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Celebrate spring in Sweden

Swedish spring means nature lovers are in for a treat! The past winter's melting snow and ice create a spring flood, making this the best time to discover Sweden's accessible waterfalls. If you go on a hike, you will most likely get rewarded with Swedish spring signs like snowdrops, coltsfoot and maybe even a sea of wood anemone.



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If you come for a city break, you might be lucky to catch the cherry blossoms. Spring also means opening the outdoor areas of restaurants, bars and cafés, and you'll see locals flocking under blankets, sharing a 'fika' while soaking up the sun.

The light is another spring benefit in Sweden. The days grow longer rapidly, and you can expect long and bright evenings. In fact, if you visit northern Sweden at the end of May, you'll be able to experience the spectacular phenomenon of the Midnight Sun.

Things to do

- 30 April is Walpurgis Night, the night of the bonfire in Sweden, traditionally believed to ward off evil spirits, but now a festive way of getting rid of excess gardening odds and ends. Ask your local tourist office if there is one close to where you are visiting.
- Watch 27,000 cranes dance together at Lake Hornborgasjön, West Sweden – a true spring sign many travel far to see. The first crane arrived on 19 February this year, but most come at the end of March and stay for a week or so.
- Ski above the Arctic Circle. Sweden's northernmost ski resorts are open until the end of May and the sunny spring-winter offers a lovely time to visit them.
- Watch a 'kosläpp' – the moment when the cows are let out to grass for the first time in the year. It's impossible not to crack a smile watching the happy cows skipping around and jumping joyfully. 'Kosläpp' is usually held in April, ask your local tourist office if there is one close to where you are visiting.

For more tips please visit https://visitsweden.com/about-sweden/spring/



Photo: (InForest/UpOnWalls) Download

5 New Hotels & Accommodations Across Sweden in 2023

Boutique, unique, close-to-nature and sustainable they´re all here. It´s tough to narrow it down to only 5, but here goes…

- **Inforest Hotel – ´Rufus´** opens this Spring in West Sweden.

Situated in the middle of the forest, ´Rufus´ is a close-to-nature experience focused on innovation and sustainability. Enjoy being separated from the stressful world and get in touch with nature – relax, find peace and calm. From: SEK 2290/night.

- **Kläpphagen Boutique B&B** – Koster Islands, opens 15 May 2023

Scenically situated on the Koster Islands archipelago, West Sweden, this new boutique B&B whose restaurant will have a strong sustainability focus with all food cooked over an open fire. Published Rate: SEK 3000/Night

- **Backstage Hotel** – Stockholm, opened September 2022

Located on the royal island of Djurgården in central Stockholm, next to the ABBA Museum – this 4-star, luxury, design hotel is sprinkled with signature design pieces, contemporary art and furniture by Eichholtz. From: €190/Night

- **Liseberg Grand Curiosa Hotel** – Göteborg, opens Apr 2023

An imaginative, 4-star experience family hotel where the young and adults alike will be entertained – from a slide down to the lobby, a fairground roundabout in the café – to a speakeasy cocktail bar and roof terrace overlooking Liseberg amusement park. From: SEK 1295/Night

- **STF Undersvik Farm Hotel & Hostel** – Hälsingland, opens Autumn 2023

After being a retreat centre for confirmation students for over 80 years, STF now opens this property to the public. A dog-friendly affordable hotel and hostel, with outdoor hiking, kayaking, fishing, and cycling just around the corner.



(Photo: Per Pixel Petersson/imagebank.sweden.se - Download)

New, National Cycle Trail Opens along Historic Göta Canal

Starting 20th June, the NEW Göta Canal Cycle Trail will open as Sweden´s 7th national cycle trail, just a few days after World Bicycle Day on 3rd June.

In a celebration of all things healthy and sustainable the new trail 200 km, follows the historic and cultural landmark of the Göta Canal. Cyclists will enjoy a leisurely ride along the car-free towpath, taking in the scenic views of the waterway and the picturesque villages along the way. One of the highlights of this route is the opportunity to witness the many boats passing through the canal locks, as well as stopping for a break and enjoying a traditional Swedish fika at one of the lock´s cafés.

The Göta Canal was built in the early 19th century to provide a waterway between the North and Baltic Seas. It stretches over 190 km, includes 58 locks and several aqueducts. Construction was completed in 1832 after 22 years by over 58,000 workers. The canal played an important role in Swedish industry and trade, and today it is a popular tourist destination known for its beauty and opportunities for cycling and boating.

Some must-see stops for cyclists along the Göta Canal cycle trail:

Sjötorp
The Göta Canal starts at Sjötorp by Lake Vänern, the largest lake in Sweden and the largest lake in the European Union. Watch the canal locks in action and visit the Canal Museum to learn about its fascinating 200-year history.

Hajstorp locks
Witness boats passing through three locks in Hajstorp. Stop at Hajtorps Slusscafé for lunch, fika, or an ice cream.

Forsviks Bruk
Since the 1400s, waterpower has driven the mills in the industrial community of Forsvik. Initially, a simple flour mill, followed by a sawmill and a hammer mill. Today Forsviks Bruk is a thriving industrial heritage museum offering guided tours, exhibitions, a hostel and café.

Karlsborg's Fortress
Karlsborg played a key role in Sweden’s past as the reserve capital city. The fortress took 90 years to finish and now houses shops, cafes, a museum, and offers guided tours.

Read more about the Göta Canal cycle route here.



(Photo: Ola Ericson/imagebank.sweden.se - Download)

Djurgården Island, Central Stockholm Praised as Sustainability Inspiration to others Globally

Royal Djurgården has been awarded first prize by the Green Destinations Top 100 Sustainability Stories for connecting Swedish cultural heritage with modern sustainable thinking.

“For 6 years, the 60 visitor attractions on Royal Djurgården, have worked strategically and practically to improve and inspire each other to sustainably develop Djurgården as a visitor destination. That we are now highlighted as an inspiration for others, among 100 of the world's most dedicated destinations, feels fantastic. It gives us strength in our work going forward”, says Camilla Zedendahl, CEO of Royal Djurgården's Stakeholders.

Royal Djurgården is Scandinavia’s number 1 attraction, attracting millions of visitors a year to discover the importance of the island’s, Stockholm´s and Sweden´s cultural and historical values.

A small selection of what to do on Djurgården:

- The Nordic Museum – celebrating their 150th Anniversary
- The Vasa Museum
- The Viking Museum
- Vrak, The Museum of Wrecks
- The Museum of Spirits
- The Snuf and Match Museum
- ABBA The Museum – celebrating their 10th Anniversary
- Skansen – the world’s oldest open-air museum
- Gröna Lund Amusement Park
- Rosendals Garden
- The Thiel Gallery
- Liljevalchs and their Spring Salon

Related links
Djurgården a tranquil oasis since the 15th Century
Royal Djurgården the Awarded Story
More about Djurgården's sustainability work
Press Images:
https://imagebank.sweden.se/search?q=Djurg%C3%A5rden



(Photo: SJ/AB - Download)

SJ – Swedish Railways – Sweden´s Greenest Transport Brand for 15th Year

Over 1000 Swedes voted in the annual survey – Sweden´s Greenest Brand - and SJ is once again praised by the public for having environmental and sustainability work at its forefront.

“It feels absolutely fantastic that our sustainability work is once again receiving attention. This is a result of all our employees' hard work in offering climate-smart and sustainable travel to all our customers”, says Claes Lindholtz, Director of Communications & Sustainability at SJ.

With the launch of the newSJ night train service from Berlin to Stockholm from 31st March, travel to and around Sweden for those seeking an alternative means of getting there is not only easier but greener too.

Continuing to drive the development of climate-smart travel has been a dominant theme for SJ in recent years. More information about train travel in Sweden: https://visitsweden.com/about-sweden/getting-around-sweden-train/

By the way, have you ever heard of**"Rail & Trail"**? You can enjoy beautiful journeys by train to the starting points of Sweden's most easily accessible hiking trails and explore the varied nature and cultural sites of the country on foot. A variety of short one-day and multi-day hikes through the whole country start right at the train station: https://visitsweden.com/what-to-do/nature-outdoors/hiking/from-train-to-trail-accessible-hiking-in-sweden/

Sweden's Greenest Brand has been conducted since 2008 by the consulting company Differ, and the aim of the survey is to follow Swedish consumers' views on the environment and sustainability work. The survey has been answered by a random sample of people aged 15–75 who are nationally representative of the Swedish population. Data collection was carried out in December 2022.

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