



Åre

Photo: AFTRIX



Hanna Norlin

As the only Swedish ski resort that can be compared with the mountain villages in the Alps, Åre is extremely popular. More than 300,000 guests come here every winter and the number of visitors is constantly increasing, not least among foreign visitors. With a total piste length of 95 kilometres, around 100 descents, 40 lifts, almost 50 restaurants and more than 30 bars and nightclubs, it is arguably Sweden's number one ski resort. It comes as no surprise that luxury traveller magazine, Condé Nast Traveler, chose Åre the world's best ski resort 2008 thanks to its broad range of slopes for all family members and difficulties.



Sebastian Eriksson



Morten Oddvik

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Top 5

Åreskutan

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Tännforsen

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Duved Church

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Njarka Sami Camp

See and learn about how the Sami people subsist and live in Njarka Sami Camp, which is located on a promontory in Lake

The Karoliner Monument in Duved

The Karoliner Monument is a ten metre high obelisk in granite, erected in 1892, to the memory of the 3,000 men who died in sev...



DO & SEE



In addition to skiing, there are lots of other activities to choose from such as paragliding and kite flying, helicopter tours, dog teams, scooter tours, canoeing, hunting, fishing, riding and white-water rafting.

Åreskutan

At 1,420 metres above sea level, Åreskutan is one of Sweden's most well-known mountains, with a magnificent view over the mountain ranges of West Jämtland. Getting to the top and Sweden's highest cafeteria, Toppstugan, is easy thanks to the cable car - Kabinbanan - the only one in the Swedish mountains.

Address: Åreskutan
Phone: +46 647 130 00

Tännforsen

A visit to Sweden's largest waterfall is a must for everyone who comes to Åre. In the summer the waterfall is incredibly powerful, while in winter beautiful shapes are formed from ice, and seeing the water gushing over the ice is a very special experience. Furthermore, the waterfall is lit up at night, giving the water and the ice a magical dimension.

Address: Tännforsen
Phone: +46 647 230 23
Internet: www.tannforsen.com
More Info: Situated 22 km from Åre.

Duved Church

Åre's magnificent wooden parish church was consecrated in 1894, and is designed in a Neo-Gothic style. It recalls a time when, thanks to incipient tourism, copper mining and forestry, economic growth in the district led to a substantial increase in the number of inhabitants and visitors, thus making the old church too small.

Address: Karolinervägen 24, Duved

Njarka Sami Camp

See and learn about how the Sami people subsist and live in Njarka Sami Camp, which is located on a promontory in Lake Håggsjön. There are a variety of tents here, with a special octagonal tent, called Jarngje, as Njarka's centre and the location for special ceremonies such as weddings and christenings. In addition to learning about Sami history, visitors can also feed the reindeers with reindeer moss, sleep in the Sami fashion and throw a lasso.

Address: Håggsjön, Duved
Phone: +46 647 250 42
Internet: www.jamtland.info
More Info: About 30 km west of Åre: Take the E14, turn right about 2 km past Duved and follow the signs for Njarka.

The Karoliner Monument in Duved

The Karoliner Monument is a ten metre high obelisk in granite, erected in 1892, to the memory of the 3,000 men who died in severe winter weather during and after the retreat of Carl XII's invasion force from Trøndelag in 1718. Lectures on the March of Death over Sylarna are held regularly at Roxy's Sledge Dogs.

Address: Timmerkojan 1453, Duved
Phone: +46 647 711 30
More Info: For directions and more information, contact Åre Tourist Office.

Naturum Valådalen

Information Centre with exhibitions about the mountains' geology and animal world, about the Samis and about reindeer food. Allow the staff to whet your appetite for discovery before you set off on your own excursions in the easily accessible mountain and forest environment outside.

Address: Vålådalen 26, Vålådalen

Phone: +46 647 352 32

Internet: www.valadalen.se

More Info: Take the E14 to Undersåker where you drive southwards and follow the signs to Vålådalen which is located 30 kilometres from Undersåker in the mountains. There are also train and bus connections.

Kretsloppshuset in Mörsil

Ecological experience and educational facility with winter garden, rose garden, garden park, old-fashioned chicken farm, café and restaurant, slide presentation, lectures, and courses and also sales of goods produced in an environmentally friendly manner in an old-fashioned shop.

Address: Kyrkvägen 5, Mörsil

Phone: +46 647 66 52 12

Internet: www.kretsloppshuset.com

SLOPE LIFE



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Åre offers, without doubt, one of the best skiing experiences in the Nordic countries with a vertical drop of 890 meters, 40 lifts and around

100 pistes. Those who want to experience those pristine slopes well into the Swedish mountain world can book on a heli-skiing-tour, with guides who will take you to the day's best peaks, show the correct technique and take you down the slopes safely.

There are several different types of lift passes in the area. Children under 8 years ski for free provided that they wear a helmet. All 40 lifts are included in the Åre ski lift pass, from Duved in the west to Åre Björnen in the east.

The first lifts open as early as possible in November, and after that the system opens up gradually depending on the amount of snow. The season is expected to last until May 1st. For more information, see www.skistar.com/are or call +46 771 84 00 00.

For those who don't have much experience, there is of course a ski school in Åre. See www.skistar.com/are for up-to-date information. Skiers have seven rental shops and equipment can be picked out already at 15.00 the day before the rental starts. Reservations can be made online at www.skistar.com/are.

Åre village

Åre village offers world-class skiing with a wide range of pistes, modern lift system and varied terrain. After ski in the village's many bars easily competes with the night life in many Swedish cities.

Address: Åre by

Åre Björnen

Family friendly ski area with an emphasis on beginner slopes and children's slopes where children can independently explore the lift system. Those who want more challenging slopes

can quickly get to Åre village's lift system, which lies just around the corner.

Address: Åre Björnen

Duved

Those who want a slower pace and less people on the slopes, but still enjoy world class slopes, head to Duved. Many ski instructors and professionals choose to go here in their leisure time because they thrive on the variety, nature and drop height.

Address: Duved

Tegefjäll

Tegefjäll is, as Åre Björnen, also family friendly, but with more emphasis on older children and teenagers. In Tegefjäll the whole family can find great skiing and feel at home. Duved ski area is easy to reach from here, because the lift system is semidetached with Tegefjäll's.

Address: Tegefjäll

SPA & FITNESS



When in Sweden, make sure you experience a real Swedish massage! The Swedish massage was developed by a doctor named Per Henrik Ling in the beginning of the 19th century. After being influenced by a Chinese martial arts and Tuina, practitioner Per came up with the techniques that became the Swedish massage

(petrissage, effleurage, friction, tapotement and vibration). A deep tissue massage made for relieving muscle tension and increase blood flow.

There are several establishments offering assorted treatments and spa packages whether it be facials, body treatments - or why not get a make up consultation before the evening activities? It is customary to wear a swimsuit when at a spa.

As a visitor you can also take the opportunity to work out while on your stay. Since Swedes are very health conscious and enjoy various types of fitness and training you can find a range of different fitness centers, sport facilities and health clubs, depending on your preference.

DINING



Barbro Bergfeldt/Shutterstock.com

Hungry skiers and visitors out for a party can find a large number of restaurants in Åre with a wide selection of food including everything from Sami and Jämtland dishes to food from all four corners of the earth. There are beautiful, old turn-of-the-century restaurants, trendy sushi bars, cafés, pizzerias and fast food stands here.

Bistro

In this splendid, cosy restaurant with a view over beautiful Lake Åre, you will find everything from

classics such as wallenbergare (minced veal), scraped raw beef, barbecued loin of lamb, poached cod and crayfish soup to international contributions such as duck liver, figs and feta cheese and local specialities such as reindeer meat, scaly fish, cloudberry, soft whey cheese and mushrooms.

Address: Åre Fjällby, Åre
Phone: +46 647 123 45
Internet: www.bygget.se
Email: info@bygget.se

Buustamons Fjällgård

Modern Swedish food with a contribution from Norrland is on offer here at a height of 730 metres above sea level, beside the slalom pistes between Rödkullen and Ullådalen.

Address: Buustamon 142, Åre
Phone: +46 647 531 75
Internet: www.buustamonsfjallgard.se

Täljstenskrogen - Hotell Karolinen

The Karolinen Inn is reputed to have one of Sweden's oldest soapstone restaurants, where the guests fry food such as elk steak, beef steak, chicken fillet and fish themselves on a heated soapstone that is placed on the table.

Address: Björnänge 841, Åre
Phone: +46 647 320 90
Internet: www.karolinen.se
Email: info@karolinen.se

Bistrologiskt

Located in the cable car's mountain station at a height of 1,274 metres, Bistrologiskt is Sweden's highest restaurant. On a clear day you can see all the way from here to Helagsfjällen in Härjedalen while enjoying good food.

Address: Kabinbanans Bergstation, Åre
Phone: +46 647 539 10
Internet: bistrologiskt.se

Email: info@bistrologiskt.se

CAFES



Susanne Nilsson (image cropped)

Make sure that you have enough strength for the day's activities by starting the day with an energizing breakfast buffet and an invigorating cup of coffee.

Hamrestugan

Cosy café with a wonderful view over the mountains, located in the centre of Hamrebacken in Duved. The usual café products are on offer here, but also dish of the day, goulash and á la carte.

Address: Hamrebacken, Duved
Phone: +46 647 261 35
Internet: www.hamrestugan.se

Årehyddan

Enjoy a well-deserved cup of hot coffee or chocolate by the woodburner after a skiing tour, and feel free to order a waffle with cloudberry and cream.

Address: Stjärnbacken 3, Åre
Phone: +46 647 66 59 77
Internet: www.arehyddan.se

Grädda Åre

Grädda Åre serves freshly ground coffee, organic juices and traditional hot chocolate in addition to absolutely fresh bread, freshly baked

cinnamon rolls and cloudberry biscuits. The café is decorated in warm, soft colors to provide a pleasant and relaxing visit.

Address: Brunkullan, Åre
Phone: +46 647 51515
Internet: www.gradda.se

Lilla Tyrolen

The perfect café for frozen skiers, housed in an old log cabin from the 19th century with two open fires. Food with inspiration from the Tyrol is served here, goulash and Swedish waffles during the day, and three-course menus and fondues in the evening.

Address: Björnen Råven 66, Åre
Phone: +46 647 324 25
Internet: www.lilla-tyrolen.se

Lillåstugan

Take a break from skiing with crisp waffles, homemade buns and sandwiches in this traditional café, which is located at the forest edge on Ullådalen's estuary, on Mulfjället's most eastern hillside.

Address: Lillåstugan, Åre
Phone: +46 647 530 33
Internet: www.lillastugan.se
Email: info@lillastugan.se
More Info: On the mountain in Ullådalen

BARS & NIGHTLIFE



Åre is famous for its fantastic nightlife, and with more than 30 bars and nightclubs and masses of visitors up for a party it is hardly a surprise.

You will find many of the bars and clubs at Åre's hotels. There is often a restaurant connected to the bar or club, which means that you can spend an entire evening at the same place. Åre is also well-known for its superb After Ski, and several bars offer top-class After Ski. Due to its reputation as a party town, some of Sweden's major artists often visit Åre.

Bygget

Åre's leading entertainment establishment has three dance floors with a variety of music - from modern dance music and golden oldies on the main floor to R&B, soul and hip-hop in the Studio bar. One of Åre's best After Skis is here, too! There are also two restaurants, classic Bistro and Asian Raw Dinner & Lounge.

Address: Åre Fjällby, Åre
Phone: +46 647 123 45
Internet: www.bygget.se
Email: info@bygget.se
More Info: Bygget Events & Conference, Åre Fjällby

Verandan

One of Åre's absolutely best nightclubs, with live bands and live performances, DJ's and famous guests out to party. The After Ski is in a class of

its own!

Address: Åre Torg, Åre
Phone: +46 647 50100
Internet: www.verandan-are.se
Email: info@verandanare.se

Country Club

With regular theme evenings, such as poker, pop songs and song contests, and with live performances from elite Swedish artists you are guaranteed a full evening at Country Club. On weekends, Restaurang Bakfickan serves Jämtland or Mediterranean buffet.

Address: Åre Torg, Åre
Phone: +46 647 178 00
Internet: www.aregarden.se/sv/countryclub/cocktailbar
Email: thecountryclub@aregarden.com

Tottebo Bar

Enjoy pleasant lounge music and fantastic cocktails in Villa Tottebo's bar, located in a beautiful old hunting lodge from the 19th century. The music gets louder the later the evening gets, for those who still think that the night is still young. There is also a wonderful restaurant here with old fashioned decor and modern Nordic features, and a fireplace that spreads heat in the winter cold.

Address: Parkvägen 1, Åre
Phone: +46 647 506 20
Internet: www.villatottebo.se
Email: info@villatottebo.se

Fjällgården

Fjällgården is a hotel that offers classic daily Aftar Ski to varied and mood-enhancing music.

Address: Fjällgårdsvägen 35, Åre
Phone: +46 647 145 00
Internet: www.fjallgarden.se

SHOPPING



As Sweden's answer to the Alps' trendy ski resorts, Åre is naturally also a mecca for shopaholics. The village's trendy shops have everything you would expect to find in other Swedish towns and in the Continental ski resorts. A visit to the glassworks in Duved is a must. All the glass that is sold here is designed and blown in this magical environment. Åre Glassworks is located on Stinsvägen 12, in Duved.

Go to www.areglashytta.se for more information or phone +46 647 260 70.

If you are after Sami handicrafts you should visit Åre Hemslojd, situated in the 100-year-old Köpmanshuset on Åre Torg, Årevägen 87. Here you will find everything from games, cuddly toys, jewellery, leather goods, ceramics, art and Sami handicrafts - the perfect shop if you are looking for that special wedding gift or christening present.

Go to www.arehemslojd.se for more information or phone +46 647 501 30.

ESSENTIAL INFORMATION



Airport



For transfers from Östersund Airport to Åre you can book a mountain transfer at the same time as you book your flight ticket. Alternatively,

phone mountain transfer on +46 20 97 97 97. Flight transfer with Taxi Åre between Östersund and Åre/Duved costs 1150 kr for 1-4 persons, and 1 350 kr for 5-8 persons. Phone +46 647 100 22 for more information.

Länstrafiken, in Jämtland, also operates bus routes between Östersund and Åre. For more information go to www.lanstrafiken-z.se or phone +46 647 260 70. The distance between Östersund and Åre is about 10 kilometres.

Photo: Juan Garces
Address: Östersund Airport

Public transport



Länstrafiken in Jämtland has buses that run between Åre and Duved and a lot of other locations in Åre municipality.

Photo: Pierre-Luc Auclair
Phone: +46 647 260 70
Internet: www.lanstrafiken-z.se

Taxi

Taxi Åre



Phone: +46 647 100 22
Internet: www.taxi-are.se

Pharmacy

Apoteksgruppen Åre,
Årevägen



Photo: Gemma Garner
Address: Årevägen 51, Åre
Opening hours: Mon - Fri 10.00 - 18.00, Sat 10.00 - 15.00,
Sun closed
Phone: +46 647 50350
Internet: www.apoteksgruppen.se

Electricity

220v/50hz



Photo: Stirling Tschan

Telephone



Country code: +46 Area
code: 0647

Photo: Jardson Almeida

Population

Åre municipality 10 000

Åre village 1 000

Currency

Swedish SEK/crowns

Opening hours

Weekdays 10.00-18.00.

Saturdays 10.00-15.00.

Newspapers

Länstidningen Östersund

Dagens Nyheter

Svenska Dagbladet

Expressen

Aftonbladet

Emergency numbers

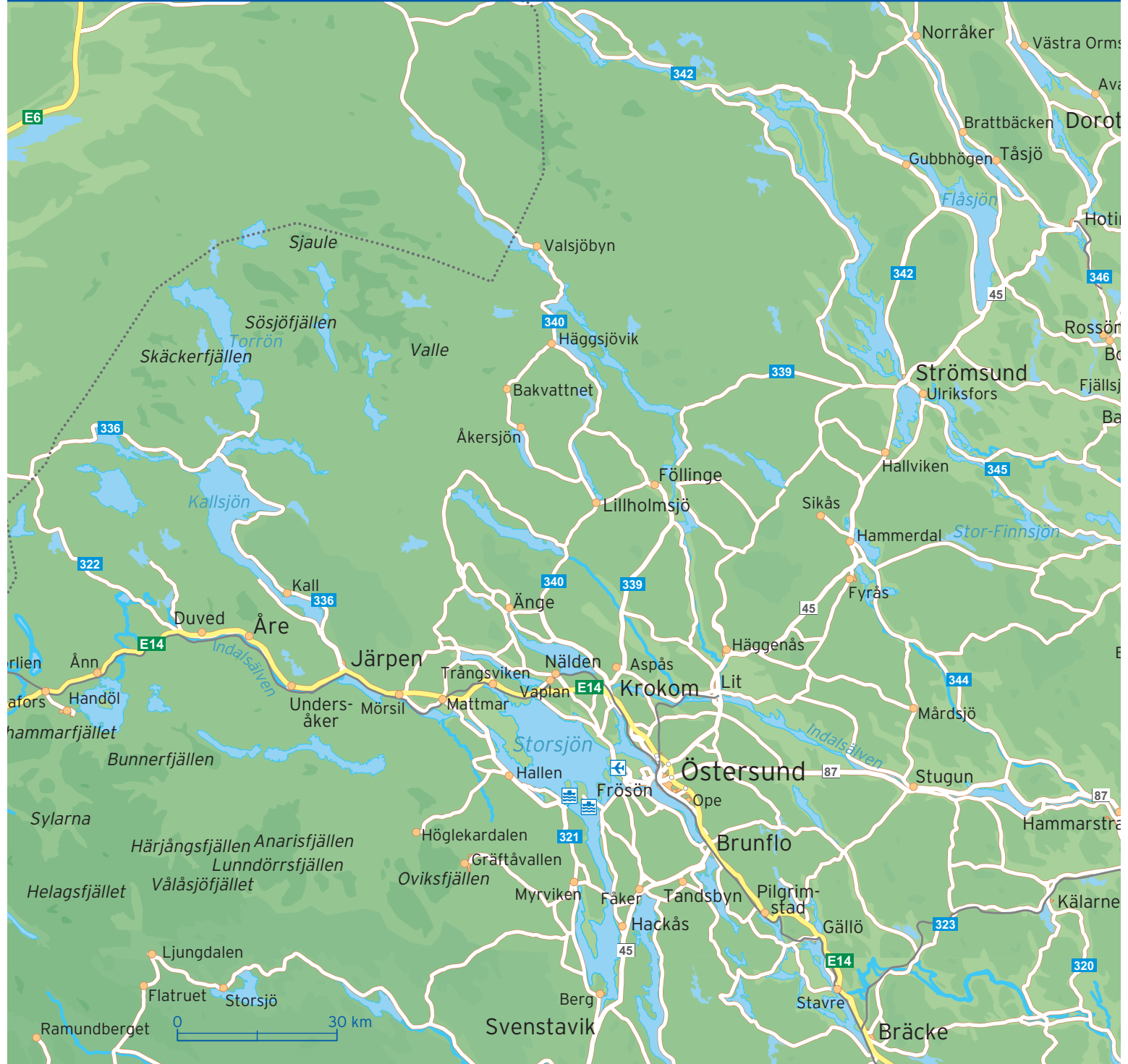
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Tourist information

Åre Tourist office

Sankt Olavs Väg 33

Tel: +46 647 177 20





Birgittavägen	D3 D4	Källvägen	C3	Solbringsvägen	C3 D3 D4
Blåsippbacken	D3 D4	Lienvägen	A2 B2	Stationsvägen	B2
Bullerbyn	C3 D3	Mörviksvägen	B2	Tottebovägen	D3
Bäckvägen	B2	Nybovägen	C3	Tottens Byväg	C2
Fjällgårdsvägen	C2	Parkvägen	B2	Tottvägen	B2 C2 C3
Frönäsvägen	D4	Pilgrimsvägen	C3 C4	Trotthummelvägen	D3 D4
Granbovägen	C3	Prästvägen	B2 C3	Vikbölevägen	D4
Granlidsvägen	D3	Rahmsvägen	C2	Åre Torg	B2
Kabinbanevägen	B2	S:t Olavsvägen	A2 B2 B3	Årestrand	B2
Karl Johans väg	C3	Sahlins väg	B2	Årevägen	B2 C3 C4
Kurortsvägen	C2 C3	Skolvägen	B2 C2	Östlienvägen	A1 A2
Kyrkvägen	B2	Slalomsvängen	B1 B2		