



Östersund

Photo: Mr Thinktank



Mr Thinktank



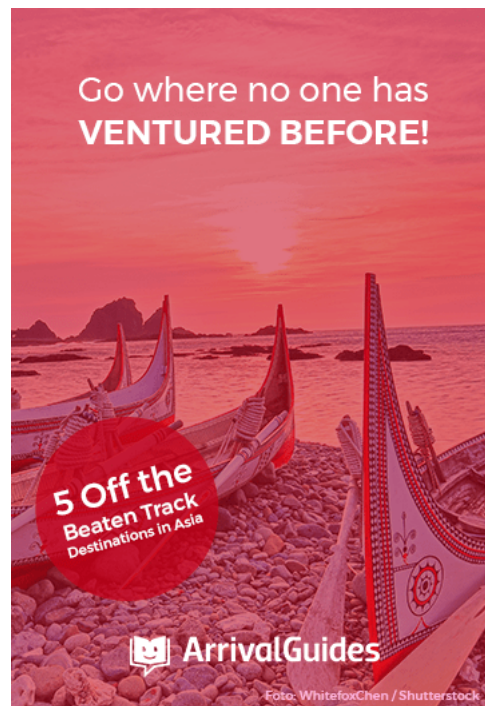
Mr Thinktank



Artesia Wells/Shutterstock.com

In Östersund, you will enjoy life all year around. The city is "just enough" with a very own, charming atmosphere and many things unique. The high, crisp air, the bright, long summer nights and the white winters with lots of snow make it really easy to like not only the city of Östersund, but also its surroundings.

Östersund is located in the center of the county of Jämtland, the self-proclaimed republic. Here you will find pleasant shopping, several small cafés, exciting cultural life and also a rich entertainment and a wide range of outdoor activities!



Top 5

Jamtli History Land And Museum

If you only want to visit one museum when you are in Östersund and Jämtland, then choose the Jamtli. During the summer

Moose Garden

Meet tame elks at close quarters - so close you can actually pet them! See also how paper is made from elk droppings. Please

Frösö island

The island of Frösön is only a short walk from the city centre, across the walking bridge. Of course also reachable by car

Frösö church

Frösö church dates back to the 12th century, and is one of Sweden's most popular churches to get married in. The views from

Frösö Zoo

The Frösö Zoo is home to more than 700 different species, from giraffes to silk monkeys. Also a fun fair and a biological



THE CITY



Mr Thinktank (image cropped)

Östersund's central location, almost at the very centre of Sweden, gives the city proximity to both coastal landscape and mountains. The popular ski destination Åre is only an hour by train from the city and to Stockholm it takes about 50 minutes by air (or 5 hours by train). In summertime the city streets are lined by outdoor cafés and people of all ages – from near and far – socializing and making Östersund into a lively city. Storsjöyran, the annual festival, is one of every summer's highlights. During the dark winter season, it is, besides the possibility to outdoor activities and the white snow, theatre performances, concerts and the troubadours, and not at least the chance to see a crackling Northern light that makes Östersund to a city to feel welcome in. The city of Östersund was founded in 1786, and was at the beginning a typical settlers community where lawlessness is said to have been widespread. Illegal bars were common and the streets were pitch black after nightfall. As late as in 1876, the first kerosene lamp appeared on the street! By the middle of the 19th century, trade and craft slowly increased and by the beginning of the 20th century several stately buildings had been erected as a sign of the increasing prosperity. 50 years later, Östersund was a military city with thriving industries. Today, Östersund is one of most pleasant Northern, medium-sized cities.

Lots of small shops line the main thoroughfares through the city centre and the “outdoor factor” is remarkably strong – given that the ski resort of Åre is not far away. In proportion to its population, the city is also one of the most café- and restaurant-dense cities in Sweden, so you will definitely get the opportunity to enjoy a good coffee! Blue, white and green – the colours of Jämtland's own flag testifies Östersund's surroundings – the distant blue, mountains, the snowy winter landscape and the green forests. The wilderness is always close and the area around Östersund offers endless opportunities for exciting days out and not only those who want to find peace but also for those looking for an adventure. The island of Frösön, on the other side of the sound and just a walk across the bridge from the city centre, has been a gathering place for humans for thousands of years and today offers little of everything found in the rest of Jämtland. The county of Jämtland covers 12 percent of Sweden's surface, but only 1.5 percent of Sweden's population lives here. This creates large imaginary gaps in civilization, guaranteeing some of Scandinavia's most magnificent nature. The Sami culture has obviously left its mark on the region and around 44,500 reindeer belonging to 11 Lapp villages, wander the land. And, with some luck, you might also spot moose, bear, wolverine, wolf, lynx, arctic fox and musk ox!

DO & SEE



Mr Thinktank (image cropped)

There is always something to do in Östersund. Below is a selection of activities and interesting sites to visit.

Jamtli History Land And Museum

If you only want to visit one museum when you are in Östersund and Jämtland, then choose the Jamtli. During the summer months you can meet people from in the past and experience the local culture up close. In the winter there is a traditional Christmas market. At Jamtli, there is a subterranean landscape with one of Sweden's weirdest exhibitions, which magically weaves the history of Norrland. There is also the 1000-year-old Överhogdal hangings, Europe's oldest and best-preserved textile picture. The museum has been awarded with three stars in the Guide Michelin.

Address: Museiplan, Östersund
 Phone: +46 63 150100
 Internet: www.jamtli.com
 Email: info@jamtli.com

Moose Garden

Meet tame elks at close quarters - so close you can actually pet them! See also how paper is made from elk droppings. Please phone for opening hours.

Address: Orrviken 215, Orrviken
 Phone: +46 63 40480 / +46 70 3636061

Internet: www.moosegarden.com

Email: info@moosegarden.com

Frösö island

The island of Frösön is only a short walk from the city centre, across the walking bridge. Of course also reachable by car and bus.

Hunters and Vikings used to live here a long time ago, and since then the island has been a gathering place for humans. The Swedish composer Wilhelm Peterson-Berger built his home "Sommarhagen" on Frösön after falling in love with the island. Today his home is a museum and one of the most visited sites in Östersund.

Address: Frösö island

Phone: +46 63 430 41

Frösö church

Frösö church dates back to the 12th century, and is one of Sweden's most popular churches to get married in. The views from the church front yard are breathtaking.

Address: Stockevägen 16, Frösö

Phone: +46 63 435 73

Internet: www.svenskakyrkan.se/frososunnenordero

Frösö Zoo

The Frösö Zoo is home to more than 700 different species, from giraffes to silk monkeys. Also a fun fair and a biological museum, so do spend at least one day at the Zoo.

Address: Bergsgatan 111, Frösö

Phone: +46 63 51 47 43

Internet: www.frosozoo.se

Email: frosozoo@telia.com

Gustavsbergsbacken (Gustavsbergs slalom slope)

Put on your ski boots, grab your skies and jump on a bus towards the island of Frösön. It is as simple as that to go for a few runs in the ski

slopes of Gustavsbergsbacken, a not very large ski area, but there is, apart from the ordinary ski slope, also a fun park with rails, jumps and boxes.

Address: Vintervägen 12-16, Frösön

Phone: +46 63 14 31 96

More Info: Bus no 5 and no 9 from the city centre.

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



Östersund is one of the towns in Sweden with the highest density of cafés and restaurants in relation to the population. The best places serve food that smack of the mountains, fresh air and murmuring streams. Try, as an example, char - reindeer fillet, unleavened bread with soft whey cheese or cloudberry parfait.

Innefickan Restaurang & Bar

One of Jämtland's best restaurants, which has reached the final of the "dish of the year" competition on several occasions. The cuisine is Italian and inspired by the Mediterranean, however, the food is mainly prepared from local ingredients such as reindeer and char. The city's best fish dishes - shellfish, bouillabaisse and kingfish - are on the menu.

Address: Postgränd 11, Östersund

Phone: +46 63 129099

Internet: www.innefickan.se

Email: info@innefickan.se

Arctura

Östersund's highest situated restaurant with a majestic view over both the city and the mountains. On the menu you will find reindeer, moose, char and homemade truffles.

Address: ÖSK vägen 13, Östersund

Phone: +46 63 16 15 60

Internet: www.arctura.se

Brunkullan Brasserie

A classic located in one of Östersund's oldest quarters. Food from every corner of the world and a large bar. During the summer, Brunkullan has Östersund's only garden restaurant.

Address: Postgränd 5, Östersund
Phone: +46 63 10 14 54
Internet: brunkullanbrasserie.se
Email: info@brunkullanbrasserie.se

TeaterGrillen

TeaterGrillen is this hotel's à la carte restaurant and has a menu offering something for everyone.

Address: Thomeegränd 20, Östersund
Phone: +46 63 511600
Internet: www.gamlateatern.se

Dalwhinnie restaurang och pub

Visit the restaurant with one of Sweden's largest whiskey assortments! The menu offers reindeer, tourneous, whitefish roe and much more. The restaurant also has whiskey tastings and a Whiskey Club for enthusiasts.

Address: Prästgatan 31, Östersund
Phone: +46 63 12 33 23
Internet: www.dalwhinnie.se

Lilla siam

This restaurant is drool-worthy if you like Thai cuisine. Lunch buffet between 11-14, but also an à la carte menu for take away.

Address: Prästgatan 54 A Östersund
Phone: +46 63 512030
Internet: www.lillasiam.com

Restaurant En Liten Röd

A small but cozy restaurant that specialises in meat dishes. Perfect for the romantic dinner.

Address: Brogränd 19, Östersund
Phone: +46 12 63 26
Internet: www.enlitenrod.se

Email: info@enlitenrod.se

CAFES



The café culture in Östersund has always been great, long before it became fashionable with latte. The city has several fine old pastry shops in town and in the summer time people are drawn to the cafes with outdoor seating.

Wedemarkskonditori & bageri

A classic café that opened as early as 1924. Try the Black Forest gateaux or Gunnar Sjö Dahl's savoury sandwich layer-cake.

Address: Prästgatan 27, Östersund
Phone: +46 63 510383
Internet: www.wedemarks.se

Kafé Frösötornet

Take a ride up the tower and enjoy the beautiful views. If you need something sweet and tasty, the café offers sandwiches, homemade bread and waffles. Only open during the summer.

Address: Utsiktsvägen 10, Frösön
Phone: +46 63 128169
Internet: www.froso.com/tornet

Törners Konditori

Selected to one of Sweden's best pastry and bakery shops, Törner's offer a wide selection of cookies, sandwiches, quiches and salads. Two locations in Östersund - one in the city centre and the other at Badhusparken.

Address: Storgatan 24, Östersund
Phone: +46 63 51 87 60 / +46 63 12 96 60
Internet: www.tornerskonditori.se
Email: info@tornerskonditori.se

Jamtli Kafé

A comfortable café in connection with the Jamtli outdoor museum. Sit outside in the garden and enjoy your coffee and the sun. Open during the summer months.

Address: Museiplan, Jamtli
Opening hours: Only open in summer
Phone: +46 63 15 01 05
Internet: www.jamtli.com
Email: info@jamtli.com

Jämttinas havtorn

A café just about 9 kilometres outside Östersund with buckthorn farm, selling buckthorn pastries. In the farm shop you can buy different buckthorn products as, for example, jam, soft drink, honey, tea and more.

Address: Slandrom 220, Frösön
Phone: +46 63 37073
Internet: www.jamttina.se
Email: tina@jamttina.se

Tages konditori

The Tages on Frösön offers homemade pastries and homecooking every day.

Address: Frösövägen 32, Frösön
Phone: +46 63 51 84 07
Internet: www.tages.se
Email: info@tages.se

BARS & NIGHTLIFE



Mr Thinktank (image cropped)

Östersund is a city somewhat shaped by all its students at Mittuniversitetet. This, of course, also affects the night life. You will find lively night clubs, popular pubs and glamorous dance halls - and it is all your choice where to go!

The Bishop's Arms

One of the most well-known pub chains in Sweden, located at 24 different places all over the country. Try one of the 20-25 kinds of tapped beer, or why not one of the 70-100 whiskeys? Not to forget are the 250 kinds of single malt whiskeys on the menu. British settings, of course.

Address: Stortorget 8, Östersund
Phone: +46 63 101529
Internet: www.bishopsarms.com

Captain Cook

When Captain Cook opened in 1993 it was one of the first "Aussie" pubs in Sweden and soon became popular - not least among whiskey lovers. Whiskey tastings are arranged from time to time. Captain Cook is also home to Östersund's blues scene.

Address: Hamngatan 9, Östersund
Phone: +46 63 126090
Internet: www.captaincook.se

Marité

Beautiful location with both live music and night club. Marité is worth a visit for not only the good music, but also for the views! Wednesdays and Fridays there is an 18 years age limit, and on Saturdays you will need to be over 21. Also a restaurant.

Address: Sjötorget 3, Östersund

Phone: +46 63 124226

Internet: www.marite.nu

Email: info@marite.nu

SHOPPING



Mr Thinktank (image cropped)

Östersund is a pleasant town to shop in with several of the major Swedish retail chains mixed with lots of small shops along the streets and alleys. The traditional shopping strip is based on Stortorget - follow the pedestrian street to the Domus building and then back along the parallel street Storgatan. Music lovers immediately head for Skivhörnan at Stortorget, one of the few remaining genuine record shops in north Sweden. If you are looking for local delicacies, walk to the farm shop Ost & Vilt at Prästgatan 19, where you can sample and buy products from across the county - everything from selected boxes of delicacies to handicrafts and souvenirs. More souvenirs - mostly local handicraft - are found in Gaupa Hantverk on Z-gränd 1. The shop is run by a cooperative of five local handicraft companies. The outdoor factor is strong in

Jämtland, and obviously the Swedish chain for outdoor clothing, Naturkompaniet (Prästgatan 31) has a shop here. If you are looking for quality products for hunting and fishing, visit Landbys on Storgatan 19. Scandinavian design can be found at Butik Annorlunda on Storgatan 37, selling clothes from brands like Marimekko, Gunilla Pontén, Nygårdssanna, Noa Noa and Bitte Kai Rand. They also sell jewelry from Snow of Sweden and the Danish Pilgrim.

Storsjöhyttan

In Östersund, you will find Jämtland's first glasswork, managed by three women. Storsjöhyttan was established in 1995 with only one studio, workshop and gallery. Come and experience how the glass is transformed into a piece of art and/or buy something from the shop.

Address: Hamnen, Östersund

Phone: +46 63 133630

Internet: www.storsjohyttan.com

Frösö Handtryck

In the years of 2000 and 2002, Frösö Handtryck (Frösö Hand Printing) was given the Swedish design award "Utmärkt svensk form" (Excellent Swedish Art). The factory workshop is located on Gripengränd Frösö Park and here you can buy textiles with beautiful, local motives.

Address: Gripengränd Frösö Park, Frösö

Phone: +46 063 43440

Internet: www.frosohandtryck.com

More Info: Byggnad 114

ESSENTIAL INFORMATION



Mr Thinktank (image cropped)

Exchange Office

FOREX Bank is since 1965 the Scandinavian market leader in foreign currencies. Since mid-2003 FOREX Bank also offers a growing range of other banking services deposits, loans, payment services, transaction services and credit and debit cards. FOREX Bank is centrally located throughout Scandinavia with more than 110 branches. At FOREX Bank you can buy foreign currency free of charge, at hours that suit you.

Phone: +46 200 222 220

Internet: www.forex.se

Airport



Östersund's airport is located on Frösö Island and transport to the city centre only takes ten minutes. Airport buses run to and from the

centre of Östersund in connection with most departures.

Tickets can be purchased on Flygbussen and on the city bus service "stadsbussarna." The cost is about 50 kronor (25 kr if you are under 20) and

tickets are valid for departures within 1 hour. There is a stop for the airport bus at the bus station by Gustav III's torg, from where you can travel further around the county by bus.

Taxis cost about 265 kr into the centre (a shared car costs 125 kr per person).

Photo: Juan Garces

Address: Östersund's airport

Public Transport



There is a pretty good network of city buses in Östersund, which run between most districts. A single ticket costs around 20 kr (half price for

youths). Tickets are purchased onboard the buses. There is a range of discount cards, depending on the number of journeys you are going to make. A 30-day card costs 560 kr (280 kr for youths). The card is sold at the bus depot, at Kärnan Godis, at Domus customer service and from the bus driver. There are night buses on Fridays and Saturdays between 23-02.30. The fare for night buses is 30 kr. Länstrafikbolagen in Norrbotten, Västerbotten, Västernorrland and Jämtland have coordinated tickets and traffic information, which means that it is possible to travel on one ticket between the larger towns in the county.

Photo: Pierre-Luc Auclair

Internet: www.nettbuss.se/stadsbussarna

Taxi



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

Östersund:

Phone: +46 63 199 000

Internet: www.taxiostersund.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

Address: Gustav III s Torg 2, Östersund

Phone: +46 77 133 33 10

Pharmacy



The Apoteket Kärnan chemist is centrally located at Prästgatan 45.

Photo: Gemma Garner

Address: Prästgatan 45, Östersund

Opening hours: Mon-Fri 9.30-18.00, Sat 10.00-16.00, Sun 12.00-16.00

Phone: +46 771 450450

Internet: www.apoteket.se

Telephone



Country code: +46 Area code: 063

Photo: Jardson Almeida

Electricity

220 V



Photo: Stirling Tschan

Population

35,000 in central Östersund

58,300 in the municipality

Currency

Swedish SEK/crowns

Opening hours

Department stores: Mon-Fri 10.00-19.00, Saturday 10.00-16.00, Sunday 12.00-16.00 (Domus and Ähléns).

Other shops: Monday-Friday 10.00-18.00, Saturday 10.00-15.00, Sunday closed.

Newspapers

100 procent Östersund

Östersunds-Posten

Länstidningen

Svenska Dagbladet

Dagens Nyheter

Emergency numbers

112

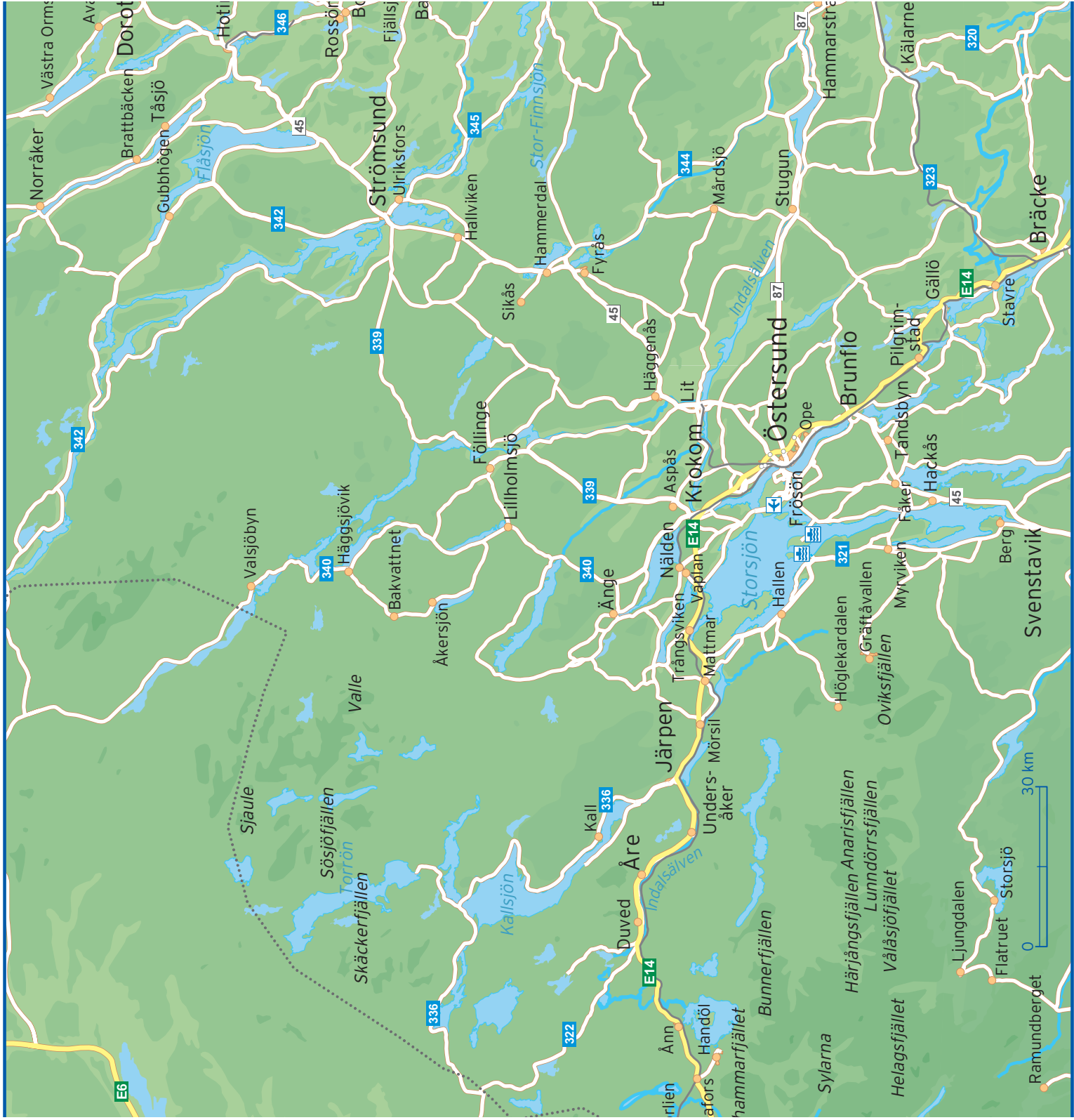
Tourist information

Turist & Kongressbyrån i Östersund

Rådhusgatan 44

831 82 Östersund

Tel: +46 63 144001



A
Storsjön

B

C

D



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Akademigatan	D3	Hårdängegatan	D3 D4	Rådmansgatan	A1
Allégatan	C3 C4 D4	Ishallsvägen	C1	Samuel Permans gata	C2 D2
Arkivvägen	B1	Kaptensgatan	A1	Skolgatan	D3 D4
Artillerigatan	C3	Karlslundsvägen	C2 D2	Smedjegatan	A1
Bangårdsgatan	C4	Kläppevägen	C2	Stapelmohrs väg	C2
Bergsgatan	A1 A2	Krondikesvägen	D3	Stenstigen	D2
Biblioteksgatan	B3 C3 D3	Kyrkgatan	B2 B3 C3	Storgatan	B3
Björkbackavägen	C2 D2	Köpangatan	B2 B3	Storsjöstråket	B3 B4
Bondegatan	C4	Lignells väg	D2	Stortorget	B2
Brogränd	B2 C2	Linnégatan	D4	Strandgatan	B2 B3
Brunflövägen	C4 D4	Litsvägen	C2 D1	Stuguvägen	D3
Brunnsgränd	B3 C3	Lottgatan	D4	Stövarvägen	D1
Campusvägen	C3 D3	Lugnevägen	B2	Södra Gröngatan	C3
Drevstigen	D2	Lugnviksvägen	B1	Södra Strandvägen	A2
Eriksbergsvägen	D1 D2	Lägdevägen	D1	Tallåsvägen	C1 D1
Fagerbacken	D4	Mariavägen	D3	Thoméegränd	C3
Fjällgatan	A2	Nedre Frejagatan	C4	Tingsgatan	C4
Fornbyvägen	B1 C1	Norra Gröngatan	C2	Torgbrinken	C4
Forskarens väg	D3	Norra Strandvägen	A1	Trondheimsvägen	C1
Frösöbron	B2	Norra Torlandsgatan	D4	Trädgårdsvägen	A2
Frösövägen	A2	Näsvägen	A2	Tullgatan	B3 C3
Furutorpsgatan	C4 D4	Odensalagatan	D4	Tunstigen	D2
Fältjägargränd	B2	Parkgatan	A1	Tysta vägen	B1 B2
Färjemansgatan	B2 C2	Pedagogens väg	C3 D3	Törnstens gränd	B2
Förlandsgränd	C4	Postgränd	B3	Vallaleden	A2
Genvägen	D1	Prästgatan	B3	Älgstråket	D2
Grundläggargränd	C3	Regementsgatan	C2	Änggatan	D3
Grängsgatan	B3 C3	Residensgränd	B2 C2	Återvändsgränd	C3
Gustav III:s torg	C3	Ringvägen	C4 D4	ÖSK-vägen	D1
Hamngatan	B3	Risslersgatan	A1 A2	Övre Hantverksgatan	C3 D3
Hornsgatan	A1	Ruuthsvägen	A2	Övre Katrinelundsvägen	D4
Hovvallsgränd	C1	Rådhusgatan	C2 C4	Övre Vattugatan	D4
Hästhagsvägen	D1 D2				