





Travel here / There are several ways of travel to Heart of Lapland. Here we have gathered information for you who are planning the trip yourself.

Take the train / The night train from Stockholm is a comfortable option. It passes by Boden, Luleå, Gällivare and Kiruna, where you can continue by car or bus. You can also take the train into Heart of Lapland and stop in either Haparanda or Kalix. norrtag.se

Take the bus / Traveling by bus is a chance to take in the scenic routes. Check out Länstrafiken Norrbotten for local bus time tables. Itnbd.se

Bus from Stockholm to HaparandaTornio: <u>tapanis.se</u>

Fly here / From Stockholm Arlanda International Airport (ARN) to Luleå Airport (LLA) or Kiruna Airport (KRN): flysas.com norwegian.com ryanair.com

> From Luleå Airport (LLA) to Pajala Airport (PJA): jonair.se

You can also choose to fly to Rovaniemi or Kemi in Finland. Both airports are only an hour of travel time from Heart of Lapland. Since both Finland and Sweden are a part of Schengen, the border crossing is simple.

From Helsinki (HEL) to Kemi (KEM) or Rovaniemi (RVN): finnair.com

Drive here / Perhaps you are planning a road trip? How fun! The International E-road network crossing Heart of Lapland includes E4, E8 and E10.

Stay alert year-round, there are plenty of wildlife in the woodlands surrounding the roads and only a few stretches are fenced.

The most common animals to see on the road are reindeer, moose, hare and fox.

Book a transfer / Travel comfortably with the Airport Shuttle to Övertorneå, a smaller transfer that is shared with others. The Airport Shuttle departs twice a day between Luleå Airport and Övertorneå bus station, one morning and one evening tour in each direction. Itnbd.se/flygbilen

To book, call before 5 pm the day before you intend to travel: +46 926-756 95

Private transfer / Several accommodation providers offer private transfer from the airport or train station. The private transfers are usually guided transfers, with a guide as chauffeur, or even the owner themselves. A great way to be introduced to Heart of Lapland. Ask about transfers upon booking your stay.





ROBIN LANDIN, JOCKFALL FISHING AND ACTIVITIES

"WE WHO LIVE IN HEART OF LAPLAND ARE ALWAYS OURSELVES. WE ARE NOT MAKING A FUSS OVER THINGS AND WE ARE HAPPY TO HELP. IF WE MEET A PERSON ALONG THE RIVER, WE INVITE THEM FOR COFFEE. AS A GUEST YOU WILL BE WELCOMED THE SAME WAY — STRAIGHTFORWARD AND GENUINE."

2

Second only to Amazon

Did you know / The world's second-largest bifurcation can be found in Tärendö. A bifurcation means that the Tärendö River gets its water from the Torne River and pushes it into the Kalix River. It is unusual that rivers are flowing into other rivers like this. The largest bifurcation in the world is located in the Amazonas.



Europe's last untouched rivers

Our destination consists of several river valleys with the rivers: Muonio, Lainio, Tärendö, Kalix, and Torne Rivers – the latter are two of Sweden's four national rivers. Here you can enjoy the water from a canoe, bathe, photograph pretty rapids, and fish in some of the world's best fishing waters.

Make your own spruce shoots syrup / When the spruce forests are turning light green, it is time to harvest the little spruce shoots at the tip of the branches.

Keep in mind that spruce shoots are not included in the Right of Public Access – always ask the landowner first. At home, you layer the spruce shoots with lemon and sugar in a jar with a lid. Put it on the windowsill in the summer sun and wait. When the sugar has melted, the syrup is ready to be enjoyed with ice cream or in a dressing at one of the summer BBQs.

The sauna whisk / Enhance your sauna experience with a bunch of birch twigs. Beating lightly on the skin with the birch whisk in the sauna increases the blood flow, the skin gets exfoliated, and the leaves exude beneficial minerals.

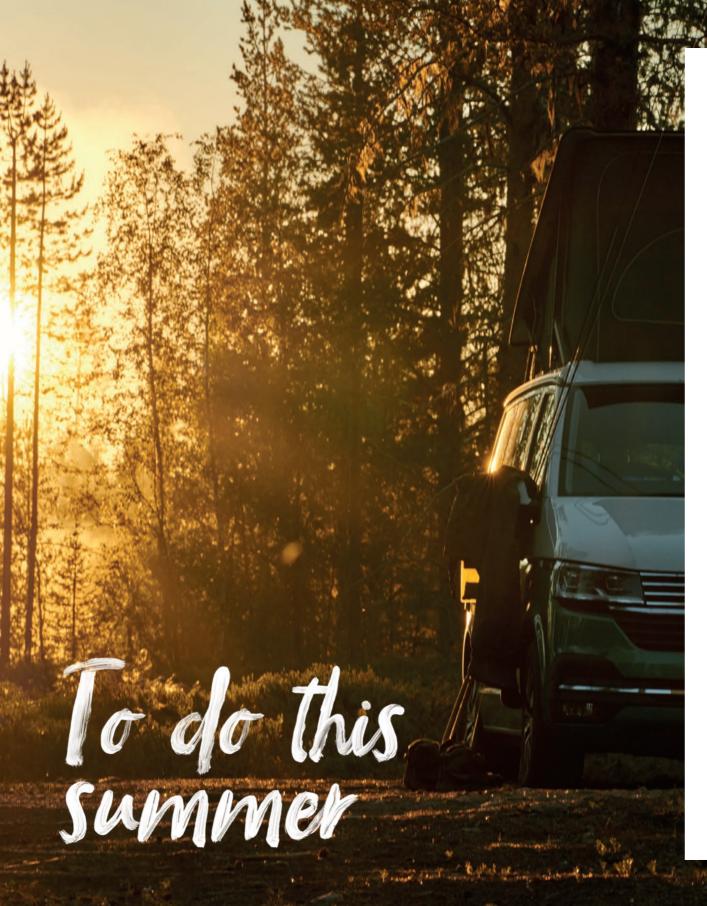


Calf marking / At the end of June, the reindeer are gathered in a corral to mark the reindeer calves born during the spring. Since each reindeer is owned by a member of a Sámi village, each reindeer got the owner's unique reindeer mark: a symbol that is swiftly cut into the reindeer's ear. The calves are following their mothers and are marked with the same marking as its mother. With some luck, visitors can experience the longstanding tradition of calf marking up close.



Tars, tattoos & Rock n' roll!

In June and July, you can visit the popular car shows Midsummer Meet, Övertorneå Cruising, and Classic Motor Meet to admire classic cars and listen to live music.



Island-hopping in the Arctic archipelago

With 1440 islands and 440 kilometers of coastline, there is plenty to explore in Kalix and Haparanda archipelago. In other words, plenty of places to discover if you're up for life at sea, sandy beaches, magnificent food experiences, and days where the sun never sets. Take a day tour to visit the little islands or stay the night in the Bothnian Bay with incredible views in every direction. Try the exquisite Kalix Caviar while in the archipelago from where it is sourced for an elevated experience! Read more:

heartoflapland.com/archipelago coldadventures.se

Activities on the water

Experience the destination on an adrenaline-filled river rafting activity at Kukkola-forsen or opt for more soft adventures in a canoe. Spend the day on a lake in Rantajärvi or paddle kayak in Kalix River and explore the archipelago with Storöns fisk.

storonsfisk.se rantajarvi.se kukkolaforsen.se

Listen to the military history

Book a guided tour to learn more about the military history and so-called Kalix Line. This is an informative tour suitable for the whole family.

<u>siknasfortet.se</u> kalixriversideinn.se

Stay in an eco-lodge

Eco-living is all the rage and RiipiBo got the perfect eco-cabin for you. Here you got views over a blue lake, a private sauna, and a secluded cabin with a fireplace and solar panels (you can charge your phone!). This environmentally friendly accommodation offers a comfortable stay, embraced by nature. riipibo.se

World-class fishing experiences

Welcome to the mecca for anglers. With our countless lakes, wild rivers, and beautiful archipelagos there is sport fishing and recreational fishing for everyone. Here you find Europe's best salmon fishing. Fish by a majestic waterfall in Jockfall or enjoy an exclusive fishing experience at Camp Onka, above the Arctic Circle.

jockfall.com kengisbruk.com kjoft.com fishyourdream.com

Camper life-freedom

Sleep by lakes or mountainsides, in quiet forests, or by wide beaches. Life on your own wheels gives you plenty of choices. Combine it with adventures or just enjoy your surroundings. Wherever you feel like staying, a modern camping or cozy cottage is nearby. Check out the campsites that offer amenities for campers with tents, caravans, motorhomes, RVs, mobile homes, or vanlife-dwellers:

heartoflapland.com/accommodation

Arthotel Tornedalen

Spend some nights at a boutique hotel amongst unique art pieces placed in an airy Scandinavian atmosphere. arthoteltornedalen.se

Haparanda Stadshotell

Stay in a historical hotel where revolutionaries, anarchists, spies, madams and barons, and many more have made their mark on history.

haparandastadshotell.se

Cape East

Have a getaway at Sweden's easternmost spa resort, right on the shore of the Torne River. capeeast.se

Grand Arctic Resort

This hotel is the perfect family getaway with immediate access to play areas and a pool during the summer.

explorethenorth.se/
our-lodges/grand-arctic-resort

Pinetree Lodge

Spend a night at this secluded lodge with a private lake in the middle of the Arctic forest.

explorethenorth.se/our-lodges/pinetree-lodge

Kalix Vandrarhem

If you are looking for a budget-friendly accommodation option, this hostel at a local school is a good base for exploring the area. kalixfolkhogskola.se

Filipsborg

Enjoy this Arctic Mansion with lots of history. Today it is family-run with attention to detail. filipsborg.se

Lapland Guesthouse

Stay at this relaxing guesthouse, each room with a unique design and timber features. laplandguesthouse.com

Nordic Lapland Resort

Longing for beach life? Frevisören offers a sandy beach, great food, and several options, for staying the night nordiclapland.com

Hotell Gamla Staden

Stay at this old town hotel with an

English-style pub in central Kalix.

hotellgamlastaden.se

Arctic River Lodge

This is where you get a luxurious yet relaxed environment for your overnight stay.

explorethenorth.se/our-lodges/

Lapland View Lodge

arctic-river-lodge

Enjoy incredible views from your bed atop the mountain Luppio.

explorethenorth.se/our-lodges/lapland-view-lodge

Ice and Light village

Comfortable igloo living? Stay warm and cozy by Kalix River in Instagramfriendly igloos.

ice-and-light.com



heartoflapland.com/accommodation









Becoming a local

Midsummer celebrations / Midsummer is an important Swedish tradition and is celebrated around the summer solstice. It is a public holiday in Sweden, filled with magical myths. Dress in light or colorful clothes and put a midsummer wreath on your head - this goes for all genders. Pickled herring, new potatoes that you dip in a cup filled with melted butter. BBQ, and fresh salads are often found on the midsummer table. In the vard, you'll find the midsummer pole, dressed in birch leaves. sometimes decorated with flowers, ribbons, or Swedish flags. In the evening everyone dances playfully around the pole. And remember, according to the myth, you should pick 7 or 9 different flowers and put them under your pillow, which will make you dream about your future partner. Enjoy the midsummer festivities in almost every village and take part in wreathmaking, dancing, and savor the amazing summer dishes.

Jakobgården / Next to the big lake Djupträsket, you'll find Jakobgården with a small-scale sheep farm and a farm shop. Here you can stay in a house with lots of countryside charm and sheep roaming outside your window.

Facebook: @jakobgarden

Swim the Arctic Circle / Swim back in time, across the Arctic Circle, all while crossing a country border. Swim the Arctic Circle is an open water swim contest in Torne River, which is held in July every year. The night race happens under a golden midnight sun and you might reach the finish line the day before you started! swimac.eu

Fish for whitefish with net / This unique method of catching the whitefish has been used for 500 years and involves a net with a long shaft. The whitefish can be caught from the beginning of June until mid-September. You can try it yourself together with an instructor – and you'll get to keep all fish you catch during the hour. If you just want to enjoy the flavors, we recommend the activity whitefish grilling in a smoke hut.

kukkolaforsen.se

The sauna / Some say that when you build a house in Torne Valley, you build the sauna first. The sauna is more than a hot room or building - it is a cultural ritual and tradition. This is where women gave birth back in the day, where the dead was prepared for burial before we had funeral homes, and where many important decisions still are made. It is healthy for your heart, your skin, and your mind - there is something about the sauna that grounds you. Steamy, smoky, wood-fired, electric - there are plenty of different saunas to try.

Log driving / Back in the day, the timber was moved downstream using the current of a river. At their destination, each log got sorted after its owner. Vassholmen in Kalix is a place where the logs used to be sorted. Today, it is a cultural island where you can learn more about log driving and take part in other cultural events. You can reach the island by an accessibilty adapted bridge.

kalix.se/Uppleva/Kultur/Vassholmen







Experience the sauna

Rejuvenate your mind and body with a traditional Torne Valley sauna session at the home of the Swedish Sauna Academy.

kukkolaforsen.se

Learn about the local history

Visit the summer pasture Hanhivittikko, idyllic meadowlands where you can watch grazing cows and learn more about the traditional way of life in Torne Valley.

hanhivittiko.se

Farm shops and second-hand stores

Visit farm shops to buy locally produced delicacies and artisanal food. Second-hand stores and flea markets are great for finding trinkets and antiques to bring home as a memory.

heartoflapland.com/sustainable-shopping

The taste of Swedish Lapland

The local cuisine / Experience diverse meals with natural ingredients of high quality, straight from the forest, river and sea. Here you'll find traditional dishes on the menu such as reindeer, moose, grouse, and capercaillie served with freshly picked berries. Fish like salmon, grayling, and whitefish are local delicacies and a culinary must in this area. Kalix Caviar (Kalix löjrom) is an exclusive local treasure that simply can't be missed!

The terroir / Thanks to the midnight sun and our bright summer nights, we gain an extra month, making it possible to grow a lot of crops in our latitude. At the beginning of summer, the rivers flood the fields, making the soil fertile and easy to work with once the water level has returned to normal. The light, the fresh air, and fertile grounds together make the wild berries and grown vegetables filled with healthy vitamins.

Say cheese / Coffee cheese is a modern Lappish dessert made from cow's beestings. The milk is curdled and set to form a disk and then baked in the oven which gives it its distinctive charred marks. Traditionally served in slices as a side dish with coffee, and if you're lucky, it's served with cloudberry jam on the side.

The bread border / Local cuisine differs from place to place in the north and this is something a foodie will notice. Locals refer to the border between Kalix and Torne River as a "bread border". An excellent opportunity to explore the different tastes between the Torne Valley barley bread Rieska and the Kalix River valley's bread Klådda, made of wheat.

Dip in a cup / This is a traditional dish from the Torne Valley, eaten all year round, but especially delicious when accompanied with new potatoes in summer. Try it yourself:

- 1. Cook new potatoes
- 2. Put finely chopped dill, spring onion, and yellow onion in a cup.
- Melt butter and take a tablespoon of the potato water into the butter and stir
- 4. Pour the butter over onions and dill, into the cup
- 5. Serve with new potatoes, smoked whitefish, and marinated salmon on a plate. All you need to do now is dip each bite of food in the cup and enjoy!

Ps. You can substitute the fish for spicy sausage, other fish, or vegetables. Use vegan butter for a vegan option.

Pick blueberries / The first blueberries are ready to pick and eat in late July. Head out into the forest - they are easy to spot and grow wild almost everywhere. Packed with vitamins and antioxidants, this dark blueberry is healthy for you and especially delicious when eaten freshly picked.

Hunt for cloudberries / Cloudberries can usually be found on and around mires. But not always - the berry can be a little hard to find some years. The best spots to find the sweet golden berries are often a highly guarded secret by the locals, even from each other. If someone tells you a good cloudberry spot, they are probably your friend for life!

Drink a glass of Sima / Sima originates from Finland and is a crisp drink to enjoy on a warm summer day. The beverage was once called mead. It is still a staple in many homes in Torne Valley around holidays and festivities. The beverage has a very unique flavor and is well worth a try during your summer visit. tornedalandcompany.com

Locally produced condiments / Visit Pesula's farm in Kukkola where they grow large fields of rapeseed and mustard. The farm produces organic, high-quality oil with a nutty flavor from the rapeseed and mustard with different flavors. You can buy oil and mustard from their farm shop, as well as other locally produced products. <a href="elements-element

Whitefish grilling / Grill a fresh-caught whitefish over an open fire in the timber smoke hut and listen to the local fishermen telling truthful and not-so-true stories about the life by the river. kukkolaforsen.se

Unique Sámi outdoor food and drink experience / Visit the world's biggest outdoor bar and restaurant in Liehittäjä. Huuva Hideaway will take you on a unique Sámi food- and drink experience in the middle of the forest. huuvahideaway.com

Gin tasting / Taste the mountains, the forest, and the fusion of extremes at the multi-award-winning gin distillery Norrbottens Destilleri. Book a gin tasting or an exclusive dinner to experience something new. ndgin.com

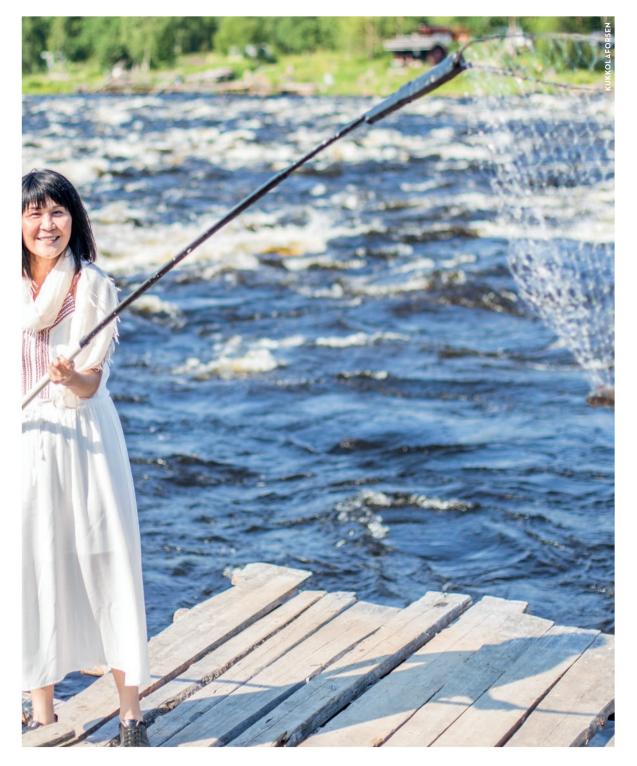












Heart of Lapland is the destination organization that works to develop and market the tourism industry in the eastern part of Swedish Lapland - with its main destinations Haparanda, Kalix, Pajala, Överkalix and Övertorneå. Here in the borderlands between east and west, we refine our lifestyle and everyday life into unforgettable experiences and season them with the warm reception for which the area is known. heartoflapland.com @heartoflapland



