8 cool ideas for a refreshing summer in Sweden

With its Nordic charm and unique nature, Sweden is an ideal getaway for anyone looking to escape the harsh summer heat.

Sweden, the ideal place to get away from it all

With its moderate summer temperatures and close-to-nature lifestyle, Sweden has become a destination of choice for lovers of refreshing holidays. In southern Sweden, summer temperatures average around 20 to 25 °C, with occasional peaks of 30 °C. Rainfall is lowest on the islands in the Baltic Sea - such as Gotland, Öland and the archipelagos along the east coast of Sweden - and in valleys surrounded by mountains. Due to its high latitude, Sweden enjoys significantly longer summer days than those in more southern countries.

Dense forests, lush greenery, fields of vibrant wildflowers, thousands of miles of coastline and no less than 100,000 lakes provide a huge playground for outdoor enthusiasts. Sweden promises a summer away from crowds and traffic, a place of tranquillity, and far-reaching natural landscapes open to all, especially with Sweden´s right of public access ("allemansrätten").

8 activity ideas for a refreshing holiday

1. Dive into the sea in the city centre

Stockholm, Gothenburg, Malmö: Sweden's largest cities are all situated by the sea, offering numerous popular beaches and picturesque rocks perfect for swimming.

2. Take an excursion to the archipelago

With miles of coastline and countless islands, theSwedish archipelagos are perfect for cooling off on a hot day. Embark on an excursion to these remarkable landscapes by hopping on a boat, renting a kayak, or going paddleboarding.

3. Snorkelling trial along the west coast of Sweden

West Sweden's pink-hued granite west coast has plenty of trails – now there´s aunique way to explore its crystal clear waters; A snorkelling trail. The snorkelling trail is an underwater nature trail with signs installed to guide you to marine animals and plants of interest.

4. Try "forest bathing"

Immerse yourself in the tranquillity of Sweden's lush forests with aforest bathing experience. Be mesmerised by the sights, scents, and soothing sounds of nature. This experience is ideal for eliminating the stress and fatigue accumulated by the heat.

5. Take advantage of the midnight sun and longer days to try original activities

With the arrival of summer, the ice has finally melted in the far north and endless light has taken over. The midnight sun season lasts almost 100 days giving you plenty of time to enjoy many unusual activities in the middle of the night but under the sun: playing golf, swimming whenever you want, horseback riding, going on a bear safari...

6. Explore the mines

Explore Sweden´s underground mines and caves. Immerse yourself in fascinating stories and admire unique geological formations. Visit the Sala Silver Mine with a guided excursion to a depth of 60 meters, or step back in time a millennium to Falu Gruva in Falun. Combine adventure and relaxation 80 meters underground with a unique sauna session followed by a swim in the crystal clear waters of the Adventure Mine, near Borlänge, Dalarna.

7. Go for a hike in the mountains

Conquer the Swedish mountains and discover breathtaking panoramas during an invigoratinghike. Let yourself be caressed by the alpine breeze as you walk along scenic trails and climb the peaks. Cool off with a sip of fresh water from a mountain stream or lake, most of which is perfectly safe to drink (but check it all the same!).

8. Enjoy a delicious artisanal ice cream

As surprising as it may seem, Sweden is renowned for its strong penchant for ice cream, with Swedes consuming an average of 12 litres each annually! The ice creams vary hugely, ranging from organic gelato to artisanal ice creams with local flavours. Indulge in a delicious cone in the charming towns of Söderköping, home of Sweden´s largest ice cream restaurant, and Åhus home to Otto´s Ice-cream since 1950, both renowned for their tasty ice cream. On your travels look out foSIA Swedish ice cream from Slöinge, Halland. They´re a sustainable family business that´s been around for 450 years!

Read more about a refreshing holiday in Sweden here

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Welcome to Sweden, a destination of a different nature.

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