





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: tapanis.se

ryanair.com

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



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), the 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.camptornevalleyexperience.com



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.

KERO × 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



"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 RELA—
TIVE. THOUGHTS ABOUT LIFE, NATURE, CULTURE AND FLAVORS ARE DISCUSSED AROUND THE FIRE OR DINNER TABLE, WHICH
CREATE UNDERSTANDING AND WONDER. HERE YOU'LL FIND EXPERIENCES FOR ALL SENSES." — PIA HUUYA, HUUYA HIDEAWAY

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 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

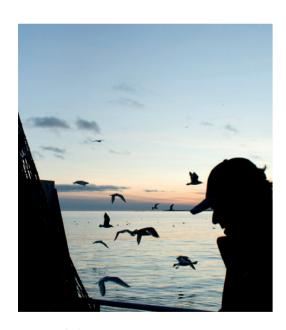
Did you know? The northern lights occur when particles from the sun hit the Earth's atmosphere. The more active the sun is, the stronger the northern lights are. It means that there are auroras year-round, it's just too bright at our latitude to see them during summer. The northern lights season begins 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. Arctic Moose Farm: +46 706 50 60 18



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



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



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.

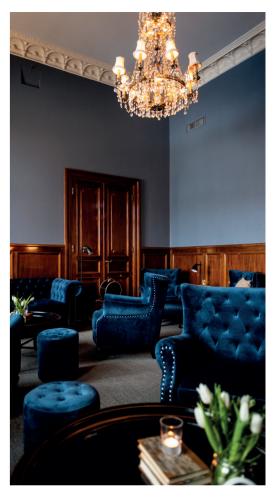
www.coldadventures.se



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.explorethenorth.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 northern lights safari from Filipsborg Mansion. <u>www.filipsborg.se</u>

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

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 cloudfree 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

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.



The taste of Swedish Lapland



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 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.



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.arctictreats.se



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



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.

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.



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



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.arctictreats.se



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!



Filipsborg

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

Cape East

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

Kukkolaforsen

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

www.kukkolaforsen.se

Lapland Guesthouse

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

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. www.kalixfolkhogskola.se

Hotell Gamla Staden

Stay at this old town hotel with an English-style pub in central Kalix. www.hotellgamlastaden.se

Grand Arctic Resort

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

www.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. www.explorethenorth.se/our-lodges/pinetree-lodge

Nordic Lapland Resort

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

Arctic River Lodge

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

www.explorethenorth.se/our-lodges/
arctic-river-lodge

Lapland View Lodge

Enjoy incredible views from your bed atop the mountain Luppio.

www.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. www.ice-and-light.com

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









heartoflapland.com/accommodation



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. heart-oflapland.com @heart-oflapland



