Experience Nature and Community at Swedish Sporting Events

Swedes are famously fond of the outdoors to an almost religious degree, and have a long history of arranging athletic events, from the 1912 Olympics in Stockholm to the annual Vasaloppet, a 90-km cross-country skiing event that celebrates its 100th anniversary this year and the Swedish classic Vansbrosimmet, Sweden´s largest open water event now celebrating 70 years!

Outdoor education for children such as "Mulle," an imaginary forest creature who teaches preschoolers about nature, along with scouting, "sports holidays" and companies offering their workers "wellness subsidies," run with this informal love and make it institutional. Paired with the Swedish right to roam and a democratic attitude to sports, sporting events in Sweden are not just for the elite athletes who end up on the podium.

It is not surprising then that Sweden offers an enormous amount of variety when it comes to year-round sporting events the length and breadth of the country.

Anyone who wants to experience nature, community and achieve goals at any level is welcome. Read on for endurance events of nearly every kind, from north to south, in every season.

NICHE RACES

Ice Ultra Marathon

For those who love the extreme, this competition offers just that. If traversing 230km in unforgiving winter weather, through the snow-covered feeding grounds of the reindeer kept by the Sami sounds like your kind of adventure, look no further. This race is small and self-supported. Just be sure not to litter, or you will be disqualified.

The next Ice Ultra will be held on February 21, 2023.

IMAGE CREDIT: Beyond the Ultimate Image from: https://www.swedishlapland.com/sv/stories/ice-ultra/

IMAGE LINK: https://www.swedishlapland.com/sv/stories/ice-ultra/

Contact info: https://beyondtheultimate.co.uk/contact/

Arctic Circle Race – Run Through the Wild

If you want to experience the Arctic but are more of a summer person, perhaps this race is the challenge for you. On August 13, 2022, participants will be flown 18 km into the surrounding wild arctic terrain to run back into town. The course starts on the shore of Lake Guijaure and runs along a marked trail through rough terrain with breathtaking views of the surrounding mountains ending at "Camp Polcirkeln."

IMAGE CREDIT: Maria Söderberg, Joakim Armgren

IMAGE LINK: https://arcticcirclerace.se/en/

Åre Bike Festival

Ride your bike under the glowing midnight sun atop Åreskutan mountain – the midnight bike event is one of many that are part of this annual festival. The focus is on mountain bikes, with pump track events as well as down-hill racing and single-track challenges, rides for young children and classes in bike maintenance. All set against the dramatic mountains in the classic Åre ski resort in north-western Sweden, July 6-10, 2022.

CONTACT: https://arebikefestival.com/kontakt/

Cykelvasan

If you like the idea of following the 16th-century tracks of Gustav Vasa, but you aren't much of a skier, do it by bike instead. All-terrain/ mountain bikes are recommended as this race runs on dirt and paved roads through province of Dalarna, often considered the most quintessentially Swedish of all regions. Friday August 12, 2022.

IMAGE CREDIT: Vasaloppet

IMAGE LINK: https://www.mynewsdesk.com/se/vasaloppet/images/vasaloppets-sommarvecka-307700

Tjurruset / Kalvruset (The Bull Rush / The Calf Rush)

The rough translation of this muddy, mucky 5 or 10K race is "the bull run." The course is different every year and runs through parks and nature reserves in Stockholm. The date for this year's race is October 3. There is also the junior version called, you guessed it, "the calf run."

IMAGE CREDIT: Jonas Persson och Ryno Quantz/ Creative Commons

IMAGE LINK: https://www.mynewsdesk.com/se/stockholm_marathon/images/tjur-ruset-foto-ryno-quantz-345475

Tough Viking

The three different locations for this Tough Mudder-style obstacle race lets you experience some of the most scenic parts of Sweden's two largest cities – Stockholm and Gothenburg. The May 7th race takes place at Stockholm's Stadion, originally built for the 1912 Olympics. The April 23rd race in Gothenburg and August 27th race in Stockholm take place in Slottskogen and Djurgården respectively, both royal parks with large green areas inside city limits.

CONTACT: info@toughviking.se

Kullamannen

This February´s Kullamannen ultra-marathon bills itself as "the slayer of strong men and women." Kullamannen, the shadowy figure for which the race is named may have been a knight with a broken heart, or perhaps King Olav, the last survivor of the battle of Öresund in 999, who threw himself in the water rather than fall at the hands of his enemies. The race is set at Kullaberg, where Skagerrak and Kattegat meet November 4-6, 2022.

CONTACT: https://kullamannen.com/contact/

Dalsland Kanotmaraton (Canoe Marathon)

This 45km canoe race takes place amid the grand natural surroundings of the small and sparsely populated western province of Dalsland, across deep lakes carved by ice-age glaciers, through green forests with beautiful vistas on August 13, 2022.

IMAGE LINK: https://www.campdalsland.se/loppen/dalsland-kanotmaraton/

IMAGE CREDIT: Per Johnler

CONTACT: https://www.campdalsland.se/press/

info@campdalsland.se

Ö till Ö (Island to Island)

Born out of a crazy bet, this endurance event runs across the islands and skerries and through the waters of the rocky Stockholm archipelago on May 21, 2022 and provides a full immersion in nature while testing participants to their limits. Teamwork and fun lie at the core of this amazing physical adventure. There are now swimrun races across the world, but the Swedish locations are Utö in Stockholm Archipelago — the birthplace of the swimrun movement, as well as the Gothenburg archipelago on the west coast.

IMAGE CREDIT: PIERRE MANGEZ

IMAGE LINK: https://www.flickr.com/photos/otillorace/51261094510/in/album-72157719419042968/ (Hi res image available upon request)

CONTACT: media.requests@otilloswimrun.com

Icebug Xperience

The motto of this inclusive trail race is, "If you want to run fast, run alone, if you want to run far, run together." Organizers invite you to traverse the sparse, rocky landscape of the Bohuslän archipelago

and even bring your kids – the latter will have plenty of chaperoned activities too choose from while parents spend up to six hours a day on the 75 km of trails for three days starting September 3, 2022. The categories are walk, run-walk, and run.

IMAGE CREDIT: Thanner/Elmrin.

IMAGE LINK: https://icebugx.com/media/

CLASSIC SWEDISH SPORTING EVENTS

En Svensk Klassiker (A Swedish Classic)

This suite of free-standing heritage races are not related but taken together they are considered a quartet to complete for the truly well-rounded Swedish endurance athlete. This includes skiing 90 km, biking 315 km, swimming 3 km and running 30 km in one year. Muscle pain, shin splints and blisters are to be expected, as are a festive atmosphere, camaraderie, and immersive natural experiences.

The four races are the below: Vasaloppet, Vansbrosimmet, Vätternrundan and Lidingöloppet.

Vasaloppet

A cross-country ski event that draws elite participants and amateur athletes alike, all eager to prove themselves along the tracks that soon-to-be Swedish king Gustav Ericsson Vasa skied as he fled the troops of Danish king Christian II in the winter of 1521. The course runs through the province of Dalarna, from Sälen to Mora. The events take place from February 24 through March 5, 2023.

IMAGE LINK: https://www.mynewsdesk.com/se/vasaloppet/images/vasaloppet-oeppet-spaar-maandag-2022-punkt-jpg-2458363

IMAGE CREDIT: Vasaloppet/Ulf Palm

Vansbrosimningen (The Vansbro Swim)

Sweden's largest open water event would have celebrated its 70th anniversary in 2020 but had to be postponed due to the pandemic. Now this venerable race in the heart of Dalarna is back. The first swim in 1950 under the six bridges of the Vanå and the Västerdal river was ten people strong, today more than 15 000 participants line up to start surrounded by birches and greenery. There is also a winter version, but the classic 3 km version takes place on July 9, 2022.

IMAGE LINK: https://www.mynewsdesk.com/se/vansbrosimningen/images/starten-vansbro-tjejsim-1762626

IMAGE CREDIT: Mickan Palmqvist

Vätternrundan (The Vättern Loop)

"The largest recreational cycling event in the world" runs 315 km around lake Vättern. The fact that this is not a race, makes it no less challenging. This long and narrow lake is the second largest in Sweden, sixth in Europe. Along its shores cyclists can take in grand views of rolling fields, forests and steep cliffs as well as several towns. There is also a mountain bike version for off-road enthusiasts.

IMAGE CREDIT: Micke Fransson/Vätternrundan

IMAGE LINK: https://press.vatternrundan.se/media/50081/vatternrundan-2015-066jpg

https://press.vatternrundan.se

Lidingöloppet

This 30-km trail race on the other hand is fiercely competitive and tough to boot. It runs across the island of Lidingö, a tiny Stockholm suburb with plenty of villas as well as beautiful forests and views of the inner Stockholm archipelago. This year's event will take place September 23, 2022.

IMAGE CREDIT: Creative Commons

IMAGE LINK: https://www.mynewsdesk.com/se/lidingoloppet/images/200926-lidingoloppet-137-2043752

Media Links: https://www.mynewsdesk.com/se/lidingoloppet

Ironman Kalmar

A Swedish version of the classic triathlon race that once started in Kona, Hawaii takes place in the medieval town of Kalmar. The rugged beauty of Swedish nature is on full display: the swim course is in the Baltic and the bike course takes participants across the bridge to the island of Öland. The run is set in the town of Kalmar itself. This year's event is on August 20th.

CONTACT: press@ironman.com

O-Ringen

This long-standing Swedish orienteering race is for participants at all levels, from elite racers who fight for the crown over five days, to amateurs challenging themselves. It even has events for kids. There is also a three-day version for those who prefer fewer days on the course. The 2022 event will be held July 24-30 in the environs of Uppsala, site of Sweden's oldest university.

CONTACT: press@oringen.se

Tjejmilen (Women’s 10k)

The largest Nordic event for women only is once again gathering runners for a 10K run on Gärdet in Stockholm, the former military parade grounds in the royal park of Djurgården. The 2022 event is on September 3 but keep an eye out for the 40th anniversary in 2024. There is also a trail version set among the hills of the ski resort of Sälen on June 18th.

IMAGE LINK: https://www.mynewsdesk.com/se/stockholm_marathon/images/tjejmilen-2017-2-1403125

IMAGE CREDIT: Creative Commons

Göteborgsvarvet (The Gothenburg Spin)

The world's largest half marathon is back on May 21, 2022! The course loops through central Gothenburg, taking runners across two bridges spanning Göta Älv and the wharfs for which the race is named – once the lifeblood of this shipbuilding city.

IMAGE LINK: https://www.mynewsdesk.com/se/goteborgsvarvet/images/urban-run-foto-glenn-t-unger-punkt-jpg-2362202

IMAGE CREDIT: Glenn T Unger

Göteborgs Girot

This annual event was founded in 2013 to fight segregation and bring participants through every neighbourhood in Gothenburg. The organisers also hold cycling classes to bring cycling to more people. The festive atmosphere draws children and beginners as well as recreational cyclists and elite athletes. The various courses start and end in the middle of scenic Gothenburg on May 27, 2022.

IMAGE LINK: https://goteborgsgirot.se/nyheter/pressrum/

IMAGE CREDIT: Emmy Silverhjelm

Stockholm Marathon

As far as urban marathons go, the Swedish capital offers one of the more scenic. The course loops through every central neighborhood of this island city as locals cheer you on. Västerbron, across lake Mälaren is known as the point at which point many hit the dreaded wall. Join the party on June 4.

IMAGE CREDIT: Creative Commons

IMAGE LINK: https://www.mynewsdesk.com/se/stockholm_marathon/images/asm-2022-punkt-jpg-2386391

Midnattsloppet (The Midnight Sun Race)

Billed as "Sweden's most fun race," this nighttime running even takes participants through 10km of the happening borough of Södermalm in central Stockholm. If the classic length is not for you try the 5K version, there is also a costumed event for those who like their running with a side of fun and flair. Midnattsloppet has also spawned a Malmö spin-off.

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SOCIAL MEDIA: filippa@midnattsloppet.com

Höga Kusten Trail and **Höga Kusten Winter Trail**

This popular race experience runs across the cliffs of the breathtakingly beautiful "high coast" on the Gulf of Bothnia in northeastern Sweden. The area is a world heritage site for good reason. There is a 25K and a 43K version on September 2-3, 2022, as well as a "Winter Trail" event traversing the same course in the snowy season. As one participant says, "you first

come here for the natural surroundings, but you return for the camaraderie."

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ENDS

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Welcome to Sweden.

Your invitation to experience our unique lifestyle, progressive culture, accessible nature, local food culture and innovative mindset. We want visiting Sweden to be about creating value, for you as our guest, for the local community and the planet.

In 2022, for the second year in a row, Sweden was listed as the most sustainable country in the world by Euromonitor International in its Sustainable Travel Index, as well as once again ranking number one in the Good Country Index, a measure of what countries contribute to the world outside their borders, and what they take away: their balance-sheet towards humanity and the planet.

Additional assets available online: Photos (15)

https://press.visitsweden.com/2022-07-26-Experience-Nature-and-Community-at-Swedish-Sporting-Events