



**ÖST
ERS
UND**



SUMMER 2023

YOUR GUIDE TO ACTIVITIES, SHOPPING, CULTURE,
ACCOMMODATION, RESTAURANTS AND MUCH MORE!

WELCOME!



There is something special about being in Östersund. The contrast between city, lake and the mountains are some of the ingredients that make the city unique and a magnificent summer destination. Whether your intention is to experience the city's pulse, the nature's calming effect, for the culinary delights or any other activity, you will see that there is plenty to discover, and we are happy to share it with you.

We look forward to this summer and hope that you will enjoy your stay with us!

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#HJÄRTAÖSTERSUND



There are plenty of Instagram friendly places and activities in Östersund to put on your bucket list. Tag your picture with #hjärtaöstersund or #visitostersund and share it with us.

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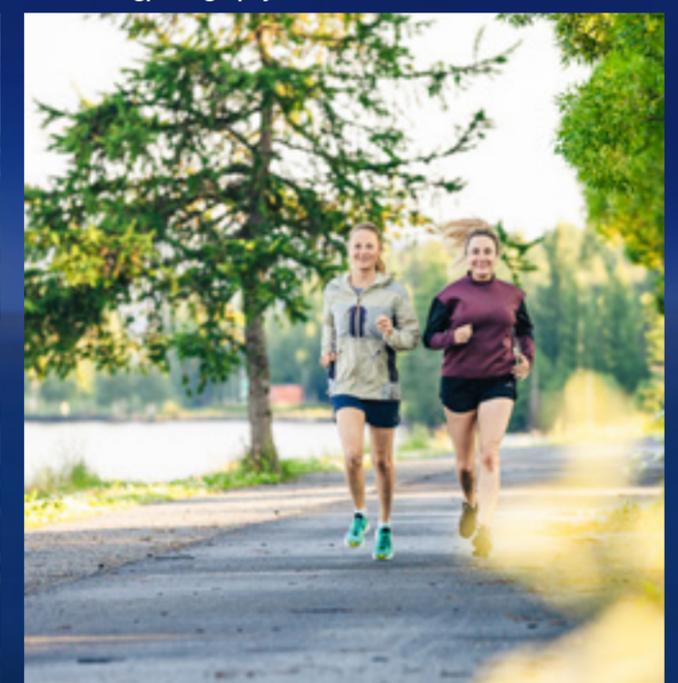
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 Open: June 26–Aug 27 Mon-Fri 10–16. Ordinary Mon–Fri 10–15. Midsummer evening closed.

Our Info Points: Östersunds camping, Norderöns GK/Njord, First Camp Frösön, Jamtli, Lits Camping & Kanot, Pressbyrån Stationsplan, Orrviksbua, ICA Fåker, Gulf Brunflo

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HOME OF GREAT EVENTS

The summer in Östersund is full of events.

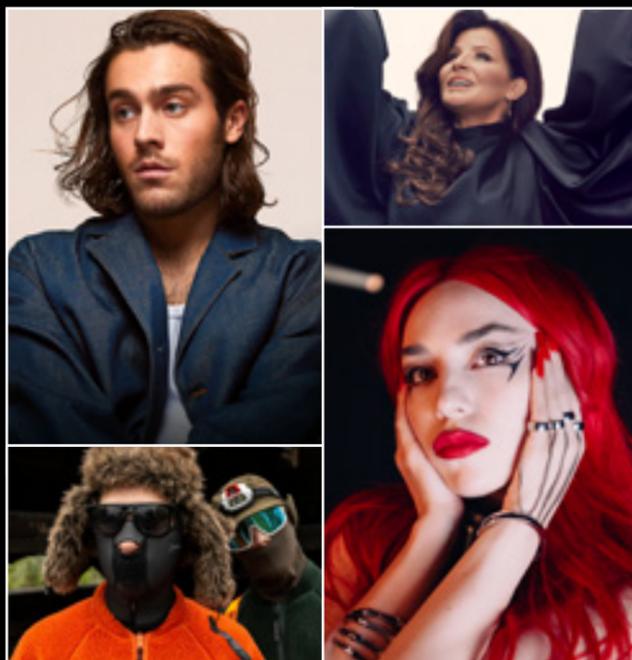
Storsjöyran Festival 40 years

📍 Central Östersund
📅 The festival July 28–30. Krogstråket July 21–30

2023 Storsjöyran celebrates its 40th anniversary! Yran is one of Sweden's largest music festivals with about 40 artists on seven stages. Here the national and international big names meet local acts, the broad artists share the stage with narrow expressions. Here the popular is mixed with the avant-garde, the familiar with the unexpected. That's why Yran is called "the festival like no other".

Storsjöyran takes place in central Östersund and some of the artists this year are: Ava Max, Carola, Benjamin Ingrosso, Johnossi, Hooja, Jireel, Beharie och Mor.

Yran is also surrounded by the world's longest party week, the ten-day Yran week, this year starting on 21 July. The Yran week consists of film, art, theatre, installations, exhibitions and surprises. The harbor is also a part of the festival area. During the Yran week a number of restaurants move here, together forming the "Krogstråket". On the other side of Badhusparken you find the festivals amusement park, which is also open throughout the Yran week.



Frankenstein, summer theatre

📍 Östersunds Teaterverkstad
📅 Juni 21 – July 8

Mary Shelley's classic in a new interpretation by Undantaget. In Swedish only, from 15 years.



Emil i Lönneberga, musical

📍 Jamtli
📅 August 12 – August 20

Family musical. A dramatization of Astrid Lindgrens Emil with songs and all hickups. Swedish only.



International Food Festival & Harvest Festival

📍 Stortorget and Farms around Jämtland
📅 September 6–9 and September 9–10

6-9 Sept. International Food Festival at Stortorget. 9-10 Sept. Jämtland food farmers and food artisans open their farms for this year's Harvest festival.



Trotting highlights

📍 Östersundstravet
📅 June 10 juni and August 4

June 10 Jämtlands Stora Pris with the major names competing. August 4. Cold blood derby. Tickets at the entrance.



O-ringen MTBO

📍 Östersund Ski Stadium
📅 July 23–24

This summer, Årefjällen will host the O-ringen – the world's largest orienteering competition, while the first two stages in the MTBO takes place at Östersund Ski Stadium.



Storsjöcupen

📍 Sportfältet and other soccer arenas
📅 July 5–8

Some 400 teams from all around the world gather for football and fun activities. Don't miss the inaugural with all the teams marching through the city.



Östersund Bike Fest

📅 June 25 – July 2

A whole week filled with cycling! Östersund is a real cyckling mecca and during this week you can try out lots of cycling experiences – from downhill and trail cycling to gravel and country roads, both for beginners and experienced cyclists. Guided tours, clinics, lectures and much more. The week ends with fast-paced competitions when the elite settle for the medals in the Swedish Cup in Enduro on Östberget, Frösön. visitostersund.se/ostersundcyckelfest

📅 More events this summer:

- Jun–Aug* Superettan football league ÖFK home games
- 6 Jun Jämthjulingen Biking competition
- 6 Jun National Day Celebration, Jamtli
- 13 Jun Våruset running competition
- 23 Jun Midsummer Celebrations
- 25 Jun–3 Jul Frösö Music days
- 28 Jun–1 Jul St Olavsloppet long distance relay race
- 1–2 Jul SWE cup Enduro cycling
- 1–9 Jul Arnljotspelen theatre
- 13 Jul Takida & Stiftelsen concert, Ösd Ski Stadium
- 23 Aug Blodomloppet running competition
- 26–27 Aug Släktforskardagarna Genealogist conference

*4, 11 Jun, 15, 29 Jul, 12, 26 Aug

More events on: visitostersund.se

JAMTLI - THREE MUSEUMS IN ONE PLACE

Jamtli can be described as three museums in one place. Here you can visit the open-air museum with animals, cultural-historical houses and nice walking paths. In the county museum's cultural history exhibitions, you experience Jämtland's county history in different times and from several perspectives. The National Museum Jamtli displays art and design from the National Museum's collections.



Ferdinand von Wright, Duvor. From the exhibition "Ideal and reality - Nordic nature".

During the period 24 June - 20 August, the open-air museum will be transformed into Jamtli Historieland. The cultural-historical environments from 1785 to 1975 are filled with role-playing games and with a few steps you move between different centuries. The people you meet are from a different time than our own and they are happy to tell you about their work, their everyday life and their dreams. Here you learn about the 18th century's lean years of need or the city of Östersund 1895 with a shop and a market. Take a ride in the bus from 1920 or stop at the gas station from 1956.

Inside Jamtli you will find the county museum's cultural history exhibitions. The museum's most interesting artefact is undoubtedly Överhogdalsbonaderna - Europe's oldest pictorial tapestries.

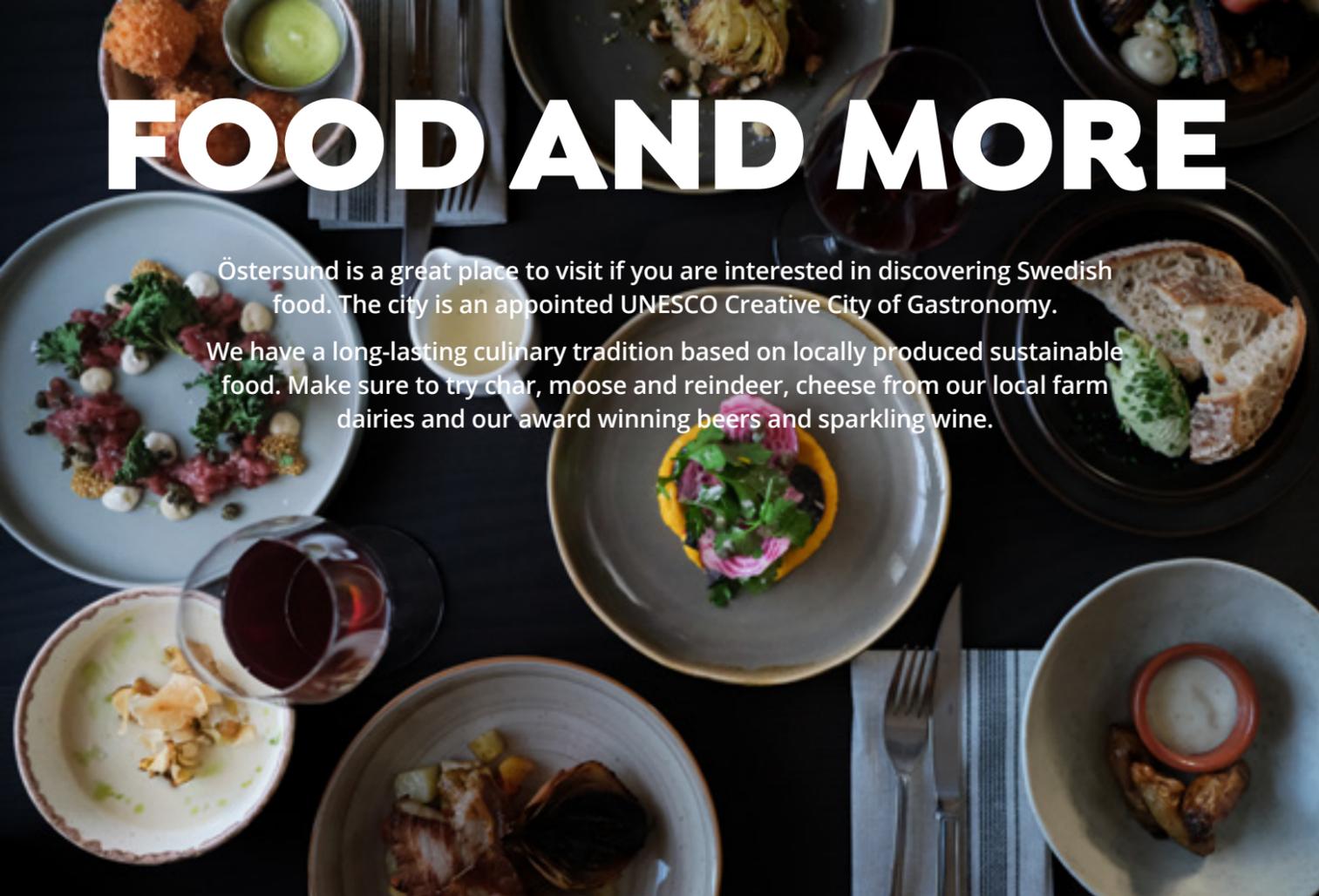
Woven textiles containing motives and symbols from both the Norse mythology and the entry of Christianity.

At Jamtli you will also find the National Museum Jamtli. This year's exhibition "Ideal and reality - Nordic nature" is about how Nordic nature is depicted in arts and crafts from the 17th century onwards. The exhibition shows paintings, drawings, photos and handicrafts, all from the National Museum's collections. Among the artists are names like Anna Boberg, Otto Hesselbom, Pehr Hilleström, Bruno Liljefors, Helmer Osslund but also more contemporary ones like Frida Fjellman, Kerstin Hörnlund, and Per B Sundberg.

FOOD AND MORE

Östersund is a great place to visit if you are interested in discovering Swedish food. The city is an appointed UNESCO Creative City of Gastronomy.

We have a long-lasting culinary tradition based on locally produced sustainable food. Make sure to try char, moose and reindeer, cheese from our local farm dairies and our award winning beers and sparkling wine.



CREATIVE HIGHTS

Saluhallen and it's sister restaurant **Jazzköket** focuses on local and organic soul food. The inner courtyard is well appreciated by locals and visitors alike. **Nästgårds** i Lit, north of Östersund, is a popular summer open farm restaurant with fixed menus and beautiful surroundings. **Nästgårds Bua** in Östersund serves small or large dishes with Jämtland and Nordic focus. **Slaktar'n** with wine bar **19 Glas** is a welcome addition to Östersunds gastronomic heaven.

WIDE TASTE PALETTE MENU

Kitchen and Table at Clarion, **Republiken** and **Tre Rum** all serve a wide variety of delicate dishes. If you like meat, don't miss out on **Texas Longhorn** or the fondue at **En liten röd**.

OUT INTO THE WORLD

Focus on Asian fusion and great wines has the newly opened restaurant **Astrid**. Concept restaurants at **Pinchos** and **Taco Bar**. Tasty Indian food, sushi bars and Asian options abound. An exciting newcomer in town is the small Czech tavern **Bistro Žižkov**. Taste experiences from Greece can be found at **Grekiska Grill & Bar**. A taste of summer holiday at **Teaterträdgår'n** prestigiously delightful with drinks, food and entertainment. At **Tiki Grill / Drinks**, menus are influenced from the tropical islands.

FANCY A PUB?

Pub menus in classic British vintage can be found at **Dalwhinnie**, **Bishop Arms** and **Sir Winston**. Popular home-made burgers at **Tages** on Frösön, also a café.

CIAO ITALIA

Into Italian food? Don't miss out on **Gusto**. In addition to excellent pizza and pasta there is also a section for the burger-hungry. The inner courtyard comes alive with a drink bar during warm summer evenings. Colorful **Basta Urban Italian** is a newcomer. A solid selection of craft beers and playful pizza with local toppings you find at **Artut**.

CLOSE TO NATURE

Arctura, 55 m above ground, at the Ski Stadium offers lunches with a magnificent view. Take the **M/S Thomée** and enjoy a cruise with food onboard or at **Verkön** in the archipelago. **Tivars restaurant and dairy** on Norderön offers more than fantastic cheeses with food and drinks on the jetty. Get here by car or by boat.

SWEDISH FIKA

Norra Station is a cultural hub with music, art exhibitions and lovely fika and light meals. **Hamngatan 12** places you in the middle of an interior design shop paired with fika and food in an old storage building. Both with nice outdoor seating on warm summer days.

The Ecocafée focuses on health, raw food and vegetarian dishes. **Nummer Ett** offers brunch all day as well as a popular after work. Classic cafés with "Swedish smörgåstårter" and pastries are **Wedemarks** and **Edenbos**. Urban coffee shops are **Espresso House** and **Waynes**.

SECOND HAND IN ÖSTERSUND

In Östersund, there are several stores that offer sustainable shopping by letting clothes, furniture and products be reused in new homes.

Anderssonskans Kalle. Here you will find antiques, vintage clothes, secondhand clothes and recycled items.

Brukat. At Brukat you will find second-hand women's clothing – beautifully hung, in stylish combinations and with a selection adapted to the season.

Jamtlanta Kultur. Jamtlanta Kultur offers art and cultural experiences, second hand and recycling.

Arvet. A well-sorted second-hand with clothes for children.

Strandloppan. Here you will find furniture, ornaments, paintings, tools and more.

Återbruksbutiken. At Återbruksbutiken you will find furniture and home furnishings.

Mormor Ainas Vind. Lifestyle and second-hand store with a focus on reuse and sustainability.

Erikshjälpen Second Hand. At Erikshjälpen you will find furniture, china, clothes, books and more.

PMU Second Hand. Here you can find furniture, clothes, china, textiles, books and more.

Röda korset. Second hand-shop with a big and mixed selection, cafe.

Robin Hood. Here you will find clothes, shoes, vintage items and a cafe.

Shoppis Östersund. Secondhand-shop with clothes, sports products and cafe.



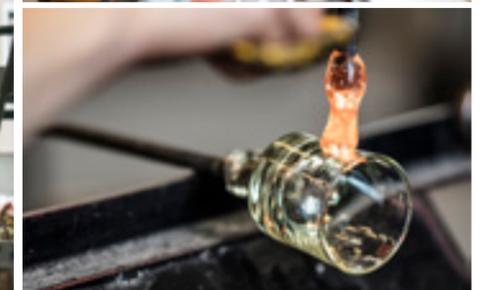
Map over the second hand stores in Östersund



UNIQUE SHOPS & HANDICRAFTS

One of the things that many people like about Östersund are the small, unique shops. Here are some suggestions to visit on a city walk among some of Östersund's gems.

This is just a selection of Östersund's many boutiques. At visitostersund.se you will find more about shopping in Östersund. Also see the Shopping guide on pages 41-45.



SHOPS

Tintinstyle & Zmillas. Fashion store with a wide range and personal service.

Westwalls. One of Sweden's oldest men's clothing stores.

Burmans. Östersunds most well-stocked shoe store.

Ej:s hälsokost. Wide range of organic skin care and other products.

Hamngatan 12. A lifestyle store with leading brands, antique flea market, and café.

HANDICRAFT

Gaupa. Genuine and personal handicrafts in different materials.

Storsjöhyttan. Jämtlands first glass works.

Frösö Handtryck. One of Sweden's oldest hand printing companies – textile decoration.

OUTDOOR

Naturkompaniet. Everything for your day in the woods & fields.

Lagg & Hoj. Everything for your cycle and cycling adventure.

Meindl. Boots for many lovely days outside.

Landbys. The right equipment for your adventure.



BOOK STORES

Akademibokhandeln. Wide range of books, games and puzzles.

Hübenettes Bokhandel. Bookstore with an older atmosphere, books and gifts.

FOOD CRAFT

Te-Centralen. Here you can find teas from all corners of the world.

Slaktar'n och 19Glas. Wine bar, butchers, charcuteri and restaurant.

Jazzköket Saluhall. Lunchbistro and shop with local delicacies.

Smithens Skaffereri. Locally produced goods such as drinks, kimchi, jams.

Big Lake Coffee. An Artisan coffee roastery with a coffee bar & boutique.

Telogott. Tasty chocolate, handmade pralines, licorice, home roasted coffee.



WHEEL YOUR WAY AROUND ÖSTERSUND

In Östersund biking is always around. Nice country roads, lots of XC trails and the downhill cycling at Östberget is considered high class.



Östersund Bike Fest

26 June – 2 July. Lots of organized events and tours, workshops and guided cycling fun with local cyclists. The week ends with the Swedish Cup competitions in Enduro at Östberget during the weekend.



Trail cycling

The Östersund area is said to host some of the nicest XC trails in the country. Technical trails around Andersön and Frösön. Fun paths at Fursteli with it's 11 kilometers of built and marked paths. With the app Trailforks or Strava you also find combinations of XC trails and gravel from Böle and south on. Starting from Östersund Ski Stadium you will find a marked cycle path of 13 kilometers to combine with other existing paths in the area around Spikbodarna.

"I don't like too cluttered paths, so I'm happy to go cycling at the other side of the bridge Vallsundsbron"

Håkan 52, Frösön

Bike excursions

Take the bike past the beautiful Frösö Church, further on to the beach at Västbyviken at Bynäset and enjoy the views. Cycle away to a nice cup of coffee at Lon i Bällsta or Kyrkås Kulturgård. Soak up the evening sun and enjoy a swim at Andersön. A blanket and picnic in the basket is all you need.

"I like a bike ride towards the beaches of Lugnvik"

Hanna, 20 år, Torvalla



Downhill/Enduro

The downhill biking at Frösön has fine trails and a wide range of difficulty levels up to more technical with large drops, rock sections and steep slopes. The lift in Gustavsbergsbacken (open 5 days a week) pulls you up, other days it is cycling uphill that applies.

Playful Brunflo Bikepark has no lift but several fun short lines and a pump track for cycling fun. In Böle, above the camp site in Sandviken, there are also a number of enduro tracks to whiz down and grind up. Beginner? Rent a bike at Lagg & Hoj.

"Evening cycling after work is absolutely magical"

Filippa, 33 år, Östersund



Gravel biking

Gravel cycling is the next big biking trend and Östersund has a never-ending network of dirt roads north and northeast of town for the hybrid between MTB and road cycling. Follow "Jämtgrus" on Instagram and Strava, do routes in Komoot or just look at the land surveyor's map service "My map" and create your own rounds. With gravel you will never get lost, it will just be another road.

"With a gravel bike you move easy between gravel roads, trail and asphalt"

Patrik 50 år, Östersund

Road biking

Beautiful surroundings, ice cream stop in Ytterån, intervals between ferries at Isön and Norderön. There are plenty of winding roads and the lengths can be varied easily.

Cycling, which does not include electric bicycles, is covered by the right of public access. You who cycle must therefore follow the guidelines that apply. And remember to always show consideration for those walking or riding.



DISCOVER STORSJÖN



Östersund is surrounded by waters. Lake Storsjön is Sweden's fifth largest lake and around town you find plenty of other lakes and rivers – all great for a summer water adventure.



By kayak / canoe on lakes

Gliding along the mirror-like surface of Lake Storsjön on a still summer evening, with the snow-capped mountains in view is unbeatable. For those who are fit and familiar with paddling, a tour around Frösön island (some 30 km) might be an exciting challenge. Two other nice tours are around Andersön island (just over 10 km) and from the city along the shoreline of Frösön into the bay between Frösön and Bynäset. Kayaks and canoes can be rented in the harbor or at Tivars on Norderön island.

And on flowing waters

Indalsälven, Långan and Härkan that are all rivers to the north of Östersund offering a wide variety of paddling experiences perfect to combine with fishing, for example, brown trout and grayling.

At Lits camping and canoe rental centre they have compiled a range of different tour options. Whether you are a beginner or advanced, want to be out for half a day or a whole week, there is something for you.

By SUP

Stand Up Paddling is the perfect combination of water sport and nature experience. Rent a SUP and discover lake Storsjön or close by lakes like Locknesjön with its green waters.

Surf & kite

Östersund often features strong winds and playful waves, making it a popular place for all kinds of surfers. On our website we list the most popular spots. Remember to wear a dry suit as the water seldom reaches over 18 degrees Celsius.

Aboard a boat

M/S Thomée

M/S Thomée operates Storsjön's water with trips to Verkön island and the castle restaurant with its summer terrace. The voyage takes about 1.5 hours. Food and drink are also served on board.

Sjöexpressen

From Norderön you can take the Sjöexpressen to Verkön.

For groups – Rib boat SuperTornado

The Rib boat SuperTornado takes only 20 minutes from Östersund harbor to Verkön. Passengers are equipped with float overalls, life jackets and goggles.

More kayak/canoe tips, surf/kite tips and information about Thomée at: visitostersund.se

SUMMER AND SWIMMING

Östersund is located next to the 5th largest lake in Sweden, and there are many wonderful spots for bathing, whether you want to hang out at the beach or prefer to dip your toes into a pool.

Near the City Centre you will find **Dalhemparken**, with a diving tower and a number of jetties. Just nearby is also **Birgers adventure park** a pump track and an outdoor gym, perfect warm up before a dip in the lake.

On Frösön at **Bynäset**, you'll find a long shallow bay for bathing, with a stony beach

and stunning views of the mountains. The area has some simple services such as a barbecue area and an outside toilet.

The island of **Andersön** is a popular destination. It is a nature reserve, 15 km from Östersund. Along its beautiful stony beaches there are many cosy, long shallow bays where you can enjoy a swim with a view of the mountains, and there are also trails for walking or jogging. 15 km from the city at **Lits campsite** the Indalsälven river flows along. There is a lovely sandy beach at "Älvlagunen" (River lagoon), beach volleyball and fantastic fishing. You are welcome to

swim there, even if you are not staying on the camp site.

At **Hara pier**, people go swimming from the old Steamboat pier. Here is a popular summer café that is run by the local villagers, always homemade goodies on the menu.

Storsjöbadet adventure pools is fun whatever the weather. It has several outside pools, large green areas, a beach volleyball pitch and a large playground. Inside, there is an adventure pool with three water slides, a climbing wall and bubble pools. And the very youngest get their own pool with water slides and a fountain



ACTIVITIES FOR THE WHOLE FAMILY

Summer holidays – the perfect time for the family to hang out together. In Östersund there are a lot of fun activities for the children both indoors and outdoors. Here we have collected some tips with family activities for eventful and wonderful days in Östersund.



Playgrounds

In Badhusparken, down by lake Storsjön there is a popular playground for the youngest and the green area invites you to run and play. There is also a mini golf course and café. In Birger the little great lake monster's adventure park next to the pedestrian bridge on Frösön you can climb, jump and run. Everyone who likes to come and play is welcome here, both children and adults. And great lake monsters.



Teknikland

At Optand Airfield south of Östersund you find a comprehensive retro-technical world of aero planes, vintage cars/buses and military history.



Swimming

There are many wonderful spots for bathing, whether you want to hang out at the beach or prefer to dip your toes into a pool. On Bynäset and Andersön there are shallow bays with a nice view of the mountains, perfect for an outing with a picnic or barbecue. For those who prefer to swim in the pool or indoors, there is Storsjöbadet with a children's area, fun water slides, a trampoline and a relaxation area. Read more on page 15.

Travel in time at Jamtli

Jamtli Historieland is an open-air museum with children's activities, time travel and historical exhibitions.

Jamtli offers an exciting journey through the history of Jämtland and Härjedalen and you will enjoy being part of history.

The children can also try their skills at the art studio at the National Museum Jamtli.



Tame elks at Moose Garden

Meet the king of the forest and the Jämtland heraldic animal in an unusual and close encounter. At Moose Garden you make the acquaintance of tame elks. On the guided tour you get to pat the moose and learn facts about their life.



Pump track and skateboard

At Frösön, next to the jetties, diving tower and the outdoor gym, you find a popular pump track where the kids train their technique on bikes, kicks or skateboards, busy with riders all day long. On the city side of the bridge, there is a skatepark with manual pads and rails.

Bangården is an indoor skate hall, close to the city center. Gustavsbergsbacken on Frösön offers downhill cycling. Here are marked trails from the top of Östberget in several difficulty levels. At Brunflo Bike Park, 15 km south of Östersund you find cycling with drops, waves and curves – the perfect training environment for the whole family and on Frösön there are plenty of mountain bike XC tracks.



Multi Challenge adventure house & Tiki Grill / drinks

A house full of activities and challenges. Try out go karting, the laser dome, the play land or enter the world of Boda Borg, where you solve tasks as a group and collect stamps on quests.

At Tiki, next door to Multi Challenge you will find bowling, shuffleboards, billiards, UV golf and darts. If you get hungry there is a large selection of nice food and drink in the Tiki restaurant.



Hiking with children

Andersön's Nature Trail. The family trail on Andersön extends over approximately 2,1 kilometers. Along the way there are animal tracks and information about nature and animals.

The Children's Pilgrim's trail on Frösön. A mini format of the Pilgrim track St. Olavsleden. Here is a short trail where you can follow the children Emma and Magnus on a pilgrimage via mobile phone and QR code.

Ändsjön – go birdwatching. One of the prettiest and most accessible birding sites is without a doubt Ändsjön's nature reserve on Frösön island. A constructed walking trail of 3 km circles the lake and there is a birdwatching tower.

More info:
visitostersund.se/en/activities-for-kids and
visitostersund.se/en/go-bird-watching

FRÖSÖN

- Lake Storsjön's largest Island

Frösön welcomes you to experience its nature, adventure, cultural history and a wonderful view - over Lake Storsjön, towards the mountains Oviksfjällen and Åreskutan. Frösön was for centuries the center of Jämtland, inhabited since prehistoric times and long before Östersund was founded there was a school, post office, military training and the free parliament "Jamtamot" was held here. The island got its name from the god of fertility, Frö.



Frösö Church

One of Sweden's most popular wedding churches. For thousands of years this has been sacred ground. The 12th century church was built on the site of an ancient pagan place of sacrifice. At Frösö Church there is a pilgrim center that is open during the summer when it is high season for pilgrimages. As a pilgrim, you can also camp in the area. Take the opportunity to see exhibitions, listen to music, learn more from the guides and for the children there is a special pilgrimage.

Frösö Hembygdsgrd / Stocke Titt

Here Jämtlands first school "Frösö Trivialskola" was once located. Today, an exhibition is shown in the old library building about life at the school for the roughly 100 students from 1679 to 1847. The homestead farm just next door houses a café and an viewing tower.

Frösötornet

From the viewing tower at Frösön, situated 468 m above sea level, you can see all the way to Norway on a clear day. There are popular running/walking tracks in the nearby forest and a White Guide recommended café serving raw food sweets.

The Rune Stone

Adjacent to the bridge that leads to Östersund stands Sweden's northernmost rune stone. The inscriptions carved in the 1050's states that Östman, Gudfast's son, erected a bridge across the sound and brought Christianity to Jämtland.

Sommarhagen museum

The home of composer and music critic Wilhelm Peterson-Berger is one of Sweden's most interesting design artefacts. The audio guides provide information about Peterson-Berger's eventful life and his music. Café on the premises.

Bird watching at Ändsjön

Frösön's only lake Ändsjön is a nice nature reserve. Around 40 bird species breed here. Around the lake there is a 2.5 km long path and two bird towers are set up in the reserve. Make sure to bring along binoculars!

Bynäset

Bynäset offers nice trails for walking or trail running along the 7 km route. At Västbyviken you find one of Östersunds most popular beaches with barbecue facilities.

Biking

Frösön is popular among XC- and downhill bikers. Read more on biking on pages 12-13.

Golf & outdoor training

Östersund-Frösö Golf Range is famous for its beautiful settings. 18 holes, 9 holes Pay and Play course and driving range. Next doors you find Frösö Park Hotel with a large outdoor gym and obstacle course.

Frösö Park SPA

An inviting oasis for everyone who wants to relax. The Spa has been designed using old Jämtlandic traditions as its inspiration. Here you can choose from four different types of sauna. Two pools, one indoors and one outdoors. Bubble footbath, ice pool and spa treatments.

Walk in historical surroundings

St. Olavsleden, the world's northernmost pilgrimage trail, passes Frösön on its way to Nidaros in Trondheim. Mjällestigen, with remains from the Iron Age, Stensgårdsstigen and Kyrkstigen are other popular hiking routes on Frösön.

Eat well

There are plenty of cafés and restaurants at Frösön so there is no need to go hungry. Try the typical "Frösö kisses" pastry or the smashing burgers at Tages, homemade cookies and buns at Stocke Titt. Have a lunch at Frösö Park Hotel or take a coffee after visiting the Wilhelm Peterson-Berger Museum at Sommarhagen Café. Enjoy the magnificent views and traditional Swedish fika at Frösövallen café. More cozy places to eat at Frösön on our website.



NATURE NEARBY

In Östersund, Lake Storsjön and the mountains are always nearby and around Östersund there are several places to discover nature. Fill your bag with a picnic and something to quench your thirst and choose the location and what you want to do and head out!

Hiking and walking

St. Olavsleden is the world's northernmost pilgrim trail. It's about 580 km long starting in Selånger just outside Sundsvall and finishes at Nidaros Cathedral in Trondheim, where Olav the Saint is buried.

Andersön island is a popular place for families, those who are active and others. Long and beautiful pebble beaches, gnarled pines, fossils, and ancient monuments. There is a multitude of forest paths in the surrounding forests for those who want to jog, bike, stroll or pick mushrooms and berries.

Next to Sunne Church is nature and the meditation path **Pärlistigen**. 1.5 km long and mostly accessible for those with disabilities.

At the beautiful **bynäset**, you can run, cycle or walk around the peninsula which measures 7 km. At Västbyviken right next door there is a long black sandy beach and open lawns for picnics and play.

On **Frösön Island** there are many beautiful trails and paths to explore. Mjällestigen, Stensgårdsstigen, Kyrkstigen, and Östberget's Nature Trail all offer beautiful views of the lake and mountains.

Watch birds

One of the prettiest and most accessible birding sites is without a doubt **Ändsjöns nature reserve** on Frösön island. A walking trail of 3 km circles the lake and there are birdwatching towers on the south and northern end. There are large numbers of different species of ducks, such as the great crested grebe, horned grebe, common pochard, coot, common teal, cranes, brown harrier and many small birds. **Tysjöarna nature reserve** is located just north of Östersund. It's a lovely 10 km walk around the lakes. The northern entrance has a more even pathway making the area accessible with prams, wheelchairs and walkers.



... and orchids

At **Nästmyren** you will find our landscape flower Brunkullan. Although Brunkullan is rare, you can some years find hundreds of them here. At Nästmyren you will also find other orchids such as Twayblade and Chalk Fragrant Orchid. **Odensalakärret** is located just 3 km from the citycenter, here you will find the beautiful lady's slipper orchids. There are also Twayblade, Chalk Fragrant Orchid, fly orchid and Royal Helleborine.

Fishing

Fishing with a rod is free on **Lake Storsjön**, no permits are needed. If you prefer to fish in more solitude, the beaches along Andersön also provide interesting fishing for grayling. And the views of the mountains and Åreskutan peak are amazing from here. If you are really in luck, you might even catch a brown trout.

A nice lake for family fishing is **Lillsjön nature area** just 10 minutes from the centre, there is an easily accessible and free family fishing area for perch, pike and stocked rainbow trout.

And if you fancy fishing from a boat on a lake, try **Lake Ösjön** by the village of Lillsjöhögen just some 20 km away. Rental boats, trout and arctic char await the eager fisher. The fishing there is best in early summer. For those who like to fish in running waters, there are plenty of options.

The **Långan and Härkan rivers** run into the **Indalsälven river** at Lit, just 20 km or so to the north of Östersund. Both have lovely streams with good populations of grayling and trout. Fishing in rivers requires a little more skill. You need to be able to manage a fishing rod with a spinner or a fly cast.



Read more about fishing on our website: visitostersund.se/en/fishing-in-ostersund



GET ACTIVE

When it comes to outdoor activities Östersund is a real multi-sport city. Östersund offers many opportunities for those who want to be active and there is something very special about being able to run, play golf or climb in combination with views of the lake and mountains.

Keep your eyes peeled when you go out, not only for the views, but there is also a good chance you might meet an athlete from one of the Swedish national teams who live and train here.

Climbing

At Östberget, you find over 100 sports climbing routes in a wide range of grades, most of them along bolted routes. For indoor climbing we recommend Östersund Klättercenter, with rope climbing and bouldering.



Hitta ut – Orienteering

An easy and fun way to get exercise while discovering new and beautiful urban forested areas of Östersund. The idea is to find the check points with the help of "Hitta ut" – map or via your mobile/web map. The checkpoints are color coded explaining the difficulty.

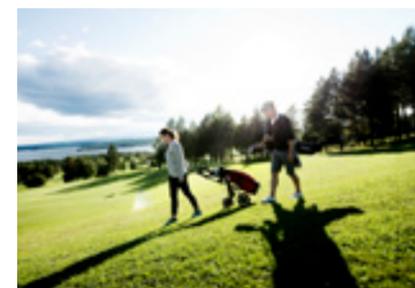
More about getting active on
visitostersund.se



Running and hiking

Running is a fantastic way to discover a new city. Frösöberget around is a classic, 8 km asphalt with magnificent views over Östersund, the lake and the mountains. Andersön, outside of Östersund, has beautiful paths in the forest along the lakeside. 11.5 km all the way around,

families appreciate the 2.1 km trail. Bynäset around is also a popular trail, 7 km along the water. At Östersund Ski stadium the blue/white marked trail, 4.5 km, is hilly and technical. Wanting a real challenge? Try the downhill slopes.



Golf

Östersund has 4 golf courses within 20 minutes reach of the city. Frösö golf course, with amazing views over the mountain area. Storsjöbygden's gently hilly and forested golf course, 20 km to the southwest. You reach Norderön Golf course by taking the car ferry to the Pay & Play course. Sandnäset lies 15 km west of Östersund.



Outdoor gyms

There are several outdoor gyms in and around Östersund. At Dalhemsparken, Jamtli, Frösö Park and at Remonthagen the gyms are open to the public and free of charge.



Outdoor yoga

Make most of the summer, bring a mat and go with the flow. Several organizers are offering yoga sessions outdoors. On our website we list pop up sessions regularly.



Roller skis and Biathlon

At Östersund Ski Stadium there is an 8 km long roller ski track. If you like to develop your technique or experience what it is like to be a biathlete for real, Tord Wiksten Event offers courses and events.

Racket sports

At Östersunds Squash center you will find two courts. Tennis is played indoors and outdoors at the Tennis hall. On Frösön, in Torvalla and in Odenskog there are a number of indoor padel halls and at the tennis hall you find an outdoor padel court. Pre-bookings for all racket sports is necessary.



12 THINGS TO DO ON A RAINY DAY



Movies are best at the cinema

Slipping into the cinema darkness, sinking into a soft armchair with a bowl of popcorn watching an exciting film is extra cozy on a rainy day.

The cinemas Filmstaden and Bio Regina show films every evening of the week and also daytime.



A moment of relaxation

Sit down at Östersund's library and read a book or borrow the book with you. There are newspapers to borrow and you are able to borrow a tablet to read all kinds of e-books.



Second hand stores

Visit the city's many secondhand stores for various antiques, clothes or furnishings. (See separate map on page 10)



Try out a Swedish Fika

Take a coffee tour among the city's cafes - Wedemarks, Jamtli Kafé, Edenbos, Tages, Norra Station and Hamngatan 12 are some examples where you can sit down, enjoy homemade baked pastries and something warm to drink.

Enjoy a day at the spa

Experience the calm at one of Östersund's fine spa facilities. At Hotell Gamla Teatern's Hamam, you can enjoy an aromatherapy massage. At Hotell Östersund's Cloud Spa, located on the roof among the clouds, there are pools with views of the rooftops, Lake Storsjön, and the mountains. At Frösö Park spa, you can enjoy their heated outdoor pool and let the stress sweep away in their various sauna environments.



Storsjöbadet

Adventure pool, training pool, water pistol, outdoor pool, and three water slides. There is also a relaxation area and a gym.

Indoors there is a large café with a fresh selection of food and coffee.



Locknekratern

An experience center created around the event of the big meteorite that hit 455 million years ago and created Lake Locknesjön.

In the nature around the experience center you will find clear traces of the meteorite impact.



Multichallenge and Tiki Grill / Drinks

At Multi Challenge entertainment center there is plenty of fun for the family, group of friends and colleagues. Funny and exciting activities such as Boda Borg, go-kart, laser hall and for the very youngest there is a lovely playground.

Wall to wall with Multi Challenge you find Tiki Grill / Drinks. Enjoy bowling, billiards, shuffleboard, darts and miniature golf.

Jamtli

Anyone who wants to discover more of the history of our county Jämtland should pay a visit to Jamtli. Here you will find, among other things, - Europe's oldest tapestries and fine exhibitions about our Sami history, the Viking Age and the Great Lake monster.

National Museum Jamtli displays art and design from the National Museum's collections.



Art exhibitions

Experience Östersund's art exhibitions. Galleri Lux displays exhibitions every month. At the National Museum Jamtli, the exhibition "Ideal and Reality - Nordic Nature" is displayed, where paintings, drawings, photographs and crafts are showcased.

Among the artists are Anna Boberg, Otto Hesselbo, Bruno Liljefors, Frida Fjellman, and more. At Jamtli, you can also participate in the exhibition "Building Images," a memorial exhibition with Kåre Henriksson.



City Museum/Ahlbergshallen

At the City Museum, there are depictions of the city's oldest times with preservations and memories from Östersund. Temporary art exhibitions are also held at Ahlbergshallen.



Lunch or disco bowling

Bowl with friends or family at the Bowling Hall Kitchen & Bar. Disco bowling on Fridays and Saturdays. There are also golf-, football- and shooting simulators.

ACTIVITIES

You will find that Östersund has plenty to offer during your stay with us. Don't miss out on Nationalmuseum Jamtli and a tour with M/S Thomée on Lake Storsjön. Moose Garden offers a unique and genuine experience with the Jämtland heraldic animal, the moose. Rent a bike and go on excursion or why not a family challenge at Multi Challenge or Bowlinghallen.



Aktivut – outdoor events, outdoor meetings and mountain tours

Meeting outdoors favours creativity and conversation. Gather colleagues and friends on a hike, a paddle trip or by bike. We arrange outdoor events and activities for groups from 10 up to 2000 people. Contact us for an adventure proposal.
Open: All year round.
+46 70-226 81 00 | aktivut.se
Instagram and Facebook: Aktivut



Biostaden Östersund Movie Theatre

For your best movie experience.
Open daily. Cash free.
Check the latest showtimes and book your tickets online for the latest movies at svenskabio.se.
Biblioteksgatan/Stjärnörtoget, Östersund
+46 76-795 99 49 | svenskabio.se



Bio Regina

We show films that amuse and worry, that create laughter, reflection and conversation, that give new perspectives on the world and being human.
We broaden the range of films by showing films from around the world. 2 lounges. Film every night of the week 19.00 and movies daytime Mondays 14.00. Children's film on Sundays September-March.
Film festivals, school cinema and special events.
Prästgatan 56, Östersund
+46 63-13 00 05 | bioregina.se



Bowlinghallen Kök & Bar

Here you find bowling lanes, simulator games, good food and drinks. Packages for all your celebrations. Come for the daily lunch, à la carte, a buffet or just a light snack and combine it with a league game.
For opening hours, fees and bookings:
bowlinghallenostersund.se
Bangårdsgatan 2, Östersund
+46 63-51 21 27 | bowlinghallenostersund.se



Downhill biking on Frösön

Action in the skislopes also in the summertime. There are 6 downhill trails to choose from. Blue trails: One for the beginner and one more advanced. Red: 3 trails made for advanced cyclists. Black: one black trail for those who want a real challenge.
Bike rental at Lagg & Hoj.
For opening hours: see Cycling downhill on Frösön at website.ostersund.se.
Östberget, Frösön
+46 63-14 30 00 | ostersund.se



Friskis&Svettis

Train for a week for SEK 100. We can try to describe the feeling. But good training must be experienced. Buy Friski's Östersunds "Nyfikenkort" on site or at one of our receptions. The entire range at both of our facilities is included, you can train between 05:00 and 23:00 every day and book a place on a pass in our booking app. Welcome!
North district (Infanterigatan 5 B) & Frösö Strand (Öneslingan 21)
+46 63-10 87 70 | friskissvettis.se/ostersund



Gaaltije

Gaaltije is a South Sami museum. The exhibitions show and tell about Sami history – all from a Sami perspective. Here is a shop that offers handicrafts, jewelry, meat, books and products from Sami entrepreneurs.
Köpmangatan 58, Östersund
+46 72-515 39 40 | gaaltije.se



Jamtli

At Jamtli there is always something to see and do. During the summer, the open-air museum comes alive as actors and animals move into farms and other historical areas. Throughout the year you can visit permanent and temporary exhibitions as well as the National museum Jamtli.
For opening hours and entrance fees: jamtli.com
Museiplan 2, Östersund
+46 63-15 01 00, 15 01 10 | jamtli.com



Lagg & Hoj Bike rentals

Explore our city by bike. Rent a bike online or contact us for guided tours. We have a shop on Frösön, but also rental, in the summer, near the center.
We have electric cargo bikes, mountain bikes or electric bikes for steep hills. And children and adults can try our electric kick bikes. Why not try downhill biking?
For opening hours and prices: lagghoj.se
Hornsgatan 11, Frösön
+46 63-663 19 10 | lagghoj.se



Lits Camping & Canoe

Lit Campsite is situated on a promontory where Härkan flows into Indalsälven.
We have over 30 years of experience in organizing canoe trips. Here you get tips on day trips, weekend trips or long trips up to 3 weeks.
We transport you and the canoe to a suitable starting point. For day trips there are plenty of tour suggestions where you can start directly from the campsite.
Price: See website.
Lit
+46 642-102 47 | litscamping.com



LockneKratern

458 million years ago, the world's unique twin meteorite struck here. Come to Ängsta, 25 km south of Östersund, and learn more about the Lockne Crater. Minicosmonova, Exhibition and Café – ice cream, coffee & light lunch.
Open: 20 June–20 August, Tuesday–Sunday 11am–4pm (23/6 closed). Admission: Adult SEK 120, 65+ & stud SEK 80, children under 12 free.
Info: locknekratern.se och FB: Locknekratern
Ängstavägen 71, Ängsta
+46 70-485 20 20 | locknekratern.se



M/S Thomée

M/S Thomée was built in 1875 and has served Lake Storsjön since 1880. After several years of renovation the former steamer again makes cruises on Lake Storsjön, now heading for Verkön Island with its small "castle" and restaurant. Restaurant on board, seatings both indoors and outdoors. Cabins on the upper deck. Tickets: Östersund harbour.
Östersunds hamn
+46 63-10 37 00 | sirwinston.se/thomee



Moose Garden

Meet the king of the forest and the Jämtland heraldic animal in an unusual and close encounter. Joining one of our tours is a unique experience. You get to pat the moose and learn facts about their life. Stay the night in one of our cabins. Café and souvenir shop.

Open: Mid June–Mid August.

FB: MooseGardenSweden

IG: @Moosegardenorrviken

Orrviken 215, Östersund

+46 70-363 60 61 | moosegarden.com



Multi Challenge Amusement centre

One of Sweden's largest amusement centres full of activities such as Boda Borg questing, indoor go-karting, laser hall, bowling, mini-golf, climbing walls, billiards and more.

Adjacent is Tiki Grill / Drinks with bowling and shuffleboard.

Price: We always have FREE entrance. Separate prices for the activities.

Tjalmargatan 1, Östersund

+46 63-14 05 40 | multichallenge.se



Norderöns Golf Course

The family friendly golf course with more than just golf. Norderöns Golf Club is located on an island in the Great Lake Storsjön. Enjoy the free journey with the ferry out to Norderö island and you will find the 18-hole pay & play and plenty of activities such as boules, frisbee golf and bicycles and kayaks for hire.

Open: Monday–Sunday during summer

Norderön

+46 70-644 00 56 | norderongk.se



Sommarbadet

Sommarbadet is in Badhusparken by the harbour of Östersund. Here, groups can rent the entire facility with relaxation area & sauna.

Jetty with sofas, sun loungers & umbrellas. When you want to cool off in Storsjön's water, you can easily take the steps down to the lake for a dip.

Östersunds hamn
vinterparken.se



Sommarhagen villa

Sommarhagen is located on Frösön with sweeping views of the forests, lakes and mountains. The building was built in 1914 by the Swedish composer, music critic and song-writer Wilhelm Peterson-Berger. The artist's home, which is now a museum, was built in a national romantic style with elements of Jugend.

Audio guides are available in Swedish, English and German. Summer café.

Open 17 June - 20 August every day 11-17

Price: Entrance to the museum SEK 100

Frösön

+46 72-215 22 10 | sommarhagen.com



Storsjöbadet

In summer, Storsjöbadet's summer bath opens.

There is outdoor seating, sun loungers, a beach volleyball court, a 50-meter pool and a shallow play pool for the children.

The outdoor swimming pool opens from the middle of June until the end of August.

See website for opening hours and prices.

Krondikesvägen 95, Östersund

+46 63-14 31 79 | storsjobadet.se



Rib boat to Verkö Slott

For groups up to 12 passengers. Take the rib boat Supertornado to the castle Verkö Slott and it's restaurant.

Passengers are equipped with float overalls, life jackets and goggles. Be sure to expect a lot of wind!

Östersunds harbour

+46 63-10 37 00 | sirwinston.se/supertornado



Teknikland

A place for the whole family. Teknikland mixes aviation and military history with technology. Bring memories to life, take part in exciting stories. Enjoy our world of aeroplanes, vehicles, spy rooms, soldier life, WAAC museum etc.

All exhibitions have activities for all ages.

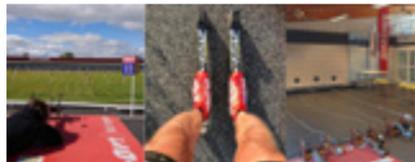
Open: 26 June–20 August 10–16 daily.

Price: Adults SEK 150, 65+ SEK 130,

Children under 18 free.

Optands flygfält 106

+46 63-14 05 50 | teknikland.se



Tord Wiksten Event

Learn the basics of biathlon also in the summertime. We offer individual and group activities in roller skiing (summertime), skiing (wintertime) and shooting technique – for those who just want to try for fun or for those wanting to develop their skills.

We are based at Östersund Ski Stadium, the National Biathlon Arena but can also offer a memorable experience at your place or wherever (we just bring the electronic rifles along).

ÖSK-vägen 11, Östersund

+46 73-042 16 72 | wiksten.nu



Östersundstravet

During 2023, Östersundstravet will arrange 25 trotting competitions with highlights such as the Jämtland Grand Prix on June 10 and the Cold Blood Derby on August 4.

Spilta's Restaurant serves lunch on weekdays and Trotting School arranges courses for you who are experienced, inexperienced, young and old. We have something for EVERYONE.

Krondikesvägen 91A, Östersund

+46 63-19 95 90 | www.ostersundstravet.com



visitostersund.se



WELCOME TO OUR HOMESTEAD FARMS

Celebrate Midsummer, enjoy some Swedish "fika" and visit the large number of activities at our homestead farms this summer.

Frösö Hembygdsgård Stocke Titt

Beautifully situated on Frösön where Jämtlands first school was built, 1679 through to 1847. Today the old school library is a museum with exhibitions. Viewing tower and café.

hembygd.se/froso

Lit Hembygdsgård

Let the children play in the historic environment. 18-24 July "Hembygdsveckan" with full programme. Summer café.

hembygds.se/lits

Brunflo Hembygdsgård in Lillgrytan

Swedish National Day celebrations June 6 and Midsummer celebrations 23 juni. Summer café.

hembygd.se/brunflo

Kyrkås Hembygdsgård

Make a visit to the old, beautiful buildings and Kyrkås old church.

Waffles every Sunday.

hembygd.se/kyrkås

Häggens Hembygdsgård Tistegården

Summer café, pub evenings, church services, second hand pop up.

facebook.com/HaggenasHembygdsforening

Gamla Lugnvik

Swedish National Day celebrations June 6 at Semparken.

More activities during the summer.

hembygd.se/gamla-lugnvik

Marieby Hembygdsgård

facebook.com/marieby-hembygdsforening

Lockne Hembygdsgård i Löfsåsen

hembygds.se/lockne

More information: You can find more information on current

activities and events on the websites of each homestead farm (Swedish only), on the Heimbygda Facebook and in the events

calendar at www.visitostersund.se

HEIMBYGDA

RESTAURANTS & CAFÉS

Östersund is an appointed UNESCO Creative City of Gastronomy. We have a long-lasting culinary tradition based on locally produced sustainable food. Make sure to try char, moose and reindeer, cheese from our local farm dairies and our award-winning beers and sparkling wine.



Restaurang Arctura
Östersunds best views, overlooking the mountains, lakes and forests. Lunch and à la carte with local touch.
Öskvägen 13, Skidstadion Ösd
+46 63-16 15 60 | arctura.se



Artut
We focus on beer from craft breweries worldwide and pizzas baked on sourdough. With high-quality products, we welcome you to the table.
Hamngatan 17, Östersund
+46 63-10 51 10 | artutbar.se



Basta
An Urban Italian at the crossroads between the fantastic Italian cuisine and the vibrant city. Authentic Italian menu, wide selection of cocktail, wine, beer and non-alcoholic options.
Prästgatan 43, Östersund
+46 63-636 18 89 | restaurangbasta.se



Big Lake Coffee
An Artisan coffee roastery with a Coffee bar and Boutique for all those coffee lovers out there.
Biblioteksgatan 9, Östersund
+46 76-140 00 66 | biglakecoffee.se



Brunkullan Brasserie
Neighborhood restaurant in a stylish environment in the heart of Ösd. Food with inspiration from Asian cuisine & carefully selected drinks. Bar & large outdoor garden.
Postgränd 5, Östersund
+46 63-10 14 55 | brunkullanbrasserie.se



BUA
Nordic cooking with sustainability & respect for our ingredients. Drinks from local brewers & conscious wine farmers.
Biblioteksgatan 6c, Östersund
+46 72 232 99 08 | Nastgard.se/bua



Café Sommarhagen
Tasty sandwiches, salads, pies and homemade "fika". Everything baked from scratch. Gluten-free, dairy-free and vegan options.
Peterson-Bergers väg 30, Frösön
+46 72-215 22 10 | sommarhagen.com



Captain Cook
Blues, beer and food. The meeting place for those who appreciate locally produced beer, food and a pleasant welcome. Music and opening hours see website.
Hamngatan 9 | +46 63-12 60 90
FB: CaptainCook.Sweden



Ecocaféet - 2inspire
A green oasis where everyone can eat. Passion for the environment, animals and humans. Lunch, "fika", dinners, smoothies and other delicious things.
Storgatan 26, Östersund
+46 63-77 90 77 | 2inspire.se



Edenbos Konditori & Butik
One of Östersund's classic cafés. Wide selection of classic pastries and well-prepared traditional Swedish food in a homely environment.
Rådhusgatan 59, Östersund
+46 63-51 12 20 | edenbos.se



Frösövalen Café
Café on Frösön with a wonderful view of the lake and mountains. We offer light lunches and homemade cakes. Music and events in the evenings.
Stockevägen 3, Frösön
+46 76-792 38 89 | frosovalen.se



Grekiska Grill & Bar
We are passionate about our guests. Our menu is characterized by traditional Greek dishes with high-quality ingredients and a touch of Sweden.
Prästgatan 51, Östersund
+46 63-660 77 77 | grekiska.se



Hamngatan Magasinet
The town's most cozy bistro & café. Well-prepared food based on fruit and vegetables, homemade "fika" and local ice cream. Selected wines and local beers.
Hamngatan 12, Östersund
+46 63-51 02 99 | hamngatan12.se



Jamtli Kafé
Jamtli Kafé is an enjoyable place to visit. Take a break while visiting the museum, rest your legs and eat something tasty.
Museiplan 2, Östersund
+46 63-15 01 05 | jamtli.com



Jazzköket
Local and organic "soul food." Seasonal, locally grown, in the bar, local beer brewers, Swedish spirits and international winemakers with natural wines.
Prästgatan 44, Östersund
+46 63-10 15 75 | jazzkoket.se



Jazzköket Saluhall
Lunch bistro with a focus on the green and a shop with local delicacies. Östersund's greenest lunch. Sustainably caught fish, local grass-fed beef, local cheeses etc.
Prästgatan 44, Östersund
+46 63-10 15 76 | jazzkoket.se/saluhall



Kitchen & Table Östersund
Together with Marcus Samuelsson, we have combined ingredients from Jämtland and the Nordic countries with flavors from the multicultural Manhattan / Brooklyn.
Prästgatan 16, Östersund | +46 63-55 60 04
kitchenandtable.se/ostersund



Kiwanobar
Upper floor in the Kärnan mall. We serve fresh juices & smoothies, wonderful paninis & milkshakes where you can compose your own favourite.
Kyrkgatan 64, Östersund
+46 76-005 68 86 | kiwanobar.se



La Fabbri del Gusto
Welcome to the taste factory with courtyard. We make pizza, pasta, antipasto, salad, burgers and gelato. That's what we do and we do it with love.
Storgatan 28, Östersund
+46 63-12 00 90 | lfdg.se



Magasinet Bar
Cocktail and wine bar that must be experienced. Continental atmosphere in lounge environment with Dj. Shared courtyard with Gusto.
Storgatan 28, Östersund
+46 63-12 00 90 | magasinbar.se



Norra Station Café

Cozy courtyard where café meets cultural experiences. Galettes & crepes with local ingredients. Ice cream with homemade sauces. French wines and beers from local microbreweries.

Prästgatan 40, Östersund
+46 70-677 84 32 | norra-station.nu



Nnummer Ett Bistro & Co-Office

The concept is simple and tasty, brunch all day! Inspired from breakfast and lunch and with freshly squeezed juices. Local suppliers for the best quality!

Stortorget 1, Östersund
+46 63-663 15 15 | n1.se



O'learys Östersund

Plenty of sport, good food and activities for friends, families or colleagues.

Kyrkgatan 70, Östersund
+46 63-57 57 00 | olearys.se/ostersund



Republiken Bar & Kök

We offer snacks, Bistro menu & Taste menu with a wide range of wine, beer and non-alcoholic alternatives. Welcome!

Samuel Permans Gata 9, Östersund
+46 79-100 70 80 | republiken.net



Restaurang Dalwhinnie

A family-owned restaurant by Michael and Anneli Ternqvist since 2003. We focus on the guest, ingredients, quality and service during your visit.

Prästgatan 31, Östersund
+46 63-12 33 23 | dalwhinnie.se



Restaurang Tre Rum

Good food and good service in a homely environment. You will find us in the middle of the crowd on Östersund's pedestrian street. Open from lunchtime to late evening every day.

Prästgatan 38, Östersund
+46 63-51 66 89 | restaurangtretrum.se



Seaport

Popular restaurant in Östersunds port in direct connection to M/S Thomée. Summer menu and cold beverages, beer and wine.

Östersunds hamn
+46 63-10 37 00 | sirwinston.se/seaport



Sir Winston Restaurang & Bar

Well known for its ambiance, tasty food and bar. Menu based on locally produced ingredients. Wide selection of drinks and beer.

Open 7 days a week.
Prästgatan 19, Östersund
+46 63-10 68 00 | sirwinston.se/sir-winston



Slaktar'n & 19glas

Wine bar and charcuterie at Stortorget. Open Thursday - Saturday until Midsummer and of course during the midsummer week! #Relationsmat

Stortorget 2e, Östersund
slaktarn.se



Taco Bar

With us you will find food with inspiration from Mexico. Everything from burritos to nacho plates. Also vegetarian options. We offer a relaxed environment with a pleasant atmosphere.

Prästgatan 31, Östersund
+46 70-774 78 90 | TacoBar.se



Tages Konditori & Kök

At Tages you can enjoy home-cooked food and our own burgers with meat from Jämtland. Or have a fika with pastries from our own bakery!

Frösövägen 32, Frösön
+46 63-51 84 07 | tages.se



Teaterträdgården Gamla Teatern

The town's coziest outdoor restaurant with live music, quizzes and themed evenings. Combine a music evening and good food on warm summer evenings.

Info: IG #teaterträdgårdenosd
Thoméegränd 20, Östersund
Gamla Teatern | +46 63-51 16 00



Texas Longhorn

We offer a relaxed welcoming Texas atmosphere and genuine Texas food. All based on a true story. We serve 100% Swedish meat.

Storgatan 29, Östersund
+46 63-102 288 | texaslonghorn.se/
restaurang/ostersund/



Tiki Grill / Drinks

Experience a nice restaurant inspired by Hawaii. Ten pin bowling, shuffleboard, billiards and mini golf. Tasty food and a big assortment of fresh drinks.

Tjalmargatan 1, Östersund
+46 63-14 05 40 | tikiostersund.se



Tivars gårdsmejeri

Farm shop, restaurant and café on island Norderön, on the shores of Lake Storsjön. Homemade cheeses and meat from the farm.

Norderön 630
+46 70-385 51 52 | tivars.se



Verkö Slott

The castle at Verkön offers lunches and dinners, good & well-cooked food and licensed premises. Rooms for overnight stay.

Verkön
+46 63-10 37 00 | sirwinston.se/verkoslott



Wedemarks Konditori

Traditional, old café on the pedestrian street. Freshly baked bread and delicious bakery products and home-made ice cream. Alfresco area.

Prästgatan 27, Östersund
+46 63-51 03 83 | wedemarks.se



Winston SAIL

Sunny outdoor seating at the upper part of Stortorget. Open all days the weather allows and offer popular dishes and chilled drinks.

Prästgatan 19, Östersund
+46 63-10 68 00 | sirwinston.se/sail



SHOPPING & CRAFTS

Östersund was founded for trade reasons and we are still very much a town for commerce. The city centre is full of shops. You find the international chains side by side with quirky boutiques where the stock reflects the owner's personality. At Lillänge you find the large shopping complexes. Here are some local shopping tips!





Akademibokhandeln Kärnan
Sweden's leading bookstore chain. Here you can choose from a wide range of books, stationery, games and puzzles.
Kärnan Galleria, Östersund
+46 10-744 17 60 | akademibokhandeln.se



Alina Service i Östersund
Service and sales of new and used computers, mobile phones, printers and other electronic equipment.
Storgatan 32, Östersund
+46 63-13 00 01 | alina.se



Ateljé Grönlund
Bridal shop – wedding dresses and accessories. Tailcoat and dinner jacket rental. Sewing room, clothing repairs and alterations.
Köpmangatan 32, Östersund
+46 63-13 41 41 | ateljegrönlund.se



Bik Bok
Welcome to Bik Bok, the international fashion destination for young women who love fashion. From the best everyday apparel & denim to the perfect trendy clothing.
Prästgatan 38, Östersund
+46 10-20 63 368 | facebook.com/bikbok



Gå & Löpkliniken
The right shoe for the right foot. We adapt our service to the customers individual needs. To give you the best possible footwear for movement.
Storgatan 19, Östersund | +46 63-57 00 16
gaochlopkliniken.se/ostersund



Hamngatan 12 butiken
Östersund's coziest lifestyle store. Products from several leading brands such as Mateus, Ernst & Marimekko. Antique flea market and furniture.
Hamngatan 12, Östersund
+46 63-51 02 99 | hamngatan12.se



Hemmakväll
The best destination for sweets. Here you can find all you need for the perfect night at home. The best Swedish pick and mix sweets.
Storgatan 33, Östersund
+46 63-10 57 00 | hemmakvall.se



Hemtex
Furnishing for you home. Everything from comfortable duvet cover sets and nice curtains to the seasons rugs and the details that make your home complete.
Storgatan 21, Östersund
+46 63-51 73 50 | hemtex.se



Brukat
A modern second-hand shop with selected women's clothing, shoes, bags and accessories.
Storgatan 42, Östersund
+46 79-337 64 83 | brukat.se



Burmans Skor
Östersund's most well-stocked shoe store with a lot of well-known footwear brands. Shoes for the whole family, everyday use, or party.
Prästgatan 38, Östersund
+46 63-51 12 97 | burmanskor.se



Carlings
Jeans and modern clothing from a wide selection of popular brands such as Levis & Lee and much more.
Prästgatan 39, Östersund
+46 10-20 63 1 05 | carlings.com/sv



Cervera
Wide range of good quality and design kitchen accessories. Scandinavian design such as iittala, Georg Jensen, Global, Orrefors etc.
Prästgatan 46, Östersund
+46 63-13 39 30 | cervera.se



Hübenettes Bokhandel
Book store with an older atmosphere that has a lot in the way of gifts for young and old. Agent for Schenker and Bring. Stamps and lots. Swedish souvenirs.
Prästgatan 23, Östersund
+46 63-51 03 00 | hubenettes.se



Hälsokraft
Authorized health stores where you can free of charge and environmentally friendly order goods at low prices. The stores also offer guidance.
Mittpunkten Galleria och Prästg. 28
+46 63-51 10 76, +46 63-13 35 10
hphalsokost.se



Indiska
We sell fashion, interior design, and accessories. With products of good quality at good prices we like to inspire you in your every daily life.
Prästgatan 26, Östersund
+46 63-10 03 20 | indiska.com



Interflora Biblioteksgatans Blommor
Your florist in the City Centre of Östersund. Here you will find flowers for all occasions of life.
Biblioteksgatan 13, Östersund
+46 63-51 00 01 | IG: Interfloraostersund



Coop City Östersund
Coop City Östersund, your supermarket in the City Centre. Offers an affordable, wide, and sustainable assortment.
Mittpunkten Galleria, Östersund
+46 63-18 01 10 | coopnord.se



Cubus
Clothes shop for the whole family.
Mittpunkten Galleria, Östersund
+46 10-206 85 02 | cubus.com



Dressmann
The Nordic region's largest fashion chain in menswear covering the total clothing needs of men of all ages. A full range with everything in basic and casual clothing and in sizes up to 9XL.
Prästgatan 39, Östersund
+46 10-206 89 52 | Dressmann.com



Ej:s Hälsokost EKOVARUHUSET
Wide range of organic skin care products, dietary supplements, herbal remedies, herbs, eco-foods, eco-home products and non-toxic toys and baby products.
Kyrkgatan 74, Östersund
+46 63-10 19 60 | ejshalsokost.se



Jamtli Butik
The gift shop which is open all year round, including Sundays. Here you can find sources for inspiration and knowledge for the whole family.
Museiplan 2, Östersund
+46 63-15 03 03 | jamtli.com



Kandy'z
Sweet shop & ice cream café – with over 1000 different varieties of sweets. We have Östersund's widest range of sweets.
Bangårdsgatan 34, Östersund
kandyz.se



Kärnan Blommor
At Kärnan Blommor, trained florists who focus on craftsmanship work, open every day of the week.
Kärnan Galleria, Östersund
+46 63-51 08 71 | IG: karnan.blommor



Kärnan Galleria
One shopping mall – lots to discover! Fashion. Furnishings. Flowers. Beauty. Bookstore. Pharmacy. Café. Newsagent. Toys. Pick Pack Post. Welcome!
Prästgatan 45, Östersund
#karnangalleria



Eurosko
A modern shoe store with a wide selection for the whole family.
Prästgatan 37, Östersund
+46 70-888 19 04 | eurosko.se



Fanny
The fashion store with the best service, wide range, and affordable fashion from well-known brands.
Kärnan Galleria, Östersund
+46 63-10 60 13 | fannybutikerna.se



Fin InUnder
Service, quality and function. Lingerie, Swim wear, tights and more.
Hamngatan 10, Östersund
+46 63-10 27 70 | fininunder.se



Frösö Handtryck General Store
One of Sweden's oldest hand printing companies, that offers collections in collaboration with most reputable Swedish artists and designers.
Storgatan 19, Östersund
+46 63-434 40 | frosohandtryck.se



Lagerhaus
Lagerhaus – we create happy places! We will help you to create a personal, cosy home and inspire you to happiness in your everyday life.
Kärnan Galleria, Östersund
+46 63-10 10 86 | lagerhaus.se



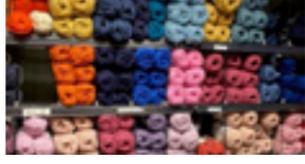
Landbys, Jaktia Östersund
Jämtland's oldest outdoor shop, founded in 1890. The right equipment for your adventure. Knowledgeable staff and a complete range in hunting, fishing and leisure for the outdoor life.
Hagvägen 9 (Lillänge), Östersund
+46 63-18 90 00 | landbys.se



Larssons Guld SMYCKA
The shop that loves jewellery and watches. A lot of well-known brands as well as the Brunkulla-jewellery.
Kyrkgatan 45, Busstorget, Östersund
+46 63-51 24 27 | smycka.se/butik/54



Lekia Kärnan Galleria
Your toyshop in the city Centre of Östersund.
Kärnan Galleria, Östersund
+46 63-808 11 | lekia.se



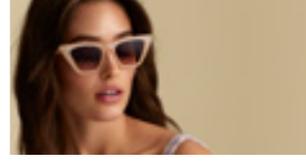
Garntorget
A shop full of different yarns, patterns, sewing & embroidery accessories.
Gustav III:s torg, Östersund
+46 63-10 11 60



Gaaltije butik
Buy goods from Saepmie: knives, reindeer skins, jewellery, handicrafts and books and local reindeer meat of the highest quality.
Köpmangatan 58, Östersund
gaaltije.se



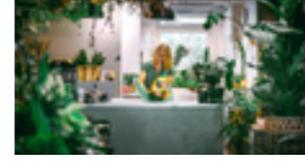
Gaupa Hantverk
The store with genuinely personal and locally produced crafts from many of the region's creators.
Zätagränd 1, Östersund
+46 76-945 65 15 | gaupa.se



Glitter
A chain store with online shopping that offers jewellery, genuine silver and hair accessories. Always with good service.
Mittpunkten Galleria, Östersund
+46 63-10 66 60 | glitter.se



Lilla Larssons Guld
A modern goldsmith shop that offers jewellery from Efvä Atgling, Drakenberg Sjölin and Schalins Ringar and more.
Prästgatan 24, Östersund
+46 63-51 04 74 | lillalarssonsguld.se



Linnean Blommor & Design
In our inspiring oasis we have a large selection of cut flowers and plants for indoor and outdoor environments.
Brunflovägen 13, Östersund
+46 63-10 47 64 | linnean.se



Magnolia Blommor & Interiör
Welcome to our thriving store! We have a wide selection of plants, cut flowers and furnishings.
Bangårdsgatan 15F, Östersund
+46 63-220 63 | magnoliablommor.com



Meindl Concept Store
Unique quality products for outdoor activities. Sweden's largest range of MEINDL – Hiking boots and walking shoes.
Chaufförvägen 19 A, Östersund
+46 63-391 64 03 | meindl.se



Mormor Ainas Vind
Lifestyle store with hand-picked second-hand goods and furniture as well as a smaller part newly produced. Reuse at its best.
Tjalmargatan 6, Östersund
mormorainasvind@jabab.se
IG: mormorainasvind



mStore
As an Apple Premium Reseller we have a complete range of products, services and accessories- and the knowledge needed to be able to guide you correctly.
Prästgatan 23, Östersund
+46 770-33 99 55 | mstore.se



Mittpunkten Galleria
20 stores under the same roof, own garage and generous opening hours. Mittpunkten – One Stop Shopping!
Kyrkgatan 66, Östersund
mittpunkten.net



Naturkompaniet
Products for an outdoor life with well-known brands. Our experienced staff will guide you to the right equipment for your adventure.
Prästgatan 31, Östersund
+46 63-10 25 15



Svedberghs Guld
We have the popular Snow heart-jewellery. Here you will find engagement- & wedding rings from Schalins as well as a variety of other jewellery from several fashion brands.
Prästgatan 42, Östersund
+46 63-51 16 26 | svedberghsguld.se



Te-Centralen
Specialty store for tea with own import. Sweden's oldest tea shop online.
Biblioteksgatan 13, Östersund
+46 63-12 36 88 | tecentralen.se



TeloGott
Wonderful tastes and heavenly aromas in a handpicked assortment of chocolates, coffee, tea, confectionery, cigars and other local products. We have our own coffee roastery.
Prästgatan 40, Östersund
+46 63-12 13 41 | telogott.se



The Body Shop
We have the latest products in store, for example our body butters which are completely vegan and of 95 % natural origin. Home delivery.
Prästgatan 28, Östersund
+46 63-10 39 31 | thebodyshop.se



Norma Jeane Blommor med detaljer
A unique store with a large selection of cut flowers, potted plants and interior products.
Kyrkgatan 74, Östersund
+46 63-10 75 75 | normajeaneblommor.se



Optikern i Jämtland
As a local and independent optician, we can sell selected products of the highest quality from the best suppliers. Welcome to us at Optikern.
Thomégränd 16, Östersund
+46 63-18 02 80 | optikern.z.se



Peak Performance Östersund
Snow covered mountains, city streets and remote forest trails – it's all home to us. We create innovative casual and active wear for a life on the move.
Kärnan Galleria, Östersund
+46 63-10 10 29
peakperformance.com/se



PickPackPost
A new type of parcel agent and facility management company intended to provide a more modern and more efficient experience with parcel delivery. Also, PopUp Market.
Kärnan Galleria, Östersund
+46 10-470 95 53 | pickpackpost.se



Tintinstyle & Zmillas
Fashion store with a wide range and personal service. You will find most things in fashion, shoes and accessories.
Prästgatan 36, Östersund
+46 63-13 00 35 | tintinstyle.se



Triumph
Triumph – a lingerie store for everybody. With a big assortment.
Kärnan Galleria, Östersund
+46 63-10 60 15 | se.triumph.com



Tygcenter
In the heart of Storgatan you will find Tygcenter. Cozy and unique shop with a fantastic range of everything you need for your sewing and knitting adventures.
Storgatan 30, Östersund
+46 63-10 33 70 | tygcenter.se



Ur & Penn
Sweden's leading store chain for watches and fashion accessories. Affordable assortment with everything from stylish to sporty watches and trendy accessories.
Mittpunkten Galleria, Östersund
+46 10-405 66 87 | uropenn.se



Rituals Cosmetics
Large assortment of exclusive and affordable products for body and home. We hope to enrich your life with unique, personal, carefully selected fragrances.
Mittpunkten Galleria, Östersund
+46 63-10 50 00
rituals.com/sv-se/home



Slaktar'n i Östersund
Butchers, charcuterie and restaurant. Own production of charcuterie without additives. Animals farmed with natural grazing.
Stortorget 2, Östersund
+46 63-660 44 60 | slaktarn.nu



Starlanders Urhandel
Starlanders Watch shop, located in the shopping mall Kärnan. Sells watches, as well as repair work, battery and watch strap replacement.
Kärnan Galleria, Östersund
+46 63-10 60 27 | klockmaster.se/butiker/ostersund



Storsjöhyttan Glass Works
Jämtlands first glass works run by two female artisans. See how the hot molten glass is shaped into beautiful objects. A studio, shop and gallery.
Hamnen, Östersund
+46 63-13 36 30 | storsjohyttan.com



Väskan
A store with a wide range. You will find brands like Fjällräven, Samsonite, Hestra, Ulrika Design and many more.
Prästgatan 24, Östersund
+46 63-10 26 20 | vaskan.se



Westvalls
Westvalls is one of Sweden's oldest men's stores. We have been selling quality clothes to men of all ages since 1930.
Prästgatan 37, Östersund
+46 63-51 46 50 | westvalls.se



Ähléns
Take advantage of the warmer days and lighter evenings. Our latest products in the home department will help you make a room for life outside.
Prästgatan 35, Östersund
+46 63-415 00 | ahlen.se

Here in Östersund there are several local treatment salons. Here you can get good advice for health and skin care. Treat yourself to a moment of recovery and a prosperous overall experience at certified therapists and hairdressers.

HEALTH & BEAUTY



Care of You Skin Studio
A professional beauty and skin care studio. Wide range of treatments. We are all certified skin-care therapists.
Storgatan 39, Östersund
+46 63-12 46 00 | careofyoustudio.se



Hudateljén
Skin care salon in the middle of town with authorized skin therapists. A variety of treatments in a calm and relaxing environment.
Storgatan 34, Östersund
+46 63-51 25 45 | hudateljjen.com



Lilla Skönhetsalongen
Certified therapists with your well-being as their highest priority. Here you are welcome when you would like to treat yourself. From lashes and nails to massage and foot care.
Postgränd 12, Östersund
+46 70-598 73 63 | lillaskonhetsalongen.se



Max Frisering
Max hairdressing is a strong team of hairdressers in constant development with the goal of giving you a personal holistic experience.
Hamngatan 11, Östersund
+46 63-51 03 15 | maxfrisering.se



Skönhetscenter
Well established salon with the latest in skin, foot and hair care. Tattoo removal, and aesthetic injections.
Stortorget 6, Östersund
+46 63-12 80 87 | skonhetscenter.nu



Turkos hudvård & hälsa
Carefully selected range with dietary supplements and organic skin care for you and the whole family's wellbeing.
Köpmangatan 34, Östersund
+46 63-12 23 13 | turkos.se



Apotek Hjärtat
A pharmacy that cares. Welcoming and easy for customers, personal guidance, and a wide assortment. Located in ICA Maxi, ICA Kvantum in Östersund and in Lit
+46 771-40 54 05 | apotekhjartat.se



Apoteket Kärnan
Body care and make up, vitamins and dietary supplements, prescriptions, pharmacy.
Kärnan Galleria, Östersund
+46 771-450 450 | apoteket.se



Kronans Apotek Mittpunkten
Kronans Apotek is here for you. Regardless of your individual needs, we are here to help you. Welcome to contact us.
Mittpunkten Galleria, Östersund
+46 771-61 26 12 | kronansapotek.se



ACCOMMODATION

Östersund offers a full range of accommodation, from the well known hotel chains to family run B&B's and camping sites. The one thing they all have in common is that most attractions are close by, many within easy walking distance.



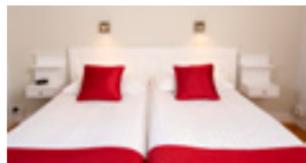
Best Western Hotell Ett
Affordable and personal hotel 1.5 km from city center. Relax with hot pool and sauna. Proximity to nature. Large parking and free Wi-Fi.
Körfältet centrum, Östersund
+46 63-12 76 60 | hotellet.com



Clarion Hotel Grand Östersund
A meeting place for both hotel guests and residents. A full service hotel with focus on hospitality and good food.
Prästgatan 16, Östersund
+46 63-55 60 00
nordicchoicehotels.se/hotell/sverige/ostersund/clarion-hotel-grand-ostersund



Frösö Park Hotel
With magnificent views of the mountains on Frösön. The hotel offers 139 hotel rooms a large indoor gym, an outdoor exercise park and an award-winning spa.
Cronstads väg 2, Frösön
+46 63-16 50 00 | frosoparkhotel.se



Hotell Emma
Charming hotel in the city centre. Breakfast buffet with local touch. Wi-Fi, shower, WC, fridge & kettle in all rooms. Garage, access to gym and bikes.
Prästgatan 31, Östersund
+46 63-51 78 40 | hotelemma.com



Hotell Gamla Teatern
Stay at Hotel Gamla Teatern in an environment beyond the ordinary. Our rooms, public areas are decorated in moulin rouge style. Relax and Hamam. Free parking and Wi-Fi.
Thomégränd 20, Östersund
+46 63-51 16 00 | gamlateatern.se



Hotell Jämtborg
Central, with large free parking. Lobby bar and outdoor seating. Wi-Fi, sauna and pool table. Breakfast buffet. Also rooms with access to kitchen. Electric car charging
Storgatan 54, Östersund
+46 63-51 01 01 | jamteborg.se



Hotell Stortorget
At Stortorget/pedestrian street. Breakfast buffet or a take a way breakfast for people on the go. Parking in P-house. Restaurant, beauty salon and massage service available. SMS code for entry.
Prästgatan 17, Östersund
+46 63-10 05 00 | hotellostd.se



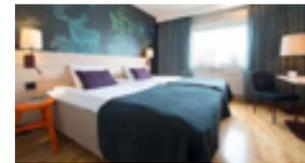
Hotell Zäta Longstay
Best location on pedestrian street. Opened in 2022. Studios with kitchenette. Hotel standard. Shared kitchen, laundry room, garage. Cheaper the longer you stay.
Prästgatan 32, Östersund
+46 63- 51 78 60 | hotel-z.se



Hotell Östersund
The spa hotel in the middle of the city. We offer accommodation, spa, conference and restaurant under one roof. Welcome to book your stay.
Kyrkgatan 70, Östersund
+46 63-57 57 00 | hotelostersund.se



Leopold Boutique Hotel
Turn-of-the-century environment in the heart of Östersund. Cozy atmosphere. High ceilings, large windows anno 1914. 7 rooms with private bathroom, breakfast buffet.
Prästgatan 26, Östersund
+46 63-22 333 | leopoldbb.com



Scandic Östersund Syd
Scandic, "your friend in town". Sustainable, comfortable & free parking. A place to hang out with family & friends. Visit our cozy restaurant or have a meeting with colleagues.
Kronrikesvägen 97, Östersund
+46 63-685 86 00 | scandichotels.com



Sure Hotel by Best Western Älgen
A family friendly and affordable hotel close to the train station and Östersund center. Free Wi-Fi. The price includes breakfast.
Storgatan 61, Östersund
+46 63-51 75 25 | hotelaelgen.se



Pensionat Svea Bed & Breakfast
Affordable, central, 300m from railway station. Free parking. Self-catering. Pets allowed. Breakfast included.
Storgatan 49, Östersund
+46 63-51 29 01 | jamteborg.se



Jamtli Vandrarhem
Do you visit Östersund at work, to meet friends or to spend a day or two with the family at Jamtli? Here is the accommodation for you!
Museiplan 2, Östersund
+46 63-15 03 00 | jamtli.com



Multi Challenge Vandrarhem
Fresh, affordable hostel. Shared kitchen and living room with TV, free Wi-Fi, free parking directly at the entrance. Tiki Grill and Restaurant in the building.
Tjalmargatan 1, Östersund
+46 63-14 05 40 | multichallenge.se



STF Östersund Ledkryset
Mountain-inspired hostel in the middle of town with rooms of all sizes. Outdoor terrace, TV room, playroom, garage and Wi-Fi. Buffet breakfast and self-catering kitchen.
Biblioteksgatan 25, Östersund
+46 63-10 33 10 | ostersundledkryset.se



Frösövallens Vandrarhem
Beautiful views over the mountain area. Rooms from SEK 270/night. Service building. Camp site for caravans/tents. Wood fired sauna. Walking distance to Frösö Church and Sommarhagen.
Stockevägen 3, Frösön
+46 76-792 38 89 | frosovallen.se



Kvarnsveds vandrarhem
Rooms for rent at beautifully situated hostel on Frösön. Close approx. to grocery store, bus connections, downhill slopes, running/ski tracks and outdoor activities.
Fröjavägen 64, Frösön
+46 70-293 30 39 | kvarnsveds@gmail.com



First Camp Frösön-Östersund
Beautifully located with views of Lake Storsjön. Self-catering cabins with 4/6 beds, simple camping cabins 4 beds. Mini golf & wood-fired sauna.
Rödövägen 3, Frösön
+46 63-432 54 | firstcamp.se/destination/frosen-ostersund/



Östersunds Camping
Everything from 2-bed rooms with shared kitchen and bathroom to large 74 sqm cottages. Campsites with or without electricity, as well as with water and sewage.
Kronrikesvägen 95 C, Östersund
+46 63-14 46 15 | ostersundscamping.se



Lits Camping & Canoe
Beautifully located by the river Indalsälven, 20 min by car from Östersund. Cottages, tent- electricity / caravan pitches. Wi-Fi. Beach. Canoes and Kayaks for rent.
Härkmon 125, Lit
+46 642-102 47 | litscamping.com



Sandvikens Camping & Stugby
Located in a scenic environment right by Lake Storsjön. Eat well in our restaurant, fishing, swimming, trampoline and playing mini golf.
Sandviken 130, Frösön
+46 63-370 08, +46 70-331 61 24
sandvikenscamping-stugby.com



READ MORE ABOUT
ACCOMMODATION AT
VISITOSTERSUND.SE

WELCOME BACK THIS WINTER!



Welcome to Östersund Tourist Center

Storgatan 27 | +46 63-701 17 00 | visitostersund.se

We'll help you with information and tips about Östersund. We have souvenirs, handicrafts and the little Storsjöodjur/ Great lake monster, Birger books, softtoys and more.

Open:

June 26–Aug 27, Mon–Fri 10–16.
Ordinary opening hours Mon–Fri 10–15.
Midsummer evening closed.

We offer our guests free Wi-Fi

You also meet us via:

info@visitostersund.se
[facebook.com/visitostersund](https://www.facebook.com/visitostersund)
[instagram.com/visitostersund](https://www.instagram.com/visitostersund)
Download our app "Deztinations", where apps are.





FRÖSÖN

ÖSTERSUND

Storsjön

LEAVE A COMMENT AND WIN A HOTEL WEEKEND!

We are raffling off a hotel weekend for two people, among those who answer.



What do you think of Östersund?

We would appreciate it if you would take a few minutes of your time to answer a few questions about your stay.



What do you think of this brochure?

What did you like? What did you miss?

