



The of Sweden[©]

THE ÖREBRO REGION





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 Parks in Tiveden. It is mostly pathless and inaccessible but also infinitely inviting with bewitching forests, clear lakes, views and flat rocks carpeted with lichen.



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







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





Enjoy our waterways

There are many opportunities to enjoy the surroundings by water in the Örebro region. The county offers some of the most varied canoeing and fishing waters available. You may choose to paddle in Lake Vättern's beautiful archipelago or to slowly glide down a winding river, with the wilderness your nearest neighbour. There are several different kinds of fishing to choose from, in a great number of fishing waters, from Sweden's two largest lakes, Lake Vättern and Lake Hjälmaren, to the smaller secluded forest lakes and streams.

A man wearing a red t-shirt, a blue life vest, and a grey hat is paddling a green and blue canoe on a narrow river. The river is surrounded by dense green trees and foliage. The water is calm, reflecting the surrounding greenery. The canoe has a logo on the side that says "INKAS".

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.

A close-up shot of a person's hand holding a fishing reel. The person is wearing a red and black checkered shirt. The background is a blurred view of water with sunlight reflecting off it, creating a bokeh effect.

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.



Winter paradise

The Örebro Region offers wonderful winter activities. You can choose from both cross country skiing and downhill. Our magnificent waterways provide excellent conditions for long-distance skating. Or why not try snowshoeing on one of our trails.

Our ski trails run in the delight wilderness of Kilsbergen, through its forests and endless marshes. Storstenshöjden offers several lifts and slopes for those wishing to ski downhill.

Discover the fascination of ice skating – gliding quickly and silently over shiny lake ice on a sparkling winter day.

Try snowshoeing – an exciting and new way of hiking around in the winter landscape. With snowshoes on your feet, you are completely independent of following the trail of the terrain.





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, "A Pile of Art" or a visit to the Alfred Nobel Museum.



Wandering with wolves

Tiveden National Park - one of Sweden's most beautiful reservations. With the softest of forest mosses, unspoiled clear lakes and breathtaking views, it is surrounded by trails that have been used since ancient times. Stay at Tivedstorp hostel village and join a guided hike tour with Bo and his American wolf dogs in Tiveden's magical primeval landscape. The tour ends with a "Swedish fika" or coffee and cakes, with tales around the campfire.

www.tivedstorp.se



Mountain biking in Ånnaboda

In Ånnaboda – just 20 minutes from downtown Örebro – there are more than 200 kilometres of marked mountain bike trails starting at your doorstep! The trails are of varying difficulty and are included in Bergslagen Cycling, Sweden's largest mountain bike area. With trails and forest just outside the window, delicious food in the quaint restaurant and a healthy night's sleep at the hotel this weekend package is perfect for you and your bike.

www.annaboda.com



Wilderness adventure by canoe or kayak

Nordic Discovery offers a variety of active outdoor experiences all year round in one of Sweden's largest nature reserves, Malingsbo-Kloten, where mountains and deep valleys frame the pristine waterways with excellent wilderness canoeing. Nordic Discovery rents out canoes, kayaks, bicycles, row boats, ice skates, snowshoeing and camping equipment. Guided wildlife safaris and wilderness adventure tours are also popular offerings.

www.nordicdiscovery.se

Winter fishing in Karlskoga Degerfors

When the lakes freeze, you can go ice fishing. It's a great feeling to sit out on the lake and enjoy the shiny ice and sparkling snow while taking up the dinner from the depths. You live by the lake Möckeln in Brännebacken. The two story house has three flats, five beds each, and a glorious view over the lake.

www.visitkarlskogadegerfors.se



www.theheartofsweden.com

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