



Nyköping Tourist Guide

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

- ▶ Sörmlands Museum
- ▶ Sörmlandsleden (Trails)
- ▶ Nature Reserves around Aspnäset
- ▶ Vivesta Seabath

Municipality Facts

01

Population
50 700

Area
1 562,75 km²

Regional Center
Nyköping

County
Södermanland

More Information

02

Internet
www.nykoping.se
www.nykopingsguiden.se

Newspapers
Södermanlands News
www.sn.se

Tourist Bureaus

Nyköping Tourist Bureau
Rådhuset, Stora Torget, Nyköping
+46 155-24 82 00
turism@nykoping.se
www.nykopingsguiden.se

Skavsta Tourist Bureau
Ankomsttorget, Stockholm-Skavsta
Airports, Nyköping
+46 155-24 87 27
skavstatourism@nykoping.se

Notes

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Emergency 112
Police 114 14
Country Code +46
Area Code 0155



Discover Nyköping from canoe. Photo: Nyköping Turistbyrå

Welcome to Nyköping

Nyköping is located on the coast only an hour south of Stockholm. Its proximity to the major cities of Europe via Stockholm Skavsta Airport, along with the archipelago and cultural landscape of Sörmland makes Nyköping an attractive place to live. Approximately 35,000 people live in central Nyköping and about 50,000 in the municipality.

The one km long street called Storgatan, features small designer boutiques and clothing shops. The stores H&M and the grocery chain ICA, offer brands such as Filippa K, Philippe

Starck and Kalles Kaviar.

During the summer, the harbor comes alive with restaurants and handicraft shops. Several shopping areas are located at the southern and northern entrances to the city, which is practical for anyone going to the countryside or passing through by car.

There are many things to do in the area; climb a mountain, take a guided kayak or boat tour, discover a bargain at one of the auctions, or cycle along Näckrosleden with a picnic and enjoy a day in the nature.



Tourist Guide Nyköping

See and Do

History

Nyköpings History

Nyköping has a long history going back about 2000 BC. Artifacts have been found and documented from settlements along the Nyköping river. Even to this day, the river attracts many people to the area. Nyköping became an industrial town after 1700 and a leader producing brass. In the 1900s, companies such as NK (furniture), SAAB-Ana (automobiles and airplanes) and at Skavsta (Now Stockholm Skavsta Airport) the F11 were established. In particular, among the cultural figures in the last decade are Ulf Olrog and and Birgit Cullberg.

Swimming

Bathing Places

You will find many fine swimming places around Nyköping. Our coast is lined with wonderful archipelago and many fine beaches and cliffs for bathing in Östersjön. There are also many inland lakes to enjoy.

Hjortensbergsbadet - Indoor Bathing

Hjortensbergsbadet, Nyköping
+46 155-24 89 15

Inland Lake Bathing

Bålsjön - Ålberga, approximately 20 km west of Nyköping, on old Rt E4 towards Norrköping, take the exit to Kvarsebo in Ålberga.

Båven - Ripsa, approximately 25 km north of Nyköping, Rt 53 towards Eskilstuna, exit towards Ripsa near Råby School (Råby skola).

Buskhytan - Rt 511, approximately 10 km south of Nyköping.

Hallbosjön - Vrena, Rt 52 towards Katrineholm, approximately 20 km northwest of Nyköping.

Lidsjön - Råby, Rt 53 towards Eskilstuna approximately 17 km north of Nyköping.

Rinkebybadet - Jönåker, old Rt E4 towards Norrköping.



There are many bathing places around Nyköping. Photo: Shutterstock

Stavsjön - Stavsjö, old Rt E4 south of Nyköping.

Sea Baths

Swimming in the Baltic Sea (Sea Baths):
Buskhytan - Take RT 511 South.

Kovik - About 20 km from Nyköping, RT 511.

Lappetorp - RT 219 North.

Rinkebybadet - Jönåker, 18 km West of Nyköping, take old RT E4 towards Norrköping, exit at Jönåker Golftrack.

Näveklarn - About 20 km South of Nyköping, Rt 511.

Helgöbadet - 15 km East of Nyköping, RT 219 North, towards Trosa.

Skeppsvik - Näveklarn

Stendörren - At Stendörren Nature Reserve, the archipelago can be reached by boat. Park your car/buss and take a walk on the

suspension bridge to the island which offers wonderful views over ocean. Road 219 towards Trosa.

Strandstuviken - Arnö. Rest area, grill areas, phones, restrooms and a special path/track made for wheelchairs. A beautiful 3-star camping is located near the ocean, approximately 9 km southeast of Nyköping. Bathing areas for smaller children and good for fishing along with many other activities.

Örstignäs - Arnö
www.vivestahavsbad.se

Family Activities

Boda Borg

Boda Borg has something for all ages, both strong girls and smart boys are needed. This is a place for creativity and physical challenges and inspires the team spirit.

Oxelösund

+46155-308 08

www.bodaborg.se/oxelosund_10.aspx



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See and Do



Trout fishing. Photo: Shutterstock

Canoe Rental

Canoe rental at the harbor in Nyköping.
Sea Kayaks and Canoes.
+46 155-21 72 30, +46 70-659 21 96

Helgö kayak cafe rents kayaks in Tystberga.
+46 155-22 06 05
www.paddling.se

Näveklarn Kayaking in Näveklarn has kayaks for rent. +46 155-502 05
www.naveklarnkajak.se
+46 155-21 72 30, +46 70-659 21 96

Kolmårdens Zoo

Kolmården is big and there are many things to do besides walking and looking at the animals. Dolphin shows, bird shows, camel riding and guided animal tours are only a few examples.

+46 11-24 90 00
www.kolmarden.com

M/S Labrador

Even if you don't have your own boat there are still possibilities to enjoy the beautiful

archipelago of Sörmland! The M/S Labrador offers scheduled trips through the Sörmland archipelago, during the summer. You can also charter the boat for trips through the archipelago of Stockholm or Östergötland.
Västra Trädgårdsgatan 6, Nyköping
+46 155-26 71 00, +46 70-719 68 11
info@mslabrador.se

Palstorps Hage (Playground)

En adventure for the entire family, 10 km South of Nyköping.

+46 155-580 29
www.palstorphage.se

Playgrounds

The largest playgrounds in Nyköping are at Träffen and the Harbor. At Träffen, there's a climbing tower, hanging bridges, helter-skelters, a cableway and a sandpit. At the Harbor there are swings, climbing nets, rocking-horses and much more.

The Tourist Train Tuffis

During the summer, Tuffis offers guided tours of the city where you can learn a little history and facts about Nyköping.

+46 73-436 58 91

Örstigsnäs Gård - Horse Riding

Nature riding, riding school and day riding camps. Approved for tourism. Rebecca Steckzén and Hélène Steckzén are responsible for the activities.

Arnö

+46 155-972 96, +46 706-32 87 65
kontakt@orstignas.se

Fishing

Christineholm Spånga Såg - Hostel and Cottage

We offer fishing licenses for the northern part of the river "Nyköpingsån". Here you will find a variety of fish such as pike, perch, salmon and trout. Fishing licenses are offered for short and long periods.

+46 155-24 16 28, +46 70-22 34 252, +46 70-66 90 211
www.christineholm.net

Fishing in the Nyköpingsån River

The fishing range is large in Nyköping and its surroundings. With a fishing license, you can fish the Nyköping river for salmon or ocean trout. Hand-fishing is free along the coast and many of the lakes offer fishing licenses. Fishing licenses can be purchased at the Tourist Office and at Hotel Kompaniet.

+46 155-21 00 91
www.bigsalmon.se/nykoping/



Look at Dolphin shows at Kolmården Zoo.
Photo: Shutterstock



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See and Do



F11-Skavsta was the largest air force base in Sweden for over 40 years. Photo: Shutterstock

Guest Harbour

Nyköpings Guest Harbor

Nyköping offers one of Sweden's best guest harbors with berths for 110 boats and many facilities.

Approximately 1 km to the center of Nyköping.

Number of berth: 110 boats

Depth: 1,6-2,5 m.

Other: Shower, restroom, laundry room, liquified petroleum gas, electricity, gas station (150 m), fresh water, Latrine pump-out point, fresh bread, newspapers delivered to boats, canoes, boat rental, car rental and bicycles.

+46 155-21 72 30, +46 70-659 21 96

www.gasthamn.nu

Nyköpings Harbor

From June to August, Nyköping's summer center is bursting with life from morning to evening. Here are icecream parlors, restaurants, shops and night clubs and live music is often offered at various pubs on

the weekends. Departing from the port are shrimp cruises and boat tours through the beautiful archipelago and each Wednesday is the antique car show at the harbor's square.

Museum

Limited Open Times

Many of the museums have limited opening times. For information regarding opening times, please contact the respective museum or tourist bureau.

Aktersnurrar Museum

The Aktersnurrar Museum is Närkevarns new marine museum, with old boats, over 70 vintage engines from 1910-1980 and educational information which tells the 100-year history of the outboard engine.

+46 155-333 21

aktersnurrar@navekvarn.se

F11 Museum

F11 Museum offers a look back on a 40-year-

old era of modern Air Force Development. The F11 era began in 1941 and lasted until 1980.

Skavsta Airport

+46 155-21 85 95, +46 70-530 20 74

f11museum@nykoping.nu

www.f11museum.se

Gripe Toy Theater Museum

- The only museum of its kind in Sweden for large and small!

In a permanent exhibition there is a unique collection of puppets on display and donated by the artist Harald Gripe.

Try it yourself with characters' movements, light and sound effects alter the mood in the theater. We also sell backdrops and figures, beautiful postcards and more. The Model Theater Museum has the same hours as the shop or by appointment.

Prästgatan 12, behind Culturum, Nyköping

+46 155-24 89 07

gripemuseet@nykoping.se

www.culturum.com



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See and Do



See a selection of Swedish and foreign outboard engines at The Swedish Outboard History Museum.
Photo: Shutterstock

Children's Culture Center in Nyköping

- A house with activities and experiences for the young at heart!

We create different activities in the shop with new materials and new ideas every week! Drop in for all ages. Even Knattebioklubb (Movie Club), theater performances, and more, see our program on the Internet.

0155-24 89 07

www.culturum.com

Nävekarvns Works Museum

An exhibition of the products produced at the foundry called Näveqvarna Bruk during the years 1850-1950.

www.tunaberg.se/bruksmuseets_ram.htm

River History

Along the river, you can discover 35 different places which tells all about the historical times, the people, the energy, the power and the economics of Nyköping.

www.sormlandsmuseum.se/Startsida/HistorieniSormland/Nykoping/

Stafsjö Factory Museum

The museum exhibits old factory production,

tools and machinery.

Störnings Rd. 3B, Stavsjö

museum.stavsjo.se/english.html

Sörmlands Museum

From a duke to a fisherman, from a palace to boathouse, from the middle ages to the present, Sörmland's Museum has many stories to tell. The museum is located in several buildings around Nyköpingshus, in the center of Nyköping and between the Market and the harbor.

Info and reservations: 46155-24 57 02,

Kungstornet +46 155-24 57 20, Art Hall

with Museum shop:

+46 155-24 57 30

www.sormlandsmuseum.se

The Mining Museum in Koppartorp

The Museum is beautifully placed in the old Mining Village and features many houses from the 17th century. The mine trail is a part of Sörmlandsleden (trail) and the new part is a circular loop at Koppartorp which passes several interesting mines.

+46 155-523 45

www.tunaberg.se/gruvmuseumets_ram.htm

The Pavilion

Culture house with café, events and a trade museum.

Bruksgränd, Nyköping

+46 155-21 50 00

Nature

Labro ängar (Meadow) Nature Reserve

Labro is a small hilly landscape with beautiful open fields and pasture land.

The nature reserve Labro meadow is near the Nyköping community, to the west of the residential area called Bryngelstorp and to the east of Sjösafjärden.

You can walk or drive to Labro meadow. From Bryngelstorp, turn left at the Sparbutiken and follow the signs to Labro ängar. Parking is available at Trillingsbergsvägen.

www.d.lst.se/d/amnen/Naturvard/

Naturreservat/nykoping/labro+angar/

Nynäs Nature Reserve

Nynäs is a nature reserve since 1971 and located North of Studsvik and the bay area of Tvären. The castle of Nynäs is also located at the reserve. The Southern part is the most attractive, from an outdoor point of view due to it's proximity to the sea. There is bathing and boat moorings along with a several beautiful coastal nature trails.

Directions: Nynäs Nature Reserve is located in both municipalities of Trosa and Nyköping. Rt. 219 runs through the reserve between Vagnhärad and Nyköping. Follow the signs to Nynäs Castle (slott).

+46 (0)155-26 40 00

www.d.lst.se/d/amnen/Naturvard/

Naturreservat/nykoping/nynas/



Wheels of old mine cart. Photo: Shutterstock



Tourist Guide Nyköping

See and Do



Reach the archipelago by foot at Stendörrens Nature Reserve. Photo: Shutterstock

Stendörrens Nature Reserve

At Stendörrens Nature Reserve it's possible to reach the archipelago by foot. Park your car/bus in one of the available parking areas and walk to the archipelago via hanging bridges to the islands. Here you will find excellent views over the sea and area. There is a Nature Center at Aspnäset which is open during the summer and also offers different activities.

Take the Rt. 219 to Studsvik, turn right at the sign indicating a Nature Reserve.

Tillsyningsman +46 155-26 31 80, +46 155-26 30 62

Naturum +46 155-26 31 80

www.d.lst.se/d/amnen/Naturvard/Naturresevat/nykoping/stendorren/

Strandstuvikens Nature Reserve

Strandstuviken Nature Reserve is one of the counties most valuable rest places for

migratory birds. The area consist of small winding capes and two ground bays, called Snäckviken and Strandstuviken.

Located south of Nyköping, go to the residential area called Arnö, then follow the road east to Strandstuviken Camp Ground. There is a footpath to the reserve from the parking lot.

+46 155-26 40 00

www.d.lst.se/d/amnen/Naturvard/Naturresevat/nykoping/strandstuviken/

Svanviken-Lindbacke Nature Reserve

The Svanviken-Lindbacke Nature Reserve has been inhabited for a very long time - by a field of graves from the stone age. Stroll around the beautiful countryside and enjoy the Almond flowers, viol and more. There are still traces in the fields from the Iron Age and burials.

Directions: The Svanviken-Lindbacke Nature

Reserve is located at the entrance to the city of Nyköping, west on Oxelösundsvägen. From the city, the easiest way is through Idbäcksområdet. At Stenbärsvägen road, there is a walking and bicycle path under Oxelösundsvägen road. You can also reach the nature reserve along Sörmlandsleden trail from Stora Kunsfadugården.

www.d.lst.se/d/amnen/Naturvard/Naturresevat/nykoping/svanviken+lindbacke/

SOURCES

Nyköpings Turistbyrå

www.kommunernaskalender.com

www.eurotourism.com

www.dagspress.se

Med reservation för eventuella ändringar



Tourist Guide Nyköping

Address & Phone

ACTIVITY/ADVENTURE

Berga-tuna Gård

Berga-tuna Gård, JÖNÅKER

Tel 0155-57001

www.berga-tuna.se

Gästabudstadens Konferens & Event

Wedholms Allé 15B, NYKÖPING

Tel 0155-213214

www.gastabudstadenskonferens.se

Kumari Helhetsscenter

Fruängsgatan 26, NYKÖPING

Tel 0155-284820

www.kumari.se

Ulvstorp

Ulvstorp, BJÖRKVIK

Tel 0155-71554

www.ulvstorp.se

CAMPING

Strandstuvikens Camping

Strandstugeviken, NYKÖPING

Tel 073-9345633

www.strandstuvikencamping.com

CAR RENTAL

Mabi Hyrbilar

Norrköpingsvägen 7, NYKÖPING

Tel 0155-285722

www.mabirent.se

HOSTEL/BACKPACKER

Christineholm

Kristineholm, NYKÖPING

Tel 0155-241628

www.christineholm.net

Nyköpings Vandrarhem

Brunnsgatan 2, NYKÖPING

Tel 0155-211810

HOTEL

Best Western Blommenhof Hotell

Blommenhovsvägen, NYKÖPING

Tel 0155-202060

www.blommenhof.se

Horsvik Hotell & Konferens

Studsvik, NYKÖPING

Tel 0155-263100

Nina's i Kolmården

Sjöviksvägen 80, KOLMÅRDEN

Tel 011-397038

www.ninasikolmarden.se

Park Inn Nyköping

Brunnsgatan 31, NYKÖPING

Tel 0155-293500

www.nykoping.parkinn.se

Wreta Gård AB

Vreta Gård, JÖNÅKER

Tel 0155-720 22

www.wreta.se

RESTAURANT

Minako

Ringvägen 23, NYKÖPING

Tel 0155-215959

www.minako.se

We serve fresh sushi every day!

Stavsjö Krog & Kafé

Stavsjö trafikplats 2, STAVSJÖ

Tel 011-393044

www.stavsajokrog.se

Wreta Gård AB

Vreta Gård, JÖNÅKER

Tel 0155-720 22

www.wreta.se

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