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Sweden´s top nature and sustainability news for 2026: fresh perspectives and renewed energy

Improving health consistently tops the list of New Year's resolutions according to surveys from polling institutes like YouGov (UK) and YouGov (US). Sweden, the first country in the world to berecommended by doctors, has a lot to offer travellers looking to relax, restore and boost their physical and mental health.

Here are our picks for where and how to make 2026 a special year:

- NEW arctic fox spotting tour
- Exploring sustainable solutions in northern Sweden
- Sweden's NEW 10k wine run that is more sip than sprint
- The Winter Ice Swimming World Cup 2026
- Wild swimming the Swedish way, come join the ´Sunday Dip´
- NEW New Self-Guided Hiking Adventure Package

- BONUS - NEW flight route to Sweden from London Stansted

NEW Guided tours to spot arctic foxes

Maybe more than any other animal, arctic foxes are symbols of the wide, white landscapes of Sweden's North. Endangered in Sweden, the arctic fox population on the mountain plateau of Stekenjokk in the northern Swedish region of Jämtland has grown over the past couple of years. From this summer, travellers can take guided evening tours through this protected Sámi heritage landscape to catch a glimpse of the shy, beautiful animals through powerful binoculars. The tours also offer deep insights into the wider ecosystem that foxes share with us humans.

More info: Arctic fox tours with operator Lia Ranch

The Wilderness Road (Visit Sweden)

Exploring sustainable solutions in Skellefteå

From 27 May to 9 June, Skellefteå in northern Sweden, will host a 14-day event focused on sustainable solutions for the challenges ahead. Rooted in the Skellefteå 2030 strategy, the Expo highlights environmental, economic and social sustainability, with a special emphasis on social cohesion.

Residents, businesses, researchers and policymakers will gather to exchange ideas, test solutions and build collaborations that reach beyond Sweden's borders. Expect discussions, demonstrations and projects that aim to create real impact—locally and globally.

The event will also be the inauguration of the Wasteland Climate Action Park, a new civic environment for art, architecture, climate research, industry and social inclusion – including the artwork **Crystal Sauna** by renowned architect duo Bigert & Bergström.

Forget the PB, pass the pinot: Sweden's 10k wine run that is more sip than sprint

Skåne, one of southern Sweden´s wine regions, is launching a unique experience aimed squarely at sophisticated travellers: the Kullahalvön Winter Wine Run on 24th January.

Designed to be fun rather than a serious competition, this 10-kilometre course ensures participants experience the destination's nature and "become familiar with the area's wine production". The event features several designated stops for wine tasting along the route.

The run is a collaborative effort between local businesses, including Kullabergs Vineyard, Arilds Vineyard, and Hotel Rusthållargården, aiming to prove that Kullahalvön is a vibrant year-round destination, not just a summer stop.

The format is highly hands-on and simple: Participants start simultaneously from **four different locations**—the participating hotels and vineyards—which also serve as the wine tasting stations. This avoids long queues. Organisers emphasise that the event differs from other running events in every way except the actual moving, whether that be "running, or jogging, or lumbering".

Taking inspiration from the festive French Marathon du Médoc, runners are also encouraged to wear fancy dress. The focus is on the quality of the experience (targeting 250 participants), and the event is already generating significant interest, leading to "significantly more bookings" than typical January weekends for participating hotels. Post-run, runners can head directly to their hotel room for a shower before enjoying the evening dinner and prize-giving.

Think of the Kullahalvön Winter Wine Run less like a standard road race and more like a carefully curated gallery tour where the art is fine wine and the movement between exhibits is a picturesque coastal jog.

More information: https://www.kullahalvontrailrun.se/winter-wine-run/ (Swedish)

Enter here (in English): Grand Hotel, Mölle

The Winter Ice Swimming World Cup 2026

Taking a dip in icy water is not for everyone, and actually donning a bathing suit to swim a race over 20, 50, 100 or 200 metres surrounded by ice, probably less so. But thankfully, visitors are welcome to just cheer from the sidelines or enjoy some of the other competitions that take place between 27 February and 1 March, like listening to a poem recital or a piece of music while the artists stand in an ice hole.

More info: https://www.vintersim.se/

A warm community with a cold hobby

For a year now, a growing community of cold bathing enthusiasts has been welcoming locals and visitors to take the plunge every Sunday near Umeå in northern Sweden. What began as a volunteer project led to the opening of a sauna built entirely from recycled materials, making it just that much easier to venture into the icy waters of the Ume River. The initiative also resulted in a guided ritual combining fire, ice and traditional Swedish fika for those seeking to explore the mindful rhythm of northern Swedish wellness culture.

Find out more: https://www.umeakallbad.se/sondagsdopp

Nature Travels Unveils New Self-Guided Hiking Adventure in Sweden's Spectacular, and Still-Rising High Coast

Nature Travels, specialists in Nordic Outdoor & Adventure Holidays since 2006, has announced the launch of a new package: **Self-guided Hiking on Sweden's High Coast** (Höga Kusten). This new experience invites guests to discover the unique landscapes of the High Coast region, a UNESCO World Heritage Area, through a choice of varied daily hikes from a cosy cabin base. Sure to appeal to UK adventurers looking for a unique summer experience between May and September.

Explore the World’s Highest Post-Glacial Rebound

The High Coast is an area of significant geological interest, known for having experienced the highest known post-glacial

rebound anywhere on Earth. Since the continental ice sheet retreated 10,000 years ago, the land has risen approximately 300m and continues to push upwards by about 8mm per year. This rapid transformation has created a dramatic and beautiful landscape, distinct from other coastal areas in Sweden, characterised by steep hills, deep valleys, dramatic cliffs, and views across the archipelago islands rising from the Baltic Sea.

The new self-guided tour allows guests to explore established trail networks, which are clearly marked and well-maintained. Daily hikes run along sections of the **High Coast Trail** (a 135km-long Sweden Signature Trail) and the**World Heritage Trail** (a 100km-long route). Specific itinerary options (ranging from 4 days/3 nights up to 7 days/6 nights) include opportunities to climb Dalsberget and Högklinten for panoramic views.

The "Self-guided Hiking on the High Coast" package is rated Easy-Medium, suitable for adults with good general health and fitness who are comfortable hiking with a light daypack for distances up to 20km.

Prices from: Per adult (based on 2 persons sharing), Option 1 (4 days/3 nights) GBP610.

Find out more: https://www.naturetravels.co.uk/hiking-sweden-self-guided-hiking-on-the-high-coast-lf47ts1.htm

BONUS - New route to Sweden announced from the UK

This spring brings an exciting development for travellers to Sweden from the UK. Ryanair launches a London Stansted–Malmö route in April.

In April, Ryanair steps in with a fresh option for UK travellers: a bi-weekly service on Wednesday and Saturday from London Stansted to Malmö, opening the door to southern Sweden for short breaks and summer escapes. Prices start from £130 return.

More info on Ryanair: https://www.swedavia.com/malmo/news/ryanair-expands-at-malmo-airport-with-new-destinations-ahead-of-summer-2026/

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