



one year in
**Heart of
LAPLAND**

HAPARANDA KALIX PAJALA ÖVERKALIX ÖVERTORNEÅ



One year in Heart of Lapland

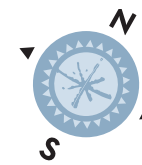
Discover the river valleys, cross the Arctic Circle and speak with locals who have grown up bilingual. This is where the sun never sets in the summer and where the northern lights dance across the dark winter sky. This is where you can taste the forest and drink the sea. This is the beating heart of Swedish Lapland.

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, Övertorneå 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.

www.heartoflapland.com @heartoflapland

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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. ltnbd.se

Bus from Stockholm to Haparanda/Tornio: tapanis.se

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. ltnbd.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.



Where to stay

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

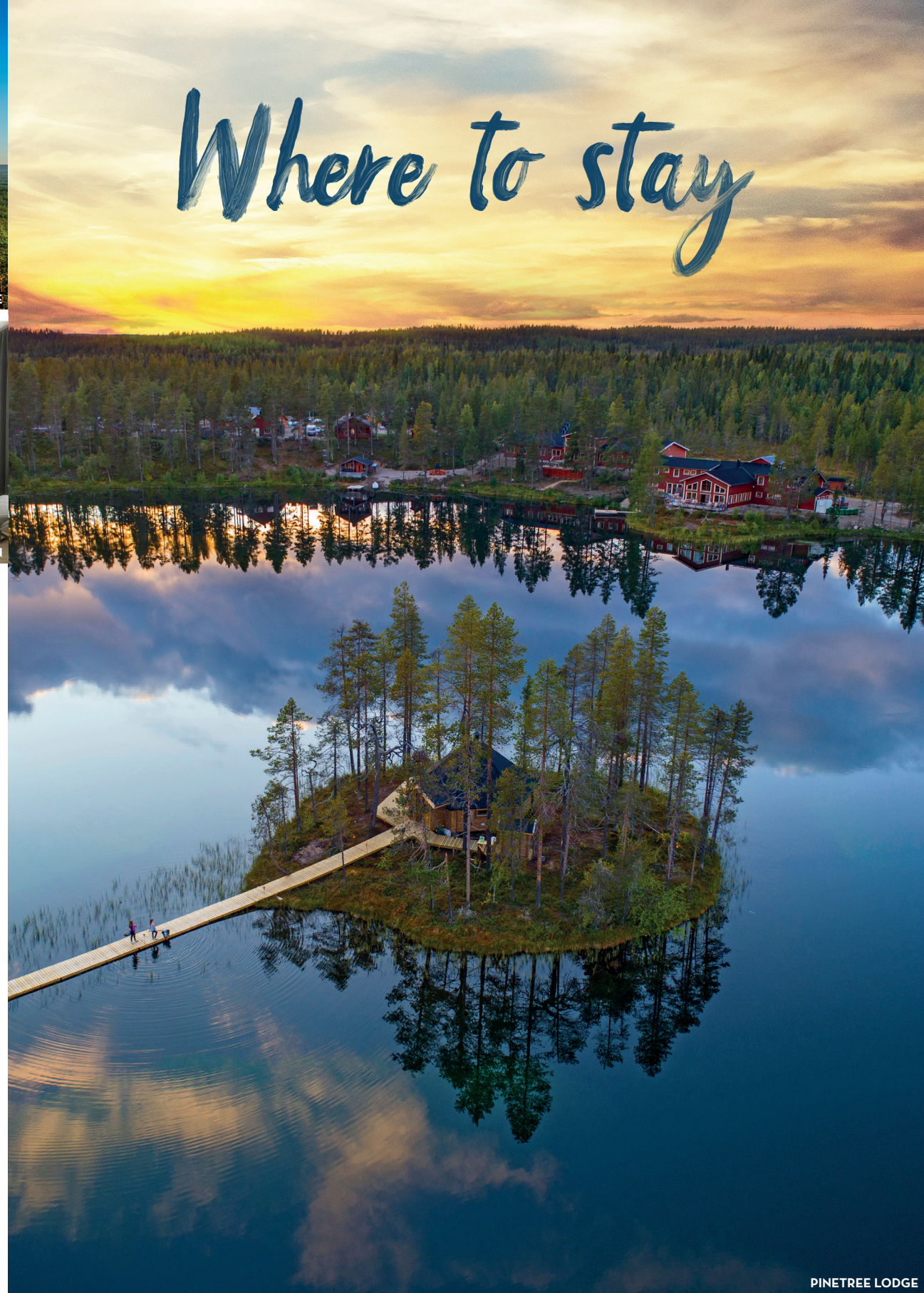
Arctic River Lodge / This is where you get a luxurious yet relaxed environment for your overnight stay. explorethenorth.se/our-lodges/arctic-river-lodge

Lapland View Lodge / Enjoy incredible views from your bed atop the mountain Luppjo. explorethenorth.se/our-lodges/lapland-view-lodge

Ice and Light village / Comfortable igloo living? Stay warm and cozy by Kalix River in Instagram-friendly igloos. ice-and-light.com

Kukkolaforsen / Experience two cultures and stay right on the banks of Torne River, with a view over Finland on the other side. kukkolaforsen.se

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



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

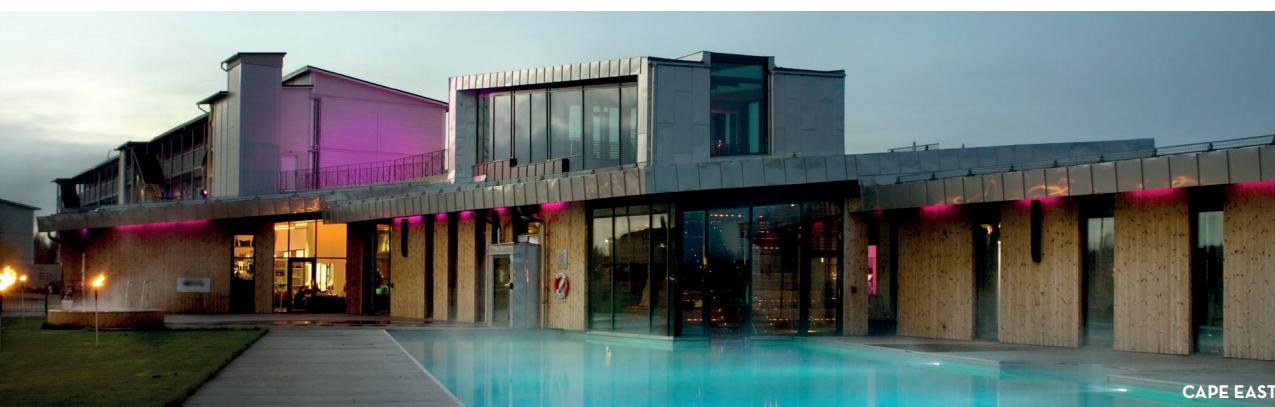
Filipsborg / Enjoy this Arctic Mansion with lots of history. Today it is family-run with attention to detail. filipsborg.se

Cold Adventures / Stay in a luxurious archipelago house with your private beach and harbour, or choose a cozy cabin on the island Getskä, 20 kilometers from the mainland. coldadventures.se

Kalix Riverside Inn / Relax in a family-friendly place at the shore of Kalix River. kalixriversideinn.se

Jockfall Turist & Konferens / Enjoy a stay next to a majestic waterfall. jockfall.com

Rantajärvi Vildmark / Sleep in comfortable cabins, or embrace nature with a night in a wilderness camp. rantajarvi.se



this is Winter

The temperature drops. The snow creaks under your feet and a billion tiny ice crystals make everything glisten. It is winter.

The trees are heavy under the snow, creating beautiful postcard images. The cold stings your cheeks. Your breath comes out as smoke, and you dress in layers to keep the warmth at the winter adventures.

The polar night arrives in December and the sun stays below the horizon. It is also called kaamos – a winter light that is exceptional to experience. Most people celebrate Christmas here, and the villages are draped in glowing lights.

It is crackling from the fire inside the houses, the wool socks are on, and you can finally use your snowmobile again. January is usually the coldest month of the year. If you want to experience really cold days, this is the time to visit. The snow continues to grow yard thick .

The light returns for real in February. Take the kick-sled around town, enjoy a warm beverage by the fire, and roll in the snow after the sauna.

This is winter in Heart of Lapland.

DECEMBER JANUARY FEBRUARY





Polar nights Kaamos

December brings the polar night – Kaamos. During a few days or weeks, depending on how far above the Arctic Circle you are, the sun doesn't reach above the horizon. You can experience indirect daylight with amazing skies that range from a soft grey to a vibrant pink and ends with a midnight blue color right before dark.

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*"Here we get close to our guests as if they sat at our kitchen table. We show them our beautiful backyard and they leave with a feeling that they are always welcome back."*

– Johan Stenevad, Lapland Guesthouse

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The frozen sea

The coast disappears from the Arctic archipelago in the winter. The ice sets over the Bothnian Bay and creates an almost otherworldly landscape – barren and white. You can walk on the frozen sea with snowshoes, try ice fishing or just enjoy nature's architecture.



Did you know

In Heart of Lapland, we have three minority languages: sámí, meänkieli and, finnish. The majority speak native Swedish, and many can hold a conversation in one or more of the minority languages.

Make your own mulled wine

Alcohol-free mulled wine is easy to make. All you need is lingonberry juice, cinnamon sticks, orange peel, whole cloves, and whole cardamom. Bring everything to a boil and let it sit and cool down for at least a few hours to infuse the flavors. Strain the beverage and heat up the mulled wine on the stove or over an open fire. Drink it in good company. Yummy!



80

PERCENT

80% of the world's population can't see the night sky due to artificial lights. In our river valleys, the villages are separated by large forests, lakes, and vast mires. You don't have to travel far to get away from the light pollution. Real darkness offers fantastic starry skies and great conditions for viewing the northern lights. It is also important for the natural ecosystems and the circadian rhythm in both humans and animals.

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Are you longing for crisp, white winters? Of hot cocoa by a fireplace while the snow falls outside your window?

Do you want to make snow angels or ski through fresh powder?

Make your winter dreams come true – Heart of Lapland offers snowy winters.

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A snowy winter



Winter Adventures



The classic dog sled tour

Listen to the sound of paws against the snow and feel yourself be pulled through the winter landscape by the strong dogs. A dog sled tour is a classic winter adventure, yet a must-try when you visit Heart of Lapland. You can just sit down in the sled and relax while taking in the beautiful surroundings. For an adrenaline kick, check if the activity provider offers self-drive, making you the musher, leading the pack across the Arctic tundra. www.explorethenorth.se www.laplandguesthouse.se www.nordiclapland.com

Hunt for the aurora

Experiencing the northern lights with your own eyes is at the top of many bucket lists. Sometimes you are lucky and can enjoy the aurora from your doorstep when the sky is dark and clear. Other times you might have to hunt for the best spot, away from light pollution and clouds. Tag along with a nature guide that will take you on an exciting hunt by minivan or snowmobile. Hopefully, you will be able to catch the northern lights dancing across the sky, having that almost spiritual experience that will become a lifelong memory.

www.filipsborg.se

www.laplandguesthouse.com

www.nordiclapland.com

www.explorethenorth.se



Head out on a snowmobile safari

The snowmobile is both a practical vehicle and a toy for locals. Great for taking you to places that are hard to reach by car or foot, while also bringing you joy. A snowmobile safari is another classic activity where you get to drive your own snowmobile among snow-clad trees, following an experienced guide to beautiful spots.

www.storonsfisk.se www.filipsborg.se www.kukkolaforsen.se

www.explorethenorth.se www.laplandguesthouse.se

Break the ice

Cruise the frozen sea on the icebreaker ship Polar Explorer. Standing on the deck, you see the sea covered by endless solid ice. As the icebreaker begins to travel across the alien landscape, ice blocks rise from the ship's hull and dark water is splashing out.

Behind the icebreaker, the ship creates a pool free from ice where each visitor may swim in the icy water wearing a warm wet suit. Tour the boat from the engine room to the captain's bridge, relax in the cozy saloon and go for a walk on the frozen sea. www.icebreaker.fi



Walk on snow

Buckle up those snowshoes and let's go for a walk. A perfect soft adventure in nature that you can do yourself or with a guide.

www.jockfall.com

www.laplandguesthouse.com

www.explorenorth.se

Reindeer cuddles

Come close to the reindeer on a sled tour, a reindeer walk, or feeding them lichen while learning more about this interesting animal.

www.camptornevalleyexperience.com

www.kaati.se

www.filipsborg.se

www.laplandguesthouse.com

Aim high

Are you up for a challenge? Defy the cold and ski cross-country for several kilometers through an untouched winter forest? Hunting for forest birds is an exciting and challenging form of hunting, which demands both physical and mental strength. When you hit the mark after hours of struggling, the feeling is unmatched – you have to experience it.

www.kjoft.com

www.rantajarvi.se





Duodji

Sámi handicraft, artisanship, and design are called duodji. It is an important part of the Sámi culture, as a livelihood, cultural bearer, and identity creator. The Sámi have always made their own tools and sown their own clothes. The materials are gathered from the reindeer and nature, like roots, birch bark, skin, antlers, and more. Thread made from tin has historically been refined and used in duodji to decorate the gákti or embroider bags and bracelets. Silver is also central in the Sámi culture and was historically both a status item and an investment that you could exchange for other goods. The Sámi silver tradition has kept its roots from medieval times and is today one of the most prominent Sámi cultural properties.

Welcome to the land of the sauna at Kukkolaforsen

Immerse yourself in the Torne Valley culture where the sauna is a prominent tradition. Kukkolaforsen offers everything from the classic wood-fired sauna to the more rustic smoke sauna. With no less than 13 saunas, it's no wonder that even the Swedish Sauna Academy has its home here.

www.kukkolaforsen.se

New Year's - twice!

In these borderlands, the new year is often celebrated twice. Torne Valley is adjacent to Finland, which is one hour ahead of Sweden. At the world's friendliest border in Haparanda, you can enjoy a New Year's dinner at the historic Haparanda Stadshotell. If you are looking for something more casual, dress warm and head to Juoksengi where the New Year's event is happening on the frozen river at the border. At 23:00 Swedish time, we cheer with our Finnish neighbors that step into the new year before us. When the clock strikes midnight, we celebrate again!

www.haparandastadshotell.se

www.wedoittwice.se

Cold bath

Taking a cold bath in a natural body of water does wonders for your health. Stepping down into a hole in the ice or a chilly lake can feel daunting, but just dipping your body and breathing for a few seconds is enough. A cold bath boosts both your body and mind.

www.huuvahideaway.com

www.explorethenorth.com

www.laplandguesthouse.com



The knife as a tradition

The knife is an article for everyday use that to this day is one of the most important tools in both the Sámi and Torne Valley daily life. There are amazing knives designed by skilled craftsmen and women that are a work of art more than an everyday utility tool.

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 were 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. Roll in the snow between the sauna sessions for an extra boost. Steamy, smoky, wood-fired, electric - there are plenty of different saunas to try.

www.heartoflapland.com/arcticwellness

Music

Creativity runs through Heart of Lapland. We have gathered the best songs played by musicians with roots in our river valleys. Check out our Spotify: www.heartoflapland.com/playlist

Torne Valley handicraft

Just like the Sámi, tornevallians have historically made articles for everyday use out of materials found in nature. Bags and clothes from reindeer skin, bowls and tools from birch wood, rag rugs, birch bark boxes, and much more are part of the traditional handicraft in Torne Valley. Lovikka-vanten, the Lovikka mitten, is the most famous tornevallian handicraft. The mitten was created by Erika Aittamaa in the village of Lovikka back in 1892. To this day, only members of the local village association are allowed to knit the original Lovikka mitten.

A romantic getaway

Walk together while the snow is slowly falling and kiss your love underneath the northern lights. Spend the day at Cape East, a modern and cozy spa at the easternmost point in Sweden. Enjoy the jacuzzi and a fizzy drink with views over Torne River. Heat up in the world's largest sauna and book a treatment for the ultimate relaxation. In the evening you check in at Ice and Light's warm igloos by Kalix River. A romantic place to exchange rings, begin your honeymoon or just celebrate the two of you. Love is love.

www.ice-and-light.com

www.capeeast.se

A taste of Sámi

Travel in the world of flavour, from the mountains to the woodlands and down to the river. Discover Sámi food traditions, learn more about nature's pantry, and about cooking and storing food. At the table, you get to listen to stories from the Huuva family history and learn more about Sámi design.

www.huuvahideaway.com



Bake bread in a bakehouse

Communal bakehouses have been common in northern Sweden. Today, some are still used for baking bread the traditional way. In the small timbered building, the stone oven is heated with fire. It is crucial to get the fire going a day before the baking to get a good and even temperature. In our river valleys, we make the barley bread Rieska and Klådda, made of wheat.

www.coldadventures.se



World-class liquor for the winter holidays

With origins in the wild Kalix River, a world-class mulled wine with a gin base is served. Year after year, Norrbottens Destilleri creates amazing combinations of flavours where local produce is paired with surprising ingredients. What about sea buckthorn jalapeño or soft meadowsweet? The classic Christmas spices are complementing the mulled wine for you to enjoy during the winter holidays. Experience the mulled wine and other gin drinks at the distillery.

www.ndgin.com



Flavours of the Arctic

A hearty soup

It is nice to eat something warm after a winter adventure. Köttsoppa is a Swedish clear meat and root vegetable soup, often made with moose meat. It is easy to cook the hearty soup yourself.

You need:

- A piece of moose meat, preferably with bone (it is fine to swap it for beef from one of our local farms)
- A bunch of potatoes
- Some carrots from the summer harvest
- Bouillon cube
- Bay laurel and whole allspice

Directions:

Cut the meat into mouth-sized pieces. Keep the bone and fat, they add flavour.

Put the meat in a deep pot and cover the meat with water

Bring the water to a boil and use a spoon to scoop up the foam.

Put in bouillon cubes, some bay laurel, and whole allspice

Let it simmer under a lid for about 1,5 hours or until the meat feels tender.

Peel the potatoes and carrots, cut them into smaller pieces.

Add the potatoes and carrots to the soup, fill up with water if needed and let it boil until they are soft

Serve with some delicious bread.





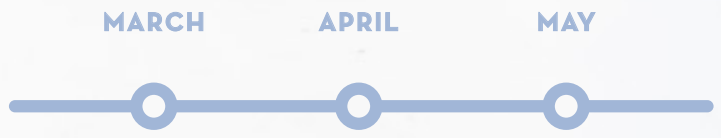
The sun feels warm on your face. The sky is blue, a contrast to the crisp, white snow. The days are longer, and we spend all our free time outdoors in March. It is the perfect time for cross-country skiing, ice fishing, or just enjoying a sunny spot in the snow. The snowmobiles are speeding on the frozen river all the way into April.

Easter is celebrated with active days in nature and the dress code is long johns. The weather in April can be fickle. Large snowflakes fall one day, it is cloudy and gray the next, and a few days later the sun is shining, and the icicles are dripping. We enjoy the snow as long as it lasts and usually have to shovel our way to the Walpurgis bonfire. We chop away ice from the deck and warm ourselves against the house.

Walpurgis night is celebrated with family and friends, or with other neighbors around a community bonfire. May is the month when nature is reborn. The snow melts away, the warm weather returns, and the ice breaks in the rivers.

Welcome to experience spring-winter in Heart of Lapland.

This is spring-winter



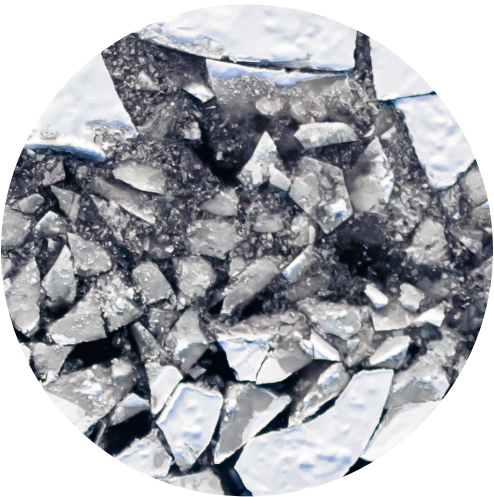


The favorite season

March and April bring mild weather and longer days. We ski cross-country, drive our snowmobiles, and hang out in the sun that feels warm again. The frozen lakes are used for ice fishing competitions, and we shovel snow without a jacket. The spring-winter is our favorite season.

EXPERIENCE THE ICE BREAK The winter is releasing its grip and the ice breaks. The ice break usually occurs during the first weeks of May. Some years it is very calm – the ice is slowly melting away, and the rivers are flowing free again. Other years it is really dramatic when the strong current is forcing the ice away.

The ice cracks into huge chunks and is pushed up on land. If you are lucky, you might time the ice break with your visit and experience the natural show first-hand.



"OUR SMALL – SCALE ACCOMMODATION GIVES US MORE TIME TO ATTEND TO THE GUESTS. FROM THE FIRST CONTACT WITH US, THEY CAN FEEL THAT I AS A HOST AM GENUINELY RESPONSIVE, AND THEY ARE WELCOME WITH THEIR WISHES AT ANY TIME. EACH GUEST CAN GET A LOT OF ATTENTION OR ENJOY THEIR STAY IN PRIVATE – WE TAILOR THE EXPERIENCE ACCORDING TO THEIR NEEDS."

– MAARIT LINDVALL, ICE & LIGHT VILLAGE



A SPOT IN THE SUN

We long for the sun and what is better than a perfect spot in the sun? Find the south and dig out a bench from the snow so you can sit down comfortably. Use the leftover snow to create a cover from the wind. Use a sit pad or a reindeer hide to sit on, pour the coffee and savor the scent mixed with fresh air. Sit back and feel the warmth of the sun against your cheeks. Enjoy.

Remember!

Bring sunscreen and sunglasses – the snow reflects the sunlight. It can be sharp for your eyes and give you a tan.

DID YOU KNOW? When a broom is leaning against someone's front door it is a sign that no one is home. It is called the Torne Valley lock. Historically, this sign was used instead of actually locking the door.

Outdoor living



Join an ice break safari

Spend a few spring-winter days in a tipi tent on a camp at sea. Here you are surrounded by nature and can listen to birds and the singing from the ice. Come along on an adventure in the thawing archipelago. Bathe amongst the ice sheets and experience the ice break up close.

www.coldadventures.se



Look for seals in the archipelago

Where the archipelago ends and the sea begins, that's where the seals are playing. A guided photo excursion will take you to their natural environment. With some luck, you can watch the seals at a distance that doesn't disturb them and get some pictures.

www.storonsfisk.se

www.innala.se



Try your ice fishing luck

Ice fishing can be a wonderful group activity. Bring a sit pad or reindeer hides, a thermos with coffee, tea, hot chocolate, Swedish Fika, or perhaps sausage to grill. Help each other drill holes in the ice and enjoy the sun and the company while waiting for the fish to bite. It can also be a good way to relax on your own and practice mindfulness. Listen to the drill work its way through the ice, feel the warmth of the sun against your face and hear the birds sing.

www.rantajarvi.se

www.kalixriversideinn.se

www.laplandguesthouse.com

www.jockfall.com

www.kjoft.com



Enjoy the spring-winter on cross-country skis

Roll up your sleeves, put on sunscreen and your cross-country skis. One of the best ways to enjoy the spring-winter is on a lovely tour on skis when the sun is shining, and the weather is pleasant. Ski through nature on your own or with a guide.

www.arthoteltornedalen.se

www.explorethenorth.se

Try Swedish Fika

Swedish Fika is much more than a cup of coffee and baked goods. Fika is about being in the present with yourself, your partner, family, friends, or new acquaintances. Fika is a moment of bliss at the dinner table, on the cross-country ski tour, outside by the fire, on the couch, or at a cozy café. Sometimes you only have 15 minutes, sometimes it turns to hours. Try Swedish Fika in Heart of Lapland.

Facebook: @brannvallscafe @vevvescafe

@alvbodan @stencafe @tornedalandcompany



Watch the birds return

A sign of spring is when the birds return. Keep an eye out for the common chaffinch, northern lapwing, and the Eurasian curlew with its long bill. Listen to the great tit's song, which is a characteristic sound of spring in Heart of Lapland. Bring your binoculars and experience nature's entertainment!

www.arthoteltornedalen.se



Walpurgis night

The arrival of spring is celebrated on Walpurgis night. Here in the heart of Swedish Lapland, the neat garden piles from the autumnal yard cleaning are uncovered as the snow is thawing and becoming the spring-winter bonfires. Walpurgis night is a holiday celebrated with family or friends. Some villages have a communal bonfire where the locals gather for grilling sausages.

The history of skiing

The world's oldest preserved ski, the Kalvträsk ski, was found here in Swedish Lapland and is 5200 years old. The Sámi were described as skiing people back in the 500s and skis used for hunting are carved on runestones from the Viking age. Skis have always been a great way to travel across the frozen landscape. The first cross-country ski competitions were held in the 1800s. Up until 1970, cross-country skis were made from wood. Modern skis are light and made of plastic and/or fiberglass.

Experience international art and design

Lean back in a designer armchair with a book, surrounded by art pieces and paintings made by international artists. Arthotel offers a warm and beautiful atmosphere where you can feel at home, even if you don't know anything about art. With some luck, you can time your visit with one of the art gallery Konsthall Tornedalen's exhibits in the village, or the opportunity to experience mind-bending performance art by Institutet. The surrounding landscape in its spring-winter costume is as dramatic and wonderful as the art. Welcome to a place filled with contrasts.

www.arthotel Tornedalen.se www.konsthall Tornedalen.se www.institutet.eu

Building traditions

Small barns scattered across the fields, big linseed oil-painted Torne Valley mansions with Finnish-Russian influences and classic farmhouses in timber are all part of the quintessential landscape in Heart of Lapland. Wood and timber houses have always been common building styles through the different eras. The classic farmhouses were built in a square with the residential house on one side, barns and outhouses wrapping around the yard – something that made work easier at the farm back in the day. At the driveway, you can spot an aitta. It's a tall and timbered storage shed, which historically was a symbol of wealth. Today, many are still using their aitta as storage. The aitta is both a cultural bearer and beautiful to take pictures of. Most fields are used to this day, creating an open landscape that offers amazing views over the cozy villages and buildings in our river valleys.

We would love it if you tag @heartoflapland on your journey.



Outdoor dining

The coffee

The smell of coffee in the fresh air. Black and steaming. For centuries, coffee has been a stimulant for the locals in Heart of Lapland. Kokkaffe – coffee made over an open fire, is a spring-winter activity in itself.

www.arctictreats.se

Dried reindeer meat

Dried reindeer meat is a delicacy best enjoyed in all its simplicity, thinly sliced. Eat it while ice fishing, on a break when cross-country skiing, or with your feet up on the couch. The dried meat is also suitable on a cheese or charcuterie board. Buy dried reindeer meat here:

www.tren.se www.kerravilt.se www.ronnbacksfisk.se

Sausage and slow living

The Arctic lifestyle has always been about slow living – a mindful way of life where you are enjoying each moment and being present. Connecting with others and spending time in nature will help you stay grounded. You can spot the locals outdoors around the fire, often grilling a sausage on a stick, talking to each other, and turning their faces towards the sun. It is slow living at its finest.

www.riipibo.se www.huuvahideaway.com

Make your own dried meat from reindeer or moose

During the spring-winter, you might spot pieces of reindeer and moose meat hanging outside the houses to dry. The spring-winter winds and sub-zero degrees create excellent conditions to make perfect dried meat. Dried meat is also nutritious and durable.

To dry your own meat, you'll need:

5 dl water

9 dl coarse salt

1 dl sugar

Bone-free reindeer or moose meat (shoulder or steak)

Directions:

Bring water, salt, and sugar to a boil. Let it cool.

Cut the meat along the fibers. Please keep in mind that the meat shrinks when dried.

Put the meat into the salt water and let it sit for 10-12 hours.

Rinse the meat in cold water and make a hole in each piece with a knife. You can tie a rope through the hole or hang the meat directly on a nail.

Let the meat hang outside and air-dry for a minimum of 10 days. If it is very cold or humid, add more days. If it is too warm, the meat should be protected from birds and flies with a net.

Small pieces dry faster.

Taste the meat during the process to find your own preference.

The river valley women

Torne valley and Kalix River valley have always been known for their strong-willed women. Historically, they managed both the heavy physical labor on the farms and took care of the home and children while the men worked in the forest, mine, or were at war. The entrepreneurial spirit grew strong, which you can still see today in young women from the area. The valleys also attract entrepreneurial women from other places in Sweden and the world. About half of the tourism businesses in Heart of Lapland are owned and driven by women. Here are four historical trailblazing women from our river valleys.



Elin Pikkuniemi

Sweden's first cross-country ski queen

The very first Swedish cross-country ski queen, Elin Pikkuniemi, was born 1895 in Vojakkala outside Haparanda. She won the Swedish championship in cross-country skiing five times between 1918-1922. To build cardio, Elin visited her sister in Seskarö after the workday as a teacher in Vitsaniemi. She took her skis 40 kilometers – one way. When the cross-country ski championship was held 1912 in Boden, she traveled by skiing 100 kilometers to the race. After she won the competition, she took her skis back home again. During her active years, Elin was faster than many of her male club colleagues, who were male elite skiers. The story goes that Elin was modest and humble. She never yelled at other ski competitors to get out

of her way if she needed to pass them. Instead, she passed them at the side of the tracks and said a few encouraging words. At the end of the 1950s, she moved to Stockholm where she continued to work as a teacher. She bought a motorcycle and traveled around the USA on two wheels, visiting family and friends that had emigrated from northern Sweden. During the 1970s she moved to Hälsingland where she spent the rest of her life. Elin never married but lived together with Grata Palmquist for more than 30 years.



Erika Aittamaa

Innovator and creator of the Lovikka mitten

Erika Aittamaa was a Swedish artisan and innovator. She was born 1866 in Junosuando, married a lumberjack and moved to Lovikka. She had seven children, and the family was poor. One way to increase the income was to knit mittens upon request from villagers that had more money. The customers gave her the wool that she spun into yarn. Erika was very skilled and quickly got a great reputation. In 1892, she received an order for work mittens for a man who worked in the forest. Since the mittens needed to be thicker, warmer, and more durable than normal, she spun a thicker yarn. The man was not happy with his mittens and thought they were too hard. Erika washed and brushed the mittens several times. Suddenly the Lovikka mitten was created – functional, soft, and durable. Erika also started to embroi-

der the sleeve with colorful yarn, which she argued attracted the Sámi customers and added a tassel so you could hang up the mittens to dry. The Lovikka mitten got more and more popular and the Aittamaa family's economy got better. In 1930, when they did a census, Erika was titled "mitten manufacturer". After Erika's death, the villagers kept knitting mittens in the same pattern, using the same method. The village association registered the Lovikka mitten (Lovikkavanten) as a brand.

Only a few selected are allowed to knit the authentic Lovikka mitten that carries the brand in memory of Erika Aittamaa.



Siv Cedering

Poet and artist

Siv Cedering was born 1939 in Grelsbyn outside Överkalix. She was a poet and translator, but also an active artist in photography, painting, and sculpture. Her family emigrated to San Francisco when Siv was 14 years old. Siv had an amazing talent for the written word and was very inquisitive. In the spring of 1956, she attended a writing class at San Francisco State University that the beat poet Allen Ginsberg was teaching. That same year, she published her first collection of poems, *Dawn*, with a small publisher. Siv got pregnant and married a successful data technician, which subsequently paused her career. In the early 1970s, she picked up her poetic writing again and published *Letter from the Island*, *Cup of Cold Water* and *Mother Is*. She got a national breakthrough in the USA and traveled across the country. She held readings, guest lectures and taught writing at universities, had her work showcased at art museums and was featured in many cultural contexts. Siv was a trailblazer with her gracious appearance and wrote openly and straightforwardly about female intimacy. She published a sensual manual, *Joys of Fantasy*. Aside from her own poems, she translated several Swedish poets into English. Siv also wrote Swedish novels and poetry during the 1980s. In both her English and Swedish writings, memories from the shores of the Kalix river appear. Siv moved to her own house in Amagansett on Long Island after her divorce. In her later works, you can see her style change to a more thoughtful and story-driven lyric with inspiration from Japanese culture, natural science, and astronomy – sometimes with erotic innuendos. She rarely describes the American landscape, instead she brings the reader on her inner journey to the rivers of northern Sweden. Siv Cedering's poetry is one of the best a Swedish woman has created during the 1900s.

To this day, there are many brave and innovative women in our river valleys. Here are some of the businesses owned and run by strong, prominent women in Heart of Lapland:

www.arthoteltornedalen.se www.huuvahideaway.com

www.haparandastadshotell.se www.kukkolaforsen.se

www.ice-and-light.com





Mia Green

Photographer, pioneer, humanist

Haparanda's first photographer, Mia Green, was born in 1870 and grew up with her grandparents in the Skellefteå area. Mia was artistic and planned to be a seamstress. But after moving to Stockholm, she studied photography instead, which in the late 1800s was an up-and-coming trade open to both men and women. After her education, she returned up north, working as a photography assistant for Fredrika Bergström in Piteå, one of many women photographers that were active in Norrbotten county. Mia Green moved to Haparanda in 1895, since the town did not have an established photographer. She opened a studio and photo store in the same house where she lived. She married and had four children. Mia kept working hard and combined work with family duties. She hired students and photography assistants, all women, and several of them later opened their own studios. Mia was also the first one in Haparanda to buy a bicycle in 1900, which she used as transportation to photo locations. She photographed

everything from portraits to interiors and exteriors. During the first world war, tons of mail, goods, and people passed the border in Haparanda and Karungi, putting the area on the map. During the war, Mia captured many dramatic events and everyday life on film. Mia was not content with just documenting the war for the local and national press, she also helped injured people in need. She had a huge social engagement and was politically active as a member of the Association for women's right to vote and as a representative on the town board. She also funded Haparanda's first elderly home for poor seniors, which was inaugurated in 1923. It is said that she visited many of the war profiteers that made a lot of money off the war and basically forced them to donate money to the elderly home. Mia Green was described as impulsive, outgoing, and strong-minded. Haparanda named a park after Mia Green, decorated with a bronze bust of her with the inscription "Photographer, pioneer, humanist".



This is summer

JUNE

The arrival of summer almost happens overnight. Suddenly you are traveling through lush areas, surrounded by vibrant green birch trees. The powerful rivers are crashing through the landscape, flooding the fields in early June.

JULY

You can take a boat tour amongst old barns and get a new perspective before the water level recedes. Locals live a lot by the lakes and rivers all summer – bathing, fishing, paddling, and enjoying the warmth – or heading out in Sweden’s northernmost archipelago for island-hopping.

AUGUST

The summer days are never-ending. The golden midnight sun creates a magical glow from June and most of July.

Come mid-August, the twilight nights are cool, shimmering with cozy lights, a perfect time to hang out with friends and family.

This is summer in Heart of Lapland.



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 Tändö. A bifurcation means that the Tändö 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, Tändö, 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 land-owner 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.



Cars, 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.



Summer activities

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 Rantajarvi 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.

siknasfortet.se
kalixriversideinn.se

Stay in an eco-lodge

Eco-living is all the rage and RiipiBo got the perfect eco-cabin for you. Here you get 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

the art of 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 yard, 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 wreath-making, 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 flavours, 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 accessibility 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](#)

Taste the forest and drink the sea

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.
3. 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 cloudbberries / Cloudbberries 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. elmersgardsbutik.se

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. kukkolaforseen.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



NORRBOTTENS DESTILLERI



HUUVA HIDEAWAY



WHITE FISH GRILLING / KUKKOLAFORSEN



BIRCH LEAVES SUMMER DRINK



And this is Autumn

The beginning of autumn is soft. The leaves are slowly turning yellow, orange, and red. You can still feel the warmth of the sun in the crisp air during September. Now is the perfect time to forage wild berries, mushrooms, and herbs from nature's pantry. This is also the hunting season when many locals take time off work to hunt for moose and forest birds, which means you'll see several cars parked along the roads. The colorful trees are slowly losing their leaves come October. The mornings are misty and mystical, and the temperature is dropping - making the dewy grass frosty. You can experience some snowfall in late October, but it usually won't stick until November. November is almost like its own pre-winter season. The days are significantly shorter and chillier - a cozy time to curl up by the fire in good company. This is autumn in Heart of Lapland.

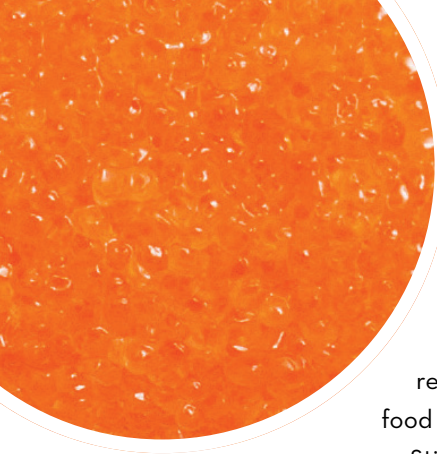
Psst! Autumn is the beginning of the northern lights season. Be prepared for spectacular aurora experiences.

SEPTEMBER

OCTOBER

NOVEMBER





Kalix Caviar is a unique and exclusive food that can only be extracted from vendace fish caught in the brackish waters of the Gulf of Bothnia. The archipelago in Heart of Lapland has a special environment with clean water and low salinity, which the vendace needs to be able to reproduce. The area makes up the world's largest brackish water archipelago, where mineral-rich water from the large national rivers flows into the sea. Kalix Caviar has received the Protected Designation of Origin (PDO), EU's strongest food trademark, together with a few other exclusive products like Champagne, Stilton and Gorgonzola.



Around late September, the reindeer are rounded up for slaughter. The more robust males are chosen, and the rest are released. A large part of the reindeer is used for meat. The skin is either used as a reindeer hide that provides warmth with its natural insulation qualities, or to make shoes, bags and small leather goods. The antlers can be used to create jewelry, buttons, handles for knives, and much more. The Sámi people are careful not to waste resources and reindeer herding is a perfect example of how to live sustainably and in harmony with nature. www.kaati.se



Time for harvest

Head out into the forest to pick wild berries, herbs, and mushrooms. The local farms and people with home gardens are taking up the last potatoes, salads, and other grown vegetables before the first frost hits. The harvest also means making jam and pickling the things not going in the freezer. You can enjoy locally grown seasonal food at almost every local accommodation provider in Heart of Lapland. www.heartoflapland.com/accommodation

KERO x ACNE

Famous for its 'beak' design, Kero is a historical Swedish brand based in Sattajärvi, Heart of Lapland, since 1929. It was worn by Acne Studios' creative director Jonny Johansson in his youth. Known for their unique hand-craftsmanship, for the collection FW22, Acne Studios has collaborated with Kero to create its own take on the Beak, as slip-ons, boots, and pairs attached to chaps that belt at the waist. www.kero.se



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"OUR HEART IS BEATING FOR THE GENUINE, HEARTY, AND CANDID HOSPITALITY. NO MATTER WHO THE GUEST IS, WE LOVE TO SHARE STORIES, KNOWLEDGE, AND THE SÁMI PHILOSOPHY. AS A GUEST, YOU ALMOST BECOME A VISITING FRIEND OR RELATIVE. THOUGHTS ABOUT LIFE, NATURE, CULTURE AND FLAVOURS ARE DISCUSSED AROUND THE FIRE OR DINNER TABLE, WHICH CREATE UNDERSTANDING AND WONDER. HERE YOU'LL FIND EXPERIENCES FOR ALL SENSES."
.....

Autumn is the hunting season. The hunt in Heart of Lapland is almost sacred. Some say even births are planned to happen outside of the first weeks of the hunting season. It's common to take time off work to hunt and enjoy time in nature. The locals hunt for food, stocking their freezers with meat from moose and forest birds. If you want to experience the hunt, you can head out together with a local guide who is licensed to hunt in Sweden. www.rantajarvi.se www.kjoft.com

Did you know? The northern lights occur when particles from the sun hit the Earth's atmosphere. The more active the sun is, the stronger the northern lights are. It means that there are auroras year-round, it's just too bright at our latitude to see them during summer. The northern lights season begins in early September when it is dark enough in the evenings. Since there is no snow around to reflect light, the conditions in the autumn are perfect for aurora hunting.



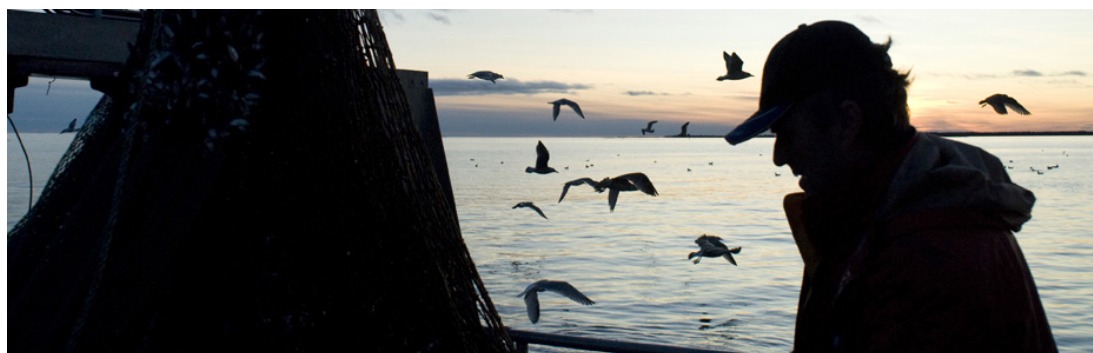
Visit a moose

Get up close and friendly with the king of the forest. You can book a visit with a moose and learn more about the majestic creature. Book by calling Arctic Moose Farm: +46 706 50 60 18



Forage from nature's pantry

Learn all about edible berries, herbs, and mushrooms from nature's pantry. Foraging together with the Sámi family Huuva will also bring you new insights about life in the north and the Sámi philosophy. www.huuvahideaway.se



Meet a fisherman

Meet Roland Stenman, a real fisherman from Storöns fisk. He will give you a glimpse of his life, the traditional small-scale fishing, and how Kalix Caviar is produced. You can also opt for a tour with him in the Arctic archipelago. www.kalixriversideinn.se www.storonsfisk.se



Make your own Kalix Caviar

The process of making Kalix Caviar is a simple, yet delicate one. Experience Kalix Caviar, the people and work behind the exclusive product – and try squeezing it yourself. It's an artisanal activity only available for a few dates every September and October so make sure you book ahead.

www.coldadventures.se



Hike in the crisp air

Autumn is excellent for hiking. The air is crisp, and the colorful foliage creates the feeling of walking around in a storybook. You can head out yourself or have a local guide take you to the best spots while sharing stories about nature and Heart of Lapland.

www.jockfall.com

www.rantajarvi.se

www.explorenorth.se



Feel the mystique and excitement from a different era

Welcome to the legendary borderlands. In the early 1900s, the city hotel Haparanda Stadshotell was the place to be. Haparanda was the European town with the fastest pulse and the only point of contact between the West and the large empires in the East – Russia, Persia, and China. Revolutionaries, anarchists, spies, agents, smugglers, sawmill barons, military and madams, counts and barons – even Lenin was here. Everything from the scents, to the mystique and excitement of this era is forever engrained in Haparanda Stadshotell's exterior and especially its interior. Stay, dine, and experience the alluring hints of interesting guests throughout time.

www.haparandastadshotell.se



head out on a SPOOKY TRIP

Looking for that spooky feeling? Autumn is the perfect time to pack a hot beverage and head out on an alluring and spooky road trip.

You can start above the Arctic Circle at the abandoned cemetery Akamella, once a holy place for the Sámi. Due to plague and famine, the cemetery got crowded. Old graves were dug up and the bones got dumped outside the fence. It is said that the disturbed peace made the souls haunt the place.

After paying your respects, you can continue south to Vippabacken (English: Vippa's Hill), today a popular rest stop. However, long before locals, truckers, and road trippers stopped here for food, Vippabacken was a gallows hill. On November 26, 1821, the last execution took place on the hill.

Continue east to Övertorneå Church where the priest and vicar Johannes Tornberg met his fate in 1717. Robbers that wanted to get their hands on the church silver beat him to death with his own walking stick inside the church. The walking stick is displayed in Övertorneå Church.

Lastly, you can visit Landkyrkan, a natural cave on the mountain Degerberget, outside of the town Kalix. According to legend, this is where Landan lived. Landan was a spirit that presented itself as a woman dressed in red. She could aggravate the locals, but sometimes also help them out of dire situations.

We can't guarantee spirits, but we promise beautiful sights and wonderful stories along the way.

Drive safe!

From northern lights to bespoke design

Magical lights in the sky

The northern lights, the Aurora Borealis, are surrounded by both beautiful myths and spooky stories. According to a Sámi legend, the northern lights were energies from the souls of their ancestors. When the lights occurred, they needed to be respectful, or else one could fall ill or even die. In Finland, the word for northern lights is “revontulet”, which literally means “foxfire”. The Finnish myth says that a magical fox swept its tail across the snow, which sent snowflakes high up in the sky, causing the northern lights. Today, even though we know that the northern lights are particles from the sun that enter our atmosphere, the aurora is just as magical to experience. Some say they can hear the northern lights as a faint sparkle – head out on a cloud-free night, away from artificial lights and listen for yourself.

The northern lights can be seen between September-April when the sky is dark and clear. It is however a natural phenomenon, dependent on the sun’s activity so it’s never a guarantee to experience it even if the conditions are right.

Experience the northern lights

You can experience the northern lights almost everywhere in Heart of Lapland – here are a few recommendations to elevate your adventure:

Take a drive up to Brännabergets Festplats, from where you’ll have amazing views over Överkalix and the dancing aurora

Stay at Ice & Light where you can watch the northern lights from your bed.
www.ice-and-light.com

Head out on a northern lights safari from Filipsborg Mansion. www.filipsborg.se

Escape the light pollution and head out for a night in the eco-lodge at RiipiBo to see the northern lights clearly. www.riipibo.se

Enjoy the aurora show from the forest, way above the Arctic Circle, at Lapland Guesthouse. www.laplandguesthouse.com

Roam the woodlands

Welcome to the woodlands where you can roam free. Sweden has the Right of public access, giving everyone the freedom to walk around in the forest, pick berries and sleep under the treetops, no matter who owns it. It comes with a responsibility though – you are not allowed to disturb the wildlife, litter, pollute or destroy nature. Use only what you need and minimize your footprint. You can read more about the freedom to roam here: The Right of Public Access www.naturvardsverket.se

Singing lakes

When the temperature drops, head out to a lake that’s covered in ice. If you are lucky, a low singing breaks the silence. The sound is peculiar, spooky (especially if it’s dark), and unlike anything you’ve ever heard before. It is a singing lake – a phenomenon that’s rarely talked about. Some locals describe it like a sound you imagine hearing at the end of days, while others think the singing is beautiful.

The lakes sing most often during late fall and early winter when temperatures drop rapidly and the top of the ice cools down faster than the bottom. If the ice is thick, the sound is easier to hear. Usually, there is a cracking sound, followed by low tones.

Please use caution and never step out on the ice if you are unsure if it is thick enough to hold you.

Handicraft and bespoke design

Enjoy everything from traditional handicrafts to bespoke design inspired by the different cultures and nature in Heart of Lapland. The wooden cup is a classic souvenir to bring to future adventures or just sip your morning coffee from. Many places sell wooden cups, or you can make your own at Forest Jewel. You might find handmade Sámi-inspired silver jewelry to wear from Erica Huuva Design. At Kero, you can shop for shoes, bags, small leather goods, or reindeer hides, which are both decorative and warm. There are plenty of farm shops where you can buy design and handicrafts from the area – we really like Tornedal & Co. If you are into a mix of handicrafts, cool clothes, and vintage finds, then we recommend a visit to Lapland Guesthouse.

www.forestjewel.se

www.ericahuuvadesign.com

www.kero.se

www.tornedalandcompany.com

www.laplandguesthouse.com

www.heartoflapland.com/sustainable-shopping



From nature's pantry



The golden Arctic mushroom forest

The yellow chanterelles are well known and appreciated for their fruity scent and taste. You can spot the chanterelles coloring the moss around the archipelago. But there is another golden mushroom that you can find in Heart of Lapland. Matsutake is one of the most expensive mushrooms in the world and is especially appreciated in Japan. The mushroom is common around the dry and open pine moors, however, to keep its value it needs to be picked at a certain size and handled carefully to keep a pristine condition

Please note that there are many poisonous mushrooms. If you don't have the knowledge, make sure to book a foraging guide and never eat a mushroom you can't identify.



Juice and jam

Making your own juice and jam out of all the berries you've picked is a common activity amongst the people in Heart of Lapland. It is easy! Just add sugar and boil with some water for jam. If you want juice, dilute the blend with more water and strain. Enjoy!



Dinner with bay views

Where the archipelago begins, you can enjoy a relaxing sit-down dinner with local flavors – Kalix Caviar is obviously on the menu. Famous for their food, Frevisören Camp & Resort is a lovely place to bring friends and family for an evening meal in the warm restaurant with views over the bay. www.nordiclapland.com



Welcome down to the game cellar

Behind thick granite walls in three deep cellar vaults at Haparanda Stadshotell, you'll find the game cellar – an intimate and different setting with an atmosphere of exclusivity and privacy. Good food covers a wide spectrum when a skilled chef works with produce from our countryside. Here you can sample everything from the deep mystique of a reindeer steak to the harmonious delight of breast of hazel grouse. www.haparandastadshotell.se



The orange super berry

Did you know that the small orange berry sea-buckthorn is a super berry? It is one of the most vitamin-rich berries in the world. Sea-buckthorn can be found wild in the Arctic archipelago and is used for juice, marmalade, or as a flavor in chocolate or desserts. The taste is close to passion fruit.



Taste the exclusive Kalix Caviar with friends

Bring your friends for a taste experience in the archipelago of the Bothnian Bay. Enjoy award-winning gin from Norrbottens Destilleri, paired with Kalix Caviar and topped off with Arctic Treats' chocolate, all while learning everything about the amazing artisanal food in Heart of Lapland.

www.coldadventures.se

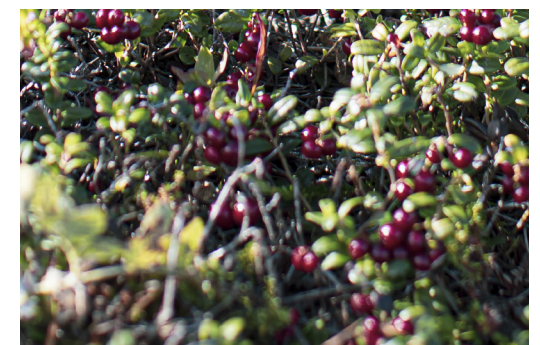
www.ndgin.com

www.arctic treats.se

Kalix Caviar café by Arctic Treats

Step into the warm lavvu and sit down by the fire. You will be served Kalix Caviar, grilled vendace, and coffee made over an open fire.

www.arctic treats.se



The healthy lingonberry

Packed with vitamins and antioxidants, the lingonberry is a staple of our cuisine. It is a tough little red berry with an evergreen bush that covers 5% of Sweden's forests. If you pick it after the first frost, in late autumn, the berry will taste sweeter.

Ode to fire

We love to gather
around you

sharing stories
becomes so easy

Sometimes we
are quiet listening to
your crackling sound

Oh fire, you inspire

You keep us warm at
home and in nature

The sauna wouldn't be
the same without you

You make the meals
and coffee so delicious

Oh fire, you inspire

