



Destination Östersund

Östersund is one of the main winter sport towns in Sweden. The city has 60,000 inhabitants, but as it is the only city in the Jämtland region its hotels, shopping, restaurants and entertainment cater for a population of almost 120,000.

Östersund is a compact city; activity arenas, hotels, shopping etc are within walking distance. The airport is only 15 minutes by car from the city center.

Each year the city hosts many national and international winter sport events, such as the Biathlon World Cup (World Championships in 2008), Cross-country skiing competitions and World Junior Curling Championships.

Winter:

Östersund has got the best cross-country skiing establishment of Northern Europe, with an ultramodern stadium and 89 kilometres of tracks. Many of Sweden's leading cross-country skiers benefit from the test-lab at the National Winter Sports Centre, which is a research institute branch of the Mid-Sweden University.

On the lake, in the wintertime, you find Sweden's longest ploughed skating track, next to the recreational area "Winter Park", from where most winter activities such as dog sled safaris, snow mobile safaris and kiting depart.

Summer:

Östersund is known for its many family attractions and in the summertime, some of the most popular and visited attractions are Jamtli Historyland and Moose Garden, where the visitor meet tame elks.

Kayaking and canoeing is becoming more and more popular as well as cycling. Nature is easily accessible from the city centre and with only 10 minutes travel by bus or by car you reach primeval forest and nature reserves full of botanical treasures and wildlife.

Gastronomy:

The city is a great place for those interested in discovering Swedish food. Östersund was nominated Sweden's Culinary Capital in 2011 as well as Unesco Creative City of Gastronomy. The kitchen is part of the Nordic gastronomy tradition that has its roots in Sámi reindeer herding, with meat from moose and reindeer, wild berries as blueberries, cloudberries, mushrooms, and from the small scale farming of cheese, bread, strawberries and other farming products. There are many restaurants where you can try local specialties, and special guided tours can be booked.

About us:

Visit Östersund is the joint platform for the tourism industry in Östersund. We represent the tourism companies on workshops and exhibitions. We welcome inquiries and help out in settling contracts between tour operators etc and the local tourism companies.



VISIT
ÖSTERSUND

Visit Östersund is the joint platform for the tourism industry in Östersund, representing the tourism players in regional, national and international contexts.

www.visitostersund.se

Interested in a FAM-trip and /or pictures from Östersund

Please contact: Anna Wersén
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How to get to Östersund

By Air:

Åre/Östersund Airport is situated 15 minutes from the city centre by taxi or airport bus. The airport bus traffics all SAS arrivals/departures.

SAS flies from Stockholm Arlanda Airport to/from Åre/Östersund Airport. The flight takes 50 minutes and there are 6-8 daily flights.

Svenska Direktflyg flies twice daily to/from Östersund to Umeå/Luleå in northern Sweden.

There is also a possibility to fly to Vaernes in Trondheim, Norway. The transfer takes ca 3 hours.



By Train:

Östersund Central Station is trafficked by SJ and Norrtåg.

To / From Stockholm by train (SJ) takes 5-7 hours depending on route. Daily departures with SJ 3000, Sweden's newest and most modern high- speed train.

To/from Sundsvall and Trondheim in Norway there are several departures daily with Norrtåg.

In the summertime Östersund is a hub for the tourist train Inlandsbanan, which travels from Kristinehamn to Gällivare June – August.



By Car:

Many of our guests chose to drive their own car, which gives freedom of movement to reach all the activities.

The distance to Östersund from Stockholm is about 580 km. Gothenburg is about 750 km away and Malmö about 900 km. Trondheim on the Norwegian Coast is 270 km away.

Car rental:

All major car rental companies are represented in Östersund and you also find them at the airport.

Local buses:

In and around Östersund the local buses, Stadsbussarna, are a good alternative to find your way around.

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Östersund – City of Gastronomy

Östersund is a great place to visit if you are interested in discovering Swedish food. The city was nominated Sweden's Culinary Capital in 2011 as well as Unesco Creative City of Gastronomy. The city and the region, with its clean air and fresh water, has a long-lasting culinary tradition and benefits from a unique gastronomic culture based on locally produced sustainable food based on raw material from a large number of organic producers.

The kitchen is part of the Nordic gastronomy tradition that has its roots in Sámi reindeer herding, with meat from moose and reindeer, wild berries as blueberries, cloudberries, mushrooms, and from the small scale farming of cheese, bread, strawberries and other farming products.

There are many restaurants where you can try local specialties, and special guided tours can be booked. Here are a few restaurants represented.

ARCTURA

Arctura is Östersund's highest up restaurant. Here you can enjoy a great lunch buffet full of local food with a beautiful view over Östersund and Frösön.

INNEFICKAN

Innefickan restaurant & bar is a restaurant right in the centre of Östersund. The location is a natural meeting point accessible to everybody and the menu is a mix of Swedish classics and modern cooking from all over the world. High quality local products are used, mainly from the mountains, farms and the forests nearby.

SOLO

SOLO is much more than a restaurant. It is a concept that attracts customers with well-prepared food with local touch, a unique cocktail menu and a captivating and fascination milieu.

TIVARS GÅRD

Tivars gård is a farm shop, selling cheese and locally sourced products. Tivars is situated on a small island outside Östersund and the small restaurant overlooks lake Storsjön and the mountain area. Only local produce from neighboring farms is served.

JÄMT-TINA

Jämt-Tina makes products made out of Sea-Buckthorn. During the summer you can also visit the greenhouse café where you can try different types of Sea-Buckthorn cakes.

THE JAZZ KITCHEN

Östersund's newest concept restaurant where local food and jazz music is mixed into a lovely blend. Breakfast (own bakery) and dinner. Chef's creative tasting menu for groups.



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Östersund - City of shopping

The city centre in Östersund is full of small and large shops. The well-known retail chains are represented here, but there are also unusual and unique shops. During office hours the Prästgatan pedestrian precinct and the adjoining streets are full of people weaving in and out of shops. There are many small, specialist shops whose wares have that little extra something, as well as many second-hand shops and flea markets with potential for a real deal.

If you are looking for something typical of Jämtland and Östersund, you will find that there are many shops specializing in handicraft – both traditional and more contemporary design . Here a few of them are listed:



GAUPA

At Gaupa you will find a large selection of exciting craft objects, mostly of local origin and produced by some 80 craftsmen. The shop is run as a cooperative by five craft businesses in Jämtland.

JAMTLI

Go shopping, be inspired and pop into Jamtli Butik – a shop where traditional crafts and modern design meet. This is the place where you will find presents, souvenirs, Jämtland handicraft, books, toys and much more.

STORSJÖHYTTAN

In the harbor you will find Jämtland's first glassworks, run by three women. Step in, feel the heat from the furnace, see how glass is shaped and shop at reasonable prices. The glassworks produces both art and functional glass, including the beautiful Jämtlandsservisen table set.



DREJERIET

Drejeriet is situated in a carefully restored heritage house, where 11 artisans and artists have a gallery shop. You will find a superb selection of handicrafts and ceramic artwork.

WOOLPOWER

Bargain thermal underwear from Merino wool in terry cloth. One of Sweden's most renowned outdoor producers Woolpower has its factory and factory shop here in Östersund.

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All year round.

Central Östersund has more than 300 shops along the two walking precincts. Outside the city centre there are shopping malls.

Östersund is a fair trade city, which means that you will find an amount of fair trade products, as well as a large selection of local produce from our local farm shops .

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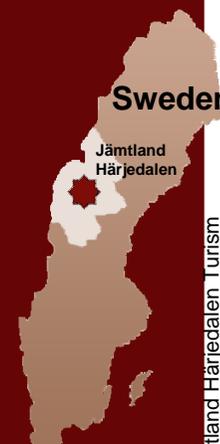
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Jämtland Härjedalen Tourism



Active Family - summer program in Östersund

Day 1 - Kayaking on Lake Storsjön

Kayaking and Lake Storsjön is a good match. Here you can experience enjoyable archipelago kayaking in calm waters but also more challenging crossings far from land and with more wind in your back, depending on your previous knowledge. With a guide we set out on a tour and make a stop along the shores for coffee break or lunch.

3 hour tour: SEK 750/person in shared kayak incl. coffee and snacks. Guide and equipment. Whole Day tour: SEK 1500 incl guide, equipment and outdoor lunch



Day 2 - Take a trip on a bike around Östersund.

There are plenty of nice bicycle routes as well as cross country tracks for those who prefer that. For the day excursion we recommend Andersöns nature reserve, 10 km from Östersund or a trip around Brunflovisen 45 km. Visiting Frösön Island with its many attractions is another appreciated tour.

Bike rental 1 day: SEK 250/person incl. helmet and bicycle map.

Day 3 - Icelandic Horseback riding

Discover the nature from horseback
We ride in a beautiful rural countryside setting, just outside Östersund. An accessible experience suitable for all ages, both for beginners and experienced riders. We try out the different walking arts of the Icelandic horse including the "tölt".

Price: SEK 450/person incl coffee and snack along the tour.

Alternative:

Try out Surfbukten

At Surfbukten, in the middle of Östersund, you can try out wakeboard or water skis, but not after a boat but after a 150 m long cable. An instructor shows you the basics and soon you master the waves and the obstacles.

Price: SEK 300/person



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Summer Season.

Languages spoken by guides included in the tour: english

Medium Price level.

Individual leisure visitors,
Activity visitors
Leisure visitor groups

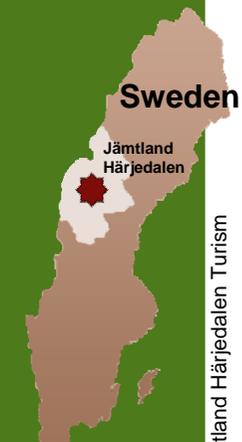
USP: Adventure for the midadventurous – a safe and comfortable way to get close to the nature

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Jämtland Härjedalen Tourism



Culture and Nature-Östersund

Day 1 - Visit Moose Garden

Meet the king of the forest and the Jämtland heraldic animal in an unusual and close encounter. At Moose Garden in Orrviken, just outside Östersund, you can make the acquaintance of tame elks and roe deer. Here you don't just get to see the moose at a distance, those who dare can also enter the enclosure, as the moose is keen on be patted and photographed. On the guided tour you learn exciting facts about the king of the forest and you also get to learn more about the world's only production of moose paper made from the animals droppings – pure cellulose.

Guided tours twice daily
Price: SEK 110/person, children SEK 50



Day 2 - Become a time traveler at Jamtli.

Here you meet the cultural history of Jämtland in an entertaining way. From mid June until end of August you can experience daily life as it used to be at for example the Lillhärdal farm in 1785 and on the Market Square 1895. The actors take you along on a time journey where you experience and learn about history. Meet the women at the summer pasture and learn how to make cheese or join the lumberjacks and try their traditional food "Kolbulle".

A new attraction on the site is the 70's area where we portrait 3 different families living in the 1970's and follow their discussions on energy crisis, green movement etc.

Price: SEK 240/person, children up to 18 free. English guided history walk daily at 14.00



Day 3 – Tour Frösön Island

Historic Frösön has many attractions. Go by bike or by your own car around the island and discover the beautiful surroundings. Take a guided tour at the music museum Sommarhagen, national romantic composer Wilhelm Peterson-Bergers home and pay a visit to beautiful Frösö Church. There are plenty of small, charming summer cafés along the route, most of them enjoying beautiful scenery over Lake Storsjön and the mountain area.

Bike rental SEK 250/person/day incl helmet.
Entrance fee Sommarhagen SEK 60

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Summer Season.

Languages spoken by guides included in the tour: english

Medium Price level.

Individual leisure visitors,
Activity visitors
Leisure visitor groups

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Winter Programme – 3 days

Destination Östersund

Day 1

Cross-country skiing with instructor

75 minutes of instruction in free skate or classic style cross-country skiing for beginners as well as experienced skiers.

Price/Person: SEK 750/ 1 person, SEK 550 / person for two persons, SEK 400/person for 3-6 persons, SEK 325/person for 7-10 persons (+ from SEK 200 for ski equipment).

To combine with: “Have a go at biathlon”

Learn the basics of biathlon with ski instructions, how to handle a biathlon rifle and shooting practice at the World Championship Arena in central Östersund.

Price/Person: SEK 750/ 1 person, SEK 550 / person for two persons, (+ from SEK 200 for ski equipment) .

Day 2

Dog Sled Tour

Enjoy a true winter adventure with the sled dogs setting the pace in a foresty, snow covered landscape.

Price /person 2 hour tour SEK 850 (outdoor coffee) included
Additional charge for transfer service from Östersund City Centre.

Drop in for a dip at Vinterbadet

Enjoy a bath in a wood-fired tub followed by a dip in the frozen lake. Sauna and relaxation unit also available.

Price/Person: SEK 150

Day 3

Snowmobile safari to Moose Garden

Enjoy our wonderful winter landscapes on a snowmobile safari to visit the tame moose at Moose Garden. Minimum 2 participants.

Price: Shared snowmobile SEK 1195.

Also available:

Snowkiting and ice skating on lake Storsjön (feb-march).

Snow shoe walking.

Riding on Icelandic Horses.



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Winterseason :

The products are available
December – March.

Languages spoken: English.

Price level: Medium Price, valid season 2013-2014.

Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups

Östersund is known as the “Winter City” and appointed Creative City of Gastronomy by UNESCO. At Östersund Ski Stadium snow and prepared ski tracks are guaranteed from 1. November.

All activities offered are within walking distance from the city centre or close to bus/taxi connections. The city airport is situated 15 minutes by car from the city centre.

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Winter Weekly programme - Östersund

This programme is offered from December – March.
You can choose to take part in one or all of the activities.

MONDAY

Cross-country skiing with instructor

75 minutes of instruction in free skate or classic style cross-country skiing for beginners as well as experienced skiers.

Price/Person: SEK 750/ 1 person, SEK 550 / person for two persons, SEK 400/person for 3-6 persons, SEK 325/person for 7-10 persons (+ from SEK 200 for ski equipment)

TUESDAY

Dog Sled Tour

Enjoy a true winter adventure with the sled dogs setting the pace in a foresty, snow covered landscape.

Price /person 2 hour tour SEK 850 (outdoor coffee) included
Additional charge for transfer service from Östersund City Centre

Drop in for a dip at Vinterbadet

Enjoy a bath in a wood-fired tub followed by a dip in the frozen lake. Sauna and relaxation unit also available.

Price/Person: SEK 150

WEDNESDAY

Horse Back Riding on Icelandic Horses

Tours on Icelandic horses, for both beginners and experienced riders. We ride in a rural country setting, 15 km outside Östersund. Good public transportations.

Price/ person: from SEK 375 depending on amount of hours.

THURSDAY

Have a go at biathlon

Learn the basics of biathlon with ski instructions, how to handle a biathlon rifle and shooting practice at the World Championship Arena in central Östersund.

Price/Person: SEK 750/ 1 person, SEK 550 / person for two persons, (+ from SEK 200 for ski equipment)

FRIDAY

Snowmobile safari to Moose Garden

Enjoy our wonderful winter landscapes on a snowmobile safari to visit the tame moose at Moose Garden. Minimum 2 participants.

Price: Shared snowmobile SEK 1195

DAILY

Ice Skating: Hire boots and skates and try the 200km long tracks in Lake Storsjön.

Price: From SEK 200

Also available: Snow shoe walking and snow kiting



Winter Season.

Languages spoken by guides included in the tour: english.

Medium Price level.

Individual leisure visitors,
Activity visitors
Leisure visitor groups

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“Join us for dinner” in Östersund

Meet an Östersund family and enjoy dinner

Östersund is a good place to visit if you are interested in Swedish food. The city were nominated as Sweden's Culinary Capital for 2011 as well as Unesco Creative City of Gastronomy. The area is known for having a rich food culture and has many traditional local kitchen. **Östersund will be hosting the 2016 Creative Cities Network Conference!** This means that delegates from approximately 80 cities around the world will visit our Region.

A great way to experience local food and get an insight into everyday life in Sweden in general and Jämtland in particular, is to try the unique culinary concept “Join us for dinner”, which means that you will visit the home of a Swedish family.

The host invites you to a dinner, always with a local connection and with unexpected touches. During dinner, you will get to know the host and get a close look at how an ordinary life is in Sweden. You can choose to visit a family, a couple or a person who offers her/himself and their life in Östersund. Among our host families you find artisans, participants from “Top Chef Sweden”, local guides and families that wants to give our visitors a tasty welcome from the area.

SEASONAL FACT

All year around

PRICES

Children 0-5 years, FREE
Children 6-12 years, SEK 150
Adults SEK 250



All year around

Languages spoken at “Join us for dinner”:
Swedish, English.

Price level:
Medium Price.

Prices from SEK 190/adults.

Target groups:

Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Meetings/Conferences
Special Interests

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Moose Garden - Östersund

Meet the king of the forest in close encounter

Meet the king of the forest and the Jämtland heraldic animal in an unusual and close encounter. At Moose Garden in Orrviken, just outside Östersund, you can make the acquaintance of tame elks and roe deer.

The "moose adventure" at Moose Garden started in 1997 when Sune Häggmark took in two abandoned moose calves. They were given an enclosure and were well looked after. This was the foundation of a popular tourist attraction with the county animal of Jämtland as its focus and Moose Garden now holds some 15 moose plus calves and roe deer.



At Moose Garden you don't just get to see the moose at a distance, those who dare can also enter the enclosure, as the moose is keen on be patted and photographed. On the guided tour you learn exciting facts about the king of the forest and you also get to learn more about the worlds only production of moose paper made from the animals droppings –pure cellulose.

For groups and incentives special arrangements can be made; as make your own moose paper, moose milkshake etc.

SUMMER

Mid June – Mid August - Daily guided tour at 14 pm

WINTER

Pre bookings only.

Special tours like snowmobile safari to Moose Garden is arranged.

ACCOMMODATION AT MOOSE GARDEN

It is also possible to stay the night at Moose Garden. 2-bed cabins overlooking the Moose enclosure in one direction and lake Storsjön and the mountain area as backdrop in the other direction. Guided tour included.

PRICES

Guided tours, adults SEK110, children 8-15 SEK 50, Children under 8 free.



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Open all year around

Languages spoken at Moose Garden:
Swedish, English, German.

Price level: Budget

Guided tours

Adults 110 SEK

Children 8-15 50 SEK

Children under 8 free

Accommodation

Prices from SEK 700/night, 2 adults 1 cabin.

The price includes a guided tour per person. It is also possible to rent bed linen and breakfast.

Target groups:

Individual leisure visitors,
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Meetings/Conferences
Special Interests

Transport directions:

10 km to Östersund City.

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Jamtli - Östersund

Become a time traveler – visit Jamtli

Here you meet the cultural history of Jämtland in an entertaining way. Permanent exhibitions about the region's past are displayed side by side with temporary exhibitions that reflect the world of today. The open air museum part boosts exciting historical milieus.

With only a few steps you can move between the 18th -, 18^{9h}- and 20^h century. From mid June til end of August you can experience daily life as it used to be at for example the Lillhärda farm in 1785 and on the Market Square 1895. The actors live and portrait the actual historic figures that lived in the houses and they take you along on a time journey where you experience and learn about history. Meet the women at the summer pasture and learn how to make cheese or join the lumberjacks and try their traditional food "Kolbulle".

A new attraction on the site is the 70's area where we portrait 3 different families living in the 1970's and follow their discussions on energy crisis, green movement etc.

The indoor Museum is open all year round and exhibits for example the Viking Age, Sami displays, 19th century life but also contemporary art exhibitions.

In Jamtli there are two restaurants and two cafés.

Jamtli also hosts one of Sweden's largest Christmas Fairs, always on the second weekend in December.

For groups Jamtli can arrange all sorts of themed guided walks and host historic dinners in 19th century settings. Conference facilities for 90 p.

History walks

Follow a historical figure in dramatized tours through Historyland. English-language guided tour daily at 14.



Open all year around

Languages spoken at Jamtli: Swedish, English.

Price level: Medium

Entrance fee Summer : Mid June - mid Aug
Adult: SEK 240, Children up to 18 Free

Entrance fee Winter: Mid Aug - mid June
Adult SEK 60, Children up to 18 Free

Target groups:

Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Meetings/Conferences
Special Interests

1 km to Östersund City
1 km to Tourist Centre

Transport directions:

Air: Åre/Östersund airport 10 km
Train: Östersund Central station 2 km
Bus: Östersund Central station 2 km

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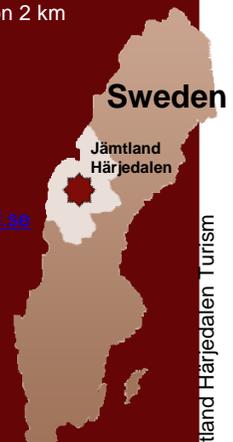
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Artisans - traditional glass works and hand print in new design

Östersund

Guided visit to Storsjöhyttan Glassworks, shop and gallery

Sweden has a long history in glass works. Storsjöhyttan was started in Östersund in 1995 and is the first and only studio glassworks in the county of Jämtland. It is owned and run by three women and the glassware reveals the personalities of these individual designers and blowers.

Here production is based on glassware blown and sheared according to traditional methods and without further treatment. We meet the designers and they will tell about the Swedish glass traditions and show the art of glassblowing. The glass works produces both art and functional glass, including the beautiful Jämtlandsservisen table set. A glass both sturdy and elegant, decorated only with a seal from a thousand-year-old runic inscription.

Storsjöhyttan is awarded the Economusée quality certification.

1 – 2 hours stay is recommended depending on group size.
It is also possible to arrange a glass blowing try out (max 2 persons from a group)

Guided visit to Frösö Handtryck Factory

FRÖSÖ HANDTRYCK since 1946, is the oldest textile hand printing factory in Sweden. They are specialized in producing contemporary Scandinavian designer fabrics for private homes and public interiors. They also print a colorful heritage of traditional Scandinavian folk art prints.

During the guided tour we meet one of the designers as well as get a thorough insight in the art of hand printing through the factory tour.

Shopping facilities in the factory shop with fabrics by the meter, cushions, aprons, table cloths, towels, bags etc.

Frösö Handtryck is awarded the Economusée quality certification.

1-2 hours stay is recommended depending on group size.
It is also possible for groups to "try out" hand printing on off fabric hours.

Price / group (max 25) SEK 3000 excl transport.



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All year round.

Languages: English
(french at Frösö Handtryck).

Languages spoken: Swedish, English.

Price level: Medium Price

Prices from 825 SEK/person, including snowshoes.

Target groups:
Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Technical visits
Special Interests

Transport directions :
Air: Åre/Östersund airport
Train: Östersund Central station
Bus: Östersund Central station

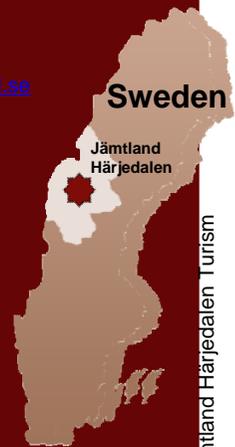
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Snow kiting - Östersund

Enjoy an unusual adventure

With snow kiting you will experience an extraordinary adventure with something as simple as nature's own wind force. In Östersund you can try snow kiting on Lake Storsjön.

Try out classes but also courses for the advanced. In all groups snow kite materials are included. Skis, snowboard and helmet can also be rented

Age limit:
Try kiting = 12-15 years with parent or guardian
Full day and 2 days = 16 and older

Try kiting:
A 3 hour introduction to the sport. Anyone can go and if you don't feel that you want to continue you have at least had half a day with much laughter, adrenaline and beautiful kite flying. Price SEK 650 /person

Full day:
The step for those who really want to get started. After this day, you've got the theory, you have learned and understood the screen. You have even gone your first meters on skis and is ready to continue on your own. Price SEK 1600 /person

2 days:
This is a complete course, after 2 days with an instructor you should be ready for real mountain adventure. This course include more advanced security and instant feedback on your ride. The goal is that you are self-sustaining, running freely and feel safe after this course. Price SEK 2700 /person



VISIT
ÖSTERSUND



Winter season

Languages spoken at Östersund Kite:
Swedish, English

Price level: Medium Price

Prices from SEK 650/person
Kite materials included.
Skis and helmet can be hired

Target groups:
Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Technical visits
Meetings/Conferences
Special Interests

0 m to Östersund City
200 m to Tourist Centre
2 km to ski slope

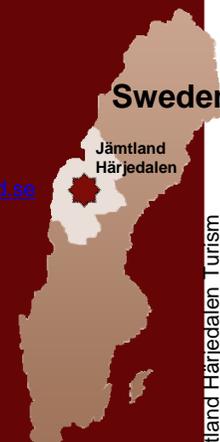
Transport directions (from Vinterparken):
Air: Åre/Östersund airport 10 km
Train: Östersund Central station 1 km
Bus: Östersund Central station 1 km

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Long-distance Skating Östersund

Enjoy Sweden's longest skating track!

During the winter, as the ice on Lake Storsjön thickens, the Winter City of Östersund expands and turns into a large arena for sports and fun.

The lake is a meeting point for skating enthusiasts and the first weekend in February always sees the opening of Sweden's longest skating track "Medvinden". The more than 20-km long track, which is ploughed and catered for daily, provides the active with good opportunities to get far out on the lake, with the mountain area as a backdrop. For those who prefer skiing to skating, there is a network of ski tracks and trails on the ice. There are rest stops and sheltered areas on the route.

In the harbor area you can hire skates, skis, pulkas and other outdoor equipment and this is the starting point for activities such as snow mobile safaris, dog sled tours, winter bathing with sauna etc.

For children there is a skating play-ground, snow castles and themed activities. The barbecue area is kept going throughout the day for those bringing their own hamper, the café offers sandwiches, hot soup and hot chocolate. Deck chairs are put up as the sun starts to get warmer.

WINTER SEASON
February – April

PRICES
Rent a pair of long-distance skates, Sjöbutiken: SEK 200, weekprices available

VISIT
ÖSTERSUND



Winter season

Languages spoken at the Winter Park :
Swedish, English

Price level: Budget

Target groups:

Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Meetings/Conferences
Special Interests

Transport directions (from the Winter Park):

City Centre: 0 m

Air: Åre/Östersund airport 10 km

Train: Östersund Central station 1 km

Bus: Östersund Central station 1 km

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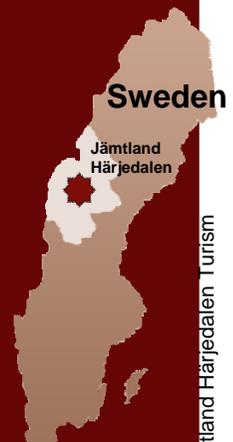
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VISIT
ÖSTERSUND

Cross-Country Skiing with instructor in Östersund

Snow guarantee from November 1st!

Östersund has more than 89 km of cross country ski tracks and an ultra modern ski stadium with long tradition of hosting world class skiing competitions .

Producing snow early in the season and with predictability is a very important issue to the municipality of Östersund. Not only because the city hosts several winter sports event, but also due to its ventures in tourism. Every winter people from all around the world are invited to participate in training on snow at the Ski Stadium of Östersund from November 1st.

CROSS-COUNTRY SKIING with instructor

During one hour you get professional instructions in free skate or classic style cross-country skiing, how to perform in the ski tracks or in the waxing cabin to maximize your skiing. You are guaranteed many good advices and new techniques after this experience.

Participants are divided into groups depending on previous knowledge.

Clothes suitable for weather conditions are recommended. Preferably many layers for the cross country ski instruction and thin but warm gloves. Ski gear (skis, poles and ski boots) can be rented at the ski stadium.

WINTER SEASON Nov-April

Tuesdays: Waxing course is held at Intersport at the Ski Stadium

Mondays & Saturdays: Ski instructions for individuals are held in the tracks at the Ski Stadium

Group arrangements on daily basis.

Prices:

1 hour try out with instruction SEK 750/ 1 person

SEK 550 / person for two persons,

SEK 400/person for 3-6 persons,

SEK 325/person for 7-10 persons.

Individuals SEK 750/hour

Groups 2-6 persons SEK 500/person



Winter season

Languages spoken at cross country classes:
Swedish, English

Price level:
Medium Price

Prices from SEK 500/person, excluding equipment
(equipment hire from SEK175)

Target groups:

Individual leisure visitors, no kids

Individual business visitors,

incentive, activity visitors

Leisure visitor groups

Business visitor groups

Technical visits

Meetings/Conferences

Special Interests

0 km to ski tracks

2 km to Östersund City

2 km to Tourist Centre

Transport directions (from Östersund Ski stadium):

Air: Åre/Östersund airport 12 km

Train: Östersund Central station 3 km

Bus: Östersund Central station 3 km

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Biathlon Östersund

Try Biathlon at the World's best Biathlon Stadium

Östersund has more than 89 km of cross country ski tracks and an ultra modern ski stadium with long tradition of hosting world class skiing competitions. It was here the World Championships in Biathlon was settled in 2008 and an application is submitted to host the World Championships also in 2019.

During the Biathlon try out class we start off with a ski instruction , then learn how to handle a biathlon rifle , practice shooting and finally this is put together and the guest experiences what it is like to be a biathlete for real. All with bibs, cheerleading, speaker and win interviews.

Instructor is Tord Wiksten, a former biathlete and Olympic Games medalist whom, after he closed his skiing career, started out as professional instructor.

For larger groups suggestions on an arrangements can be tailored. Biathlon try out is also possible in the summer, when we replace skiing with running and it is also possible to do laser shooting indoors

Prices:
1 hour try out with instruction SEK 750/ 1 person
SEK 550 / person for two persons,
SEK 400/person for 3-6 persons,
SEK 325/person for 7-10 persons.

Ski equipment hire from SEK 200/person

Clothes suitable for weather conditions are recommended. Preferably many layers for the cross country ski instruction and thin but warm gloves.
Ski gear (skis, poles and ski boots) can be rented at the ski stadium



VISIT
ÖSTERSUND



Winter season
November-April

Languages spoken at Biathlon classes:
Swedish, English.

Price level:
Medium Price

Target groups:
Individual leisure visitors, no kids
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Meetings/Conferences
Special Interests

0 km to ski tracks
2 km to Östersund City
2 km to Tourist Centre

Transport directions (from Östersund Ski stadium):
Air: Åre/Östersund airport 12 km
Train: Östersund Central station 3 km
Bus: Östersund Central station 3 km

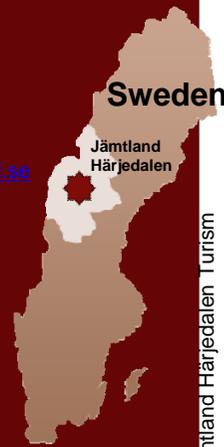
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Jämtland Härjedalen Tourism



Sled dog tours - Östersund

Enjoy a true winter adventure

Close to Östersund yet out in the wild! Only 15 minutes away by car from Östersund sled dogs await, eager to bring you to a different world and to take you out for an adventure in the quiet land of moose and roe deers.

It is truly a wonderful experience. Seldom is tension as palpably felt as when the dogs wait harnessed to the sled, wanting to take off. They whine and howl with excitement and when the brakes are off, the sled jerks into motion. Once they have found their pace, their tenacity is amazing. On the sled you will be sitting on warm reindeer skins but don't forget to dress warmly!

You can choose between two different types of tours, which both require a minimum of two participants. It is either the 2 hour tour which include outdoor coffee and a snack or the lunch tour which include lunch and coffee outdoors.

SEASONAL FACTS
January-April.

PRICES

2 hour tour, coffee and snack included:
Adult SEK 850 /person, Child SEK 425. (1-13 years old)

Lunch tour (~4 hours) lunch and coffee included:
Adult SEK 1 300/person, Child SEK 650.



VISIT
ÖSTERSUND



Winter season

Languages spoken at The Howling Dog Farm: Swedish, English

Price level: Medium Price

Prices from SEK 850/person, 2 hour tour

Target groups:

Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Technical visits
Meetings/Conferences
Special Interests

Transport directions (from The Howling Dog Farm):

Air: Åre/Östersund airport 30 km
Train: Östersund Central station 21 km
Bus: Östersund Central station 21 km

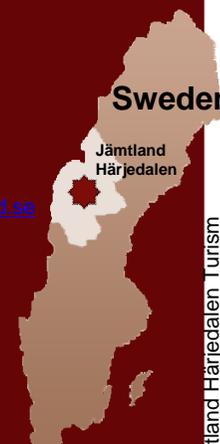
Recommendation: Taxi-transfer from Östersund to The Howling Dog Farm.
Round trip 1-4 persons: 944 SEK. Round trip 5-7 persons: 1244 SEK

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Jämtland Härjedalen Tourism



Snowmobile Safaris Östersund

An extraordinary winter experience

From December to April there are different sorts of snowmobile safaris to join. For instance from the Airport to the city centre, to the tame moose at Moose Garden or out to lake Svartsjöarna, a half day tour including outdoor coffee/lunch.

Tour example:

Half day tour to Moose Garden

09.00 Change of clothes and safety briefing at Vinterparken, Östersund

09.30 Departure towards Moose Garden over lake Storsjön, across fields and forest.

10.30 Guided tour at Moose Garden incl coffee/snack

13.00 Back at Vinterparken , Östersund

On all tours:

Warm clothing, equipment and guide is included. Drivers license, tractor or AM is required and has to be displayed to the guide before the tour sets off.

Set days for the Moose Garden tour. Minimum of two participants for the tour to conduct.

Price: SEK 1195/person.



VISIT
ÖSTERSUND



Winter season

Languages spoken at the Snowmobile adventure: Swedish, English

Price level: Medium Price

Target groups:

Individual leisure visitors, no kids
Individual leisure visitors, families
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Meetings/Conferences
Special Interests

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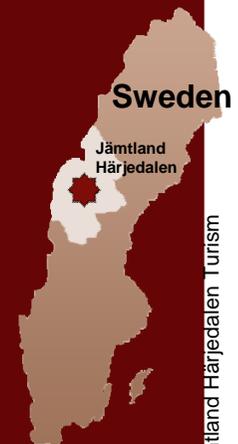
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Jämtland Härjedalen Tourism



Vinterbadet - Östersund

Winter bath with sauna in the heart of Östersund

Only a few steps from the main square in Östersund you'll find the Winter park. A place which during the winter becomes a central point for all kind of winter activities. Go skiing or skating on the ice or just enjoy the winter sun with a cup of coffee.

In the Winter Park area there is an outdoor winter bath with two wood-fired outdoor hot tubs, a sauna with lake views and for the brave one's a hole in the ice for a quick dip in the icy water of Lake Storsjön. The facility has a relaxation area where spa treatments can be booked or try out some locally produced delicacies.

The facility can be booked for groups up to 15 persons. For two days every week Vinterbadet is open as a public bath with both book in advance and drop in possibilities.

SEASONAL FACTS:
December – April. Tuesdays and Thursdays, public bath.

PRICES

SEK 150/person public bath.
SEK 3100 / tub for a group.



VISIT
ÖSTERSUND



Winter season

Languages spoken at Vinterbadet:
Swedish, English

Price level:
Budget

Prices from SEK150/person, public bath
Rent Vinterbadet for a group, SEK 3100

Target groups:
Individual leisure visitors, no kids
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Technical visits
Meetings/Conferences
Special Interests

0 km to Östersund City
0 km to Tourist Centre
2 km to ski slope

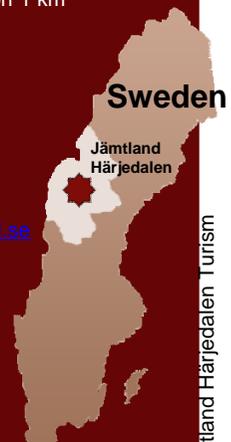
Transport directions:
Air: Åre/Östersund airport 10 km
Train: Östersund Central station 1 km
Bus: Östersund Central station 1 km

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Jämtland Härjedalen Tourism



Snowshoe walk - Östersund

Enjoy an unusual adventure

With modern snowshoes, we set out together on a wintry hike through the forests of Frösön, 2 kilometers from the city centre- still far away from the hustle and bustle of the city.

The environment is still and quiet, and with our snowshoes we'll be able to experience areas that can be difficult to access by ski. Snowshoes are easy to use and no prior knowledge is required, which makes this a nice activity for everyone.

During the hike coffee and a snack is provided.

SEASONAL FACT

Winter season, November-April.

PRICES

SEK 825 /person.



VISIT
ÖSTERSUND



Winter season

Languages spoken :Swedish, English

Price level: Medium Price

Prices from 825 SEK/person, including snowshoes.

Target groups:

Individual leisure visitors, no kids
Individual leisure visitors, families
Individual business visitors
Incentive, activity visitors
Leisure visitor groups
Business visitor groups
Technical visits
Meetings/Conferences
Special Interests

2,5 km to Östersund City
2,5 km to Tourist Centre
1,2 km to ski slope

Transport directions :

Air: Åre/Östersund airport 8,5 km
Train: Östersund Central station 3,3 km
Bus: Östersund Central station 3,3 km

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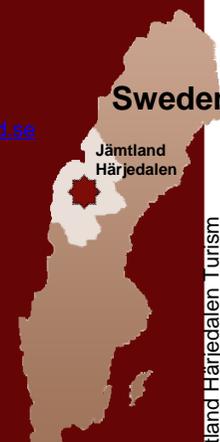
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