



# Helsingborg Region

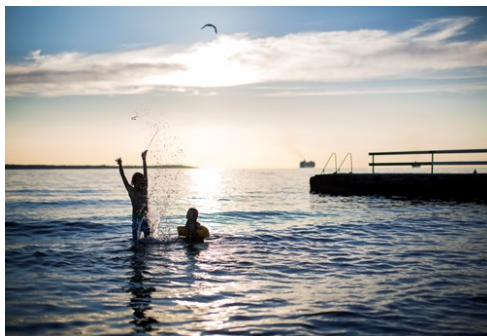
in collaboration with Familjen Helsingborg

Photo: Mickael Tannus/Familjen Helsingborg



Mickael Tannus/Familjen Helsingborg

Close your eyes. What do you see when you think about Skåne? Undulating fields of rapeseed, villages where the roads winds its way between half-timbered houses and long sandy beaches. If so, then you're quite right. But here in Northwest Skåne we have a little bit more of everything. There's drama here, too. Söderåsen features wild primeval forests and Kullaberg draws visitors who come to marvel at the precipices and caves.

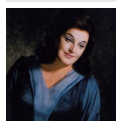


Familjen Helsingborg



Atelje Lena

## Featured



**Birgit Nilsson Museum**  
Sweden's most famous international opera singer, Birgit Nilsson (1918-2005) ...



**Bike Ride on Ven**  
Ven is the legendary island where astronomer Tycho Brahe's spirit lives on a...



**The Homestead Park - Hemby...**  
The Homestead Park in Ängelholm is an oasis for the whole family. The park h...

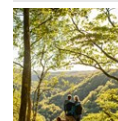


**Saint Petri Church**  
This world-famous church is an architectural masterpiece that exudes simplic...

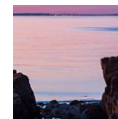


**Hiking**  
Welcome to hike in the Helsingborg Region. You have a lot of routes to choos...

## Top 5



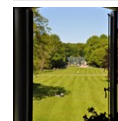
**Söderåsens National Park**  
Söderåsen National Park was created in 2001 and covers more than 1,625 hecta...



**Hovs Hallar**  
In October 2017, Hovs Hallar received the award - Treasure Of European Film ...



**Kullaberg Nature Reserve**  
Few places in the Nordic region can match Kullen for the beauty of its natur...



**Sofiero Palace**  
With its romantic grounds, Sofiero Palace makes for a popular destination. T...



**Fredriksdal Museum & Gardens**  
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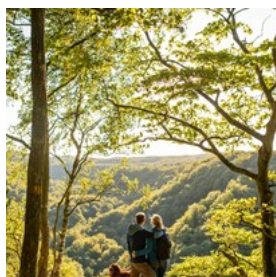


## TOP 8



*C Apelöga/Familjen Helsingborg*

### Söderåsens National Park



Söderåsen National Park was created in 2001 and covers more than 1,625 hectares. The natural landscape is varied and offers leafy deciduous

forests and majestic talus slopes with high rocks, flowing watercourses and panoramic views.

Skärålid, Odensjön in Nackarpsdalen and the views from Kopparhatten, Hjortsprånget and Lierna along the Skärålid valley are particularly popular destinations.

Söderåsen National Park is located 30 km east of Helsingborg in Skåne.

Photo: Mickael Tannus

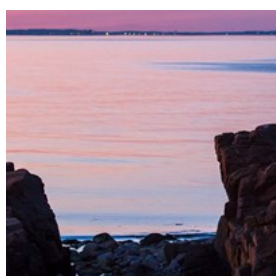
Address: Skärålid 747, Ljungbyhed

Phone: +46 (0)10-224 11 50

Internet:

[www.sverigesnationalparker.se/park/soderasens-nationalpark](http://www.sverigesnationalparker.se/park/soderasens-nationalpark)

### Hovs Hallar



In October 2017, Hovs Hallar received the award - Treasure Of European Film Culture. Hovs Hallar Nature Reserve is one of many treasures in

southern Sweden. In addition, the album son Ingmar Bergman chose for the opening scene in his film Seventh Seal. On the site is also Hotell Hovshallar which only has a 10 minute walk down to the sea and cliffs adjacent to the parking lot.

Photo: Foto Louise Nordström Pettersson

Address: Hovshallavägen 160, 269 91 Båstad

Phone: +46 431 44 83 70

Internet: [www.hovshallar.com](http://www.hovshallar.com)

Email: [info@hovshallar.com](mailto:info@hovshallar.com)

### Kullaberg Nature Reserve



Few places in the Nordic region can match Kullen for the beauty of its natural landscape. With its breezy forests of beech and fir, its

romantic grottoes, its vertiginous cliffs that plunge straight into the sea, its cliff-top views over mile after mile of bright blue water, every year Kullen has attracted a steadily increasing flow of visitors from far and wide.

Photo: Mickael Tannus

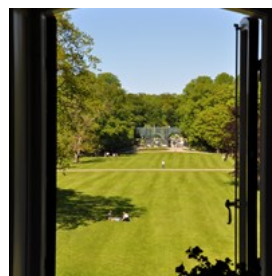
Address: Italienska vägen 323, Mölle

Phone: +46 42 34 70 56

Internet: [www.kullabergsnatur.se](http://www.kullabergsnatur.se)

Email: [naturum.kullaberg@lansstyrelsen.se](mailto:naturum.kullaberg@lansstyrelsen.se)

### Sofiero Palace



With its romantic grounds, Sofiero Palace makes for a popular destination. The grounds are perhaps best known for their unparalleled

rhododendrons, with an incredible 5,000 bushes bursting into flower in the spring. The fairytale of Sofiero began in 1864, when Crown Prince Oskar and his wife Sophia had their summer



residence built here. In 1905, Oskar - by now King Oskar II - gave the palace to his grandson Prince Gustav Adolf and his bride Princess Margareta as a wedding present. This is when the gardens literally flourished. Princess Margareta was a keen and creative gardener, and it was her who first laid out the grounds that we can enjoy to this day. She arranged flower beds and gardens, had paving laid and wasn't afraid to get her hands dirty. Every summer, the Crown Prince couple travelled from Stockholm with their four young princes and Princess Ingrid, who eventually became Queen of Denmark. When Margareta died in 1920, Gustaf Adolf carried on the work in the garden, particularly with the rhododendrons. The palace was the summer residence of the Swedish royal family up until 1973, when it was given to the town of Helsingborg. This small palace, which lies like a jewel amid the extensive lawns, is home to a restaurant where the food is prepared by some of Sweden's finest chefs. There's also a café with views of the Öresund Sound and Denmark.

Photo: Familjen Helsingborg  
Address: Sofierovägen 131, Helsingborg  
Phone: +46 42 10 25 00  
Internet: [www.sofiero.se](http://www.sofiero.se)  
Email: [sofiero@helsingborg.se](mailto:sofiero@helsingborg.se)

### Fredriksdal Museum & Gardens



Nowhere in Europe will you find anywhere to match to Fredriksdal. This is Skåne in miniature, with 360,000 square metres of unique settings, buildings and gardens. The history and diversity of the countryside are kept alive with care here. With its museums and gardens, Fredriksdal offers interesting activities for all

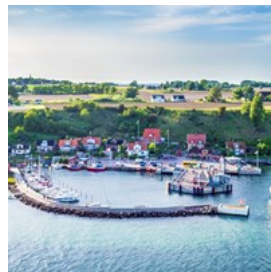
ages, all year round.

Take an exploratory walk, watch the animals grazing or join the manor maids on an interesting tour. Buy a bag of old-fashioned sweets in the old town quarter or your favourite rose in the flower shop. Find answers to your questions about nature or folklore, or just lie back and relax in a hammock.

With its historical parks and gardens, houses and farms, animals, meadows, woods and pastures, all situated around an eighteenth century manor house, a visit to Fredriksdal is like making a journey back into the past.

Photo: Familjen Helsingborg  
Address: Gisela Trapps väg 1, Helsingborg  
Phone: +46 42 10 45 00  
Internet: [fredriksdal.se](http://fredriksdal.se)  
Email: [fredriksdal@helsingborg.se](mailto:fredriksdal@helsingborg.se)

### Ven Island



In the middle of the Öresund strait, right between Sweden and Denmark, lies the idyllic island of Ven. The astronomer Tycho Brahe was gifted the whole island by King Fredrik II after he discovered a new star in the Cassiopeia constellation. Here he constructed one of the most interesting buildings of the time: the Uraniborg castle, a subterranean observatory called Stjerneborg and a renaissance garden. The New Church of Ven has now been turned into a museum, the garden has been renovated, and in the observatory you can watch a light and sound show.

The light in Ven is said to have a unique quality, which has attracted many an artist and ceramist

to the island. Take a tour among the studios and workshops, and meet with sculptors and silversmiths along the way.

Ven is a small island, and the best way to get around is by bike, which you can easily rent when you get off the ferry.

Photo: Moob Agency/Familjen Helsingborg  
Address: 260 13, Sankt Ibb  
Public Transport: [www.ventrafiken.se](http://www.ventrafiken.se)  
Phone: +46 41 84 73 000  
Internet: [www.ven.se](http://www.ven.se)  
Email: [visit@landskrona.se](mailto:visit@landskrona.se)

### Mölle



At the foot of Kullaberg lies the old fishing town of Mölle. At the end of the nineteenth century, Mölle became known as the location of the first unisex public bath in Sweden, where ladies and gentlemen in striped bathing suits would go swimming in the sea. This was a great sensation that attracted curious and adventurous guests from all over, and there was even a train from Berlin. "Sinful Mölle" was thus established. To this day, Mölle is a popular tourist destination with its population tripling in the summer months.

Photo: Arne Juhlin  
Internet: [www.visithoganas.se](http://www.visithoganas.se)

### Norrviken Gardens



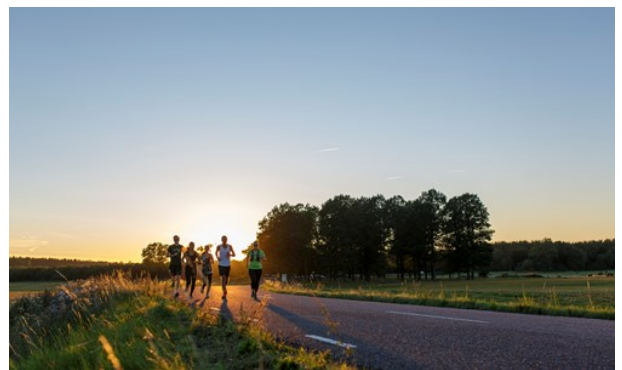
The magnificent park Norrvikens Trädgårdar lies a couple of kilometres west of Båstad. The gardens and buildings were established by Rudolf Abelin in the early 1900s and were

recently restored. In the park there are a restaurant, a café and tours in the park.

The park is absolutely perfect for a day trip, where you can enjoy a tasteful lunch in beautiful surroundings.

Photo: Bradley Wells/Familjen Helsingborg  
Address: Kattviksvägen 233, Båstad  
Phone: +46 431 30 21 00  
Internet: [www.norrvikenbastad.se/en](http://www.norrvikenbastad.se/en)  
Email: [info@norrvikenbastad.se](mailto:info@norrvikenbastad.se)

### DO & SEE

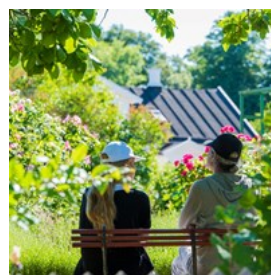


*Familjen Helsingborg*

Here in northwest Skåne we have extra everything! And it's close to everything. It is close to farm shops with award winning sausages, potteries, emerald green golf courses, castles with flowering gardens, freshly baked vanilla hearts, ancient fishing villages and long Sand Beach.

Welcome to our home!

### Rothoffska Allotment & the Citadel



Landskrona features Sweden's only allotment museum. This small, green painted cottage and allotment was built by the Rothoff family in 1903. The cottage is furnished in the style of the



early 20th century, and there is a small exhibition about the history of the allotment. Perennial beds and roses flourish in the front garden, while vegetables and herbs grow at the back. Honey from the original beehive is sold at Landskrona Museum. The Citadel Allotments are Sweden's oldest preserved allotment areas, on the old fortifications of Landskrona Citadel. There are 122 allotments here, featuring colourful floral displays and spectacular ornamental woodwork.

Photo: David Elg Moob Agency

Address: Citadellvägen 21, Landskrona

Phone: +46 418 47 31 20

Internet: [www.landskrona.se/en/visit/parks-and-gardens/allotment-gardens/](http://www.landskrona.se/en/visit/parks-and-gardens/allotment-gardens/)

## Söderåsen



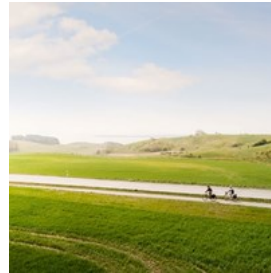
Söderåsen - for big and small nature lovers. With its wide range of activities and experiences, Söderåsen is a perfect destination for all types of nature lovers. The landscape is very varied, with lush deciduous forests, rippling streams, breathtaking cliffs and up on the ridge a fantastic view over the surrounding landscape. Söderåsen can be discovered throughout the whole year and offers several different activities such as hiking, horseback riding, MTB cycling and canoeing. You can get here in just one hour from Copenhagen, and two hours from Gothenburg.

Photo: Mickael Tannus

Address: 108, 264 53 Ljungbyhed

Internet: [www.soderasen.com](http://www.soderasen.com)

## Sydkustleden - Landskrona - Helsingborg



Length 27 km Elevation 190 m Degree of difficulty Moderate At just under 17 miles with Landskrona and Helsingborg you can

experience lots! From Ålabodarna in the north you will soon come to Borstahusen which is an idyll for itself! This old fishing village dating back to the 18th century has its own fish smokehouse. Here you have a view of Ven!

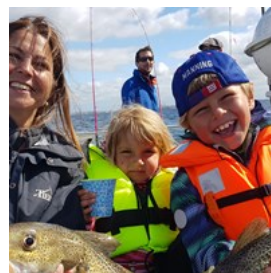
The undulating and beautiful landscape of Glumslöv's slopes is difficult to miss and the thoughts of Tuscany.

Just before Helsingborg you come to the picturesque fishing village of Råå. The stage ends in Helsingborg, a continental and vibrant city with a cozy town center. In Helsingborg there are plenty of options for those who are interested in history, beautiful castles, wildlife or beautiful nature. Here you will find the Sofiero castle with a large park garden with over 10,000 rhododendron shrubs. Just outside Helsingborg you will find the open-air museum Fredriksdal.

Photo: Familjen Helsingborg

More Info: [https://sydkustleden.se/en/etapp/landskrona-helsingborg#googtrans\(sv|en\)](https://sydkustleden.se/en/etapp/landskrona-helsingborg#googtrans(sv|en))

## Deep Sea fishing in Öresund



In between Landskrona and Ven there is something unique in fishing circles. Here you can catch cod with rod, which is not possible in the Baltic Sea or on the West Coast of Sweden,

Sea fishing is not only an activity for experienced

recreational anglers, but also for families with children and friends who are fishing for the first time.

This year, fishing trips from Landskrona are arranged with spacious fishing boats to Sweden's best sea fishing waters in the deep holes between Landskrona and Ven.

Pilk fishing in deep water where you can catch cod, herring and mackerel is popular all year-round.

For more fishing tip you can contact Nyhamn Fiske and Marina in Landskrona.

Photo: Lanskronabåtarna

Address: Stadskajen , 261 31 Landskrona

Phone: +46 76-612 11 31

Internet: [www.landskronabaten.se/en](http://www.landskronabaten.se/en)

Email: [info@landskronabaten.se](mailto:info@landskronabaten.se)

### Saint Petri Church



This world-famous church is an architectural masterpiece that exudes simplicity. It was designed by Sigurd Lewerentz and

consecrated in 1966. It is one of Sweden's most accomplished churches in architectural terms. The entrance can be quite hard to find, but it was deliberately built that way, to represent the difficulty of finding the gateway to the kingdom of God. The font is made of a white mussel shell from the Indian Ocean, placed on a raised area that resembles a rock. All the details have been carefully planned and executed, and all symbolize an event or aspect of Christian faith. Guided tours on request.

Photo: Klippans kommun

Address: Sankt Petri Kyrka, Vedbyvägen, Klippan

Phone: +46 43 52 96 80

Internet: [www.sanktpetrikyrka.se/English](http://www.sanktpetrikyrka.se/English)

Email: [info@sanktpetrikyrka.se](mailto:info@sanktpetrikyrka.se)

### Toy World



Toy World is an experience for both kids and grown-ups. It's neither a play centre nor a traditional toy historic museum, but an amazing

world built with toy exhibitions, play zone and amusement games, spooky room and fun activities.

Toy World is one of a kind with its combination of minilands and showcase exhibitions. Unique in both what's exhibited and the way it's done. Experience 500 sqm with thousands of toys from the 1960's until today, trains and slot tracks, music, sound, light and motion effects (that you can activate by pressing buttons). If you look at each toy for one second it takes you several hours! So you should take your time - and don't miss any of the clever details.

A perfect adventure for anyone who wants to spend quality time with family and friends, while having a trip down memory lane. Suits all toy interested, families, grandparents, collectors, schools, companies, societies and tourists.

Photo: Toy World

Address: Hävertgatan 21, Helsingborg

Opening hours: Thursday- Sunday 12.00-16.00

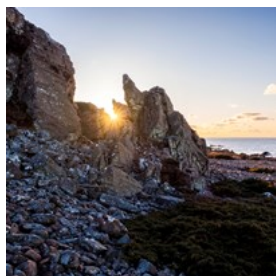
Phone: +46 42 453 97 00

Internet: <https://toyworld.se/english>

Email: [info@toyworld.se](mailto:info@toyworld.se)



### Hovs Hallar



Here, the crumbling rocks create a dramatic landscape with sea stacks, flat rocks and pebbly beaches. In the nature reserve many movies have been recorded over the years. The perhaps most film scene recorded here is when the Death is playing chess against the knight on the beachmill in Ingemar Bergman's Seventh Seal. In 2017, Hovs Hallar was awarded the "Treasures of European Film Culture" - places of special cultural significance for the European film.

Photo: Louise Nordström Pettersson  
Address: Båstad

### Hallands Väderö



The unique island with marvellous beaches and hikes. From Torekov Harbour boats run to the island. Since 2016 there is a hostel for anyone who wishes to spend the night on the island and experience rocks warmed by the sun at dusk and early morning walks in the magic-looking alder marches.

Photo: Gunilla Svensson  
Address: Båstad  
Public Transport: [www.vaderotrafiken.se](http://www.vaderotrafiken.se)  
Internet: [www.hallandsvadero.se](http://www.hallandsvadero.se)

### Torekov

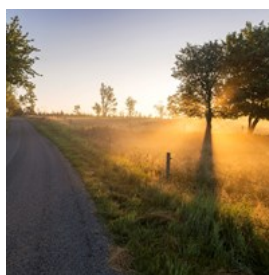


At the far end of the Bjäre Peninsula you will find Torekov, the place to be during the summer which attracts a lot of summer guests every year.

Torekov is not only a place to visit during the summer, the other seasons are at least as pleasant and beautiful as the summer, from the colorful transformations of the fall to the beginning of spring. Come here to enjoy relaxation, tasteful dining experiences and beautiful views.

Photo: Gunilla Hovenäs  
Address: Torekov  
Internet: [www.torekov.se](http://www.torekov.se)  
Email: [info@torekov.se](mailto:info@torekov.se)

### Hallandsåsen



The diversity of nature, along with a large number of cultural heritage in forest and land, makes The Hallandsås ridge on the south west coast of Sweden an exciting destination for everyone, whether you wander, bike or travel in other ways.

Photo: Louise Nordström Pettersson  
Address: Båstad  
Phone: +46 43 17 50 45  
Internet: [www.bastad.com/en/hallandsas](http://www.bastad.com/en/hallandsas)  
Email: [turistbyran@bastad.com](mailto:turistbyran@bastad.com)

### Norrviden Gardens



The park lies a couple of kilometres west of Båstad. The gardens and buildings were established by Rudolf Abelin in the early 1900s

and were recently restored. In the park there are a restaurant, a cafe and tours in the park. The park is absolutely perfect for a day trip, where you can enjoy a tasteful lunch in beautiful surroundings.

Photo: Bradley Wells/Familjen Helsingborg  
Address: Kattviksvägen 233, Båstad  
Phone: +46 431 30 21 00  
Internet: [www.norrvidenbastad.se/en](http://www.norrvidenbastad.se/en)  
Email: [info@norrvidenbastad.se](mailto:info@norrvidenbastad.se)

### Birgit Nilsson Museum



Sweden's most famous international opera singer, Birgit Nilsson (1918-2005) is both a global celebrity and a national treasure. "La Nilsson" was the 20th century's leading dramatic soprano and a legendary interpreter of the works of Wagner. The Birgit Nilsson Museum is housed in her childhood home in Svenstorp near Båstad, and is an ordinary Swedish farmstead.

Photo: Familjen Helsingborg  
Address: Birgit Nilssons väg 27, Båstad  
Phone: +46 431 31 18 60  
Internet: [www.birgitnilsson.com/en/start](http://www.birgitnilsson.com/en/start)  
Email: [info@birgitnilsson.com](mailto:info@birgitnilsson.com)

### Dunkers Culture House

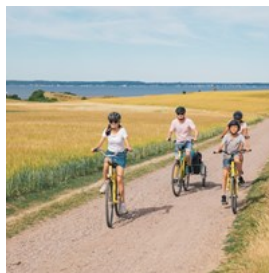


Discover cool culture at Dunkers culture house in Helsingborg. Dunkers stands on the water's edge in Helsingborg.

There are plenty of things to see and do for visitors of all ages, all under one roof. There's an art gallery, exhibitions about local history and cultural history, a music stage, theatre, dance and various activities for children and young people. Dunkers Kulturhus is a modern counterpart to Kronborg Castle on the other side of the Öresund Sound. The deep window recesses mirror those of the Danish castle. The building is home to a restaurant, bistro, tourist information office and shop.

Photo: Familjen Helsingborg  
Address: Kungsgatan 11, Helsingborg  
Phone: +46 42 10 74 00  
Internet: [www.dunkerskulturhus.se](http://www.dunkerskulturhus.se)

### Bike Ride on Ven



Ven is the legendary island where astronomer Tycho Brahe's spirit lives on and pink mallow sways in the ditch banks. Bring your bike, or rent one,

and experience the island from the saddle. You own the skies and the sea as you pedal along at a leisurely pace. The climate is so mild that durum wheat thrives here. Barley is also grown, and is used to produce the island's very own whisky at Spirit of Hven Backafallsbyn. Head down to the quay at St Ibb's Church at lunchtime and buy freshly smoked herrings.

Photo: Anders Ebefeldt/Studio-e.se  
Address: Landsvägen 20, Sankt Ibb  
Phone: +46 41 87 22 50  
Internet: [www.vencykeluthyrning.se](http://www.vencykeluthyrning.se)



Email: [info@venscykeluthyrning.se](mailto:info@venscykeluthyrning.se)

### Guided Tour on the Rönne River



Join us aboard the Laxen for a guided sightseeing tour of Ängelholm! The tour will take you along the river Rönne, Skåne's Amazon, as it meanders through the city centre.

The trip with Laxen (Swedish for salmon) departs from the landing stage at the centrally located City Hall and passes under many bridges on its way out to the Skälderviken marina. Here, the boat will be moored for a short break (approx. 25 minutes), giving you the opportunity perhaps to indulge in an ice cream and take a stroll around the marina before we set sail for the city centre again, bringing us back to the landing stage at City Hall. The trip will take approximately 2 hours and the guided tour on the outward journey is offered in both Swedish and English. The boat only runs in summer.

Photo: Ängelholms Näringsliv/Familjen Helsingborg  
Address: Stadshusets brygga, Ängelholm  
Phone: +46 431 203 00  
Internet: [www.skanemarin.se](http://www.skanemarin.se)  
Email: [info@skanemarin.se](mailto:info@skanemarin.se)

### Helsingborg Concert Hall



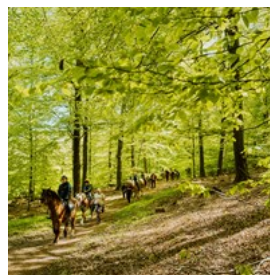
The Concert Hall is a functional building with acclaimed acoustics and a wide range for both Young and old people with artistic elite, concert hall chorus and not least Helsingborgs own symphony.

Helsingborg Symphony Orchestra holds regular

concerts in the house where you play both older and more modern classical works. Several invited artists often offers performances of various kinds. Themes may include jazz, 60's music, humor, gospel music and solo performances. They also serve in both preschool and school children in special concerts and performances for children.

Photo: Cc by Helsingborgs konserthus  
Address: Roskildegatan 1, Helsingborg  
Phone: +46 42 10 42 70  
Internet: [www.helsingborgskonserthus.se](http://www.helsingborgskonserthus.se)  
Email: [konserthuset@helsingborg.se](mailto:konserthuset@helsingborg.se)

### Horse Riding



Wherever you look in Skåne, you're bound to see a horse. This is our favourite beast of all. There are many different breeds of horse, and plenty of places where you can ride. As well as the sheer joy of riding, getting up on horseback is a perfect way of coming into close contact with nature, and of covering lots of ground in a short time. Even if you're a complete beginner, you can go riding through leafy beech forests or along the beach. Amiable Icelandic horses that jog along at a moderate pace are available at Spelmansgården in Ängelholm or Kullabergs Islandshästar.

The scenery and rich wildlife of Söderåsen are best enjoyed from a western saddle on a good-natured Haflinger horse from Söderåsens Turridding. Söderåsens Forsgård have activities for everybody and therefore the horse riding and their farm is accessible also for disabled persons. Westfield Hästsafari, between Båstad and Torekov, offers riding at Hovs Hallar, through apple groves and at full gallop. If you'd

like to try riding an Ardennes horse, you can do so on Hven. Many of the tours welcome children and novices. All you need to bring is a pair of sturdy shoes. Horses and helmets are available for hire.

Photo: Söderåsen

Internet: [kullabergsislandshastar.com](http://kullabergsislandshastar.com)

### Helsingborg City Theatre



Helsingborg City Theatre operates since 1921 theatrical activities primarily in Helsingborg, but the theater also has a large regional

responsibility, as seen through tours in southern Sweden, above all in Skåne.

Photo: Familjen Helsingborg

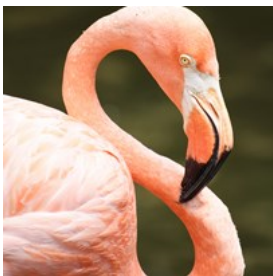
Address: Karl Johans gata 1, Helsingborg

Phone: +46 42 10 68 00

Internet: [www.helsingborgsstadsteater.se](http://www.helsingborgsstadsteater.se)

Email: [stadsteatern@helsingborg.se](mailto:stadsteatern@helsingborg.se)

### Helsingborg Zoo



Kangaroos and chattering parrots can be found at Helsingborg zoo. The park is an oasis, with exotic plants, 500 colourful birds, lemurs, prairie dogs and snakes, as well as rabbits and guinea pigs to pet. Some of the animals roam free - so keep an eye open for monkeys in the trees. Walk through the air lock to get close to the birds. Chrysalies hatch into butterflies in the butterfly house. The café is ser amid the greenery.

Photo: Familjen Helsingborg

Address: Rausvägen 671, Påarp

Phone: +46 42 22 84 80

Internet: [www.djurparken-hbg.se](http://www.djurparken-hbg.se)

Email: [info@djurparken-hbg.se](mailto:info@djurparken-hbg.se)

### Kattegattleden



Explore the nature and the culture by bike! For the first time in Sweden you can do this on a internationall cycling trail. It is 370 kilometres

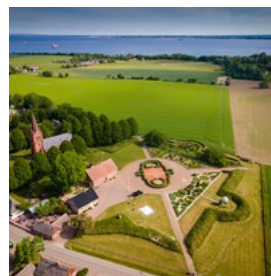
long, almost free from cars, with unique seaside locations and goes from Helsingborg in the south to Gothenburg in the north, all the way through Halland.

Kattegattleden is divided into 8 sections and under these sections you'll find interesting tourist destinations, places to stay, rent a bike and get service along the trail. Go cycling through fantastic landscapes, eat on a small authentic restaurang, swim among rocks or soft sand, and just enjoy the wind in your face and our beautiful country.

Photo: Familjen Helsingborg

Internet: [www.kattegattleden.se](http://www.kattegattleden.se)

### Tycho Brahe Museum



The Tycho Brahe Museum lies in the middle of Ven, housed in the decertified Allhelgonakyrkan (All Saints Church). The museum tells the story of astronomer Tycho Brahe's life and scientific achievements using archaeological finds, film, models and multimedia.

The site also contains the remains of Brahe's underground observatory he named Stjärneborg (Star Castle) and a renaissance garden. Guided tours can be booked for groups throughout the



year. There are also public guided tours during high season.

Photo: Landskrona stad

Address: Landsvägen 182, Sanky Ibb

Opening hours: April to October: Daily 9:30am-4pm

Phone: +46 418 47 31 09

Internet: [www.visithven.dk/en/tycho-brahe-museum](http://www.visithven.dk/en/tycho-brahe-museum)

Email: [tycho.brahe@landskrona.se](mailto:tycho.brahe@landskrona.se)

## Hiking



Welcome to hike in the Helsingborg Region. You have a lot of routes to choose among and beautiful nature to experience.

### Kullaleden

Kullaleden is one section of the Skåneleden Trail SL 5 around the Kullen peninsula from Helsingborg to Utvälinge.

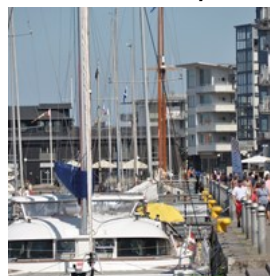
Kullaleden is 70 km long, and offers a great variety of experiences along the way.

Here you find everything including the medieval city centre of Helsingborg, beautiful views over the strait from the plateau heights, the well-known Sofiero Palace, Kulla-Gunnarstorp and Krapperup Estates, beaches and picturesque seaside villages, and Kullaberg's dramatic cliff formations.

Photo: Familjen Helsingborg

Internet: [www.kullaleden.se/en](http://www.kullaleden.se/en)

## North Harbour, Helsingborg



North Harbour has a very continental feel, it is a relatively new district with a beautiful quayside promenade lined by restaurants.

Photo: Familjen Helsingborg

Address: Norra Hamnen, Helsingborg

## Canoeing



The River Rönne winds its way through the countryside from Lake Ringsjön to the sea at Ängelholm. This stretch is 85 kilometres long, and

you can paddle your way along through almost tropical scenery, and past areas with rich cultural traditions and towns. The peaceful journey is occasionally punctuated with rapids. There are plenty of things to see and do along the way. Some sections are ideal for families with children. You can choose to paddle for a few hours or a few days. One example is the trip from Gunnarödsbron/Stockamöllan to Rögnaröd/Djupadal, which takes around four hours. You can hire canoes and kayaks from various locations, and most hire companies also offer overnight accommodation. Stay in a converted stable or a 17th century cottage. Or why not get a whole bunch of friends together and hire a 20 or 12 man tent. If you want to spend the night in the great outdoors, there are places with shelters, toilets and firewood. For a particularly Swedish summer experience, combine a canoeing trip with hiring a sauna trailer. Take a hot sauna, followed by a dip in the river.

Life doesn't get much better than that!

Photo: Mickael Tannus  
Address: Rynke 589, Ljungbyhed  
Phone: +46 70 87 10 040  
Internet: [www.ronneadalens.se](http://www.ronneadalens.se)  
Email: [info@ronneadalens.se](mailto:info@ronneadalens.se)

### The Homestead Park - Hembygdsparken



The Homestead Park in Ängelholm is an oasis for the whole family. The park has a zoo with swedish animals. 5 museums, which is open during the summer. A big playground for young children, inn and stage performances in summer. Ice-cream stall.

Free entrance.

Photo: Ängelholms Näringsliv  
Address: Hembygdsparken, Thorslundsgatan, Ängelholm  
Phone: +46 431 41 12 20  
Internet: [www.hembygd.se/angelholm](http://www.hembygd.se/angelholm)

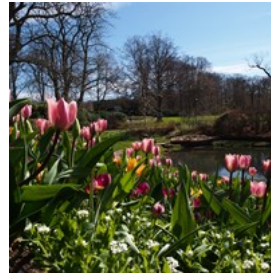
### Sancta Maria Church



The oldest Church in the city, dating back to the 14th Century, nestles attractively in the small Square Mariatorget. It's a beautiful gothic brick Church, which originally was actually one of Denmark's biggest city churches. Step inside and let the Church tell you its incredible history.

Photo: Familjen Helsingborg  
Address: Mariatorget, Helsingborg  
Internet: [www.helsingborg.se/?s=maria%20kyrka](http://www.helsingborg.se/?s=maria%20kyrka)

### Sofiero Palace



With its romantic grounds, Sofiero Palace makes for a popular destination. The grounds are perhaps best known for their unparalleled rhododendrons, with an incredible 5,000 bushes bursting into flower in the spring. The fairytale of Sofiero began in 1864, when Crown Prince Oskar and his wife Sophia had their summer residence built here. In 1905, Oskar - by now King Oskar II - gave the palace to his grandson Prince Gustav Adolf and his bride Princess Margareta as a wedding present. This is when the gardens literally flourished. Princess Margareta was a keen and creative gardener, and it was her who first laid out the grounds that we can enjoy to this day. She arranged flower beds and gardens, had paving laid and wasn't afraid to get her hands dirty. Every summer, the Crown Prince couple travelled from Stockholm with their four young princes and Princess Ingrid, who eventually became Queen of Denmark. When Margareta died in 1920, Gustaf Adolf carried on the work in the garden, particularly with the rhododendrons. The palace was the summer residence of the Swedish royal family up until 1973, when it was given to the town of Helsingborg. This small palace, which lies like a jewel amid the extensive lawns, is home to a restaurant where the food is prepared by some of Sweden's finest chefs. There's also a café with views of the Öresund Sound and Denmark.

Photo: Familjen Helsingborg  
Address: Sofierovägen 131, Helsingborg  
Phone: +46 42 10 25 00  
Internet: [www.sofiero.se](http://www.sofiero.se)  
Email: [sofiero@helsingborg.se](mailto:sofiero@helsingborg.se)



## Tropikariet in Helsingborg



The rain forest at Tropikariet in Helsingborg features many free-roaming animals. Monkeys and lemurs come close enough to touch. Flying foxes sweep past. Pet the marine animals and let the doctor fish clean your hands. (Don't worry - the snakes, spiders and poison dart frogs are all kept safely behind glass!) Tropikariet is home to meerkats, lizards, turtles, crocodiles and leaf-cutting ants. There's also a café.

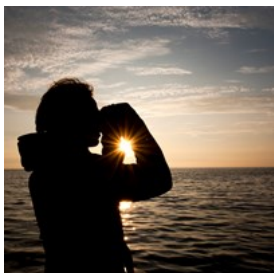
Photo: Familjen Helsingborg

Address: Hävertgatan 21, Helsingborg

Phone: +46 42 13 00 35

Internet: [www.tropikariet.com](http://www.tropikariet.com)

## Aquatic safari



When the seabirds circle and dive, it's a sure sign that there are porpoises driving the fish up to the surface. Porpoises look like dolphins, and are one of the smallest toothed whales at just 1.5 metres long. They live a fairly anonymous existence down in the depths, but you can now get the chance to see them up close. And zipping along in a RIB boat alongside Kullaberg is a highlight in itself. Hold on to your hat! Porpoise tours leave from Paradishamn and Mölle.

Photo: Johan Hammar

Address: Naturum Kullaberg, Italienska vägen 323, Mölle

Phone: +46 73 98 81 077

Internet: [www.kullabergsguiderna.se/en](http://www.kullabergsguiderna.se/en)

Email: [info@kullabergsguiderna.se](mailto:info@kullabergsguiderna.se)

## Upzone



Upzone is an experience for all of you that likes to exercise, push the limits of yourself but foremost likes to have fun. Up among the treetops you can challenge yourself and others on four different courses with different difficulties.

In our parks you can ride the zip line, balance on logs, climb in nets and swing to get through the different courses. From 3 to 15 meters up in the air you can enjoy our adventure forest.

Upzone is unique in the Skåne region and offers a creative park in a fantastic area near Ängelholms Hembygdspark.

At Upzone Adventure Forest you get to a chance to experience the nature from a new perspective through different challenges up to 15 meters from the ground. You have the opportunity to push your limits and challenge yourself through increasingly difficult obstacles. To successfully walk on a rocking bridge 7 meters up from the ground gives you a nice feeling and a rush of adrenaline.

The park consists of four courses, Funzone, Fitnesszone, Adventurezone and Riskzone. The higher the difficulty the higher from the ground. In our park you can crawl through tunnels, swing to the Tarzan net, ride the zip line to the next tree or why not the sledge 6 meters over the ground or jump the Big Jump from 15 meters.

At Upzone the safety always comes first. Before the adventure begins we have a thorough briefing and introduction to ensure that all know how to operate the equipment up among the treetops.

Children aged 6-7 years are allowed to climb Funzone, children between 8-10 are allowed to climb Funzone, Fittneszone and Adventurezone. Children aged 11 or above are allowed to climb all our courses but, all children not 12 years of age are never allowed to climb on their own, they must climb with an adult. That means that it takes one adult per child aged 6-7 and one adult per 2 children if both are 8 years or older. The adult must be climbing with the children. From the date you have turned 12 you are allowed to climb on your own with the permission of a caretaker.

Photo: Ängelholms Näringsliv

Address: Danielslundsgatan, Hembygdsparken, Ängelholm

Opening hours: April 1 – June 14: Sat & Sun; June 15 –

August 13: daily; August 13 – November 7: Sat & Sun

Phone: +46 010 110 23 23

Internet: [www.upzone.se/en/cities/angelholm](http://www.upzone.se/en/cities/angelholm)

Email: [boka@upzone.se](mailto:boka@upzone.se)

### Karlsundsbadet – the Adventure Pool



If you love water, you will love the Karlsundsbadet adventure pool in Landskrona, with its streams, slides, jet stream and underwater

bubbles. As well as the swimming pool, there's also a children's pool and a bubble pool. The outdoor pool is heated all year round.

Photo: Anders Ebefeldt / studio-e.se

Address: Idrottsvägen, Landskrona

Opening hours: June to August

Phone: +46 418 47 30 10

Internet: [landskrona.se/karlsundsbadet](http://landskrona.se/karlsundsbadet)

Email: [karlsundsbadet@landskrona.se](mailto:karlsundsbadet@landskrona.se)

### Wallåkra Stenkärlsfabrik



The factory makes traditional stoneware out of clay from its own land. At Wallåkra, you can experience the whole process of making

stoneware - from clay deposit to turning and burning to final product. There is also a lovely shop in connection to the old kiln. The premises are also home to a restaurant in one of the warehouses, with a babbling brook running beneath it. Wallåkra is open all year round, with tours, turning and food experiences as well as conference facilities.

Photo: Familjen Helsingborg

Address: Drejarestigen, Vallåkra

Phone: +46 42 99 031

Internet: [www.wallakra.com](http://www.wallakra.com)

### Ängelholm Mini-train



Take the little ones on board the 'Pyttetåget' train to Ängelholm Hembygdspark (local history park) and back again. The park is home

to a zoo, with swedish animals, and a play area for younger children.

Photo: Ängelholms Näringsliv

Address: Hembygdsparken, Thorslundsgatan, Ängelholm

Phone: +46 431 41 12 20

Internet: [www.angelholmshembygdspark.se](http://www.angelholmshembygdspark.se)

### Ängelholm Aviation Museum



Fly a Cessna or check the steam engines in Ängelholm. Ängelholm Aviation Museum tells the story of Skåne's air flotilla, and has three

flight simulators. There is something for pilots of all ages. The museum shop has all manner of aviation-related souvenirs.

Photo: Ängelholms Näringsliv  
Address: Drakenvägen 5, Ängelholm  
Phone: +46 43 11 48 10  
Internet: [www.engelholmsflygmuseum.se](http://www.engelholmsflygmuseum.se)  
Email: [booking@engelholmsflygmuseum.se](mailto:booking@engelholmsflygmuseum.se)

## BEACHES



*Familjen Helsingborg*

### Skansenbadet



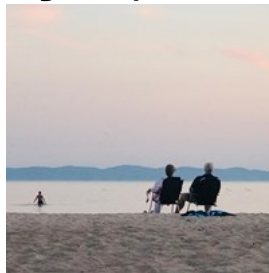
Beautiful and lively sandy beach with a jetty, kiosk and parking space.

Located in the center of Bastad close to the harbor with all of its

restaurants as well as other activities.

Photo: Erik Nilsson Båstad Hamn  
Address: Strandpromenaden, Båstad  
Internet: [www.bastad.se/uppleva-och-gora/motion-och-fritid/badplatser/](http://www.bastad.se/uppleva-och-gora/motion-och-fritid/badplatser/)

### Segelstorpsstrand



Pack your picnic basket and go to Segelstorps long, fine shallow sandy beach. Perfect for young children! Here you can enjoy a fantastic view of the Kulla Peninsula and relax at one of the most beautiful beaches of the Bjäre peninsula.

Photo: Karl Olsson  
Address: Segelstorpsvägen 1 26992 BÅSTAD

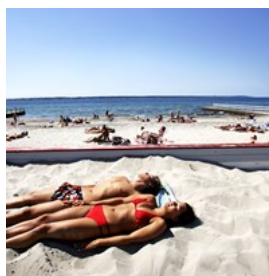
### Råbocka & Havsbaden



Sandy beach with shallow waters with sandbanks. On the beach there is a dune landscape, which towards land changes into beach heath and woods. Lovely hollows behind the dunes — perfect for sunbathing. Toilets, shower, barbecue place, restaurants, camping site. At Klitterhus, there is a 100 m long bathing jetty with a handicap ramp. Beach guards.

Photo: Ängelholms Näringsliv  
Address: Råbockavägen, Ängelholm  
Phone: +46 431-87 000  
Internet: [www.engelholm.se](http://www.engelholm.se)  
Email: [info@engelholm.se](mailto:info@engelholm.se)

### Fria Bad



Fria bad, or Öresundsbadet which is the real name, is Helsingborgs Copacabana. The beach is centrally situated in Helsingborg but it still offers you sun and bath on a real beach. The beach is well attended all year round, at all times.

In the morning, a group from the neighborhood



with bathrobes and sandals, during the day families with children takes over and in the evening it's the youths beach.

Photo: Familjen Helsingborg  
Address: Strandvägen, Helsingborg  
Internet: [www.helsingborg.se/uppleva-och-gora/friluftsliv-och-motion/badplatser-och-strander/badplatser-i-helsingborg/fria-bad/](http://www.helsingborg.se/uppleva-och-gora/friluftsliv-och-motion/badplatser-och-strander/badplatser-i-helsingborg/fria-bad/)

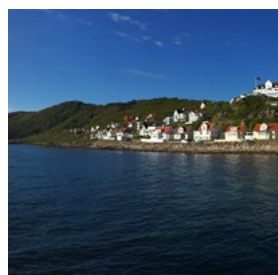
### Kvickbadet



Kvickbadet is the city beach in Höganäs. The beach is very child-friendly with shallow water and for the smallest ones there is also a fun playground. For the older ones there are slides into the water and a raft. If you feel a bit too relaxed, there is a gym and a boulderblock for those who wants to climb.

Photo: Familjen Helsingborg  
Address: Strandgatan, Höganäs  
Internet: [www.hoganas.se/Invanare/upplev/badplatser3/badstrander/](http://www.hoganas.se/Invanare/upplev/badplatser3/badstrander/)

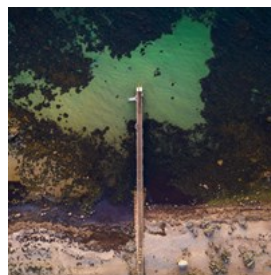
### Mölles Havsbad



The village Mölle is at the tip of Kullahalvön in northwest Skåne. It's probably most famous for being the first place where men and women bathed together in the 1890s. In the 1890s this was considered shameful and sinful. The striped Mölle-swimsuit is widely known and after this period, Mölle got the nickname "den of iniquity". Mölle is still a very popular beach resort, today most popular for its beautiful coast.

Photo: Familjen Helsingborg  
Internet: [www.visithoganas.se](http://www.visithoganas.se)

### Morgonbryggan



Morgonbryggan (the morning jetty) in Torekov is the perfect place to start the day with a refreshing dip in the ocean. Buy a small breakfast from the local bakery and visit the jetty, which is considered to be one of Skåne's finest. During warm summer days, the queue in order to get a dip stretches out a long way, so put on your morning robe and experience it yourself.

Photo: Louise Nordström Pettersson  
Address: Hamnplanen, Torekov  
Internet: [www.torekov.se/se-gora/badplatser.html](http://www.torekov.se/se-gora/badplatser.html)

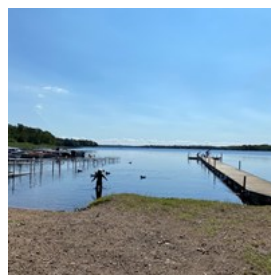
### Ransvik



Ransvik - the place for "the sin in Mölle"- where you can take a refreshing bath in the sea and afterwards take a swedish fika or lunch at Ransviks Havsveranda. The water is crystal clear and it´s long enough from all honor and probity. Take the opportunity to enjoy the summer - eat an ice cream, take a beer, stay until sunset and take an evening walk back to Mölle.

Photo: Familjen Helsingborg  
Address: Italienska vägen, Mölle

### Västersjön-Rössjön



Västersjön and Rössjön is one of Hallandsåsens most beautiful nature areas. At Västersjön, Ängelholm's largest lake, you can swim, fish and hire rowing boats.

The next largest lake, Rössjön, is a protected bird reserve.

Photo: Ängelholms Näringsliv

Address: Övre Västersjövägen 260, 266 97 Hjärnarp

Internet: [www.engelholm.se](http://www.engelholm.se)

### Åslungasjön



A few miles up towards the E4 highway a haven appears. A haven for those who love warm lakes framed with lush forests. At this bathing place

there is a sandy beach, dressing rooms, WC and - a jumping tower!

Photo: Familjen Helsingborg

Address: Sjövägen, Åslunga

Internet: [www.orkelljunga.se/16/uppleva-och-gora/se-och-gora/fiske/aslungasjon.html](http://www.orkelljunga.se/16/uppleva-och-gora/se-och-gora/fiske/aslungasjon.html)

### FARM SHOPS



*Familjen Helsingborg*

### Butikerna på Gården, Tant Grön, Elin & Arvid



Welcome to Tant Grön. A unique store in the middle of the country. We have everything from Bjäre-produced to world-famous delicacies.

Cheese & Tastes is our passion. Elin Arvid is the clothing store for her and him with style & quality.

Photo: Butikerna på Gården

Address: Sönnertorpsvägen 111 269 94 Båstad Sweden

Public Transport: <https://www.skanetrafiken.se/>

Phone: Tel: +46431360039

Internet: [www.bpg.se/sv-SE](http://www.bpg.se/sv-SE)

Email: [tantgron@bjarenet.com](mailto:tantgron@bjarenet.com)

### Bodils Bod



On the countryside outside of the small village Örkelljunga lies the farmyard Skönna Torp. Here have the sheeps grazed the lands since the middle of 19th century. Here is also the home of the farm shop Bodils bod.

Here you can buy crafts of sheepskin and wool. Clothes, home furnishings, lambskins, yarn, etc.. We also sell egg, sheepsausages and lambsmeat/minced when available. NEW! Now there's a guestroom to let.

Photo: Familjen Helsingborg

Address: Skönnavägen 21, Örkelljunga

Phone: +46 43 55 45 56

Internet: [www.bodilsbod.se](http://www.bodilsbod.se)

Email: [info@bodilsbod.se](mailto:info@bodilsbod.se)

### Sandgårdens Skafferi



A farm shop with locally grown vegetables. Also bread and cheese.

Photo: Ängelholms Näringsliv

Address: Magnarps byaväg 350, Vejbystrand

Phone: +46 70 63 01 680

Internet: [www.sandgardensskafferi.se](http://www.sandgardensskafferi.se)  
Email: [therese@sandgardensskafferi.se](mailto:therese@sandgardensskafferi.se)

### Vilt och Gott



Here you can buy meat from elk, wild boar, deer and roe deer. You can also buy locally products, oil, herbs and licorice.

Photo: Vilt och Gott  
Address: Vejbyslättsvägen 56, Vejbystrand  
Phone: +46 70 96 99 110  
Internet: [www.viltochgott.se](http://www.viltochgott.se)  
Email: [viltochgott@gmail.com](mailto:viltochgott@gmail.com)

### Bjärhus Gårdsbutik



A miniature market hall! The shop sells own delicatessen products of lamb, veal, beef and pork. It also stocks various types of game when in

season as well as own farmed organic vegetables. A well-stocked plant shop is next door. Do not miss the pick-your-own corn, when it's season.

Photo: Familjen Helsingborg  
Address: Bjärhus 7738, Klippan  
Phone: +46 435 102 95  
Internet: [www.bjarhus.se](http://www.bjarhus.se)

### Frideborgs boden

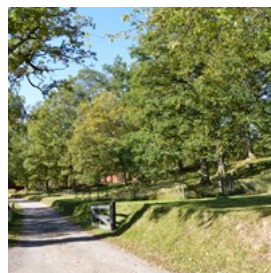


Frideborgs boden grow a lot of unusual organic herbs, they sell plants and produce herb-salt and flavored oil for the kitchen. Chilipeppers is one of their specialities. You can also find articles for your garden, furniture and fine gifts

in the shop. Take a guided tour in the garden with focus on herbs, have a coffee and enjoy the beautiful nature.

Photo: Familjen Helsingborg  
Address: Ånhultsvägen 84, Åsljunga  
Phone: +46 70 83 84 866  
Internet: [www.frideborgsboden.se](http://www.frideborgsboden.se)  
Email: [info@frideborgsboden.se](mailto:info@frideborgsboden.se)

### Ingeborrharp museum & farm shop



From April to September you can stroll around among the houses, and experience what it was like 150 years ago. You can eat at the inn and

look at décor and crafts and try delicacies in the shop!

Photo: Familjen Helsingborg  
Address: Ingeborrharp 406, Örskelljunga  
Phone: +46 435 531 00  
Internet: [www.ingeborrharp.se/en/](http://www.ingeborrharp.se/en/)  
Email: [info@ingeborrharp.se](mailto:info@ingeborrharp.se)

### Kullasparris



It is hard to find places like Kullasparris. Åsa and Johan Sjöblom searched for a long time after a place in Kullabygden where they could finally

get started with organic asparagus cultivation. They succeeded, and the farm shop is now situated in Hässlebo. The idea of Kullasparris was to develop a business that besides cultivation and the sale of asparagus, also has the possibility to offer food - and people interested in cultivation the opportunity to cultivating, reap and learn more about asparagus. Because of that, you can find something so different as a safari. Not tigersafari



- asparagus safari. During an asparagus safari you will get your questions about asparagus cultivation answered, and much much more.

Photo: Familjen Helsingborg  
Address: Hässlebovägen 12-22, Jonstorp  
Phone: +46 76 20 27 18  
Internet: [www.kullasparris.se](http://www.kullasparris.se)

### Kärra Gårdsslakteri & Rökeri



The small slaughterhouse where the quality goes before quantity. Rearing, slaughter, cutting and packing - chicken, goose, duck and turkey.

Photo: Pixabay  
Address: Helsingborgsvägen 548, Ängelholm  
Internet: [www.yourvismawebsite.com/karra-gardsslakteri](http://www.yourvismawebsite.com/karra-gardsslakteri)  
Email: [jb.karragard@gmail.com](mailto:jb.karragard@gmail.com)

### Lindegrens



In the beautiful Sinarps valley outside Båstad, a footpath goes directly to the farm where cows of the country breed red-balled pasture. The animals are fed exclusively with organically grown grass and herbs. This feed gives a high content of the healthy Omega-3 fat and the result is simple and natural - a tasty and juicy beef, which is sold in the shop on the farm.

Photo: Familjen Helsingborg  
Address: Sinarpsvägen 164, Båstad  
Phone: +46 70 29 13 171  
Internet: [www.lindegrens.se](http://www.lindegrens.se)  
Email: [kontakt@bjarerodkulla.se](mailto:kontakt@bjarerodkulla.se)

### Vikentomater



Do you have a craving for tomatoes in all shapes and colours? If that's the case, you should pay attention to the company Vikentomater, which has a large cultivation with an assortment of around 100 different kinds of tomatoes. Susanne and Mats Olofsson is the couple who runs Vikentomater, but for them it is not just a way to make a living, it is more like a lifestyle. In their bistro and café, they prepare good lunches prepared on vegetables and berries from the greenhouse. They also have a guest kitchen where they invite chefs who cook in front of an audience.

Photo: Familjen Helsingborg  
Address: Rågången 41, Viken  
Phone: +46 42 400 00 35  
Internet: [www.vikentomater.se](http://www.vikentomater.se)  
Email: [info@vikentomater.se](mailto:info@vikentomater.se)

### Wärsjönäs interiör & Lantliv



Wärsjönäs is a shop in the countryside where you can buy beautiful art and home furnishing accessories. However visiting the shop is a experience in itself. In the shop there's a iron stove that crackle and outside the windows you see arabian horses on one side and the vast lake Wärsjön on the other side. On the side towards the lake there's a big lawn that is perfect for a fika in the summertime. Here is also a jetty with seatings and garden umbrellas.

Photo: Familjen Helsingborg  
Address: Värsjö 6350, Skånes Fagerhult  
Phone: +46 43 35 01 80  
Internet: [www.warsjonas.se](http://www.warsjonas.se)

## RESTAURANTS



Familjen Helsingborg

Here in Skåne, we're especially proud of our excellent food — particularly our local organic produce.

### Bistro Grodlår & Timjan



Båstad has a French-style inn, Bistro Grodlår & Timjan, with a menu that includes both escargots á la provencale and salted Swedish brisket of beef.

The kitchen combines different cuisines, just like in Paris.

Photo: Familjen Helsingborg

Address: Köpmangatan 4, Båstad

Phone: +46 43 17 01 66

Internet: [www.bistrogrodlar-timjan.se](http://www.bistrogrodlar-timjan.se)

Email: [info@bistrogrodlar-timjan.se](mailto:info@bistrogrodlar-timjan.se)

### Ostbutiken



Serve lunch, soup and salad.

Photo: Ängelholms Näringsliv

Address: Storgatan 19, 262 37 Ängelholm

Phone: +46 43 12 63 33

Internet: [www.ostbutiken.com](http://www.ostbutiken.com)

Email: [info@ostbutiken.com](mailto:info@ostbutiken.com)

### Restaurangen HUS 57



At Hus 57 our passion is delicious food and drinks. We offer savory food made from scratch using fresh local produce, often with greens and

vegetables as a base while making sure no food goes to waste. Our menu is designed depending upon availability of freshest seasonal produce we can find among our unique local suppliers. We carefully evaluate and select our local farmers to get the freshest local and quality-assured produce. In this process, we understand that awareness of sustainable, organic and nutritional food provides better quality and is essential for our environment and future of our community.

Photo: HUS 57

Address: Östergatan 57, Ängelholm

Phone: +46 431 57 57 57

Internet: [www.hus57.se](http://www.hus57.se)

Email: [info@hus57.se](mailto:info@hus57.se)

### Pausa hos oss på Ven

A really real dream project for both of us and we hope that you will also feel a warm welcome to our gem and enjoy our kitchen where we cook with love and care for a sustainable future.



Photo: Pausa hos oss på Ven

Address: Kyrkbackens hamn, 260 13 Sankt Ibb, Ven

Opening hours: See our website

Phone: +46 418 - 722 20 or send an sms +46 731 560206

Internet: <https://pausahososs.se/>

Email: [info@pausahososs.se](mailto:info@pausahososs.se)

### Matscenen



Fate united the local landskrona son Tobias and the Stockholm boy Elias on a rainy Christmas Eve 2017. Their great interest in food culture and champagne laid the foundation for their next project: The food scene. With great commitment and a lot of creativity, they seek perfection in simplicity. The flavors are released and the raw material gets to show off its best side.

Welcome all life enjoyers to the theater bistro located in the heart of Landskrona.

Photo: Landskrona stad

Address: Järnvägsgatan 2, 261 32 Landskrona

Opening hours: Tuesday-Thursday 16.00-23.00, Friday 16.00-01.00, Saturday 11.00-01.00

Phone: +46 418 77 00 11

Internet: <https://matscenen.se/>

Email: [hej@matscenen.se](mailto:hej@matscenen.se)

### Bjäre Fisk & Skaldjur



You will find Bjäre Fisk & Skaldjur in the cozy Magnarps Hamn with adorable views of Skälderviken and Kullaberg and with the

Kattegattsleden as the nearest neighbor. Come in and enjoy the calm and family atmosphere. They really love what they do and work all the time to have a wide range with the highest quality and local ingredients from the countryside!

Welcome to enjoy good food in the restaurant or buy fresh delicious fish in the shop.

Photo: Ängelholms Näringsliv

Address: Magnarpsvägen 80, 266 54 Vejbystrand

Phone: +46 0431-45 23 00

Internet: [www.bjarefiskochskaldjur.se](http://www.bjarefiskochskaldjur.se)

### Klitterhus Restaurang



The chefs have high ambitions to create food of really high class from the best ingredients. They are served by their friendly staff who also

help you in your choice of menu and drinks from their well-stocked wine cellars.

You can enjoy food with a fantastic view of Skälderviken, just a few meters from the waves

Photo: Ängelholms Näringsliv

Address: Klittervägen 45, 262 63 Ängelholm

Phone: +46 0431 - 13530

Internet: [www.klitterhus.com](http://www.klitterhus.com)

Email: [info@klitterhus.com](mailto:info@klitterhus.com)

### Bryggan in Höganäs



Situated in the harbour of Höganäs, in the front row with view over Öresund, you'll find the restaurang Bryggan. With its wonderful outdoor

seating and their appetizing menu, Bryggan is one of the most popular restaurants in town. Try Bryggans shrimp trawl, the fishsoup or the Bryggburger. The menu combined with a sunny and beautiful summer day is hard to beat. When you get enough of the food, Bryggan also has a hotel next door.

Photo: Familjen Helsingborg

Address: Småbåtshamnen 16 B, Höganäs

Phone: +46 42 34 03 60

Internet: [www.hoganasbrygga.se](http://www.hoganasbrygga.se)

Email: [info@hoganasbrygga.se](mailto:info@hoganasbrygga.se)



### Drottninggatan 35



On Drottninggatan 35 we cook with flavors that are typical for this part of the world and with seasonal ingredients. We serve dishes and wines that will get you and your friends to enjoy and feel good. You're as welcome when you just want to drink something as when you want to eat. The bar offers drop-in seats at the bar and you can book a table in the dining room, by mail or phone.

Photo: Familjen Helsingborg

Address: Drottninggatan 35, Helsingborg

Phone: +46 42 14 15 57

Internet: [www.drottninggatan35.se](http://www.drottninggatan35.se)

Email: [info@drottninggatan35.se](mailto:info@drottninggatan35.se)

### Kvarteret Erikstorp



Behind the manor, the restaurant's own herbs and vegetables are grown in long, raised beds. You can't get much more locally produced than that. The wines are also selected with care, and are often organic wines from small vineyards.

Photo: Familjen Helsingborg

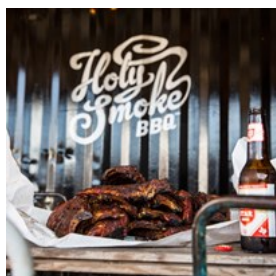
Address: Lill-Olas väg 31, Landskrona

Phone: +46 41 82 60 75

Internet: [www.kvartereterikstorp.se](http://www.kvartereterikstorp.se)

Email: [bokning@kvartereterikstorp.se](mailto:bokning@kvartereterikstorp.se)

### Holy Smoke BBQ



In the small village of Nyhamnsläge, you'll find the restaurant Holy Smoke BBQ. It is different from everything else you can imagine. They describe their food as "delicious, simple food

without all the unnecessary stuff", and that goes well. The mood in the unique environment is relaxing and here you can enjoy the tasty smoked meat, inspired by meat and food in Texas, USA. Don't miss the shortribs and the amazing street-food burgers!

Photo: Familjen Helsingborg

Address: Krapperups Kyrkoväg 116, Nyhamnsläge

Phone: +46 42 77 303

Internet: [www.holysmokebbq.se](http://www.holysmokebbq.se)

Email: [info@holysmokebbq.se](mailto:info@holysmokebbq.se)

### Kol & cocktails



Kol is a restaurant and bar in Helsingborg. A natural meeting place for those who want to eat and drink in a pleasant atmosphere. Just as the name suggests, much of the menu charcoal-grill from seafood to fish, vegetables and fruit. There are also vegetarian options.

Photo: Familjen Helsingborg

Address: Södra Storgatan 11-13, Helsingborg

Phone: +46 42 400 40 60

Internet: [www.kolhelsingborg.se](http://www.kolhelsingborg.se)

Email: [kontakt@kolhelsingborg.se](mailto:kontakt@kolhelsingborg.se)

### Margretetorp



Margretetorp Inn is located by the Bjärehalvön peninsula on the sunny side of Hallandsåsen at the edge of the green beech forest, surrounded by a wonderful park. At Margaretetorp they proudly preserve the culinary traditions of Skåne, following the changing of the seasons and promoting local produce. At the same time they complement this with contemporary favourites and create a menu

with attractive choices for all tastes.

Photo: Margaretorps Gästgivarvärd  
Address: Kägla väg 9, Hjärnarp  
Phone: +46 431 45 44 50  
Internet: [www.margretetorp.se](http://www.margretetorp.se)  
Email: [info@margretetorp.se](mailto:info@margretetorp.se)

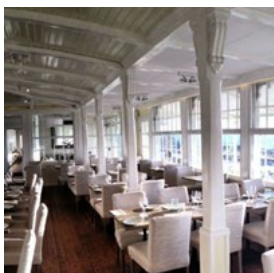
### Pumphuset



This wonderful building with the enormous view is a fantastic choice for holding parties and celebrations that mean most to you. You can sit separately in the beautiful art gallery or in the dining room.

Photo: Niclas Lundblad, Landskrona stad  
Address: Nedre gatan 97, Landskrona  
Opening hours: Tuesday-Wednesday 11.30 - 15.00,  
Thursday-Saturday 12.00 - 22.00, Sunday 12.00 - 16.00  
Phone: +46 41 81 31 30  
Internet: [www.pumphuset.nu](http://www.pumphuset.nu)  
Email: [boka@pumphuset.nu](mailto:boka@pumphuset.nu)

### Pålsjö Mat & Bar



Pålsjö is not only a very good restaurant, it will also give you an easy-going, vibrant and more accessible meal experience. This is a restaurant where you can spontaneously drop in after or during a walk along the beach. The view is still the best in town, and we have more than just oysters in the oyster bar, e.g. sardines..

Photo: Familjen Helsingborg  
Address: Drottninggatan 151, Helsingborg  
Phone: +46 42 14 97 30  
Internet: [www.palsjomatbar.se](http://www.palsjomatbar.se)  
Email: [info@palsjokrog.se](mailto:info@palsjokrog.se)

### Forsea HH- Tura



When in Helsingborg, don't miss out on one of the locals favourite experiences; tura! To "tura" means to ride the ferry between

Helsingborg and Elsinore and stay on the ferry for a while without jumping off in Elsinore. Basically, you ride back and forth between the two cities. Enjoy food and drinks in the onboard restaurant during the trip and stay onboard as long as you wish.

Photo: Familjen Helsingborg  
Address: Knutpunkten 43, Helsingborg  
Phone: +46 42 18 60 00  
Internet: [www.forsea.se/tura/](http://www.forsea.se/tura/)

### Sillen och Makrillen



Sillen & Makrillen is a restaurant in Helsingborg is situated right by the water with a lovely view over the strait and Denmark. A place to relax

and watch the boats pass by while the sun slips below the horizon. Glorious on a summer's day, but why not enjoy a tasty supper on a dark autumn day with the stormy winds and the waves beating against the windows.

At Sillen & Makrillen, the focus is on the food and the sea, in particular fish and shellfish. They work with selected ingredients from local suppliers and have a changing menu with seasonal selections.

Photo: Familjen Helsingborg  
Address: Gröningen Norra 1, Helsingborg  
Phone: +46 42 28 15 53  
Internet: [www.sillenmakrillen.se](http://www.sillenmakrillen.se)  
Email: [info@sillenmakrillen.se](mailto:info@sillenmakrillen.se)

### Spirit of Hven Backafallsbyn



The restaurant's skilled chefs will be doing the utmost to meet all your specific requests, and they always add their own gastronomic surprises.

The restaurant is located in a modern and spacious area and is available for culinary events of any kind. And they have their own whisky distillery.

Photo: Familjen Helsingborg

Address: Norrebrogsvägen 55, Sankt Ibb

Phone: +46 418 44 99 99

Internet: [www.hven.com/en/the-restaurant](http://www.hven.com/en/the-restaurant)

### CAFES



Clara Lidstrom

### Albertsgården



Café Albertsgården truly defines how a pure Scanian café should look like. The farm is a Scanian three-divided farmhouse from the

1800s. The farm was bought by Albert and Anna Olofsson 1943 and Albert is the man who the farm is named after. Today it is their granddaughter Diana who runs the café. The homemade cookie buffet is fantastic and it is

enjoyed best together with a hot cup of fresh brewed coffee in the garden or in the redesigned stable.

Photo: Albertsgården

Address: Farhultsvägen 408, Farhult

Phone: +46 42 68 445

Internet: [www.albertsgarden.se](http://www.albertsgarden.se)

Email: [info@albertsgarden.se](mailto:info@albertsgarden.se)

### Ice Cream And Waffel Stall In The Homestead Park



In the ice cream and waffle stall in the Homestead Park there is a large selection of ice cream. You can also enjoy a cup of coffee and a waffle with cream and jam.

Photo: Glass & Våffelstugan i Hembygdsparken

Address: Thorslundsgatan 13, Ängelholm

Phone: +46 73 83 18 412

Internet: [www.hembygd.se/angelholm](http://www.hembygd.se/angelholm)

Email: [glassovaffelstugan@hotmail.com](mailto:glassovaffelstugan@hotmail.com)

### Pumpans Café & restaurang



Under the lush oak trees of the Pumpkin Café, you can relax in our garden and enjoy our mediterranean inspired, vegetarian, mostly organic

cuisine. Our pizzas are menu favorites.

Breads and cakes are baked with flour from our own stonemill, and we use natural sweeteners such as maple syrup and raw sugar. Our homemade apple juice has a hint of cinnamon and our coffee beans are roasted on the premises.

Photo: Clara Lidstrom

Address: Landsvägen 136 26013 Sankt Ibb ( Ven )

Opening hours: Maj - August - closed Fridays



Phone: +46 72-362 18 70  
Internet: [www.pumpans.com/](http://www.pumpans.com/)  
Email: [urban@pumpans.com](mailto:urban@pumpans.com)

### Café Étoile



The ingredients and the service is in focus at Café Étoile, giving you an positive experience in a cozy environment with high comfort. Enjoy freshly squeezed juices, healthy salads and other lunch alternatives!

Photo: Familjen Helsingborg  
Address: Drottninggatan 27, Helsingborg  
Phone: +46 70 94 10 900  
Internet: [www.cafeetoile.se](http://www.cafeetoile.se)  
Email: [amor@cafeetoile.se](mailto:amor@cafeetoile.se)

### Ebbas Fik



Ebbas Fik won the title of Sweden's best cafe in 2010 and is great fun for those who appreciate 1950s design. You will be impressed by the decor. Every detail, from vinyl furniture and the jukebox to the smallest coffee spoon, is from that era. The cafe serves freshly ground coffee, hearty sandwiches, fresh salads, large, well-filled baguettes and the famous Elvis Burger with the king of rock & roll's recipe.

Photo: Familjen Helsingborg  
Address: Bruksgatan 20, Helsingborg  
Phone: +46 42 28 14 40  
Internet: [www.ebbasfik.se](http://www.ebbasfik.se)  
Email: [ebbasfik@ebbasfik.se](mailto:ebbasfik@ebbasfik.se)

### Ransvik Havsveranda



Ransvik, in the Kullaberg Nature Reserve, way out on the Kulla Peninsula, is one of the most scenic places in Sweden. Mighty ocean waves roll in just a few metres from Ransvik Havsveranda, where guests have a front-row view of paradise.

Photo: Familjen Helsingborg  
Address: Italienska vägen, Kullabergs Naturreservat  
Phone: 042-34 76 66  
Internet: [www.ransvik.se](http://www.ransvik.se)  
Email: [info@ransvik.se](mailto:info@ransvik.se)

### Fahlmans Konditori



An institution in the city's café culture. Offers a traditional range of bread, cakes and sandwiches. Pleasant indoor area and the summer's best location for sitting outdoors. The Danish pastries are fabulous.

Photo: Familjen Helsingborg  
Address: Stortorget 11, Helsingborg  
Phone: +46 42 21 30 60  
Internet: [www.fahlmans.se](http://www.fahlmans.se)

### Fika på Torpet



Fika på Torpet is located on the slopes of Hallandsåsen above Västersjön. Here you can enjoy coffee and homemade goods in a lovely environment. The woodlands around the café has a lot of history and are great for a hike.

Photo: Ängelholms Näringsliv

Address: Övre Västersjövägen 287, Hjärnarp  
Phone: +46 73 03 28 348  
Internet: [www.fikapatorpet.se](http://www.fikapatorpet.se)

### Flickorna Lundgren på Skäret



Great coffee house and restaurant located in the small village of Skäret, between Arild and Jonstorp, on the beautiful Kullahalvön peninsula.

Photo: Familjen Helsingborg  
Address: Skäretvägen 19, Skäret  
Phone: +46 42 34 60 44  
Internet: [www.fl-lundgren.se](http://www.fl-lundgren.se)  
Email: [info@flickornalundgren.se](mailto:info@flickornalundgren.se)

### Konditori Centrum Ängelholm



Konditori Centrum Ängelholm sell inviting pastries such as bread, cookies, cakes and homemade ice-cream. Everything comes from

the well-known bakery in Munka-Ljungby.

Photo: Lena Evertsson  
Address: Storgatan 17, 26237 Ängelholm  
Phone: +46 43 11 34 00

### Mölle Krukmakeri and Café



At the foot of Kullaberg, in the small village of Mölle, you can find Mölle Krukmakeri and Café which stands for the irrational, the slow and perhaps somewhat recalcitrant. Besides the ceramics workshop, there is also a café. This little café serves thousands of guests every year, and what's served is simply odd beautiful music in all shapes, cookies and all sorts of bad treats

that would make a weight watcher fade, hot soups, fresh pasta, greek moussaka, and the best of all, neapolitan pizza. All this together in a environment you would hopefully not find anywhere else. In the serviceteam you will find some really happy girls, young nobles and some scattered hillbillies.

Photo: Familjen Helsingborg  
Address: Mölle Hamnallé 9, Mölle  
Phone: +46 42 34 79 91  
Internet: [www.mollekrukmakeri.se](http://www.mollekrukmakeri.se)  
Email: [info@mollekrukmakeri.se](mailto:info@mollekrukmakeri.se)

### Nisses Konditori



Nisses patisserie started in 1936 and got its name after the founder Nils Sandberg. Everything that is sold in the store is baked by hand in our own bakery. We choose the best raw materials and do not add any preservatives or additives.

We offer our customers a wide range of traditional products with high quality that are baked with joy and care.

Photo: Nisses konditori  
Address: Höjavägen 24, Ängelholm  
Phone: +46 43 11 05 53  
Internet: [www.nisseskonditori.se](http://www.nisseskonditori.se)  
Email: [kontakt@nisseskonditori.se](mailto:kontakt@nisseskonditori.se)

### Milles Boutique



In the most beautiful rural locations, in the middle of nowhere Milles Boutique attracts loads of tourists and locals every year. Maybe it's the gravel roads that draw people attention. Or it might be the homemade ice cream, or the

homemade scones with buttercream and jam? Either way, this place is perfect with or without kids, who doesn't love to snoop around in the many drawers of chest around the house? Almost everything you can see can be bought.

Photo: Familjen Helsingborg  
Address: Tockarp 547, Örkeljunga  
Phone: +46 73 03 52 849

### Zoégas Café & Shop



A gem for all coffee lovers. The coffee grinder has been turning in the shop window since 1931. None of the interior fittings have been touched since then. Shop fittings in mahogany, marble floor, beautiful brass details, coffee-grinders and a beautifully painted ceiling.

Photo: Familjen Helsingborg  
Address: Drottninggatan 30, Helsingborg  
Phone: +46 42 21 63 00  
Internet: [www.zoegas.se/kaffevarlden/zoegas-cafe-butik](http://www.zoegas.se/kaffevarlden/zoegas-cafe-butik)

## GOLF



Rya GK/Familjen Helsingborg

We've never been known for our modesty. But now we are really going to brag. The fact is that Northwest Skåne has the world's second highest concentration of golf courses. Only Florida has a higher concentration. We have 25 golf clubs and

31 courses within 40 minutes of Helsingborg. And these aren't just any courses. They vary in character between coastal and inland, with differing degrees of difficulty to suit everyone from beginners to professionals. When you want to play a round, it is always an advantage if the course isn't covered with snow. Snow is rare this far south in Sweden, so most courses are open all year round.

### Allerum Golfklubb



The golf courses at Allerum offers 27 holes combined with a beautiful nature experience. The course called "Ängsbanan" is designed by Hans Fock and opened its first nine tees 1993 and was completed with another nine tees 1995.

The other course, "Parkbanan", is a 9-hole course that's also open for players without a green card. A big driving range, several putting greens and a restaurant are also available at Allerum.

Photo: Familjen Helsingborg  
Address: Tursköpsvägen 154, Allerum  
Internet: [www.allerumgk.nu](http://www.allerumgk.nu)

### Bjäre Golfklubb

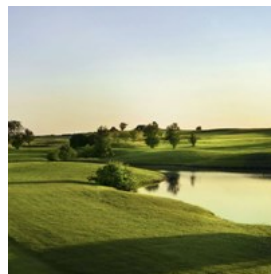


Photo: Familjen Helsingborg  
Address: Salomonhögsvägen 336, Båstad  
Internet: [www.bjaregolfklubb.se](http://www.bjaregolfklubb.se)



### Båstad Golfklubb



Photo: Familjen Helsingborg  
Address: Boarpsvägen 212, Båstad  
Internet: [www.bgk.se](http://www.bgk.se)

### Helsingborgs Golfklubb



Helsingborg golf club was founded year 1924 and is one of Swedens first golf clubs. The course is beautifully located right next to the sea. The first official club champion was the swedish Prince Sigvard that often played the course during the summer season.

Photo: Mickael Tannus  
Address: Golfbanegränd 2, Viken  
Internet: [www.helsingborgsgk.com](http://www.helsingborgsgk.com)

### Höganäs Golfklubb

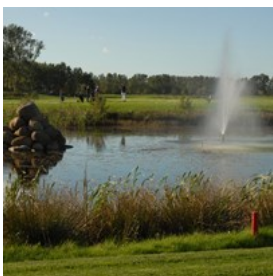
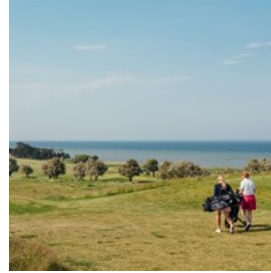


Photo: Familjen Helsingborg  
Address: Friluftsvägen 5, Lerberget  
Internet: [www.hoganasgk.se](http://www.hoganasgk.se)

### Landskrona Golf Club



Landskrona Golf Club's two 18-hole parkland and seaside courses provide plenty of variation and challenges for golfers. They also offer stimulation for the soul with their wonderful views over the Öresund sound with Ven and Denmark in the background.

Photo: Anders Ebefeldt Studio\_e.se  
Address: Erikstorp, Landskrona  
Phone: +46 418 44 62 60  
Internet: [www.landskronagk.se](http://www.landskronagk.se)

### Ljungbyheds Golfklubb



Photo: Familjen Helsingborg  
Address: Monomentvägen 2, Ljungbyhed  
Internet: [www.ljungbyhedsgk.se](http://www.ljungbyhedsgk.se)

### Lydinge Golf Resort



Lydinge Golf Resort is located in Hyllinge, one mile outside Helsingborg and has a very interesting and challenging 18-hole park course in slightly undulating terrain. In addition to driving range with fine target greens, there is a 7-hole card course as well as pay and play. The course offers unique conditions for golf games and is fun to play during all seasons.

Lydinge Resort has a total experience with hotels, golf courses, restaurant and relaxation.

Enjoy the relaxation with sauna and whirlpool and the incredibly beautiful nature.

Photo: Familjen Helsingborg  
Address: Lydingevägen, Hyllinge  
Phone: +46 (0) 42 22 55 46  
Internet: [www.lydinge.com](http://www.lydinge.com)

### Mölle Golfklubb



Photo: Familjen Helsingborg  
Address: Italienska vägen 215, Mölle  
Internet: [www.mollegk.se](http://www.mollegk.se)

### Perstorps Golfklubb

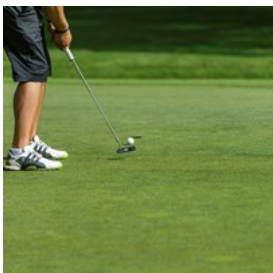


Photo: Familjen Helsingborg  
Address: Gustavsborg 501, Perstorp  
Internet: [www.perstorpsgk.se](http://www.perstorpsgk.se)

### Rya Golfklubb

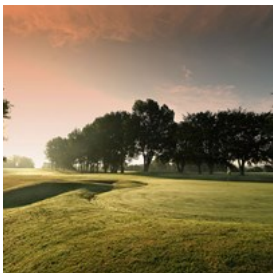


Photo: Familjen Helsingborg  
Address: Rya golfbaneväg 20, Helsingborg  
Internet: [www.rya.nu](http://www.rya.nu)

### S:t Arild Golfklubb



Photo: Familjen Helsingborg  
Address: Golfvägen 48, Skäret  
Internet: [www.starild.se](http://www.starild.se)

### St Ibbs Golf Club



The golf course on the island of Ven is a combined 9-hole parkland and seaside course with extensive views over the Öresund sound.

Photo: Familjen Helsingborg  
Address: Marielundsvägen 50, St Ibb  
Internet: [www.stibb.se](http://www.stibb.se)

### Söderåsens GK

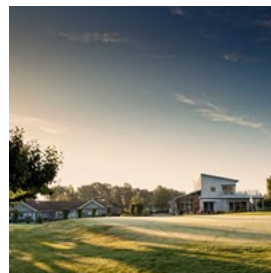


Photo: Familjen Helsingborg  
Address: Risekatslösavägen 8, Billesholm  
Internet: [www.soderasensgk.se](http://www.soderasensgk.se)

### Torekovs Golfklubb



Photo: Familjen Helsingborg  
Address: Råledsvägen 31, Torekov  
Internet: [www.togk.se](http://www.togk.se)

### Vasatorps Golfklubb



Vasatorps golf club is one of the largest golf facilities in Sweden. It offers three courses and excellent training facilities. The course, restaurant and training area attracts both beginners and players from the PGA European Tour.

Photo: Familjen Helsingborg  
Address: Vasatorps Allé, Mörarp  
Internet: [www.vasatorpsgk.se](http://www.vasatorpsgk.se)

### Woodlands Country Club



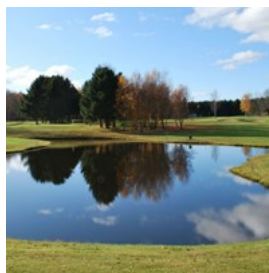
Woodlands Golf & Country Club is placed in a hilly Swedish forest landscape with many lakes only 20 minutes by car from Helsingborg and 60 minutes from Copenhagen.

Besides a magnificent 27-hole golf course, Woodlands consists of a professional golf academy and a modern club house with golf shop and restaurant.

In the gated area of the club, you can enjoy life in stylish houses designed exclusively for Woodlands. Most families use their Woodlands home as a leisure get-away, but an increasing number of families choose to live here all year round.

Photo: Familjen Helsingborg  
Address: Rya 472, Örskällunga  
Internet: [www.woodlands.se](http://www.woodlands.se)

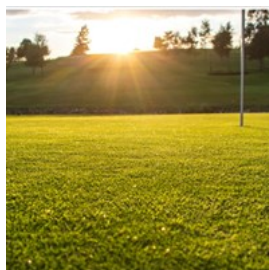
### Ängelholms Golfklubb



Ängelholms GK is one of Northwest Skåne's most attractive golf courses with a challenging layout and pleasant forest environment.

Photo: Ängelholms Golfklubb  
Address: Vasatorpsvägen 183, Munka Ljungby  
Phone: +46 0431-43 02 60  
Internet: [www.angelholmmsgk.se](http://www.angelholmmsgk.se)  
Email: [info@angelholmmsgk.se](mailto:info@angelholmmsgk.se)

### Åkagårdens Golfklubb



Åkagårdens Golfklubb ligger mitt på natursköna Bjärehalvön. En kuperad parkbana med milsvid utsikt över det Skånska landskapet. En välskött bana, par 71, och anläggning med restaurang och övningsområde.

Banan, som är en 18-hålsbana av landskapskaraktär, är kuperad och från ett flertal ställen har man en vidunderlig utsikt över Skålderviken. Den kuperade terrängen har gjort layouten på ett flertal ställen riktigt spektakulär. Banan är ca 5600 meter från gul tee och 4600 meter från röd.

Båda slingorna börjar och slutar vid klubbhuset och det finns därför goda möjligheter att bara spela nio hål eller kanske ytterligare nio hål efter en lunch i den trevliga golfkrogen. Från det trivsamma klubbhusområdet som omfattar kansli, omklädningsrum, shop och golfkrog är utsikten över landskapet betagande. Det finns golfbil att hyra. Endast softspikes är tillåtna. Hundar i koppel får tas med på banan.



Photo: Familjen Helsingborg  
Address: Lyngåkravägen 39, Båstad  
Internet: [www.akgk.se](http://www.akgk.se)

### Äppelgårdens Golfklubb

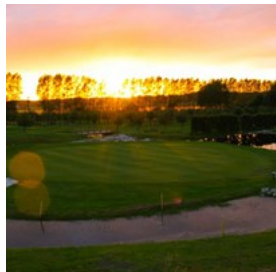


Photo: Familjen Helsingborg  
Address: 6608 Hemmeslöv, Båstad  
Internet: [www.appelgarden.se](http://www.appelgarden.se)

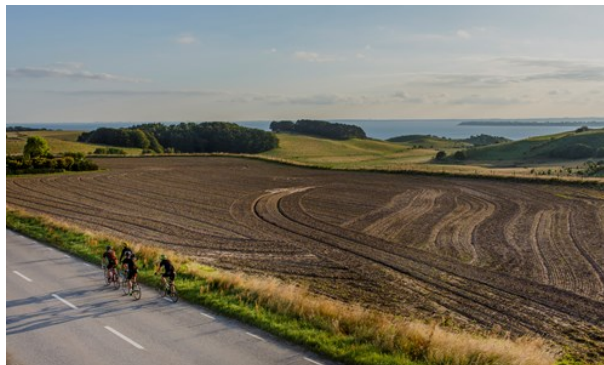
### Öresund Golf Club



A modern parkland golf course close to the sea with a winding route amongst gentle hills, water and trees. It's a short golf course, but quite a technical one.

Photo: Familjen Helsingborg  
Address: Barsebäcksvägen 70, Häljarp  
Internet: [www.oresundsgk.se](http://www.oresundsgk.se)

## TRAVEL TO HELSINGBORG REGION



*Mickael Tannus/Familjen Helsingborg*

In this region all the distances are short. Close to everything and easy to get here. That's the right way to describe Helsingborg Family.

We are located conveniently close to the E4 and E6 and train ferry and bus connections are good.

We also have three airports within an hour's travel from the region: Ängelholm Helsingborg, Malmö Airport and Copenhagen Airport. Copenhagen takes you quickly. A train ride in just over an hour from Helsingborg, and presto, you are there.

### By Air



There are three airports in this region: Ängelholm-Helsingborg Airport, Malmö Airport and only 20 minutes away from Malmö over the

Öresund Bridge you also have Copenhagen Airport.

Ängelholm-Helsingborg Airport

+46 431 48 45 13.

[www.angelholmhelsingborgairport.se](http://www.angelholmhelsingborgairport.se)

Malmö Airport

+46 40 61 31 000.

[www.swedavia.se/sv/Malmo/Resenar](http://www.swedavia.se/sv/Malmo/Resenar)

Copenhagen Airport

+45 32 31 32 31. [cph.dk/CPH/DK/MAIN](http://cph.dk/CPH/DK/MAIN)

Photo: boph.se

Email: [www.helsingborgfamily.com](http://www.helsingborgfamily.com)

### By Ferry



You can also reach our region by ferry from Denmark. The ferry departures 3-4 times an hour between

Helsingborg and Elsinore in Denmark, and the journey takes about 20 minutes.

[www.scandlines.se](http://www.scandlines.se)

[www.sundbusserne.dk](http://www.sundbusserne.dk)

Photo: Familjen Helsingborg

Address: Helsingborg C

### By train



Travelling by train in the region is both quick and convenient. SJ is the largest train operator and operates on most long-haul routes from

Oslo, Copenhagen and Berlin as well as in Sweden. With the fast X2000 train from Stockholm trip takes about 5 hours to Helsingborg and Gothenburg takes about 2 hours. Skånetrafiken runs the public transportation within Skåne.

[www.sj.se](http://www.sj.se)

[www.skandetrafiken.se](http://www.skandetrafiken.se)

Photo: Studio e

Address: Helsingborg C

### By car



Arriving to the region by car? Welcome! Both E4 and E6 passes the region and makes it easy for you to drive to us. If you want to rent a car during your

visit, several of the well known rental companies are represented in our region. Many gas stations also have car rental.

[www.hertz.com](http://www.hertz.com)

[www.europcar.se](http://www.europcar.se)

[www.avis.se](http://www.avis.se)

[www.sixt.se/en/](http://www.sixt.se/en/)

Photo: Familjen Helsingborg

### Population

Approximately 351,000

### Currency

Swedish SEK/crowns

### Internet

[www.helsingborgfamily.com](http://www.helsingborgfamily.com)

### Emergency numbers

112

### Tourist information

Close to everything, and easy to find your way around. That's one way to describe the Helsingborg family. We're close to the E4 and E6 motorways, with excellent rail, ferry and bus connections. We also have three airports within an hour of the region: Ängelholm Helsingborg Airport, Malmö Airport and Copenhagen Airport. Distances are short – Stockholm is just as close as Berlin, only 550 kilometres away.



