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Eight ways to experience Midsummer in Sweden

Flower crowns, pickled herring, and endless daylight—on June 20, Sweden throws one of the year's most beloved parties. From folk traditions deep in the countryside to midnight ski runs and seaside saunas, Midsummer is when Swedes go all in to celebrate the summer solstice.

Here are eight very different takes on this sun-soaked holiday—from the classic to the quirky.

- **The timeless one – Leksand in Dalarna**
  Nowhere captures the Midsummer spirit quite like Leksand, in the heart of Dalarna. Around 25,000 people gather every year by Lake Siljan to take part in Sweden's largest and most iconic Midsummer celebration. Expect traditional costumes, choral singing, and a towering maypole carried in a joyful procession before it's raised in front of the crowd. Visitors are welcome to join in on everything from wreath making and dancing to a grand midsummer feast. Read more
- **The island escape – Lilla Brattön and the West Coast archipelago**
  Long weekend version: Just 45 minutes from Gothenburg, tiny Lilla Brattön offers a fully immersive Midsummer getaway. The experience includes a boat ride, three nights in a Swedish cabin, traditional meals at Elviras Skärgårdskrog, live folk music and dancing, plus unlimited sauna access and nature trails. More on Lilla Brattön and the West Coast Archipelago
  Short escape version: Gothenburg's granite-studded archipelago is just a bus or ferry ride from the city center. Many islands offer open-to-all celebrations with a distinctly maritime twist—think salty sea air, fresh seafood, and music drifting into the long evening light. Höno, Björkö and Vrångö are local favorites. More on the Gothenburg archipelago
- **Urban folklore – Skansen, Stockholm**
  For over 100 years, Stockholm's open-air museum Skansen has hosted one of the city's most beloved Midsummer celebrations.Folkdancing, storytelling, wreath workshops, live music, and traditional dishes (pickled herring, new potatoes, strawberries with cream) fill the leafy grounds of Djurgården island. Visit Skansen
- **A frozen twist – Midsummer at ICEHOTEL**
  Who says Midsummer can't be frosty? Thanks to sustainable cooling tech, Sweden's ICEHOTEL in Jukkasjärvi stays open year-round. The summer solstice here comes with ice sculpting workshops, campfires under the midnight sun, and traditional dishes served with an Arctic spin. Overnight guests sleep in artfully carved suites of snow and ice. Explore ICEHOTEL
- **Summer skiing under the midnight sun – Riksgränsen**
  Straddling the border with Norway, Riksgränsen is one of few places where you can ski during Midsummer. From June 19–22, lifts stay open until midnight for solstice skiing under the never-setting sun. The after-ski includes live music, traditional buffet spreads, and—why not?—dancing around a maypole in ski boots. Plan a trip to Riksgränsen
- **Bucolic and charming – Julita Manor**
  Two hours west of Stockholm, Julita Manor offers a postcard-perfect countryside setting. With orchards, lakeside picnics, a storybook manor house, and dancing under the apple trees, this celebration is as sweet and slow as summer itself. Discover Julita Manor
- **Elegant and royal – Sundbyholm Castle**
  Set on the shores of Lake Mälaren in Sörmland, Sundbyholm Castle hosts a more refined Midsummer experience: picnics on the manicured lawns, maypole dances, strawberry-topped desserts, cava in the garden, and overnight stays in castle rooms complete with a royal breakfast. Visit Sundbyholm
- **Indigenous and elemental – Sámi Midsummer in Lapland**
  Forget the maypole. In Swedish Lapland, the Indigenous Sámi community marks Midsummer with fire, silence, and story. Guests are welcomed into a lavvu (traditional tent) to cook over open flames, meet reindeer, and listen to joik—ancestral singing passed down through generations. Sámi experiences at Huuva Hideaway

Not in Sweden? Midsummer comes to the US

Swedish Midsummer in New York
If Sweden isn't in the cards this June, the next best thing might just be Manhattan. On **June 21, from 5–9 PM**, Rockefeller Park in downtown New York City hosts the **Swedish Midsummer Festival**, the largest official Midsummer celebration outside of Sweden. Presented by the Consulate General of Sweden in New York and the Battery Park City Authority, the event features traditional music and dancing, wreath-making with flowers that bloom in Sweden at solstice, and a selection of Swedish delicacies from local vendors.

…and for the first time, Washington D.C.
The Swedish Midsummer spirit is also making its debut in the US capital. On **Friday, June 20, from 6–9 PM**, the **Embassy of Sweden in the United States** invites everyone to celebrate at **Sylvan Theater**, set against the iconic backdrop of the Washington Monument on the National Mall. Expect music, dancing, community - and a very Swedish sense of joy.

Midsummer, decoded
New to Midsummer traditions? Here's everything you need to know—from dancing frogs to why you're eating seven types of pickled herring, and a recipe of a classic strawberry cake.

5 tips on how to celebrate Midsummer like a true Swede

- Dance around the maypole: Join cheerful Swedes in the traditional dances around the decorated maypole, a central part of any Midsummer celebration. Make sure you join the "Små Grodorna" (The Little Frogs) dance and hop away from all worries.
- Sing traditional songs: Join in singing Swedish songs, often accompanied by accordion music.
- Wear a flower wreath: Craft a floral wreath, a beautiful and essential accessory for the festivities. Pick seven types of flowers and place them under your pillow to dream of your future spouse.
- Enjoy a traditional feast: Savor a typical Midsummer menu with different kinds of pickled herring, boiled new potatoes with fresh dill, soured cream, and chives, and strawberries with cream for dessert. The traditional accompaniment is cold beer and schnapps, preferably spiced. Every time the glasses are refilled, singing breaks out anew.
- Stay up for the midnight sun: Experience the magic of the long, bright nights by staying up to enjoy the light of the midnight sun.

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