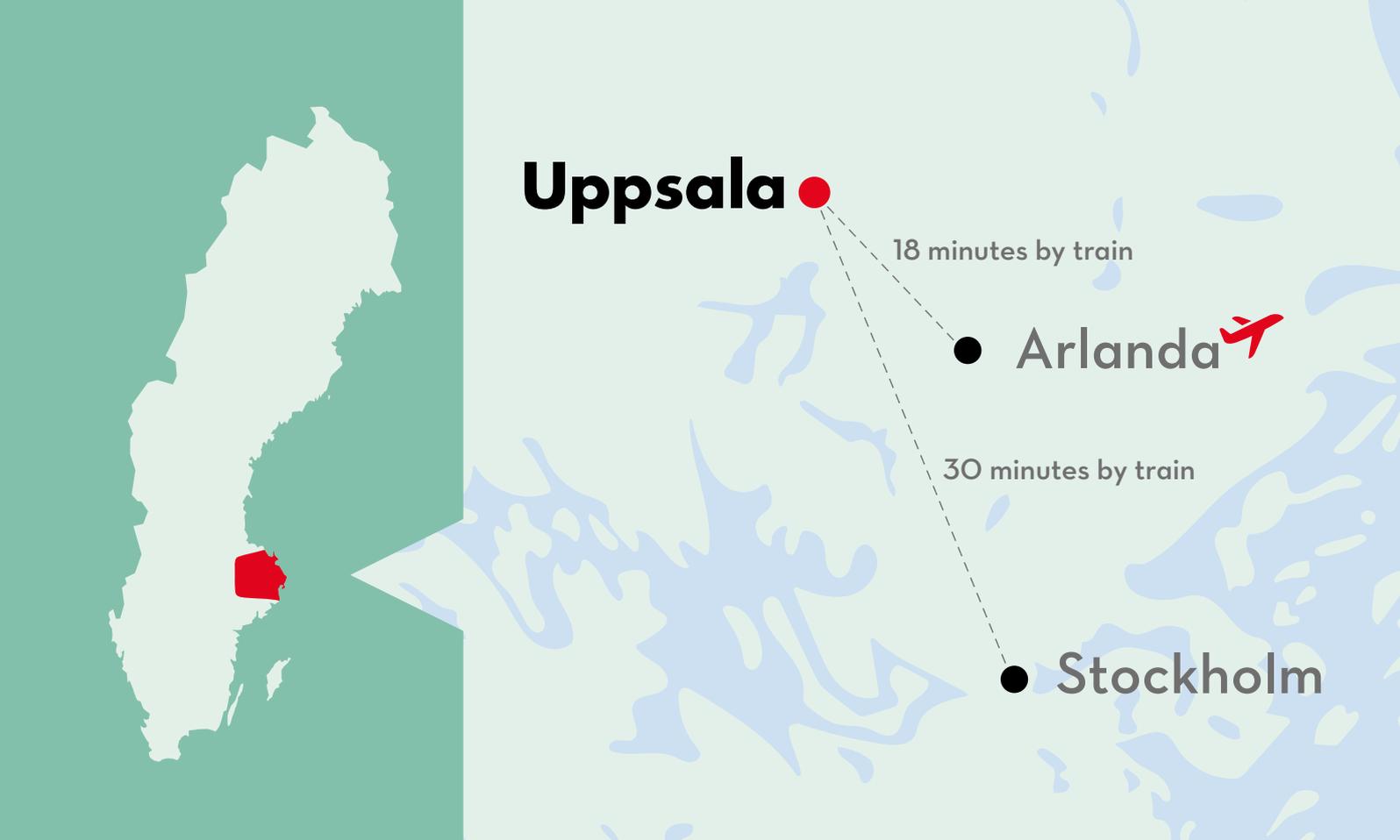


TRAVEL TRADE CATALOGUE

UPPSALA 2021-2022



Uppsala ●



Welcome to Uppsala

UPPSALA has a rich and inspiring range of cultural activities and exciting events together with whole of Sweden's history - all in one place. The tourist attractions are numerous and exciting and include something for everyone. In addition, there is beautiful nature, both in the centre of town and close by.

For travellers Uppsala is only 30 minutes away from Stockholm and 18 minutes from Stockholm Arlanda Airport by train. In the city the distances are short, and you can easily walk or bike to any sight or attraction.

Uppsala is today a modern city yet retains a small-town feel. It's Sweden's fourth largest city and home to two universities, the archbishopric of the Church of Sweden, a rich cultural life and beautiful scenery. Uppsala is rich in history and science and the prestigious Uppsala university is older than universities in many other countries. At the same time, the modern city is vibrating with life and is well known for its progressive research, innovation and position as a leader in modern technology.

Whether you want to eat a lot or a little, outdoors or inside, Uppsala has a wide selection of pubs, cafés and outdoor restaurants. Don't forget to enjoy a Swedish fika, a Swedish social institution: a friendly, relaxing break with coffee and cake.

DESTINATION UPPSALA is responsible for Uppsala Tourist Information where you are assisted in getting information and contact details on the suppliers of activities and events.

Welcome to contact Destination Uppsala.

E-mail: destination@ uppsala.se

Phone: +46 18 727 48 00

Website: www.destination uppsala.se/en

UPPSALA

- 18 minutes Uppsala - Stockholm Arlanda Airport
- 30 minutes Uppsala - Stockholm

The Travel Trade catalogue is a collaboration between Destination Uppsala and various tourist companies and organizations in Uppsala. The content on pages 5-26 has been designed by our collaborative partners. We reserve the right for any printing errors and changes without prior notice.

A SELECTION OF NOTABLE PEOPLE FROM UPPSALA

- Carl Linnaeus, the 18th century Swedish scientific superstar and the father of modern botany who created a system for biological classification and naming, the basis of which is still used today. You can follow in the footsteps of Linnaeus with a guided tour or visit the famous gardens where he lived and worked.
- Anders Celsius, the scientist and astronomer best known for the Celsius temperature scale used in thermometers throughout the world. The Celsius house is located right in the city center – so you can actually see the place where Celsius made his famous discoveries.
- Dag Hammarskjöld, known as Secretary-General of the UN and Nobel Peace Prize winner. Hammarskjöld was born in Uppsala. As a visitor you can tour Uppsala castle where Dag Hammarskjöld grew up, and you can explore and visit the different places connected to him through a guided city walk or by yourself.
- Ingmar Bergman, world famous film and theatre director, scriptwriter, theatre manager, playwright and author. Bergman was born at the University Hospital in Uppsala. Uppsala is the city where his award-winning movie Fanny & Alexander took place. You can visit the different places featured in the movie and you can also take a guided tour of the city center to learn more about Bergman’s Uppsala.

A SELECTION OF UPPSALA’S MOST POPULAR TOURIST ATTRACTIONS



Uppsala Cathedral
Picturesquely situated near the river Fyris, and the largest and tallest cathedral in all of Scandinavia. It was built in French Gothic style and work on its construction began in around 1270, with consecration taking place in 1435. The coronations of several Swedish kings

took place here and kings and other dignitaries, including Gustav Vasa and Carl Linnaeus, are buried here.

www.upsaladomkyrka.se



Uppsala Castle

Together with the Cathedral, the Castle dominates the city skyline. It was built in 1549 by King Gustav Vasa, the father of modern Sweden, and has played a major part in the country’s history. The scene of bloodbaths, conspiracies, plots and murders, this building has a dramatic history that includes the abdication of Queen Christina in 1654. The Castle now houses the Uppsala Art Museum.

www.upsalakonstmuseum.se



Carolina Rediviva

Constructed between 1817 and 1841, this building houses Sweden’s oldest university library, founded in 1620. Today, the collections hold more than five million books. The exhibition hall displays include the world famous 6th century Codex Argenteus or ‘Silver Bible’ which is now

on UNESCO’s Memory of the World Register; some of Mozart’s original, handwritten scores; and the Carta Marina, the first map of the Nordic countries, drawn by Olaus Magnus.

www.uu.se



Carl Linnaeus

Carl Linnaeus was a 18th century Swedish scientific superstar and the father of modern botany. No city preserves his legacy better than Uppsala, where he taught at the university. During May - September, tourists can visit his town home and garden, now the Linnaeus Museum and Garden, see his summer farm at Hammarby or walk the Linnaeus Trails (excursion trails).

www.linnaeusuppsala.com



Old Uppsala (Gamla Uppsala)

One of the most intriguing and evocative Viking sites in Scandinavia, located only a 15-minute bus ride from the town centre. Set in the tranquillity of the glorious Uppland countryside, it is combination of the ancient burial site the Mounds of the Kings and a modern museum which displays the artifacts found here by archaeologists. Shrouded in myths and heroic tales, it was famed throughout the Viking world.

www.raa.se/gamlauppsala



The Botanical Garden

A botanical and gardening experience par excellence. Brilliantly coloured summer flowers and charming alpine plants, trees and shrubs from all around the world. Make a pit-stop at the Tropical Greenhouse or the gorgeous 200-year-old Orangery for cacti and Linnaeus' bay trees, as well as fig and olive trees.

www.botan.uu.se



The University main building

Uppsala University is the oldest university in Scandinavia, founded in 1477. The University Main Building was opened in 1887. The magnificent Grand Auditorium is now used mainly for concerts and conferences.

www.uu.se



Uppland County Museum

The County Museum specializes in cultural history, showing Uppland, past and present. Its permanent exhibitions describe the history of the city of Uppsala and the province over a period of 5,000 years. There are also topical exhibitions on a range of subjects, with both an Uppland focus and a global perspective.

www.upplandsmuseet.se

Uppsala Konsert & Kongress

A concert and conference hall located only five minutes walk from the Uppsala Central Station, and a dazzling addition to the cultural life of the city. The bar on the sixth floor offers a spectacular view of the city and



its landmarks such as the Cathedral and the Castle. Its combination of striking modern architecture and a wide-ranging, innovative calendar of events such as the Uppsala International Guitar Festival has definitely raised Uppsala to a centre of contemporary culture.

www.ukk.se

Peter No-tail (Pelle Svanslös)

Meow! Pelle Svanslös or Peter No-tail, as he's known as in English, is Sweden's most famous cat, and he comes from Uppsala. This tail-less cat is the beloved protagonist of a series of children's books and has found a special place in many hearts. Thanks to his popularity, Uppsala has a host of features that relate to this unique literary figure.





The total Uppsala tour

During this guided tour you will enjoy the following with guides of knowledge and humour!

The largest in Scandinavia - the medieval cathedral, 119 metres high. See the graves of kings, queens and famous scientist aswell as beautiful art and hear fascinating legends.

The oldest in Scandinavia - Uppsala University was founded 1477. We visit the beautiful mainbuilding of this renowned university. 45 000 students study in the "City of eternal youth"!

The most important in Sweden - Old Uppsala the centre of the Vikings. Listen to stories about sacrifice, mysteries and daring voyages among boat-graves and burial mounds.

The most used in the World - the centigrade-scale created by Celsius. We see his statue and observatory.

The Father of Botany - Linnaeus named species in latin, sent his students all over the World and told us to exercise to keep healthy! We will see his beautiful 18th century home and smell the flowers in his botanical garden.

The only copy in the World - The Codex Argenteus 1500 years old and written in a language long ago gone. We see it in Carolina Rediviva together with unique maps and the original notes by Mozart.

The castle on the hill - Queen Christina abdicated here and wrote "It is a far greater happiness to obey no one than to rule the whole world". Dag Hammarskjöld spent his childhood in the castle and later became the secretary-general of the United Nations. From the castle we have a beautiful view over the historical baroque-garden.

And more...

Activity facts

Type of company: Guide agency and tour operator

Location: As described above

Duration: Flexibel depending on mood of transportation that will be adjusted to the mobility of the group.

Season: May 1 - Sept 30. Without the garden-part the tour can also be done during the rest of the year.

Target group: Everyone who wants to hear interesting stories come alive

Min/max no. of participants: Varying, depending on the venue chosen

Level of activity/previous knowledge required: None

Language: Swedish, English, German, French and more

Contact details

Name of company: Uppsalaguide.com

Contact person: Hans Odöö

Phone: +46 708 556622

Email: contact@uppsalaguide.com

Web: www.uppsalaguide.com





Activities and tours in Uppsala

GO Adventure is an activity company. With our special tours and professional guides, we will take your group to the next level. We arrange roofwalk tours on the castle roof, city tours, adventure park events, creative missions and guided excursions

Roofwalks

Welcome to Uppsala castle with its magnificent view and exciting history! The castle was built in 1549 and has been a landmark of Uppsala ever since. And now, you will have the opportunity to walk on the castle roof! During the walk, a tour guide will tell you about the castle and its history as well as about the city of Uppsala that stretches out beneath you.

Adventure park

Enjoy treetop adventures in the beautiful nature surroundings of Fjällnora, Uppsala's biggest outdoor recreational area.

Guided tours

Uppsala is a city rich in history and has been Sweden's temporal and spiritual center of power from far back in time.

Today, Uppsala is one of Sweden's four major cities, offering everything from a 13th century cathedral and 16th-century ruins to cultural festivals and cutting-edge research from its two universities. Our guides will be the link between knowledge and experience!

Activity facts

Type of company: Activities and adventure tours

Location: Uppsala

Duration: 60 min-full day

Season: All year

Target group: Company groups, private groups

Min/max no. of participants: No limit

Language: Swedish, English

Contact details

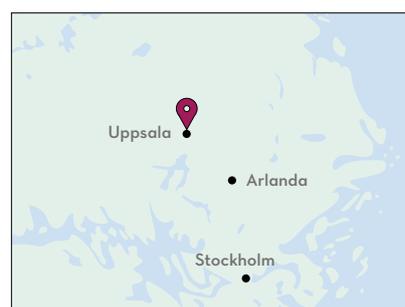
Name of company: GO Adventure AB

Contact person: Jonathan Tigrar

Phone: +46 18 121800

Email: info@goadventure.se

Web: www.goadventure.se





Vasaborgen – Guided tour of Renaissance ruins at Uppsala Castle

The ancient 16th-century ruins of Uppsala Castle have been witness to some dramatic events, and, of course, have their very own castle ghost...

The oldest part of Uppsala castle, known as Vasaborgen, was built in 1549 by King Gustav Vasa. At the time it was northern Europe's most modern defence fortress. Over the years, Vasaborgen has been rebuilt on several occasions. By the time of the Great Fire in 1702, Vasaborgen was a beautifully-decorated white Renaissance castle.

Murders and ghosts

The shocking Sture murders were committed here in 1567, and prisoners were locked away for life in the Bayliff

Dungeon. The daughter of Gustav Vasa, Cecilia, still wanders the ruins, causing disturbance.

Enjoy a guided tour

Today, Vasaborgen is a ruin covering 7,000 square feet and three floors where you can enjoy historical guided tours and ghost walks. Your guide will regale you with exciting tales of power and murder and myths from ancient Uppsala and Swedish history. Vasaborgen's mission is to make history exciting. We believe that pride in your origins and history awakens curiosity about other cultures. We also believe that knowledge of history helps us avoid repeating mistakes from the past.

Activity facts

Type of company: Museum with guided tours

Location: In central Uppsala, by Uppsala castle

Duration: 1 h

Season: Year-round for group bookings. Summer (June-August) for FIT, regular guided tours in English at weekends

Target group: Active travellers interested in history. Families with teenagers

Min/max no. of participants: Groups of 1-50

Level of activity/previous knowledge required: Warm clothes in winter
Comfortable shoes. No previous knowledge required
Language: Swedish, English.
Guidings in German and Russian on request.

Contact details

Name of company: Vasaborgen, Uppsala slott

Contact person: Mia Ulin

Phone: +46 703 90 79 89

Email: info@vasaborgen.se

Web: www.vasaborgen.se





Uppsala's main attractions – an Uppsala walking tour. The Viking Period and Vendel Period tour in Old Uppsala

Sweden History Tours offers various tours by coach or on foot around the town of Uppsala. Our experienced, authorised Uppsala guides can share large groups, and the tours start close to the coach park.

Uppsala's main attractions – an Uppsala walking tour 1.5 h

Discover what crimes could put you on the anatomical theatre's display table. Hear about the student who sold his soul to the devil, the silver spoon the University bought back, and about the gruesome murder at the castle. Well-selected parts of Uppsala's exciting history are covered in this tour of the town, which gives you a good overview of Uppsala's development from the Middle Ages to the present day.

We go from the hidden mediaeval town beneath our feet, past attractions such as the cathedral, Gustavianum, the Carolina Rediviva, the University House, the Botanical Garden, rune stones, and finish our tour at the Uppsala Castle. Start outside Uppsala Cathedral main entrance.

The Viking Period and Vendel Period tour in Old Uppsala

On this walk, starting in Old Uppsala, you will be introduced to tremendous burial mounds. Hear about magnificent burials, with ships and sacrificed animals. Discover the deep secrets of the longhouse, and the church's fascinating history. Learn about human sacrifices in the sacrificial grove, and the exciting Viking and Vendel Periods. More tours available on the homepage.

Activity facts

Type of company: Sweden History Tours Guide Company / Tour operator.

Location: Uppsala's main attractions: Uppsala Cathedral main entrance. The Viking Period and Vendel Period tour in Old Uppsala: Old Uppsala Church.

Duration: 1 h - 1.5h (can be customized, also extended to 3-4h)

Season: All year around

Target group: Private individuals, Private groups and companies, Tourists, First time visitors. History and Viking interested people.

Min/max no. of participants:

2 / 80 (several tour guides available to split bigger groups)

Level of activity/previous knowledge

required: 2km easy walking/None.

Language: English, Swedish (German, Russian and French bookable by request).

Contact details

Name of company: Sweden History Tours

Contact person: Jonathan Olsson

Phone: +46 766 45 70 75

Email: info@swedenhistorytours.se

Web: www.swedenhistorytours.se/
Swedish, English, German





Runes and rune stones in Uppsala + Uppsala Ghost Walk; Mediaeval horror and dark folklore beliefs - two guided tours around central Uppsala

Runes and rune stones in Uppsala 1 h

Immerse yourself in the exciting and tumultuous Viking times! Learn how to read and write the runic script. We walk among the rune stones near the Cathedral, where there are 16 rune stones within 200 m. You'll hear about the history of these stones, spectacular human destinies and all about the exciting Viking period.

Listen to accounts of long-distance Viking expeditions, tragedies and the destinies of strong women. Discover rune masters who couldn't spell, and people like the boastful Vigmund. Meet Gullög, the woman who built a bridge in memory of her dead daughter, discover treachery and valiant deaths on the battle field, and a son who died in his christening gown. Hear all about people's living conditions, and about rune stones that have been relocated and disappeared, lost in harbours and blown up.

Mediaeval horror and dark folklore beliefs 1 h

Join in Uppsala's own Ghost Walk; a horror tour focusing on Swedish history, dark folklore and evil vaesen and beings created through imprecations and black magic. Discover the undead of the Middle Ages and the danger of the elves' curses blighting you while walking the town's streets and alleyways. Learn protective magic, love tricks and hear Myrling's chilling cry. Hear all about Näcken's alluring, executions on gallows hill, and sudden evil death drowning in the clutches of the Sjørå, and more. We walk around the area close to Uppsala Cathedral and start outside the main entrance.

Activity facts

Type of company: Sweden History Tours Guide Company / Tour operator.

Location: In central Uppsala, by Uppsala Cathedral's main entrance.

Duration: 1 h (possible to extend timewise, the Viking tour can include a package of that + 1h - 90min tour of Old Uppsala).

Season: All year around.

Target group: Private individuals, Private groups and companies, Viking Age fans, Folklore and horror fans.

Min/max no. of participants:

2 / 80 (several tour guides available to split bigger groups)

Level of activity/previous knowledge

required: Easy walking max 2km / None.

Language: English, Swedish (German and French bookable by request).

Contact details

Name of company: Sweden History Tours

Contact person: Jonathan Olsson

Phone: +46 766 45 70 75

Email: info@swedenhistorytours.se

Web: www.swedenhistorytours.se/
Swedish, English, German





A trip to 7th-century Old Uppsala – a virtual display

Join in a guided tour of 7th-century Old Uppsala. The guide will be using modern technology to show you around the grand royal hall, where the kings feasted on honour of the gods and devised plans to increase their wealth. See the Uppsala of antiquity with its courtyards, smithy, obelisk and funeral pyres.

The display takes place on the museum's terraces, and then we warmly recommend you visit the exhibition or archaeological remains by yourself. Finish off your visit in the museum shop, where you can find the perfect souvenir to take home. Don't forget to order a coffee for your visit.

Activity facts

Type of company: Museum

Location: Old Uppsala

Duration: 15 mins guided tour (+ 45 min on the site recommended)

Season: All year round

Target group: Anyone interested in Vikings, history and/or archaeology

Min/max no. of participants:

Max. 30 people per group

Level of activity/previous

knowledge required: None

Language: Swedish and English

Contact details

Name of company: Gamla Uppsala museum

Contact person: Linda Klementsson/
Amanda Norgren

Phone: +46 18 239312

Email: bokning.gamlaupsala@raa.se

Web: www.raa.se/gamlaupsala





The mighty burials of Old Uppsala – a guided tour covering Vikings and their ancestors

Join one of our experts on a guided tour covering Vikings, their ancestors and their descendants. The museum exhibit

displays, among other things, artefacts from the Royal Mounds and the Kings' Hall building.

Activity facts

Type of company: Museum

Location: Old Uppsala

Duration: 50 mins

Season: All year round

Target group: Anyone interested in Vikings, history and/or archaeology

Min/max no. of participants:

Max. 30 people per group

Level of activity/previous

knowledge required: None

Language: Swedish and English

Contact details

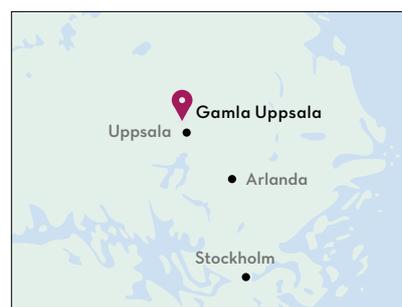
Name of company: Gamla Uppsala museum

Contact person: Linda Klementsson/
Amanda Norgren

Phone: +46 18 239312

Email: bokning.gamlauppsala@raa.se

Web: www.raa.se/gamlauppsala





Row a Viking boat and visit historic places

Dressed in Viking attire, we will row a Viking boat along the river Fyris in the waters around Valsgärde burial ground and Old Uppsala. You might take part in the rowing or you might just sit back and enjoy the ride in the steady boat surrounded by unspoilt nature.

In Old Uppsala you will find large burial mounds, a sacrificial grove, a museum and a church with medieval wooden sculptures. You will walk along the burial grounds of Valsgärde and see the curious remains of boat graves where men of importance have been buried in boats filled with riches and grandeur. Helmets, weapons, caparisons, household utensils and sacrificial animals have been un-

earthed by archaeologists. The tour might be customized with elements to fit your requirements. Contact us and let us arrange it for you!

The Complete Viking Experience

Let Ulf the Viking be your cicerone during the boat trip. Walk with him along boat graves and burial mounds, in the sacrificial grove and the church. Visit the museum and hear Ulf relate tales from hazardous eastward Viking raids. Share a horn of mead with him and finish it all off with a Viking party – see page 14.

Activity facts

Type of company: Adventure travels

Location: Valsgärde, Fyrisån, Old Uppsala

Duration: 3 hours

Season: May-October

Target group: Tourist groups, corporate groups

Min/max no. of participants:

Min 6, max 11

Level of activity/previous knowledge

required: None

Language: Swedish, English

Contact details

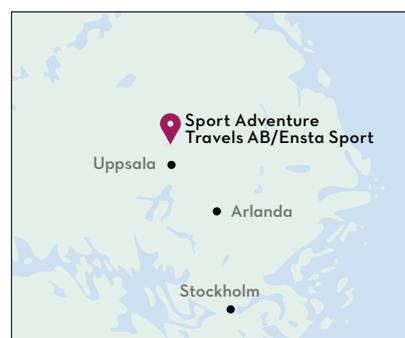
Name of company: Sport Adventure Travels AB/Ensta Sport

Contact person: Nenad Martinis

Phone: +46 73 530 2484

Email: nenad@sportat.se

Web: www.sportat.se





Meet Ulf the Viking!

Meet Ulf the Viking among the ship burials of Valsgärde, in the shadows of the royal mounds of Gamla Uppsala (Old Uppsala) or among the runestones of Uppsala! He might even make a visit to your conference! Go rowing with him along the river Fyris – feel the smells, listen to the sounds of nature and the old Viking tales. His satchel contains souvenirs from places he has visited and countries he longs to go back to, and he gladly shares tales from his adventures.

Wounds from innumerable battles now stop him from going on further raids, so he will not only tell you about journeys and fights, but also about the women, the children and the everyday life he is now living. And, of course, about

the fabulous buildings he has seen being built in what we today call Old Uppsala!

The Complete Viking Experience

You might meet Ulf the Viking in a place of your choice as a cicerone in the Viking world or ask him to arrange a complete experience of the Vikings and their ancestors in Valsgärde and Old Uppsala! Ulf might take you rowing in a Viking boat, show you boat graves, burial mounds and sacrificial groves and tell you about archeological excavations. He might offer you mead from his horn and round it all off with a proper Viking feast!

Activity facts

Type of company: Guide agency and tour operator

Location: Various places in and around Uppsala, also at conferences, dinners etc.

Duration: Flexible

Season: All year round

Target group: Everyone who wants to hear interesting stories come alive

Min/max no. of participants: Varying, depending on the venue chosen

Level of activity/previous knowledge required: None

Language: Swedish, English and German (more coming up soon)

Contact details

Name of company: Uppsalaguide.com

Contact person: Hans Odöö

Phone: +46 70 855 6622

Email: contact@uppsalaguide.com

Web: www.uppsalaguide.com





The viking party

Dress up for the party and try drinking mead from a horn!
Eat and drink a three-course menu the Viking way. We start with soup, eaten without spoon, and homemade bread.

The main course is an excess of chicken, pork and other typical Viking age food. Dessert is a baked cheesecake with cloudberry jam.

Activity facts

Type of company: Restaurant
Location: 5 km north of Uppsala
Duration: 2-3 hours
Season: All year round
Target group: Everyone
Min/max no. of participants: 25-200
Level of activity/previous knowledge required: None
Language: Swedish and English

Contact details

Name of company:
Restaurant Odinsborg
Contact person: August Rynerfeldt
Phone: +46 18 323525
Email: restaurang.odinsborg@tele2.se
Web: www.odinsborg.nu





Wild edible plants amongst Vikings and kings in Nántuna Lund

Nettles, violets, meadowsweet and spruce shoots. The forest was once an important pantry, where people picked plants, herbs and berries for both food and medicine. During this exclusive half-day tour, you will experience the history behind Nántuna, its edible plants, plant magic and folklore in beautiful surroundings, amongst Uppland's biggest oaks. We visit a 2000-year-old grave field and learn about Linné's travels.

Together, we pick tasty ingredients from the forest and prepare a meal over an open flame with our own chef, listening to accounts of magnificent burials with rich burial gifts and animal sacrifices. This sustainable tour with locally produced materials and Swedish food and ingredients focuses on history and food with natural ingredients

No toilets are available. For larger groups, we offer a package of tour + accommodation, guided walks and two meals cooked over an open fire.

Tour example

1. You meet your guide in a nature-friendly car park, with space for up to 5 cars or a 16-seater passenger bus.
2. Take a walk through the location's history including a visit to a grave field. Explore growth magic and folklore, Nántuna and Linné, 1.5h
3. Pick, taste and learn more about edible wild plants, 1 h.
4. We prepare, cook and eat what we pick. Off the menu are forest tea and creamy pasta with forest pesto based on seasonal plants, 2.5 h

Activity facts

Type of company: Sweden History Tours - Guide Company + Tour operator / Elles Outdoor cooking - Outdoor cooking + Outdoor food courses.

Location: Nántuna Lund, a few km south of Uppsala city. 15min travel by bus/car. 20min from central Uppsala by public transportation.

Duration: 5h (excluding travel from central Uppsala. Transport can also be booked by request for groups).

Season: Spring - summer.

Target group: Private individuals, Private groups and companies, food and outdoor interested people, folklore and history nerds.

Min/max no. of participants: 8 / 16

Level of activity/previous knowledge required: Around 2km easy walking / None.

Language: English, Swedish.

Contact details

Name of company: Sweden History Tours / Elles Outdoor cooking

Contact person: Jonathan / Elle

Phone: +46 766 45 70 75 / +46 731 51 06 06

Email: : info@swedenhistorytours.se / info@ellesutemat.se

Web: : www.swedenhistorytours.se / www.ellesutemat.se





Elles Utemat: Outdoor cooking over an open fire

Elles Utemat offers outdoor meals and cooking over an open fire experiences. We use organic and locally produced products and adapt our menus to customer requirements. Breakfast, brunch, dinner or a three-course meal with boiled coffee and desserts prepared out of doors. What more could you want for a complete nature experience?

In the forest, by kayak, by the ocean or a lake – your imagination is the only limit. Elles Utemat offers seasonal courses in mushroom foraging and mushroom sampling. Lavvu-style tent for overnight accommodation and mobile tent sauna available to hire in connection with cooking events. Elles Utemat also offers wildfoods, edible plants and mushroom walks from may to october.

Activity facts

Type of company: Outdoor cooking over an open fire

Location: Mobile activity

Duration: As agreed

Season: All year round

Target group: Tourist groups, corporate groups

Min/max no. of participants: Max 60

Level of activity/previous knowledge required: None

Language: Swedish, English, Russian, Spanish

Contact details

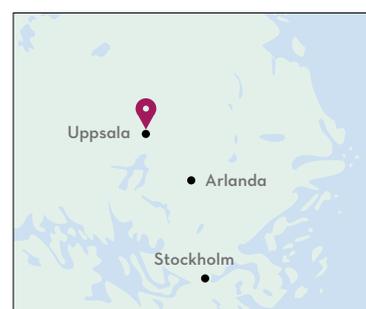
Name of company: Elles Utemat

Contact person: Elle Nikishkova

Phone: +46 73 151 0606

Email: info@ellesutemat.se

Web: www.ellesutemat.se





Birds and traditional bread in a historic rural landscape

Welcome to a beautiful landscape at Ängslyckan in the historic area of the Vendel and Viking eras. We are located at the bird-rich lake of Vendel, only 40 km north of Uppsala, in a genuine rural setting. Ängslyckan offers a unique combination of traditional bread and food in a biodiversity rich landscape.

Enjoy our historic meal:

A blend of historic dishes from the Vendel and Viking eras with a variety of authentic foods including roast pork, skyr with wild herbs, roast turnips, traditional cheese, smoked herring, old grain & fruit porridges and traditional bread, including the Viking drink mead.

Choose from following activities:

1. A fascinating presentation of the global and Swedish history of bread, combined with tasting a variety of ancient and traditional breads.
2. A guided bird walk in the garden by lake Vendel's birdlife in nature-based pastoral land.
3. A short baking course/activity - sourdough bread, traditional Swedish "knäckebröd" (thin bread), outdoor Viking bread baked over an open fire. Mill your own flour by hand and learn more about ancient grains.

Activity facts

Type of company: Bird walks, bread baking outdoors or in bakery, try it yourself, small shop

Location: 40 km north of Uppsala

Duration: Meal + one activity 3 hours,
Meal + two activities 4.5 hours

Season: April - June. August - October

Target group: 40+ groups with interest in historic food, bread baking and bird watching

Min/max no. of participants: 8 - 20

Level of activity/previous knowledge required: None

Language: Swedish, English.

Contact details

Name of company: Ängslyckans Café & Bakery

Contact person: Karin Gerhardt:
Bread historian & baker, sustainability researcher at the Swedish University of Agricultural Sciences.

Nature guide and ornithologist, Anders Arnell

Phone: +46 769 43 05 43

Email: angslyckanscafe@gmail.com

Web: angslyckanscafe.nu





Linnaeus 18th-century evening

You enter Linnaeus' Botanical Garden. A garden filled with species collected by Linnaeus and his apprentices during their extensive travels. You will be handed a drink and gather around the lake pond with its water lilies for a tranquil informal reception.

Carl Linnaeus wanders in, past flowerbeds filled with medicinal plants and curiosities. He talks about himself and his research. Shows off interesting plants and describes how parrots, peacocks and monkeys once filled the garden with life and activity. "God created - Linnaeus organised!" is his unashamed claim! Praised by Rousseau and Voltaire, he has no reason to be modest. Linnaeus asks where the visitors come from, linking this to tales of his apprentices' fantastic expeditions to all corners of the world.

Then everyone is invited into what was once Linnaeus' orangery. A place that has seen bananas flourishing and the birth of the modern Celsius thermometer! An exclusive 18th-century-inspired three-course dinner is served here amidst the sparkle of crystal. The food is prepared by Hambergs Fisk, recipient of accolades including Pour le Mérite Gastronomique and Wine Restaurant of the Year 2018!

The evening will feature 18th-century dances by dance group Branicula to music performed by the group Dancing Masters. Their repertoire includes French minuets, Swedish longways and English country dances, and dances described by Linnaeus himself.

Welcome to an unforgettable evening!

Activity facts

Type of company: Local guide agency/event organizer

Location: Linnaeus garden and Orangerie

Duration: 4 - 5 hours

Season: May 1 - Sept 30 (other dates are possible)

Target group: Those who want to experience the extraordinary

Min/max no. of participants: 30/96

Level of activity/previous

knowledge required: None

Language: English and Swedish, other languages on request

Contact details

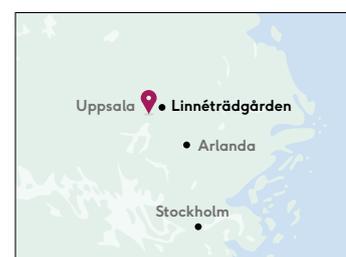
Name of company: Uppsalaguide.com/
Odöo Dokumentär AB

Contact person: Mr Hans Odöo

Phone: +46 708 556622

Email: contact@uppsalaguide.com

Web: www.uppsalaguide.com





Walks and Talks at Linnaeus' Hammarby - the private estate of Carl Linnaeus

Botanist Carl Linnaeus is one of Sweden's most famous scientists. He and his family had their private, rural retreat at Hammarby outside Uppsala. It is now a popular destination for visitors in summer, with its recreated 18th century agricultural landscape, including a forest, fields, pastures, a kailyard and a hopyard.

The "Walks and Talks..." activity is the perfect way to get to know Linnaeus! We start with a walk through the pastures and forest, following one of the excursion routes used by Linnaeus and his disciples. Mr. Flower Power himself or one of his students will be your guide.

During our walk we will stop at spots where Linnaeus used to lecture, find plants seen by his students and document our findings. We will also talk about the unique Swedish Right of Public Access, which allows you to visit almost any place in nature as long as you follow some common sense rules.

After about 45 minutes, you will have a Swedish fika at the manor before the guide shows you Linnaeus' uniquely decorated study and bedroom with hundreds of beautiful flower prints which Linnaeus pasted onto the walls instead of wallpaper.

Activity facts

Type of company: Museum and popular excursion spot

Location: 15 kilometers south of Uppsala

Duration: 3 hours

Season: May through September, tours start at midmorning Tuesday-Friday

Target group: Active and curious travelers interested in unique activities

Min/max no. of participants: 1-20

Level of activity/previous knowledge

required: Comfortable clothes according to the weather and sturdy shoes are recommended, otherwise no previous knowledge required

Language: Swedish, English

Contact details

Name of company: The Linnaean Gardens of Uppsala, Uppsala University

Contact person: Teija Tolppanen / Lotta Saetre

Phone: +46 184 71 28 38

Email: bokning@botan.uu.se

Web: www.botan.uu.se





Uppsala slow tour

Enjoy a coffee break (fika) while watching the world go by. Have an interesting discussion with a “local”. Browse among the books in the bookshop. Take time for quiet reflections in a museum. Savour the small details in the unusual.

We now offer the best of a guided tour, with the feeling of travelling independently.

Morning coffee break in the Linnaeus Garden. Stroll through a world of botany. Undisturbed. Outside this secluded garden Uppsala begins to awaken, but the birds take no notice. The bumble bees seek out nectar among the beautiful array of historical blooms. Just as they have done every summer since 1655!

The gardener shares his knowledge. Linnaeus steps in and talks about himself and his scientific studies.

Shows off his favourite blooms and opens up his home!

Then we wander beside the beautiful river, past the Vikings’ stones and through historic vaults. Reflecting on the magnificence of the cathedral. The stones whisper to us. Possibly accompanied by the organist. Once the impressions have crystallised, the guide brings to life the dead and explains the paintings.

Now it’s time to discover Uppsala for yourself!

Find that special souvenir that no one else has seen.

Maybe eat in the old student jail!

Activity facts

Type of company: Local guide agency/
event organizer

Location: Linnaeus garden and
central Uppsala

Duration: 4 hours or 4 hours + 4 hours

Season: May 1 – Sept 30 (other
dates may be possible)

Target group: People who want to experience the unusual

Min/max no. of participants: 10/20

Level of activity/

previous knowledge required: None

Language: English and Swedish, other
languages on request

Contact details

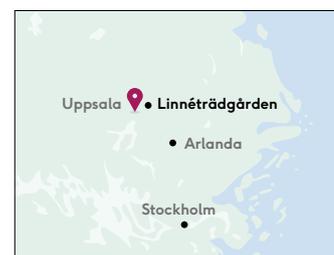
Name of company: Uppsalaguide.com

Contact person: Mr Hans Odöo

Phone: +46 708 556 622

Email: contact@uppsalaguide.com

Web: www.uppsalaguide.com and www.uppsala-slow-tours.com





Historic day trip to Nortuna manor

Nortuna is situated in the very heart of Uppsala county, along the banks of the Vendel stream, 15 kilometres north of Uppsala. The place itself harbours a history going back to 1278, and the surrounding landscape is full of remains from the Viking era, medieval churches and the period when Sweden was a great power. Nortuna was once in the possession of the family of Saint Birgitta, but also of a parson with the duty to find witches, and was the home-stead of Anders Sparrman, the most travelled disciple of Linnaeus, the king of botany. Sparrman went on several tours worldwide with the Swedish East India company, and travelled to China, South Africa, Senegal, and indeed all

around the world with the English sea captain James Cook during 1772-75 on board HMS Resolution.

Follow history with your guide, the owner of Nortuna, and in the Nortuna East India museum and around the world with Sparrman and Cook. Enjoy a lunch or a typically Swedish homemade "fika" (coffee or tea with a sweet bun, any time of day!). Into antiques? Add a guided tour of the private house and let the owner reveal the fashion in interiors from all periods. Or take in the atmosphere of the medieval wine cellar.

Activity facts

Type of company: Privately owned countryside manor

Location: 15 kilometres north of Uppsala, in the countryside

Duration: 2 - 4 hours

Season: 1 May to 30 September, but open for requests all year round

Target group: Groups

Min/max no. of participants: 8 / 30

Level of activity/

previous knowledge required: None

Language: English and Swedish.

Contact details

Name of company: Nortuna manor

Contact person: Johan Alexander Lindman

Phone: +46 707 930 971

Email: nortunagard@gmail.com

Web: www.nortunagard.com (with information in Swedish, English, German, French and Italian)





Romantic stay at a Swedish countryside manor

Nortuna is situated in the very heart of Uppsala county, along the banks of the Vendel stream, 15 kilometres north of Uppsala. The manor house receives guests from all over the world, guests who want to relax and indulge themselves at this unique small privately owned countryside manor. Nortuna offers two king size bedrooms, both with access to a huge balcony with sunbeds, sitting chairs with table and a parasol. Own WC with shower separately outside the room. A gym, library and lounge are available for house guests. A typically Swedish homemade breakfast is served every morning in the south parlour, and afternoon tea in the north parlour. Nortuna also offers lunch and

dinner on request (pre-booked). The owner family will give you full insight on what to do and see in the area.

For leisure Nortuna offers a large two-acre park, with gazebos, plantings, a herb and berry garden and an apple orchard. The Vendel stream gives you an opportunity to go canoeing through the landscape. Or go cycling to nearby burial sites and Viking rune-stones, medieval churches and a baroque castle. Also, for those into history, a private guided tour at the Nortuna East India museum with your host can be arranged, or a guided house tour. Nortuna contains a real treat of history going back to 1278.

Activity facts

Type of company: Privately owned countryside manor

Location: 15 kilometres north of Uppsala, in the countryside

Duration: 1 night or longer

Season: 1 May to 30 September, but open for requests all year round

Target group: Couples, families, friends

Min/max no. of participants: 1 / 4

Level of activity/

previous knowledge required: None

Language: English and Swedish

Contact details

Name of company: Nortuna manor

Contact person: Johan Alexander Lindman

Phone: +46 707 930 971

Email: nortunagard@gmail.com

Web: www.nortunagard.com (with information in Swedish, English, German, French and Italian)





Glassblowing at Ulva Mill

Welcome to the Ulven Glass Hut and Ulva Mill! In the area, there is a handicraft village with several different handicrafters, shops and a café. You will find the Ulven Glass Hut, with its shop, showrooms and glass blowing experience, on the top floor of the mill house. We offer a wide range of on-site blown glass, something for every occasion. We specialize in art glass and bespoke products.

You might even try glassblowing yourself! This activity needs to be pre-booked and will not take place on days of regular production. We start out with a short introduction on glass (material, history, tools etc.), after which the participant will get the assistance needed to blow and shape a personal glass bowl.

Activity facts

Type of company: Glass hut, shop, glassblowing, try it yourself

Location: Ulva kvarn

Duration: 1-3 hours

Season: Feb-Dec

Target group: Everyone who's interested

Min/max no. of participants: 3-15 for try it yourself glassblowing

Level of activity/previous knowledge

required: No previous knowledge

Language: Swedish/English

Contact details

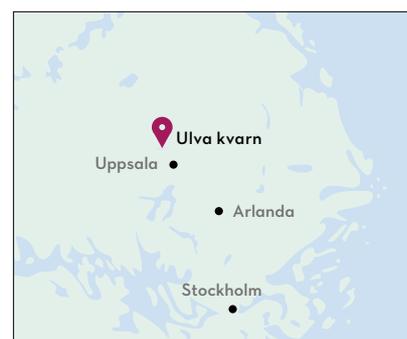
Name of company: Glashyttan Ulven AB

Contact person: Stefan Erlandsson

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Email: info@ulven.nu

Web: www.ulven.nu





Take a trip back in time on the "Lennakatten" heritage railroad

The narrow gauge (891 mm) line runs 33km (20 miles) east from the city of Uppsala, using part of an extensive earlier rail-road network railroad. Many of the locomotives and coaches date back to the 19th century, carefully restored to their original state and lovingly maintained. The train passes many historical sites, churches from medieval times and the former Lenna Bruk ironworks.

Several restaurants and coffee shops along the way offer plenty of choice for refreshments.

The heritage railway association is based at the end of the line in Faringe, and we can organize visits to the engine shed and workshops, where several engines and coaches are being restored and renovated.

Activity facts

Type of company: Non-profit organization run by volunteers

Type of activity: Museum and trips on a heritage train

Location: Trains depart from Uppsala Central Station

Duration: 2 hours for a shorter trip, 4 hours for the full length, excl. lunch stops, etc

Season: June through to early September. Regular traffic normally max. four days per week.

Hiring of trains possible at any day.

Target group: International visitors to Uppsala, interested in historical

engineering and preserved steam trains in action, combined with an enjoyable excursion through beautiful Swedish countryside

Min/max no. of participants: 100 on regular train; possibility of hiring a whole train

Level of activity/previous knowledge required: None

Language: English, Swedish, German, French on request

Not wheelchair accessible, good walking shoes recommended.

Contact details

Name of company: Museiföreningen Stockholm - Roslagens Järnvägar

Contact person: Lars Eriksson

Phone: +46 70 262 4345

Email: lars.eriksson@srjmf.se
info@lennakatten.se

Web: www.lennakatten.se





Historic train ride and a lovely meal

Board the historic 'Lenna Cat' steam train in Uppsala and enjoy a ride in the more than one hundred years old exquisitely restored and maintained steam train. The train will bring you to the lovely restaurant of Länna Bruk, located on the premises of the old Länna Iron Works dating back to the 1750's.

You may travel on scheduled trains or hire an entire train for a group event.

Länna Bruk restaurant offers meals for all tastes to groups of various sizes. The restaurant is licensed to serve wine, beer and spirits.

Wine tasting

For smaller groups the restaurant can also offer wine tasting in our atmospheric special facilities.

Activity facts

Type of company: Combined package including a ride in a historic train and a lovely meal in a restaurant.

Train: Non-profit organization run by volunteers

Restaurant: High quality restaurant

Location: Return trip by train from Uppsala central station to Länna with a duration of about one hour each way.

Duration: 4-5 hours

Season: May-September

Target group: International visitors to Uppsala with an interest in historical engineering combined with an enjoyable excursion through beautiful countryside and a lovely restaurant meal.

Min/max no. of participants: 20/80

Level of activity/previous knowledge required: Not wheelchair accessible, good walking shoes recommended.

Language: English and German, French on request

Contact details

Name of company: Upsala-Lenna Railway

Contact person: Lars Eriksson

Phone: +46 70 262 4345

Email: lars.eriksson@srjmf.se

Web: www.lennakatten/en.se

Länna Bruk Restaurant

Contact person:

Nikos Chatziconstantinou

Phone: +46 70 433 0663

Email: nikoschatzi@live.com

Web: www.lannabruk.com





Stand up paddleboard (SUP) on river Fyris

Just one of many activities from Aktivt Uteliv!

Quietly and modestly Fyrisån (the river Fyris), the Uppsala river, winds its way through the surrounding landscape before you get a first glimpse of Uppsala's well-known silhouette and the wilderness is changed for the city and urban paddling.

We will meet up in central Uppsala or pick you up from your hotel. Together we will drive out to the starting point, where you will get instructions from your guide on how to

paddle a stand-up paddleboard. We start making our way towards central Uppsala with the guide giving you advice on paddling and relating stories of the local area. When arriving back into Uppsala, we will take care of all equipment and you get to continue to the nearest restaurant or any other activity you might have planned.

Aktivt Uteliv always considers the environment and we make sure to always leave our surroundings as untouched as possible.

Activity facts

Location: Uppsala

Duration: 2h-2days

Season: All year around

Target group: Active outdoorsy people

Min/max no. of participants: 3-100

Level of activity/previous knowledge required: None

Language: Always: Swedish and English. On demand: German, Polish, Russian, Spanish

Contact details

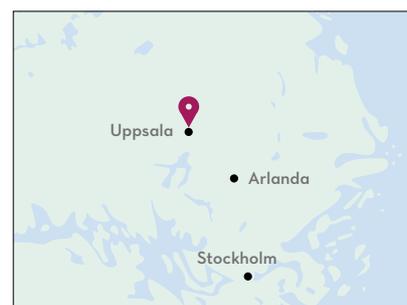
Name of company: Aktivt Uteliv

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Web: www.aktivtuteliv.nu



MAP OF UPPSALA

- STREET
- PEDESTRIAN STREET
- INFOPOINT
- GARDEN
- STUDENT NATION
- HOTEL
- THEATRE
- MUSEUM



FYRISHOV
10 MINUTES BY BUS FROM UPPSALA CENTRAL STATION & BUS TERMINAL



OLD UPPSALA
15 MINUTES BY BUS FROM UPPSALA CENTRAL STATION & BUS TERMINAL



Uppsala ●