



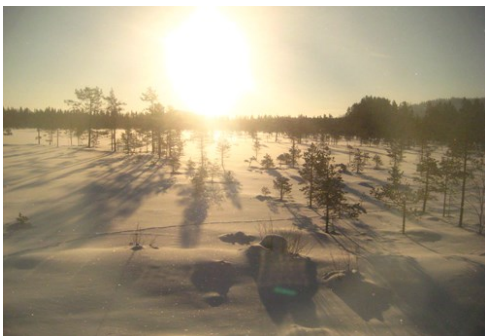
Photo: hessianmercenary/Shutterstock.com



norr/Shutterstock.com

250 kilometres north of the polar circle the summer sun shines for almost two months without going down, while the polar nights offer the most intense northern lights that can be found. You can do slalom skiing here until midsummer, or spend the night in a magnificent hotel built out of ice.

The kingdom of contrasts is a hackneyed phrase, but Kiruna is the original.



Isabell Schulz



vichie81/Shutterstock.com

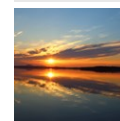
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VENTURED BEFORE!

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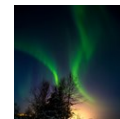
Foto: WhitefoxChen / Shutterstock

Top 5



The Midnight Sun

If you have never been in Northern Scandinavia during the midsummer period, ...



The Northern Lights

Between September and April there is the chance of experiencing the northern...



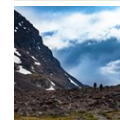
Esrangle

Forty kilometres from Kiruna is Europe's only civilian space base. Esrange i...



The Ice Hotel in Jukkasjärvi

The world-famous Ice Hotel is located in Jukkasjärvi, 17 km from Kiruna. The...



Kebnekaise

From Nikkaluokta, 66 km west of Kiruna, there are first-rate skiing and trek...



THE CITY



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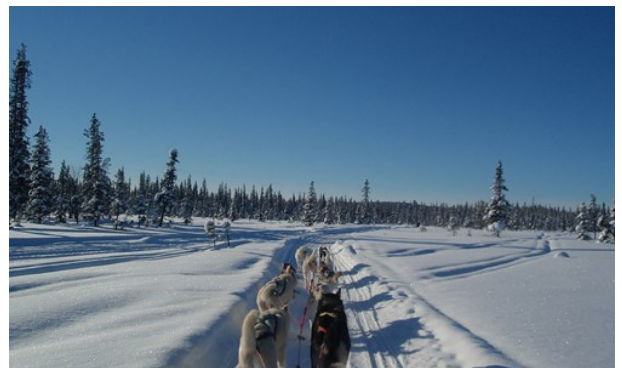
Kiruna is no spring chicken. If you are looking for life in the archipelagos, painted, wooden horses from Dalarna or hot nightclubs, you have driven about 1000 kilometres too far. Here, in Swedish Lapland, things are no longer in moderation—they are magnificent and dramatic. Kiruna is the city of one hundred days with no night and the midnight sun attracts tourists from all over the world. But during the winters, when the temperature sometimes gets down below -35 degrees, ice, snow, darkness and cold reign supreme. Visitors venture out on dog sledding tours among spruce trees weighed down by snow while the northern lights blaze in the heavens.

Wild nature is open 24 hours a day, year round, thanks to the unique Swedish legal right to common land. Kiruna is surrounded by an untouched mountain world, including Sweden's highest mountain, Kebnekaise, and more than 6,000 lakes and seven large, unspoiled rivers. Added to which there are seven national parks—everything from high alpine terrain with glaciers and windswept tundra to swampy ground and forests of mountain birch extending for miles after miles. Lapland is an amusement park for lovers of the outdoors. And it is enormous, larger than Denmark and Holland put together. Even for an average Swede—used to long journeys—the distances and barrenness of

Lapland is something spoken about with respect and enchantment mingled with terror.

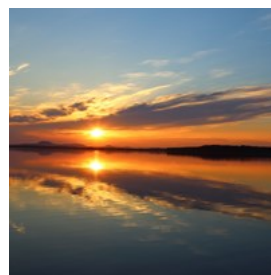
Kiruna—excellent as a base for trips in Lapland and Norrbotten—is 100-years-old, built beside the largest underground iron ore mine in the world. The lode of ore is four kilometres long and the mine is one thousand metres deep. Some twenty kilometres northeast of Kiruna, in Jukkasjärvi, is the world-famous ice hotel and farther to the northwest is Riksgränsen, one of the country's leading skiing resorts. A tip: If you are visiting Kiruna in the winter, ask for advice on how you should dress. It is possible to enjoy yourself in severe cold too. If you are visiting Kiruna in the summer—don't forget the mosquito-repellent!

DO & SEE



You can do slalom skiing here until midsummer, or spend the night in a magnificent hotel built out of ice.

The Midnight Sun

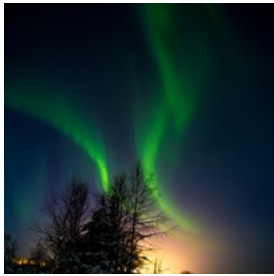


If you have never been in Northern Scandinavia during the midsummer period, the light is perhaps the most fascinating and obvious phenomena. The sun doesn't go down at all. There is a good view of the surroundings from

the city mountain, Luossavaara, about four km outside Kiruna. The midnight sun can be experienced between 27 May and 14 July in Kiruna.

Photo: B Vanessa/Shutterstock.com

The Northern Lights



Between September and April there is the chance of experiencing the northern lights, provided that it is a starry night. For a northern lights

forecast, phone: 0900 100 10 40

Photo: Oleg Bakhirev/Shutterstock.com

Esrange



Forty kilometres from Kiruna is Europe's only civilian space base. Esrange is a centre for European space research and offers guided tours in the summertime (also wintertime on request). Learn more about the northern lights, rocket launches and micro gravitation.

Photo: Johannes Jansson (image cropped)

Address: Esrange Space Center, 981 28 Jukkasjärvi

Phone: +46 980 72059

Internet: www.sscspace.com

The Ice Hotel in Jukkasjärvi



The world-famous Ice Hotel is located in Jukkasjärvi, 17 km from Kiruna. The world's largest hotel, made out of thousands of tonnes of snow and ice, is rebuilt every winter. You'll be

nice and cool as you sleep after a drink in the Absolut Icebar, beautifully chiselled out of pure blue ice from the River Torne. Open from mid-December to the end of April. In the summer you can experience ice art in the hotel's Art Centre.

Photo: Gerard McGovern (image cropped)

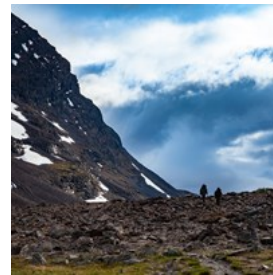
Address: Jukkasjärvi

Phone: +46 980 66800, (free within Sweden 020 29 14 33)

Internet: www.icehotel.com

More Info: Monday to Friday there are a small number of buses from Kiruna bus station to Jukkasjärvi, but none at weekends. Transfer from Kiruna airport or train station can be booked at the hotel for 100 kr per person. On the banks of the River Torne in Jukkasjärvi.

Kebnekaise



From Nikkaluokta, 66 km west of Kiruna, there are first-rate skiing and trekking trails to, among other places, the top of Sweden's highest

mountain - Kebnekaise (2103 m). Walk the first 19 km to Kebnekaise mountain station where you register for the next day's guide-led route to the top. The trip takes about 8-10 hours and requires a good level of fitness. Minimum age is 16.

Photo: JZhpoto/Shutterstock.com

Address: Kebnekaise, Jukkasjärvi

Public Transport: Buses run every day between Kiruna and Nikkaluokta, for departure times see www.ltnbd.se or phone +46 771-100 110.

Internet: www.stfkebnekaise.com

More Info: www.nikkaluokta.com

The Kungsleden Trail



Sweden's most well-known long-distance footpath offers spectacular experiences of the natural world. It is 500 km long and starts in

Abisko, 93 km west of Kiruna. The Kebnekaise-Saltoluokta section is suitable as a shorter route with 5 days trekking. For information on suggested routes and accommodation, visit Svenska Turistföreningen's (the Swedish Tourist Organisation) website.

Photo: Jens Ottoson/Shutterstock.com

Address: Kebnekaise

Internet: www.svenskaturistforeningen.se

The mine



Experience the world's largest underground iron ore mine—from the inside. Visit the mine—the café, the machinery, the theater

and museum - located 540 meters underground. Daily trips from Kiruna Lapland Tourist Office. A minimum of ten persons during the winter season. Book well in advance! Tours depart from the tourist office.

Photo: Johan Arvelius (image cropped)

Address: Kiirunavaaravägen 1, Kiruna

Internet: www.kirunalapland.se

More Info: www.lkab.com

The Sami culture



One in ten of Kiruna's residents is of Sami origin, which creates a living culture. The Sami people have their own national anthem, flag and

language. Samegården is a Sami cultural centre and museum, and Måttarahkkà is a Sami handicrafts centre run by women.

Photo: allanw/Shutterstock.com

Address: Brytaregatan 14, Kiruna

Phone: +46 70 681 71 39

Email: kiruna.sameforening@telia.com

SLOPE LIFE



The area of Luossavaarabacken in Kiruna has three prepared ski runs, but if you are willing to travel a small distance, you can look forward to really wild and beautiful skiing. A unique collaboration between Björkliden, Riksgränsen, Narvik and Abisko has now made skiing possible in four good skiing areas with one lift pass (ask in the tourist office).

Riksgränsen



132 km from Kiruna there is a place where snow is absolutely guaranteed. Riksgränsen is one of the best ski resorts in Sweden with a season

that continues through to midsummer. Slalom skiing under the midnight sun is an unforgettable experience.

Photo: Victor Maschek/Shutterstock.com

Address: Riksgränsen

Internet: www.riksgransen.nu

More Info: Länstrafiken (County public transport) and Kiruna Buses run between Kiruna and Riksgränsen. It is also possible to go by train with Connex.

Björkliden



The third best descent in Sweden at 538 metres.

The longest of the pistes is over three km. The Svarta Björn (Black Bear) area offers exciting

off-piste skiing. Good skiing with short queues for the lifts and has been called Sweden's most underrated skiing resort by the magazine Åka Skidor ("Skiing").

Photo: Lukas Gajda/Shutterstock.com

Address: Björkliden

Internet: www.bjorkliden.com

More Info: Länstrafiken runs buses between Kiruna airport / Kiruna and Björkliden.

Abisko



Mount Nuolja, in Abisko, is Sweden's only skiing area with exclusively off-piste skiing. Demands a great degree of skill and personal

responsibility.

Photo: David Thyberg/Shutterstock.com

Address: Mount Nuolja, Abisko

Internet: www.abisko.nu

More Info: Buses from Kiruna take about an hour

DINING



Souvas and renkok (reindeer stew) are two culinary experiences. Souvas is smoked reindeer meat which is fried and served on, for example, pizza, in wraps or on thin, flat, unleavened bread. You can also enjoy venison, grouse, char and cloudberry.

Restaurant Ripan

Serves specialities from the cuisine of Lappland. What about breast of grouse marinated in calvados with cranberry jelly or a cake made of frozen cloudberry with "coffee-cheese" marinated in Kahlua, for example? Open all year round, but perhaps best in the summer with an area for open-air dining, midnight sun, mosquitoes and minigolf.

Address: Campingvägen 5, Kiruna

Phone: +46 980 630 00

Internet: ripan.se

Email: info@ripan.se

Mommas Steakhouse

A classic which was mentioned in Ted Ström's famous song Winter Saga ("and the drinking gets going in Mommas pub"). Rustic decor, cosy bar and a view over the vast expanse of the mountains and the mine.

Address: Lars Janssonsgatan 15, Kiruna

Phone: +46 980 398 600

Internet: www.scandic-hotels.se/ferrum

Email: ferrum@scandichotels.com

Nya Empes Hamburgerkungen

Here you will find the largest and most tasty hamburgers in Kiruna. This is where everyone goes after a late night in the pubs.

Address: Mommagatan 1, Kiruna
Phone: +46 980 12839
Internet: www.empes.se
Email: info@empesgatukok.se

The Ice Hotel Restaurant, Jukkasjärvi

The Ice Hotel's restaurant that serves food from Lappland in a tavern environment. Try fillet of reindeer or goat cheese, for example. Some food is served on ice plates. The Icehotel Restaurant has been awarded the Werner Vögeli Statuette, and written about in gourmet magazines throughout the world. (Price: from 180 Kr)

Address: Marknadsvägen, 98191 Jukkasjärvi
Phone: +46 980 66884 / 66800
Internet: www.icehotel.com
Email: info@icehotel.com

Restaurang Skáidi, Nikkaluokta

After climbing Kebnekaise having a good meal in the company of friends doesn't go amiss. Skáidi in Nikkaluokta serves renkok as well as game fish from the mountain lakes. If you want to try all the Lappland specialities order a tasting menu. Mountain view from the restaurant. Book a table in good time.

Address: Nikkaluokta, 981 99 Kiruna
Phone: +46 980 55015
Internet: www.nikkaluokta.com

CAFES



Family Business/Shutterstock.com

There are several cafés to choose from in Kiruna. Why not enjoy a cup of tea in a reindeer leather sofa?

Safari

This is a large and snug café with the largest cinnamon buns in town, wonderful carrot cake and freshly ground coffee with a variety of roastings. Several options for vegans / vegetarians.

Address: Geologgatan 4, Kiruna
Phone: +46 980 17460
Internet: www.cafesafari.se

Café Hjalmar

Welcome to Hjalmar Lundbohmsgården, one of Kiruna's oldest and most beautiful buildings. Enjoy a good cup of coffee in this lovely environment.

Address: Ingenjörsgatan 2, Kiruna
Opening hours: Open August to December
Phone: +46 980 701 10
Internet: www.hjalmarsgard.se
Email: dan@hjalmarsgard.se

Café Oscar

This café houses 70 seats and bake their own cakes, cookies and pastries. Come in for a nice lunch or a relaxing coffee break.

Address: Föreningsgatan 15, Kiruna

Phone: +46 980 614 10
Internet: www.cafe-oscar.se

Café Sapmi

Visit this cozy café and enjoy a cup of hot chocolate while sitting on a sofa made of reindeer skin.

Address: Marknadsvägen 2, Jukkasjärvi
Phone: +46 980 213 29
More Info: Next to the church

BARS & NIGHTLIFE



At one time Kiruna had the highest density of pubs in Sweden, however in the last five years it has gone downhill. If you are looking for a good party you'd do better to go to after-ski at somewhere like Riksgränsen. The live scene in Kiruna has a preference for blues, country and Irish music.

Riksgränsen



"Gränsen's" premiere spot for entertainment is called Grönan. There is a tremendously cordial atmosphere here with after-ski, a dance floor,

DJs, troubadours and live bands. The hotel's terrace is known as the Pelican shelf. This is the place to relax in the sunshine.

Photo: Victor Maschek/Shutterstock.com
Address: Riksgränsen

Phone: +46 980 400 80
Internet: www.riksgransen.nu

Ferrum

This large discotheque in Kiruna is situated in the Hotell Scandic and attracts guests from 18-50 years old. Here you will also find Mommas Bar.

Address: Lars Janssonsgatan 15, Kiruna
Phone: +46 980 39 86 00
Internet: www.scandic-hotels.se/ferrum

Hotel Bishops Arms

At Hotel Bishops Arms you will find the city's largest selection of beer and whiskey, it is necessary to say more?

Address: Föreningsgatan 6, Kiruna
Phone: +46 980 155 00
Internet: www.elite.se
Email: bishops.kiruna@elite.se

Restaurang Ebbes kök

After a long day on the slopes, you can come here and relax with a cold beer. During the winter season you'll also find a popular After Ski with live music.

Address: Katterjåkksvägen 6, Riksgränsen
Phone: +46 980 430 60
Internet: www.katterjokk.nu
Email: info@katterjokk.nu

SHOPPING



A trip to Lapland offers unbeatable opportunities to buy both food delicacies and forest products from Norrland, and genuine Sami products. One of the best places for the former is Thornéus Renprodukter (Fru Wälivaaragatan 10, tel: +46 980 100 81), which started trading as early as the 1940s. The shop sells reindeer and venison, cloudberries, arctic trout and coffee-cheese.

For high quality products manufactured by Sami people, Wennberg Sameslöjd (Begmästareg. 2) is recommended. It has shops in both Kiruna and Stockholm. Among other items, Wennberg sells knives, jewellery and sculptures by well-known Sami artists. Outdoor equipment is to be found at, among other places, Vildmarkshörnan (Bergsmästareg. 2), which also sells what you need for hunting and fishing. The usual, large clothing multiples such as JC, Kappahl and Lindex are to be found in the shopping malls, Gallerian and Galaxen.

ESSENTIAL INFORMATION



stga/Shutterstock.com

Airport



Kiruna airport is located nine kilometres from the city centre and the journey time is about 15 minutes. Airport buses are only available at certain times of the year, mainly in the summer period.

For detailed information, phone: +46 980 15690.

Taxis cost around 250 kronor for up to four persons (around 300 kr nights and weekends). Airport taxis cost around 125 kr per person. Taxi to Jukkasjärvi costs around 250 kr, taxi to Björkliden costs around 1200 kr and taxi to Riksgränsen costs around 1200 kr. Many hotels have prebooked buses waiting at the airport.

Photo: Juan Garces

Address: Kiruna airport

Public transport



Within Kiruna city centre most places are walking distance.

Communications in the county are well developed, a necessity in

a region where there are mile after mile of deep forests, rushing rivers and wilderness separating towns and villages from each other. Länstrafiken i Norrbotten AB is the principal provider of all public bus transport in Norrbotten and its routes run between the villages.

Photo: Pierre-Luc Auclair

Internet: www.ltnbd.se

Taxi



Taxis in Kiruna are reliable and use fare meters. It can sometimes be difficult to find a car on the street, even in the centre. Taxi Kiruna:

Phone: +46 980 12020

Internet: taxikiruna.se

Post



Nowadays you will find postal service points in supermarkets and petrol stations across Sweden. Here you can buy stamps, send and receive packets.

Photo: Andy Fuchs

Pharmacy



Pharmacy Hjärtat
Gallerian Kiruna:

Photo: Gemma Garner

Address: Föreningsgatan 6, Kiruna

Opening hours: Mon - Fri. 10.00 - 19.00, Sat. 10.00 - 16.00,
Sun. 12.00-16.00

Phone: +46 771 405405

Internet: apoteksinfo.nu

More Info: For out of hours queries you can phone +46 771 450 450, 24 hours a day, for the price of a local call.

Telephone



Country code +46 Area
code: 0980

Photo: Jardson Almeida

Electricity



220-240 V

Photo: Stirling Tschan

Population

24 000 (85 percent in the densely built-up areas)

Currency

Swedish SEK/crowns

Opening hours

In Kiruna the shops are normally open Monday–Friday, 10 am–6 pm, Saturday, 10 am–3 pm.

Newspapers

Norrbottens-Kuriren
Aftonbladet
Expressen
Dagens Nyheter
Svenska Dagbladet

Emergency numbers

112

Tourist information

Kiruna Lappland (Folkets Hus)
Address: Lars Janssonsgatan 17
Tel: +46 980 188 80





Adolf Hedinsvägen	A1 A2 B2 C3	Illervägen	D3	Per Högströmsgatan	B1
Apatitvägen		A1 Ingenjörsgatan	B3 B4	Platågatan	B2 C2
Arent Grapegatan		B2 Johan Thurigatan	D3	Porfyrvägen	A1
August Malmsgatan		C4 Juliebögatan	A1 B1	Reenstiernagatan	A1 B2
Bangårdsvägen	A2 A3	Jägaregatan	D2 D3	Renstigen	B1
Baningenjörsvägen		A2 Järnvägsgatan	A2	Ringvägen	D2
Bergmästaregatan		B3 Karl Bergströmsgata	D3	Rälsgatan	A2
Bergsgatan		C2 Kengisgatan	C2	Schouggatan	B4 C4
Biblioteksgatan		B3 Kiruna Söderbergsgata	D3	Signalgatan	A2
Björkstigen		B3 Konduktörsgatan	A2 B2	Skolgatan	B3 C3
Borrarevägen	B1 B2	Krokvägen	C4	Skräddaregatan	A2
Bromsgatan	B4 C4	Kyrkogatan	C3 D3	Skyttegatan	C3
Brytarevägen		A2 Lappgatan	C2	Stationsvägen	B3
Duvvägen		D2 Lars Janssonsgatan	A2 B2	Steinholtsgatan	B2
Dübengatan	A1 B1	Lasarettsgatan	C3	Terrassgatan	C2
Fiskarevägen		D3 Lastaregatan	A2	Thulegatan	C3 C4
Fjällgatan		B1 Lingonstigen	B3	Timmermansgatan	D3
Föraregatan		B2 Linnégatan	B3	Triangelvägen	C4 D3
Föreningsgatan	B2 B3	Ljusedalsbacken	A2	Träarbetaregatan	C2
Förmansvägen		A1 Lombololoden	B3 B4 C4	Trädgårdsgatan	C4
Geologgatan		B3 Lämmelvägen	D3	Tågmästaregatan	A2
Glimmervägen		A1 Lärkvägen	D2	Urmakaregatan	C2
Gruvfogdegatan		B4 Magnetitvägen	A1	Uttervägen	D3
Gruvvägen	A3 B3 C2 C3	Malmbergsgatan	C4	Villastigen	B3
Grönstensvägen		A1 Matojärvigatan	B2	Vinkelvägen	C3
Gustaf Wikmansgatan		C2 C3 Mommagatan	B2	Vintergatan	C3
Hermelingatan	A1 B1 B2 C2 C3	Mossvägen	D4	Växlaregatan	D3
Hjalmar Lundbohmsvägen	B1 B2 B3 C4 D3	Myrvägen	C4 D4	Ängsvägen	C4
Idrottsvägen		B1 Nordkalottvägen	A2	Österleden	D4