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Sweden's Autumn News Unveiled: New Michelin Stars, Historic Hotels & A Harvest of Culinary Experiences

As summer fades into crisp autumn days and the forest colours seem to set on fire, Sweden transforms into a food lover's paradise. From bustling city streets to tranquil countryside orchards, the country celebrates the harvest season with an array of delicious festivals and traditions. And, where better to do this than at one of the NEW places to stay.

Autumn´s Tasty Traditions

1. Cinnamon Bun Day: Sweden´s Sweetest Tradition (October 4th)

Every year on October 4th, an astounding 10 million cinnamon buns are either sold commercially or baked at home across Sweden. The worldwide fascination with this beloved Swedish treat continues to grow, as reflected in the rising number of Google searches for cinnamon buns each year.

Sweet October 4th statistics:
• 7 million cinnamon buns sold commercially
• 3-4 million buns baked at home

Discover Sweden's Capital of Fika: A Journey Through Alingsås' Rich Bakery Tradition

In 1733, the Swedish king granted one of the country's first bakery licences to Anders Sundgren in Alingsås. Despite its modest size, Alingsås was emerging as one of Sweden's key industrial cities at the time. The industrial boom saw more women entering the workforce, leaving little time for home baking, which led to the rise of bakery businesses. Today, Alingsås boasts around twenty cafés, with three recognised in the prestigious White Guide's ranking of Sweden's top cafés.

Explore Alingsås, often referred to as Sweden's Capital of Fika, through a guided fika tour. Running throughout most of the year, and with special Christmas-themed tours during the festive season, these tours offer an immersive experience in Swedish fika culture. Visitors sample iconic Swedish treats, such as cinnamon buns, princess cake, and the traditional seven kinds of cake, at some of the city's oldest and most beloved cafés.

The guided tour provides insights into the sustainable practices of local cafés, the history of fika in the area, and the cultural significance of this cherished Swedish tradition. The tour concludes with fika served in a traditional setting, offering a perfect taste of Alingsås' deep-rooted bakery heritage.

Follow these links for a recipe and where to get the best ones in Stockholm and Gothenburg

For related press images

2. Lobster season – West Coast delicacy

From 20 September, it's all about lobster on Sweden's west coast. Restaurants across the region mark the season with celebratory menus featuring freshly caught shellfish. For something extra special, guests can join a lobster safari around Marstrand Island – just be sure to book in advance.

For more information on the West Sweden lobster season and how to experience it for yourself, **click here**

Press images: (download)

3. Royal Djurgården Apple Festival (Stockholm, September 24-28)

In the last week of September, the Apple Festival unfolds on Royal Djurgården, one of Stockholm's most picturesque islands. This island is not only home to Stockholm's most popular museums, but also boasts over a hundred varieties of apple trees - representing more than half of all apple cultivars found in Sweden. Visitors get the chance to sample the most comprehensive apple collection in a single day - a truly once-in-a-lifetime tasting experience!

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4. St Martin’s Day – goose for dinner

On 10 November, the southern region ofSkåne celebrates St Martin’s Day (Mårten Gås) with a traditional goose dinner. For an unforgettable meal, we recommend Hotell Gässlingen or Skanörs Gässlinge Hotel – both serve up beautifully prepared menus in a cosy, heritage setting.

Autumn's Trending New Stays

NEW Boathouse Stays and Seaside Flavours, Island Life Reimagined on Dyrön

A new inn has opened on Dyrön, as you can see in our title image, a picturesque island just off Tjörn in the West Sweden archipelago.

Dyröns Värdshus brings together food, music and accommodation in traditional seaside boathouses, all set right on the waterfront. It is run by father-and-daughter team Joakim and Ida Lager, well known for their popular smokehouse and restaurant, Åstols Rökeri, on the neighbouring island of Åstol.

The inn combines a restaurant and bar with overnight stays in one of twelve characterful boathouses, each sleeping up to six guests. Visitors can also book hiking packages along the scenic Dyröleden trail, which circles the island. Dyrön is accessible year-round by ferry from Rönnäng.

The current lead-in price is SEK 1500 per night, valid for any date at this time. This rate is for up to 4 guests in one of their charming seaside boathouses, each just steps from the water and surrounded by the stunning scenery of the West Coast. Breakfast packages are available to pre-order for SEK 185 per person.

The perfect base for exploring Dyrön’s walking trails, enjoying fresh food in Dyröns Värdshus restaurant, and experiencing the island’s unique archipelago charm.

To book, email info@dyronsvardshus.se or call +46707726206

Website: www.dyronsvardshus.se

Two Michelin Stars for Restaurant Signum at Hällsnäs Hotel

West Sweden has strengthened its position on the culinary map. In the latest Michelin Guide, Restaurant Signum in Mölnlycke, just outside Gothenburg, received two Michelin stars as well as a Green Star for its commitment to sustainability.

Based at Hällsnäs Hotel & Restaurant and led by award-winning chef Thomas Sjögren, Signum celebrates fish and seafood from the Swedish west coast. Michelin’s inspectors praised both the dining experience and the restaurant’s meaningful environmental approach.

Hällsnäs itself is evolving as a destination. A new hotel wing with 32 lake-view rooms, each with a private balcony, will open in November. The historic orangery is being restored this autumn, adding to the site’s appeal, which already includes floating saunas and open-water swimming.

Lead-in prices start at SEK 1650 for two people B&B in a double or twin room.

To book, email info@hallsnas.se or call +46 (0) 31 916466

Website: www.hallsnas.se

Press images: https://vastsverige.imagevault.se/?orderby=default&searchterm=H%C3%A4llsn%C3%A4s

Clasonska Gården: Booking the Past in Uppsala.

Uppsala is set to welcome a new cultural landmark for overnight guests in **November 2025**, with Akademihotellet opening a unique boutique hotel wing within the historic **Clasonska Gården**. This 17th-century townhouse, built in 1698 by scientist Olof Rudbeck, is undergoing careful restoration to offer a distinctive stay just steps from Uppsala Cathedral and Castle. It promises a new kind of hotel experience within the existing Akademihotellet, blending architecture, storytelling, and history in Sweden's oldest university town.

The new wing will feature **13 individually designed suites**, each reflecting a distinct century from the building's storied past. The room concepts bring history to life: the 1700s are inspired by **Chinoiserie** and Eastern exoticism, while the 1800s reflect **Industrial Futurism** in the spirit of Jules Verne. The 1900s rooms will evoke the **Arts & Crafts warmth** à la William Morris, complete with pattern-rich interiors and handcrafted elements. Clasonska Gården itself boasts a rich history, having previously served as a county governor's residence, post office, university housing, and a Sida training centre.

Aimed at cultural travellers, history lovers, and international journalists, this development offers a new way to discover Uppsala, "room by room, century by century". Its opening in November 2025 follows just six months after the nearby Uppsala Castle Museum welcomed its first visitors in May 2025. Together, these initiatives significantly enhance this part of Uppsala's historic district as a vibrant hub for cultural and historical immersion, allowing visitors not just to see the past, but to "stay in it".

More information on the hotel: www.akademihotellet.se

Visitor information on Uppsala: www.destinationuppsala.se

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