Heart of LAPLAND

winter edition







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): <u>jonair.se</u>

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): <u>finnair.com</u>

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.

Winter 1

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.

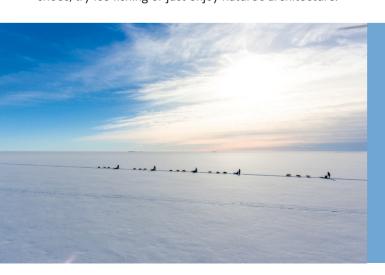
During a few days or weeks, depending on how far above the Arctic Circle you are, the sun doesn't reach above the horizon. You can experience indirect daylight with amazing skies that range from a soft grey to a vibrant pink and ends with a midnight blue color right before dark.

"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

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 snow-shoes, try ice fishing or just enjoy nature's architecture.



Did you know

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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% 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.

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.



Aclientes

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.explorethenorth.se

Reindeer cuddles

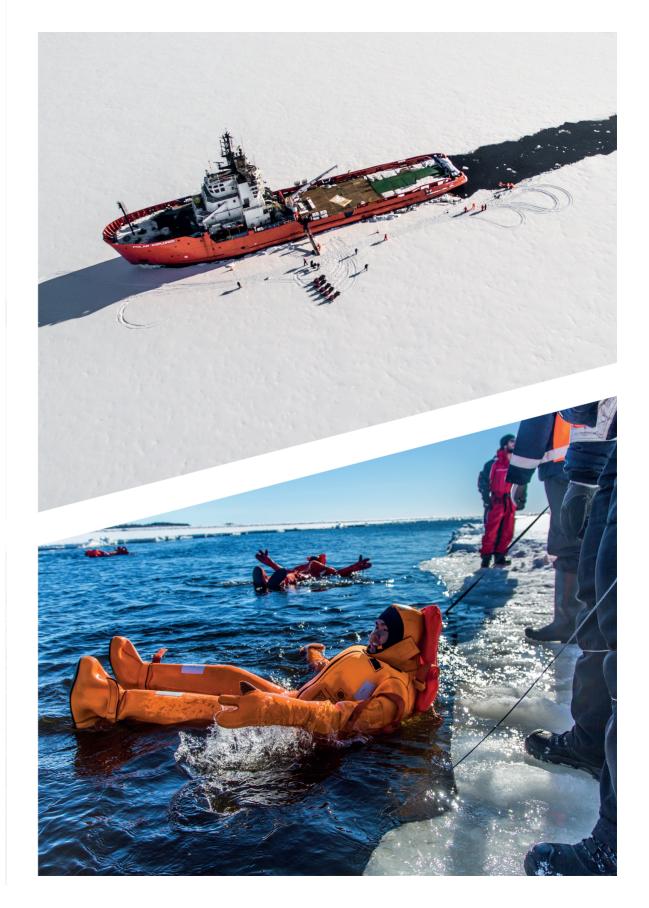
Come close to the reindeer on a sled tour, a reindeer walk, or feeding them lichen while learning more about this interesting animal.

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 handicraftsmen 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. Lovikkavanten, 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 flavor, 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



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 flavors 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

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

The taste of Swedish Lapland

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 flavor.

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.



Kukkolaforsen

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

Ice and Light village

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

Cape East

Have a getaway at Sweden's easternmost sparesort, 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

Lapland Guesthouse

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

<u>laplandguesthouse.com</u>

Hotell Gamla Staden

Stay at this old town hotel with an English-style pub in central Kalix. <u>hotellgamlastaden.se</u>

Kalix Riverside Inn

Rest at this small-scale, family-owned inn right next to Kalix River. kalixriversideinn.se

Filipsborg

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

Kalix Vandrarhem

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

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

Nordic Lapland Resort

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

Lapland View Lodge

Enjoy incredible views from your bed atop the mountain Luppio. <u>explorethenorth.se/our-lodges/lapland-view-lodge</u>

Jockfall

Spend the night next to a majestic waterfall in modern Scandinavian-style cabins. jockfall.com

Browse places to stay filtered by town or accommodation type

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





