

A man and a woman are sitting on a large, mossy rock on a mountain peak. The man, on the left, is wearing a blue plaid shirt and orange pants, drinking from a black cup. The woman, on the right, is wearing a green jacket, a black cap, and grey pants, holding a small object. They are both looking out over a vast landscape of dense green forests and rolling hills under a cloudy sky.

The of Sweden[©]

THE ÖREBRO REGION

GET INSPIRED!

Welcome to The Heart of Sweden

The Heart of Sweden is the Örebro Region, situated at Sweden's demographic center – with Stockholm, Oslo and Gothenburg just a few hours away. Here you will find Bergslagsleden, one of Sweden's finest lowland trails, interconnecting the region like arteries. Running parallel to Bergslagsleden and through its enchanting wilderness, are our wonderful bike trails measuring some 1,000 kilometres.

You can choose among our many canoe and kayak waterways which connect our lakes with the cities in the region, allowing you to travel from the conveniences of the city to secret archipelagos, or after visiting forest trolls, paddle to the historic castle in central Örebro. Throughout its beautiful natural surroundings, you will find traces of Swedish history which take you back in time to the iron and mining industry, when people here lived in castles and cabins.

The city's close proximity to nature allows you the opportunity to discover the praised wood buildings in Maria Lang's town of Nora, the Lake Vättern's shores in the port Askersund or why not discover Alfred Nobel's city of Karlskoga. Stay in hotels of the very best quality in Örebro, the county's largest city, and enjoy the city's wide range of fine dining and culture. Explore one of Sweden's most beautiful National Park in Tiveden. It is mostly pathless and inaccessible but also infinitely inviting with bewitching forests, clear lakes, views and flat rocks carpeted with lichen.



Go hiking

Do you enjoy hiking? Then you've come to the right place. The 280 kilometres long Bergslagsleden runs like an artery through the region. It is divided into 17 stages that are between 7 and 22 km long. No other lowland path in Sweden bring you so many opportunities to enjoy the vastly large forests, wildlife, lakes and pristine mires. On the Bergslagsleden you trek through the old trace iron industry with its well-preserved mining areas and huts from Bergslagen's heyday.

The trail passes many nature reserves, including the county's two national parks. Here you can experience protected nature in its pristine, undisturbed form. These nature reserves and parks represent the Örebro Region's varied nature with everything from deep enchanted forests to swamps, ravines and flowered meadows. The increasingly popular sport of trail running, is attracting more and more participants to the Bergslagsleden. Our hilly paths are a challenging environment, so even the most experienced runners will find it a match.

www.bergslagsleden.se



Sweden's largest mountainbike area

The Örebro Region has Sweden's largest cycling area – Bergslagen cycling – with its world class mountain bike trails, from the north to the south of the region. With over 1,000 kilometres of dedicated, signed mountain bike trails, there are varying difficulty levels for both the beginner and elite cyclist, or for those just wanting to experience nature. Enjoy the laidback, green signed trails or the long, more technical black trails – there's a challenge for everyone.

When biking on our trails you'll be passing by historical sites, from burial cairns to foundries. Experience how the mining operations and inland ice have left their mark on the landscape.

www.bergslagencycling.com





Canoeing

Paddle along the winding, narrow rivers in the Bergslagen wilderness or along the plentiful plains of the province of Närke – right into the center of Örebro and its magnificent medieval castle.

There are six canoeing routes with prepared camp grounds with shelters, toilets and fire rings. At Lake Vättern's archipelago, you can paddle a kayak and enjoy the crystal clear waters of the bustling archipelago.



Fishing

Spend a few days in our beautiful nature, fishing with your friends or family. Hire one of our local guides or venture out on your own, enjoying the serene natural surroundings and the incredible variety of sport fishing offered in our region, with pike, perch, zander and a variety of game fish. In the area of Karlskoga and Degerfors, you may purchase a fishing license, which includes 70 lakes.



Citylife and culture

In the Örebro Region, there are towns for all tastes and desires. From the bustling city life with fashionable shopping and historical castles, to quaint wooden towns filled with culture and history, and everything in between.

After a delicious dinner at one of our excellent restaurants, sleep peacefully in a city hotel or choose accommodation in a natural environment. Whatever you choose, you are always close to the cultural experiences like Opera på Skäret, Konst på Hög or a visit to the Alfred Nobel's Björkborn.

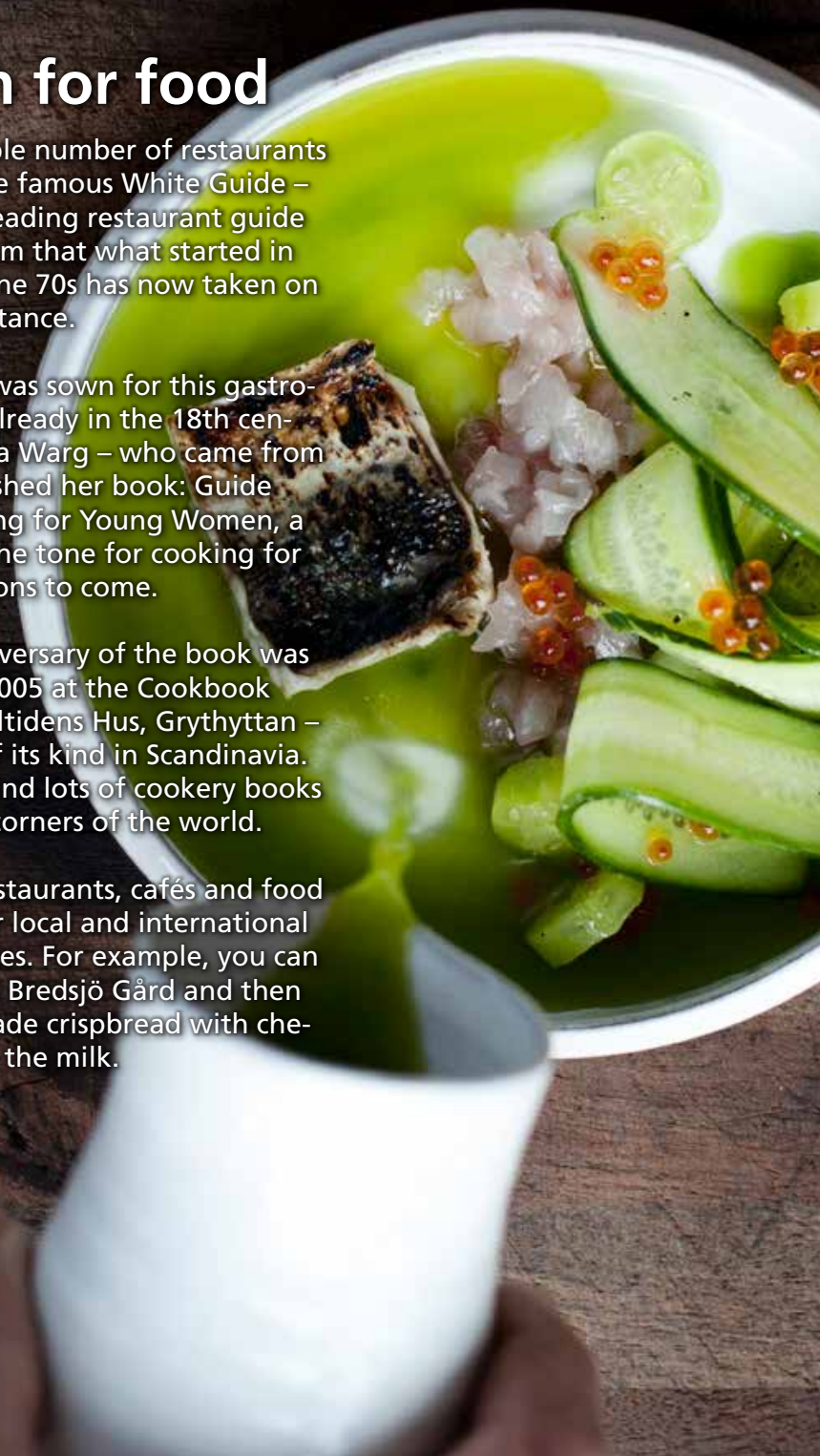
Passion for food

With a justifiable number of restaurants and cafés in the famous White Guide – Scandinavia's leading restaurant guide – we can confirm that what started in Grythyttan in the 70s has now taken on regional importance.

Maybe a seed was sown for this gastronomic region already in the 18th century when Cajsa Warg – who came from Örebro – published her book: Guide to Housekeeping for Young Women, a work that set the tone for cooking for many generations to come.

The 250th anniversary of the book was celebrated in 2005 at the Cookbook Museum in Måltidens Hus, Grythyttan – the only one of its kind in Scandinavia. Here you will find lots of cookery books from the four corners of the world.

The region's restaurants, cafés and food producers offer local and international taste experiences. For example, you can milk a sheep at Bredsjö Gård and then enjoy home-made crispbread with cheese made from the milk.



7 days

TOUR IDEAS

Outdoor experience

Discover Tiveden National Park and the Bergslagsleden walking trail by taking advantage of an exciting choice of outdoor and cultural activities. You can then round off your visit in the comfort and charm of a luxurious spa hotel.

Days 1 and 2

Discover Tiveden National Park

Experience the most southerly national park in Sweden by choosing from a wide range of outdoor activities, including hiking, kayaking, cycling and horse-trekking. Accompanied by an experienced nature guide, you can also embark on an inspiring and informative walking tour through the Tiveden National Park, with its rocky outcrops, lakes, trolls and tales from times gone by. In the evening, you can relax and dine in an idyllic rural setting, before taking in the mesmerising splendour of a moonlit sky.

Days 3 and 4

Make your way along the Bergslagsleden trail

If you wish, you can visit a former mining village, now the Pershyttan Culture Reserve. Here you will find one of Sweden's best-preserved charcoal-fired furnaces. As you make your way along the lowland Bergslagsleden trail, you will pass through a series of beautiful and unique settings. The trail is well maintained and signposted. If you would prefer to cycle through the forest, use of a mountain bike can be easily arranged, and there are trails in the local area that link into the largest cycling area in Sweden. Later, you can unwind and enjoy an excellent dinner at a microbrewery. If you wish, you can bring the evening to a close with an informative and highly enjoyable beer-tasting session.

Days 5 and 6

Wildlife safari and a visit to the Loka Brunn Spa

Experience the countryside around Loka in the company of a nature guide on a wildlife safari or birdwatching expedition. You have the enviable choice of spending an invigorating day at the spa, or wandering along one of the many trails in this beautiful and exotic landscape. In the evening, you can relax in a traditional wood-fired sauna and enjoy an unforgettable dinner at Loka Brunn Spa, which dates back to the 1720s.

Included

Available: April – October

- Accommodation for six nights
- Hire of a kayak or bicycle, or a two-hour trek on horseback
- A guided wildlife safari in the national park
- Six dinners, six lunches and an expert-led beer-tasting session
- Admission to the spa and access to a wood-fired sauna
- Transport can be arranged if you do not have your own car.



4 days

TOUR IDEAS

Discover Swedish tastes

Swedish food is renowned the world over, and the food at The Heart of Sweden is no exception. Join us, and in an unpretentious yet enjoyable way become better acquainted with Swedish food culture and revel in the profusion of tastes that emerge.

Days 1 and 2

You will stay at Katrinelunds Gästgiveri & Sjökrog, beautifully located on the shores of Lake Hjälmaren, the fourth-largest lake in Sweden. During the day, you can take a cycle ride along the lake and stop off to sample the delights of Swedish Fika. Later, following a superb three-course dinner, you can unwind in a hot tub and marvel at the beauty of the stars in an enchanting moonlit sky.

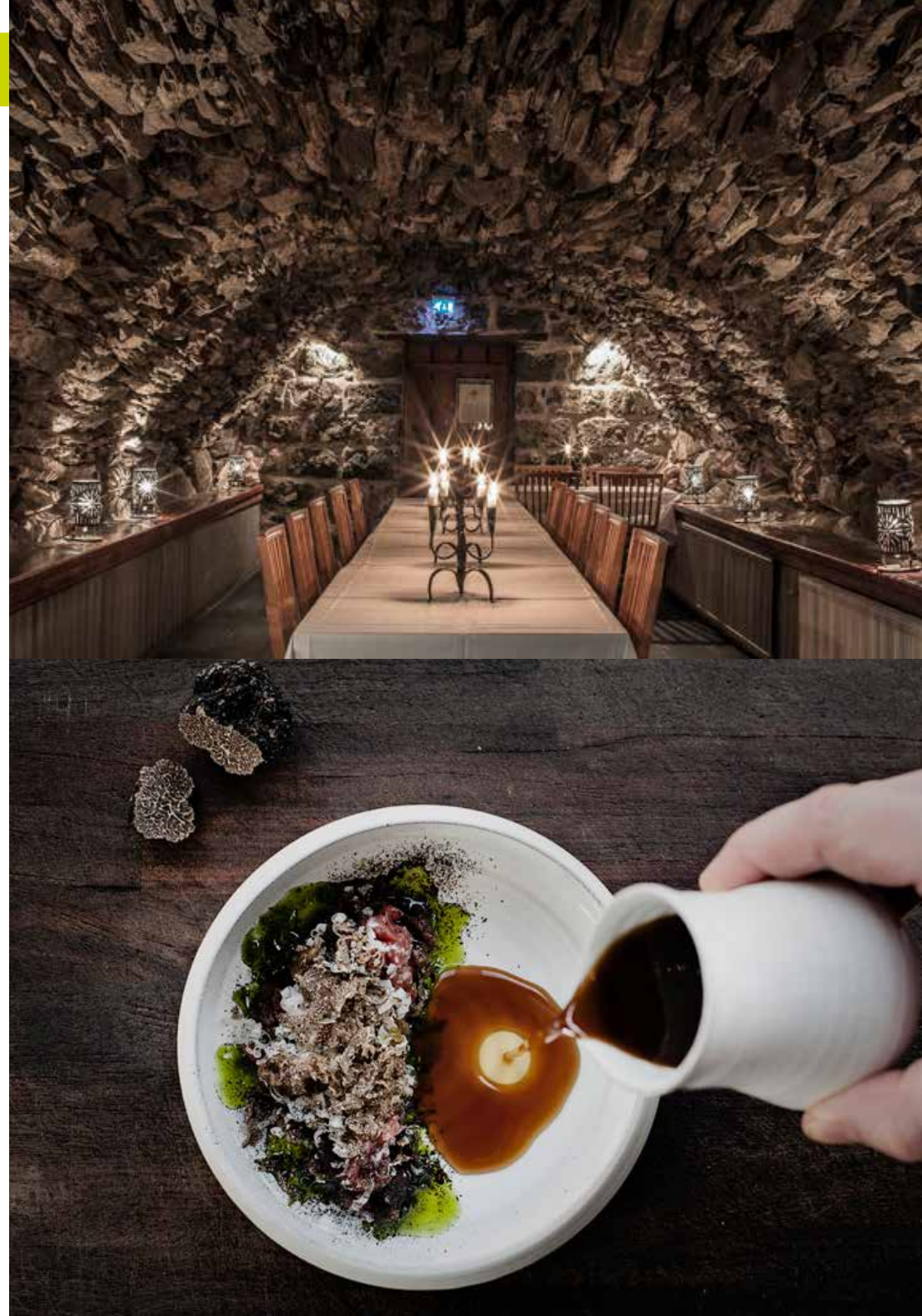
Days 3 and 4

Experience the charm of the historic village of Grythyttan, which dates back to 1641. You will stay in first-rate accommodation and eat the very best of food in a setting reminiscent of a bygone era. Your trip will conclude at Loka Brunn, where you can relax and take advantage of the hotel's luxurious spa facilities. In the evening, you can savour a succulent array of dishes in an exquisite setting. A memorable taste experience awaits you.

Included

Available: May – September

- Accommodation for three nights
- Three dinners and three lunches, excluding beverages
- Bicycle hire
- Access to a wood-fired sauna
- Admission to the spa
- Transport can be arranged if you do not have your own car.



Contact

The aim is to inspire people to take advantage of all the experiences offered by FAM Trip in The Heart of Sweden. For further information about content and prices, please contact:

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www.theheartofsweden.com

The  of Sweden[®]
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