



Karlstad

Photo:



Karlstad is a wonderfully compact Swedish city, built on a grid pattern with wide, tree-lined streets, avenues, promenades and squares. Karlstad has a "big city" feel, with many quality hotel and other accommodation options, with the advantage that Karlstad's many attractions are just a short walk away: shopping streets, malls and arcades, culture, historical sites, urban nature activities, parks, transport and amenities. Don't forget that this is child-friendly Sweden and children are welcome everywhere in Karlstad.



Go where no one has
VENTURED BEFORE!

5 Off the Beaten Track
Destinations in Asia

ArrivalGuides

Foto: WhitefoxChen / Shutterstock

Top 5



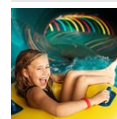
Värmlands museum

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Mariebergsskogen

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Sundstabadet adventure pool

You're kids will love you for taking them here. What kid doesn't love waters...



Sandgrund Lars Lerin art g...

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Alsters herrgård

Alsters Herrgård is the countryside estate where Gustaf Fröding, one of Swed...



THE CITY



The city of Karlstad lies on the river delta where two of Sweden's great natural waterways meet; the 500 km long Klarälven and the mighty Lake Vänern, with its archipelago of 22,000 islands.

Klarälven sets the tone of both the style and atmosphere as does the people's reputation for warmth, friendliness and hospitality in Karlstad. As the river meanders through the city its banks fill with traditional Swedish and international cuisine restaurants, café's, eateries, nightspots and places of interest. When summer comes to Karlstad, people come to the banks and the shores of Lake Vänern to enjoy the almost constant daylight that comes with the Swedish summer.

Karlstad is the largest city in the province of Värmland. This naturally makes it a magnet for everyone who is looking for good shopping, entertainment, culture and major events.

Turning back the clock, Karlstad's history stretches down through the ages; to the Viking times at Tingvalla in the heart of the city. Karlstad received its charter in 1584 and it is named after King Karl IX of Sweden ("Karl's town", or "Charles" town). The fine architecture, the museums, typically Swedish country houses, manors, buildings and historical sites in and around the city testify to Karlstad's importance

to the region and Sweden through the ages.

DO & SEE



In Karlstad, choose from many unique and pleasant experiences. Music, food, drama, adventure and much more for all ages. We have chosen a selection below. Some events must be booked in advance.

Värmlands museum



A cultural highpoint of visiting Karlstad is a visit to Värmlands Museum in Sandgrund Park. Not only for the superb and comprehensive permanent and temporary exhibitions of Värmland and other Swedish artists work, but also for the unique architectural experience of Cyrillushuset.

Photo: Värmlands museum

Address: Sandgrundsudden, Karlstad

Opening hours: Monday-Friday 10.00 - 18.00, Wednesday 10.00 - 20.00, Saturday-Sunday 11.00 - 16.00

Phone: +46 54 701 19 00

Internet: www.varmlandsmuseum.se

Email: museet@varmlandsmuseum.se

Mariebergsskogen



The mother of all parks in Karlstad is Mariebergsskogen; part park and part open-air museum down by the shores of Lake Vänern.

You could easily spend a day here enjoying its various environs; ancient forest, glades, old buildings, beach and bathing spots and Naturum Värmland - a wonderful building in which the nature of the province is presented. Stop for a cup of coffee or visit the gift shop.

Photo: Mariebergsskogen

Address: Treffenbergsvägen, Karlstad

Opening hours: The park is open everyday 07.00 - 22.00,

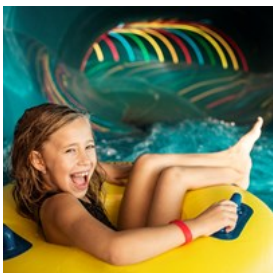
Naturum Värmland Tuesday-Sunday 11.00 - 17.00

Phone: +46 54 540 27 50

Internet: www.mariebergsskogen.se/en

Email: mariebergsskogen@karlstad.se

Sundstabadet adventure pool



You're kids will love you for taking them here.

What kid doesn't love waterslides, climbing walls, heated pools and even a very own kid's

pool. And it's just a short stroll from the town centre. Sundstabadet has a fully equipped gym, relax section and a 25-metre long pool for doing laps.

Sundstabadet has two differences water slider, Black Hole and Magic Hole. The differences between them is that kids (and perhaps a co-pilot) fire down the latter in a single or double ring that decides whether they achieve warp-speed - or not. The Black Hole is not quite as fast, as the point here is to collect points by skimming over the illuminated points inside the

slide. If your kids get bored of the slides (and how could they?) point them in the direction of the climbing wall that they climb up...and then fall off, usually in quick succession, into the heated pool below.

There are also two heated pools for the little once.

All this calorie sapping activity means the kids are going to get hungry. The café here serves Fairtrade coffee and all the dairy products are ecological. Sandwiches, snacks, cakes, biscuits and most importantly coffee are all on the menu. The café opens on to the kid's section so you can order 'pool side'.

Address: Drottning Kristinas väg 3, Karlstad

Opening hours: Monday-Friday 10.00 - 20.00,

Saturday-Sunday 10.00 - 18.00

Phone: +46 54 540 24 60

Internet: www.sundstabadet.se

Email: sundsta.badhuset@karlstad.se

Sandgrund Lars Lerin art gallery



Lars Lerin is one of Scandinavia's most famous artists. Lerin is hugely popular in Sweden and is fast approaching "national treasure"

status. The content of the exhibition contains watercolours and oils, collages, graphic art and photographs.

Address: Västra torggatan 28, Karlstad

Opening hours: Tuesday-Sunday 12.00 - 16.00

Phone: +46 54 10 07 80

Internet: www.sandgrund.org

Email: sandgrund@telia.com

Alsters herrgård



Alsters Herrgård is the countryside estate where Gustaf Fröding, one of Sweden's most beloved national poets, was born in 1850. The estate consists of a 19th century new-classical style mansion house and several other earlier buildings set in the lush Värmland countryside. It lies 8 km east of Karlstad and is easy to get to by car, local and regional buses and even by bicycle. If you don't have a bike can you always rent one from Solacykeln in Karlstad.

Photo: Per Eriksson

Address: Alsters herrgårdsväg 3, Karlstad

Opening hours: May-August daily 11.00 - 18.00, September weekends 12.00 - 16.00

Phone: +46 54 540 23 50

Internet: www.karlstad.se/alstersherrgard

Email: alstersherrgard@karlstad.se

Nöjesfabriken - Leklandet



Leklandet, or "play land" in English. If your kids love thrills, spills, jumping and climbing - and let's face it, they all do - then this is the place to come.

Some of the highlights of Leklandet include an 8-metre high drop slide, trampolines, a 'ball canon', giant climbing frames, a mini racetrack and much, much more. There are play areas for infants (0-1 year) and toddlers (1-3 year) after that it is a free-for-all.

Photo: Per Eriksson

Address: Karlagatan 42, Karlstad

Opening hours: Wednesday-Friday 14.00 - 19.00, Saturday-Sunday 10.00 - 18.00

Phone: +46 54 22 22 00

Internet: www.nojesfabriken.se

Email: info@nojesfabriken.se

Klarälvsvanan



The 90 km railway embankment coated with asphalt. Klarälvsvanan is a disused railway embankment, where the rails have now been removed and motor traffic is strictly prohibited. An outdoor experience that will lead you through the landscapes of Värmland, from Karlstad in the south to Hagfors in the north.

Address: Karlstad

Phone: +46 563 54 10 81

Internet: www.klaralvsvanan.se/en

Email: info@klaralvsvanan.se

Art at Sliperiet



Sliperiet is a modern art and culture centre in Värmland's countryside, just 40 km outside of Karlstad. It offers the best of two worlds. A wonderful exhibition of contemporary art and a fantastic atmosphere as well. Sliperiet won the 'Newcomer of the year' tourism award in Värmland 2012. At Sliperiet you can also enjoy an unforgettable taste experience in Major Larssons café & wine bar.

Photo: Benjamin Goss

Address: Gamla Landsvägen 6, Borgvik

Opening hours: May Thursday-Sunday 12.00 - 17.00, June-August open everyday 11.00 - 18.00, September Friday-Sunday 12.00 - 16.00

Phone: +46 705 555 174

Internet: sliperietborgvik.se

Email: info@sliperietborgvik.se

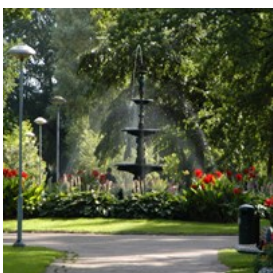
The Brigade Museum



The museum shows Sweden in the Shadow of the Cold War", via original and well-preserved military and civilian objects, artifacts and accurate settings stretching from the 1940s to the present day. All-in-all, the museum provides you with fascinating snapshots of daily life in Sweden from the 1940s to the 1990s, covering such events as the building of the Berlin Wall, the Vietnam war, the affluent Swedish society of the 1950's and others. How good of a shot are you? Try one of the simulators here; one lets you take part in military target practice with a 1942 automatic rifle and the other puts you in charge of a tank in a tank battle. Inside the museum and outside in the courtyard are some pieces of military technology and hardware, including tanks and guns that will interest military historians, but this is a museum for the whole family. And, of course, you're going to work up an appetite at the museum. Pay a visit to the museum café called Café Kaviar for homemade eats and refreshments and then have a browse of the museum shop.

Address: Sandbäcksgatan 31, Karlstad
 Opening hours: Tuesday-Friday 10.00 - 16.00,
 Saturday-Sunday 11.00 - 16.00
 Phone: +46 54 15 80 60
 Internet: www.brigadmuseum.se
 Email: info@brigadmuseum.se

Karlstad City Park



In many Swedish cities during the mid 19th century there were ambitions to build parks. They were inspired by parks on the continent.

The ambition was not any different in Karlstad and in the 1860's the work began to lay out a city park. In the early history of the park there were a school for gardeners and a nursery here. After a fire in the old restaurant in 1959 the Karlstad City Park lay fallow until 1993. Today the park has a great selection of trees, bushes and flowers. You can also find many rhododendrons and around forty magnolias here. The Karlstad City Park is really worth a visit for all of you who are interested in flowers.

Photo: Andreas Eliazon
 Address: Trädgårdsgatan, Karlstad
 Internet: karlstad.se/uppleva-och-gora/parker-och-lek/parker-och-gronomraden/stadstradgarden
 More Info: Köpmannagatan

DINING



How about some fresh Vänern smoked salmon, or maybe even homemade meatballs with tangy, zesty lingonberry. Ever tried pea soup and pancakes (only eaten on Thursdays in Sweden)? Traditional Swedish food is called husmanskost in Swedish, and is typically simple, hearty fare of beef, pork, fish (pickled herring anyone) and other, locally sourced ingredients. It differs by region, but if you get the chance, go for moose, reindeer, raw spiced salmon and different types of herring. You can enjoy all of them here in Karlstad.

Almars Krog



Almars krog is located not far from Karlstad, in an old barn that previously housed a Countryside Bistro. Now it has opened under new management. Almars krog is quite small, but is furnished tastefully and cozy.

Address: Almars Gård 443, Karlstad

Phone: +46 54 53 47 32

Internet: www.almarskrog.se

Email: info@almarskrog.se

Br. Olssons Elektriska



A people-friendly bistro-brasserie built on a delicate electrical-engineering nostalgia. A restaurant that promises beautiful and simple dining and which also is based on a slightly different and exciting history, which really sparkles. Lunch menu on weekdays, excluding the summer months.

Address: Drottninggatan 21, Karlstad

Phone: +46 54 15 64 54

Internet: www.olssonselektriska.se

Email: olssonselektriska@olssonsrestauranger.se

Pitcher´s Karlstad



In the restaurant you can choose from various appetizers, sandwiches, salads, classic dishes, snacks and desserts. They also serve a large number of draft beers and malt whiskey. Live sports will be shown on the big screen in a comfortable level so that the sports, food and drink becomes a part of the experience.

Address: Kungsgatan 12, Karlstad

Phone: +46 54 180300

Internet: www.pitchers.se/karlstad

Email: info.karlstad@pitchers.se

Cava 42



A spanish boqueria at Nöjesfabriken in Karlstad. Cava 42 is Nöjesfabrikens latest addition. Here you can have spanish tapas with a touch of Värmland.

Address: Karlagatan 42, Karlstad

Phone: +46 54 22 22 10

Internet: www.nojesfabriken.se/cava-42

Email: info@nojesfabriken.se

Kitchen & Table



The Clarion Hotel Plaza's restaurant Kitchen & Table, adds flavors from Manhattan combined with Swedish ingredients that together creates a new experience. The concept is called Fun Dining, an easier and more pleasant alternative to Fine Dining. Karlstad embraces Manhattan, but the local cuisine is also important. With locally produced food and chef Daniel homemade lemonade on the menu, you can taste Karlstad in a whole new way.

Address: Västra Torggatan 2, Karlstad

Phone: +46 54 100230

Internet: www.kitchenandtable.se/karlstad

Email: karlstad@kitchenandtable.se

Blå



Kungsgatan in the middle of town is packed with good restaurants and one of them is Blå. The restaurant has received many great reviews,

especially about the five-course tasting menu, the Vänern white roe from a local fish smokery and the moose.

Address: Kungsgatan 14, Karlstad

Phone: +46 54 10 18 15

Internet: www.bla.nu

Email: info@bla.nu

Tiffanys



Tiffanys is located at Västra Torggatan 19. This is one of Karlstad's most beautifully and stylishly decorated eateries and it has its own veranda in

the summer. One of the picks from the menu is fillet of Vänern pike-perch with lobster sauce, scallop Saint-Jacques and a vegetable fricassee.

Photo: Sofia Röjder

Address: Västra Torggatan 19, Karlstad

Phone: +46 54 15 33 83

Internet: www.tiffanys.se

Nya Via Appia



Nya Via Appia on Järnvägsgatan 14 in the city is so central that you can't miss it, and you shouldn't. Here we're talking a heavy

Scandi-Mediterranean mix of taste and influences. You can dine inside, outside and atop this fine 3-tiered eatery as it opens its roof-top dining and bar area in the summertime. One not

to be missed when you're in Karlstad.

Address: Järnvägsgatan 14, Karlstad

Phone: +46 54 24 06 00

Internet: www.nyaviaappia.se

Email: info@nyaviaappia.se

Ristorante Alfie



Italian restaurant with à la carte menu as well as pizza and pasta. They also have take away pizza.

Address: Västra Torggatan 19, Karlstad

Phone: +46 54 216262

Internet: www.alfie.se

Scandic Karlstad City restaurant



The restaurant at the hotel Scandic City offers organic breakfast buffet every day of the week but also serves fresh lunch buffet on weekdays. In

the afternoons you can choose a mouth-watering dish from the à la carte menu. They also serve brunch on Saturdays.

Address: Drottninggatan 4, Karlstad

Phone: +46 54 770 55 00

Internet: www.scandichotels.se/Hotels/Sverige/Karlstad/Scandic-Karlstad-City

Email: karlstadcity@scandichotels.com

Scandic Klarälven restaurant



In the restaurant you can enjoy a delicious breakfast, lunch and dinner. On evenings an à la carte menu is served with Swedish modern

classic and the kids have their own children's menu. The restaurant overlooks Klarälven and during the summer you can sit down on the terrace and enjoy the food and drink outside.

Address: Sandbäcksgatan 6, Karlstad
 Phone: +46 54 776 45 00
 Internet: www.scandichotels.se/Hotels/Sverige/Karlstad/Scandic-Klaralven
 Email: klaralven@scandichotels.com

Scandic Winn restaurant



Here you can have breakfast, lunch and a la carte. The chef serves Swedish classics and international favorites. In summer, enjoy the good

food on the patio.

Address: Norra Strandgatan 9-11, Karlstad
 Phone: +46 54 776 47 00
 Internet:
www.scandichotels.se/Hotels/Sverige/Karlstad/Scandic-Winn
 Email: karlstadwinn@scandichotels.com

CAFES



In Karlstad there are plenty of cafés. Here we have compiled a list so that you can find your favorite one.

Carli Choklad



Carli Choklad is a café near the train station in the middle of Karlstad. The family-owned business make their own chocolates by hand, various chocolate products and Italian gelato. In the cozy café you can also enjoy really good coffee or your favorite among the wide range of tea.

Photo: Johannes Carli
 Address: Järnvägsgatan 3, Karlstad
 Phone: +46 54 15 02 40
 Internet: www.carlichoklad.se
 Email: info@carlichoklad.se

Rosteriet



A café at the roasting house of the coffee company Löfbergs. Find your own favorite coffee by trying different beans and blends. You are of course welcome even if you prefer a cup of tea instead. You can choose between white, green, red and black teas from around the world, all with different flavours and ingredients. There is an assortment of chocolates and buns from local suppliers as well. Furthermore you are also able to purchase everything in the café, from coffee beans and grinders to trays and coffee mugs.

Address: Tolagsgatan 1, Karlstad
 Phone: +46 54 140 160
 Internet: rosterietkarlstad.se
 Email: rosteriet@lofbergs.se

Espresso House



Espresso House is a café who offers a selection of coffee, baked goods, sandwiches and salads in the center of Karlstad.

Address: Drottninggatan 22, Karlstad

Phone: +46 10 510 11 97

Internet: www.espressohouse.com

Email: info@espressohouse.se

Swenströmskas Stenugnsbageri



Here you can enjoy breakfast rolls, sourdough bread, buns, wheat bread and pastries from their own bakery.

Address: Östra Torggatan 16, Karlstad

Phone: +46 54 18 44 53

Internet: www.swenstromskas.se

Email: swenstromskas@gmail.com

Artisan Bread



Artisan Bread is a modern bakery which serves freshly made bread, pastries and coffee.

Gustav Fagerman and Mattias Dröschmeister

from Kristinehamn have opened a bakery on Kasernhöjden in Karlstad. At Artisan Bread you can eat both bread and pastries, all inspired by french traditions.

Address: Kasernhöjden 4, Karlstad

Phone: +46 54 153200

Internet: www.artisanbread.se

Email: info@artisanbread.se

King Creole Shop & Café



In Haga, a few minutes walk from the center of Karlstad, you can enjoy coffee in the spirit of Elvis. On the menu you will find different

sandwiches including soup, pie and pastries.

Photo: Öyvind Lund

Address: Nygatan 8, Karlstad

Phone: +46 70 682 14 91

Internet: www.kingcreoleshopochcafe.se

Email: ulla.nazell@comhem.se

Naturum Kaféet



The café is located in the Naturum Värmland building in Mariebergsskogen, together with exhibition and shop. Here you will

find homebaked bread, baked goods, sandwiches, soup and sweets. The coffee is fair-trade.

Photo: Per Eriksson

Address: Mariebergsskogen, Karlstad

Phone: +46 54 540 27 60

Internet: www.mariebergsskogen.se/naturum-varmland/butik

Email: naturumvarmland@karlstad.se

Wayne's Coffee



The café offers coffee by Wayne's Coffee's own brand, pastries from their own bakery and food with natural ingredients of the highest quality. Wayne's

is also available at Tingvallagatan 8.

Address: Drottninggatan 18, Karlstad

Phone: +46 54 151 460

Internet: www.waynescoffee.se

Email: info@waynescoffee.com

Café August



Café August is a café and restaurant with baked goods, sandwiches, ice cream and à la carte menu. With about 90 seating's indoor and 350

out in the garden. Some evenings with musical entertainment. Views overlooking the lake Vänern. Mainly open in the summer.

Photo: Per Eriksson

Address: Kanikenäsbanken 16, Karlstad

Phone: +46 54 21 77 47

Internet: www.cafeaugust.se

Email: info@cafeaugust.se

House of Melker



Café in the shopping center Duvan in the center of Karlstad. Here you can enjoy delicious lunches or a relaxing coffee break with

homemade bread and coffee from Zoéga.

Address: Järnväggsgatan 2, Karlstad

Phone: +46 54 15 19 20

Internet: www.houseofmelker.kvartersmenyn.se

Bibliotekskaféet

Coffee and lunch near the city center.

Homebaked sandwiches and cookies as well as a tasty lunch menu everyday.

Address: Västra Torggatan 26, Karlstad

Phone: +46 54 540 69 03

Email: bibliotekskafeet@karlstad.se

Café Slusswakten



Café right by the river with baked goods, sandwiches, salads, lunch and ice cream. The café is situated in a house that earlier was used by the

lock guard.

Address: Västra kanalgatan 2, Karlstad

Phone: +46 70 518 34 71

Molly's café

A french café with a big variety of pastries and cakes. They bake their pastries on-site and offers several options that are lactose or gluten free.

Address: Järnväggsgatan 11, Karlstad

Phone: +46 54 21 15 95

BARS & NIGHTLIFE



Karlstad has a large selection of bars in several different level, everything from bars with modern style to the bars with older furnishings and a great charm. Looking for a late night out? there are many night clubs to choose from. You can find both traditional nightlife as well as several places that offers live music.

Tempel



Tempel is a restaurant, bar and nightclub with endless opportunities for you as a guest! Modern design and cozy environment imbues

Temple premises, which are located in the center of Karlstad. The nightclub has three dance floors with different themes, four bars and a stage spread over two floors.

Address: Kungsgatan 18, Karlstad

Phone: +46 54 21 95 95

Internet: www.tempelkarlstad.se

Email: info@tempelkarlstad.se

Nöjesfabriken



The Swedish word Nöjesfabriken translates literally as "the entertainment factory". Given that it is housed in an old factory, it's a

pretty good name. An entertainment palace with a great pulse right in the middle of Karlstad. You can listen to concerts with international artists or play disco bowling. If you want to lower the tempo, there is both a restaurant and a bar here.

Address: Karlagatan 42, Karlstad

Phone: +46 54 22 22 00

Internet: www.nojesfabriken.se

Email: info@nojesfabriken.se

Röda rummet - Pitcher's Natklub



You will find Röda Rummet (the Red Room) nightclub at Pitcher's sports bar on Kungsgatan in the Karlstad town centre. Röda Rummet is a small, cozy nightclub for the connoisseur. It has

an small dancefloor and groups of comfortable seats. At Röda Rummet the guest is always in the spotlight. The nightclub opens on Friday evenings, when you can groove to a mix of the latest party hits and retro classics. Saturday night is for Dance night, which means you can boogie down to the latest club hits, house classics, R'n'B hits and more. Age limit: 23.

Address: Kungsgatan 12, Karlstad

Phone: +46 54 18 03 00

Internet: www.pitchers.se/restauranger/karlstad/nattklubb

Email: info.karlstad@pitchers.se

Koriander Bar & Deli

Tastefully furnished club and restaurant. Their ambition is to give their guests that little extra and in addition to a well put-together menu there is a delicious delicatessen stand to browse through. Take a seat in the bar and enjoy a drink or get in the groove with one of the live bands that often play here.

Address: Västra torggatan 10, Karlstad

Phone: +46 54 21 00 54

Internet: www.korianderkarlstad.se

Email: info@korianderkarlstad.se

Harrys



Restaurant, pub and nightclub. Here you can have a pub menu as well as three course menus. There is also an outdoor seating in the summer

where you can enjoy your drink.

Address: Kungsgatan 16, Karlstad

Phone: +46 54 10 20 20

Internet: www.harrys.se

Email: karlstad@harrys.se

Jaguar



Bar and nightclub in the center of Karlstad. Two dance floors, a stage for live performances and a 10 meter long bar. The open and bright bar area invites to relaxed conversation with friends.

Address: Kungsgatan 14, Karlstad
Phone: +46 54 18 00 72
Internet: www.jaguarnattklubb.se
Email: info@jaguarnattklubb.se

The Leprechaun Pub

Irish restaurant and pub with á la carte. Some nights there are music entertainment and on Fridays they have "After work". They also offer whisky tasting.

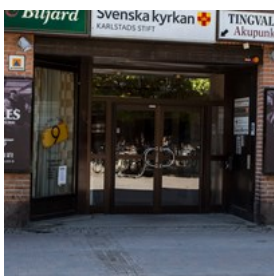
Address: Östra torggatan 4, Karlstad
Phone: +46 54 18 25 50
Internet: www.theleprechaun.se
Email: info@theleprechaun.se

O'Learys

O'Learys is a sports bar in the center of Karlstad. Here you can watch sports and enjoy American style food.

Address: Drottninggatan 14, Karlstad
Phone: +46 54 21 85 00
Internet: www.olearys.se/karlstad

Tables



At Tables, billiards is the key word. The restaurant has 11 pool tables which you can either pre-order or book when you're there. On the menu you

will find classic pub food and there's a large assortment of both beer and wine as well as cocktails.

Address: Västra Torggatan 15, Karlstad
Phone: +46 54 10 11 25
Internet: www.tables.se

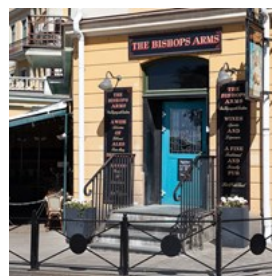
Guldapan



A bar that specializes in beer, wine and delicacies. The menu at the pub is designed to complement the large assortment of beer and wine, you will for example find dishes like roe toast, oysters and several kinds of deli trays.

Photo: Öyvind Lund
Address: Östra Torggatan 15, Karlstad
Phone: +46 54 10 15 00
Internet: www.guldapan.se
Email: info@guldapan.se

The Bishop's Arms



The Bishop's Arms doesn't sound very Swedish does it? Not to worry, this clone of a British pub is at least as good as the original with a huge and quality selection of international beers, ales, wines and spirits (250 different kinds of whiskey). And a good selection of hearty fare including fish and chips and home-grown Värmland beef. The location isn't bad either; the pub sits just a few metres from Klarälven. Enjoy.

Address: Kungsgatan 22, Karlstad
Phone: +46 54 29 30 20
Internet: www.bishopsarms.com

GOLF



One week - seven kicking golf courses around Karlstad and you can play as early, or as late as you want in the summer months. Imagine telling your friends back home about the time you played golf at midnight in full light.

The seven courses we have picked for you are no more than 30 minutes by car from Karlstad, so you can stay in the city, sample its delights and get in 18 holes or more during the day. There are many quality hotels in the city, all centrally located, that offer golf packages. You can also choose from quality hotels, country house stays, cottages and cabins for rent, as well as hostels or camping areas. Some of the golf courses also offer comfortable accommodation options and they have quality eateries where you can recharge your batteries between rounds.

Karlstad Golfklubb

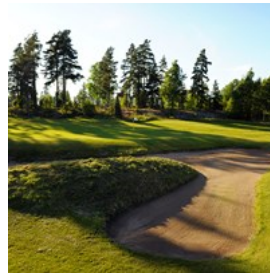


This is a classic forest and park-like course in stunning nature.

Thirty-six holes split into four nine-holers.

Address: Höja 510, Karlstad
Phone: +46 54 86 64 05
Internet: www.karlstadgk.se
Email: info@karlstadgk.se

Bryngfjorden GK



The long course is 18-holes of rolling terrain with changing park-like and forest nature. There is also the Östra (Eastern) course which is a 9-hole course.

Address: Bryngfjorden 401, Karlstad
Phone: +46 54 21 70 36
Internet: www.bryngfjorden.com
Email: info@bryngfjorden.com

Sommarro Golf



Sommarro Links opened in 2006 and is known for being Karlstad's most central golf course. Since then many have found out an unique golf experience and praised the course for its "Scottish-style Links" layout and for almost always being in perfect condition. As well as the 12 hole inland Links there is also a 9 hole Pay and Play (the small course). Sommarro's spectacular clubhouse, which is an old airport terminal opened in 2007. Whether you are a beginner or a pro, young or old, at Sommarro everyone can enjoy the game.

Address: Flygfältsvägen 1, Karlstad
Phone: +46 54 15 90 15
Internet: www.sommarrogolf.se
Email: info@sommarrogolf.se

Billeruds Golfklubb



This course is beautifully located on a headland of lake Ekholm which is a bay of Lake Vänern. This 18-hole gently rolling park-like and forest

course uses the best aspects of the surrounding environs.

Address: Valnäs, Segmon
Phone: +46 555 785 054
Internet: www.billerudsgk.se
Email: kansli@billerudsgk.se

Kils Golfklubb

Beautifully appointed 18 holes golf course on the south-east bank of lake Fryken.

Address: Skärningsberg 1250, Kil
Phone: +46 554 407 05
Internet: www.kilsgk.se
Email: kansli@kilsgk.se

ForshagaDeje GK

Located in the beautiful setting of the Dömle estate. This forest and park-like course has enough water hazards to test the very best golfer's skills. The Dömle river wends through the 18 holes course.

Address: Dömle 1, Deje
Phone: +46 552 414 40
Internet: www.forshagadejegk.se
Email: info@forshagadejegk.se

Hammarö Golfklubb

Hammarö Golf Club offers a varied 18 holes golf course built on sand and sandy soil of a varied nature with a long playing season thanks to its archipelago location in Lake Vänern.

Address: Barrstigen 103, Hammarö
Phone: +46 54 52 26 50
Internet: www.hammarogk.se

Email: info@hammarogk.se

SHOPPING



Shopping is a breeze in Karlstad. The brilliant thing about shopping in Karlstad is that all the shops are within walking distance in the city. And the biggest shopping centre in Karlstad and the Ikea store outside the city are just a short bus ride or drive away.

City centre

In Karlstad city centre you'll find all the big, established Swedish retail brands like H&M, Lindex (womenswear), Åhléns (department store), all with their own stores. In the smaller stores and boutiques you'll also find rising stars of the international and Swedish fashion scenes such as Odd Molly, Filippa K, Whyred, J. Lindberg, Nudie Jeans and Cheap Monday jeans. And as for legendary Swedish art glass, crystal and tableware, look no further than Kosta and Orrefors which you'll find in stores on the streets that criss-cross Järnvägsgatan and Drottninggatan. Still in the city, you can also shop at "Mitt i City", "Duvanhuset", "15-huset", shopping centres in the centre of Karlstad that sell Swedish and international goods and products, as well as restaurants and cafés.

Address: Karlstad
Internet: www.centrumkarlstad.se

Bergvik shopping centre

Why not visit Ikea on its home turf? We won't bother telling you what to look out for at Ikea, you probably live close to one. Ikea lies beside Bergvik Köpcentrum (shopping centre) just outside town. Bergvik was awarded 'shopping centre of the year' in Sweden in 2008, with its 68 shops, restaurants and cafés. All the big Swedish names are here and look out in particular for Swedish-design clothes and accessories, outdoor wear, household goods, glassware, textiles and kitchenware.

Address: Frykmansväg 1, Karlstad

Phone: +45 54 400 40 01

Internet: www.bergvik.se

Email: info@bergvik.se

Välsviken

Welcome to Välsviken. Here you can find ICA Kvantum, Elgiganten MegaStore, Jula, Lager 157, Stadium Outlet and XXL Sport. Välsviken is 8 km east from Karlstad city center. Free parking is provided.

Address: Rävbergsvägen 2, Karlstad

Internet: valsviken.com

ESSENTIAL INFORMATION



Airport



About 18 km north of Karlstad is Karlstad airport with good connections to major airports. To and from the airport, you can choose between bus and taxi.

The airport bus comes when you book by phone on +46 771 32 32 00 or book online varmlandstrafik.elasticmobile.net and can be ordered when traveling to / from Stockholm and Frankfurt.

The taxi price from Karlstad to the airport is about 360 SEK. The travel time is estimated to be about 20 minutes.

At the Karlstad Airport you can also rent a car from companies such as AVIS, Hertz and Europcar.

Photo: Juan Garces

Address: Karlstad Airport

Phone: +46 54 540 77 00

Internet: www.ksdarprt.se

Public Transport



You can't miss the bright orange local buses with the sun emblazoned on the side here in Karlstad. Karlstad has a great bus network and tickets can be bought at the tickets machines, via sms with your mobile, at Karlstad tourist office or at Pressbyrån outlets. The bus is a great way of getting around the city.

Photo: Pierre-Luc Auclair

Address: Karlstad

Phone: +46 54 540 46 00
Internet: www.karlstadsbuss.se
Email: karlstadsbuss@karlstad.se

Bus and Train



You can travel to Karlstad from Stockholm, Gothenburg and Oslo by train and bus. There are also good links between Karlstad and other major

cities in Sweden.

Train: www.sj.se
Bus: www.swebus.se

Photo: Michael Zenaty

Regional bus and train



Travel in the beautiful region Värmland with Värmlandstrafik by bus or train.

Photo: Pierre-Luc Auclair
Phone: +46 771 32 32 00
Internet: www.varmlandstrafik.se/english

Waterbuses



There are frequent waterbuses around the waterways of Karlstad and Lake Vänern in June, July and August. The ticket fare is the same as

for the regular local buses.

Address: Karlstad
Phone: +44 54 540 46 00
Internet: karlstad.se/Karlstadsbuss
Email: karlstadsbuss@karlstad.se

Solacykeln

In the centre of Karlstad you can borrow a bicycle for free during summertime. If you pay a visit to the local tourism office they'll give you a map of the sites you should see by bicycle, for example the famous statues and buildings of Karlstad.

Address: Karlstad
Phone: +46 54 540 52 12

Taxi



Taxi054 +46 54 15 11 51
Sverige Taxi i Karlstad
+46 20 22 23 33
Taxikurir +46 54 15 02
00 Taxi Tingvalla +46 54
52 52 52 Taxi Solsta +46

54 100 150

Minitaxi i Karlstad
+46 54 21 82 18

Pharmacy



Apoteket Örnen
Järnvägsgatan 2 +46 771
450 450 Apoteket Mitt i
City Järnvägsgatan 10
+46 771 450 450

Photo: Gemma Garner
Address: Järnvägsgatan 2, Karlstad
Phone: +46 771 450 450
Internet: www.apoteket.se

Electricity

230 volt / 50 hz



Photo: Stirling Tschan

Telephone



Country code: +46 Area
code Karlstad (0)54

Photo: Jardson Almeida

Distances

Oslo 220 km, Stockholm 300 km, Gothenburg
250 km.

Population

88 000

Currency

Swedish SEK/crowns

Opening hours

Most shops are open monday-friday 10.00 - 19.00, saturday
10.00 - 16.00 and sunday 12.00 - 16.00.

The most restaurants are open for lunch 11.00 - 14.00 and
for dinner 17.00 - 22.00.

Newspapers

Nya Wermlands tidningen, NWT
Värmlands folkblad, VF

Emergency numbers

112

Tourist information

Karlstad Tourist Office
Västra Torggatan 26
Phone: +46 (0)54 540 24 70

