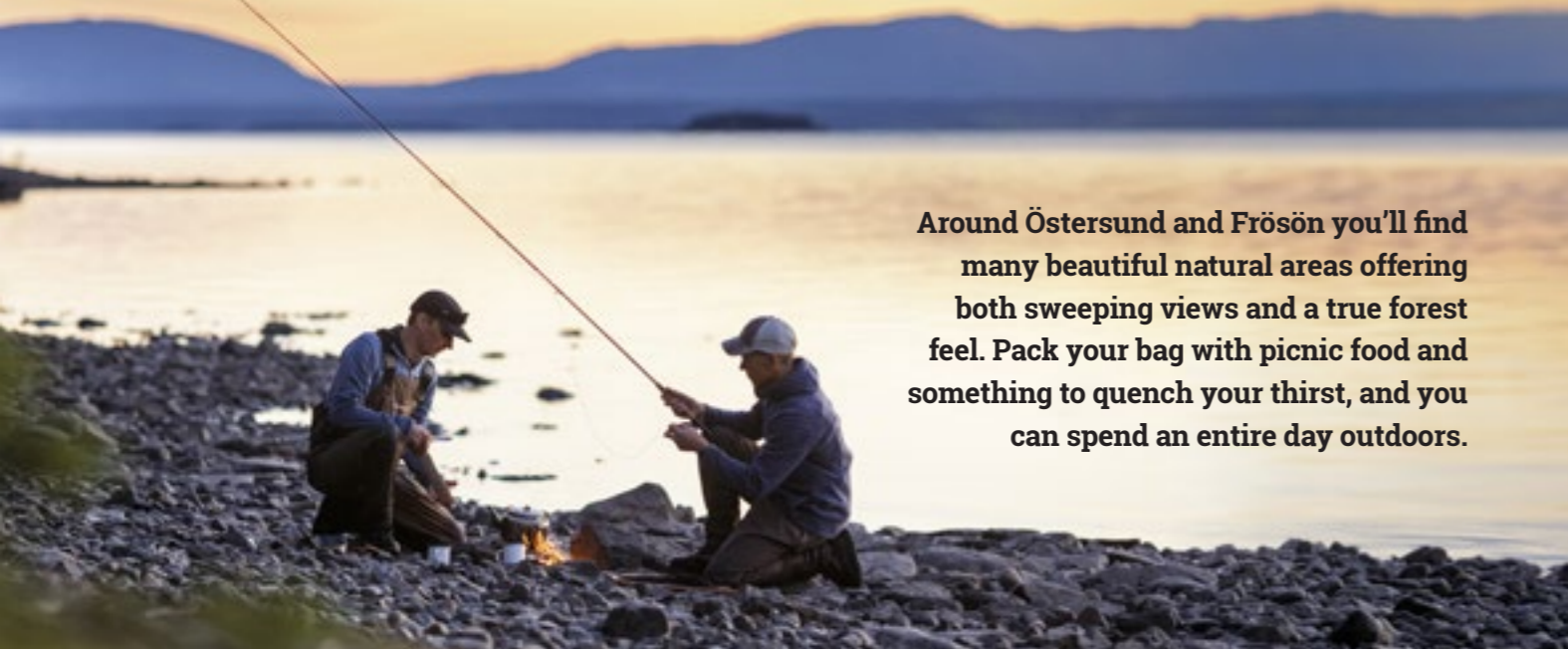
Kayak and canoe



Surf and kite



# Close to nature



Around Östersund and Frösön you'll find many beautiful natural areas offering both sweeping views and a true forest feel. Pack your bag with picnic food and something to quench your thirst, and you can spend an entire day outdoors.



## Nature reserves

**Ändsjön** is Frösön's only lake and a perfect spot for birdwatching. A 3 km trail – partly on boardwalks – winds around the lake, with two bird watching towers along the way. On **Andersön** you'll find beautiful stony shores and a network of forest trails, ideal for jogging, cycling, strolling or picking mushrooms and berries. **Tysjöarna** features hiking trails, a bird tower and rest areas. There is also a long wooden boardwalk ramp making the area accessible for wheelchair users and prams.

## Fishing luck

Book a guided fishing trip by boat on Storsjön and catch trout or Arctic char. **Makro Fishing's** trips are suitable for all ages.

Fishing with a rod along the **shores of Storsjön** is free of charge. Both spinning and fly fishing are popular here, with grayling, whitefish and perch among the catches. For lake fishing from your own or a hired boat, **Ösjön** is recommended. The rivers **Hårkan, Långan** and **Indalsälven** are well known for excellent fishing in flowing water.

## Wildflower walks

Just 3 km from the city centre, at **Odensalakärret**, you can admire the beautiful lady's slipper orchids (*Cypripedium calceolus*), along with common twayblade, fragrant orchid, and fly orchid. At **Nästmyren** in Marieby, you can find Jämtland's provincial flower, the rare Brunkulla (*Gymnadenia nigra*). In good years, hundreds of them bloom here. Other orchids found in Nästmyren include common twayblade and fragrant orchid.

## Pilgrim walking – S:t Olavsleden

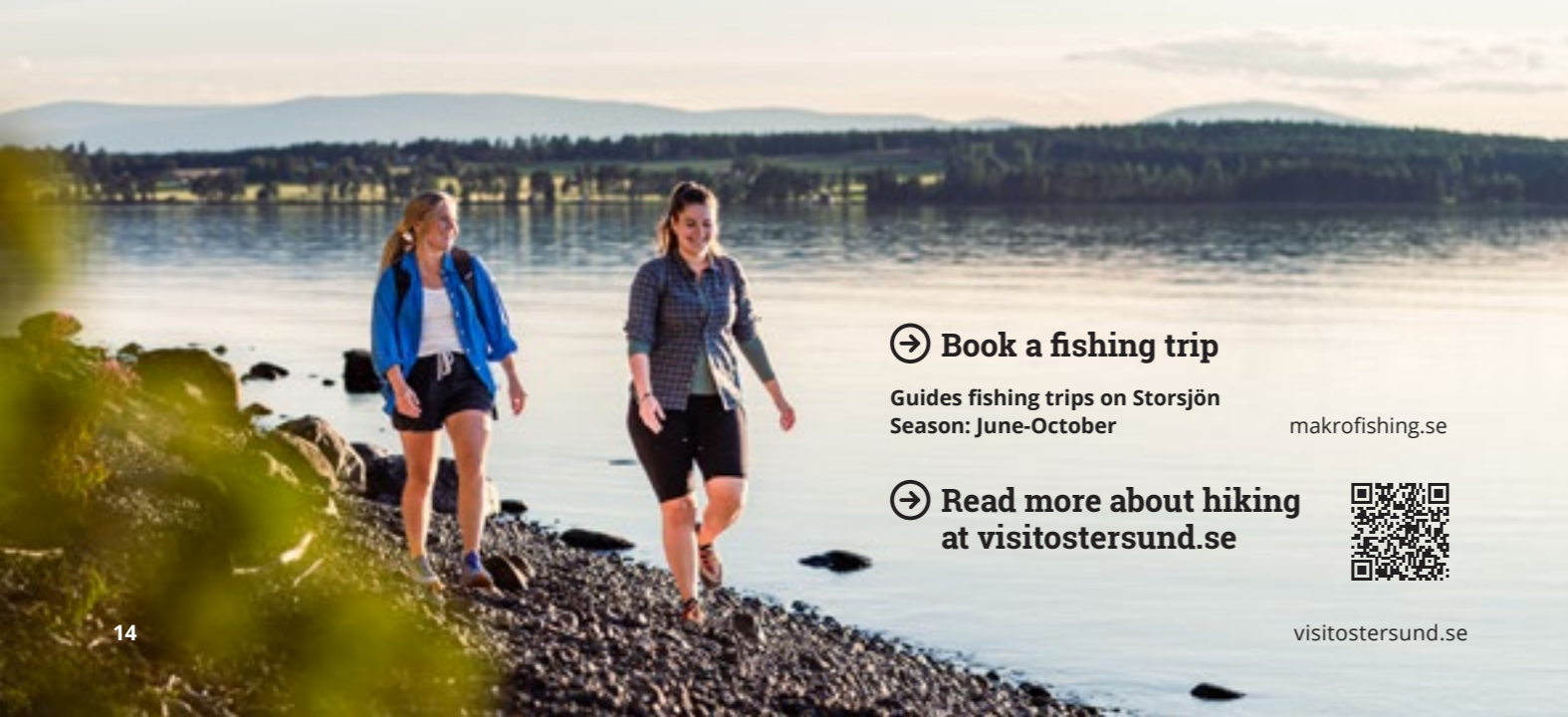
The world's northernmost pilgrimage route passes through Östersund. The 580 km long S:t Olavsleden starts in Selånger outside Sundsvall, passes through Östersund and ends at Nidaros Cathedral in Trondheim, Norway. Walk a section of the route starting from Badhusparken across Frösön. Stop at **the Pilgrim Centre at Frösö Church**, where St. Olav is the patron saint. Here you'll be rewarded with magical views over Storsjön and the Oviksfjällen Mountains.

## Three family-friendly trails

The **Family Trail** on Andersön is an easy 2 km path with information about wildlife and nature. On Frösön you'll find **the Children's Pilgrimage** – an interactive miniature version of S:t Olavsleden between Frösö Church and Sommarhagen, featuring eight QR code stations where you can learn more about the life of St Olav and the life of a pilgrim. Near Sunne Church lies **Pärlstigen**, a nature and meditation trail of 1.5 km, mostly accessible for people with mobility impairments and prams. Just nearby there is also a viewing point for **Storsjöodjuret** – the legendary Lake Monster of Storsjön.

## Bynäset and other scenic trails

**Mjällestigen, Stensgårdsstigen, Kyrkstigen** and **Östbergets nature trails** on Frösön all offer beautiful views over lake and mountains. **Bynäset** is a popular 7 km loop along the shores of Storsjön. At nearby **Västbyviken** you'll find a long black sandy beach and open grassy areas perfect for a picnic.



### ➔ Book a fishing trip

Guides fishing trips on Storsjön  
Season: June-October

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

### ➔ Read more about hiking at [visitostersund.se](http://visitostersund.se)



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



# Frösön

Frösön is the largest island in Lake Storsjön, and welcomes you to experience its nature, adventure, cultural history and breathtaking views over Storsjön, towards the mountains Ovixsfjällen and Åreskutan.



## Golf & fitness with a view

Östersund Frösö Golf Course is said to have one of Sweden's most beautiful first-tee shots. The course includes an 18-hole course, a 9-hole Pay & Play course, and a practice area. Near Frösö Park Hotel, you'll find an outdoor training park with a gym and an obstacle course. Then relax in the hotel's award-winning spa.



## Frösö Church

One of Sweden's most popular wedding churches, Frösö Church dates back to the 12th century and was built on top of a pagan sacrificial site. Next to the church, a pilgrim center is open during the summer, the peak season for pilgrimages. Pilgrims can also camp in the area. Take the opportunity this July to visit Sockenstugan's café with its stunning views over the mountain landscape.

## Frösö heritage center / Stocke Titt

This was once the site of Jämtland's first school, Frösö Trivial School. Today, an exhibition in the old library building showcases school life for over 100 students from 1679 to 1847. The nearby heritage center is a popular attraction with a café and an observation tower.

## Frösö Tower

Located at the highest point of Frösön, 468 meters above sea level, on a clear day, you can see all the way into Norway. The tower also features a White Guide-listed café specializing in raw food treats. Around the mountain, you'll find beautiful nature trails.

## The runestone

Next to Hornsbergskyrkan Church at Frösön, stands Sweden's northernmost runestone. Carved in the 1050s, it tells the story of Östman, son of Gudfast, who built a bridge across the strait and introduced Christianity to Jämtland.

## Bynäset – swimming & walking

Bynäset features scenic trails for walking and running. The approximately 7 km trail winds through a diverse forest landscape along the shores of Storsjön. There's a black sandy beach, a shallow swimming bay with a rocky shoreline, and grill spots. Parts of the trail are accessibility-friendly with boardwalks.



## Great food

Frösön offers plenty of dining and café options. Try local homemade treats at Tages and Stocke Titt. Enjoy the stunning view from Frösövallen's café or ice cream at Surfbukten's café. Dine at Frösö Park Hotel, the golf course restaurant or have a coffee after visiting the Wilhelm Peterson-Berger Museum at Sommarhagen.

## Sommarhagen

Composer Wilhelm Peterson-Berger was so captivated by Frösön's beauty that he built his home, Sommarhagen, here. Today, it serves as a museum, café, and popular tourist destination. Keep an eye out for Sommarhagen's music days and other events on their Facebook page.

## More beautiful islands in Storsjön

**Andersön.** Enjoy hiking in a lovely forest setting, with long, beautiful stony beaches, ancient monuments and fossils to discover.

**Norderön.** Here you'll find Norderön's scenic 18-hole golf course, as well as Tivars – a farm dairy with a shop and restaurant worth visiting.

**Verkön.** Take the boat M/S Thomée to Verkön and enjoy a meal in a castle-like setting at Verkö Castle.

# A summer on the move

Östersund offers plenty of opportunities for those who want to get active, and there is something truly special about cycling, running, golfing or climbing with views over lake and mountains.

## Running or walking

For those who want to exercise with the mountains as a backdrop, **Bynäset** and **Andersön** are favourite spots. In the **ÖSK** area you'll find the Interval Track, a pulse-raising 4.5 km route. Frösön is full of beautiful trails – combine them with a few laps up and down the ski slopes for a real workout. The **Spikbodarna** trail system offers everything from gravel roads to forest paths and bog running.

## Golf

On Frösön with views over the Oviksfjäl-len Mountains, **ÖFGK** offers an 18-hole course, Pay & Play, an adventure course and a practice area.

**Norderöns GK** offers Pay & Play, 18 holes and frisbee golf. **Storsjöbygdens GK** has a hilly 18-hole course as well as a short course. At **Östersund Indoor Golf** you can practise, play and compete year-round, whatever the weather or season.

## Cycling

**Mountain bike.** Frösön is said to have some of the finest XC trails in the country. In **Fursteli** in Marieby you'll find 11 kilometres of purpose-built and marked trails. Technical and challenging trails can also be found on Andersön and at Frösö Park. At Östersund's ski stadium there is a 13 km XC course connecting to the Spikbodarna trail system.

**Gravel.** North and northeast of town there is an endless network of gravel and forest roads.

**Downhill cycling.** Östberget on Frösön offers lift-assisted downhill cycling several days a week. Six trails of varying difficulty – all fast, narrow, with steep sections and challenging corners.

The playful **Brunflo Bike Park** has no lift but features two jump trails, and additional forest trails with jumps, curves, wall rides, and bridges

**Road cycling & day trips.** Around town there are lovely routes for road cycling and family outings.

# Spa & relaxation

After an intense workout, relax and recharge at one of Östersund's fantastic spa experiences. Whether you prefer a luxurious spa or a nature-inspired retreat, there's something for everyone.

**Frösö Park Hotel.** Out- and indoor pools, various saunas, and Jämtland-inspired wellness treatments.

**Cloud Spa at Hotel Östersund.** Rooftop pool with stunning views of Lake Storsjön and the city.

**Storsjöbadet.** Multiple saunas, jacuzzis, and Aufguss sessions with aromatic essential oils.

**Turkish Hammam at Hotel Gamla Teatern.** Traditional treatments, whirlpools, and saunas.

**Sommarbadet at Badhusparken.** Rent the entire facility with sauna and relaxation area.

## More activities

**Hittaut:** Find checkpoints in forest and city.

**Climbing:** Östberget offers over 100 routes of varying difficulty. Indoor climbing at Östersund Climbing Center.

**Racket sports:** The tennis hall offers indoor and outdoor courts, as well as outdoor padel. In Odenskog there is an indoor padel hall.

**Outdoor gym:** At Surfbukten, on Campus, Jämtli, Frösö Park and at Remonthagen.

**Outdoor training and yoga** are offered at various locations around Östersund.

**Roller skiing:** An 8 km roller ski track at Skidstadion. To develop your technique, Tord Wiksten Event offers courses.

**Book at:** [tordwiksten.com](http://tordwiksten.com)

➔ **More at [visitostersund.se](http://visitostersund.se)**



Cycling  
in Östersund



Training  
in Östersund

# Activities for the whole family

Summer holidays are the ideal opportunity for families to spend quality time together. In Östersund, there are numerous exciting activities for enjoyable days.

➔ More tips at [visitostersund.se](http://visitostersund.se)



## Teknikland

Discover the technological history of the 20th century in interactive environments for the whole family. Here children can, among other things:

- Drive electric cars
- Try digital target shooting
- Sit in the Viggen jet and vintage buses
- Play in exhibitions for all ages



## Outdoor Play & Fun

**Badhusparken.** Playground, mini golf & café

**Birger's Adventure Park.** Climb, jump & run for all ages

**Lövbergaparken / Björkbackaparken.** Playground including a wheelchair swing, café

**Torvalla Falkfångarvägen.** Playground with a buddy swing, trampoline and more

**More playgrounds:** [ostersund.se](http://ostersund.se)



## Multichallenge & Tiki

**A whole house filled with adventure.**

Challenge family and friends with fun activities.

- Boda Borg
- Laser arena
- Go-kart, bowling & mini golf
- Play area for the youngest
- Shuffleboard & billiards
- Restaurant & café

## Jamtli Historieland & Museum

**Hours of fun for the whole family – something for everyone, young and old**

- Travel back in history and become "a child for a day"
- Get your licence at the traffic school
- Play captain on the boat M/S Thomée
- Play in the Play Barn with hay jumping
- Slide down through Storsjöodjuret
- The Great Lake Monster
- Visit the 1970s park "Five Ants Are More Than Four Elephants"
- Visit Jamtli's animals



## By bike, skate or scooter

**Cycle Play Park.** Along the waterfront promenade between Surfbukten and Frösö Boat Harbour you'll find a fun cycle play park with traffic signs and other fun features – a must for all young cyclists.

**A pump track** for the very youngest is located near Surfbukten. In Brunflo you'll find one of Sweden's largest, 170 metres long with a jump line. Next to it there is also a smaller, accessibility-adapted loop of 64 metres.

### Skate

- Skatehall Bangården – for both beginners and those who want to try tricks
- Skatepark under Frösöbron – open area for play and skating



## Go-kart

Experience adrenaline-filled racing on one of Sweden's finest karting tracks at Östersund Motor Stadium. Choose drop-in sessions or book the entire track.

[jmk.nu](http://jmk.nu)



## Moose Garden

Join a guided tour and meet the tame moose. Pet them, feed them and learn more about their lives. Café and souvenir shop.

**GUIDED TOURS:**  
[moosegarden.com](http://moosegarden.com)



## Sommarparken (Summer Park)

- Try wakeboarding at the cable park
- Borrow SUPs, longboards and other activity gear
- Play beach volleyball and mini golf
- Swim at the bathing jetties and enjoy a snack from the cafes

## Cinema Day

Raining outside? The perfect excuse for a cinema trip! Sink into your seat at Biostaden, grab something tasty and enjoy a great film.



## Mini golf, disc golf & bowling

- Mini golf at Badhusparken, Campus, Frösö- och Östersunds Camping
- Indoor adventure mini golf (UV lighting) at Tiki
- Disc golf in varied natural settings
- Bowling & simulators. Bowlinghallen Kök & Bar, Tiki Grill & Drinks

## Scouting for Storsjöodjuret

Pack a picnic, binoculars and a camera and head out on a truly exciting adventure.

### Good observation spots:

- Vallsundsbron on Frösön
- Tibrandshögen on Rödön
- Håkansta at the Ferry Landing
- Sunne Church Ruin



# Summer at Jamtli

## 3 museums in one place



### Jamtli Historyland

Step straight into history and experience a summer filled with play, stories, and living environments. From June 22 to August 16, the open-air section of Jamtli transforms into Jamtli Historyland, where cultural heritage farms from 1785 to 1975 are brought to life every day through role-playing, shows, and fun activities for both children and adults.

Here you can learn about the harsh years of the 18th century or explore the town of Östersund in 1895 with its general store and market square. Take the bus from the 1920s or stop by the petrol station from 1956. Don't miss the green movement of the 1970s and Five Ants Are More Than Four Elephants. A day at Jamtli is never the same—there is always something new to discover.

### National Museum

National Museum Jamtli presents art and design from the National Museum's extensive collections. The exhibition **Life Designed** takes you on a journey through design history from the 1960s to today, featuring around 200 objects from National Museum's collections.

### The County Museum

Dive deep into the history of Jämtland. Marvel at the 1000-year-old **Överhogdal tapestries** – among the oldest pictorial textiles in Europe, believed to depict the transition from pagan to Christian times. You can also see the large **trap** once used in an attempt to catch Storsjöodjuret the Great Lake Monster. Travel through a year in the life of reindeer herders in the **Sami culture** exhibition, and discover how men and women lived and worked during the 17th to 19th centuries in the **Farming Life** display.

#### Temporary Exhibitions

**Re Rag Rug and Other Excesses.** A textile art exhibition rooted in reuse and upcycling, by artists Katarina Brieditis and Katarina Evans. May 9–August 30.

**When the World Came to Jämtland.** A photographic story by journalist Stefan Nolvik, capturing the moments when people fleeing conflict became part of everyday life in Jämtland. May 20–August 16.

### Activities at Historyland

**Become a time traveler with the Jamtli Pass.** Explore the different eras and collect stamps along the way. A fun adventure for curious explorers of all ages.

**History Walk.** Join a guided, dramatized tour where you will learn more about the people living on the farms and their daily lives.

**Be a Child for a Day.** Children aged 7–12 can borrow historical clothes, play, chat and work just like kids did in the past. Meet the animals and truly live another era – just for a day.

**Photo Studio anno 1895.** Get your portrait taken in the style of the late 19th century at Oscar Olsson's studio. A wonderfully timeless souvenir.

**The "Five Ants" park.** Meet Magnus, Brasse, and Eva from the beloved 1970s children's program Five Ants Are More Than Four Elephants. Pure nostalgia for grown-ups, pure magic for little ones.

**Children's time travel at Hackås Farm.** Step into history and take part in an exciting drama. You might go on a trading journey, or join a school day in 1895. Anything can happen. (Ages 5 and up.)

**Children's Traffic School.** Learn the rules of the road and try out the pedal cars. (Ages 6–12.)

**Children's Railway.** Play as a train driver, stoker, or curious passenger. Guided rail trolley rides are offered several times a day.

**Children's Energy Play.** Explore energy from the sun, wind, water, and your own body. The excavator, sawmill, and stove all need electricity.

**Jamtli Shop.** Crafts & design. Books, embroidery kits, jewelry, toys, and DIY materials.

**JP Gulle's General Store – Market Square 1895.** Step inside Gulle's store and shop just like in 1895.

**Fika.** When you like to take a break and soak in the feeling of summer, sit back and enjoy a coffee and a treat at Jamtli Café.

#### ➔ More information

More information, opening hours and prices at [jamtli.com](http://jamtli.com)



# Visit a Museum



On the island of Frösön, with sweeping views over lake and mountains, lies composer Wilhelm Peterson-Berger's beautiful Sommarhagen – one of Sweden's best-preserved artists' homes from the early 1900s. Discover the story of P-B, his music and this unique house, and stop by the popular summer café. In August, don't miss the concert series "Musik i Sommarhagen".

## Sommarhagen

READ MORE: [sommarhagen.com](http://sommarhagen.com)

## LockneKratern

458 million years ago, twin meteorites crashed into the sea that once covered the Storsjö region. The larger struck what is now Lake Lockne, and the smaller landed near Målingen, close to Lake Näkten. These are the only proven twin meteorite impacts on the entire planet. LockneKratern is a truly unique site that attracts researchers from all over the world. Since 2006, the LockneKratern museum in Ångsta has told this extraordinary story – and it's well worth a visit.

READ MORE: [locknekratern.se](http://locknekratern.se)



## Gaaltije South Sami Museum

The exhibitions in Gaaltije tell about the Sami history, present and future from a Sami perspective. Here you can also enjoy art exhibitions, music events, lectures and more. In the shop you find crafts and jewelry, meat, books and other products from Sami entrepreneurs.

READ MORE: [gaaltije.se](http://gaaltije.se)



## Jamtli

Inside Jamtli, the County Museum's exhibitions and the design collection at Nationalmuseum Jamtli are waiting to be explored. Outside, Jamtli Historieland is a much-loved summer destination for curious time travellers of all ages. From June 22 to August 16, the open-air museum's historic environments come alive with role play and experiences spanning 1785 to 1975.

READ MORE: [Page 22 and jamtli.com](http://Page 22 and jamtli.com)



## Stadsmuseet

Here you find exhibitions showcasing the history of Östersund. The building also houses the Ahlbergshallen art gallery.

READ MORE: [gamlaostersund.se](http://gamlaostersund.se)



## Teknikland

A retro-technical world of aviation and military history, vehicles and other cool technology. Here, you experience the aviation history of Jämtland through 30 civilian and military aircrafts and see what it was like to serve in the military in the past or work in the auxiliary women's service.

You can "cross the mountains" following the Carolean death march in 1718, discover stories about agents, spies and couriers or engage in hands-on activities in the tech – or lego workshop.

READ MORE: [teknikland.se](http://teknikland.se)



# Östersund Unfolded

Discover Östersund at your own pace through art and history walks. Follow a journey among the city's fascinating buildings, public artworks and captivating stories – whenever it suits you. At [ostersundunfolded.se](http://ostersundunfolded.se) you'll find several digital city walks to guide you through town.



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

# Second Hand & Handicraft

Östersund is home to several second hand and upcycling shops, where every item has a story to tell. Clothes, furniture and treasures waiting to find a new favourite home.

## Second Hand

**Anderssonskans Kalle.** Antiques, vintage clothes, secondhand clothes and recycled items.

**Brukat.** Second-hand women's clothing – beautifully hung, in stylish combinations and with a selection adapted to the season.

**Arvet.** A well-sorted secondhand with clothes for children, maternity clothes and toys.

**Hamngatan 12.** Antiques and secondhand in the shop and in the café. If you like the chair you are sitting on, it's fine to buy.



## Handicraft

**Gaupa.** Genuine and personal handicrafts in different materials.

**Storsjöhyttan.** See how the glass is formed into functional and artistic glass.

**Frösö Handtryck.** One of Sweden's oldest hand printing companies.

**Drejeriet.** Shop and gallery. Handmade ceramics and pottery classes.

**Jamtli Butik.** Traditional handicraft and modern design side by side.

**Gaaltije.** Handicraft from Saepmie and local reindeer meet.



**Strandloppan.** Furniture, ornaments, paintings, tools and more.

**Återbruksbutiken.** Furniture and home furnishings.

**Vinylhem.** Secondhand shop with sound at its heart. Vinyl records and events.

**Mormor Ainas Vind.** Lifestyle and second-hand store with a focus on reuse and sustainability.

**Loppis på gården.** Furniture, glassware, crockery, clothes, tools and much more.

**PMU Second Hand.** Furniture, clothes, china, textiles, books and more.

**Röda korset.** Secondhand shop with a big and mixed selection, cafe.

**Robin Hood.** Clothes, shoes, vintage items and a café.

**Shoppis Re:veljen.** Secondhand shop with clothes, sports products and more.

**Meindl Concept Store.** Unique quality products for outdoor activities. Second hand shop with high quality.

➔ Read more at [visitostersund.se](https://visitostersund.se)



[visitostersund.se](https://visitostersund.se)

## Food craft

**Slaktar'n Bistro & Deli.** Meat & charcuterie. Restaurant.

**Gaaltije.** Local reindeer meet.

**Big Lake Coffee.** Artisan coffee roastery with a coffee bar & boutique.

**Smithens Skafferi.** Local produce from farms across the region.

**Telogott.** Tasty chocolate, pralines, licorice, home roasted coffee and ice cream.



# Local Shopping

In Östersund, you'll find small unique shops mixed with well-known chains. Here we have gathered a selection of the city's local offerings – something for every taste.

## Books & toys

**Akademibokhandeln.** Books, games and puzzles.  
**Hübenettes bokhandel.** Books and gifts for young and old.  
**Lekia Mittpunkten.** The children's favourite store.  
**Ica Maxi.** Food, books, toys and home décor.

## Fashion

**BikBok.** From basic to trendy.  
**Carlings.** Wide selection of popular brands.  
**Cubus.** Clothes for the whole family.  
**Dressman City.** For men of all ages  
**Fanny.** Fashion from famous brands  
**Gina Tricot.** Trendy and affordable.  
**H&M.** Fashion for both men and women.  
**Indiska.** Fashion, interior design, accessories.  
**Jack & Jones.** Stylish men's fashion.  
**Jeansbolaget.** Fashion from well known brands.  
**KappAhl.** Women's and men's fashion.  
**Lindbergh.** Casual fashion for all ages.  
**Index.** Inspiration and trends.  
**MQ Market.** Quality and style for every day life and parties.  
**Patches & Pins.** Streetwear, caps, beanies and T-shirts.  
**TinTin Style.** Fashionstore with a wide selection and personal service.  
**Triumph.** Large assortment of underwear and swimwear.  
**Vero Moda.** International fashion for all occasions.  
**Volt Fashion.** Men's clothing from well known brands  
**Väskan.** Fjällräven, Hestra, Samsonite and more.  
**Westvalls.** One of Sweden's oldest men's clothing stores.

## Interior and flowers

**Cervera.** Wide range of good quality and design kitchen accessories.  
**Clas Ohlson.** Everything for the home DIY enthusiast.  
**Hamngatan 12.** Interior and design with love and a touch of soul.  
**Hemtex.** Homefurnishing for every room.  
**Interflora.** Flowers for all occasions of life.  
**Lagerhaus.** Inspires joy in every day life.  
**Ljusexperten.** Everything for indoor and outdoor lighting  
**Kärnan Blommor.** Flourishing crafts.  
**Norma Jean.** Flowers and interior.

## Outdoor & sport

**Landbys.** The right equipment for your adventure.  
**Meindl.** Boots for many lovely days outside.  
**Naturkompaniet.** Well-known outdoor brands.  
**Stadionbutiken.** Equipment for Roller skis, trailrunning, running.  
**Stadium.** Sports and sports fashion.  
**Sportson.** Bicycle and ski shop, workshop and bike wash.  
**Woolpower.** Swedish production of base layers, factory store.

## Jewelry

**Glitter.** Bijouterie, silver and hair accessories.  
**Larssons Guld Smycka.** Well-known brands.  
**Svedberghs Guld.** Here you will find the popular snow-heart jewellery.  
**Starlanders Ur.** Watches, battery, and bracelet replacement.  
**Ur & Penn.** Watches & fashion accessories.

## Fabric & things

**Garntorget.** Everything for your knitting.  
**Tygcenter.** Everything for your sewing and knitting.  
**Ateljé Grönlund.** Sewing studio, wedding dresses & accessories

## Health and beauty

**Ej's Hälsokost.** Wide range of organic products.  
**Hudateljén.** Treatments in a calm and relaxed environment.  
**Hälsokraft.** Authorized health store.  
**Kicks.** MakeUp, skin and hair care.  
**MAX frisering.** Hairdresser, over all experience.  
**Normal.** Normal goods at unusual prices.  
**Optikern i Jämtland.** Selected glasses of the highest quality.  
**Rituals.** For body and home.  
**Skönhetscenter.** Skin, hair, feet and body.  
**Specsavers.** Eye health, classic and stylish frames.  
**Turkos.** Organic health & skin care for the whole family.  
**Apotek Hjärtat.** Chemist at Ica Maxi and Ica Kvantum.  
**Kronans Apotek.** Chemist in Mittpunkten.  
**Apoteket Kärnan.** Chemist in Kärnan.

## Shoes

**Burmans skor.** Your local shoe store with well-known brands.  
**Eurosko.** Wide selection for the whole family.  
**Gå & Löpklänken.** The right shoe for the right foot.  
**Scorett.** The best in shoe fashion and accessories.

## Technique & music

**Alina.** Service and sales for computers and mobile phones.  
**C&C.** Apple premium resellers.  
**Elgiganten Phonehouse.** Mobile phones & Mobile accessories.

## Shopping centers

**Kärnan.** Shoppingcenter with a wide range of shops. Also the kiosk Pressbyrån.  
**Mittpunkten.** One stop shopping. All under one roof. Also Off-licence and Coop City.

## Extra tasty

**Hemmakväll.** The best destination for sweets.  
**Goding City & Bangårdsgatan.** Sweets, licorice, chocolate, crisps.  
**Kandyz.** Candy shop and ice cream café.  
**Telogott.** Tea, coffee, chocolate, confectionary.

## Lillänge/Odenskog

In Lillänge you will find everything from clothes and electronics to food and medicine.

Here is a selection of stores.

**Coop Lillänge**  
**Ica Kvantum**  
**Dressmann.** For men of all ages  
**Kappahl.** Sustainable fashion for all occasions and ages.  
**Landbys.** Jämtland's oldest shop for outdoor equipment.  
**Index.** Wide range of women's and children's clothing.  
**Meindl.** Boots for many lovely days outside.  
**Stadium Outlet.** Sport wear at low prices.  
**Systembolaget.** Liquor store.  
**Tasseborg.** Everything for your cat, dog and aquarium fish.  
**XXL.** Sport and Outdoor items.  
**Apoteket.** Medicines and health products.



## Go on a shopping spree with Östersund shopping booklet

Östersundshäftet – the shopping booklet is filled with over 90 great offers from the city's shops, cafes, restaurants and other businesses. You also get 4 X4 hours of free parking. This year's booklet costs SEK 165 and is available for purchase at the Tourist Center, Pressbyrån in Kärnan and in many of the town's shops.



## A city card as a present

The card can be used in a large number of shops and other businesses in Östersund. You can buy the card and load the card with any amount at the Tourist Center, in Pressbyrån in Kärnan or in Mittpunkten.



## Digital gift card in Peyo

In the Peyo app you can buy digital gift cards that are valid in stores, restaurants and other businesses in Östersund.

[READ MORE: lokalapresentkort.se](https://lokalapresentkort.se)



# Sleep tight

Family vacation? Maybe a romantic getaway? Or are you visiting one of the many summer events?

Whatever your reason for coming to Östersund, there are plenty of accommodation options in different price ranges to choose from.



## Hotels

### Best Western Hotell Ett

📍 Körfältets Centrum. +46 63-12 76 60  
🌐 hotellett.com

### Clarion Hotel Grand

📍 Prästgatan 16. +46 63-55 60 00  
🌐 strawberry.se/hotell/sverige/ostersund/clarion-hotel-grand-ostersund/

### Frösö Park Hotel

📍 Cronstads väg 3 Frösön. +46 63-16 50 00  
🌐 frosoparkhotel.se

### Hotell Emma

📍 Prästgatan 31. +46 63-51 78 40  
🌐 hotelemma.com

### Best Western Hotell Gamla Teatern

📍 Thomégränd 20. +46 63-51 16 00  
🌐 gamlateatern.se

### Hotell Jämtborg

📍 Storgatan 54. +46 63-51 01 01  
🌐 jamtborg.se

### Hotell Stortorget

📍 Prästgatan 17. +46 63-10 05 00  
🌐 hotellod.se

### Hotell Östersund

📍 Kyrkgatan 70. +46 63-57 57 00  
🌐 hotellostersund.se

### Leopold Boutique Hotel

📍 Prästgatan 26. +46 63-22 333  
🌐 leopoldbb.com

### Scandic Östersund Syd

📍 Krongikesvägen 97. +46 63-685 86 00  
🌐 scandichotels.com

### Sure Hotel by Best Western Älgen

📍 Storgatan 61. +46 63-51 75 25  
🌐 hotelalgen.se

## Long stay

### Hotell Zäta Longstay

📍 Prästgatan 32. +46 63-51 78 60  
🌐 hotel-z.se

## Gomorrön In

📍 Biblioteksgatan 9  
🌐 gomorrnostersund.se/longstay

## Hostels

### Jamtli Vandrarhem

📍 Museiplan 2. +46 63-15 03 00  
🌐 jamtli.com

### Multi Challenge Vandrarhem

📍 Tjalmargatan 1. +46 63-14 05 40  
🌐 multichallenge.se

### STF Östersund Ledkrysset

📍 Biblioteksgatan 25. +46 63-10 33 10  
🌐 ostersundledkrysset.se

### Frösövallens vandrarhem

📍 Stockevägen 3, Frösön. +46 76-792 38 89  
🌐 frosovallen.se

### Kvarnsveds Vandrarhem

📍 Fröjavägen 64, Frösön. +46 70-293 30 39  
kvarnsveds@gmail.com

## Camping

### First Camp Frösön-Östersund

📍 Rödövägen 3, Frösön. +46 63-432 54  
🌐 firstcamp.se/destination/froson-ostersund

### Östersunds Camping

📍 Krongikesvägen 95c. +46 63-14 46 15  
🌐 ostersundscamping.se

### Lits Camping & Kanot

📍 Hårkmon 125, Lit. +46 642-102 47  
🌐 litscamping.com

### Sandvikens Camping

📍 Sandviken 130. +46 63-370 08,  
+46 70-331 61 24  
🌐 sandvikenscamping-stugby.com

## Camper Van sites

Camper Van sites are available for rent at Storsjö Strand, at Östersund Frösö Golfklubb, at Harley House, at Östersund Tennis Club, at Camp Furan and at Norderöns GK.



## GET PERSONAL TIPS ABOUT ÖSTERSUND

Get personal tips about Östersund – ask one of our AI-locals!

Whether you're looking for cafés and restaurants, seeking activity recommendations or simply need a good laugh.



## ALL EVENTS IN ONE PLACE!

Don't miss the event calendar at visitostersund.se



## ÖSTERSUND HAS ROOM FOR MORE MEETINGS

Contact us at Destination Östersund – we offer free support for event and meeting organisers. Let us be your help!





# WANT TO STAY A LITTLE BIT LONGER?

Are you thinking of staying a little longer or settling down here? Östersund is experiencing strong growth and is optimistic for the future. The job market is robust and offers great career opportunities in many different sectors. The Mid Sweden University contributes with a bustling campus and international innovation and research. Here, we don't have to choose between career and an active life, as we can easily manage both. All with a unique blend of city and mountain vibes.

## Looking to move here? Work or study?

On the website *Leva i Östersund*, you'll find available jobs, your dream home, help with school/childcare, tips for a fulfilling free time, and stories from new residents of Östersund. Are you planning to study? In Östersund, nearly 3,000 students study at the Mid Sweden University, in fields ranging from tourism and risk and crisis management to engineering and psychology programs.

**READ MORE:** [levaiostersund.se](http://levaiostersund.se) | [miun.se](http://miun.se)

## Community for all

In Östersund, there are plenty of opportunities to meet new people and be part of a community, whether you're new to town or have lived here for a long time. Östersund Included hosts activities throughout the year, helping you connect with more people in the city. At *Surfbukten*, many gather for communal cold-water swims and new friendships. *Hamngatan 12* welcomes you to *Offline Hangouts*, while *Brädklungan* organizes group snowboarding meetups.

**READ MORE:** [visitostersund.se/  
community-for-all](http://visitostersund.se/community-for-all)

## Would you like to experience the Östersund pulse?

Check out our *Long Stay* website for tips on long stay-accommodation, co-working spaces, and inspiration from others who have tried long stay in Östersund.

**READ MORE:** [longstayostersund.se](http://longstayostersund.se)

Or you are simply welcome back whenever you like.  
Take a look at our event calendar for inspiring revisits. [visitostersund.se/event](http://visitostersund.se/event)