Inspiration for your journey through the fabulous landscape

Active Holidays • Music, Culture & Entertainment • Street Art
Winter Activities • Cake Decorating • Café Guide • The Ericson Brothers
Lars Lerin • Unexpected sites to see • Nature Experiences

Quaint Village Shopping

Discover Sweden’s Largest Lake

Culinary Värmland

Family Holidays
Good life
Sweeter ice cream
Delightful shopping

Värmlands biggest destination!
We give you a delightful shopping experience.

Visit us at: Frykmansväg 1, Karlstad | www.bergvik.se
Värmland – a state of mind

Värmland is not a landscape. It’s a state of mind. The words of writer, film and theatre director Lars Löfgren perfectly capture our beautiful landscape. I could not say it better myself. Even if we usually describe Värmland as ‘mini Sweden’ to foreign visitors, where unique experiences reveal themselves, it is perhaps first and foremost the Värmland disposition that makes a lasting impression on our guests. We love having visitors to Värmland, and revel in them, appreciating them as individuals. Here you can find the possibility of connected or disconnected relaxation where you as the guest are at the very centre. It is here that the endless forests and wilderness blend into Värmland’s horizon.

In this edition of Värmland magazine you can, amongst other things, read about surprising things worth seeing such as car graveyards and white griffins. You will get a taste of Lake Vänern and get our best tips if you’re looking to discover more about nature and culinary destinations. We also share with you our best cultural treasures, giving you plenty of inspiration if you’re putting together the perfect activity holiday. Inside, you’ll get to know some of the personalities from the Värmland region and discover where you’ll find the very best shopping.

Welcome to Värmland – a destination, endless experiences!

Jonas Jacobsson
CEO, Visit Värmland

Did you know...

...that you can travel to Värmland by plane via the airports in Karlstad, Hagfors and Torsby?

3 personal favourites

1. The ravines in Kil
I willingly come to this nature reserve with the family at some point every summer so we can explore the enchanted paths.

2. Klarälvsbanan – The Klarälv trail
A 90 km asphalt trail built on an abandoned railway embankment between Karlstad and Hagfors. It’s the perfect place to get your bike out and clear your head.

3. Mariebergsskogen
Karlstad’s beautiful city park and green groves. The children and I have played, swam, patted the animals and gone skating here more times than I can count.
Experience Värmland through
VÄRMLANDS MUSEUM
Sandgrundsudden, Karlstad

21 MAY–30 AUGUST
von Echstedtska gården, Säffle

10 JUNE–27 AUGUST
Långban gruv- & kulturby, Filipstad

1 JUNE–31 AUGUST
Torsby Finnskogscentrum

EXHIBITIONS, CULTURAL ENVIRONMENTS
RESTAURANT, CAFÉ, SHOP, PROGRAMS
MEETING & EVENTS, GUIDED TOURS
054-701 19 00 www.varmlandsmuseum.se
VÄRMLANDS MUSEUM

#torsby

Visit Filipstad
Filipstads touristinformation +46(0)590-613 54
www.visitfilipstad.se/en @visitfilipstad

DISCOVER FILIPSTAD
VÄRMLANDS MUSEUM
Sandgrundsudden, Karlstad
Explore the wilderness on foot, in the saddle or kayak. Here are some of the most noteworthy nature experiences on offer.

**Natural Adventures**

**Beautiful waterway**

Dalsland’s canal is one of Europe’s most beautiful waterways. The canal stretches from the west part of Lake Vänern to the other side of the Norwegian border. The 250+ km long waterways are linked together by over 10 kilometres of canal ways, perfect for some amazing kayaking and canoeing adventures. You go through 31 locks as you climb a total of 66 meters on the way up, amidst beautiful natural surroundings.  

Learn more: dalslandskanal.se

**Discover the wilderness**

Whether you are looking for peaceful canoeing and relaxing hot tub bathing or fast-paced wildlife adventures such as high ropes course, mountainbiking and a fun pentathlon, Arvika Kanot & Turistcenter is the place for you. Here you can also rent a boat and try the famous pike perch fishing in lake Glafsfjorden.  

Learn more: arvikacanoe.se

**Outdoor activities in Hagfors**

Värmlandsgården in Hagfors is a perfect place to start your holiday. No matter what time of year it is, there’s an abundance of activities to choose between close by the centre. In the summer, paddle, hiking, fishing and the elk safari are popular; in winter, there’s skiing, snowshoe hiking and dog sledding to choose from.  

Learn more: varmlandsgarden.com
Unforgettable rafting!

One of the best memories you can have, and a great way of experiencing Värmland, is to go rafting on Klarälven. Vildmark i Värmland have arranged rafting tours for over 38 years. They offer a range of different packages for both small and large groups. Rafting is a unique, unforgettable nature experience, filled with beautiful surroundings, rich wildlife, cosy beaches and a deep sense of calm.

Learn more: vildmark.se

Did you know...

... The river Klarälven is unique in that it has such a long stretch of regular meanders - almost 100km?
The Wild West in Ekshärad

A little piece of the American Wild West is to be found in Ekshärad. At Sun Dance Ranch, you will discover the wonderful atmosphere of the West with a grand saloon, tipi, cottages and a large flock of horses. There are numerous excursions, day trips and even courses to participate in. In winter, it’s possible to try to sledging and snowboarding pulled along by a horse!

Learn more: sundanceranch.eu

Kayaking through the wilderness

A great way to experience the beautiful nature around Eda, which is close to the Norwegian border, is from a kayak. Backwater offer a variety of different day or week trips either with or without guides. If you want to explore the waterfalls on your own, you can hire a kayak.

Learn more: backwater.se

Stay up in the trees

Naturbyn – Natural Experience – is a holiday centre by lake Eldan in Långserud. You stay in hand built log cabins amid or up in the trees! The romantic treehouse Gökboet is set amongst swaying branches and has a great view of the lake. During the day you can enjoy relaxing canoe trips, fishing or just relaxing in the sauna or hot tub. Naturbyn also organises events and activities for companies and groups of friends such as paintball, cooking classes, and wine tasting.

Learn more: naturbyn.se

Mad about geraniums?

If you’re keen on geraniums, Niklasdams Trädgård just north of Kristinehamn is a must. This geranium museum has collected together over 400 varieties of the plant, many of which are available to purchase. Make sure you take time to “fika” in the cosy garden café. And why not try a slice of newly baked geranium cake?

Learn more: niklasdam.se

The Jewel of Rådasjön

In the heart of Värmland, just a few kilometres from Hagfors airport, is Björnbyn. You can stay here in cosy cottages overlooking beautiful Rådasjön. Next to the summer cottages, adjacent to the car-free Klarälven trail, there is a sandy beach, ideal for a cool, relaxing dip. If you like fishing, golf or hiking, there’s plenty of things to do in the vicinity.

Learn more: bjornbyn.com
Discover Sweden’s Largest Lake

Although Lake Vänern’s coastline is about the same length as the entire coastline of Bohus county, many people have not explored the lake. Let’s set sail on a journey of discovery amongst the islets and beautiful natural harbours.

Text: Fridah Jönsson
Sweden’s largest lake is a real goldmine definitely worth exploring, whether you’re in your own boat or get about with one of the ferries that sail regularly in Vänern’s northern archipelago. There are plenty of natural harbours and wonderful secluded places to swim. Don’t forget your picnic basket and fishing rod.

Towards the southern part of the Värmland archipelago lies the island of Lurö. Its tranquil atmosphere and beautiful scenery is a definite must for your holiday. Here, halfway between Värmlandsmäss and Kållandsö, you can wander among abbey ruins or eat dinner and stay overnight at Lurö Gästahärbärge & Krog. Regular visitors to Lurö say that you need at least two days to really experience the tranquility of the island.

You will find other wonders in the archipelago outside Kristinehamn. Since 2017, it has been possible to get to Kristinehamn by ferry from Grums and Karlstad.
one who doesn’t have a boat has the opportunity to enjoy what the islands of Kalvön, Saxholmen, Långön and Alvön have to offer. A different way to experience Kristinehamn’s archipelago is onboard Bojorten, a life-size copy of the 16th century ship which transported iron from the Berslagen region abroad. Food and beverages are available onboard, ranging from a simple cup of coffee to a three-course dinner.

It doesn’t matter if you’re veteran caravanners, campers or a young family who want to hire a cottage, Duse Udde campsite in Säffle is perfect. Take a dip in Lake Vänern from the rocks, challenge your fellow holidaymakers to a game of mini-golf or go on an open-air walking and quiz competition.

Starting at Krokstad Herrgård – a nearby country house – you can take NordicEco Tours’ beaver safari along the river Byälven. In Lurö archipelago, experienced guides can take you out to see the fantastic sights of Europe’s largest inland archipelago, starting from right out at Värmlandsnäs.

A different kind of activity that is fun for both young and old, is to explore the stretch between Forsbackabaden and Säffle, taking the trolley along Svanaskogsbåden. You can try Stand Up Paddling in Karlstad. Rent a board, stand up and feel how your entire body is being used as you paddle along on Vänern’s waves. There’s also a beach volleyball court, mini-golf, walking and running trails and much more to do and explore.

Tourists who arrive by boat are welcomed with open arms at Lake Vänern. There are many natural harbours where you can drop anchor and moor. The guest spots at Lillängshamnen harbour on the island of Hammarö are an ideal starting point. You might want to take the opportunity whilst you’re here to buy vendace roe or some of the other delicacies from the harbour fish market.

Did you know that...

...there’s plenty of great swimming opportunities even in bad weather? At Torsbybadet, you can exercise in the pool or just swim and relax. At Sundstabadet, the adventure baths include two water slides, an outdoor pool with flowing water.

...there’s plenty of great swimming opportunities even in bad weather? At Torsbybadet, you can exercise in the pool or just swim and relax. At Sundstabadet, the adventure baths include two water slides, an outdoor pool with flowing water.
Värmland is making a name for itself as a cultural centre and there is something for everyone here.

In the summer of 2017, Värmland was visited by the touring street art festival Artscape. It is Scandinavia’s largest street art festival and relocates to a new place every year. During the event, selected parts of the cityscape were decorated with permanent artwork by some of the world’s foremost artists. These works can be seen on everything from house façades to staircases in ten of Värmland’s municipalities, including Karlstad, Torsby and Årjäng.

— Värmland felt like being in the middle of Sweden’s virgin forest,” says Tor Heden Dahl, one of the founders of Artscape. “We wanted to see what happens to the flow of the artwork when we create in different municipalities, and there was so much positivity and creativity in Värmland. People really took to this and have opened their doors to this art even now afterwards.

Tor also tells us that Artscape’s organizers and artists got to experience an extremely rare moment in the forests around Arvika.

— We had christened it the White Elk Project because we wanted to highlight the white elk that is unique to Värmland.

Did you know...

...Sweden’s oldest arts and crafts store is located in Arvika? Since 1924, you will find Arvika Konsthantverk at Kyrkogatan 17B.

One day a property owner told us that his brother had spotted the elk in the woods, so we drove out into the woods and there it was! When we first told the artists about the elk, they did not believe us, they thought it sounded like encountering a unicorn. So when they saw it, they became completely speechless. Several of them introduced it into their artwork.
The work Pipedreams in Arvika serve as a reminder of the consequences our way of life has on the ecosystem. The creators are the Manchester duo Nomad Clan, some of the world’s premier female graffiti artists.
Cultural experiences for both jazz fans and the florists

Värmland has a long cultural and art tradition, and in many places, history is combined with more contemporary works. If your headed past Sunne, do not miss the unique Alma Löv Museum of Unexpected Art in Smedsby, run by Stella Broos. Here they have placed sixteen recyclable pavilions in a small grove, where both new and established artists are showcased. Try to time your visit for when they hold a workshop or festival.

Also located in Sunne, Rottneros Park has allowed visitors to enjoy flowers and sculptures in a fabulously beautiful environment since the middle of the 20th century. Just next door is Berättarladan, where Västanå Teater puts on its acclaimed and popular performances of Strindberg and Ibsen. A run of Anna Svärd will be performed the summer of 2018, becoming the third play by Selma Lagerlöf to be performed in Berättarladan.

If you find yourself in Karlstad, you owe a visit to Lars Lerin’s art gallery Sandgrund. Here you will find exhibitions of both Lerin’s own works and invited guest exhibitors, who have previously included Kakan Hermansson and Nino Ramsby.

While you are still in town, you can also check Värmlands Museum. Thanks to this museum’s focus on cultural history and dialogue, you are guaranteed to leave here with new impressions and perspectives.

You can find more of Värmland’s history at the Rackstad Museum in Arvika. It tells the story of Sweden’s premier art colony, Rackstad Colony, and shows why art forms such as ceramics, smithing and furniture making still live and flourish in the area.

Are you headed toward Hagfors? In that case, visit the Monica Zetterlund Museum, which takes you back to a time of variety shows, wavy hairstyles and vinyl records. If you want to return to the present but stay on the music theme, you should head to the art gallery and restaurant Sliperiet in Borgvik. Here you can enjoy, in addition to good food using top-quality ingredients by chef Niklas Pettersson, art and acoustic live music in theme of “Pleasant Sunday”.

More cultural experiences:

- **Erlangergården**
  Tage Erlander’s childhood home in Ransäter with both permanent and temporary exhibitions. Learn more: erlandergarden.se
- **Kristinehamns Historiska**
  New museum, experience center and image archive featuring the city’s history with the help of new technology. Learn more: kristinehamn.se
- **Sahlströmsgården**
  A hotel, restaurant and memorial in Torsby filled with arts and crafts from the Sahlström siblings and their artist friends. Learn more: sahlstromsgarden.se
- **Gamla Kraftstationen – The old power station**
  A unique art gallery in Deje with lots of exciting art and music events, an organic café and shop. Learn more: gamla-kraftstationen.se

Animals as motifs is a main theme in BKFOXX’s artistry. The work Neighbors in Forsåga is no exception.
“Värmland lets me express myself”

Värmland’s tradition of storytelling and creativity has paved the way for many local artists. One of them is 22-year-old Albin Liljestrand who has already released an audiobook, two solo albums as a musician and received Torsång’s cultural scholarship. Painting, however, is his great passion.

– Everyone paints and draws when they are young. Some continue and others don’t. I continued, but I am driven by slightly different things today. Now it’s more about seeing what something will become and being curious, because if you’re not, there isn’t much point in continuing.

After graduating high school in Karlstad and studying in Örebro, Albin grew “tired of cities” and now lives in Ransby, which he believes has helped his creativity.

– There are things to do here now, but because sometimes there hasn’t been much to do, I’ve become more creative.

Another artist on the rise is Niki Merimaa, who has made a name for himself through his sculptures of dogs, and also lately cats, with their exciting symmetry. Niki began bronze casting in the early 00s at Konstnärernas Kollektivverkstad in Karlstad, which has a major impact on his career.

– Having access to a workshop is an amazing opportunity because having your own is too expensive and requires too much
Back in Värmland Karolina Nolin found peace to create again.
spaces. You would not be interviewing me today unless KKV had existed, and I would never have begun to cast bronze without it.

Niki has lived and worked in several places in Sweden but has now come back to Karlstad, where he has forged relationships with other artists in different genres.

— I have my artist colleagues here. You get to know a lot of different people when you work with visual art. Specifically, the visual arts have gained more spaces here in Karlstad, a couple of years ago there was a single gallery here, but now there are at least three that are very good. It has become more of a movement and the exhibitions are often linked. I was at the opening of Karolina Nolin’s exhibition at the same time as Anna Hedstrand had an exhibition, and I’m guessing there were over 400 people walking between the two galleries.

Niki highlights perceived imperfections in his sculptures, and he sees the same tendencies in another local artist.

— I think features that are not considered perfect are much more interesting. You can see that Lars Lerin also does. Munkfors may not be the world’s most interesting place in appearance but he manages to portray it so well. He can make an ugly petrol station the world’s most beautiful place.

The above-mentioned Karolina Nolin utilises monotyping and her work is characterised by lots of colors and patterns. She combines her artistry with working as a psychology teacher and starts everyday with the same walk in Karlstad, around the river, towards the E18 bridge and past Stadshotellet.

— Sometimes I take pictures there and

I get inspiration from many different cities, but in Värmland I find the peace to express it.

This is where you will find the Art-scape paintings

1. Karlstad
   Garvaregatan 9.
   15-huset, Styrbordsgatan 2, Hemvägen

2. Forshaga
   Sports Centre & Recycling Centre

3. Filipstad
   Hertig Karlsgatan 22A.
   Tunneln Lilltorget & Galleria Nåktorgalen

4. Säffle
   Medborgarhuset & Bygghallen

5. Ärgång
   Storgatan 55 & Storgatan 66.

6. Arvika
   Hanverksgatan 11 & Hanverksgatan 12B.

7. Torsby
   Turistbyrån, Biograf Stjärnan & Biograf gatan.

8. Grums
   Åsgatan 25 Swimming and Sports Centre

9. Munkfors
   Lernhuset between Coop och Ica

10. Sunne
    Ica Storgatan & Badhusgatan

sometimes I just walk there thinking about houses or places and get ideas from that” she says. “Värmland is quite accommodating with many creative people, nobody here thinks it’s strange to have a cultural job.

Karolina has lived in Stockholm, but finds Värmland gives her a different calm in her creativity.

— I get inspiration from many different cities, but in Värmland I find the peace to express it, she says. In Stockholm, the focus was on working and earning money and being social, but here I have the time and the opportunity to actually be active and painting.
Family-friendly adventures

Breathtaking water slides, challenging adventures and cuddly animals. Families with children have a wealth of exciting activities to choose from. Join us on a playful tour!

Text: Tomas Borgå

Årjäng’s hidden gem for families
Open all year round, the five-star campsite Sommarvik in Årjäng is perfect for families. Kids Club and the moose Jojo, a pool area, beach and activities for both children and adults. Learn more: sommarvik.se

Meet the king of the forest
Give your family a memory for life at Värmlands Moose Park. Take a guided tour into the moose enclosure and come up close to these stately animals. Learn more: moose-world.com

Become one with nature
Alevi Camping, in Stöllet, is beautifully nestled in the middle of nature with the Klarälven river within easy reach. Try out hiking with huskies, fly fishing courses or a beaver safari by canoe. Learn more: alevi-camping.com

Peace and quiet
Värmlands Sjö- & Fjällcamping, just north of Torsby, is perfect for families seeking peace and quiet in a magical setting. But the surrounding area also has good opportunities for summer and winter activities. Learn more: varmlandssjooch-fjallcamping.se

Who is the canniest?
Head to Boda Borg in Karlskoga for head-scratching adventures and brain teasers. There are more than 100 different rooms with challenges of varying degrees of difficulty. Wear rugged clothes and good shoes. Learn more: bodaborg.se
Delightful water fun

If you are looking for fast-paced water activities for the whole family, Sunne Camping & Sommarland is the place for you. Here you will find activities for both daredevils and the more cautious.

Learn more: sunnecamping.se
Värmlands Riviera

The beach by Bomstadbaden, just west of Karlstad’s city center, is known as Värmland’s Riviera. Choose between lots of activities or just relax on the beach. 
Learn more: bomstadbaden.se

Exercise, play & relax

Three pools, water slides, a gym and a pleasant relaxation area. Have fun, work out and indulge at Sundstabadet in Karlstad. 
Learn more: karlstad.se/sundstabadet

Views and experiences

Lake Fryken serves as both entertainment and scenery at Frykenbadens Camping. Have a sauna or rent bikes – or why not book a fishing or golf package? Learn more: frykenbaden.se

Cowboy for a day

Experience the forests around Ekshärad on horseback. At Our Little Farm you can join horse riding and wagon tours through the woods and fields throughout the year. Learn more: ourlittlefarm.se

Animals, nature and a walk among trolls

Karlstad’s public park Mariebergsskogen is full of activities. The beautiful Naturum visitor centre, troll walks, train tours, games and minigolf mixed with the small Lillskogen zoo. Learn more: mariebergsskogen.se
Värmland offers countless culinary experiences. Chef Johan Johansson has brought a taste of the US to Värmland, having previously worked in restaurants in Manhattan.

Text: Fridah Jönsson
Östergötland, Grythyttan, New York, Stockholm and Karlstad. In short, that’s the long journey Johan Johansson has taken as a chef. He started out at culinary college back home in Östergötland before continuing at culinary college in Grythyttan. At the legendary Gyldene Freden restaurant in Stockholm, the head chef asked Johan if he wanted to help prepare the Nobel Prize Banquet.

“The Nobel Banquet is a massive event which involves a lot of planning and preparation, says Johan. You get certain guidelines as to what the Nobel Committee expect and we started planning the menu already in March-April. We then did a lot of trial runs of cooking and tasting before going into the kitchen about five days before the banquet in December.”

Johan has previously lived in New York with his wife Ulrika and worked at Marcus Samuelsson’s Asian-American restaurant Riingo in Manhattan. He really enjoyed it, despite the culture clash.

“The city itself is absolutely amazing, says Johan. It was a bit different in the kitchen compared to Sweden. It was an exciting experience, even if American cuisine has its own jargon and is more hierarchical.

“You also eat with your eyes”

When their New York adventure was over, Johan and Ulrika came back to Sweden, but noticed after a couple of years that the tempo of life in Stockholm didn’t suit them. So they packed their bags and relocated to Kristinehamn where, in 2013, they opened the doors to Ölme Prästgård Gästgiveri. Two years after that they opened Panncentralen, a restaurant in Kristinehamn. At Ölme Prästgård Gästgiveri, the food isn’t just fantastic, it also looks amazing when served.

“We really believe in making sure that everything is made by us, says Johan. And because you eat with your eyes, and not just your stomach, we pay particular attention to...
...It was at the beginning of the 60s that Vänern roe was first really recognised as a delicacy? Before that it was used for fish bait and fish food.

Did you know...

Other culinary destinations:

- Hennickehammars Herrgård, Filipstad
  The menu reflects the seasons and available fresh produce. It’s updated daily.

- Krokstad herrgård, Säffle
  Under the motto: “Love, Roe and Mud”, Krokstad Herrgård have a variety of nine-course meals on their menus.

- Saxå Bruk, Filipstad
  Restaurateur Carl Jan Granqvist offers a wide range of historical dishes oozing in the tradition of Eastern Värmland.

- Ulvsby herrgård, Sunne
  Savour the locally produced food, and borrow books from the shelves which are filled with titles from Lagerlöf to contemporary authors.

Värmland has a long culinary tradition, and Johan explains that we’re now moving away from foods like “älgpytt” – hash of fried diced elk with onions and potatoes – to a more vegetarian society with locally sourced produce. One of his favourite local dishes is found in the water!

---

We’ve not had much vendace roe from Vänern in 2017 but when we do, it’s fantastic. Much better than any roe you’d find in the supermarket.
**Baking as Art**

Gunilla Wall is a cake artist who gets asked to be in selfies in her hometown, Kristinehamn. That’s what happens when you’ve won TV’s “The Great Bake-Off”.

**Text: Niklas Simonsson  Photo: Private**

Even though I love baking, I think of it as a necessary evil in order to be able to start decorating.

Kristinehamn’s fairytale-like Sockerslottet (the Sugar Castle) is one of the town’s most beautiful buildings – if not the most beautiful. With white details, gleaming out, it reminds you a bit of a massive cake. Gunilla Wall works and stores her artistic creations here. She sees herself very much as an artist.

– Even though I love baking, I think of it as a necessary evil in order to be able to start decorating, she says.

Gunilla has been working as a cake artist for over ten years. She’s started running courses in cake decorating, put out a couple of films, and works patiently. But it was really when she won Sweden’s “Great Bake-Off” that everything fell into place.

– It was really amazing to win. It’s impossible to describe the feeling. Particularly as it was the first season. It was after I’d won that we opened our café at Sockerslottet. It was the perfect place for visitors to meet me, says Gunilla.

Gunilla truly believes in perishable art! That the artwork disappears as it’s eaten with only pictures and photos left to remind you of what once was.

– That’s the whole point of it. There’s nothing left of my creation. Everything is eaten up! I have always painted a lot, and those works are still around. But I don’t keep the cakes, which is actually really nice, laughs Gunilla.

**Do you have any tips for anyone wanting to bake a birthday cake with that something extra?**

– Focus on one technique or type of decoration to begin with. For example, a marzipan rose or a rosette. Something so simple as that can really add something to an otherwise ordinary cake. Go to a specialist shop and invest in good quality tools and materials. The marzipan and colouring agents you find in specialist stores are of a much higher quality.

Read more: www.sockerslottet.com
Alsters Herrgård
Gustaf Fröding’s minnesgård
Alster manor is a traditional Swedish 18th century manor, overlooking Lake Vänern. In 1860, the great Swedish poet Gustaf Fröding was born here. The manor is open daily May - September. Please visit alstersherrgard.se for more information.

Embrace mansion life at Ulvsby Herrgården
Ulvsby herrgården is situated on the slope down toward the western shore of lake Fryken, just a few kilometres north of Sunne. Here you will be very close to cultural as well as natural experiences. Stay the night and take the opportunity to enjoy excellent food and drink.
Welcome – we will do everything to make you feel at home!
Marianne Krönsjö and staff

Order Arvika Tourist Guide at visitarvika.se

Arvika welcomes you
I think it's pretty nice to be alone. It takes a lot of energy to talk and be polite.
During the spring, Swedish viewers have followed Lars Lerin and his band of fledgling artists in the successful TV series *Lerins lärlingar* – Lerin’s apprentices. From their very first tentative brushstrokes to the final exhibition at Lars’s museum Sandgrund Lars Lenin in Karlstad, it’s been an experience Lars himself describes as “a privilege”. — I can’t imagine any better project, except the work I do when I am alone. It’s been fantastic to meet them. We’ve shared such warmth, joy and laughter, says Lars. That they’ve really connected with each other is very clear. What’s more, the participants and Lars have kept in touch since the cameras ceased rolling. — They’re so sweet, you know. I love being with them. We meet on Wednesday afternoons. You actually get to know them when there’s so much time. They say so many smart things. Like Per, for example. He’s fantastic. It’s like he’s reading from a book. He says such nice things.

There will be another series. Lars can’t say much more that that, other than there will be a new series with another challenge. For those that can’t wait, there’s the opportunity to see the apprentices’ work this summer; they’re holding another exhibition at Sandgrund.

The apprentices arrive in May and the exhibition will run all summer. They are the guest exhibitors this summer, along with Manoel “Junior” Marques Lerin (Lars’ husband, who also happens to be the head of the museum).

*Is Junior showing the elk?* — That would certainly be something! But it’s photos from Mozambique. But Junior really has to give his so-called “elk career” a go! There was a lot of fuss about it after what happened [on the TV show *Skavlan*]. He was so proud of calling an anteater a ‘smyeater’, says Lars laughing.

**WITHIN THE SPACE** of just a few years, Lars has gone from being a successful artist to national celebrity, popular with the general public. In 2016 he received the annual...
“Kristallen” tv-award – the Swedish equivalent of an Emmy. It’s a roll in stark contrast to the monk-like existence of solitude.

– It takes a lot out of you having to work with people that talk so much. I am a bit of a lone-wolf, so I think it’s pretty nice to be alone. It takes a lot of energy to talk and be polite.

It doesn’t matter if it shows that I’ve really had a battle, or made a mistake.

Lars is happiest when he’s in his atelier in the house on Hammarö. Even if he doesn’t describe himself as a local patriot, he says there’s something very special about Värmland.

– I’m always homesick when I am away so it must mean something to me. But I really enjoyed working in Lofoten (Norway) too. There’s also something with the language: you feel at home. The area around Sunnemo with its forests and small farm holdings. Everything I’ve experienced there.

The work behind Lars was created one summer when his mother-in-law and sister-in-law were visiting.

“I couldn’t be bothered to sit there and listen to the three of them. So I was always in the atelier, archiving.”

I almost think it’s part of me.

As well as all the exhibitions, Lars has published over fifty art books with paintings and text from his travels around the world. A big part of his high productivity is, he thinks, due to the fact that he throws so little away. He isn’t afraid of making mistakes.

– I am quite stubborn. If it goes wrong I can just water it down, washing it away and then paint on it again once it’s dry. It doesn’t matter if it shows that I’ve really had a battle, or made a mistake.

LIFE IS NOT so hectic now that Lars has a family. Together with his husband Junior, he has a son, Rafael, who is two-and-a-half, and during the course of 2018 they’re expecting another son.

– It’s a different kind of life now. Calmer. It’s nice that there’s nothing major happening. I want it to be calmer. Everyday life...
Look at art. Go to exhibitions and look through art books. See what others have done, and what you like. This is how I’ve learnt nearly everything. Keep going. Don’t have so much respect for paper and materials. Just dig in and really feel it. Don’t be afraid to make mistakes. It doesn’t matter if it goes wrong. You can just redo it. Dare to copy. Don’t think that you need to have your own style. It will come by itself. You can’t force it.

Lars’s 5 Favourites
- The Sunnemo Region
  The woods, lakes and forest lanes that I know so well. They are a part of me.
- Klarälvsdalen Dale
  I like the feeling of how it gets more and more confined in the dale, and how the river runs faster the more north you go.
- The Vänern Archipelago
  Where I live now is very nice. Like Räggårdsviken and Skagene by the lighthouse. I like wandering about there.
- Tjälpet and Mokärrshyttan
  I love the fields and the forests to the east. It’s so wild and solitary there.
- The village of Bastuknappen
  Right at the far north by the Norwegian border is Bastuknappen. It is so beautiful there. In the summer there are daisies which I painted when I was very small.

Up until now, Rafael hasn’t been allowed in the atelier. I can’t have him there because he picks everything up. It doesn’t work. But when he gets older he’ll have his own desk.

NATURE IS A recurring theme in Lars’s paintings as well as the place where he goes for energy. He hopes that his sons will share his interest [in nature] because Junior definitely doesn’t.

Junior isn’t interested in nature or culture. He would rather go to Bergvik. So there’s no point. We were going to go for a day out to Svartán by canoe and it was going to be a real adventure. But he just sat there in the canoe suffering. It was horrendous. So I always go on my own when I’m off on an adventure. I’m looking forward to teaching my children to appreciate nature. But I better start with it early.
At Löfbergs Rosteri & Kaffebar in Karlstad, coffee is firmly at the centre of things. Manager Emma Johansson describes it as a tiny “geek café” situated amidst Löfberg’s enormous “coffee skyscraper”.

– People are now talking about the character of coffee in the same way you talk about the character of wine. People are more and more interested in coffee’s different qualities and flavours.

**EMMA BELIEVES THAT** people are increasingly choosing black coffee instead of latte or cappuccino, which was previously more popular. But the most important thing is to have high quality produce and offer fantastic service.

– When you come into [the café], it should feel like your visiting our living room, says Emma.

Close to Klässbol’s Linneväveri, you’ll find their café, KaffeKvarnen. There’s a selection of ice cream, home-baked goodies prepared in their own bakery, all located in a café that’s built in an old flour mill. Andreas Johansson, CEO, says that they make everything from scratch, which shows in the taste of the produce and the reaction for visitors to the café.

– People really appreciate the taste of our produce. The older generation find that our baking tastes like things used to, just like when our grandparents baked. The “Kvarnbulle” – a delicious Swedish bun – has always been important. It’s a very simple vanilla bun, just what people like. And home-baked! 🍪

**A Fantastic Fika**

The scent of newly baked buns and freshly brewed coffee is a hard to beat combination. There are many cafés in Värmland to have a cosy “fika” – enjoying coffee and cakes and a good chat just like the Swedes do. Here are some of the very best!

**Text: Marcela Elofsson**
Even more cosy places to “fika”

- The Café in Naturum Värmland
  You’ll find café Naturum i Värmland in Karlstad’s municipal park, Mariebergsskogen. You can come here to eat traditional Värmland cake and delicious cakes and pastries.

- Alsters Herrgårdscafé
  Cosy Alsters “Manor-house café” (Herrgårdscafé) has a selection of home-baked bread, and classic cakes and pastries such as “Frödingtårta”. A number of other businesses are to be found here such as an art gallery, manor-shop, handicraft shop and an exhibition about Gustaf Fröding.

- Café Tant Blå
  On the second floor in Ulvsby Herrgård is Tant Blå. It’s a tiny, quaint summer café with a stunning view over Lake Fryken. You can relax here with a good book from the café library, or gather friends and family together to feast on a selection of coffee and cakes. Down a flight of stairs they bake cakes and bread with fresh local ingredients. Well, not the coffee of course. That’s from Karlstad!
Värmland offers a rich array of things to do when it comes to entertainment, food, and shopping. You’ll find the best choice of things to do in the city of Karlstad, the capital of the region and, with over 90,000 residents, the biggest. In spite of its size, the city centre is very pleasant and most things are in walking distance.

The river Klarälven slowly flows through the city towards Lake Vänern and along the streets and in the malls, you’ll find everything that you could possibly need to update your closet or home. If you’re looking for entertainment, there’s everything from cozy pubs and restaurants to nightclubs. You’ll want to visit Kungsgatan, which has plenty of bars and terraces to sit and enjoy a drink.

Another town close to the water is Arvika. The centre of town is situated right by the water at Kyrkviken. There’s a mixture of grand, stone residential houses as small wooden houses from the 18th century. There are also modern buildings of course! It’s a cozy little town which offers a range of unique boutique, great shopping, good food and drink.

The newest city in Värmland, and indeed Sweden, is situated by the river Byälven. Säffle was an important commercial centre as early as during the reign of Gustav Vasa; however, it didn’t receive its charter until 1951. There are many splendid buildings from the beginning of the 19th century and the beautiful walkway along the river is an absolute must if you visit.

If we now turn east, we discover the county’s third largest town: Kristinehamn. The rivers Varnan and Lötälven cross the town. The former city of regency is known locally as Lusasken, taking the nick-name from a moneybox where inhabitants of the municipality collected money for poor sailors. The box is today found at Ölme Diversehanel och café, a general store and café. Since 2011 Kristinehamn has been Sweden’s official Cupcake City. If you visit in May, don’t miss the cupcake festival!

OUR TWO FINAL ports of call are to be found north, along the E45 at Frykens strand. The first town is Sunne, situated in the area between Övre and Mellan Fryken. It’s a busy little place with a rich cultural life. Explore the town’s secondhand stores or furnishing stores. “Fika” at Slottskaféet or enjoy a good lunch at Selma Spa or Ulvsby Herrgård.

At the north end of Övre Fryken lies Torsby. Torsby is the final destination for Fryksalsbanan, which was voted as one of the country’s most beautiful train routes a couple of years ago. Torsby is also one of the country’s strongholds for rockabilly, with numerous bands and regular gigs and festivals.

If you prefer shopping centres, there are plenty of choices. On the E18 just west of Karlstad is Bergvik, which has over 80 shops, cafés and restaurants. It’s right by IKEA and the camping grounds at Skutberget and Bomstad. Close to the Norwegian border is Charlottenberg Shoppingcenter. It has over 60 shops. Tockfors Shoppingcenter has 45 shops. In the far north there’s the slightly smaller Långfjöns shopping mall.
Walking trails in Värmland – Quality assured walking trails

There are the lush forests of the westernmost part of the taiga. You will find water everywhere, marshes, small ponds, large lakes or along lake Vänern, an inland sea where you look over the horizon. It is relatively easy to walk since our old mountains are gently hilly. Nevertheless, you get amazing views of vast valleys and sparkling lakes. A lot of the trails have information boards about both the cultural and natural landscape. Even though the forest goes on for miles, people have lived here since the Stone Age.

**GRADES OF DIFFICULTY**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy</td>
<td>The hiking trail is at least one meter wide, flat or with only slight gradient, and an even surface.</td>
</tr>
<tr>
<td>Moderate</td>
<td>Accessibility is good without too much level differences, often on nature trails. If you have some fitness you will have no trouble walking these trails.</td>
</tr>
<tr>
<td>Difficult</td>
<td>These trails require a bit more fitness, since it can be both steep passages and level differences.</td>
</tr>
<tr>
<td>Advanced</td>
<td>Steep passages and tangible level differences for those who like challenges and are used to outdoor activities. You need to be an experienced hiker with the right equipment since the trail often goes through uninhabited territory.</td>
</tr>
</tbody>
</table>

Find your favorite trail here: www.varmlandsleder.se/en

Experience an exciting Water Park with lots of attractions!

Open

- June 16 – July 8 10.00–17.00
- July 9 – 5 August 10.00–18.00
- August 6 – August 12 10.00–17.00
- Midsummers Eve – closed

Gamla Kraftstationen in Deje proudly presents

**SALON 18**

APRIL 28 - SEPTEMBER 23

Next to the rapids of Deje in Värmland is Gamla Kraftstationen, an old power station from the early 1900’s, which today boasts as a cultural platform. With 11 meter high ceilings and much of the original interior remaining we offer experiences beyond the ordinary. A unique art hall with lots of art, exclusive concerts and wonderful taste experiences, creative Makerstation and exciting culture vents.

Experience the Gamla Kraftstationen 2018!

Walking trails in Värmland – Quality assured walking trails

There are the lush forests of the westernmost part of the taiga. You will find water everywhere, marshes, small ponds, large lakes or along lake Vänern, an inland sea where you look over the horizon. It is relatively easy to walk since our old mountains are gently hilly. Nevertheless, you get amazing views of vast valleys and sparkling lakes. A lot of the trails have information boards about both the cultural and natural landscape. Even though the forest goes on for miles, people have lived here since the Stone Age.

**GRADES OF DIFFICULTY**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy</td>
<td>The hiking trail is at least one meter wide, flat or with only slight gradient, and an even surface.</td>
</tr>
<tr>
<td>Moderate</td>
<td>Accessibility is good without too much level differences, often on nature trails. If you have some fitness you will have no trouble walking these trails.</td>
</tr>
<tr>
<td>Difficult</td>
<td>These trails require a bit more fitness, since it can be both steep passages and level differences.</td>
</tr>
<tr>
<td>Advanced</td>
<td>Steep passages and tangible level differences for those who like challenges and are used to outdoor activities. You need to be an experienced hiker with the right equipment since the trail often goes through uninhabited territory.</td>
</tr>
</tbody>
</table>

Find your favorite trail here: www.varmlandsleder.se/en

Experience an exciting Water Park with lots of attractions!

Open

- June 16 – July 8 10.00–17.00
- July 9 – 5 August 10.00–18.00
- August 6 – August 12 10.00–17.00
- Midsummers Eve – closed

Gamla Kraftstationen in Deje proudly presents

**SALON 18**

APRIL 28 - SEPTEMBER 23

Next to the rapids of Deje in Värmland is Gamla Kraftstationen, an old power station from the early 1900’s, which today boasts as a cultural platform. With 11 meter high ceilings and much of the original interior remaining we offer experiences beyond the ordinary. A unique art hall with lots of art, exclusive concerts and wonderful taste experiences, creative Makerstation and exciting culture vents.

Experience the Gamla Kraftstationen 2018!
There are a world of activities on offer in Värmland. You can play golf close to the beach of Lake Vänern, cycle between Norway and Sweden or why not even jump on a trolley?

Text: Anna Aro Ring

Värmland offers so much! Fantastc countryside, a rich cultural life and a range of events to choose from. The region is known for its sport, so there’s everything you could expect for an active holiday. Particularly on the golf course. Värmland has a total of 16 well-kept golf courses, varying in terms of their setting, difficulty, and design. Many of them are close to water, which makes for beautiful viewing as you play a round.

THERE’S CLEARLY CONSIDERABLE interest in golf in the region. Each year the annual amateur tournament “Fedagarsgolfen” (5 day golf) takes place. The event can most easily be described as a tournament for people exercising, played on six different courses, where the results are compiled after four days of play. Day five sees the hunt to discover the overall winner. The tournament takes place between 1-6 July in Sunne, Hammarö, Kil, Bryngfjorden, Arvika and Karlstad.

But Värmland is more than just golf. Klarälvsbanan (the Klarälven trail), and Klarälvsleden (the Klarälv path), represent a combined 220 km stretch of cycle path. It winds from Hammarö in the south to the mountains and the forests in the north. The trail is an old abandoned track that is suitable for cycling and inline skiing, as well as hiking.

IF YOU’RE LOOKING for more fast-paced water activities for the whole family,
then head up to Kolsnäs. Here you’ll find Sunne Camping och Sommarland, which has a splendid view out over Fryken. There are lovely long water slides, obstacle lanes, pools and a diving board to give you goosebumps.

It’s well-know that the countryside of Värmland attracts a lot of visitors. There’s everything here ranging from the archipelago, deeps forests and mountain terrain. Talking about the mountains, the area around Valtjälet in Åmotsfors is a total Mecca for daredevils. Here you’ve got the opportunity to test yourself at downhill. Take your mountain bike up southern Sweden’s highest mountain and zip down the slopes.

If you prefer something a little slower, and you’re not far from Degerfors, there’s the opportunity to try the trolley. Nowadays, on the old iron road, there’s a different kind of excursion to try. Push yourself along the old rail tracks and enjoy the countryside. There are an array of simple places to overnight along the 65 km route, as well as plenty of tiny, enchanting places to stop and swim.

IN THE MOST northern part of the region, Sporthotellet (Sport Hotel) in Torsby offers anything you could want for an active holiday. You overnight right next to Sweden’s very first ski tunnel, which also has 180 km of trails for cycling and running, as well as shooting ranges, frisbee golf, gym, and inside- and outside bathing.  

**Klarälvooppet**
(Swimming competition)
Daglösen, Filipstad

**25 July**
Karlstad GP
Tingvalla, Karlstad

**28 July**
Ferlindoppet (Swimming competition)
Daglösen, Filipstad

**4-19 August**
INAS World Football Championship 2018 for athletes with an intellectual disability
Arvika

**1-2 September**
K3 triathlon
Karlstad

**22-23 September**
Klarälvooppet (Running)
Hagfors - Munkfors - Karlstad

**KARLSTAD CITY RACE**
A sweaty festival of running and regarded as one of the fastest races out there. This year’s event takes place on June 16. It will be the 39th time the race has been run.

**IN THE MOST**

Northern part of the region, Sporthotellet (Sport Hotel) in Torsby offers anything you could want for an active holiday. You overnight right next to Sweden’s very first ski tunnel, which also has 180 km of trails for cycling and running, as well as shooting ranges, frisbee golf, gym, and inside- and outside bathing.  

**Photo: Linn Malmen**
From trotting museum to purveyor to the court

A landscape full of culture for every taste. We’ve collected the very best bits for you to investigate.

Text: Pål Johansson

Art and Music

Saturday May 5, 2018 the much-celebrated art gallery Sliperiet i Borgvik opens its doors for the season. This year’s exhibitors include Albin Lijestrand, whose fantastic watercolours will fill the building’s entire attic. The season is also offering a continuation of last year’s Sköna Söndag – Beautiful Sunday – with stripped down, acoustic concerts with renowned performers on stage.
Read more: sliperietiborgvik.se

Timeless ceramics

With a fantastic view over Nedre Fryken lies a pottery, Fryksta Krukmakeri. The Bodins have been producing an array of practical, stylish pottery that would grace any home for more than 30 years. The shop is connected to the workshop where, if you are lucky, you might see new work being produced.
Read more: fryksta.se

Sustainable and unique

Inspired by the local nature, Ann-Britt Skogström creates colourful, earthy collections of linen. A strong focus on the sustainability and the environment flows through the entire business. All the unique clothes are made from natural materials. The collection includes tunics, blouses, and dresses all in a classic design. You’ll find her atelier and shop in Pikenberg just north of Grums.
Read more: mimmidesign.se

Nobel-winning textiles

See how the Nobel cloth and other textiles are manufactured by this royal purveyor whose roots go back to the 18th century. At Klässbols Linnen Weaving, which is just south of Arvika, you have the chance to experience close-up just how linen is woven. There’s also a shop on site if you wish to purchase any of the work made on the premises. Don’t forget to finally round your trip off with a cozy “fika” stop, and enjoy coffee and cakes at nearby Kaffekvaren.
Read more: klassbols.se
Die Fledermaus and a European Premier

Wermland Opera in Karlstad offers a wide selection of operas, musicals and orchestral productions each year. The operetta Die Fledermaus - a comedy of errors - with wonderful music by Johan Strauss, is playing until May. This autumn there will be a new European premier when Wermland Opera stages Broadway smash Something Rotten. The song and dance numbers put you right into 1590’s England, following the lives of two brothers who are trying to succeed as playwrights.

Read more: wermlandopera.se
**A Multifaceted Museum**

On the banks of the river Klarälven, on Sandgrundsudden in Karlstad, lies Värmland Country Museum. Amidst the beautiful buildings, you’ll find a range of permanent and temporary exhibitions. Younger visitors will definitely want to take a swing by “Inger and Lasse Sandberg’s Sagovärld” (Fairy Tale World). The exhibition is on between May 21 - September 2, 2018 and offers plenty of games, crafts and fun. Part of the museum is currently under construction. In 2019, the museum will be opening a totally new exhibition about Värmland’s history.

Read more: varmlandsmuseum.se

---

**At Selma’s Place in Mårbacka**

Nothing gets any more typical of Värmland that this! At Selma Lagerlöfs beautiful country estate in Östra Ämtervik you can, amongst other things, take a guided tour in the garden of remembrance, look at the exhibition or enjoy a “fika” - coffee and cakes – in the dazzling garden.

Read more: marbacka.com

---

**Exciting military history**

In Karlstad, you’ll find an interactive historical military museum which thrills children and adults alike. Grab, touch, and climb your way through history from 1945 to 1991. Challenge your friends to a shooting competition in the shooting simulator; have a look inside tanks and other military vehicles; or simply take a guided tour of the museum.

Read more: brigadmuseum.se

---

**For all lovers of trotting**

A museum that focuses on horses and trotting is found in Årjäng. At Nordiska Travmuseet (the Nordic Museum of Trotting), just near Årjäng’s trotting arena, you can explore both the permanent- and temporary exhibitions and learn more about this fascinating sport. You can even explore trotting’s very own Hall of Fame.

Read more: travmuseet.com
Welcome to Kristinehamn by Lake Vänern

Create memories.

Are you looking for accommodation for just one night or a place that can be your base camp for a longer period of time? We can offer you both and you’ll find peace and quiet in our town by the lake. You can choose from rooms in historical buildings, hotel rooms in the city center, a campsite next to a manor house, rooms in a farm house or a cottage by the sea. During summer commuter boats can take you to the islands in the archipelago. During winter you might try ice-skating or fishing through a hole in the ice. Stay for a few days and let us help you find your favorite place in our corner of the world! Welcome to Kristinehamn!

Vänern

Lake Vänern is the third largest lake in Europe and a mighty inland sea with wonderful views of the horizon. Due to its size the lake offers an environment that is closer to a sea than an inland lake. Smooth rocks, islands, beaches and shallow bays. Over 20,000 islands and islets are found in the lake. Some of these can be reached by the boats that traffic the archipelago. The boat wharf where you hop on or off is Vålösundsbyggen. The beautiful strait of Vålösundet!

The Lake Vänern is within easy reach. Spend some hours at a café with a lake view or enjoy the sun on a smooth rock with the waves slapping at your feet.

Hiking

Do you want to discover nature? This is the perfect place to do so. You can hike along the water, follow the historical Iron trail or wander in open landscape close to bird reserves and clean waters full of fish. Enjoy the silence, the rich flora and fauna, the colours and the edible treasures in our forests.

Kristinehamn Tourist Office
Tel: +46550 881 87.
E-post: turist@kristinehamn.se
#visitkristinehamn www.visitkristinehamn.se/en
Alfred Nobel will always be remembered as one of the world’s most successful businessmen and inventors. It was clear that he was a very modern man both from his career and private life. For example, when he moved into Björkborns Herrgård,

*Alfred left behind over 2,000 books when he died – all in the original language of publication.*

...Bofors Hotel is not far from Alfred Nobel’s Björkborn. It’s a wonderful place to stay with its sober setting and stately lounges. boforshotell.com

he rarely slept more than four hours per night. But the most important thing was bookshelves.

– Alfred left behind over 2,000 books when he died – all in the original language of publication. “We still have his library,” says Edith Oldenburg, guide at the Alfred Nobel Björkborn museum.

She explains that Alfred loved Värmland and often travelled about the region by horse and carriage.

– He had three Russian Orlov stallions.
when he moved into the estate. He didn’t like it that the carriage made so much noise when traveling on grit roads, so he adapted the carriage wheels and had them covered in rubber. He then added light with the help of steel alkaline batteries on the horses and in the carriage. It’s an excellent example of just how modern he was in his thinking.

At the time of his death, December 10, 1896, Alfred had amassed a fortune of 33 million kronor. Alfred’s loyal and trustworthy colleague Ragnar Solhman, was made executor of his Will together along with Rudolf Lilljeqvist. It was Alfred’s wish that 30 million kronor be used to set up a foundation where 80 percent of the interest would go to Nobel prizes and the remainder would be reinvested.

At home with Alfred

At Alfred Nobel’s Björkborn you can see a reconstruction of Alfred Nobel’s last Swedish home. What was once Alfred’s stables is now home to conferences, parties and concerts. The museum offers guided tours all year round. What’s more, the so-called “smart house” attracts children and adults with its range of cool experiments. If you get hungry, there is a museum café.

It turned out to be more difficult to do this than expected. The Nobel family went against his wishes and contested the will, wanting his money. The Swedish king at the time, King Oscar II, wanted the prize money to only go to Swedish researchers. But in spite of the strong opposition, Alfred’s final wish respected. Since 1901, the world’s eyes have been focused on Sweden once a year when the prize winners are announced.
Welcome to Värmland
- the region where there's so much to do

Car-meets, festivals and exhibitions: Värmland has a proud tradition of organizing events. Here you will find the knowledge, the environments and the people that ensure your event is a success.

Text: Karolina Arenhäll and Pål Johansson

The first one out is every car lovers’ dream, Rally Sweden, which every year occupies Värmland’s forests in mid February. The world cup race is one of the world’s biggest sporting events. Fans who make their way into the woods will of course have the best experience. There are many spectacular stretches, including SS Vargåsen with the mythical Colin’s Crest.

If Rally Sweden is the car enthusiasts’ dream, then the World Rallycross Championship is its summer equivalent. During four days at the end of June, the small town of Höljes with its 150 inhabitants is transformed into Värmland’s second largest city. Last year, 45,000 visitors came to see the world’s elite rallycross drivers accelerate from 0-100 in 1.9 seconds.

For sports fans who prefer human acceleration over engines, the athletics competition Karlstad Grand Prix is held at Tingvalla IP. This year, the competition will be held a little over a week before the European Athletics Championships in Berlin, which should facilitate strong performances from an in-form national team.

Värmland’s music scene has a lot to offer music lovers. On June 28-30, it is time for the eleventh edition of Sweden’s largest touring free festival, Putte i Parken. Since last year, the festival is held at Norra Fältet in Karlstad and brings together music lovers of all ages.
A musical festival has taken place in Sweden’s most central harbour for the past 22 years. Arvika Hamnfest attracts tens of thousands of happy music lovers annually to the area around Olssons Brygga (“Olsön’s brewery”). August 2-4 are the days to set aside in your calendar. This year, the line-up is fronted by acts like Zara Larsson, Thåström and Sven-Ingvars.

In recent years, Värmland has also established itself as one of the country’s most popular locations for conferences and events. Here you can easily combine lectures in a manor setting with canoeing or why not a moose safari?

Karlstad Culture Congress Center, located in Karlstad, is one of the Nordic region’s largest congressional centers and qualifies as the 10th most sustainable venues in the world. In addition to major entertainment events, the venue has hosted both the Moderate and Left Parties’ party congresses. According to Matthias Nord, one of the reasons behind the success is that it is located in Värmland.

- Karlstad is big enough to accommodate the amount of people that a major event entails but still small enough for the participants to feel noticed and that they are important to the whole city. The entire city of Karlstad rallies for major events and meetings. This is possible because we have good connections with the city, county council and business community, says Mattias Nord.

Key events in 2018:
- 5-6 May Vårmarknad Alsters Herrgård, Karlstad
- 10 May Forslagamässan Angevi, Forshaga
- 16-20 May Sunne Vandringsvecka
- 25-27 May Fritidsmässan Kristinehamn
- 1-2 June Torsby Nostalgidagar (Nostalgia days) Granvik, Torsby
- 7-10 June Ransäterstamman Munkfors and Ransäter
- 12-17 June Karlskoga Motor Sports Week Karlsga Motorstadion
- 24-30 June Saxå Kammarmusikfestival Saxå Bruk, Filipstad
- 29 June – 1 July Hantverksmässa (Craft Fair) Hembrygsården, Brunskog
- 4-8 July Bålgspel vid landvägskanten Ransäter
- 12-14 July Hästkraftsnelg Åjäng
- 21 July Poker Run Vänern Kristinehamn – Karlstad
- 21-28 July Gammelvala Hembrygsården, Brunskog
- 21-29 July Filibjurveckan Filipstad
- 25-28 July Frykdalsdansen Kolnäsägen 4, Sunne
- 27 July Lillejulafton Bjurbäckens slusscafé, Storfors
- 28 July Diggiloo Sannavallen, Kristinehamn
- 2 August GES Mariebergsskogen, Karlstad
- 5-12 August Sunne Culture Week Sunne
- 17-19 August Kanonloppet (The Canon Race) Karlsga Motorstadion
- 31 August - 2 September Oxhälja market Centrum, Filipstad
- 7-8 September Björn Skifs Bitar ur mitt liv Löfbergs Arena, Karlstad
- 28-29 September Ledin Skarpt läge Löfbergs Arena, Karlstad
- 2-3 November Carlstad Beer & Whisky Festival Karlsga CCC
- 16 November Sven-Ingvars Karlsga CCC
- 17 November Christmas Market Ransätters Hembrygsården
Our beautiful landscapes conceal secret destinations unknown to most. Curious places off the beaten track. Welcome to Värmland’s hidden gems.

The mysterious cross

The cross in Röjden, in the middle of Finnskogen in northeastern Värmland, is a mysterious and puzzling phenomenon. The 2 x 2 meter cross is composed of a recess in the ground, in which nothing has ever grown. Strange things are also rumoured to have happened at the nearby farm Välgunaho in the beginning of the 20th century. This is a place filled with exciting stories.

Magical and scenic

The nature reserve Högbergsfältet in Persberg, northeast of Filipstad, is a beguiling place. Iron ore mining began here as early as the 17th century and there are about 15 old pits in this historical area. One of these is the horizontal pit Krakbogrun, whose entrance, Tilas Stoll, appears taken straight from Swedish folklore. The area also offers varied flora and fauna. NB. Please be careful when moving in old mining environments and respect boundaries.

Military history and rare sand lizards

On Brattforsheden, east of Molkom, lies the abandoned aviation field Krigsflygfält 16. It was built during World War II, completed in 1940, and is the only one of the 40 military airfields built to remain preserved today. Krigsflygfält 16 provides a unique insight into Swedish military history and Sweden during World War II. Brattforsheden has a lot of other excitement to offer and hiking one of Sweden’s largest fluvio-glacial deposits is an experience in itself. The varied landscape of the nature reserve is also home to a lot of unusual plants and animals, such as rare butterfly species and the red-listed sand lizard. So take care and be careful where you step!

Amid metal and gnarled roots

The Ivansson Brothers’ old car graveyard in Båstnäs in Töcksfors is an unusual experience. Northern Europe’s only car scrap yard of its kind is a monument to a time gone by. Artists and photographers from all over the world have made their way here to be inspired and immortalize this magical location where around 1,000 derelict cars from the 40s-60s have been left to their fate and engulfed by nature. A beautiful, nostalgic and peculiar journey back in time.

Read more: about unusual and mysterious destinations on visitvarmland.se
White fairy tale creatures

The king of Värmland’s forests. The best chance of glimpsing the unique white moose is in the western part of the county, in the areas surrounding Arvika and Glaskogen. As with all encounters with wildlife, a large measure of patience and respect is recommended. With a little luck, you might be the one to capture the mythical white king in a photo.

Did you know...

... Sweden’s largest population of white-backed woodpeckers is in Värmland? The species is critically endangered, but about 20 birds have found sanctuary in the Värmland forests.
Finding the slide in Värmland

You will find everything from wonderful cross-country tracks to adrenaline-filled slalom slopes in Värmland. We’ve uncovered the very best of Sweden’s southernmost mountain wilderness.

Text: Karolina Arenhäll

Have you talked to your mates about doing your very first Vasaloppet ski race? Fantastic! But what if you haven’t got a clue how to get started? Take it easy! Relax. Långbergets Sporthotel, at Sysslebäck, is the perfect starting point, whether you’re a ski professional or just at the beginning of your cross-country career. Beautifully situated among the mountains at 630 meters altitude, here you will find 63 km of ski tracks in all levels of difficulty. From long, slippery trails to really hilly terrain for those who really want to test themselves. And if you’re uncertain about getting back in daylight, 8.5 km of tracks are lit so you can make the absolute most of the day.

If you’re looking to make even more improvement in your technique, there are regular courses led by former ski federation captain Christer Skog, and Olympic medal winner Tobias Fredriksson. During the course of a long-weekend, there’s advice to be had on technique, diet, waxing and training. If you follow their tips, they promise you will knock up to thirty minutes of your time.

– Many new beginners who do Vasaloppet nowadays simply aren’t sufficiently prepared enough. They haven’t trained enough, but mainly they haven’t trained correctly.” Skiing is so much about having the right technique. There’s a lot to learn to do it right, says Christer Skog.

Snow volleyball
Are you missing the beach volleyball season? Smash a shot on the snow instead! At Ski Sunne, an annual snow volleyball tournament is arranged for teams of three. It makes a perfect complement to skiing on the wonderful pistes. Learn more: skisunne.se
Scooter Safari

Look up the slope!

Valfjället Ski Center at Åmotfors is proud to have not only fantastic ski slopes, but also the steepest slope in southern Sweden. But not everything is steep. There are runs suitable for children, and gentle pistes, perfect for the entire family.

The weather conditions are perfect in the ski tunnel all year round.

If the weather gods are not with you or if you want to continue to improve your technique when King Bore has left the Värmland wilderness, there is Torsby Ski Tunnel & Sport Center. The weather conditions are perfect in the ski tunnel all year round: no wind and -3°C. There’s a good chance that you will be in good company. The tunnel and tracks nearby are the home of the national cross-country team.

If you look away from the tracks and, instead, glance up towards the mountain tops, you will see a wondrous sight. The biggest mountain is Branäs with its 30 downhill runs and 21 lifts. This means there’s no risk of overcrowding on the ski slopes or getting caught in queues by the lifts. For the adventurous, there’s a snow park and a fun park, as well as a massive air bag where you can hone your jumping technique.

Hovfjället is slightly smaller, but just as beautiful with its outstanding views across Finnskogarna and the surrounding countryside. It has 15 downhill slopes so there are enough runs for everyone and more than enough for a long-weekends skiing. With a good mix of beginner and intermediate runs, Hovfjället is a perfect spot for everyone in the family to find their favourite slope.
John Ericson's mausoleum is to be found in the Östra Kyrkogården graveyard in Filipstad. It is an impressive monument, seven meters high. Leaning against the coffin is a propeller, his most famous invention.
Brothers John and Nils Ericson were behind inventions and buildings like the propeller, Säffle Canal and Slussen. Let’s visit their hometown, Filipstad.

Text: Fridah Jönsson

The Ericson brothers have been of considerable significance for Filipstad, Värmland and Sweden

born 1802 and 1803 respectively, grew up and worked in Filipstad where they were creators of both new ideas and things. Nils Ericson became head of the hydraulic works in both Säffle and Karlstad. He had considerable passion for his work in water transport, and when the railways began to be built in Sweden from the mid 1800s onwards, he also began to be involved with transport on land. Nils soon had a leading role in the planning of the country’s railroads. Even Stockholm was pleased to have his knowledge of infrastructure, when he was involved in the reconstruction of both Slussen and the quay Skeppsholmen.

Just a single glance at his brother John’s CV would be enough to see that a fascination with technology and physics ran in the family.

There, amongst other things, are distinctions such as inventor of the hot air machine, and the world famous armed frigate USS Monitor, which played a decisive role in the American Civil War. Perhaps his biggest distinction is as inventor of the propeller. When the American screw-propelled steam-ship Princeton used John Ericson’s propellers in a competition against a steamer, the propeller was heralded the world over. There is a statue of John Ericson in New York, and there is a monument in his honour in Philadelphia.

The Ericson brothers have been of considerable significance for Filipstad, Värmland and Sweden. Each year a scholarship is awarded in the brothers’ name by Filipstad municipality, and each summer a reconstruction of the Battle of Hampton Roads is performed in Filipstad, where spectators can, amongst other things, watch as boats fire canons at each other. This is just one of the many ways in which they are honoured in their home region.
The hiking trail leads you straight into the wilderness. Soon, the muscles in your legs begin to feel the uphill climb. As you pause and turn around, you are well rewarded for your effort. You are gazing out over the forest of Värmland, and far below you catch a glimmer from one of the county’s thousand lakes and ponds.

One reason to visit Sunne is the great hiking. Several of the local hiking trails have been improved in recent years, and there are now information signs in English. Some of the trails are challenging and physically demanding, while others are shorter and easier to walk. Around Sunne, every hike is an opportunity for adventure and wonder. The riches of nature and culture will leave you feeling rested and energized.

In the surroundings of Sunne, you will find breathtaking nature with deep forests, clear lakes and rivers, hills with spectacular views, and valleys with traditional farming landscapes. Sunne is well known for its wealth of nature and culture. Creative souls have always felt a pull towards this region – authors and artists, musicians and composers, stage actors and directors. Together, they have contributed to the cultural riches and the tradition of storytelling that set Sunne apart.

The most famous of them all is author and Nobel Prize winner Selma Lagerlöf. She is best known for her story about the Wonderful Adventures of Nils. The book was originally written as a geography school book, but it soon gained praise and admiration far beyond Swedish school children. Selma Lagerlöf was born and raised at Mårbacka mansion just outside of Sunne. Her home is now a museum that offers guided tours, and her beautiful garden is open for visitors.

Mariebergsskogen, the City Park of Karlstad, is a large central area for play, walks, cafés, swimming, mini golf, ice skating and picnics. Visit the Swedish farm animals at the zoo and explore Naturum Värmland. A favourite among many locals and tourists alike!

FREE ADMISSION • FREE PARKING • OPEN ALL YEAR ROUND • MARIEBERGSSKOGEN.SE

Visit VÄRMLAND
www.visitvarmland.se/en
The hiking trail leads you straight into the wilderness. Soon, the muscles in your legs begin to feel the uphill climb. As you pause and turn around, you are well rewarded for your effort. You are gazing out over the forest of Värmland, and far below you catch a glimmer from one of the county’s thousand lakes and ponds.

One reason to visit Sunne is the great hiking. Several of the local hiking trails have been improved in recent years, and there are now information signs in English. Some of the trails are challenging and physically demanding, while others are shorter and easier to walk. Around Sunne, every hike is an opportunity for adventure and wonder. The riches of nature and culture will leave you feeling rested and energized.

In the surroundings of Sunne, you will find breathtaking nature with deep forests, clear lakes and rivers, hills with spectacular views, and valleys with traditional farming landscapes. Sunne is well known for its wealth of nature and culture. Creative souls have always felt a pull towards this region – authors and artists, musicians and composers, stage actors and directors. Together, they have contributed to the cultural riches and the tradition of storytelling that set Sunne apart.

The most famous of them all is author and Nobel Prize winner Selma Lagerlöf. She is best known for her story about the Wonderful Adventures of Nils. The book was originally written as a geography school book, but it soon gained praise and admiration far beyond Swedish school children. Selma Lagerlöf was born and raised at Mårbacka mansion just outside of Sunne. Her home is now a museum that offers guided tours, and her beautiful garden is open for visitors.