



Östersund Tourist Guide

The four “Must See and Do’s” when visiting Östersund

- ▶ Jamtli Museum
- ▶ Gustavsbergsbacken on Frösön Island
- ▶ Storsjöbadet (Swimming Complex)
- ▶ Moose Garden

Municipality Facts 01

Population
58 600

Area
2 517 km²

Regional Center
Östersund

County
Jämtland

More Information 02

Internet
www.ostersund.se
www.turist.ostersund.se

Newspapers
Östersundsposten
Länstidningen

**Tourist & Conference
Bureau in Östersund**
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063-14 40 01
turistbyran@ostersund.se
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Notes 03

Emergency	112
Police	114 14
Country Code	+46
Area Code	063

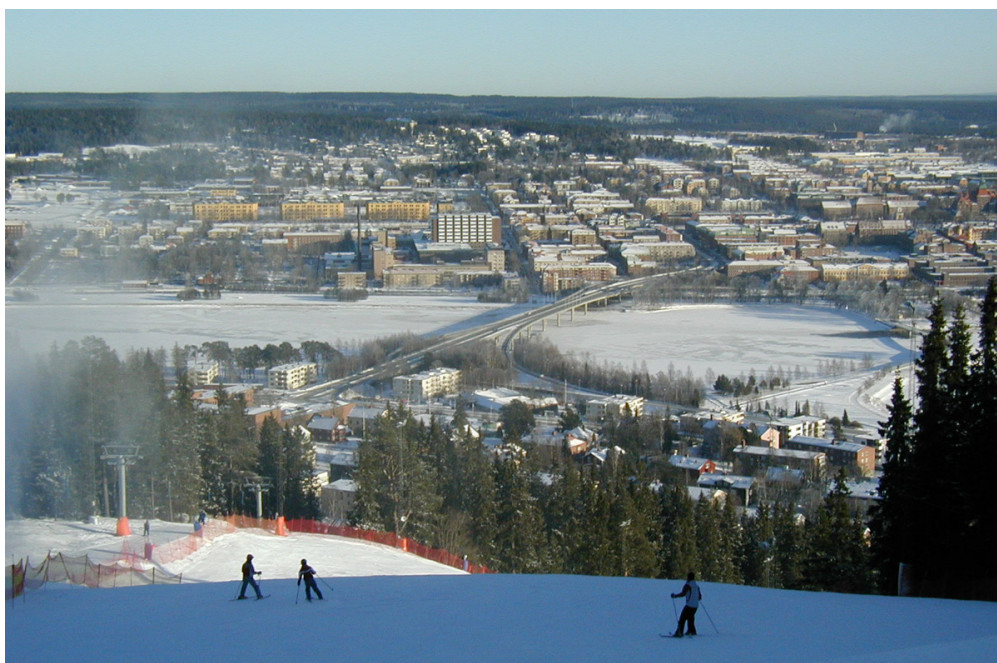


Photo: Östersunds kommun

Welcome to Östersund & Frösön

Östersund is easy to get to know. Everything is close and there are lots of adventures, attractions and events in the area. Seasons change from the bright summer nights, to glittering winter nights or to sunny spring days.

You are welcome to discover Östersund and the surroundings!

Östersund

The residential city Östersund is in Jämtland, along Lake Storsjön. The city is surrounded by a beautiful nature with lakes, mountains and the northern lights, a perfect place to hike or ski. The Moose is Jämtlands provincial animal and there is a good chance to see one in the open, there is also arctic fox, lynx, wolf and wolverine.

The city also has a rich cultural life, including Historieland and Jamtli Museum. The museum, which is one of the city's most popular tourist destinations, also arranges events such as the Christmas market, Jamtli Vinterland, Jamtlinatt and Midsummer.

The Storsjö Theater, which has two stages, organizes several concerts and exhibitions each year. There are also exhibitions, events, conferences and seminars. Each year, the Storsjöyrän is held, which is Scandinavia's oldest and largest street festival in Östersund. The festival started in 1963 and in connection with the Republic of Jämtland. Now, the festival has approximately 55,000 paying visitors each year and then the entire city is covered in the colors of the Republic of Jämtland's flag - blue, white and green.



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See and Do

If you want to enjoy good food, then you have come to the right place since Östersund is one of Sweden's largest cafe and tavern cities consisting of about 50 restaurants. Östersund is a major shopping area with over 300 stores. The city center mainly consists of Prästgatan, which is a pedestrian street and main street. During three days in March each year is the Gregoriamarknaden (market) with 1,000-year-old traditions. If you like to window shop, you have come to the right place, Östersund is the city in Sweden, which has the largest number of shopping windows per capita.

History

King Gustav III signed a letter from 1786 which announced that a city with the name "Östersund" would be built in Jämtland. At the time, there was only a big courtyard where Östersund is today.

People were drawn to live here by the various benefits offered. Anyone who moved here had the right to pursue trade in the fabric industry or handicrafts, without restrictions which were otherwise in effect

during this time. The new residents were also drawn here by a 20-year tax-free period. In the beginning, this made Östersund a typical new settlement with widespread lawlessness. The square was full of stumps, alleys consisted of topsoil, and pigs went freely in the city.

In the mid 1800s the residents began to build, then the growth for trade and crafts began to slowly gain momentum. When the railway was inaugurated in 1879, triggered intensive development. New buildings built up and the town's population doubled to 4000 inhabitants. At the turn of the century, Östersund had a central bank, grammar school, Artillery, the present railway station and electric street lighting.

Swimming

Lake Onsjön

At Lake Onsjön, 15 km west of Östersund, is a bathing area for the entire family. We have a diving platform, 3 volleyball courts, mini golf, sauna, camping possibilities, food and beverage service and kiosk with full serving rights. Parking Fee.

Lövstabadet (Bathing)

Heated outside swimming pool with a splash pool for the little ones, children's pool with three slides, exercise pool, 10 meter diving platform and slides. The Storsjömonster pool is 93 meters, and the Kamikazi is a free-fall of almost 55 meters and boat slide of 85 meters with curves. To go down the water slide, you must be able to swim. There is a large grass area on the southern side of the hill.

Fröjavägen, Frösön

+46 63-10 84 90

froson@elon.net

Storsjöbadet

On Östersunds Adventure Swimming Complex is a 51 meter long water slide, cave, channel with streaming water, different climate zones and a pool with a trampoline. We also have a children's pool and training pool which is 25 meters. Summer time is here even in the outdoor swimming pool and playground. Relaxation area with steam bath opens the summer of 2008 - after renovation.

Storsjöbadet

Krondikesv. 95 A, Östersund

+46 63-14 31 79

storsjobadet.reception@ostersund.se

Vinterstaden (The Winter City)

Here you can bathe in two wooden hot tubs and enjoy the view of Frösön. It is enclosed and there is also a hole in the ice for bathing, shower / sauna (jointly) and relax area. The price includes bathrobe, towels, soap / shampoo, pastries, fruit and newspapers. It is also possible to rent a tub and have access to the facility for three hours.

+46 70-231 49 19

www.vinterstaden.se

Family Activities

Animals and Fun Farm

At the Animals and Fun Farm there is horse riding for children. At the time of advance booking, it is possible to schedule a horseback riding tour through the forest. Although, there are certain times during the summer when the horses are out to pasture and tours are stopped.

Djur o Kul Gården i Torvalla, Östersund

+46 63-818 44



Photo: Östersunds kommun



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See and Do

Frösö Zoo

At Frösö Zoo there are more than 700 animals from all over the world. It also has Sweden's largest Tropical house and Norrland's only biological museum. There is also a dinosaur exhibition, fair and a circus.

Familjeparken, Frösön

+46 63-51 47 43

www.frosozoo.se

Moose Garden

Here you can join us on a guided tour among domesticated Moose - the King of the Forest. If the Moose are in the mood, you can pet and feed them.

Orrviken 145, Orrviken

+46 63-404 80

info@moosegarden.com

www.moosegarden.com

Änge 4H Farm, Frösön

You are welcome to the farm and see rabbits, hens, calves, goats, and much more.

Änggård, Frösön

+46 63-439 00

Fishing

Lake Lillsjön

Here is where you can catch up to 3 fish per day without a fishing license. The lake has Rainbow Trout, Perch, Grayling, Trout and Whitefish. Keep in mind that during certain periods, fishing is prohibited. Information is provided on signs at the lake and advertised in the newspapers.

+46 63-57 14 16



Photo: Östersunds kommun



Photo: Shutterstock

Lake Locknesjön with Musviken

In this lake, all forms of sport fishing is allowed and each year 2-3000 trout are taken. Here you can also fish for Arctic Char, Trout, Grayling, Whitefish, Pike and Burbot.. Each year, there are bus loads of visitors for the special "sikfisket" in Musviken.

Lockne Fisk +46 63- 75 30 82

Lower Hårkan and Långån Rivers

In Kallsta, there is 62 kilometers of easily accessible waters with wild rapids, streams and calmer waters. Here you can fish for Grayling and large Brown Trout. It also offers excellent canoe fishing.

Nedre Hårkans Fvo +46 642-210 94,

Nedre Långans Fvo +46 640-370 12

Museum

City Museum

The City Museum cares for and preserves historical and cultural memories, such as the Kings letter founding the city. There is also the exhibition of our little town.

Föreningen Gamla Östersund

Rådhusgatan 42, Östersund

+46 63-12 13 24

Jamtli Historyland och Museum

The museum's biggest attraction is the 1,000-year-old Överhogdals tapestries. Europe's oldest and perfectly preserved art tapestry. During the winter, Vinterland is open at Historyland with snow and activities from the past. In the summer, there is an entire village with farms and shows how people lived in the past. Here, the hours fly away while baking flat bread, and going on Historical walks. The museum has three stars in the Michelin Guide.

Jämtlands läns museum

Museiplan, Östersund

+46 63-15 01 00 /10

www.jamtli.com

Nature

Odensalakärret Nature Reserve

Odensalakärret lies on the slope down to Lake Storsjön, and is one of Sweden's most well known locations for Orchids. Here are the Fly Orchid, Royal Helleborine and Fragrant Orchid. To find us, drive south from Odensala Center, taking the south / old entrance to Östersund, then follow the street Tavelbäcksvägen west all the way to the end of the road.



Tourist Guide Östersund

See and Do



Photo: Östersunds kommun.

Worth Seeing

Frösö Tower

At Frösö Tower highest point, which is 481 meters above sea level, is the Frösö Tower which opened in 1982. The tower is fitted with a lift and has a built-in look out platform that goes 14.5 meters up and has large binoculars for viewing.

Kastalen (Keep)

Jämtlands only surviving Kastal ("Keep" - medieval tower) is at Brunflo Church. The Kastal is 30 meters high and was built as a defense tower but was later used as lookout post and bell tower. The ancient grave hill is from the Iron Age and is located a few hundred meters Northeast of the church.

Brunflo Kyrka Vaktmästeri +46 63-207 12

Verkö Castle

On the island Verkön which is about 2 km long and just over 1 km wide, is Verkö Castle built in 1905. It has a restaurant, meeting rooms, hotel rooms, hostels and cottages in turn of the century style. The Steamship Thomée and the islands own Taxi boats operate here.

www.verkoslott.se

Other

Cross Country Skiing

There are lighted trails at the following locations:

Lövsta, Lake Frösön - Calm and quiet in a walking friendly track. 3 km lighted trail, and unlit trails.

Östberget, Lake Frösön - very hilly terrain, 2.5 km

Lugnvik - Perfect for families with children and pensioners because it is not so steep, 2.5 km

Dog walks on Wednesdays 2000-2200

Östersund - Brunflo 5 km, Fåker 2.2 km and 2.5 km Genvalla, Hara 3 km, Håggenås 2.5 km and 2.4 km Lillsjöhögen, Lit 2.5 km and 2.7 km Marieby, Norderåsen 2.7 km, North Lit 2.2 km, Orrviken 3 km, Kurgan 2.6 km and 2.5 km Tandsbyn

Spikbodarna, Östersund - Recreation Area with mountain dairies and seasonal cabins along the tracks. Here is a skiing and running track, with and without artificial lighting. Lighted trail 2,5-15 km

Skiing

You can go skiing in Östersund (aka The Winter City), on the hills Gustavsbergsbacken and Silverlingbacken. The hills are 480 and 100 meters long and has both day and evening skiing. Skis can be rented from Stölands Ski Service which is next to the slopes. The Ski Pass applies for Gustavsberg and Silverling along with Litsbacken (520 meters in length) which is a little over two miles outside of Östersund.

Östersund, The Winter City – Frösö Ski Playground

On the island Frösön, is Europe's largest ski playgrounds for playful learning. There are three different difficulty levels, Hästhagen is the easiest, Lövestadet is medium, and hardest the hardest is Gustavsbergsbacken. The ski games are for children of all ages and even adults as well. Includes skis and we recommend to book a place to avoid long lines.

**+46 63-14 30 40,0 46 70-657 49 81,
+46 70-2224707**

www.ostersund.se/skidlek

SOURCES

Östersunds Tourist Bureau

www.turist.ostersund.se

www.kommunernaskalender.com

www.eurotourism.com

www.dagspress.se

Med reservation för eventuella ändringar



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väderprognoser
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www.eurotourism.com/se



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och samma ställe*

www.breg.se

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