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Autumn Activities, Train to Trail and Sweden´s Best Christmas Markets

Autumn is the ideal time to take tranquil advantage of Sweden's colourful landscape and explore Sweden with all your senses at your own pace. Alternatively wait a little and take some festive timeout at your choice of Christmas Markets in UNESCO locations, medieval old towns or castles. Wait a little longer and with the new sleeper train now taking bookings start to plan your 2023 Spring hikes with the best accessible, train to trail hiking in Sweden. All this plus a unique new family hotel and new experiences in West Sweden.

- **Sweden's festive Christmas markets**- UNESCO locations, medieval old towns and castles
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Sweden's festive Christmas markets

Usher in the festive season by visiting a Swedish Christmas market, offering quality handmade products, tasty food and fun activities. You'll find some of our favourite Christmas markets in unique UNESCO locations, larger cities and small towns alike.

Whichever part of Sweden you happen to visit, you're likely to find an authentic Christmas market with plenty of high-quality products that make ideal gifts. The handicraft tradition is strong in Sweden, and you'll find everything from Christmas decorations and hand-knitted mittens to stylish jewellery.

Christmas-themed food and drink complete the experience. While wandering among the decorative stalls, make sure to enjoy the winning combination of a steaming cup of 'glögg' (mulled wine) and a 'pepparkaka' (gingerbread).

Here are some of Sweden's best Christmas markets – for a full list follow the further info link below:

Jamtli, Jämtland – 2-4 Dec 2022

This traditional Christmas market in Östersund is located at Jamtli Museum – also known as Sweden's Christmas Museum. Wander around the snow-covered historical buildings, admire more than 200 vendors of genuine handicrafts and locally produced delicacies or go for a sleigh ride.

Stenegård, Hälsingland – 3-4 Dec 2022

Experience a traditional Swedish Christmas market in a UNESCO setting.Stenegård in Järvsö is one of the well-known 'Hälsingegårdar' (Decorated Farmhouses of Hälsingland), a collection of timber abodes that was granted UNESCO World Heritage status in 2012.

Falun Mine, Dalarna – 4th Dec 2022

Falun Mine is a UNESCO World Heritage Site, and locally produced delicacies and handicrafts are on offer at this old-fashioned Christmas market. Held for one day only, it offers Christmas concentrated with a lot to fit in: A choir singing Christmas carols, a visit from the mine's Santa Claus, and a historical play, to name a few.

Stortorget, Stockholm Old Town -Every day from 19 November to 23 December 2022

Few Christmas markets are as atmospheric as Stortorgets Julmarknad, housed in Stockholm's Old Town (Gamla Stan). This traditional Christmas market was started in 1837 and is the oldest in Sweden.

Drottningholm Palace, Stockholm – 3-4 Dec 2022

The annual Christmas market at Drottningholm Palace is a traditional holiday affair with a royal touch. This royal residency is located on the western outskirts of Stockholm. Take the opportunity to explore this fascinating UNESCO-listed palace on a guided tour, or stroll through the beautifully landscaped park toward the spectacular Chinese Pavilion.

Liseberg, Gothenburg -19-20, 25-27 November and 1-4, 7-11, 14-18, 19-23, 26-30 Dec 2022

Liseberg Amusement Park, in the centre ofGothenburg, is considered a national icon. It also hosts Sweden's largest Christmas market. Millions of twinkling lights and more than a thousand Christmas trees set the tone. The funfair location features thrilling rides as well as an ice-skating rink.

Hönö Klåva, Gothenburg archipelago - 26-27 Nov 2022

For a different Christmas market experience, take the ferry to the island of Hönö in the Gothenburg archipelago. In the old fishing port of Klåva, you can stroll through the cosy Christmas market craft exhibitors, visit decorated shops and admire the Christmas lights in the harbour.

Medieval Christmas, Gotland - 9-11 December 2022

Several Christmas markets are held on the island of Gotland during November and December, Medieval Christmas in Visby being the most spectacular one. Visitors can expect torchlight processions, medieval choir singing and lectures.

Further information: https://visitsweden.com/what-to-do/culture-history-and-art/swedish-traditions/christmas/christmas-markets-sweden/#:~:text=Here%20are%20some%20of%20Sweden%27s%20best%20Christmas%20markets%3A

Top autumn activities in Sweden

In Sweden, the arrival of autumn is marked by milder temperatures, shorter days and a shifting scenery. The crowds are gone with the summer season, making this the ideal time to take tranquil advantage of Sweden's colourful landscape. The autumn is when you really can explore Sweden with all your senses and at your own pace. Here is a selection of activities to enjoy in Sweden this autumn with the full list available from the link at the end of this section:

Take a trip by train to contemplate the autumn colours

Make the most of these calmer yet still-sunny months to enjoy a different sort of holiday. Explore Sweden – from north to south or the other way around – at your own pace and in a sustainable way. No matter the destination, a trip by train will give you time to quietly contemplate the authentic autumn landscapes with their flamboyant colours while enjoying a cup of coffee or maybe reading a book.

Paddle on Swedish waterways

Its many archipelagos, lakes, rivers and waterways make Sweden an ideal place for kayaking. Take to the water in complete freedom and let yourself be lulled in the tranquil atmosphere as you paddle by orange-coloured autumnal landscapes.

Enjoy the flavours of autumn by taking part in a culinary festival

Savour the country's rich culinary culture by visiting one of the many food and drink festivals taking place during autumn.

- **North:** Umeå Taste Festival and Taste of Sundsvall.
- **Centre:** Festivals in Dalarna, Värmland, Örebro County and Sörmland. The Swedish capital will also be hosting the Stockholm Beer & Whisky Festival.
- **South:** Many events are planned, including the Kivik Apple Market, the Wild Boar Festival near Linköping and the Gotland Truffle Festival.

Enjoy a dip in the lake after a sauna

An authentic experience, the invigorating tradition of the Swedish sauna accompanied by a dip in a lake is one not to be missed. Immerse yourself for a few minutes in the sauna and then do it as the locals: dive into the nearby lake. Most importantly, take the time to relax and connect with the peaceful and soothing natural surroundings. And why not choose, for your next holiday here, to stay beside a lake?

Go hiking with scenic views

With milder temperatures the conditions are perfect for hiking. Sweden has a range of different hiking trails – from long and adventurous signature hikes to accessible day hikes. Make sure you have appropriate clothing and footwear, then set off to admire the splendour of the Indian summer in the south, or head further north for breathtaking views and the first snowflakes!

Further information: https://visitsweden.com/what-to-do/nature-outdoors/autumn-activities-in-sweden/

From train to trail – the best, accessible hiking in Sweden

Hop on a train to reach some of Sweden's most accessible hiking trails and discover Sweden's varied nature and cultural sites. With train stations as your starting point, choose from a plethora of shorter day hikes and walks throughout the country.

For the full list follow the more info link at the end of this section.

Sweden's High Coast Trail – World Heritage Site hiking at its best

One of Sweden's signature trails, the High Coast Trail extends through the entire UNESCO World Heritage Site – from Hornöberget to Örnsköldsvik. Divided into 13 sections, the terrain includes a medley of steep cliffs, sandy beaches, deep forests, mountain tops and meadows. Start off in northernmost Örnsköldsvik, and you'll also pass key city landmarks, including the harbour, ski jumping hills and Stadsträdgården park, after which you'll be immersed in the forests of Hörnsjön Nature Reserve. An easy hike, the Örnsköldsvik-Svedjeholmen section (number 13) covers about 4,7 kilometres. For the remaining 12 sections of this outstanding trail, just continue south.

Tällberg Circular Trail – an idyllic snapshot of Dalarna

Take in some of Dalarna's ultimate beauty spots by hiking around the idyllic village of Tällberg, perched at an elevated position overlooking Lake Siljan. The seven-kilometre trail snakes through forests and village environments, allowing you to get a feel for this decidedly quaint area and its rich cultural heritage. Highlights include Digerberget mountain – a perfect picnic spot with stunning lakeside views – the maypole field and Sturängen, a limestone-rich meadow where rare herbs and flowers thrive. If you fancy a dip in Lake Siljan, head for Tällberg beach.

Sveafallen – hike among Värmland's ice age relics

On the Värmland border, with Degerfors train station as your starting point, you're not far to the natural wonderland that is Sveafallen. A 5-kilometre loop trail, 'Sveafallen runt' snakes through this pine tree-rich nature reserve, encircling the small lake, Bergtjärn. Look out for the many ice age traces found here, such as enormous potholes and boulders. Due to the rougher terrain in parts, this compelling trail's difficulty level has been rated medium. There's an easier option – Grytrundan loop – covering one kilometre, and a 250-metre trail suitable for people with disabilities.

Trollsjön lake – a beauty spot in the Abisko mountains

Låktatjåkka train station, near Kiruna, is the gateway to a natural arctic wonderland. Shifting from mountain birch forests and dramatic rock walls to barren mountains and flower meadows, it's easy to see why this Swedish Lapland destination is a favourite of outdoor enthusiasts. The mountainous 5-kilometre trail to Trollsjön lake, also called Rissajaure, starts at the train station and passes through the valley of Kärkevagge until it reaches the lake's remarkably clear waters, said to be Sweden's purest. You'll want to linger before turning back the way you came, perhaps enjoying a 'fika'. As the ascent is mostly gentle, it's rated an easy hike – even suitable for families.

Further information: https://visitsweden.com/what-to-do/nature-outdoors/hiking/from-train-to-trail-accessible-hiking-in-sweden/

NEW laid-back experiences near hiking trails in West Sweden – Meet the Locals

Discover local beauty spots in West Sweden with the people who live there. Meet the Locals is a unique way of getting a feel of everyday life in West Sweden. Some locals live near hiking trails in the countyside, giving a walking holiday a whole new dimension – a form of slow adventure. Make apple juice in her garden with Sara who lives close to the NEW Biosphere Trail, enjoy a fika with Gun in her garden by the Hyssna Trail, swim (all year round) with Sara who lives on the island of Hönö in Gothenburg's archipelago and hike the Kuststigen Coastal Path, or bake Swedish cinnamon buns with Anna who lives right next to the Gotaleden. Just a few examples of how to slow down your journey by meeting a local.

Further information: https://www.vastsverige.com/en/nature-experiences/walking/hiking-inspiration/discover-locals-nearby-favourite-places/

Sweden´s most imaginative family hotel opens Apr 2023 in Gothenburg

Liseberg, the largest amusement park in the Nordic region celebrates its 100th anniversary in 2023 and celebrates by, among other things, opening the doors to a new hotel, the Liseberg Grand Curiosa, in April.

Liseberg describes the hotel as Sweden's most imaginative family hotel, right next to Liseberg's amusement park's southern entrance. Nine stories high and 30,000 square feet in size, the star-shaped building houses 457 rooms, all with at least five beds. Six- and seven-bed rooms even have connecting doors for large families or families travelling together.

Children's desire for discovery is at the very heart of the hotel. A slide from the second floor leads straight down to the lobby and a fully functioning pony carousel from 1923 sits in the restaurant. The hotel also has a large roof terrace, a gym and for the grown-ups, a maple bar where cocktails are served.

The hotel opens up for bookings in the autumn of 2022,read more here!

Press photos: Liseberg – Grand Curiosa Hotel

Further Information: https://www.liseberg.com/liseberg-grand-curiosa-hotel/

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About Visit Sweden

Visit Sweden has the official national assignment from the Swedish government to market Sweden as a tourist destination.

Our vision is that Sweden by 2030 is the world's most sustainable and attractive travel destination built on innovation.

Now more than ever, purposeful travel needs to be meaningful, conscious, and creating lasting value with regards to our guests, for the local community and our planet. Welcome to Sweden.

Additional assets available online: Photos (5)

https://press.visitsweden.com/2022-10-12-Autumn-Activities,-Train-to-Trail-and-Swedens-Best-Christmas-Markets