



Höga Kusten

ÖRNSKÖLD SVIK

Guest-guide 2016



SEE & DO

SLEEP & EAT

Welcome to ÖRNSKÖLDSVIK

This is the perfect destination for visitors seeking adventure and an active stay. The area has a wonderful variety of landscapes, from coast and cliffs to inland meadows and forests. You can explore the archipelago in your own boat or onboard one of the archipelago touring boats. Perhaps you prefer to enjoy the view of the islands from the wharf in Inre Hamnen, the delightful harbour that is only a stone's throw from the square in Örnsköldsvik.

Örnsköldsvik is part of the Höga Kusten World Heritage Site known (High Coast). For more detailed information about what you can see and do in other parts of the High Coast, please contact our Tourist Information Office or visit us at www.hogakusten.com.

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ÖRNSKÖLDSVIK TOURIST INFORMATION OFFICE

Lasarettsgatan 5,
S-89133 Örnsköldsvik
☎ +46 (0)660-881 00
turism@ornskoldsvik.se
www.hogakusten.com

Mobile tourist information office 1-29 July

From 1 to 29 July, Örnsköldsviks Tourist Information Office will be travelling to different parts of the municipality. We will be travelling around by car, with a good stock of maps and brochures and access to modern technology so we can help tourists with information and bookings. NB! This list may be amended, please refer to our website.
www.ornskoldsvik.se/mobilturistinfo

Mondays:

09.00 Gullviks Havsbad
10.30 Naturkompaniet
11.30 Friluftscentralen
14.00 Mellansels Friluftsbad & Camping
15.30 Bredbyn

Thursdays:

09.00 Kerstins Udde Trehörningsjö
10.30 Björna camping
13.30 City centre Örnsköldsvik

Tuesdays:

09.00 Salusands Camping & Havsbad
11.00 Picnic area Mosjön (southbound)
13.30 Mosjöns Camping
15.30 Fiskevistet in Skeppsmaln

Wednesdays:

09.00 Circle K Örnsköldsvik
11.00 Kajen, Köpmanholmen
13.30 Strutsfarmen
14.15 Källarbacken
15.45 Naturkompaniet

Fridays:

08.30 Kajen Köpmanholmen
09.30 entrance north Skuleskogen
10.30 entrance west Skuleskogen
11.30 Skule Naturum
14.00 Herrgårdsparken Köpmanholmen
15.30 OK Q8 Örnsköldsvik





SHOPPING

Central Örnköldsvik has developed into a shopper's paradise, with high class boutiques, shops and places to meet friends and a great atmosphere. Here you will find small, charming shops, large, well-stocked specialist shops and department stores. Örnköldsvik was named the Town Centre of the Year in 2008. This was the second time Örnköldsvik won this prestigious award from the association of Swedish town centres, Svenska Stads kärnor.

THREE SHOPPING CENTRES IN THE TOWN CENTRE
The three shopping centres – Magasinet, Port 9 and Oskargallerian – have close to 50 shops in total. Oskargallerian houses 32 shops over three floors.



OPENING HOURS (changes may be made)	The shopping centres:	The city shops:
	Weekdays	Weekdays
	10.00-19.00	10.00-18.00
	Sat 10.00-16.00	Sat 10.00-15.00
	Sun 12.00-16.00	Sun closed

In addition to its shopping centres and chain stores, the town can offer a wide range of charming boutiques, some which belong to the Unika concept. Unika Butiker is a member association where all member enterprises have to be locally based and privately owned, have an independent range of products that is unique in the region and sell sustainable products or make use of sustainable working methods. There are presently five Unika shops in Örnköldsvik.



ALL THE EQUIPMENT YOU NEED FOR OUTDOOR PURSUITS
Fjällräven/Naturkompaniet – Sweden's largest outdoor pursuits store and outlet covering 2,000 square metres and located 6 km south of Örnköldsvik, sharing premises with the old Fjällräven factory. This is the largest retail outlet in Norrland with its own section for anglers and a Fjällräven outlet. You will find everything you need for all types of outdoor pursuits. The shop has developed into a tourist attraction, and has a vast car park with space for cars, caravans and motor homes.

You will also find Utekompaniet close by, with its impressive range of clothing, shoes and equipment for outdoor pursuits.

Local produce

Gide Get, Djuptjäm Trehörningsjö. Goats cheese with the KRAV label. ☎ +46 (0)662-210 43, +46 (0)70-36 210 42 www.gideget.se

Bruksgodset, Banafjäl. Ceramics studio. Café etc. ☎ +46 (0)660-25 21 99 www.bruksgodset.se

Gården i Längsjön, Trehörningsjö. Pork produced on the farm. ☎ +46 (0)662 210 82, +46 (0)70-699 10 82 gardenilangsjon.wordpress.com

Myra Gård, Banafjäl. Eggs for sale. ☎ +46 (0)70-606 12 98 Facebook: Myra Gård AB

Godsta Gård, Godmarkstrand Husum. Beef and lamb from the farm .Lambskins. ☎ +46 (0)663-211 19 www.godstagarad.se

Strutsfarmen Gerdal. Restaurant and café. Shop with home-made ostrich produce. ☎ +46 (0)660-711 50, 711 01 www.strutsfarmen.se

Anderssons Bakgård, Örnköldsvik. Bread, open Thurs-Fri 12.00-18.00. ☎ +46 (0)70-509 00 96 <http://anderssonsbakgard.se>

Fru Hellmans Choklad, Domsjö. Home-made pralines. ☎ +46 (0)70-300 75 15, +46 (0)70-370 69 43 www.fruhellmans-choklad.se

Märta och Chokladbiten, Örnköldsvik. Pralines, desserts and cakes. Coffee, open Saturdays 10.00-16.00, open for orders Tues-Sat. ☎ +46 (0)660-150 00 www.martaoch.com

Evas Trädgård, Lövsjö, Överhörnas. Bee-keeping, organically farmed cucumbers and tomatoes etc. Call before your visit, ☎ +46 (0)660-721 37 www.krav.se/evas-tradgard

Gårdsbutiken Österalnäs. Turkey meat, eggs, marmalade etc. ☎ +46 (0)70-292 98 34 www.gottnehk.se

Myckelgensjö ice-cream factory. Ice-cream produced from only natural ingredients, ☎ +46 (0)661-220 00, www.mglass.se

Vestins Lantbruk By, Sidensjö, meatboxes. ☎ +46 (0)70-645 44 99

Nättra Prästbord, Bjästa. Hen and quail eggs, beekeeping and several farmers' markets selling local produce. ☎ +46 (0)660-182 82, +46 (0)70-238 84 01 www.natraprestbord.se

Melins Lamm, Risbäck Bredbyn. Lamb, beef and pork with the KRAV label. ☎ +46 (0)661-260 47, +46 (0)70-581 75 48 www.melinslamm.se

Jonersgården, Flärke Gideå. Lambskins, wool, lamb meat with the KRAV label, herbs and vegetables for sale. ☎ +46 (0)70-647 13 55 www.jonersgarden.se



For children

Everyone in a family wants something different. There's a mix of young children's expectations, teenage-impatience and the long-suffering patience of parents. Örnköldsvik offers fun and games, adventure and wilderness for the whole family, but you will also find peace and quiet to simply

Paradiset

Adventure pool with activities in a tropical setting and the "Magic Eye", the longest water slide in Sweden, outdoor pool, waterfalls, bubble pools, and spa for adults wishing to simply relax. Restaurant. Opening hours summer 2016 (30 May to 21 August) Monday-Friday 10.00-19.00, Saturday-Sunday 10.00-18.00. For full price list for admission to spa etc., please visit our website. Closed 22-26/8. ☎ +46 (0)660-885 90. www.paradisetornskoldsvik.se



Genesmon friluftsmuseum

Genesmons arkeologiska friluftsmuseum (archaeological open-air museum) is a reconstructed Iron Age settlement. The setting, clothing, food and handicrafts are representative of a period around 500 AD. The settlement has been constructed based on findings from excavations of a settlement from the earlier Iron Age located within walking distance of the reconstruction site. The settlement was in use for approximately 500 years beginning in the first century. Opening hours: 1-30 July, Tuesday-Saturday 10.00-17.00 (closed on Mondays) Daily tours of ancient site and Iron Age settlement at 11.00, 13.00, 15.00 Free entrance! ☎ Örnköldsvik Museum & Art Gallery +46 (0)660-88 600 www.ornskoldsvik.se/genesmon



Näske Lax

approx. 30 km south-east of Örnköldsvik. Put & take ocean salmon fishing. Tackle for hire and your catch can be barbecued and enjoyed on the spot. Sale of fishing products. Open: Generally available 7 days a week 08.00-14.00, but this may vary at times. Please note that opening times may change. If the hut is unstaffed, rods can be hired from the cleaning hut. Prices: Hire of rod SEK 40/person, price for fish caught approx. SEK 70/kg ☎ +46 (0)660-22 33 40 www.naskelax.se



Källarbackens saga

A 500 m fairytale trail winding among the trees of this northern forest. You will encounter the Three Billy Goats Gruff, Little Red Riding Hood, Hansel & Gretel and many more. You can visit and see how the animals spend their winters. Take a peek into the wooden granary and ponder why it has such small windows! Café. Open: 28 June - 14 August (closed on Mondays) Tues-Sun 10.00-16.00. Prices: Adults SEK 80, children under 12 SEK 60 ☎ +46 (0)70-272 50 82. www.kallarbackenssaga.se



Baazinga

5 km north of Örnköldsvik. Indoor play centre for children of all ages. Maze, slides, spirals, pirate ship, swings, ropeway, obstacle courses, shooting gallery, trampolines, ball pool and a whole host of other fun. Open: Monday-Friday 10.00-18.00, Saturday 10.00-16.00, Sunday 11.00-16.00. Prices: Entry SEK 130, five-session pass SEK 595 (incl. five slushies & five tubs of popcorn) ☎ +46 (0)660-43 16 25 www.baazinga.se



Mellansels Bad och Camping

Three heated outdoor pools ideal for families with children. Three water slides and a playground. Mini golf, beach volleyball, café. Cabins and caravan pitches. Prices: Adults SEK 55, children SEK 40, 2 adults + 2 children SEK 190. Open: 15 June - 14 August 10.00-19.00 ☎ +46 (0)661-407 01



Area 1

Örnköldsvik. Laser games, pentathlon, relaxation zone, bar & cafeteria. AREA 1 offers drop-in sessions for some activities. We recommend booking activities in advance. Open: Tuesday-Thursday 11.00-20.00, Friday 11.00-21.00, Saturday 12.00-21.00, Sunday 11.00-15.00. Prices: SEK 75-160 (1-3 sessions) ☎ +46 (0)660-198 00. www.area1.se



Skuleskogen National Park

The national park offers towering mountains and deep valleys. It also boasts an exciting history, with the world record for land uplift and ancient forest with rare species such as old man's beard, flat-headed pine borer and grey-headed woodpecker.

Slättdalsskrevan is a gorge around 200 metres long, 30 metres deep and 7 metres wide dividing the mass of Slättberget in half. The mountain and gorge lie at the heart of Skuleskogen National Park and are one of its highlights. They can be reached by a hike of roughly 4 km from the northern or southern entrance.

Parts of the film "Ronja Rövardotter" (Ronja, the Robber's Daughter) were filmed here! www.skuleskogen.se



Gullviks havsbad

14 km south-east of Örnsköldsvik. Excellent sandy beach with barbecue areas and play equipment, camping and cabins. Adjoining Gullvik is an outdoor recreation area, Ögeltjärn Nature Reserve, with trails and the 91 m high Ögeltjärnsberget, providing magnificent views out over the archipelago. ☎ +46 (0)660-745 82

www.gullvikshavsbad.se

Köpmanholmens havsbad

27 km south-east of Örnsköldsvik. Fine sandy beach, shallow in parts. Changing rooms, disabled WC and boardwalk down to the water for wheelchairs, etc. Play equipment, sheltered areas, barbecue areas and parking. Signposted from Köpmanholmen centre. ☎ +46 (0)70-375 41 03

Salusands havsbad

40 km north of Örnsköldsvik A long and attractive sandy beach, close to the E4. Camping. Kiosk and restaurant. Good for windsurfing. salusandsoulsurfers.se ☎ +46 (0)663-310 40 www.salusand.se



Friluftscentralen

Själövad 5 km south of Örnsköldsvik Hire of Canadian canoes, sea kayaks, rowing boats and outdoor equipment, etc. There is also a Sami tent (kåta), sauna, sheltered areas, etc. Pentathlon and fishing facilities. 9-hole mini golf course and café ☎ +46 (0)660-29 33 20 www.friluftscentralen.se



Cityleken

Cityleken, located between Stora Torget and Örnsköldsviks museum & konsthall (museum and art gallery), is the town's most popular playground. It's a place for everyone, regardless of ability or disability. A good option when you want a break from shopping.



Gideå Basjkir horses

Bashkir horses are often referred to as allergy-friendly horses. Forest tours, courses, riding camp and stud farm. Advance bookings only. Accommodation adapted for the disabled. www.basjkirhastar.se/ ☎ +46 (0)663-40114, +46 (0)70-2173729

Hästen & Skogen

Trehörningsjö 70 km north-west of Örnsköldsvik. Advance bookings for horse & sleigh, logging, etc. ☎ +46 (0)70-529 54 10, www.facebook.com/hästen-och-skogen

Mosjö stables

Skorped 50 km south-west of Örnsköldsvik Lessons, riding tours & riding camp. ☎ +46 (0)661-301 07, +46 (0)76-148 27 72 www.facebook.com/Hästgård/Mosjöstall

Skrike hästgård

Bjåsta, courses, pony riding, parties, events etc. ☎ +46 (0)70-527 30 94 www.skrikehastgard.nu

Gide Get

Djuptjärn. This farm, with views over flowering meadows and a lake, is home to around 80 dairy goats that are free to wander as they please. Take the time to meet them, perhaps pet the kids and learn a little about the herbs that grow in a natural pasture. ☎ +46 (0)662-210 43, +46 (0)70-362 10 42 www.gideget.se



Skallbergsgrottorna caves

Gideå 35 km north-west of Örnsköldsvik Skallberget offers a fantastic viewpoint and a unique system of caves with deep crevices for those who can and dare. There is a "tourist trail" with ladders installed, making the caves accessible to the general public. Bring your own torch and helmet or hire them from Gideå Livs. There is also an open overnight cabin and Granto badplats (bathing area) in the area. Descent ladders in place 15 Jun-30 Sep. ☎ +46 (0)611-349 400 www.geologivagen.se



Varggropen go-karting

Örnsköldsvik. Drop-in go-karting sessions, including overalls and helmet. 8 minutes on the track. Minimum age: 10. Adapted for the disabled. Open 4 July to 7 August 12.00-18.00 every day. Available for group bookings at other times. Prices: SEK 120 for 8 minutes. ☎ +46 (0)660-188 54, +46 (0)70-525 80 33. www.vkrc.se

Bowling

Örnsköldsvik. Open Monday-Thursday 12.00-21.00, Friday-Saturday 12.00-23.00, closed Sundays. ☎ +46 (0)660-557 03 www.stemabowling.se

Mini golf

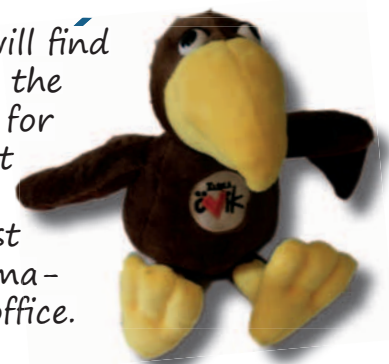
Örnsköldsvik: City mini golf www.omgk.se
Själövad: Friluftscentralen www.friluftscentralen.se
Trehörningsjö: Kerstins Udde Camping www.kerstinsudde.se
Mosjön: Mosjöns Camping www.mosjonscamping.se
Ulvön: Ulvö Hotell www.ulvohotell.se
Salusand: Salusands camping www.salusand.se

Discgolf

Husum: For hire from Husum service station. ☎ +46 (0)663-104 82 www.laget.se/husumdiscgolf

Örnie the Eagle from Örnskölds- vik

You will find Örnie the Eagle for sale at the Tourist Information office.





Culture

Culture abounds in Örnsköldsvik. Places where people meet to share experiences, knowledge, discoveries and enjoyment. Many well-known artists, authors and composers have been inspired by the special light and the unique landscape of the High Coast.



Örnsköldsvik museum & konsthall (museum & art gallery)
Wide selection of art exhibitions and historical exhibitions. Activities for children. Bror Marklunds verkstad. Café. Bring the kids on a visit to the cultural-historical exhibition Novalonda Historiesamlarna, where you can learn all about the history of the municipality through play. Open: Tuesday 11.00-20.00, Wednesday-Saturday 11.00-16.00. Opening hours summer: June, July and August, Tuesday-Saturday 11.00-16.00 ☎ +46 (0)660-886 00 www.museumkonsthall.se



Hans Hedberg Museum
The museum is located in Arken in Örnsköldsvik. Hans Hedberg was an internationally-renowned potter. Open: Weekdays 08.00-17.00. On Saturdays you can borrow an access card from Tourist Information. Free entrance. For guided tours, contact the association Hans Hedbergs Vänner, Helén Östmar Rosdahl, ☎ +46 (0)72-722 49 49 www.hanshedbergmuseum.se



Genesmon arkeologiska friluftsmuseum (archaeological open-air museum). A reconstructed Iron Age farm. The settlement has been constructed based on findings from excavations nearby. The setting, clothing, food and handicrafts are representative of a period around 500 AD. Open and manned in July 2016, Tuesday-Friday

10.00-17.00. Guided tours at 11.00, 13.00 and 15.00. You can explore the site on your own at other times, including the excavations and Iron Age farm. Signs to guide you and provide historical information. ☎ +46 (0)660-886 00 www.ornskoldsvik.se/genesmon



Brynge Kulturområde Sidensjö. Sawmill, linen mangle and power plant. Illustrates different periods of industrialisation. Activity days, events and art exhibitions. Café in Alberts Bod. Open: 3-31 July, daily 12.00-16.00 ☎ +46 (0)660-22 50 90 www.brynge.nu



High Coast Art Valley-Konstdalen
Originating from Nätterlunds Art and set out in Nätra Älvdal, the High Coast Art Valley offers visitors to the area a rich cultural experience with art outdoors.

Herrgårdsparken in Köpmanholmen is a good starting point. This is a cultural and natural park created and modernised in memorial of the industrial era.

www.highcoastartvalley.se
facebook.com/highcoastartvalley



Gammalgården Myckelgensjö. 28 well-preserved log cabins at the 17th-century Gammalgården at Myckelgensjö, a farmstead occupying the same site as the original. Tours, refreshments. The local village sells delicious locally-produced Myckelgensjö ice cream. Gammalgården open for guided tours 26 June-14 August 12.00-17.00 ☎ +46 (0)611-886 00



Fiskevistet

Skeppsmalen. Surströmming (fermented herring) museum with boat museum and summer exhibition located in the northern High Coast region. Fully-licensed restaurant. Nature trails. Opens 1/6 mon-thu 11-21, fri 11-22, sat 11:30-22, sun 12-20. +46 (0)660-25 60 19, +46 (0)73-036 03 56, www.fiskevistet.se

GALLERIES & EXHIBITIONS

Galleri Lokomotiv Örnsköldsvik

Galleri Lokomotiv holds temporary exhibitions at Resecentrum (Travel Centre). See website for current programme. Weekdays 12.00-16.00. Saturday 12.00-15.00. Sunday closed. +46 (0)660-840 09 www.okkv.se

Galleri Utås Gård Husum

Temporary exhibitions and a shop with exhibition and sale of paintings, sculpture, glassware, ceramics, textiles and design items. Refreshments available. Open by arrangement. +46 (0)663-102 22, +46 (0)706 220 191 www.galleriutas.com

Mo Kultur Och Ekocentra Moliden.

Including MoDo museum showing buildings in the industrial district and the industrial society's cultural heritage. Historical tours. Summer café. Open 19 June to 14 August 12.00-16.00 +46 (0)660-915 20

(Local heritage centres)

Anundsjö Hembyggsgränd Bredbyn. 40 km west of Örnsköldsvik. Local heritage centre with interesting buildings and objects as well as a café and exhibition. Open 25 June to 7 August 12.00-16.00. Also open Wednesday afternoons 12.00-20.00. +46 (0)661-106 19 www.hembygd.se/anundsjo-hembygdsforening

Bruksmuseum Köpmanholmen

27 km south of Örnsköldsvik. An authentic reconstructed worker's dwelling. Illustrates the history of the sawmill community from

the 1800s through photographs and other collections. Open daily 12.00-16.00, 20 June to 14 August. Other times by arrangement. +46 (0)660-22 30 97 www.natrahembygd.se

Gideå Hembygdsgränd Gideå

35 km north-west of Örnsköldsvik. The site has a farm museum, storehouse on pillars, grain sauna, text collection and herb garden, café. Open 4 July to 7 August daily 12.00-16.00. Other times by arrangement. +46 (0)70-239 21 66, +46 (0)70 662 23 36 www.hembygd.se/gidea-hembygdsforening

Grundsunda Hembygdsgränd

Grundsundavallen Husum. 30 km north of Örnsköldsvik The heritage centre has a church annex, church stables, storehouse to provide for the poor (fattigbod), storehouse, forge etc. Café. Open 27 June to 14 August daily 11.00-17.00. +46 (0)663-616 88 www.grundsunda.wordpress.com

Nätra Hembygdsgränd Bjästa

20 km south of Örnsköldsvik The site includes a forge, sauna and double storehouse on pillars, etc. Café. Open 19 June to 14 August daily 12.00-16.00 +46 (0)660-22 06 91 www.natrahembygd.se

Sidensjö Hembygdsgränd Sidensjö

25 km south-west of Örnsköldsvik. Summer pasture hut, wartime storehouse, etc. The collections include coins, old tools and machinery. Café and guided tours Open Tuesday-Sunday 5 July to 7 August. At 11.00-16.00. +46 (0)660-26 00 65

Själövads Hembygdsgränd Själövad

8 km south of Örnsköldsvik Local heritage centre with farmhouse, storehouse on pillars, dry sauna, forge, etc. Café. Open 27 June to 5 August Monday-Friday 12.00-16.00 +46 (0)660-700 19 www.hembygd.se/sjalevad

ART/HANDICRAFTS

Betongflickorna Köpmanholmen.

Producing and selling hand-cast concrete products, handmade jewellery. Open during the summer. +46 (0)660-22 39 22 www.betongflickorna.se

Birger Åström Örnsköldsvik

Potter. Ornamental flintware and stoneware, also sculptures. Open daily 13.00-17.00, or by arrangement +46 (0)660-142 16 studio, +46 (0)660-37 85 91.

Bruksgodset Banafjäl

25 km north-east of Örnsköldsvik. Pottery with shop and open workshop. Country café open 27/6-7/8, 11.00-16.00, advance bookings only at other times. Dining room and day conferences. +46 (0)660-25 21 99. www.bruksgodset.se

Dreja Krukmakeri, Örnsköldsvik

hand-made pottery. More information on Facebook.

JonErsgården Flärke Gideå.

JonErsgården is an old preserved Ångermanland farmstead. Damask weaver Eleonor Gidlund and her family tend the farm's sheep and other animals. Farm produce on sale – lamb meat with the KRAV label, vegetables, herbs, lambskins, wool, damask, linen products and soaps. Accommodation +46 (0)70-647 13 55 eleonor@jonersgarden.se. Please contact us by text message or email. www.jonersgarden.se

Hälle Krukmakeri, Eleonore Sellin

Sörtjärn. Decorative/utility ceramics, unique items or small batches. Stoneware and porcelain. Mixes clay types and techniques for greater creativity and expression. E4 approx. 5 km north of Bjästa. +46 (0)70-513 27 73.

Knäpfröken Köpmanholmen

Handicrafts and needlework, spring and summer opening. Sjöboden is located in Köpmanholmen, right out at Kläppa. Sign-posted from Köpmanholmsvägen. Open during the summer. +46 (0)70-35 909 36, www.knapfroken.se Also online shop.

Lintågan hantverk, Nordanås

7 km east of Örnsköldsvik. Mats, rugs, runners, curtains, cushions, furnishing fabric, dress fabric, weaving material, etc. Open Monday 14.00-18.00, Tuesday-Wednesday 13.00-17.00. June to August and other times by arrangement only +46 (0)70-359 08 09 www.lintaagan.se

Yart textil design, Sörtjärn

15 km south of Örnsköldsvik. Hand-printed textiles for home furnishing, hand-sewn clothing, decorative items. Designed and created by Lisbeth Vestin. +46 (0)70-660 79 81 www.yart.se

The Anundsjösmömmen is the characteristic embroidery of the province of Ångermanland. This style of embroidery was developed by one person, Brita Kajsa Karlsdotter (1816-1915) from Anundsjö parish.

MoDo museum

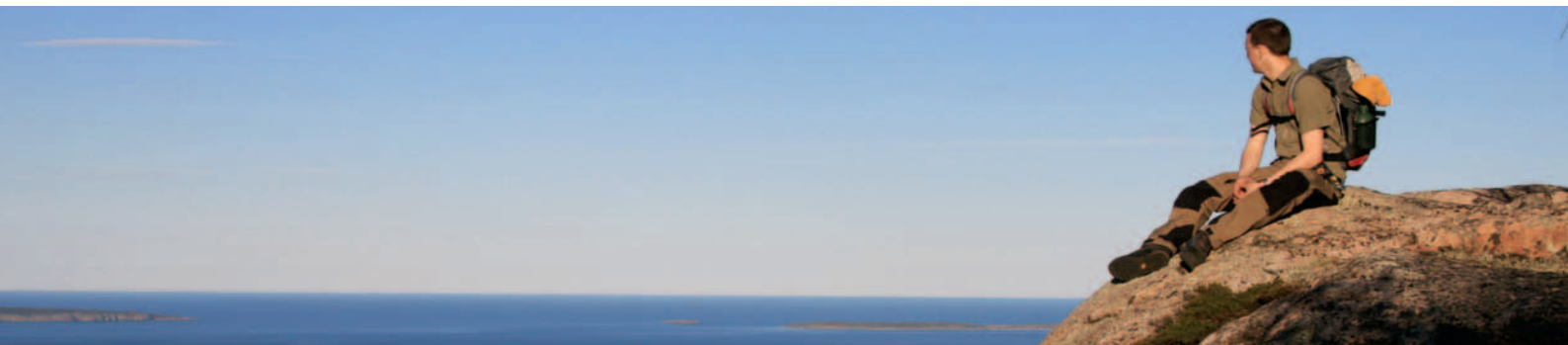


Grundsunda hembygdsgränd



Bruksgodset





NATURE

The countryside around Örnsköldsvik offers experiences on a monumental and more intimate scale. With wooded expanses, lakes and rivers teeming with fish, bays and inlets that cut into the coastline and distinctive red cliffs of Nordingrå granite, this is the place to enjoy peace and fresh air or adrenalin-pumping adventure in accessible wilderness. Here are a few tips on top destinations and the people who can help you. Örnsköldsvik has once again been named Sweden's Best Outdoor Municipality (Sveriges friluftskommun). (2011, 2015, 2016)

Aktivator.

Mobile adventure company that organises paintball, zorbing, fishing, rafting, multi-event competitions and more

☎ +46 (0)660-187 77, +46 (0)70-2110304 www.aktivator.nu

Explore High Coast, Events & Adventure.

Packages and trips by high-speed RIB-boat. Organises conferences and meetings.

☎ +46(0)70.274 69 80 www.explorehigh-coast.se

Friluftscentralen, Själeved 5 km south of Örnsköldsvik Canoe, kayak and boat hire. Café and mini-golf, Sami hut, raft and sauna.

☎ +46 (0)660-29 33 20 www.friluftscentralen.se

High Coast Diving, Örnsköldsvik

Diver training and dives on the World Heritage High Coast. Complete diving equipment available for hire.

☎ +46 (0)660-768 12 www.highcoastdiving.com

HC Adventure

Sporting events, adventure and talks.

Mikael Lindnord, ☎ +46 (0)70-698 07 59, www.hcadventure.com

High coast walkabout

Offers walks through ancient and managed forest, along forest paths and off the beaten track. The guides have a wealth of experience of life and exploration in the forests and rivers of northern Sweden.

☎ +46 (0)660-37 57 17, +46 (0)70-339 99 14 www.highcoastwalkabout.se

Johans stugor – wild stays in Hemling.

Cabins on the Gideälven river. Wood burner, no electricity or running water. Several great fishing spots, including Långstrandsforsen and Hemlingsforsen. Superb fishing for grayling, but also salmon trout plus pike and perch harness fishing.

☎ +46 (0)70-631 83 20 www.johansstugor.se

Kerstins udde, Trehörningsjö picturesque campsite offering herb walks, mill walks, beaver safaris, fishing packages. 'Nature's Best' activities. Fishing lake with game fishing nearby and natural stocks of large pike and perch right by the campsite. Spa facilities

☎ 0662-204 05 www.kerstinsudde.se.se

Näske Lax approx. 30 km south-east of Örnsköldsvik. Put & take ocean salmon fishing. Tackle for hire and your catch can be barbecued and enjoyed on the spot. Sale of fishing products.

☎ +46 (0)660-22 33 40, +46 (0)70-522

North Experience is an adventure tourism company offering individuals and companies outdoor thrills such as kayaking and fishing.

☎ +46 (0)70-779 91 67 www.northexperience.se/



By Horse

- Horses and the Forest, Trehörningsjö Old-time forestry with horses, horse and carriage rides

☎ +46 (0)70-529 54 10, +46 (0)662-204 05 www.trehorningsjo.se. Facebook: Horses and the forest.

- Gideå Basjirkhästar Allergy-friendly horses.

+46 (0)663-40114

☎ +46 (0)70-2173729 www.basjirkhastar.se

- Mosjö Stall, Skorped

☎ +46 (0)661-301 07, +46 (0)70-148 27 72 Facebook: Hästgård Mosjö Stall-Stensätter Gård, Husum

☎ +46 (0)663-104 18 www.stensattergard.se

Skrike Hästgård; Bjästa

☎ +46 (0)70-527 30 94 www.skrikehastgard.n.nu

Paintball

- DTM Events, Mjåla

☎ +46 (0)70-333 24 04 www.dtmevents.se

- Frölanders Paintball, Kornsjö

☎ +46 (0)70-634 29 87 www.frölanderspaintball.se

- Tresjö Paintball, Trehörningsjö.

☎ +46 (0)73-078 13 07. Facebook: TresjöPaintball

Aventyrsparken (adventure park), Idbyn

☎ +46 (0)70-229 18 60

- Aktivator, Överhörnas

☎ +46 (0)660-187 77 www.aktivator.nu

Golf

- Veckefjärden, ☎+46 (0)660-296300, www.veckefjarden.com

- Puttom ☎+46 (0)660-25 40 01, www.puttom.se



PROTECTED NATURE

Balesuddens Nature Reserve Köpmanholmen. The distinctive Balesudden, a nature reserve, forms an excellent coastal navigation marker and offers great views. Deep lakes and the bewitching Balestjärn with crystal clear water. The High Coast Trail passes through here.

Skuleskogen National Park

Within Skuleskogen National Park with its ravined landscape, natural forest and stone slabs, the highland meets the sea. Rubble field, pristine forest and stone slabs show signs of the land uplift. Don't miss Slåttdalskrevan, a majestic ravine in Slåttdalsberget. There are three ways into the National Park: the North, South and West entrances, which make the park more accessible for disabled visitors. The High Coast Trail passes through the park. www.skuleskogen.se

Stockholmsgata Solberg

Nature reserve with an imposing primary rock canyon formed by the inland glaciers, steep drops, ancient forest, giant potholes, caves, boulders, dead wood and bewitching lakes. Overnight cabin.

Trysunda Nature Reserve is one of the most beautiful islands in the archipelago. The harbour is well protected in a deep bay and is a very popular destination for boaters.

VIEWPOINTS

Kvarnforsen, Nyliden.

The mill rapids run down Gideälvsåsen hillside; 144 steps lead to the rapids and mill. Picnic and barbecue area. Overnight cabins. ☎ +46 (0)662-320 77, +46 (0)70-231 53 46

Lotsberget, Ulvön

From Ulvöhamn a long flight of steps known as Lotstrappan take you up to Lotsberget, previously used as a lookout point by the pilots. Right at the top stands Lotsstugan, a former pilot's cottage now run by Ulvö chapel association as a museum about the life and work of the pilots.

Skuleberget, Docksta

Reach the viewpoint at the top by walking or climbing from Naturum Höga Kusten or take the chairlift. Kungsgrotten (King's cave) has served, legend has it, as a robbers' hideout. Refreshments available at the top.

Home to the largest **Via Ferrata** network in Northern Europe, offering four routes with different grades of difficulty. www.viaferrata.se

Varvsberget, Örnköldsvik. The views of the town, harbour and coast are simply stunning. Restaurant, High Coast Trail and ski-jumps.

Ögeltjärn, south of Gullviks Havsbad

A popular and easily accessible nature reserve with wonderful walks and outdoor experiences in a true High Coast landscape.

COASTAL BEACHES

Gullviks Havsbad, 14 km south-east of Örnköldsvik. Excellent sandy beach with barbecue areas and play equipment, camping and cabins. Adjoining Gullvik is an outdoor recreation area, Ögeltjärn Nature Reserve, with trails and the 91 m high Ögeltjärnsberget, providing magnificent views out over the archipelago. ☎ +46 (0)660-745 82 www.gullvikshavsbad.se

Köpmanholmens havsbad, 27 km south-east of Örnköldsvik. Fine sandy beach, shallow in parts. Changing rooms, disabled WC and boardwalk down to the water for wheelchairs, etc. Play equipment, sheltered areas, barbecue areas and parking.

Salusands havsbad, 40 km north of Örnköldsvik. A long and attractive sandy beach, close to the E4. Camping. Kiosk and restaurant. Good for windsurfing. ☎ +46 (0)663-310 40 www.salusand.se

LAKESIDE BEACHES

- **Drömmesjön** 30 km south of Örnköldsvik. Route 335 towards Sollefteå.
- **Grantö**, Gideå approx. 35 km north-west of Örnköldsvik. Lovely beach next to Skallberget Nature Reserve. Barbecue areas and cabin with wood-fired sauna and changing room.
- **Kornsösjön**, 25 km south of Örnköldsvik. Turn off between Bjästa and Sidensjö.
- **Lomsjön** 7 km west of Örnköldsvik, route 352.
- **Sandudden**, Norrböle, approx. 40 km west of Örnköldsvik. Shallow and child-friendly. Kiosk, beach volleyball court, barbecue areas & lawns for tents & games.

CANOEING

Kubbe/Norrflärke canoe trail, Kubbe 50 km west of Örnköldsvik 17 km canoe trail along primarily calm waters, a stretch that takes about 6 hours to paddle. Spots for picnics and bathing along the way. ☎ +46 (0)661-212 14, +46 (0)70-241 26 32

Moälven canoe trail

You can canoe on Moälven river all summer but this trail can be challenging as it passes through two large lakes. Several picturesque places for beaching and taking a break. ☎ +46 (0)660-29 33 20

Nätraån canoe trail follows the narrow, winding river between Skorped and Sidensjö. Family-friendly, easy paddling. Canoe hire. ☎ +46 (0)660-29 33 20

WALKING

Yellow trail, Örnköldsvik.

The Yellow Trail runs for 6 km in the hilly terrain close to town at Åsberget. This is a wild area with a rubble field, steep slopes and fantastic views. Wind shelter.

Arnäsleden Trail

A family-friendly 70 km trail in 8 stages that runs via Klingreberget, the Lidböle huts, Räckeborgsrykan caves and several great bathing spots.

High Coast Trail (see more p 11)

The varied High Coast Trail leads through the World Heritage landscape and Skuleskogen National Park, high in the hills and close to the sea.

Lotsstigen, Skagsudde

The 8 km Lotsstigen was a path used by the pilots to get from Skagshamn to the vessels in the Örnköldsviks fjärden harbours. The exciting and interesting attractions on this trail include viewpoints up on Alkaberget and Vårdkasberget. lotsstigen.se

The Urskogsleden forest trail begins at Björna Camping and runs 48 km to Vändåtberget Nature Reserve. The trail takes in numerous mountains, valleys and watercourses, as it passes through various wooded landscapes, from ancient to managed forest. www.urskogleden.se

FISHING

The municipality of Örnköldsvik offers a hilly and varied landscape with high peaks and deep valleys. There are around 1,500 lakes, 200 km of seashore and over 700 km of brooks, streams and rivers. www.ornskoldsvik.se/fisken

CAVES

Skallberget, Gideå, 35 km north-west of Örnköldsvik. Skallberget rises 260 metres above sea level, offering stunning views. It has a unique system of caves with deep crevices. Steps and platforms make it easy to explore the 230 metre cave system. 15/6-30/9 steps are provided. Hire equipment at Gide livs ☎ +46 (0)663-400 50





The High Coast – World Heritage Site

World record in land uplift

The High Coast was included in the UNESCO World Heritage List in 2000.

It is the geological uplift of the land that makes the area unique. Nowhere else in the world has land risen to such an extent since the last Ice Age. Some 20,000 years ago, temperatures here were at their lowest and the inland ice covered vast areas. The ice cover was at its thickest over the High Coast area – an impressive 3 km! The heavy, thick ice pressed the Earth's crust down by 800-1,000 metres. When the ice melted, this pressure was relieved and the land could once again return to its original form. The archipelago landscape has formed itself into the rolling terrain we can enjoy today – narrow valleys and steep mountains, deep fjords and an archipelago featuring islands with high summits. The valleys in this area were formerly shallow sea bays. The rate of land uplift is currently 8 mm per year.

The inland ice has left its mark on the landscape; glacial grooves on rounded rocks, vast stone fields, towering till-capped hills and beautifully carved out tunnel caves. Shallow sea bays have turned their backs on the sea to become lakes. These natural formations are all evidence of land uplift. Thanks to the traces left by nature, the High Coast landscape is unique worldwide.

The World Heritage Site stretches from the High Coast Bridge in the south to Skagsudde in the north. Learn more about the World Heritage at Naturum Höga Kusten at the foot of Skuleberget, or by visiting the website varldsarvet.hogakusten.se.



Since 2006, the High Coast together with the archipelago of Kvarken represent a World Heritage Site crossing an international border. The World Heritage Status was awarded as the High Coast is the best representation worldwide of the phenomenon of land uplift.



Examples of places where land uplift and the consequences of it are most evident:

Skagsudde
Ulvön,
Trysunda
Skuleskogen National Park
Stortorget,
Norrfällsviken,
Häggvik,
Rödclitt,
Sörleviken,
Storön,
Högbonden,
Skuleberget,
Högklinten.



High Coast Trail

Experience some of the highlights of the World Heritage Site. Follow trails through forests, to look-out points and old mountain pastures, rocky coastline, charming beaches and nature reserves. You can also take part in other enjoyable activities, detours and experiences on offer along the trail.

You can explore the High Coast by following trails through forests, to look-out points and old mountain pastures, rocky coastline, charming beaches and nature reserves. At times, you will reach heights of 250 metres above sea level. Nowhere else in Sweden can you wander so high, so close to the coast!

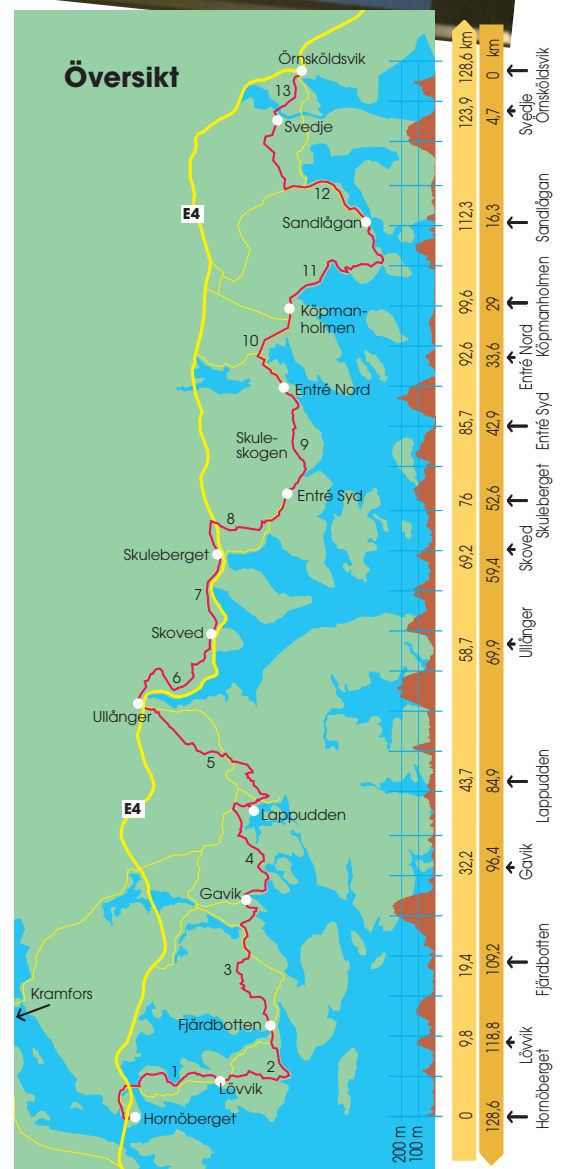
The High Coast Trail starts at Hornöberget in Kramfors municipality and ends in Örnsköldsvik. The trail covers a total of 128.6 km and comprises 13 stages. The stages have been designed so that each stage has at least one place you can spend the night or find shelter, be it either a simple cabin, a youth hostel or a hotel.

The landscapes along the trail are guaranteed to cater for most interests. You will find wonderful scenery with a rich flora and fauna, and remarkable cultural memorials such as old mountain pastures and ancient churches. Around halfway along the trail you will come across Skuleskogen National Park, like an enchanted forest in a unique combination with the archipelago along the High Coast Trail.

The trail is clearly marked in orange on tree trunks and poles. In areas where the trail meets a road, metal signposts are provided bearing the symbol of the trail.

The entire trail is well-prepared and you should in principle be able to follow the trail without getting your feet wet. Nonetheless, we do recommend wearing good walking boots or wellingtons. In some areas, it can be difficult to find drinking water, particularly in the middle of summer. The maps for each stage have symbols showing where you can find water. The quality of the water also varies according to season.

- Stage 1: Hornöberget - Lövvik (9.8 km)
- Stage 2: Lövvik - Fjärdbotten (9.6 km)
- Stage 3: Fjärdbotten - Gavik (12.8 km)
- Stage 4: Gavik - Lappudden (11.5 km)
- Stage 5: Lappudden - Ullånger (15.0 km)
- Stage 6: Ullånger - Skoved (10.5 km)
- Stage 7: Skoved - Skuleberget (6.8 km)
- Stage 8: Skuleberget - South entrance (9.7 km)
- Stage 9: Skuleskogen National Park (6.9 km)
- Stage 10: North entrance - Köpmanholmen (7.0 km)
- Stage 11: Köpmanholmen - Sandlågan (12.7 km)
- Stage 12: Sandlågan - Svedje (11.6 km)
- Stage 13: Svedje - Örnsköldsvik (4.7 km)





Ulvön

The pearl of the Gulf of Bothnia

On the fringes of the archipelago lies Ulvön. This hidden gem with its dramatic scenery, where cliffs of red rapakivi granite rise steeply from the sea, soft sandy beaches, scree fields and tunnel caves, reminds us that we are in the heart of Höga Kusten (the High Coast). Ulvön is one of the 12 visiting points of the Höga Kusten World Heritage Site.

About 40 people live on the island all year round, but the island comes alive with tourist and summer cabin owners in the summer. A variety of entertainment and events are also arranged during the summer. Midsummer celebrations, the Ulvö regatta from 13 to 16 July, the Ulvön festival from 6-7 August and the fermented herring premiere on 20 August are all occasions not to be missed.

Ulvön is the spiritual home of surströmming (fermented herring). Several factors make Ulvön and Ulvöhamn the centre for surströmming in Sweden. They were first to pre-pack this delicacy in tins for consumers. This happened around 1890 and means that the island will be forever associated with surströmming. Today, surströmming production on Ulvön is only on a small scale, but still remains in Ulvö Lilla Salteri.

Ulvö old chapel and Ulvö church are situated in the heart of Ulvöhamn. Ulvö old chapel dates back to 1622 and is the oldest and best preserved fisherman's chapel. The chapel is thought to be the oldest accurately dated wooden building in Ångermanland county. The interior walls and ceiling of the chapel are adorned with well-preserved paintings by Roland Johansson Öberg from 1719. During the summer season, there are guided tours of Ulvö old chapel from 1 June to 31 August between 12.00 and 15.00. ☎ +46 (0)611-886 00.

Ulvö Museum. Gain an insight into life in a fishing community around a century ago. Digital and live guides. Open daily 1 June to 31 August 11.00-15.00. ☎ +46 (0)70-860 22 40. www.ulvomuseum.com

Lotsberget. From Ulvöhamn you can hike up some long stairs, known as Lotstrappan, up to Lotsberget and Lotsstugan, a cabin that was previously used as a lookout by the pilots. Lotsstugan, which dates back to 1850, is currently run as a pilot museum, where you can learn more about the

Sandvikens fiskeläge with its delightful, greying cabins from the 18th century has been one of two cultural reserves in Ångermanland since 2005. The cabins have modern furnishings and are located right on the white sandy beach at the northern point of Ulvön, surrounded by forests.



Take a stroll along the beach esplanade. At Ulvösundet's western inflow, there is a small red islet called Röhamn, which consists of red rapakivi granite. From Röhamn you can follow a 1.6 km long esplanade to Ulvöhamn. Here there are picnic spots with barbecues, a small beach, benches and a toilet. On the way to Röhamn, there is a campsite with barbecue facilities.

Nya Gruvan (new mine). Since the end of the 17th century and up to 1961, there have been periods of mining for iron ore, titanium and vanadium on both Ulvöarna islands. The mine on south Ulvön has now been made into a museum showing photographs, newspaper clippings and other docu-



You will find contact information for accommodation on page 19 and restaurants on page 17

- | | | |
|---------------------------|----------------------------|--------------------------|
| 1. Netterlunds Lanthandel | 7. Ulvö old chapel | 13. Sandvikens Fiskeläge |
| 2. M/F Ulvön | 8. Ulvöbyn and Cafe Måsen, | t |
| 3. Ulvö handelsbod | 9. Almagränd | 16. Ulvöblomster Sörbyn |
| 4. Ulvö Lakeside Resort | 10. Ulvö Gästgifveri | 17. Ulvö stugby |
| 5. Lotsberget | 11. The High Coast boats | |
| 6. Ulvö museum | 12. Ulvö Hotell | |

There are numerous options for those who wish to spend the night on Ulvön. If you enjoy camping, there is a campsite a few kilometres from the harbour, at the western end of the esplanade. Cabins can be hired both by the harbour and further inland, as well as at Sandviken. Ulvö Hotell and Ulvö Gästgifveri are other popular alternatives. If you come by boat, there are several guest marinas to choose from.

The service building at Ulvö hotel for boat guests was fully renovated in 2013 and now has new showers, toilets, a kitchen and a laundry room. There is also a pool for those who prefer not to swim in the sea. The guest pier has been widened and extended, and Ulvön now has around 70 berths for guests.

If you would like to eat out, your options include Ulvö Hotell, Ulvöbyn, Almagränd and Brögga. Coffee can be found at Cafe Måsen and at Servicepunkten at Ulvö Handelsbod.

You can hire a bike at Ulvö Handelsbod (electric bikes), ☎ +46 (0)660-22 40 14 and at Ulvö Lakeside Resort ☎ +46 (0)76-774 00 09 and Sandvikens Fiskeläge ☎ +46 (0)70-286 43 05, +46 (0)70-625 07 83.





Trysunda

Sweden's most beautiful island

Trysunda was named "Sweden's most beautiful island" in 2006 by island-lover Anders Källgård, author of the book "Sveriges öar" (The islands of Sweden). Trysunda is one of the 12 visiting points of the Höga Kusten World Heritage Site. The nature reserve was created to protect the beautiful nature and the important cultural environment of the fishing village. From the harbour, a network of bridleways leads to several bathing spots, rocky shores, viewpoints and much more.

The Gävle fishermen established a fishing village at Trysunda in the 1500s, which is now one of the best preserved examples in Ångermanland. The chapel from 1655 features unique murals painted by Olof Gählin. In the latter part of the 19th century, 200 people lived on the island, where they hunted and fished in the summer. In 1886 the first fisherman's family settled at Trysunda, and a new era began. There are now just a few people who live on the island all year round. You can take the archipelago ferry here from Köpmanholmen.

The Trysunda nature reserve has a variety of bedrock such as Nordingrå granite, diabase and sandstone. The island boasts large scree fields of rounded red, black and grey rocks scattered higgledy-piggledy and beautifully shaped diabase rock formations. The largest scree field is at Storviken. There are also beautifully shaped diabase rock formations here that



Trysunda has a popular, recently renovated guest marina with a service building, youth hostel, summer shop, café etc. There is often fresh and smoked fish for sale.

The 17th century chapel with its beautiful wall paintings is a gem. Paths lead from the harbour to beautiful scenery, several beaches and charming viewpoints. Visit the fishing museum Fiskemuseet to learn about the fishermen from the Bothnian Sea and the old tools used on the island and for fishing in the past.



From the harbour, several paths lead to various beaches, bathing spots and viewpoints. Björnviken at northern Trysunda is a popular destination with an amazing sandy beach where you can enjoy the sun and go bathing. It is a great mooring spot if you come





Skeppsmalen

The northernmost post of the World Heritage Site

See Höga Kusten from the shore! An approx. 30 km long scenic route goes from the E4 (approx. 10 km north of Örnsköldsvik) to Skeppsmalen fishing village, where there is a pilot station and genuine boathouses. The Skagsudde Lighthouse is located at the tip of Skagsudde, perched on top of the cliffs, and is well known from weather reports. Skagsudde is one of the 12 visiting

Skeppsmalen is a picturesque fishing village where you can go bathing and sun yourself on the rocks. Smoked whitefish and salmon can be purchased from some of the open boat-houses in the harbour. Sites for caravans/motor homes with a service building can be found close to Fiskevistet.



Fiskevistet fermented Baltic herring museum. The museum features a unique exhibition about the Norrland tradition of fermented Baltic herring, and in Båthuset you will find exhibitions about boats, fishery and the local people. The restaurant serves homemade food in a cosy environment – and obviously, fermented Baltic herring is always on the menu. Pub evenings and other arrangements in the summer. ☎ 46 (0)660-256019, +46 (0)73-03 60 56 www.fiskevistet.se



The world's biggest fermented Baltic herring factory Röda Ulven, is located in Skagshamn by the guest marina. www.salteriet.se

From the lighthouse, you can follow two circular paths. The Fyrstigen path is 900 metres long and provides information on the area's fauna, bird life and cultural history. The Landhöjningsstigen path is 600 metres long and provides information on the shore levels of the past in relation to historic events. Both paths will lead you back to the Skeppsmalen harbour.

Lotsstigen was a path used by the pilots to get from Skagshamn to the vessels in the Örnsköldsviksfjärden harbour. The path now known as Lotsstigen goes between Stubbsand, Skagshamn and Skeppsmalen at Skagsudde, and partially follows the old pilot path. There are many places of interest to discover along Lotsstigen. www.lotsstigen.se



Skeppsmalens chapel was built between 1755-1799





Archipelago trips

For those who do not have a boat of their own, or who would like to go on a trip with others for a day, there are many alternatives for exploring our beautiful archipelago. Schedules and prices can be found on the relevant websites.

M/F Ulvön serves the area Ulvön, Trysunda and Strängöarna all year round, with departure from Köpmanholmen. Max. 200 passengers. Tickets can be bought in the ticket booth on the quay, which opens one hour prior to departure. Tickets cannot be booked in advance. New boarding card system introduced in 2015. This implies that ALL PASSENGERS, including those with a yearly card, card for 10 crossings and prepaid tickets ALWAYS have to go to the ticket booth to show their card or ticket in order to get a boarding card before embarking. During the high season, m/f Minerva is added to the service. ☎ +46 (0)70-65 19 265 or ticket office ☎ 46 (0)660-22 38 55 www.ornskoldsvikshamn.se/turlistor



M/S Kusttrafik has daily departures to Ulvön from Ullånger, Docksta and Mjällomlandet in the summer. Max. 197 passengers. Charter trips and group bookings. In the early and late summer, you can go on a 3-hour relaxing shrimp cruise from Örnsköldsvik, and be entertained by popular troubadours. Book tickets at www.hkship.se. ☎ +46 (0)613 - 105 50



more archipelago ferry services in the High Coast area

M/S Ronja has daily trips in the summer to Högbonden from Barsta and Bönhamn. Ronja takes max. 62 passengers. Book tickets by calling ☎ +46 (0)613 - 105 50 or go to www.hkship.se.

Experience Höga Kusten and the Ångermanälven river onboard **Ådalen III**, which departs from Härnösand and Kramfors. Max. 242 passengers. Advance booking is recommended to avoid disappointment. www.adalen3.com
☎ +46 (0)612-505 89, +46 (0)70-660 52 92.

You can also charter boats. Contact tourist information for more information or go to www.hogakusten.com



... with your own boat

The facilities in the archipelago have improved over a number of years and the islands are now more accessible for visitors in their own boats. In addition to charming guest marinas, there are several natural harbours, including Vågön and Högholmen with a good level of service including piers, saunas, cabins etc.

GUEST MARINA

Husum

N 63° 19. N 1908 E Chart: 514. Harbour depth: 2-4 m. Berths: 3 + vacant. ☎ +46 (0)663-611 60, +46 (0)705-78 01 63

Örnsköldsvik

N 63° 17.216', E 18° 42.601 Harbour depth: 1,9-6m Berths: 90. ☎ +46 (0)660-26 50 00, +46 (0)732-702033 Sjömack (fuel station) Payment by card No cash payments.

Trysunda

N 63° 8.364', E 18° 47.161' . Harbour depth: 3-7 m, Berths: 30 ☎ +46 (0)660-430 38

Sanningssundet, Köpmanholmen,

N 63° 10.672', E 18° 34.475' Harbour depth: 2-3 m. Berths: 3 + more space permitting ☎ +46 (0)70-784 59 72

Kajen Köpmanholmen

N 63° 10.242', E 18° 35.542 Harbour depth: 2 m. Berths: 15-20. ☎ +46 (0)660-22 34 96

Näskeviken

N 63° 9.356', E 18° 31.459. Harbour depth: 2-7 m. Berths: Space permitting. ☎ +46 (0)70-545 79 35

Ulvöhamn – hotel jetty

N 63° 1.317', E 18° 39.494' . Harbour depth: 4 m. Berths: 70 fixed, 20 pontoon. ☎ +46 (0)660-22 40 09

8. Ulvöhamn, Kommunkajen (the quay)

N 63° 1.188', E 18° 38.800' Harbour depth: 4 m. Berths: 20 ☎ +46 (0)72-905 71 04, +46(0)660-22 40 14.

Skagshamn

N 63° 12.568', E 19° 1.586' Harbour depth: 2-4 m. Berths: 15. ☎ +46 (0)660-25 61 12

Skeppsmalen

N 63° 11.461', E 19° 0.902' Harbour depth: 1-2 m. Berths: 5.

NATURAL HARBOUR

12. Storviken, Vågön

N 63° 10.234', E 18° 52.256' Visitor's cabin, sauna, refuse disposal point, toilet for the disabled and barbecue areas. Jetty mooring for approx. 10 boats. Water depth: 1-4 m.

Högholmen

N 63° 6.630', E 18° 37.796' Visitor's cabin, overnight cabin, sauna, refuse disposal point, toilets, including handicapped facilities, and barbecue areas. Harbour depth: 1-4 m. Jetty mooring for approx. 10 boats. Water depth: 1-4 m

Sandviken, Malmö

N 63° 13.328', E 18° 54.778 Wind shelters, sauna, toilets and barbecue areas. Jetty mooring for approx. 15 boats. Water depth: 1-4 m.

Grisslan

N 63° 10.694', E 18° 53.117' . Mooring off the cliffs on Grisselön and by the jetty on Vågön. Mooring bolts on Grisselön. Barbecue area and composting toilet.

Trysunda, Björnviken

N 63° 8.470', E 18° 48.575' . Mooring off beach. Shallow, suitable for small boats and kayaks. Barbecue hut, barbecue area and composting toilet.

Fjälludden, Genesön

N 63° 13.617', E 18° 43.023' Visitor's cabin, sauna etc

Sör Balesviken

N 63° 10.389', E 18° 41.772 Mooring off beach and rocky shore. Barbecue area and composting toilet. Beach.

Röharn, Ulvösundet

N 63° 0.625', E 18° 37.787 Mooring off beach. Wind shelter, barbecue area and composting toilet.

Brattberget, Ankarberget,

N 63° 1.026', E 18° 38.364' Mooring off beach. Wind shelter and barbecue area.

Beach on South Ulvön opposite hotel, Ulvösundet

N 63° 1.225', E 18° 39.556' Mooring off beach. Sauna, barbecue area and composting toilet. Beach

For more information about the archipelago you can buy "A Guide to the High Coast Archipelago" at the Tourist office, available in english and swedish.





Delicious dining

The High Coast offers an essential, varied and truly first-rate culinary culture. Many people undoubtedly think of fermented herring (surströmming) when it comes to the High Coast and food. Surströmming culture certainly plays a large part in life here, and it was also here, on Ulvön, that the Surströmming Academy (Surströmmingsakademin) was founded in 1999 with the aim of preserving surströmming culture and promoting its development. However, the cuisine of the High Coast offers so much more than that. Below is advice on where to dine in Örnsköldsvik.

Almagränd Ulvöhamn

Serves on-board buffet featuring fresh fish dishes. Troubadour evenings, Wed., Fri., Sat. (longer opening hours) À la carte, pizza. Open 6 June to 28 August daily 11.00-22.00. ☎ +46 (0)660-22 41 32
www.almagrand.com

Bredbyns Gästgiveri Bredbyn. Traditional

Swedish home cooking and à la carte dining. Open for lunch. ☎ +46 (0)661-107 10.
www.bredbyns-gastgiveri.se

Linnea & Peter restaurang/matbar

Örnsköldsvik. Exciting contemporary local restaurant offering modern European dining based on classic French cuisine. The menus are seasonal and locally inspired. Also has outdoor seating. ☎ +46 (0)660-101 90
www.linneaochpeter.se

Matstudio S20 Örnsköldsvik

Open for lunch. Shop selling high-quality products, everything from liquorice to meat. ☎ +46 (0)660-21 12 20
www.matstudios20.se

Pizzeria Il Padrino Örnsköldsvik.

Authentic traditional Italian pizzeria. Also serves pasta dishes. Outdoor seating area in summer. ☎ +46 (0)660-21 12 93

Pub Trapper Inn Trehörningsjö

American hunting lodge with a 1970s-inspired menu. Large selection of whiskeys. Open Fri-Sat. ☎ +46 (0)662-201 75
www.pubtrapperinn.zoomin.se

Restaurang Mamma Mia Örnsköldsvik.

Lunch menu featuring Swedish-Italian traditional home cooking and traditional Italian evening menu. ☎ +46 (0)660- 147 00
www.mammamia.nu

Restaurang Public Örnsköldsvik.

À la carte dining based on Swedish produce. ☎ +46 (0)660-551 11
www.restaurangpublic.com

Restaurang Brögga, Ulvöhamn

Surströmming, desserts, salmon and lavaret etc. ☎ +46 (0)660-22 40 76
www.ulvogastgiveri.se

Restaurang Varvsberget Örnsköldsvik

Lunches and à la carte dining. With fantastic views of Örnsköldsvik and the archipelago. ☎ +46 (0)660-844 80
www.varvsberget.se

Scandic Bistro Örnsköldsvik Local classics

mixed with Scandinavian and international à la carte dishes. ☎ +46 (0)660-27 22 00
www.scandichotels.se

Ostrich farm Gerdal

Drop-in and advance order menu. Ostrich meat served in a variety of ways. ☎ +46 (0)660-711 01,711 50
www.strutsfarmen.se

Trattoria Nevia Örnsköldsvik Small, cosy

Italian restaurant. ☎ +46 (0)660-156 56
www.trattoria.com

UlvöByn, Ulvöhamn

Three venues: Café Måsen – Rubens Bistro – Lagerwalls Bibliotek. Hot & cold drinks, sandwiches made with homemade bread, salads, Baltic herring and creamed potatoes, etc. ☎ +46 (0)70-309 28 84
www.ulvobyen.se

Ulvö Hotell, Ulvöhamn

First-rate restaurant featuring individual seasonal menus based on fresh seafood and natural produce. Extensive archipelago buffet in summer. ☎ +46 (0)660-22 41 55
www.ulvohotell.se



MORE RESTAURANTS

There are also numerous pizzerias, hamburger and kebab restaurants in and around Örnsköldsvik. See more on the website.

Air Launch Örnsköldsviks Airport. Open for lunch and coffee. ☎ +46 (0)660-25 70 05 www.air.lunch.se

Allstar Örnsköldsvik.
☎ +46 (0)660-855 90 www.allstarbar.se/ornskoldsvik

Asia Thai Palace Örnsköldsvik. Lunch buffet and evening dining. ☎ +46 (0)660-21 11 68 www.asiathaipalace.se

Bella Restaurang & Bar, Örnsköldsvik.
☎ +46 (0)70-384 22 44 www.bellaovik.se

Bruxrestaurangen Örnsköldsvik. Lunches.
☎ +46 (0)660-75000, www.brux.se

Burger King Örnsköldsvik. ☎ +46 (0)660-813 00 www.burgerking.se/restauranger/ornskoldsvik

China Tower Örnsköldsvik. Traditional Chinese restaurant. À la carte dining and open for lunch.
☎ +46 (0)660-17500 www.chinatower.se

Framnäs Bar & Brasserie Örnsköldsvik. Lunch restaurant. Fri-Sat pub menu.
☎ +46 (0)660-190 49 www.framnasbaren.se

Golfrestaurangen Salt & Peppar, Örnsköldsvik. ☎ +46 (0)660-29 63 00

Hong Restaurang Örnsköldsvik. Chinese restaurant. ☎ +46 (0)660-108 88

Husumgrillen, Husum
☎ +46 (0)663-613 30, +46 (0)70-636 68 06

Il Romanos Restaurante Örnsköldsvik. Italian and Greek menu. Open for lunch.
☎ +46 (0)660-123 30 www.ilromanos.se

Guldbaren, Fjällräven Center, Örnsköldsvik
☎ +46 (0)660-21 61 11 www.fjallravencenter.se

Gullviks Havsbad restaurang, Gullvik
Open 10 June -20 August ☎ +46 (0)660-745 82 www.gullvikshavbad.se

Kerstins Uddes restaurang, Trehörningsjö
☎ +46 (0)662-204 05, www.trehorningsjo.se

Kina Restaurang Örnsköldsvik. Lunch, evening and weekend buffets; also sushi and takeaway boxes. ☎ +46 (0)660-100 01.

King Square Örnsköldsvik. Chinese restaurant. Open for lunch, serving traditional home cooking; takeaway also available.
☎ +46 (0)660-152 60 www.kingsquare.se

Koh Chang Restaurang, Själevad. Thai food.
☎ +46 (0)660-37 8054

Matcompaniet Själevad. Pizza, kebab, à la carte menu. Open for lunch.
☎ +46 (0)660-37 60 88. www.matcompaniet.se

Max Hamburgerrestaurang Örnsköldsvik.
☎ +46 (0)660- 146 00

S7 Bistro & Cocktailbar Örnsköldsvik. Pub menu. Nightclub.
☎ +46 (0)660-100 60

Millas Mat & Café Långviksmon. Open for lunch. À la carte dining, catering services.
☎ +46 (0)662-102 73.

Mosjöns Camping restaurang, Mosjön
☎ +46 (0)70-850 58 71 www.mosjonscamping.se

Näske Krog Norum Bjästa. Traditional dishes & Thai buffet. Café ☎ +46 (0)660-22 82 38. www.naskekrog.se

Nättradalen Motell & Restaurang Bjästa. Open for lunch, café & catering services.
☎ +46 (0)660-22 05 40. www.natradalen.se

O'Leary's Bar & Restaurang Örnsköldsvik.
☎ +46 (0)660-121 14 www.olearys.se

Puttoms Golfrestaurang, Ovensjö
☎+46 (0)660-25 42 01, +46 (0)70-625 01 60

Restaurang Fiskevistet Skeppsmalen open in the summer ☎ +46 (0)660-25 60 19, +46 (0)73-036 03 56 www.fiskevistet.se

Restaurang Kajen Köpmanholmen. Lunches and à la carte dining. ☎ +46 (0)660-22 34 96, +46 (0)70-227 17 88. www.restaurangkajen.se

Restaurang Panget, Arnäsfall
☎ +46 (0)660-37 50 52

Restaurang Richard Sångkock, Örnsköldsvik. Lunch restaurant. ☎ +46 (0)660-775 00 www.richardsangkock.nu

Restaurang Victory Örnsköldsvik. Lunch restaurant. Reservations for events and matches. ☎ +46 (0)660-759 00 www.fjallravencenter.se

Reuterdahls café & bar Örnsköldsvik. Lunches. Event buffets. ☎ +46 (0)660-129 30 www.reuterdahls.se

Salusands Camping restaurang, Salusand
☎ +46 (0)663-310 40 www.salusand.se

Sibylla Örnsköldsvik. ☎ +46 (0)660-145 76

Sibylla, Bjästa ☎ +46 (0)660-22 03 66

Smakfullt, Arnäs Köpcenter Arnäsfall
☎ +46 (0)660-37 52 52

Solberget Solberg. Open in winter when the ski slopes are open. Advance booking at other times, ☎ +46 (0)661-501 75 www.solbergsbacken.se

Solängetkrogen Själevad. Open for lunch. À la carte menu for trotting races; also catering services. ☎ +46 (0)660-592 22, +46 (0)70-600 71 63, +46 (0)73-0893974 www.carriecatering.blogspot.se

Station Skorped. Restaurant and pub.
☎ +46 (0)73-182 19 46

Subway Örnsköldsvik. ☎ +46 (0)660-129 80

Sushi Bar Örnsköldsvik. ☎ +46 (0)660-101 91, +46 (0)70-446 40 90

Taj Mahal, Örnsköldsvik
Lunches and evening dining.
☎ +46 (0)660-160 00

Thai House, Gullänget. Restaurant. Lunch buffet. ☎ +46 (0)660-830 30 www.thaihouse.se

Thalad Thai, Örnsköldsvik. Takeaway.
☎ +46 (0)660-136 60, www.thalad-thai.blogspot.se

Thalad Thai, Husum ☎ +46 (0)663- 100 80

Thai Town Örnsköldsvik, ☎ +46 (0)660-193 04 www.thaitown.se

The Bishops Arms, Örnsköldsvik.
+46 (0)660-23 51 19 www.bishopsarms.com

The mEATing room Örnsköldsvik. Restaurant for private functions (advance bookings only). ☎ +46 (0)70-392 20 04 www.themeatingroom.se

Trysunda restaurang, Trysunda
☎ +46 (0)660-430 38 www.trysunda.net

Väggkrog Örnen, Örnsköldsvik. ☎ +46 (0)660- 188 98

CAFÉS

Alberts café Brynge cultural heritage site, Sidsensjö
☎ +46 (0)660-22 50 90 www.brynge.nu

Bruksgodset Banafjäl
☎ +46 (0)660-25 21 99 www.bruksgodset.se

Café 9 Örnsköldsvik
☎ +46 (0)660-101 50

Café Blåbär Örnsköldsvik
☎ +46 (0)660-180 70

Café Lara Örnsköldsvik ☎ +46 (0)660-559 55

Café Lilla Paris Örnsköldsvik
☎ +46 (0)660-123 98

Café Lilla Blå Örnsköldsvik
☎ +46 (0)660-133 00

Café Svea, Herrgårdsparken, Köpmanholmen ☎ +46 (0)660-22 30 97

Café UH Örnsköldsvik
☎ +46 (0)660-140 84 www.cafeuh.se

IVK Café Örnsköldsvik
Resecentrum ☎ +46 (0)660-810 10

Lundbergs café Örnsköldsvik
☎ +46 (0)660-125 25

MoDo museum och café Moliden ☎ +46 (0)660-915 20

Märta och chokladbiten, Örnsköldsvik
☎ +46 (0)660-15000 www.martaoch.com

Reuterdahls café & bar Örnsköldsvik
☎ +46 (0)660-129 30 www.reuterdahls.se

Waynes Coffee Örnsköldsvik
☎ +46 (0)660-101 20

Örnsköldsviks Museum and Art Gallery, Örnsköldsvik ☎ +46 (0)660-886 00



Accommodation

Accommodation in Örnköldsvik ranges between low price, comfortable, luxurious, central, exclusive and waterfront, but is always provided with friendly, personal service. The choice is yours, and you are always welcome

HOTELS

Bredbyns Gästgiveri, Bredbyn

☎ +46 (0)661-107 10 www.bredbyns-gastgiveri.se

Bruxvillan, Örnköldsvik

☎ 0660-752 23 www.brux.se

Elite Plaza Hotel, Örnköldsvik

☎ +46 (0)660-23 51 00 www.elite.se

First Hotel Statt, Örnköldsvik

☎ +46 (0)660-26 55 90
www.firsthotels.se

Hampnäs Boende och Konferens

Själövad
☎ +46 (0)660-27 38 17

Hotell Björnen, Husum

☎ +46 (0)663-107 20

Hotell Focus, Örnköldsvik

☎ +46 (0)660-821 00 www.hotellfocus.se

Hotell Sari, Gullänget

☎ +46 (0)660-551 60 www.hotellsari.se

Hotell Skulesjön, Norum, Bjästa

☎ +46 (0)660-22 82 38

Hotell Veckefjärden, Örnköldsvik

☎ +46 (0)660-29 63 00
www.veckefjarden.com/hotell

Nätra motell och restaurang, Bjästa

☎ +46 (0)660-22 05 40
www.natradalen.se

Panget restaurang och hotell (budget

hotell) Arnäsfall
☎ +46 (0)70-540 64 08

Park Hotell, Örnköldsvik

☎ +46 (0)660-103 60 www.park-hotell.se

Scandic, Örnköldsvik

☎ +46 (0)660-27 22 00
www.scandichotels.se/ornskoldsvik

Strand City Hotell, Örnköldsvik

☎ +46 (0)660-106 10 www.abcstrandhotell.se

Ulvö Hotell, Ulvöhamn

☎ +46 (0)660-22 40 09 www.ulvohotell.se

CAMPING & CABINS

Arnes Stugby, Solberg

☎ +46 (0)661-502 46, +46 (0)70-625 41 22

Bjästabäckens stugor, Bjästa

☎ +46 (0)70-343 63 93
www.bjastabacken.se

Björna Camping, Björna

☎ +46 (0)738-30 47 08
www.bjorna.eu

Gullviks havsbad och camping, Domsjö

☎ +46 (0)660-745 82
www.gullvikshavsbad.se

Johans stuguthyrning (cabins for rent),

Hemling ☎ +46 (0)70-631 83 20
www.johansstugor.se

Kerstins Udde Spa & Turism, Trehörningsjö

☎ +46 (0)662-204 05
www.trehorningsjo.se

Kornsjögårdens Naturcamping, Bjästa

☎ +46 (0)660-22 80 08
www.kornsjoegarden.com

Kvarnforsens övernattningsstugor, Nylden

☎ +46 (0)662-320 77

Kärnsjögårdens stugby, Trehörningsjö

☎ +46 (0)662-461 00

Mellansels Bad & Camping, Mellansel

☎ +46 (0)661- 407 01
www.mellansel.se

Mosjöns Camping, Husum

☎ +46 (0)663-200 89
www.mosjonscamping.se

Myckelgensjö Camping, Myckelgensjö

☎ +46 (0)70-203 34 84
www.myckelgensjo.se

Prästängets Camping, Svedjeholmen,

☎ +46 (0)660-37 80 51,
+46 (0)730-378033 www.prastanget.se

Salusands havsbad och camping, Husum

☎ +46 (0)663-310 40 www.salusand.se

Sandvikens stugby, Ulvön

☎ +46 (0)70-32 86 43, +46 (0)70-625 07 83
www.sandvikensfiskelag.se

Skeppsmalen

husvagn/husbilscamping (sites for caravans/
motor homes) ☎ +46 (0)660-25 60,
+46 (0)70-036 03 56 19 www.fiskevistet.se

Solbackens Camping, Dekarsön, Bonäs-

sund ☎ +46 (0)660-37 00 06
www.solbacken.org

Solberget, Solberg

☎ +46 (0)661-501 75
www.solbergsbacken.se

Ulvö Lakeside Resort, Ulvöhamn

☎ +46 (0)76-774 00 09 www.ulvon.com

Ulvö Stugby (cabins), Ulvöhamn

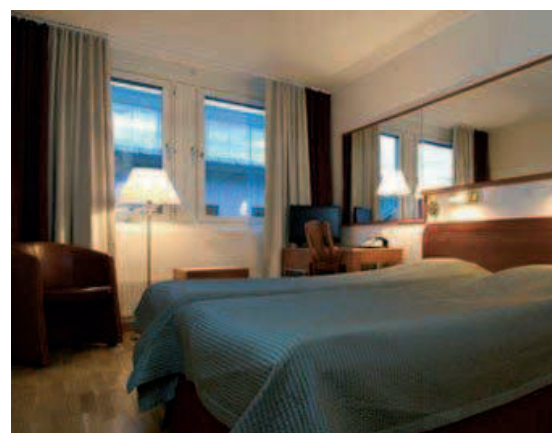
☎ +46 (0)72-905 71 04 www.ulvostugby.se

Åvikens camping, Domsjö

☎ +46 (0)70-535 36 63 www.aviken.se

Överhörns camping,

☎ +46 (0)660-701 43
www.camping.se/y16



YOUTH HOSTELS

Forssvillan, Köpmanholmen

☎ +46 (0)70-616 20 92
www.forssvillan.se

Rum och uthyrning (rooms for rent),

Svedjeholmen, ☎ +46 (0)660-501 32
www.rumochuthyrning.se

Vandrarhemmet Kajen, Köpmanholmen

☎ +46 (0)660-22 34 96
www.restaurangkajen.se

Trysunda vandrarhem

☎ +46 (0)660-430 38 www.trysunda.net

Vandrarhemmet (youth hostel) in Tjäl,
Solberg

☎ +46 (0)661-610 60, 610 21

Vandrarhemmet (youth hostel) Vindarnas

hus, Örnsköldsvik ☎ +46 (0)70-227 76 33
www.vindarnashus.se

Örnsköldsviks Gästhamn (guest marina)

Youth hostel, berths, sites for caravans/motor homes ☎ +46 (0)72-736 70 30
www.ornskoldsviksgasthamn.se

Örnsköldsviks Vandrarhem (youth hostel)

☎ +46 (0)660-29 61 11 www.oviksvandrarhem.com

BED & BREAKFAST

Solbacken Bed & Breakfast, Dekarsön,
Bonässund

☎ +46 (0)660-37 00 06 www.solbacken.org

JonErsgården B&B, Flärke, Gideå

☎ +46 (0)70-647 13 55, +46 (0)663-500 02

www.jonersgarden.se

Gottfridsgården, Örnsköldsvik

☎ +46 (0)70-694 93 07 www.gottfrids-garden.se

ÖVRIGT/OTHER

Stay on a farm, **Rösö Gård**, Bjästa

☎ +46 (0)660-981 80,
+46 (0)70-398 16 03. www.rosogard.nu

Dombäcks rumsuthyrning (rooms for rent), Husum ☎ +46 (0)70-299 91 63**Dekarsögården**, Bonässund

☎ +46 (0)660-37 02 90 www.dekarsogarden.se

Husums rumsuthyrning (rooms for rent),

☎ +46 (0)70-315 45 55

JBN Rumsuthyrning (rooms for rent),

Örnsköldsvik and Domsjö
☎ +46 (0)70-557 67 70 www.jbn.se

Katrinagården, Långsele Bredbyn

☎ +46 (0)661-230 72, +46 (0)70-322 30 48, +46 (0)73-813 68 08

Kubbe Camp, Bredbyn

☎ +46 (0)70-286 89 44

Lilla Buröholmen, (on an island outside Idby), ☎ +46 (0)660-37 05 93Stay on a farm, **Tja'l**, Sidensjö

☎ +46 (0)660-26 20 47

Stay on a farm, **Stensätter Gård**, Husum

☎ +46 (0)663-104 18 www.stensattergard.se

Stay on a farm, **Godsta Gård**, Husum

☎ +46 (0)663-211 19 www.godstagarad.se

Stay on a farm, **Gideå Basjirhästar**

☎ +46 (0)663-401 14 www.basjirhastar.se

Mellansels Folkhögskola,

☎ +46 (0)661-654 400, 654 419
www.mellansel.fhsk.se

Rum och uthyrning (Rooms and rooms for rent), Svedjeholmen, ☎ +46 (0)660-501 32 www.rumochuthyrning.se**Sanduddens lägergård (summer camp)**,

Bredbyn ☎ +46 (0)661-400 79
www.sandudden.eu

Skorpeds Bygdegård,

☎ +46 (0)661-303 31, +46 (0)70-210 74 23

Solberget, Solberg

☎ +46 (0)661-501 71
www.solbergsbacken.se

22:an rumsuthyrning (rooms for rent),

Domsjö ☎ +46 (0)70-255 48 64





Sommarvågen

Events

A number of small and large events are held around the municipality. For information, contact Örn-sköldsvik Tourist Information Office. You can also purchase tickets to a number of concerts, lectures and sporting events from the Tourist Information Office.

JUNE

- 5 Bo Kaspers Orkester, concert, Skule naturscen
- 5 Tolvjärnsloppet, offroad bike race Långviksmon
- 13, 17, 22 European Championships, football. Big tent at Fjällräven Center
- 12 Rackartygarna. Extreme sports and display group, Örnköldsvik
- 16 MPC Stjärngolf. Veckefjärden's golf course
- 18 High Coast Ultra. Extreme race, offroad. From Örnköldsvik and Skule to Höga Kustenbron

JULY

- 14, 21, 28 Sommarvågen, summer entertainment, Sjötorget, Örnköldsvik
- 1-3 Örn cupen. Football cup for youth, Örnköldsvik
- 2 Sagavågen Cruising. American and veteran cars, Moliden
- 7 Sjunde i sjunde, Takida, free concert outdoors in Strandparken, Örnköldsvik
- 8-9 Skulefestivalen, concerts including Darin, Sven-Bertil Taube, Skule Naturscen
- 13-16 Ulvöregattan. Sweden's fifth largest regatta in its 107th year, Ulvön
- 16 Höga Kusten Swimrun Extreme biathlon with swimming and running in the High Coast archipelago
- 23 Örnköldsvik-kalaset concerts with Miriam Bryant, Fjällräven Center

Skule naturscen



AUGUST

- 6 Three Corner Lake Meet, American and veteran cars, Trehörningsjö
- 12 Jerry Williams, concert Skule naturscen
- 12-13 Late summer festival with entertainment and market stalls etc. Inre hamnen, Sjötorget, Örnköldsvik
- 18 Surströmming premiere, activities on Ulvön
- 19 Surströmmingsfesten. Surströmming, entertainment. Stora Torget Örnköldsvik.

SEPTEMBER

- 2-4 Barnens Dag, artists, fun fair, market stalls, Fjällräven Center
- 4 Mo market, historical market dating back 100 years. Moliden
- 9-13 Briggen Tre Kronor/Initiativet Hållbara hav. Sailing tours, exhibition onboard. Örnköldsviks Gästhamn (guest marina)
- 10 Idrottsryan. Race, exhibition, activities, seminars. Fjällräven Center
- 17 V75 with Silverörnenpokalen. Trav (trotting race), Solänget Örnköldsvik
- 17/9-30/10 Official Mötley Crüe Exhibition. Instruments, awards, stage equipment, private possessions etc. Örnköldsviks museum

More tips regarding events available at www.hogakusten.com

Sjunde i sjunde



Some of the highlights of the High Coast

Örnsköldsvik, the northernmost municipality in the High Coast region, is the perfect base from which to explore the High Coast.

Go to www.hogakusten.com to find out what you can experience and visit.

Below is a selection of events!

- ☀️ Travel by boat to Ulvön and try the local surströmming (fermented herring)
- ☀️ Enjoy the flavours of the High Coast, including Box Whisky, Härnö Gin and Mjälloms Tunnbröd (flatbread)
- ☀️ Sunbathe on the rocks at Rotsidan or Skagsudde
- ☀️ Follow the High Coast trail and see if you get an echo from Slåttdalsskrevan
- ☀️ Climb Skuleberget – North Europe's best Via Ferrata, 4 routes
- ☀️ Play the role of spy at Hemsö Fästning fortress
- ☀️ Relax in the spa at Paradiset
- ☀️ Experience white tigers at Junsele Zoo
- ☀️ Enjoy a cup of coffee in the cultural pearl of Mannaminne
- ☀️ Play a round of golf at Norrfällsviken, Veckefjärden, Puttom, Sollefteå and Härnösand
- ☀️ Explore the graffiti of our forefathers at Nämforsen – the largest area of rock carvings in North Europe
- ☀️ Visit one of Sweden's largest open-air museums – Murberget
- ☀️ Technicus in Härnösand is an adventure into science, a house filled with exciting activities and exhibitions

www.hogakusten.com



Hemsö Fästning



Via Ferrata



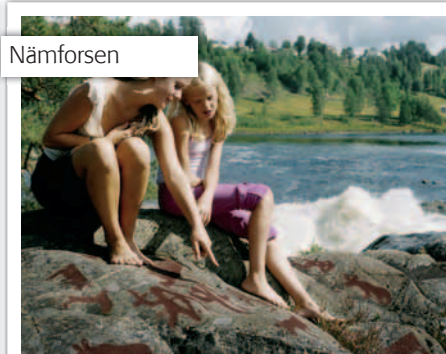
Mannaminne



Junsele djurpark



Technicus



Nämforsen



Rotsidan

Höga Kusten

ÖRNSKÖLDSVIK



The High Coast comprises the four municipalities of Örnköldsvik, Sollefteå, Kramfors and Härnösand. Find more information at www.hogakusten.com

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 Uppdaterad KartPartner 2016
 Servicepoint - a meeting place for the village