

Nature, culture, the history and the people

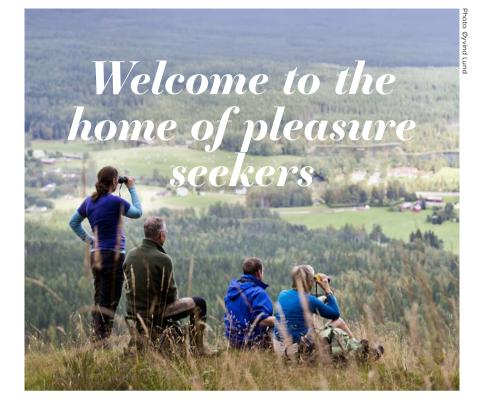


Sunny Karlstad • Finnforest • Locally produced • Inlandsbanan Mansionlife • Homeland love • Winter experiences • Excursion destinations

Be one with the alpacas

Karlstad Alpackagård, an animal farm with a difference, recently opened. Here, you can visit a pack of extremely cute alpacas. The farm is in the village of Botorp, just ten kilometres north of Karlstad city centre. Book a visit to see these fantastic animals for yourself or a larger group. Walk with the alpacas, try feeding these sweet animals, stop for refreshments (or "fika" as we say in Sweden) and enjoy being out in nature. An unusually fluffy holiday activity!

Read more: @karlstadalpackagard on Facebook & Instagram



he interest in Sweden away from the big cities is greater than ever before. Because of the impact of the pandemic, more people have begun to explore our beautiful country and discover the gems that are hidden away in our deep forests, rippling cornfields and glittering watercourses. Värmland – or rather "the crown of the Swedish realm" as Anders Fryxell sang so beautifully in a folk song about the region, with its cosy places and breathtaking nature – is no exception.

AS VISITORS, we search for what is natural, traditional and genuine. Experiences that leave a lasting impression and are a source of pleasure for both body and soul. There is a demand now more than ever for natural, beautiful spots where focus is on quality and sustainability.

IN THIS YEAR'S magazine, we want to share with you an inspiring bouquet of the enchanting, wild, magnificent nature of Värmland. The unexpected, boundless and important history. The popular, free-spirited, vibrant culture. And least of all, the down to earth, good-humoured, open-hearted people. All this is served up with a generous portion of the culinary pleasures you can experience, the dedicated entrepreneurs you will find, and famous Värmland hospitality.

LET YOURSELF BE carried along the shore of Lake Fryken, hike through the wilderness of Finnskogen forest and savour the well-deserved everyday luxury of some of our many traditional country manors. Cycle on car-free roads, learn more about our rich history and let the children explore all the activities on offer at the many camping sites you will find. Don't be surprised if your visit gives you an immense sense of wellbeing and an appetite for more. The atmosphere, sights and people of Värmland have that effect on visitors. We promise!

WE WISH YOU a warm welcome to wonderful Värmland! Take a relaxing, sustainable journey, where the memories you create will stay with you.



Mai Lalin

Mia Landin, Managing Director, Visit Värmland

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O Instagram Get a taste of everything fantastic

Get a taste of everything fantastic about Värmland! Nature, culture, people and history.

@visitvarmland



Online

Places to stay, sites to see, events and visits to make. The site has everything you need to know before your stay in Värmland. And, hey, during 2021, we will be launching our completely new website!

visitvarmland.com

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Editorial

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Publisher: Mia Landin Chief editor & head of production: Pål Johansson Project manager Visit Värmland: Jenny Nohrén Art Directors: Ronja Willners & Love Eneroth Printer: Bosse Blom Writers: Niklas Simonsson, Mimmi Bladini, Karolina Arenhäll Wersäll, Jessica Widing De Los Santos, Pål Johansson Photographers: Marcela Elofsson, Øyvind Lund, Christine Holm, Branäsgruppen, Lottie Knutsson, Håkan Larsson, Tommy Pedersen, Simone Syversson, Linda Åkerberg, Säffle kommun, Linn Malmén, Lars Jacob Jakobsson, Arvika kanot- & Turistcenter, Tony Ryman, Andy Lind, Karin Hermansson, Lars Sjöqvist, Aija Svensson Illustration: Pauline Wikman Cover photo: Roger Borgelid Contact: info@visitvarmland.se, visitvarmland.se Website: visitvarmland.se Facebook & Instagram: @visitvarmland

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Arvika in Summer

Do you love a mix of culture, nature, music and experiences? Then Arvika is the place for you. Arvika – the glittering town in western Värmland with Sweden's innermost harbour. Enjoy a summer trip or two! Start your journey west – order the **Arvika Tourist Guide 2021** at visitarvika.se or visit the tourist information center.



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Travel expert, speaker and TV personality Lottie Knutson loves to travel. Last autumn, she decided on a journey of discovery through southern Värmland. Here are her favourite hidden spots.

Text: Pål Johansson Photo: Lottie Knutson

ottie Knutson has, without a doubt, an impressive CV. She has worked as a director of communications and a speaker; she's written a

book and been on the board of a number of major companies. Many Swedes know her as a travel expert from TV, radio and in the newspapers. It is not an exaggeration to say that travel is close to her heart. Anyone who follows her on social media know that.

LAST YEAR, she decided to explore the southern parts of our countryside, from Karlskoga in the east to Borgvik in the west. Here are six of her best tips from her trip.

Borgvik & Sliperiet A picturesque and vibrant little village in west Värmland where I had the honour of savouring a fantastic dinner at Kungskvanen and innovative art at Sliperiet – Oscar Magnusson's art gallery and restaurant.

Dömle Herrgård One of Värmland's most beautiful

Not to be missed!

Kristinehamn Archipelago & Picasso Statue

Check out one of the world's largest Picasso sculptures; the 15-metre high "Les dames de Mougins" and its view of Kristineham's charming archipelago.

Bofors Hotel & Alfred Nobel's Björkborn

This is a place more people should experience. Stay in style, enjoy exceptional food and drink, and learn more about the fascinating life of Alfred Nobel.

Alsters Herrgård

I cannot get enough of all the beautiful manor houses. Gustaf Fröding's childhood home beguiles you with its fantastic garden, exhibitions, a splendid shop with handicrafts and the chance to enjoy a cosy "fika" with something delicious overlooking Lake Vänern.



manors. Make sure you book a stay here and enjoy the exquisitely relaxing spa facilities and amazing food amid the wondrous surroundings.

Värmlands Museum

A cultural gem at Sandgrundsudden in Karlstad. There are lots of interesting exhibitions to see in the beautiful building.

Matbruket

In Värmlands Musuem's premises you will also find Niclas Pettersson's fun dining concept Matbruket. It's well worth a visit for lovers of food and art.

Lerin's Sandgrund

My third stop in Karlstad was at Lars Lerin's art gallery, Sandgrund. It's a lovely experience to enjoy his unique form of artistic expression at close range.

Ölme Prästgård Gästgiveri This gourmet restaurant is housed in a mansion building dating from the 18th century. Savour the lovingly prepared food made from local produce and get a good night's sleep in one of the eight newly renovated bedrooms.







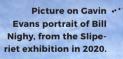
Picture from Lars Lerin's Sandgrund 2020.

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A place for stories





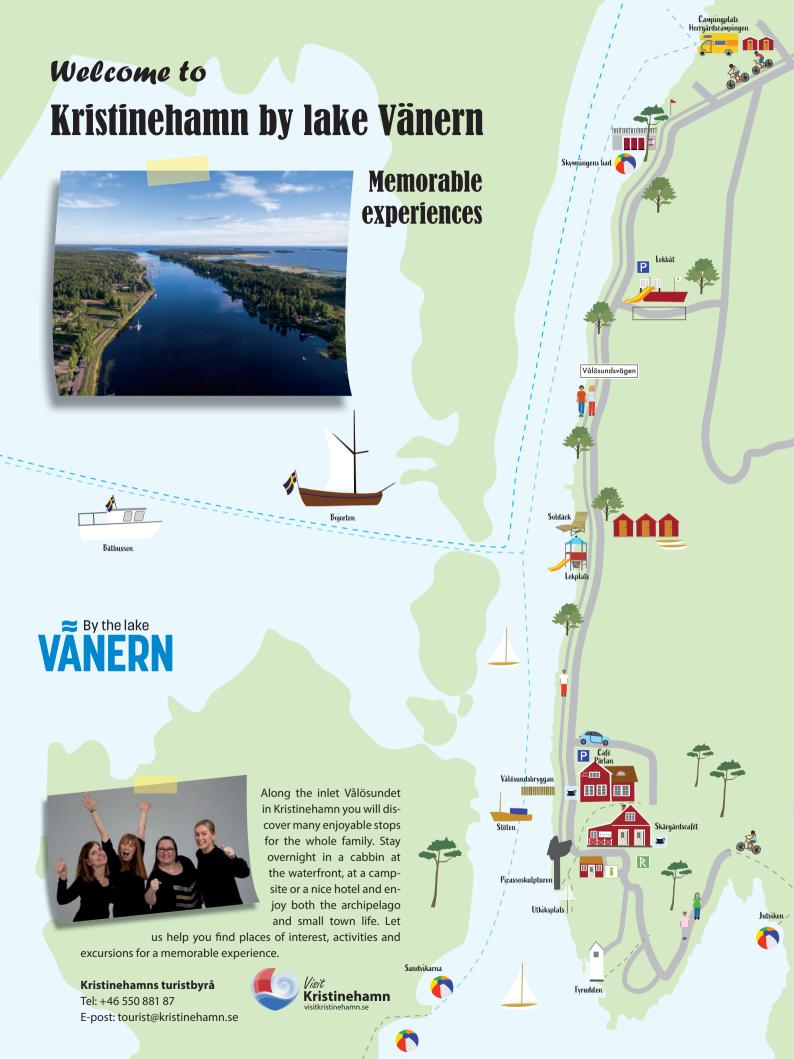






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A Pearl by Lake Fry Kem

Fryken is a natural stop on the journey through our beautiful landscape. The view across the lake is probably best enjoyed from the restaurant Frykens Pärla - the "pearl of Lake Fryken" - in Lysvik. It is located by the water on the eastern side. To have a meal together in the evening during the summer months on the jetty is a taste of pure heaven.

Text: Niklas Simonsson



Read more: frykensparla.se

oday, the large beautiful building houses both a café and restaurant, as well as an interior design shop. No matter where you

sit, the neighbouring table is always the fantastic view across the lake. In addition, Frykens Pärla is connected to Lysviks Camping, which rents summer cottages and offers a range of exciting activities. Go hiking, fishing or take a refreshing dip in Lake Fryken. Lysvik offers some of the very best things to do and see. The business is run by Niclas Olsson, an entrepreneur who is used to being busy.

- I bought the business together with a colleague 13 years ago, and I've been running it on my own since 2017. What attracted me was the location. The eastern side of Fryken is incredibly beautiful. There are many splendid places around Sweden, but nothing compares to sunset here in May or June. The light summer evenings and nights by Lake Fryken can't be bettered, and you will find nothing like it anywhere else, says owner Niclas Olsson.

WHEN HE TOOK over the business, it had been closed for a couple of seasons and was in need of considerable The light summer evenings and nights by Lake Fryken can't be bettered, and you will find nothing like it anywhere else.

renovation. Today, Frykens Pärla is practically open all year round. In addition to the incredible views of Lake Fryken, you can have a "fika" or enjoy a nice dinner from the various choices in the à la carte menu. Or why not relax over a weekend brunch in the cosiest place possible.

Nestled between Torsby and Sunne, Lyvik is perfect for a day trip or a longer stay. You will never tire of seeing the ever-present stunning view across the lake again and again.

- We even have a delicatessen in the building so you can both eat and shop here. When I bought the business, I was thinking more of it as a serious summer hobby - a reason to work at home in Värmland. But it quickly turned into a major business requiring my full attention, says Niclas.

AS A TYPICAL entrepreneur, he loves to make the most of every hour of the day. Already during his final year at school, Niclas got his first managerial position, becoming store manager with the responsibility for ten employees in Torsby, where he grew up.

- Mum and Dad ran their own business, so I grew up in that kind of environment and have really been influenced by it. That was why I started running my own business so early, says Niclas.

HIS WORKPLACE HAS been the world for a long time now. At one point he lived in Las Vegas, but for several years he has had an apartment in London, which is now his base. But surprisingly, it wasn't business that drew him to London. It was art!

- In 2008 I got into Saint Martin's School of Art and Design and moved to London. Ever since the start of the century, I had longed to express myself through art. I had studied to be a set designer earlier but realised that this wasn't enough. So I studied art in London for seven years. I'm doing several art projects at the moment alongside running the business. But there are only twenty-four hours in each day and sometimes you need to sleep, laughs Niclas.

BUT VÄRMLAND OFTEN entices its sons and daughters home. In spite of living abroad and now being based in London part-time, Niclas Olsson has run restaurants in Torsby, such as Faktoriet. And since 2017, he has run Frykens Pärla and Lysviks Camping entirely on his own. Being enterprising and keeping a lot of plates up in the air clearly runs in the family.

- My daughter works for the Swedish Ministry for Foreign Affairs in Brussels, where she is responsible for Sweden's societal issues. And my son is an engineer for Volvo in Gothenburg. I have never made any demands on them but they have seen that I enjoy doing what I want. So, that's pretty much reflected in what they do. Both have spent time abroad, but they have their roots in Värmland just like me. This is home. And there's nothing more like home than Frykens Pärla, says Niclas. ●



Mormors Glasscafé A selection of ice creams that outshines most.



Mårbacka Today, Selma Lagerlöf's childhood home is a memorial estate full of history.



Berättarladan Värmland's largest barn where Västanå Theatre's annual performances have put Rottneros on the map.

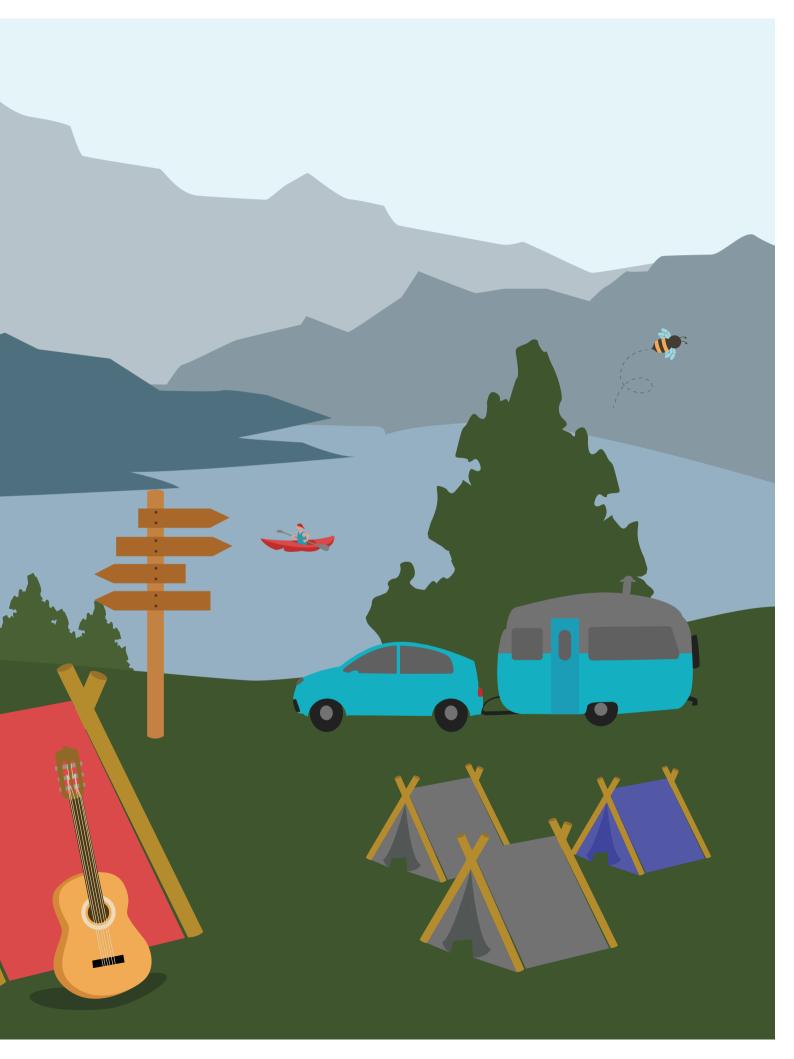


Torsby Ski Tunnel Experience winter and the thrill of skiing when you want - all year round.

Camping boundary of the second second

The scent of BBQ coals at a camping site is blowing across the country. Interest in this mobile form of travel is increasing like an avalanche, and more people recognise the attraction of more flexible holidays. We took time to chat with some of the people most involved with camping in Värmland.

Text: Pål Johansson Illustration: Pauline Wikman



ooking back at what was a strange year last vear, it is easy to understand the growing interest in camping. There are many benefits to holidaying close to home in a caravan or motorhome. Lars Bergholm, an entrepreneur who specialises in caravans and motorhomes, and who is on the board of Husvagnsbranschens Riksförbund (HRF) (the Swedish caravan association) believes that the development of the entire industry has had a strong impact on its popularity. The successful work of both camping sites and manufacturers has resulted in more and newer kinds of people discovering this kind of travel.

- Many camping sites are like resorts today - with swimming-pools and plenty of family activities. Before, it was enough to have a grass field, an electrical outlet and a tiny building with shared facilities. Demands are higher nowadays, both when it comes to activities and amenities, says Lars Bergholm.

He believes that today's campers are more adventurous than ever before. Nowadays, we want to be more active while on holiday.

- Historically, camping was synonymous with sitting and relaxing under a marquee. Today's guests increasingly have some kind of adventure connected to their visit whether it is cycling, climbing, golf or fishing.

THAT TODAY'S CAMPERS place

high demands, both when it comes to the choice of things on offer, amenities and service, is something that campsite owners agree on. Johanna Fransson, Managing Director of Sommarvik AB in Årjäng, which also includes Kristinehamns Herrgårdscamping and Haganäset in Charlottenberg, notes that families with small children are increasingly looking for all-in-one holidays with food, lodging, activities and amenities all in one place.

– Even if the basic form of camping still exists, many sites have been developed into resorts offering an enormous range of accommodation options and activities – and much of this is to meet the demands of families with young children. It's also a plus if the accommodation and outdoor activities look good on Instagram! Ha ha ha!

David Nordentjell, owner of Bomstadbaden in Karlstad, is on the same track.

- Nowadays, guests want more of everything. Catering, more spacious shared facilities, wifi, and activities for different age groups are essential. Ideally a pool and facilities to charge electric cars. Those of us running camping sites need to adapt and keep up.

Magnus Christoffersson at Frykenbadens Camping in Kil says they are looking at what their colleagues around the country are doing to see what works and what they should be investing in.

Many camping sites are like resorts today – with swimming-pools and plenty of family activities.

- Like the restaurant industry, we are judged on our basic service offering, so that means that the shared facilities – showers, toilets, cooking facilities, etc – are vital. But it's also important to be proactive and offer something new every year.

THIS PARTICULAR ABILITY to evolve and develop is vital when it comes to surviving in the industry. Whether it is bigger places to park, keeping in line with the increasing size of equipment, or glamping options for those who want to be extra comfortable; or new recreational attractions or being more environmentally friendly. Planning is necessary both for the short and long term.

- Besides ongoing maintenance for the entire site, we have goals for where we want to be in five and then ten years. One piece of news ahead of this year's season is our 'hotel summer cottage' – a comfortable alternative where everything is included. We've also got several other new initiatives, but I don't want to reveal just what right now, says Magnus.

Plans for this season, as well as the future, are also well underway at Bomstadbaden.

- Last year, we built a completely new 'summer cottage village' with exclusive holiday cottages by the beach. This year we are opening up two padel courts and a new dining area in the restaurant behind glass with a view of the lake. More projects will be underway in the future to increase the accommodation and activities on offer, says David.

At Johanna's three camping sites, things are bubbling away behind the scenes.

- We have lots of ideas we want to implement. To develop the wedding-side of the business at Herrgårdscampingen is one. Others include offering a wider range of ways to stay, making things more suitable for families with young children, and working even more actively in terms of sustainability.

BECAUSE OF THE pandemic in 2020, there were no visitors from abroad, but the percentage of Värmland locals and first-time campers increased.

- It's fantastic that more people chose to discover more about their local area in a way they haven't done so before. Even more people are daring to try what it's like to camp, says Johanna.

There is not the same negative, nerdy image of campers now, believes Lars Bergholm and the campsite owners. The professionalism and improved standards have been a deciding factor in this. As has the fact that the relatively low cost of a caravan gives you what is effectively both a summer cottage and mountain cabin.

- We're seeing that more people are realising how easy it is to holiday in a caravan or motorhome. To just relax

Did you know <u>tha</u>t...

... Kristinehams Gästhamn & Ställplats was named the second-best motorhome site in 2020 and do what you want at your own pace. It can be people who perhaps have already seen a lot of the world and now realise that we have plenty of fantastic places close by here in Sweden. But even new kinds



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... Sommarvik in Årjäng won Stora Barnsemesterpriset - the best children's holiday resort - 2020.

New RV technician education

Kristinehamn has a long tradition of manufacturing and is overflowing with camping-related businesses in the form of dealers, importers and workshops. There has also been a group of people for a few years now working to improve the caravan and motorhome industry - Fritid på hjul ("Leisure on wheels") But a growing industry means an increase in the need for qualified workers. As a suitable training programme was missing, the local municipality, with the help of 15 key industry stakeholders in the region, developed an educational programme for motorhome mechanics.

- The industry is crying out for new, qualified workers, not least given the growing demand for caravans and RV's. Many companies are desperate, and a training programme would make a major difference to the industry, the region and the whole Sweden, says Maria Springfeldt, head of Business development at Näringslivssamverkan in Kristinehamn, which promotes collaboration with commerce and industry. She is also convenor of Fritid på hjul.

This autumn the first RV technician education course will be launched as a part of the Vehicle and Transport programme at Presterud upper-secondary school.

- It is really fun for all the companies that have come together and put so much time into this over several years.



Read more: bomstadbaden.se, sommarvik.se, frykenbaden.se & campingvarmland.se

of people like those without children, or young couples choosing to explore their own country instead of flying abroad, says Lars.

EVEN IF THE 55+ age group is still a large and important group, visitors choosing to camp or stay in a motorhome or cottage have got younger. Magnus, Johanna and David illustrate that there has also been a generation shift among campsite owners. After all, each has taken over the business from their parents.

For David and Johanna, it wasn't an easy decision. David had trained to be a machine engineer in Gothenburg and Johanna was working with international relations in Stockholm.

- I hesitated for a couple of years before we as a family decided that I would have the honour to carry on running it. Today, I think it's the best decision I ever made. I love my job, says David.

- Taking over the camping site wasn't my plan when I was growing up. I liked living in Stockholm, but had started to get a bit homesick. The freedom and joy of living in the country, and how much it meant to me to develop the company I had grown up with, was the deciding factor. I realised what was important to me in life, explains Johanna.

When Magnus' parents asked him about taking over the business a few years ago, the decision was more clear cut.

- Camping has always been a big part of my life even though I've always enjoyed my previous jobs. So when they had had enough and I had the chance to take over and run it, I seized the opportunity. I would have regretted it if I hadn't done so.

BOTH THE CAMPSITE owners and Lars believe that the interest in camping will continue to grow, and that the future looks bright.

- There are a lot of options today and camping is a very sustainable way to travel with a low carbon footprint, which appeals to many. Besides, I think the past year has meant that we will see more people working from their own caravan or motorhome. It's a more flexible way of working and enables you to decide where you work from, Lars concludes. ●



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Have a fantastic day in Forshaga

At forshaga.se/tourism you can find information about all the things that the municipality of Forshaga has to offer visitors. Welcome!





It is easy to be captivated when you stand at the southernmost point of Lake Fryken and glance out over the long, narrow lake. Here, right next to the beach, you will find Villa Fryksta - a bed and breakfast with a location that is hard to beat.

Text: Pål Johansson





Read more: villafrvksta.se

he building, which is now home to Villa Fryksta, was constructed as early as the 1920s and carries a rich history from the century that has passed. Among other things, it has been a children's camp for the local municipalities as well as a swimming spot for the Majblomma Committee in Kil. "Majblomma" is a traditional charity in Sweden where mayflowers have been sold by schoolchildren in April-May every year since 1907 to collect money for people suffering difficulties. During World War II the house played an important role in the armed forces'

protection of Värmland airspace. From the 1960s onwards, the building had a considerably more peaceful existence as an STF youth hostel.

VERONICA NILSSON, who hails from Kil, had kept her eye on the building for many years. When it was finally put up

Excursions in Kil

Railway history

In 1849, Sweden's first public transport railway was inaugurated, transporting passengers and goods the eight kilometres between Fryksta and Lyckan by Klarälven river. The rail route was closed as early as 1871, but memories are still preserved at Fryksta Station and a piece of the track is still found at Illberg.

Freja af Fryken

Steamboat that served Fryken in the 19th century. She sank in a violent storm and lay at the bottom of the lake for almost 100 years before being raised in 1994. After being restored, the boat sails once again upon the waves of Lake Fryken.

Kil's ravines

A nature reserve with lush vegetation and almost tropical temperatures in summer. The nature in the area is unique to Värmland and attracts countless visitors every year. for sale two years ago, she acted immediately At that time, she was working at VERO Mat & Kaffebar – a restaurant and coffee shop – in Karlstad, which she had run since 2006.

- She thought about combining the businesses to begin with, but almost immediately she realised it would be better to focus on Villa Fyksta. "Quite simply, it was time for a new stage of my life, says Veronica.

WHEN ALL THE papers were signed, a year-long spell of work began to renovate and refurbish the property. The ravages of times had taken their toll on the building, which had become dilapidated and in need of repair. When Villa Fryksta opened in June 2020, guests were met by a completely transformed and newly furnished building.

There were now six cosy doublerooms, all decorated in their own unique furnishings and style, as well as a lounge and a wonderful, large terrace with a view of the water and the evening sun. The cellar had been converted to a spa with a sauna and jacuzzi. Perfect if you want to warm up and recharge your batteries after skating on the lake, downhill skilling at Frykstabacken or a dip in the water outside.

- It turned out to be a strange year to open what with all the ups and downs, of course. But our first summer way exceeded our expectations and the response from guests has been unanimously positive.

VILLA FRYKSTA IS open all year round and it is even possible to hire the entire house if you want. This was really appreciated by many people during the first year it was open. The spa can also be booked separately by smaller groups who just want to come along and relax for a few hours.

Veronica has already begun to sketch out how the business can be further developed. Among her plans is a free-standing building with a restaurant where she can offer lunch and dinner to both to those staying overnight as well as day guests. In the long run, she opens to also welcome Christmas and Wedding parties. But that is something for the future. Right now the focus is on 2021 and the hope that it will be a lovely and "normal" summer.



An exceptional gallery known as The Old Power Station is to be found in Deje. This fantastic building attracts artists and visitors from Sweden and all around the world. We talked to Linn Sönstebö Mossberg, Head of Operations, the driving force behind putting Deje on the map of the art world.

Text: Niklas Simonsson Photo: Simone Syversson

he art gallery G:a Kraftstationen's first exhibition, a mix of local and national artists, took place in 2013. Right from the start, there was considerable interest that has grown over the years. In its second year, Lasse Åberg's paintings were exhibited and since then the gallery's has gone from strength to strength, its success continuing.

- The premises makes it extra special. All the established artists that agree to exhibit with us always tell us: 'What an amazing location you have!' We also get a lot of cred for how we put together our exhibitions. We try to put in that little something extra. The art group also receive a lot of praise for how works are hung and displayed, says Linn Sönstebö Mossberg.

THE PREMISES AND the adjacent buildings offer a unique blend of preserved architecture mixed with modern art. As well as paintings and photographs, the power station exhibits jewellery and ceramics. Thanks to the size and volume of the hall, visitors are treated to an enormously wide range of exhibitions. Efva Attling, Caroline Af Ugglas, Jocke Berg



Two places to visit close to Deje:

Dömle Herrgård

The hotel by the beach has a lot to offer. Play a game of padel outside or book a total spa experience and really add a touch of something special to your visit to Värmland.

Ätterösleden

Visit Ätterösarna ancient monument – two burial cairns dating from the Bronze Age. Take an exciting and historically informative journey back in time. and Carolina Gynning are a handful of well-known names whose work has been exhibited here. Of all the exhibitions, Linn has one in particular that has stood out in particular.

- Last year Glada Hudik-teatern – a Swedish theatre company – had a photographic exhibition entitled Ikoner – en utställning om att få finnas. (Icons – an exhibition about being able to exist). It was utterly magnificent and greatly appreciated. [The exhibition] was all about making people who are an integral part of our society but remain unseen, more visible in the public sphere and in art.

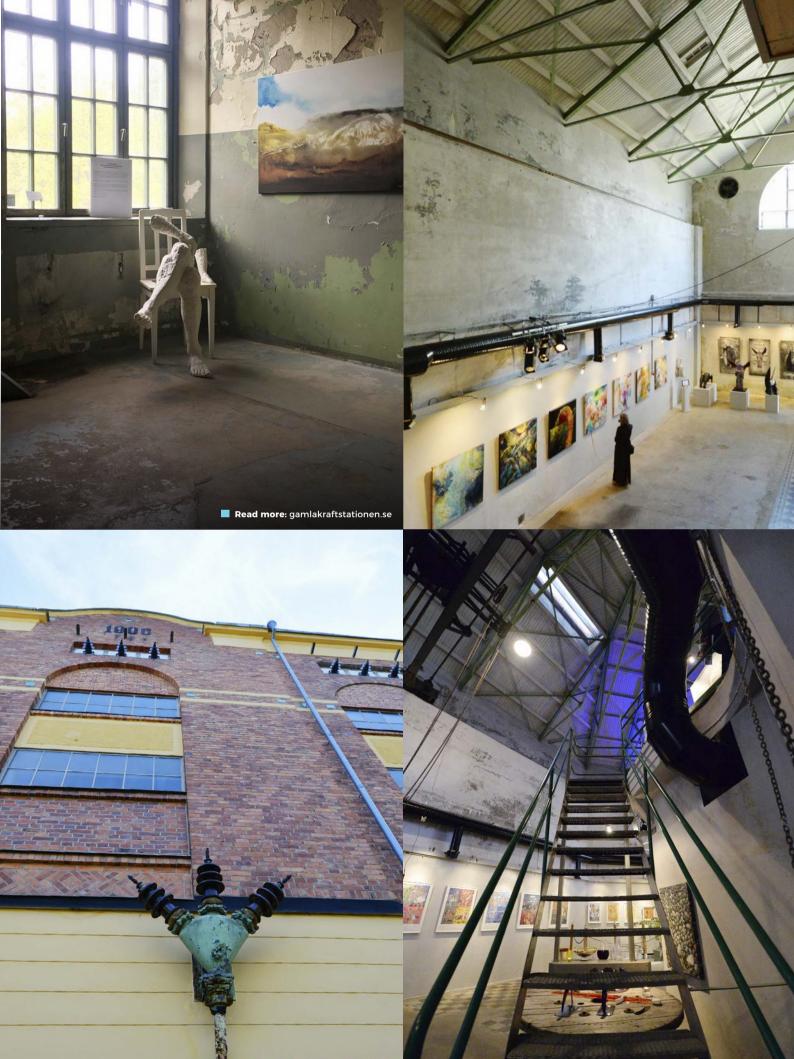
THE POWER STATION'S Culinarum Café is also something to experience. With a strong focus on sustainability, it primarily uses local goods and produce. The focus on Värmland runs through every fibre of the business. It is clearly a winning concept as Culinarum Café is listed in the White Guide.

- The Café is integral to the premises, but we don't hang any art in there. We have local produce from Värmland but a French pastry chef! laughs Linn.

LINN HAS BEEN involved since day one and is a driving force in the non-profit organisation behind The Old Power Station. Back in 2008, the drama society at the time was going to put on a play and was looking for suitable premises. When they visited the power station it was – as the wonderful saying goes – love at first sight. After a lot of hard work and copious amounts of green soap, Linn and the rest of the personnel gazed confidently ahead.

Among this year's exhibitions, siblings Jenny and Thomas Christersen are back to exhibit photographs and paintings. Oliver Skifs' exciting mix of paintings and leather crafts will also be very interesting. In addition, there is considerable hope for the *Artists in action project*.

- We're focusing on sustainable visits to the gallery with the possibility of even seeing artists practicing their techniques. A glassblower is going to start working with us, for example. Theses kinds of things will undoubtedly give a deeper insight into the craft of art and will be even more of a reason to visit the Old Power Station, says Linn.



Delicious tour through Värmland

Let your taste buds guide you around our culinary landscape. Together with Nifa – an association for the food industry in Värmland – we present here a taster of all the exciting culinary experiences that await you among the meadows, forests and towns.

Text: Pål Johansson Illustration: Pauline Wikman

Almars Krog, Karlstad

with loving menus that follow the seasons. Exciting flavour from carefully selected raw materials. There is also a banquet room as well as the new "market" concept that will open in Spring 2021.

Read more: almarskrog.se

Enbackens Musteri, Munkfors

A delightful range of beverages without artificial additives made from Swedish fruits and berries, typically from trees and bushes nearby. You can even sell your own apples or trying pressing them yourself. Products are available online or at the company's stores in Munkfors and Karlstad.

Read more: enbackens.se

Grön Ko, Säffle

Café and market housed in the old station house at Värmlandsbro. Enjoy a cosy "fika" of coffee and cakes or good lunch made with Grön Ko's very own organic beef and other locally produced treats. In the company's kitchen in Karlstad, well-prepared ready meals are made from sustainably-produced raw materials.

Read more: gronko.se

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Cooperation between a long

list of Värmland farms and food producers. You can read more here about the different producers, browse through heaps of locally produced goods and order home delicacies. Perfect if you can't get to the farm shop yourself!

Read more: gardarnaivarmland.se

Hennickehammars Herrgård Filipstad

Taste experiences, pleasure and relaxation right among the beautiful nature of Bergslagen. It doesn't matter if you are staying at a manor house for the weekend, having a conference or just looking to find somehere great to eat, you willl find something to savour at Hennickehammars Herrgård. The menu is packed with fresh seasonal daily produce. Everyday luxury in a beautiful idyllic setting.

Read more: hennickehammar.se

Kulinarika Mat & Vingård, Västra Ämtervik

At Kulinarika in Aplungen, just south of Sunne, the focus is on exquisite tastes and culinary splendor. Here, you can participate in inspiring food and wine tasting, cooking courses or simply have a delicious meal. It is also possible to purchase food and beverages produced onsite to take home.

Read more: kulinarika.se

Rawchokladfabriken, Åmotfor

Sweden's first and only raw chocolate manufacturer is located in Åmotfors. Here, the South American jungle meets the forests of Värmland in chocolate bars equally full of passion for the craft and sustainability. Since the founding in 2014, the selection of goods has grown to 19 different exciting flavours.

Read more: rawchokladfabriken.se

Thorills, Årjäng

Thorills is a tiny little restaurant packed full of tastes! The menu reflects the season and is shaped by an equal love of raw materials, guests and the environment. À la carte, catering and summer café available.

Read more: thorills.se

orfolks Gård, Höje

With a focus on outstanding flavour, Torfolks Gård is an organic and sustainable farm, which has produced jam, cordial and marmalade free from preservatives since 1977. As well as these, the farm shop also sells vegetables grown on the farm as well as organic produce.

Read more: torfolk.se

Wermlands Brygghus Kristinehamn

Microbrewery started by beer enthusiasts in 2013. Tasty and natural beer, brewed according to all rules of the art, but with a strong sense of tradition and history. As well as an assortment of 18 kinds of lager, ale and cider, the brewery also holds guided tours and beer-tasting events.

Read more: wermlandsbrygghus.se

Корром

VÄRMLAND CULINARY EXPERIENCES A-Ö

Afroswede Bageri & Konditori (Karlstad)

Artisan Bread (Karlstad)

Arvika Bryggeri (Arvika)

August Larsson Charkuteri

Björns Bigård (Kristine-

Bo Göran Sjögren AB

Coop Värmland (Karlstad)

Erland Persson (Munkfors)

Fagerås Kvarn & Foder

Filé & Deli (Karlstad) Finnbråtens Gård

Finnskogens Ostaffär

Fryksdalens Fårfarm

Fryksta Trädgårdscafé (Kil)

Föreningen Värmlandsmat

Greeks Handelsträdgård

Grinnemo Hallon & Honung (Gräsmark)

Gärdets Musteri (Klässbol)

Helena's Italy (Karlstad) Hygns Vilt (Kristinehamn)

ICA Hagahallen (Karlstad)

ICA Maxi Stormarknad

ICA Maxi Välsviken JJ Praliner (Mangskog)

Just a Farm (Koppom)

Karterud Gård (Vålberg)

Kils Slakteri (Kil)

Krokstad Herrgård (Säffle)

Källsbäck Gård (Säffle)

Lakene Ost (Lakene)

Lillängshamnens Fiskrökeri

Löfberg (Karlstad)

Mat & Rätt i Sverige

Matbruket (Karlstad)

Matstudion (Karlstad)

Matvandring i Värmland

MJ's Bryggeri (Karlstad)

Nordmarkens Destilleri

Norra Sanna Bageri

Sikfors Herrgård (Hällefors)

Skafferi Värmland

Sliperiet Gastronomi/ Matbruket (Borgvik)

Smaksinnenas Skafferi

Tingvalla Bryggeri

Torsbols Mat & Hantverk

Toveruds Mathantverk

Ulvsby Herrgård (Sunne)

Värmlandsboxen (Karl-

Värmlandsodlarna (Säffle)

Värmlandspotatis (Kil)

Västra Ämterviks Bryggeri

Wermlands Skogsförråd

Yakoyak (Sysslebäck)

Örtagården i Klevane

Öxnevåls Gård (Säffle)



RLSTAL

VÄSE

KRISTINE

SYT

Ängebäck Trädgård

Ölme Prästgård



When his father Arne died from cancer, Calle Stjernlöf decided to pay tribute to his memory by taking over his parents' former restaurant. With one foot in Stockholm and the other in Filipstad actor Calle Stjernlöf has run the Big Hill Lodge restaurant since 2018 at Storhöjden – a place that his family have been connected to almost 100 years.

Text: Mimmi Bladini Illustration: Pauline Wikman



hen Carl (or Calle) Stjernlöf left Värmland at the age of twenty-one

he thought it was for good. Dreaming of a record contract which then turned into a career as an actor, he quickly got tied up with life in Stockholm. 20 years later, he is back home. He now runs a restaurant and café at a place that has been connected to his family for what will soon be 100 years: Storhöjden, just outside Filipstad.

- When my father died from cancer in 2017, the restaurant was up for sale. I wanted to honour his memory and saw that as a sign. If anyone was going to buy the place it was going to be me.

THE STORY ALL starts back when Calle's grandfather Karl Stjernlöf helped put Storhöjden on the map. In 1934 he was one of four workers who built the 28-metre-high lookout tower that became a natural meeting point for young and old alike. Even today, you can see sweeping views across the forests of Värmland from the tower. In 1982, Calle's parents Arne and Inger bought the farm adjacent to the lookout tower, reviving the old tourist attraction. There, they ran a restaurant and party venue and, as a five-year-old, Calle ran around serving coffee to the guests in need of refreshment.

-Just think if I had known that I would one day take over the restaurant. It somehow feels unreal. But it's the history hidden in the walls that has brought us so far in the three years we've been here. I have a legacy to maintain and sometimes when it feels impossible, it's important to think that what I am doing means something special. I think many people can relate to it.

SINCE 2018, the restaurant – that they christened Big Hill Lodge – has been run by Calle with help from his wife Renate and mother Inger. And it is a restaurant that has something special that makes it extraordinary. The old lookout tower with its stunning views doesn't just make the place extra special for Calle: many visitors are amazed by the magical view. There are now even exciting plans afoot to get the very most out of the tower. - If everything goes to plan, we're going to build two rooms at the top of the lookout tower. The idea is that people will be able to rent the entire place and stay overnight. Imagine drinking coffee at breakfast 28metres up in the air. Not bad!

BIG HILL LODGE has only been running for just over three years. Last year it was hit by the knock-on effects of the pandemic. Having planned events, renovations and new concepts, Calle was forced to postpone things and adapt. But in spite of the pandemic, things have gone better than expected.

- When Covid hit, we were worried that we wouldn't have any visitors at all. But in the summer when things were calmer, we had a lot to do and everything went better than expected. But in the autumn when things got worse, we took the hard decision to cancel

Calle's Filipstad Favourites:

1. Högbergsfältet Nature Reserve and the Tilas Stoll mine

2. Lesjöfors Museum

3. Kalhyttan Sport & Fritidsarena - for sports and activities

Christmas dinners and the events that had been planned.

In spite of the difficult year, there has been an enormously positive response. Visitors haven't just talked about the great food and beautiful setting. They have also raved about the world-class service.

- I am so happy and humbled by the positive response [we've had]. As the icing on the cake, we received the 'Travelers' Choice Award' from TripAdvisor, which is the world's largest travel company. We're among the top 10% of restaurants in the world with the highest rating and reviews from visitors. My goal last year was to make the Top 10 list of restaurants in Värmland and we are now in 8th place out of 250. It feels fantastic and I know that my father Arne would be very proud. His memory will always live on at Storhöjden.



Vermilende – packed with activities

In line with the increasing interest in holidaying at home, more and more Swedes are discovering the delights of exploring Värmland by foot or by bike. Not only do these provide great exercise and well-being, biking and hiking also open the door to places and impressions you would not have experienced otherwise.

Text: Jessica Widing De Los Santos

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As well as a rich variety of nature and animal life along the route, there are plenty of sites to see and places to explore.

you can see and experience so much more as you travel along. You can stop by a lake and go swimming and prepare lunch next to a stunning view. Remember to take the opportunity to take a route you otherwise would not have chosen. That way, there are no limits to what you can discover on your adventure. Värmland has a huge amount of cycle paths to choose from. Here are three trails that will take you through the magical landscape of Värmland.

rom vour bike saddle,

THE UNION TRAIL Length: 350 km

Do you want to be blown away by the beautiful countryside while cycling through eight municipalities, three regions and two countries? Then we can promise you that the new Union Trail – Unionsleden – is definitely something for you. From Karlstad in the east to the Norwegian town of Moss in the west, you cycle along sparsely trafficked country roads, across open landscapes where animals graze in the fields, and past outstanding scenery and glittering lakes. The cycle route is divided up into six stages – perfect if you don't want to cycle the entire trail.

As well as a rich variety of nature and animal life along the route, there are plenty of sites to see and places to explore. Farm shops, a whiskey distillery and art galleries are just some of the lovely little spots to visit. If you are itching for more and think cycling is not enough of an activity, you will also



find canoeing, boat trips, high-altitude tracks and horse-riding trails available to occupy yourself with along the trail.

The Union Trail gets its name from the union of Sweden and Norway in 1814 -1905. Like the cycle trail, the union started in Moss and finished in Karlstad.

- The initiative for the Union Trail was taken by the Värmland - Østfold border committee. A cycle route was seen as yet another great way to bring our two countries together, simultaneously revealing more of the region and its history. Besides, cycling is something that's increased in popularity in recent years, says Elenor Karlson, PR and Communications Manager for Nordmarkens Näringsliv.

The route is Sweden's fourth national cycle route and is ready to welcome its first cycling enthusiasts in spring 2021.

KLARÄLVSLEDEN & KLARÄLVS-BANAN

Length: 220 km

These trails are suitable for both cycling and hiking and wind their way around the mighty Klarälven river. Here you make your way through the countryside of Värmland, from mossy forests in the north to the open agricultural landscape in the south. The ninety-kilometer Klarälv Trail stretches from Karlstad to Hagfors and is an abandoned embankment that has been converted and covered in asphalt. You are guaranteed to be cycling here in a car-free environment.

You can stop to eat in one of the cafés, restaurants or farm shops as you make your way along the bike trails.



Some stretches, however, are sparser so make sure you properly check each stage and take a packed lunch with you so you can stop to picnic. Or for those who want, why not take a portable stove and cook your lunch where you stop!

A TASTE OF VÄNERLEDEN Length: 630 km

Cycle around Sweden's Largest Lake. The Lake Vänern Grand Tour officially opens next summer, but dedicated cycling enthusiasts can secretly try it out as early as this summer.

- The signposts aren't in place yet but there will be digital maps and information about how to find your way around Vänderleden, says Madeleine Norum, project manager for the Lake Vänern Grand Tour.

If 63 kilometres feels too much of a challenge, even this route is divided up into shorter stages which are perhaps more suitable for a weekend or week of cycling. The cycle route has four stages, starting and finishing at major points that are accessible by public transport: Karlstad, Mariestad, Vänersborg and Åmål. Along the way, Hiking in Värmland is like seeing Sweden in a nutshell. You experience so much variation, from open horizons to forest-decked mountains.

there will be an abundance of places to visit: for example, the Picasso sculpture in Kristineham, Hindens rev – the long, narrow, straight peninsula that projects westwards from Kålland into Dalbosjön – and the Aqueduct at Håverud.

TOURING SWEDEN IN A NUTSHELL

Even hiking has become more popular in recent times. Enjoying the beautiful countryside on foot is a perfect way to relax and recharge your batteries. The best thing of all is that there is an abundance of hiking trails and natural areas to explore. Here, we look more closely at a few of the twenty-one trails that Visit Värmland now coordinates.

Part of the work is quality assurance, ensuring that the trails are signposted, supplied with maps and campsites. We also make sure that the area is continuously maintained. This is to ensure that you as a visitor have a better experience and can enjoy walking along our well-maintained trails.

- Hiking in Värmland is like seeing Sweden in a nutshell. You experience so much variation, from open horizons to forest-decked mountains, says Mattias Dahlman, Chairman of the Värmlandsleder Trails Association.

Do be aware that most of the trails do not have service stops along the route, but in some places, you will find cafés at the start and end of the trail.

- Study the trail before you set off. It usually takes a little bit longer than you think to complete it. And don't forget to bring rain clothes, water and plenty of energy, recommends Mattias.



VÄRMLAND BY FOOT

Gruvrundan (Gräsmark) Facts: 10 km, approx 4hrs. Hiking level: difficult

On this trail, you will experience both interesting cultural sites and stunning nature. You will travel through a wonderful forest of high-grown spruce trees and discover the remains of mines of an historical interest along the route. The trail takes you up and down over logs and rocks, and will leave a lasting impression on you.

Hovfjällsrundan (Vitsand) Facts: 12 km, approx 5 hrs.

Hiking level: difficult

The Hovfjällsrundan trail takes you around an entire nature reserve. You hike across shifting terrain, experiencing a magical troll forest, marshes, meadows and rolling fields. In addition to the trail, there are several rest points along the way set in stunning scenery. Södra Gunnarskogsleden (Gunnarskog) Facts: 23,6 km, approx 9 hrs.

Hiking level: medium

This trail takes you through a variety of terrain at different altitudes with many kinds of flora and full of different kinds of wildlife to see. Along the way, you will pass many beautiful spots such as the giant Rövarstenen boulder, Harstacken viewpoint and Lake Svartviken in Gunnern. If you are an experienced MTB cyclist, it is also possible to cycle the route; however, this is a major challenge as it is a red-marked route. You can also get here by public transport.

Järnleden (Kristinehamn) Facts: 30 km, approx 10,5 hrs. Hiking level: medium

Feel a touch of history as you hike along the routes where iron was transported from Bergslagen in the 17th century. The trail takes you through forests, across pastures and alongside tarns, as well as past iron mills and even an ancient Iron Age castle.

For more hiking trails: visitvarmland.com.

Lovel Ilively 2SLOD

Sanna Johansson and David Kvicklund are passionate about sustainable travel. Together, they run travel company Friendly Travel, which offers tailormade holiday packages right in the Swedish countryside. Here is an extract from their guide to Lurö island, which you can read in its entirety on visitvarmland.com.

Text: Pål Johansson

urö island, situated in the middle of Lake Vänern, does not just attract visitors because of the amazing food served at Lurö Gästhärbärge & Krog. It is also sun proof thanks to the geography of the island. Normally that is. When we visited the island, the weather changed as quickly as a flag flaps in the ferocious breeze. So our swim from the rocks had to wait until our next visit. However, Lurö has so much more to offer.

THANKS TO THE Lurö archipelago Natur- och Kulturförening ("Lurö archipelago Association for Nature and Culture") the hiking trails are clearly sign-posted and at each historical spot, there are fun and interesting curiosities to read all about. Not far away, the countryside changes in fascinating ways: from meadows and deep forests to flagstones and rocks. We round off our evening on the island of contrasts.



Experience the Vänern archipelago

Sweden's largest lake and the Värmland archipelago must be seen to be believed. Martin Sandmark grew up by Vänern and has considerable experience of the lake and is really committed to working with it. Through his company Vänervård, as well as conservation work on the archipelago, he offers guided tours, boat transport and lake services.

Follow him on an exciting fishing trip in search of Vänern's notorious massive pike and perch or visit the unique natural beauty of Segerstad and Lurö archipelago. With a bit of luck you might see a magnificent sea eagle sail above you before you return to the mainland.

Read more: vanervard.se

Between cold and warm, between Vänern's refreshing water and the warmth of the firewood from Mysingen sauna raft, we return to the mainland from our adventure.

In spite of Lurö's relative remoteness, there are more than us humans on the island. The deer glance around, skipping here and there. Down by Mysingen sauna raft, a flock of sheep gaze out across the horizon. It is said that the forest is home to even more unexpected guests.

-Just now, we have two male moose on the island. It happens now and then that moose swim here. But there probably haven't been two bulls on the island at the same time before, says Håkan Mattson, with an air of fascination in his voice.

But that is what is so special about Lurö. If it is anywhere that dreams become reality for individuals with drive, then it is here. Despite its secluded tranquility, Lurö is an island very much alive.

LÅNGBAN GRUV OCH KULTURBY

Exhibitions · Heritage environments Industrial history · Guided tours Mineral LAB · Treasure hunt · Quiz Svens bio · Café & restaurant

varmlandsmuseum.se/langban



If you like genuine Swedish handicraft, the Klässbols Linen Weaving Mill is the perfect place for a visit. We have been weaving beautiful linen products here for over a century. Drop by our weaving mill and buy products at attractive factory prices in our shop. Welcome to Klässbol!





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KRISTINEHAMN MUSEUMS 2021

KRISTINEHAMN ART MUSEUM May 15 -September 12 "ALL IS WELL" ULRIKA SPARRE

October 2 -November 21 VÄRMLAND ART ASSOCIATION'S AUTUMN SALON

December 11 -February 27 STINA WOLLTER

KRISTINEHAMN MUSEUM OF HISTORY

June 12 -August 31 STORIES ABOUT APRONS

September 8 -January 21 PLAY AND READ, EXHIBITION ABOUT SWEDISH CHILDREN'S BOOKS



Wonderful nature experiences

If you are looking for a wonderful and active stay in the forest or wilderness you have come to the right place. On the following pages, we have collected seven gold nuggets well worth a visit.

Text: Pål Johansson



Wilderness adventure

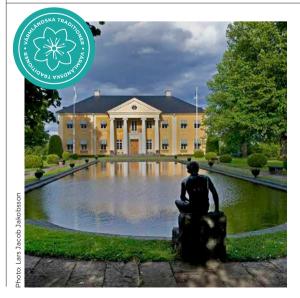
Everyone can benefit from learning how to survive in the wildness. Nordmarkens Canoe Centre, just south of Årjäng, has several exciting courses for a variety of skill levels that are suitable for everyone from families and youth groups to businesses and clubs. Choose from shorter, day trips or week-long courses where you, for example, learn how to make a fire and live according to nature.

Read more: nordkanot.se

An oasis full of life

Karlstad city park. Mariebergskogen, is a green oasis with heaps of fun for the whole family. What about taking a trip on the train Conrad Höök, patting the animals in Lillskogen, exploring Lekträdgården play park, challenge your near and dear in crazy golf or a quiz walk? Or why not take a dip by the sandy beach? At the Naturum Värmland visitor centre you can learn more about plant and animal life in the area and participate in a variety of activities. There are usually concerts and performances arranged in the park.

Learn more: mariebergsskogen.se



Romantic sagalike inspiration

Just south of Sunne lies one of Europe's largest flower and sculpture parks. Beautiful Rottneros Park was created by landowner Svante Påhlson. His goal was to create a romantic spot that matched Selma Lagerlöf's The Saga of Gösta Berlings, where Rottneros manor estate was the source of inspiration for Ekeby in the novel. Stroll around and savour the flamboyant surroundings with works by both Carl Milles and Carl Eldh, right next to sparkling Lake Fryken. For the very tiniest of visitors, there are several fun play parks to explore.

Read more: rottnerospark.se

Peaceful pleasure

You can't get any closer to nature and tranquility. Onboard a timber raft being slowly carried along by the gently flowing water of Klarälven river, you have time for reflection and contemplation. It is an unforgettable experience that is just as much an adventure as a balm for the soul. Here, you will experience a sense of freedom and the unspoilt nature as you solve the challenges you encounter as you travel south.

The Vildmark company in Värmland has been arranging timber rafting trips for 40 years and today has several different packages to choose between, ranging from one to seven days. A guaranteed memory for life!

Read more: vildmark.se

Magical salmon fishing

Photo: Øyvind Lunc

You will find one of the Nordic region's best areas for salmon fishing in the part of Klarälven river that flows through Forshaga. As well as having a good chance of catching salmon and trout, there are large pike, lake and grayling. You can fish from a boat or the shore. Forshagaforsen rapids are divided into four zones: each one has its own rules and regulations. You will find information on the website about minimum landing sizes and how to purchase a fishing permit.

Read more: forshagaforsen.com



At visitvarmland.com you will find even more more suggestions for fantastic activities and trips on offer in the region.



Family adventures

Idyllically situated next to lake Rådasjön is Rådastrands Camping, a family paradise. Here you can explore the area by canoe, mountain bike, challenge each other to a four-event competition, climbing and laser tag or set out on an animal safari in the wilderness. Or just enjoy some relaxing swimming or fishing in the lake or nearby Klarälven river.



Where stories are born

Experience the country estate where one of the world's most well-known writers was born and grew up. At Mårbacka you can stroll around in Selma Lagerlöf's footsteps, stop for refreshments (or "fika" as we say in Swedish!) or visit the shop. Or perhaps you just want to savour the idyllic surroundings. There are also guided tours available in the memorial garden. Sometimes these even have a special theme. At the end of the year, the magical Christmas market "Yule at Mårbacka" is arranged with traditional handcrafts, food and other delicious things to try.

Read more: marbacka.com

Challenge yourself

Read more: radastrand.com

At Arvika Kanot & Turistcenter (Arvika Canoe & Tourist Centre) you can really push yourself to the limits, and give yourself something to remember for the rest of your life. The 12-stop climbing circuit combines climbing, play and adventure. It is both a physical and mental challenge. Round off the day's adventure with a relaxing dip in the wood-fired hot tub with a fantastic view over lake Glafsfjorden.

Read more: avikacanoe.se





Inlandsbanan - a journey through Sweden

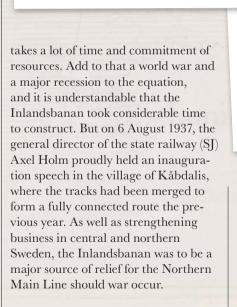
In the beautiful town of Kristineham, the railway line Inlandsbanan starts – a powerful example of prodigious engineering and Swedish history. The railway line stretches for 1300 kilometres through Sweden, all the way up to Gällivare. Similarly, the entire region of Värmland is a web of thrilling train traffic where history still lives today.

Text: Niklas Simonsson

f you like traveling by train then Värmland is a perfect choice. There is a strong and long history of train travel in the region as the railways have been the backbone of successful trade and industry. The development of the railways and industrialisation in Sweden are closely linked as Värmland's many mills needed to be connected with the rivers and lakes. As early as 1850, Kristinehamn railways began to run the elevenkilometre line up to the end of Lake Bergsjön at Sjöänden. "For the first few years, horses were used to pull the trains until the first locomotives were purchased. In 1873 Östra Värmlands Järnväg (the East Värmland Railway) was extended to Storfors before being further extended up to Persberg mines. Step by step, the foundation of a network of lines spread throughout Värmland and with a route up towards Mora and western Dalarna.

ORIGINALLY, THE IDEA was for the Inlandsbanan to reach all the way to the coast of Bohus from where the riches of Värmland and Norrland would be shipped to the rest of the world. It was finally decided that Kristinehamn would be the southern terminus, thereby giving Lake Vänern and the Trollhätte canal the responsibility of shipping freight.

In 1907, parliament hammered out a decision that the construction of the first link of the Inlandsbanan would begin. But laying kilometres of tracks



THANKFULLY, SWEDEN DID not directly become involved in the war. Between the 1950s and 60s, Sweden flourished in a golden post-war period with more paid holiday and higher living standards. In 1964 the Inlandsbanan was reorganised bringing Filipstad onto the line. Unfortunately, over the years traffic dwindled as more and more Swedes were able to purchase a car for their mode of transport. Parts of the track were hit by closures, and this eventually hit the stretch of line between Kristinehamn and Lesjöfors in 1985.

Experience Kristinehamn

Seize the opportunity and explore Kristinehamn before you hop on the train. Why not spend a night at Hotel Statt, Park Hotel or Sockerslottet; or visit the popular art gallery or history museum and grab lunch at Mastmagasinet?

IN 2003, a rail connection – "The shortcut through Bergslagen" – was introduced to offer more public transport. The route initially ran between Kristinehamn and Borlänge although this was later reduced to Ludvika. A few years later it was decided that the so-called "missing link" between Kristinehamn – Nykroppa would be electric and diesel locomotives would be phased out. Non-other than CarlJan Granqvist inaugurated the reborn train line on 16 January 2012.

If you want to experience Värmland by train, there are numerous options: Värmlandsbanan and Fryksdalsbanan are two excellent examples. The former stretches from Laxå to the Norwegian border, stopping in, among other places, Degerfors, Kristinehamn and Karlstad. Frykdalsbanan runs between Kil and Torsby via Sunne and is incredibly popular, attracting lots of passengers. The line, which runs alongside Lake Fryken, was voted Sweden's second most beautiful railway journey in 2006.

SOME OF THE abandoned stretches of the line are popular trolley bike tracks for tourists. Hire a trolley bicycle and cycle along Otterbäcksbanan on a fabulous summer's day. Or explore the stretch between Bengtfors and Årjäng. There are several kilometres of tracks with stunning nature, massive forests and beautiful lakes to join you on your journey. It is a great way for visitors of all ages to travel through the landscape, simultaneously learning discovering the history of the routes. A magnificent sight dressed in traditional Värmland costume that has to be seen to be fully understood.



Don't miss...

...the sluices of Bjurbäcken by the Bergslagscanal in Storfors. The sluice staircase, which was built in the middle of the 19th century, is beautifully located in a cultural historic setting and is still in operation during the summer.



Pedal a trolley

bike in Hagfors

Visit Hagfors Railway Museum and take a

trip on a trolley bike

gauge railway.

along the old narrow-



In the City Park of Karlstad, you experience Naturum Värmland, the farm animals at the zoo, the Play Garden, the outdoor museum, good food and swedish fika, outdoor life and many exciting events. A favourite among many lockals and tourists alike!



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mariebergsskogen.se

Biorkborns - amid the explosives and ghosts

As Alfred Nobel's last home in Sweden, Björkborn Manor in Karlskoga will forever remain in the history books. But that aside, as a manor Björkborn stands up well on its own with its park-like garden, beautiful buildings and even its very own ghost.

Text: Karolina Arenhäll Wersäll Photo: Tommy Pedersen & Øyvind Lund

he beautiful manor on the shore of Timsälvens was built as early as 1815. Foundry owners and managers from Björkborn foundry

were housed here until the 1970s. Its most well-known master, the inventor Alfred Nobel, moved here upon taking over AB Bofors Gullspång in 1894.

- Not everyone understands how important Nobel was in his day. But foreign visitors, particularly from the USA and China, are very knowledgeable and impressed to visit his home. They can stand there and pat the house, says Anneli Lyckeborn, operations manager for The Nobel Museum in Karlskoga.

Younger children have the opportunity to experiment in the spirit of Alfred.

TODAY, THE MAIN building houses the Nobel Museum. Visitors get to experience Alfred Nobel's home and even "meet" the inventor himself and those that were closet to him.

- We have actors who perform as Alfred and his assistant Ragnar Sohlman - who actually lived here longer than Nobel. It is so fun to see the visitors first encounter. Sometimes 'Alfred' has been sitting completely quietly in the corner; then he practically scares the life out of them as he stands up. When visitors get to the laboratory, it is the opposite; they go to 'reveal' the wax doll sitting in there and are surprised when they pinch him on the cheek, says Anneli, laughing.

THE LABORATORY NOBEL built in conjunction with the takeover of Björkborn has, today, been reconstructed as an exact replica of the original. This even goes so far as having the same tins from the 19th century lined up along the shelves with their original contents still remaining.

- Last year, we let a researcher from Uppsala University analyse the contents as we were concerned it was explosive.

Not everything was explosive, but now there are clear directives in place as to which substances can be stored together and which must be stored at different ends of the premises. That is because experiments are still carried out on the premises. Each year, fifth

graders are invited to chemistry shows and experiments conducted in the spirit of Nobel. The nextdoor building is "Fiffiga huset" – a science centre for children.

- Younger children have the opportunity to experiment in the spirit of Alfred, like creating energy with test bikes, says Anneli.

SOMETHING THAT VERY

few guests get to experience is the ghost who is said to be found in a room in the attic.

- I don't really believe in ghosts, but I have heard the sound of steps in the manor and sensed someone's presence. The cleaners don't dare to clean with headphones on. They want to know what's going on. And everyone avoids the attic, says Anneli.

But it is not Alfred Nobel who is said to wander the house, but someone else from the household.

- The story goes that it was an unhappy maid who disappeared and now walks again. But up to now, no visitors have ever claimed they have seen anything. We think that she avoids crowds. It's when the manor is quiet that you can sense her.

If the skivvy does wander around the manor, it is likely that she will recognise the place. The rooms are decorated as they were with the furniture and art donated from Nobel's friends and relatives. From time to time, even far-flung connections are made.

- In the summer I got an email from Krummel in Germany, where Nobel had an ammunition factory. A gentleman had bought a house there and dug up a wooden box on which it said Alfred Nobel and Karlskoga. He

Värmland manors

Krokstad Herrgård

Learn the chef's secrets with a cook-along. Or savour a signature Håkan Matsson five-course meal that has been listed in the White Guide three years in a row. *krokstadherrgard.se*

Ulvsby Herrgård

With a view over Lake Fryken, Ulsby Herrgård will give you a magical experience of nature. Do not miss their "Herrgård manor menus" which include chanterelles from Sunne's forests and pike and perch from the waters of Värmland. *ulvsbyherrgard* se

Hennickehammars Herrgård

Nestled in the forest right next to a tarn, you will find Hennickehammars Herrgård. Enjoy the calm atmosphere, good food and why not take a dip in the hot tub?

hennickehammar.se

Saxå Bruk

Värmland's oldest mill was established way back in 1540. In 1980, Carl Jan Granqvist took over the mill and shifted its focus to food and drink. saxabruk.com wanted to give it to us. He was going to deliver it in person last summer. Now we hope he will be able to come here this year instead.

SIMILARLY, THE COR-RESPONDENCE between

Alfred and a niece has been found and photographed, together with a new donation of paintings from Nobel's relatives in Stockholm. The idea is to have a new exhibition room, 'The friends around Alfred'. Otherwise, things are pretty unclear as to what will happen this summer.

- We are looking forward. Of course, we hope that guests from far away will have the opportunity to come here this year instead and that those who had planned to get married here last year, do so this year. But we are also looking at other solutions. We have a really big park, and there may be the possibility of having tours and actors outside. And, of course, there are always possibilities for smaller groups, says Anneli Lyckeborn.



The the two sets of two sets o

In a converted factory on an island in Dalsland Canal, lies Alcatraz. An adventure centre offering a wide range of activities to explore the countryside of Värmland. And just like its namesake on the other side of the Atlantic, the place is captive-ating.
We usually say that we 'imprison a little piece of your heart,' because people always come back, says Nathalie Knuivers.

Text: Karolina Arenhäll Wersäll



Trot on

While you are in the area, you should take the opportunity to visit Nordiska Travmuseet - the Nordic Museum of Harness Racing, Discover the Harness Racing Hall of Fame here along with exhibitions about everything from the history of harness racing to interactive exhibits for children. Psst! By the way, the museum is right next to Årjängstravet so you could even combine your visit with watching a race. travmuseet.com

Read more: alcatraz.se

t is fifteen years since Nathalie Knuivers' parents left the Netherlands to start Alcatraz. At that time, Nathalie was 18-years-old and firmly set on finishing her studies in her native country. She spent her summers in Värmland, but really had no intention of moving here. It was when she met Jonathan at the age of twenty-two that things took a U-turn. He wanted to visit Sweden and help his parents-in-law.

- For two years he put his entire summer into working for my parents. Then he said he wanted to move here. We didn't hesitate for a moment. We got married in 2013 and two weeks later we moved, says Nathalie.

THEY DECIDED TO give it two years to see how they would cope with being homesick, but they felt so at home in Sweden that they decided to stay. The plan is to take over the business this year so Nathalie's parents can retire.

- Each time I drive past the factory I'm struck by the thought that we are so lucky to live and work here. It is a fantastic, beautiful place, and a real privilege, says Nathalie.

BUILDING FIRST STARTED on the island in 1747, and from the beginning, the factory was an ironworks. Today, the Knuivers family has converted the island and its buildings into a hostel, restaurant, site for motorhomes and camping. They also rent out mountain bikes, and there is even a climbing wall. But most of all, they rent out canoes. Many of the guests come from far away, including summer camps for young people from Belgian and the Netherlands. One of the standout activities is "bushwalks" where the idea is to focus on surviving on just what nature provides. But visitors to Alcatraz come in all ages and from all parts of the world.

- Anyone who loves nature and the being out in the countryside comes here - from babies to seniors! Most are returning visitors. Either you can do a day trip from here, but a lot of people rent a canoe from us and spend a few days away, says Nathalie.

To make the adventures easier, they

offer several services. For example, there is a pick-up service where you can leave your car at Alcatraz, head off in your canoe and then be picked up further down the river.

- There are so many beautiful spots along the river and lakes. Paddling a canoe really is an experience that really stands out. If you like camping in the wild, there are all sorts of places to find your own private paradise, says Nathalie.

LIKEWISE, YOU CAN combine a visit to Alcatraz with a trip on a trolley from Bengtfors, hire a bike, go riding or hiking. Nathalie and her family do everything to ensure visitors have the adventure they have dreamt of.

People who come to us have chosen to put their free time in our hands. It's a fantastic opportunity to give them the holiday they've been dreaming of. So, we are happy to do that little bit more, such as showing them the best hiking routes or driving them out to another watercourse so they can see more of Värmland. ●



Old houses, traditions, faded documents, utility items and history sit deep in the walls. Värmland's open-air folk museums may differ, but share the common interest to collect, preserve and retain the knowledge of local history. They also share a sense of community – and one or two tasty waffles, of course!

Text: Mimmi Bladini Photo: Andy Lind

erhaps you have visited one or more rural folk museum centres in your life. As part of a school trip, traveling through Sweden or when celebrating midsummer in a rural community. But what really is a rural folk museum? And what are their

rural folk museum? And what are their function in society today? To get the whole picture, we need to look back at the end of the 19th century.

The industrial revolution had gathered pace and Sweden went from being a farming-based society to an industrial one. People moved to the cities and the standard of living, economy and politics changed as increasing numbers transitioned from agricultural work to industrial work. At the same time as these changes created great possibilities, a fear began to grow that traditions, history and folk culture would be lost. People wondered whether Swedish culture would die out now machines were taking over traditional Swedish handicrafts. From this fear, the rural folk community movement was born a reaction to industrialisation spearheaded by young people.

IN 1916 THE Society for the Protection of Rural Heritage (today known as Sweden's Local Heritage Federation, and which is a national federation for the Swedish rural community movement) was formed. They work to protect the culture, history and societal issues, helping to spread knowledge about Swedish crafts and traditions. They also make this accessible to all in the form of local folk museums. Today, there are approximately 2000 folk museums in Sweden, of which just over 100 are in Värmland. One of the largest ones in Sweden is north of Karlstad and neighbours the Klarälven river: it is called Ransäter hembygdsgård (Ransäter Folk Museum). We talked to Ann-Sofie Pettersson, who is chair of the board so as to better understand people's love of rural folk museums, and Ransäter in particular.

ANN-SOFIE IS 62-years-old and has been actively involved in Ransäter since 1985. The main reason is that she is interested in history and stories, but along with that, she has also become proud, happy and fallen in love with the folk museum. - For me, Ransäter is a nice and pleasant meeting place where stories are handed down. There is a sense of community here, something uniquely Värmland which I cherish and want to share.

Ann-Sofie explains that the local folk museum often becomes a central point for those that live in rural and sparsely populated areas. People come together for parties, events, weddings and funerals. But it is not just locals that come by. In a typical year, Ransäter has approximately 40,000 visitors from all parts of the country. Everyone from families with small children who stop for a cosy snack together under the shadow of an apple tree to hardcore nerds who have a particular interest and have travelled a long way to meet likeminded people, come here.

- When we have events with vintage cars or big classic American cars, rockabilly fanatics and people who look like Elvis come here. When we have fiddlers men turn up wearing national costumes and braids in their beard. And when we have dog shows, everyone looks like a dachshund, laughs Ann-Sofie.



Folk museums to visit in Värmland

- 1. Brunskogs Hembygdsgård
- 2. Värmskogs hembygdsförening
- 3. Ransäters Hembygdsgård
- 4. Kristinehamns hembygdsgård
- 5. Nordmarks Hembygdsförening
- 6. Lysviks Hembygdsgård
- 7. Kollsberg Hembygdsgård

Read more: hembygd.se/ varmland

DAL





She says this with a twinkle in her eye, but Ann-Sofie is right. All the local folk museums have their own niche and there is something for everyone, no matter who you are. Besides, it is an important hospitality industry and cultural tourism for many areas. As a way of attracting even more visitors and a new audience, all the rural folk museum in Värmland have been invited to enter into a strategic partnership with Visit Värmland. It is hoped that the hospitality industry will develop and be strengthened so that new generations will be attracted to managing and continue to take care of the cultural historical legacy. Because if there is anything Ann-Sofie has noticed during her 35 years in the association, it is that there is a need for passionate people who drive the work forward.

- Even though there is still considerable interest in rural folk museums,

Did you know that...

...Värmlands Local Heritage Federation is celebrating its 100th anniversary in 2021?

...Ransäter is Sweden's largest rural folk museum with approx. 40,000 visitors per year? They arrange, among other things, Sweden's biggest midsummer celebrations and the biggest accordion players get-together in the world.

...Skansen in Stockholm (1891) was the model for local open-air folk museums and rural centres in Sweden?

...Leksands hemslöjd (Leksand Handicrafts) – (1904) and Dalarnas hembygdsförbund (Dalana rural community association) kicked off the movement.

...rural community knowledge became obligatory as part of the elementary school social studies curriculum in 1919. Pansäter is a nice and pleasant meeting place where stories are handed down.

there are not as many who want to volunteer and get involved. We need to convey our pride [in our cultural heritage] and spread the joy that comes from being part of all the great stuff that happens. But it is also important that the association shows that it appreciates its members and ensure that the sense of community lives on.

ANN-SOFIE IS CONFIDENT about the future. Despite a year that has been hit by a pandemic, and all of the challenges that involves, there has been a strong willingness and desire to turn things around and develop.

- We have worked a lot on how we are going to reach a wider audience. We've been looking at how we can use online tools to help us tell the story of our rural community when we can't actually be there in person. We are going to modernise our website, communicate on social media and create an app for visitors. There are lots of possibilities by going digital which can make our history more exciting and attract a wider audience.

2021 is not just any ordinary year. Ransäter is celebrating its 100th anniversary and Ann-Sofie and the other members are well-underway planning the jubilee. At the time of writing, it is hard to know exactly what is going to happen but there will definitely be some kind of celebration.

- We are planning to put on a small exhibition showing the folk museum's history from 1921 until today. Then, of course, we are going to have a day when we invite all the visitors, personnel and members to have some cake, raise the flags and celebrate our wonderful centre. We aren't sure exactly when it will take place, but I and all the others at the centre are longing for it. ● RESTAURANT I BAR I LOOKOUT TOWER I CABINS

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Getgarsudde, Kycklingleden, Silverleden and Sävsjöleden (as depicted). Maps and more information at grums.se/vandringsleder





von / Echstedtska gården

Exhibitions · Café Gardens · Apple grove · Family activities

varmlandsmuseum.se/vonechstedtska

Welcome to Degerfors! **Checklist for families**

Visit Kulturcentrum Berget - daily activities for children.

Enjoy nature from a trolley - stay the night in a windshelter at Mosstorp.

Fishing from shore. There are wheelchair ramps for fishing at the shore of Lake Storbjörken. Idyllen at Lake Möckeln is also a good place for fishing. At Lake Gryten fishing is allowed without a fishing license.

Playgrounds for children are available in Kanada, Kulturcentrum Berget and on Degernäs campingsite.

Swim in Lake Möckeln at Stora Degernäs, Mölle, Degernäs campingsite and in Lake Storbjörken at Svartåbadet.

Play minigolf, rent a canoe and stay the night at Degernäs campingsite.

Hike on the hiking trails at Degernäs, Sveafallen, Fasaskogen, Gryten and Högbergstorp.

Play boules in the Kanada forest.

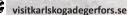
For more information, please contact: Degerfors tourist centre



Kulturcentrum Berget, S-693 32 Degerfors +46 586-483 93, E-mail: turism@degerfors.se



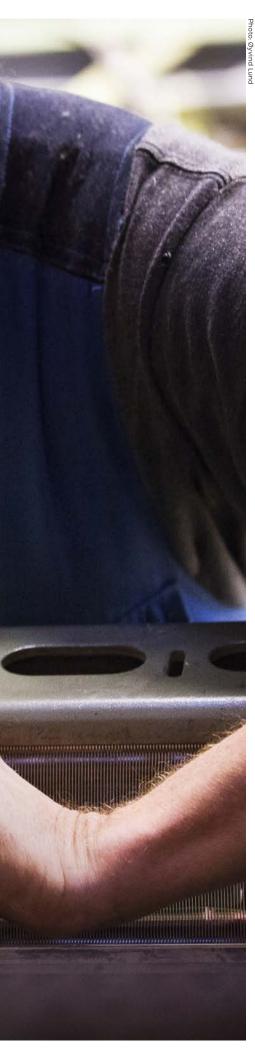
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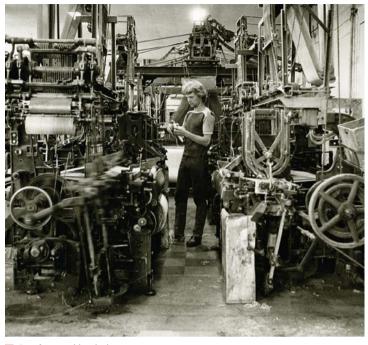


Klässbols Linneväveri is the only producer in Sweden of hand- and machine woven linen. Klässbols is a highly regarded brand that celebrated its 100-year-anniversary last year. The family business is currently run by the fourth generation of Johanssons. Everyone from tourists to embassies to the royal court has towels and napkins with the emblem Klässbols Linneväveri.

Text: Niklas Simonsson

years in the





Read more: klassbols.se

he beautifully decorated building where the weavery has its factory and shop has stood in Klässbol since 1950. Even back then, the

company was well-established in the weaving industry and ready for new challenges. A better working environment and the light in the new building would make the linen weaving mill even better. But the whole thing started much earlier.

THE FOUNDER HJALMAR Johansson set off on the path to success at a spinning mill - Stavnäs Ullspinneri och Väveri - already in his teenage years. After working in the factory in Arvika and receiving an education at the weaving school in Borås, he returned in 1918 with his wife Augusta and children to the linen weaving mill in Stavnäs. But now as a master spinner. Simultaneously, he began to build his own loom in the family's two-story house. He wove in his spare time and sold sheets to local farmers who delivered flax. The price of each sheet was about five-six öre.

- We usually take 1920 to be the year the company was founded as that was when Hjalmar had really got going with the weavery. The following year, 1921, he invested in a second-hand mechanical loom which was transported by horse and cart from Arvika. He wove at home both evening and night, says Dick Johansson, one of Hjalmar's grandchildren. Today, he is part owner and marketing and export manager of the company.

IN 1924 HJALMAR Johansson left his position at the wool factory to work full-time on his own business. A croft was purchased and four looms installed. Slowly but surely, the linen weaving mill began to grow. Personnel started to be hired and the family name was carried on by the children, Vitalis and Viola Johansson after Hjalmar passed away.

Sheets, towels, and serviettes have always been central to Klässbols Linneväveri. High-quality products manufactured to last for several generations. Then as today and with the same regard for the future.



- After the war, times were a little more difficult. Products began to be made with synthetic materials. But we stuck with natural linen, which has proved to be important over the years. Not least from an environmental point of view, says Dick.

HE TOOK OVER the running of the weaving mill in 1975 along with his brothers. The goal was to be Sweden's best producer of woven linen. An exhibition at Tellanders Galleri in Stockholm, which received major coverage in the media, helped them secure an incredibly prestigious order. This came about after one of the visitors to the press viewing was the person responsible for textiles at Sweden's embassies. Klässbols' natural products made such an impression that the company has continued to make textiles for all the Swedish embassies around the world. After a successful business trip to Norway in 1987, Norwegian embassies also became customers.

- You can't buy advertising to reach these kinds of customers. We have been lucky at certain points. And through tv and radio interviews, tourism has grown. We became something special



Sights to see near Klässbol:

Långeudde bathing spot

One of several fantastic bathing spots in the area. Just as suitable for an all-day visit as stopping by for a quick dip in the water.

Kaffekvarnen

An original café, open during the high summer season. Has everything from a quaint setting to yummy cakes and pastries.

Arvika

Take a shopping trip to Arvika's welcoming centre; camp and swim at Ingestrands Camping and try out some of Arvika Canoe & Tourist Centre's range of activities. and that attracted visitors. We hadn't really counted on the tourist industry, but now everything has been adapted to accommodate it. That's the most evident in our very successful factory shop, says Dick.

PRESTIGIOUS ORDERS FROM the

likes of the Nobel Committee, Parliament, Royal Court and the sultans in Oman have been coming since far back. What these customers have in common is that it is they who contact Klässbols Linneväveri thanks to the mill's incredibly good reputation and high-quality products. Today, these products are found in shops all the way from Stockholm to Japan. The vision for the future is to both preserve and develop. Keep the ship running and maintain quality ahead of major growth.

Today, Dick's son Andreas is managing director. There are even other generations employed within the company.

- Our colleagues mean everything in the long-run. We are like a big family. It is important for us, just like not moving the business abroad. We're staying in Värmland! Dick Johansson says firmly. ●



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Solaz Karlstad - the legendary heroine

Outside of Stadshotellet in Karstad she stands there posing. Eva Lisa Holtz - "The Sun of Karlstad" as she is known. The statue was raised in 1985 but the story about the bright, sunny and beautiful Eva Lisa begins much earlier.

Liza's three tips for a sunny day in Karlstad

Skutberget

A lovely area to bathe, BBQ or exercise. There is also a climbing park and a tree-top adventure course.

Sandgrundsudden

Värmlands Museum is here with its beautiful Museum Park which is perfect to wander around. Visit also Lars Lerin's art gallery and Stadsbiblioteket - the city library.

Vilda Parken

I am happy to go here on any sunny day. Vilda Parken is in Väse, just outside Karlstad, and attracts skateboarders just as much as families with children. Text: Mimmi Bladini Illustration: Pauline Wikman

va Lisa Holtz was born 1 January 1793 in Karlstad. She worked for many years as a waitress before opening and running

an inn, which was extremely unusual for unmarried women at this time. But that is not why there is a statue of her outside Stadshotellet. Eva Lisa has namely become a symbol of Karlstad, reflecting the city and its people's reputation for hospitality and positivity.

THERE ARE SOME who know a bit more about the mythical Eva Lisa Holtz than others, and one of them is Liza Ay Hermansson who works as a museum educator at Värmlands Museum. She guides school classes in local history and tells them that no matter what you say about the city's history, you cannot avoid talking about "Sola i Kallsta".

 If you look at the historical sources, it is hard to know exactly who Eva Lisa was. What we know is that she lived in Karlstad, remained unmarried and ran an inn. According to myth, she was blonde, happy, beautiful and knew her own mind. She has become attributed with the heroic qualities of what fits our picture of a successful woman, and that's perhaps why she has become such a symbol, says Liza.

EVA LISA HOLTZ has come and gone over the years. In 1847 the newspaper wrote that the expression "Solen i Karlstad" (The Sun of Karlstad) comes from a famous beauty at one of the city's inns. About the turn of the century, several different bits of information circulated as to who Sola really was. Some say that she was Louise Linroth, the daughter of a manor owner; others claim that she was a foster child named Carin. In the 1930s historians wrote that Sola was inn-keeper Eva Lisa Holtz; from then on, she alone seems to have kept the moniker.

 Eva Lisa's story has become the visual representation of Karlstad as the city of sunshine.

THROUGHOUT THE YEARS, the

myth of Eva Lis Holtz has grown stronger and been nurtured until she has come to be seen as synonymous with the city. In the 80s, "Karlstad – where the sun always shines" became the municipal slogan. To go with this, illustrator Lasse Sandberg created a happy, childish sun that was made the city's official logo.

- Eva Lisa's story has become the visual representation of Karlstad as the city of sunshine. The slogan, logo and, of course, the image of us as happy and warm is a great image for Karlstad.

But is it just an image? It is generally recognised that Karlstad is synonymous with the sun. Maybe it is not for nothing that locals are repeatedly told how hospitable and positive they are. Liza modestly agrees there is a grain of truth in it all.

- There's this idea of people from Värmland as nice people. And, of course, that's something we happily cultivate." Karlstad is a nice and relaxed city and there is a different atmosphere here than the big cities.

THE SUN IS not just the emblem of Karlstad. The fact is that the sun shines a bit more here than in other places in Sweden. In 2019, Karlstad was in

the top 5 and in 10th place in 2020 for the number of hours of sunshine in a year. No matter the weather, "Sola i Kallsta" always stands outside Stadshotellet reminding us of the city slogan. And in spite of the fact that no one knows how much truth there is to stories of the mythical figure of Eva Lisa Holtz, one thing is clear: she has become an important figure for the city and its residents.

- Next to the emblem of the sun, she is one of the main symbols of the city. And not just as a symbol of a strong woman. On International Women's Day, there is always someone who adorns her with accessories and dresses her up to look extra nice. We love our 'Sola'. ●

Perhaps names like "skogsfinnar" (forest Finns) and "svedjefinnar" (burn-beating Finns) do not sound so nice today. But the Finn Forest's importance in the history of Värmland is as great as the forests are deep. Follow along as we dive deeper into how something that was Finnish ultimately became Swedish.

Discover the Finn Discover

Text: Niklas Simonsson Photo: Lars Sjöqvist

Out on tou

Experience the Finnforest by foot. Walk the Finnforest trail or 7-croft trail and enjoy the wonderful wilderness from the first row.

Visit a Finn Farm Feel the wing strokes of history on one of the preserved finnfarms that dwells within the forests of north Värmland. Ritamäki, Kvarntorp, Juhola and Purala is for farmyards that is worth visiting.

uring the second

half of the 16th century, many people started to migrate in particular from Savo in Eastern Finland, which at that time was part of the

Swedish realm. War and poverty were ravaging in the east, while in Sweden there were massive areas of inaccessible forest that needed to be inhabited. Finns migrated, settling in the Swedish forest villages under the promise that those who cultivated the land would not be taxed for the first six years. By doing this, it made it easier for permanent settlements to be established in the region. This was a solution that would both benefit the country and its inhabitants in the long run.

THE FIRST "FOREST FINNS" settled in Värmland at the beginning of the 17th century. The Finns specialised in slash-and-burn agriculture: a cultivation technique that required both large and untouched woodland. The technique, put simply, involved felling trees, drying them and burning them down before

rye (also known as forest rye or swidden rye) was sown into the ash. All sorts of forests were cleared by slashing and burning, and a variety of techniques were used. These depended on whether it was birch or spruce that was being burnt. Slash and burn agriculture was not actually anything new when it came to cultivating the land in Sweden. However, the Finns used the slash and burn technique in heavily wooded moraine terrain enabling them to cultivate land that had not been farmed before. The yield of seeds was often doubled many times over using the slash and burn technique of cultivation.

The culture of the forest Finns remained for a long time and really left its mark on Värmland. It is still very evident today. The characteristic smokehouses are a typical example; they have rooms without a chimney and instead have large custom furnaces that heated the building effectively.

- It is amazing that new smokehouses were built during the 19th century and that the last ones were inhabited right up until the 1960s. Several Finn farms



Recommended! Do visit Torsby Finnish Settlement Centre (Torsby Finnskog Museum) in Lekvattnet. An exhibition entitled Människor på skogen (People of the Forest) will be running in summer 2021.

remain and are preserved with real respect for the past, explains Monika Björklund, a construction archivist at Torsby Finnish Settlement Centre (Torsby Finnskogcentrum), which is part of Värmlands Museum.

FINN FOREST AREAS that retain their old place name are found in several parts of Sweden. Finnish was spoken right into the 20th century, and even though it isn't spoken now, its cultural impact remains in the language. People work and live in and around "Finn forests" today - many of which are called "finngårdar" ("Finn farms"). Today's inhabitants are often descended from Finns. The farms and smokehouses are a testament to a period of time long before electricity, running water and other such comforts. Just like today, the forest back then helped put food on the table.

- Today, we use modern forestry, but the connection to the forest has always been strong here in Värmland. As a museum, we work to preserve and share our knowledge and history of the Finn forests in as many ways as possible, says Monica Björklund. • Living in tune with nature really makes the area special. How people still live off the forest even today but in a different way.

IN FINNSKOGEN, THERE is something for everyone to discover. The forest flora and fauna, farms and hiking trails. The culture is preserved in the environment today as well as modern and Swedish history. During World War II, Finnskogen was an escape route and lifesaver for many people who fled across the border between Norway and Sweden. Along the border, there are still redoubts and rows of massive boulders that were meant to stop tanks in the event of an invasion.

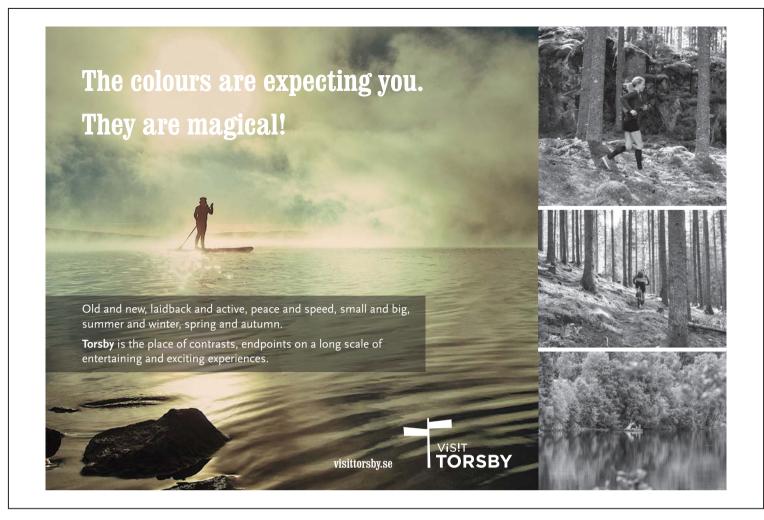
Since 2018, a project under the name "Finnskogen – vägen till världsarv" has been running with the goal of making Finnskogen a World Heritage site. There is still far to go, but careful work is being done with an eye to the future.

- We are working a lot with the infrastructure, both physical and also in

terms of knowledge. The Finnish Settlement Centre in Lekvattnet is at the centre of this, and we want to develop this even more. Torsby Municipality and a variety of associations are doing a great job. There are many farms to visit, says Birgitta Elfström, project manager for the World Heritage project.

She points out that there are several things that made Värmlands Finn Forests stand out. The rich history stretching back 400 years back in time, the meeting between two cultures that in turn gave birth to something new, and how just as important interaction was with the environment as it was between the people.

Living in tune with nature really makes the area special. How people still live off the forest even today but in a different way. It is even unique how Finnish was spoken on both sides of the Swedish-Norwegian border in the past. Besides, it's also so beautiful here that it almost hurts. The first time I visited Abborrtjärnsberg I almost started to cry because of how impressive it is. So, I think there are strong arguments as to why Finnskogen should be made a World Heritage site, says Birgitta Elfström. ●





At visithagfors.se you will find lots of tips on activities and events that create memories for life.

Welcome to Hagfors – get memories for a lifetime

Biking Klarälvsbanan and Klarälvsleden is an experience for all senses. Move on to the trolley track at **Hagfors järnvägsmuseum** and cycle along the railway to **Stjärnsfors**. Back in Hagfors **the tourist train** awaits to take you on a tour around central Hagfors.

Hiking The mighty **Brattfallet** is the starting point of the almost seven kilometer long **Halgåleden** with magnificent views over **Klarälven valley**. In the middle of central Hagfors you will find **Mana-Örbäcken**, an untouched oasis where time has stood still side by side with modern life for centuries.

Fishing The municipal fishing license gives you access to **around 100 waters of varying character with a great variety of species**. You can buy this and several other fishing liscenses at the Tourist Information.







HAGFORS

Visit Hagfors 0563-187 50 turist@hagfors.se visithagfors.se Facebook: Visit Hagfors Instagram: Visithagfors

Welgebook Kan be an any Swedish cities that wish to be called

There are many Swedish cities that wish to be called "a real summer city". However, not many live up to the name. Karlstad is an exception, even though the city is just as beautiful in spring, autumn and winter.

Text: Pål Johansson





hat is the most attractive things about Karlstad, or the Sunny

City as it is called in Sweden? The first thing you get struck by is the beautiful location, which is the best imaginable for all of us who love the proximity to water. Here, the mighty Klarälven river unites with the inland ocean Vänern in a delta area filled with bays and meandering river arms. Places that can be experienced by foot or by bike on a number of nice walking paths,

with your own boat, by kayak or on board the boat buses that travel the area during the summer.

IN ADDITION TO the

beautiful environments, the capitol of Värmland also tempts with a vivid entertainment and cultural life. Facilities such as Nöjesfabriken, Wermland Opera, Lars Lerins Sandgrund, Värmlands



Museum and Brigad Museum gather people from both near and far with their spectacular concerts, performances and exhibitions. The city also got a thriving café and restaurant scene, with culinary experiences for most tastes.

IT IS HARD to ignore the fact that Karlstad is one of Sweden's foremost sports cities. Every year, well-attended events are arranged here, such as special stages in Rally Sweden, horse races at Färjestads Travbana, the athletics competition Karlstad GP and SHL matches with Färjestads BK at Löfbergs Arena.

REGARDLESS OF

THE season, many people visit Karlstad for a shopping weekend and a little everyday luxury at one of all the centrally located hotels. Let yourself be embraced by the Värmlandish hospitality and enjoy the rich selection in the city where most things are within convenient walking or cycling distance. ●





FINNISH SETTLEMENTS HERITAGE ENVIRONMENTS · CAFÉ EXHIBITIONS · FAMILY ACTIVITIES SHOP · GUIDED TOURS



VARMLANDSMUSEUM.SE/FINNSKOGSCENTRUM



Welcome to OPEN SPACES & FREEDOM

Storfors in eastern Värmland offers lots of room and miles of great hiking trails. In addition, a 65 kilometer continuous stretch of lakes, rivers, canals and locks with many opportunities to spend the night nearby.

Information: 0550-651 00, storfors.se





MUNKFORS • RANSÄTER

In the heart of Värmland

Hiking

- Fishing
- Cycling

...and Klarälvens highest natural waterfall

www.wisilmunklors.so tourist@munklors.so

Hammarö offers generous nature with diverse experiences

Take a trip with the **boat bus** from Karlstad, Kristinehamn or Grums. **Cykle** the new Vänerleden, Klarälvsbanan or bymiljövägen from Karlstad. **Hike** Bonäsleden and experience Kilenegården. Stay at a campsite and **enjoy swimming** and food at Mörudden or bring you**r motorhome** to the pitches at Lillängshamnen where you can enjoy **lunch**, **a coffee and/or dinner** at Lillängshamnen's fishsmokehouse. Take a swim at a sandy beach or a cliff, take part in Hammarö's history with **pilgrimage and fishing** via the Church of Sweden, the Archipelago Museum and Hembygdsföreningen.

Hammarö worth a detour, we promise!

La Hammarö

KILSBINGO - CHALLENGE YOUR FRIENDS

GATHER ACTIVITIES BY PARTICIPATING IN EVENTS OR VISITING PLACES AND PERFORMING THE INSTRUCTIONS SPECIFIED



FRYKSTA BEACH take a bath in the evening



RENNSTADSNIPAN experience the view in the lookout tower



KILSRAVINERNA nature hiking in a tropical environment



PUMP TRACK ride three laps with your bike



SANNERUDSVALLEN watch athletics or football match



FRYKSTABACKEN have a barbeque and enjoy the view



DISC GOLF COURSE throw through all eighteen holes



GRÖNA TORGET play boules or play in the playground



THE LARGEST SHOVEL take a picture with a really big shovel



KLACKSJÖN take a swim or fish for a perch



STEAM LOCOMOTIVE check out the locomotive from 1913



LÖVENSTRAND say hello to our furry friends

KIL.SE/SOMMARIKIL



The dream of a white winter with snow-covered forests and glistening slopes does not have to feel impossible or too far away. In Northern Värmland, winter awaits – ready to be explored and experienced on skis, a sledge or by foot.

Full-on UDDDUGOP ICTUDICOP ICTUDICOP

Text: Pål Johansson





hen we look back at our childhood winters, it is often through

rose-tinted spectacles. We think of zipping along on a sledge, stumbling along while trying to skate, creatively building a snowman or tucking into grilled hotdogs and hot chocolate after a cosy ski trip. We have a tendency to remember them as a season when the thermometer rarely edged above zero and where a layer of snow lay heavy across the land from November to March.

At a time when winters for those of us in central and southern Sweden are like a rainy extension of the autumn, it is good to know that there remains a snow-filled winter landscape within reach. In the hilly, northern parts of Värmland, the average temperature is several degrees lower than in the south of the country, almost guaranteeing snow and a smorgasbord of winter activities for those on the lookout. **ONE SUCH PLACE** is Mattila, right in the middle of the Finn forest, about four miles northwest of Torsby. Here, deep in the coniferous forests and mountain peaks of the wilderness, is North Värmland's oldest tourist resort that today goes under the name Mattila Fritid. The Finn Farm, which is the hub of the resort, was built as early as the 17th century and has a long history from a time that is long gone. The farm and smokehouse, and all the surrounding cottages, is where it all starts no matter what time of year you visit.

In winter, it is kilometre after kilometre of cross-country trails that attract most visitors. Mattila is well-known among ski enthusiasts to have a good supply of snow and well-maintained tracks. In a good winter, the tracks can be as far as 170 kilometres and have a varying degree of difficulty. Among other things, you have the opportunity to take a trip over the border to the west as well as sharpen your skills in both classic and freestyle skiing. **FOR THOSE WHO** would rather spend winter away from the crosscountry tracks, you won't lack something to do. A fantastic way to experience the beautiful countryside, animal life and peace and tranquillity is by foot. You can hire modern snowshoes so you do not have to struggle in the metre-deep snow. It is a very different kind of experience walking across really deep snow and it may well be something you remember for the rest of your life.

The same goes if you bring your fat bike along with you. Touring on a bike is something usually associated with the summer season but in Mattila it is also possible to cycle in the forest all year round. Sweden's only fat bike marathon on snow is arranged every year and held during the Mattila Ski Marathon weekend.

The hilly terrain is also suitable for what is probably the most popular winter family activity: sledging. Challenge your loved ones to a high-speed race or try zipping along on one of the Austrian sledges available to borrow for free from the restaurant.

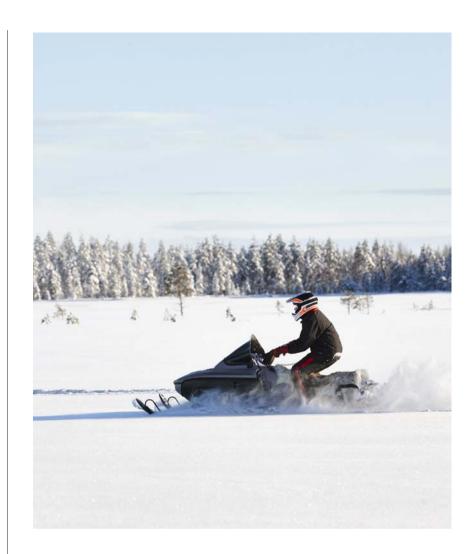
OTHER WINTER VÄRMLAND ACTIVITIES

Winter bathing

Have you also caught the bug for this year's most refreshing trend: winter bathing? Or perhaps you're picking up the courage to try it? No matter what, you have come to the right place. The countryside here is full of lakes, so you are never particularly far from the opportunity to take a dip in the icy water. Combined with a spell warming up in the sauna, it is something that will refresh your body and soul. Remember to keep up-to-date with the list of places that offer bathing if the ice has settled. Or maybe just try switching out a dip in the water for a roll in the snow!

Ice fishing

If you are properly dressed, ice fishing can be a thrilling adventure. Waiting for the fish to bite while the rays of winter sunshine warm you, you will have an enormous sense of well-being. All you need apart from sturdy, warm lined boots and thermal clothing, is an ice drill, ice studs, fishing rod, a prod



and something to sit on. Then all you need to do is start drilling and try your luck. In Värmland, there are plenty of opportunities to go ice fishing for pike, pikeperch, perch, trout, char and rainbow trout. Why not try, for example, Värmlands Sjö- & Fjällcamping or Värmlandsgården. Remember to check the thickness of the ice before heading out and never forget to wear ice studs.

Skating

Awaken the ice dancer or hockey player inside you! Skate out onto the ice rink in the winter. In several places in Värmland, rinks are made for the general public. For those who prefer natural ice and long-distance skating, there is a big choice during the cold winters when there is not much snow. When the ice is thick enough at Mariebergsviken in Karlstad, an approximately two-kilometre ice rink is ploughed.

Dog sleigh

A wonderful winter adventure is to get into a sleigh and let a flock of Siberian huskies take you on a trip. There is an enormous sense of freedom travelling across the snow-covered landscape with a pack of incredibly strong dogs happy to set the pace. Available, among other places, at Branäs in collaboration with Hike Husky Tours.

Snowmobile

A more fast-paced way to experience the nature of the landscape is by snowmobile. Both the northern and western parts of Värmland offers several nice snowmobile trails during snowfilled winters. At Fredros Gård and Hovfjället Skiresort, among others, you can follow guided tours through snowcovered fairytale forests and over frozen watercourses. An action-packed winter adventure.



EXPERIENCE VÄRMLAND'S SKI RESORTS

Branäs (567 mamsl)

Where: Sysslebäck Slopes: 33 (longest 3 000 m)

Lifts: 26

Drop: 415 m

Track length: 28 km

More information: Ski school, ski rental, children's area, snow park

Hovfjället (542 mamsl)

Where: Torsby Slopes: 13 (longest 1 200 m)

Lifts: 6 **Drop:** 156 m

Track length: 20 km

More information: Ski school, ski rental, snow park

Read more: hovjallet.se

Ski Sunne (mamsl)

Where: Sunne Slopes: 9 (longest 1,800 m)

Lifts: 7

Drop: 265 m

Track length: 12 km More information:

Ski school, ski rental, fun park, sledging **Read more:** skisunne.se

Valfjället (320 mamsl)

Where: Åmotfors

Slopes: 15 (longest 1,800 m)

Lifts: 5

Drop: 220 m Track length: 10 km

More information: Ski school, ski rental, fun park, ski cross track

Read more: valfjallet.se

Långbergets Sporthotell (630 mamsl)

Where: Sysslebäck

Track length: 63 km

More information: Ski rental, slalom run, light ski tracks, Vasaloppet camp, mini snow scooters

More info: langberget.se

For more ski resorts: visitvarmland.com.

and slalom ski slopes. **Read more:** branas.se





We are proud of our trademark the sun, that not only shines above us but also in the hearts and souls of us Värmlänningar. And we view it as an honour to welcome you with warmth and hospitality when you visit us.

See you soon, we hope.

Close to almost everything

In Karlstad, we love walking and cycling. Everything is actually close together here. With over 1,000 hotel rooms within a 12-minute walk of our Central Station, staying here could not be more convenient.

Such as when you head out to find you own favourite restaurant, for example. With a wide choice of local Värmland cuisine and international fine dining within easy reach. You can also find craft beers from local breweries and delicious freshly made coffee at our Löfbergs roastery here.

Soft adventure

Set off on our beautiful walking trails mouthing the words "Walking in a Värmland Wonderland", perhaps. Our wonderful walks also include wheelchair friendly trails along Västra Långholmen and the Segerstad peninsula, for example.

If you prefer to hit the water, you can hire a kayak, canoe of paddleboard. For a shorter trip on the Klarälven river or a more adventurous outing in Lake Vänern, the choice is yours. You can also take our popular water buses that complement regular bus services in summer. You can take a trip along the Klarälven river or a longer outing to the Lake Vänern archipelago and find delightful places to swim.

The Klarälven delta and Lake Vänern mean we are pretty much surrounded by water and you can even get that beach feeling in the city centre, or head to a sandy beach or a rocky shoreline further out.

Art and culture that moves you

Artist Lars Lerin is considered one of the most prominent watercolour artists in the Nordic countries. Together with his colourful husband Manoel Marques, he has been a regular on TV in recent years. His works are exhibited at an art gallery on Sandgrundsudden in central Karlstad. And Värmlands Museum that tells the story of Värmland's cultural history alongside international exhibitions is just a stone's throw away.

You can experience opera and musicals of high artistic quality at Wermland Opera, one of six opera houses in Sweden, that has hosted everything from Wagner's Ring Cycle to Shrek the Musical. Concerts, cultural and sports events are also staged at Löfbergs Arena, Scalateatern, Nöjesfabriken and Karlstad CCC.

Fun for kids

In Karlstad's scenic city park Mariebergsskogen, it is easy to spend many hours. At Naturum Värmland there are several different exhibitions adapted for children and also a café and gift shop. You can also pet the animals in Lillskogen or ride the Conrad Höök tour train. Swim and play on the fine sandy beach with adjoining kiosk or play miniature golf with the family. There are also walking areas and several playgrounds to discover.

High up in the trees or on two wheels?

Do you love adventurous outings that get your pulse racing? If so, head to Högt & Lågt Adventure Park with its exciting aerial ropeway with different degrees of difficulty to suit all the family. There's also a 4 star 18-hole disc golf course nearby. Both locations are in the beautiful Skutberget outdoor recreation area, which also has jogging and mountain bike trails.

Are you thinking of bringing a skateboard or kickboard? If so, you can try Vildaparken just east of Karlstad or Hipsquare, an indoor sports hall. Or climb into the saddle and cycle the 90 km Klarälvsbanan, an asphalted, car free trail that takes you all the way to Uddeholm.

Read more: visitkarlstad.se/en



Photo: Tr



Do you need more inspiration ahead of your visit to Värmland? On these pages, we have collected all Visit Värmland's members together - dividing them up into the West, North, East and Central region of Värmland. Welcome to Värmland.

West

Arvika

Eda visitvarmland.com/

Grums

Säffle visitvarmland.com/

Årjäng

Guesthouse Eleven

Hotell Charlottenberg

Hotell Årjäng

Lövås Gård

Charlottenberg Camping

Duse Udde Camping

Ingestrands Camping

Naturbyn (Långserud)

Sommarvik (Årjäng)

Turistgården (Töcksfors)

Krokstad Herrgård

Grön Ko Restauranger

Kungskvarnen (Borgvik)

Olssons Restauranger

Alcatraz Adventures Arvika Kanot- & Turistcenter

Dalslands Kanal (Håverud)

Eda Golfklubb edaak.com Nordic Eco Tours (Säffle)

Nordmarkens Kanot

Stiftelsen Glaskogen

Valfiället Skicenter

Arvika Fordonsmuseum Brunskogs Hembygds-

förening / Gammelvala

Nordiska Travmuseet

Rackstadmuseet (Arvika)

Sliperiet (Borgvik)

Charlottenbergs Shoppingcenter

Klässbols Linneväveri

Mimmi Design (Grums)

Töcksfors Shoppingcenter

Wiksfors Bruk

North

MUNICIPALITIES

Hagfors

Torsby visitvarmland.

HOTELS

Långbergets Sporthotell Torsby Sporthotell

The Lodge (Torsby)

Uddeholms Hotell

Valbergsängen (Torsby)

CAMPING COTTAGES

Alevi Camping (Stöllet)

Björnbyn Rådastrand

Ekesbergets Stugby

Hovfjällstoppens Stugby

Mattila Fritid (Östmark)

Rådastrands Camping/ Moose Adventure & Outdoor (Råda)

Värmlands Sjö- & Fjällcamping (Torsby)

MANORS

Risberg Herrgård

ACTIVITIES

Branäs Fritidscenter

Going North (Höljes)

Hovfjället (Torsby)

Our Little Farm (Ekshärad)

Outdoor Center Värmland

Rally Sweden (Värmland)

Sun Dance Ranch

Torsbybadet

Torsby Skidtunnel & Sportcenter

Vildmark i Värmland

Värmlandsgården

Värmlands Älgpark

CULTURE

Monica Zetterlund Museet (Hagfors)

Uddeholmsladan

SHOPPING

Destination Långflon

South

Forshaga

Hammarö

Karlstad

Kil

Munkfors

Sunne

Sahlströmsgården

HOTELS

Best Western Gustaf Fröding Hotell & Konferens (Karlstad) austaffroding se

Clarion Collection Hotel Bilan (Karlstad)

Clarion Collection Hotel Drott (Karlstad) drotthotel se

Clarion Hotel Plaza (Karlstad)

Elite Stadshotellet (Karlstad) elite se

First Hotel River C (Karlstad) *firsthotels se*

Cood Morning Karlstad City ligula.se/goodmorninghotels/karlstad-hotellcentralt

Hotell Frykenstrand (Sunne) frykenstrand.se

Prostgården (Sunne) prostgarden.com

Savoy Hotel & Bistro (Karlstad) savoy-karlstad.se

Scandic Karlstad City scandichotels.se

Scandic Klarälven (Karlstad) scandichotels.se

Scandic Winn (Karlstad) scandichotels.se

Selma Spa+ (Sunne) selmaspa.se

Sköna Rum Fryksta B&B (Kil) skonarumfryksta.se

Villa Fryksta (Kil) villafryksta.se

CAMPING & COTTAGES

Frykenbadens Camping

Happie Camp (Karlstad & Hagfors)

Karlstad Swecamp Bomstadbaden

Lysviks Camping

Sunne Camping campingparlor.se/ sunne-campina

Värmland Camper (Hammarö) varmlandcamper.se

MANORS

Alsters Herrgård (Karlstad) karlstad.se/ Alsters-herraard

Dömle Herrgård Spa & Resort (Deje)

Ulvsby Herrgård (Sunne) *ulvsbyherrgard.se*

FOOD & DRINK

Almars Krog (Karlstad) almarskrog.se Frykens Pärla (Lysvik)

Good Guys Tap (Karlstad)

Lillängshamnens Restaurang (Skoghall) *lillanashamnens-fiskr*o-

Löfbergs (Karlstad)

Matbruket (Karlstad) matbruket.se Mc Donald's (Karlstad)

mcdonalds.se Mormors Glasscafé

(Lysvik) mormorsglasscafe.se

ACTIVITIE

Bulten Bike (Karlstad) bultenbike.se

Femdagarsgolf (Värmland) *femdagarsgolf.se*

Fredros Nature Adventure (Gräsmark) natureadventure-gs.se

Friendly Travel (Karlstad) friendlytravel.se

Färjestads Travsällskap

Great Event of Karlstad

Hammarö Golfklubb hammaroak.se

Karlstad Alpackagård @karlstadalpackagard

Karlstad Golfklubb karlstadgk.se Karlstad <u>Paddlarklubb</u>

karlstadspaddlarklubb.se

Mariebergsskogen (Karlstad) mariebergsskogen.se

Nöjesfabriken (Karlstad) nojesfabriken.se

Projecta Event &

Konferens (Karlstad) projecta.se

Ski Sunne skisunne.se

Sundstabadet (Karlstad) *karlstad.se/* sundstabadet

Sunne Sommarland

Vänervård (Vålberg) *vanervard.s*e

Ängsbacka Kursgård (Molkom) *angsbacka.com*

ULTURE

Brigadmuseum (Karlstad) brigadmuseum.se

Erlandergården (Ransäter) erlandergarden se

Gamla Kraftstationen (Deje)

Mårbackastiftelsen

Ransäters Hembygdsgård ransater.com

Rottneros Park (Sunne)

Sandgrund Lars Lerin (Karlstad)

Värmlands Museum (Karlstad)

Västanå Teater (Sunne) vastanateater.se

Wermland Opera (Karlstad) wermlandopera.com

ΗΟΡΡΙΝΟ

Bergvik Köpcenter (Karlstad) *bergvik.se*

Centrum Karlstad centrumkarlstad.se

Ruds Gård (Kil) facebook.com/rudsgard

East

MUNICIPALITIES

Degerfors visitvarmland.com/ degerfors

Filipstad visitvarmland.com/ filipstad

Karlskoga visitvarmland.com/ karlskoga **Kristinehamn** visitvarmland.com/ kristinehamn

Storfors visitvarmland.com/ storfors

HOTELS

Bofors Hotel (Karlskoga) *boforshotell.com*

Hotel Alfred Nobel (Karlskoga) hotellalfrednobel.se

Kariskoga Hoteli karlskogahotel.se

Park Hotell (Kristinehamn) parkhotell-kristinehamn.

Sockerslottet (Kristinehamn) sockerslottet.com

Statt (Kristinehamn) stattkristinehamn.se

CAMPING & COTTAGES

Kristinehamns Herrgårdscamping herragrdsliv.se

Lunedets Camping, Café & Restaurang (Karlskoga)

MANORS

Hennickehammars Herrgård (Filipstad) hennickehammar.se

Saxå Bruk (Filipstad) saxabruk.com

Ölme Prästgård Gästgiveri (Kristinehamn) olmeprastgard.se

FOOD & DRINK

Big Hill Lodge (Filipstad) *bighillodge.se*

Mastmagasinet (Kristinehamn) mastmagasinet.com

ACTIVITIES

Boda Borg (Karlskoga) bodaborg.se/location karlskoga/

Karlskoga Motorstadion gellerasen.se CULTURE

Kristinehamns Konstmuseum

Nobelmuseet

SHOPPING

Wasa Bröd/Barilla

TRANSPORT

Avis Biluthyrning

Karlstad Airport

Torsby Flygplats

EDUCATION

Forshagaakademin

ASSOCIATIONS

& ORGANISA-

TIONS

Värmlands

DANO

Visit Karlstad AB

Camping Värmland

Hembygdsförbund

(För hållbar kanotturism

i Dalsland-Nordmarken)

Updated member list on:

Klarälvdalens Folkhögskola

Molkom buss

Kristinehamns Historiska Museum kristinehamn.se/kulturoch-fritid/kristinehamnshistoriska-och-bildarkiv

Niklasdams Trädgård



MATTI KLENELL Stay Here a While

"It is in the importance of place and space everything ends up." See one of Sweden's foremost designers collected works at Värmlands Museum.



Interreg

almuseum. Photo by Pia Ulin. The furniture





Mötesplats Fredsplatsen Morokulien 4.0 This Interreg-project in Morokulien is about the unique Peace Monument from 1914 that needs to be restored. Through the project, Swedish and Norwegian high school students in the construction programs in the border region, get the opportunity to follow and participate through the entire process. Students also get contacts with local companies in the construction sector that provide opportunities for employment.

For more information about the Peace Monument in Morokulien: Margareta Bergman, Eda Municipality phone number +46 (0)571-281 42, margareta.bergman@eda.se





Let us inspire you

VÄRMLAND

O f @visitvarmland 🌐 visitvarmland.com

Visit



Welcome to Eda!





Welcome to Karlskoga! Lots of fun for families

Here you can try a lot of things to do with the family. The beaches are suitable for swimming and playing all summer. Tick all the fun you do in the boxes. Want more tips? Load the gr-codes in the mobile phone and continue browsing!

Checklist for families

Beaches	
Lake Möckeln	Björk
□ Labbsand □ Sandviken □ Sandtorpet	at Bjö
	Во
□ Näset	
Lake Alkvettern	
Lunnedet	Fishing
	Regin

Activities

Walking trails □ Angsjöleden □ 10-sjöarsled □ Lunnedsleden □ Åsjöleden

Bike paths

Lunnedsrundan Hyttleden 🗆 Granbergsdalsrundan 🛛 Möckeln runt

More outdoor activities

□ Outdoor gym □ Parkour

Skate park **Pump track**

Take the Green Walk at Rävåsen

towards the Bumblebee- and butterfly park

□ Karlskoga golf club 18- and 9-hole courses

- Gokart at Gelleråsen Arena
- Minigolf at Näset and Lunnedet

Nature trail for children at Granbergsdals hytta

 Playground in Lunnedet with pirate ship

Choose from 27 nature reserves

Indoor activities

House of ingenuity at Alfred Nobels born. Visit Nobels last swedish home örkborn Manor house. da Borg - Experience the quest! wling at Nobelhallen

Beginners or anglers? Fish for perch and pike or try to get trout or char in the cold woodland lakes. Fishing license required.

Lake Möckeln

Lake Alkvettern

☐ Kilsbergen sport fishing

☐ The tourist fishing license permits 10 days fishing in 45 lakes

Buy your fishing license at the Tourist Center or at ifiske.se



ifiske.se

For more information, please contact:



Karlskoga Tourist Centre Katrinedalsgatan 2 S-691 83 Karlskoga +46 586-61000 info@karlskoga.se



visitkarlskogadegerfors.se

Meet the king of the forest

Have you always dreamt of getting to know the royalty of the forest close up, but never dared? No problem! A totally unique experience is waiting at Varmlands Moose Park. It is, believe it or not, the first and only one of its kind in Värmland. Walk in the park's enclosure and get really close to the majestic animals. Learn about the moose from knowledgeable guides who provide interesting insights into the lives of these animals. The park is situated in the heart of the beautiful forest between Hole and Norra Skoga - a perfect place for a date with a moose!

Read more: moose-world.se

