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Mr Thinktank/cc by 2.0/Flickr (upscaled)



Anna Gustafsson/cc by 2.0/Flickr (upscaled)



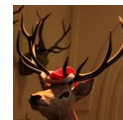
Mr Thinktank/cc by 2.0/Flickr

In Östersund, you will enjoy life all year around. The crisp air, the bright, long summer nights, and the white winters with lots of snow make it easy to like not only the city of Östersund but also its surroundings.

Östersund lies in the centre of the county of Jämtland, the self-proclaimed republic. Here you will find pleasant shopping, several small cafes, exciting cultural life, and a wide range of outdoor activities.

Featured

Top 5



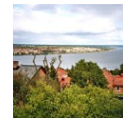
Jamtli History Land And Museum

If you only want to visit one museum when you are in



Moose Garden

Meet tame elks at close quarters - so close you can actually pet them! See a...



Frösön Island

The island of Frösön is only a short walk from the city centre, across the w...



Frösö Church

Frösö Church dates back to the 12th century, and is one of Sweden's most pop...



THE CITY



Hamperium Photography/Shutterstock.com

Östersund's central location, almost at the very centre of Sweden, gives the city proximity to both coastal landscape and mountains. The popular ski destination Åre is only an hour away by train, and to Stockholm, it takes about 50 minutes by air (or 5 hours by train).

During the summertime, the city streets are lined by outdoor cafes and people of all ages - from near and far - socializing and making Östersund into a lively city. Storsjöyran, the annual festival, is one of the summer's highlights.

During the dark winter season, besides the possibility of outdoor activities and the white snow, there are theatre performances, concerts, the troubadours, and, of course, the chance to see the amazing northern lights dancing in the sky.

The city of Östersund was founded in 1786 and was at the beginning a typical settlers community where lawlessness is said to have been widespread. Illegal bars were common and the streets were pitch black after nightfall. As late as 1876, the first kerosene lamp appeared on the street. By the middle of the 19th century, trade and craft slowly increased and by the beginning of the 20th century, several stately

buildings had been erected as a sign of the increasing prosperity. 50 years later, Östersund was a military city with thriving industries.

Today, Östersund is one of the most pleasant Northern, medium-sized Swedish cities. Lots of small shops line the main thoroughfares through the city centre and the "outdoor factor" is remarkably strong - given that the ski resort of Åre is not far away. In proportion to its population, the city is also one of the most cafes- and restaurant-dense cities in Sweden, so you will, definitely, get the opportunity to enjoy a good cup of coffee.

Blue, white, and green - the colours of Jämtland's flag testifies Östersund's surroundings - the distant blue, mountains, the snowy winter landscape, and the green forests. The wilderness is always close and the area around Östersund offers endless opportunities for exciting day outs and not only those who want to find peace but also for those looking for an adventure.

The island of Frösön, on the other side of the sound and just a walk across the bridge from the city centre, has been a gathering place for humans for thousands of years and today, it offers little of everything found in the rest of Jämtland.

The county of Jämtland covers 12 per cent of Sweden's surface, but only 1.5 per cent of Sweden's population lives here. This creates large imaginary gaps in civilization, guaranteeing some of Scandinavia's most magnificent nature. The Sami culture has, obviously, left its mark on the region and around 44,500 reindeer belonging to 11 Lapp villages, wander the land. And, with some luck, you might

also spot moose, bear, wolverine, wolf, lynx, arctic fox, and musk ox.

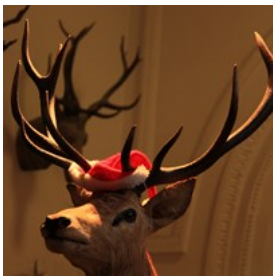
DO & SEE



Mr Thinktank/Flickr (image cropped)

There is always something to do in Östersund. Below is a selection of activities and interesting sites to visit.

Jamtli History Land And Museum



If you only want to visit one museum when you are in Östersund and Jämtland, then choose the Jamtli. During the summer months you can meet people from in the past and experience the local culture up close. In the winter there is a traditional Christmas market. At Jamtli, there is a subterranean landscape with one of Sweden's weirdest exhibitions, which magically weaves the history of Norrland. There is also the 1000-year-old Överhogdal hangings, Europe's oldest and best-preserved textile picture. The museum has been awarded with three stars in the Guide Michelin.

Photo: E. Snopova/Shutterstock.com
Address: Museiplan, Östersund
Opening hours: Tue-Sun 11.00-17.00
Phone: +46 63 15 01 00
Internet: www.jamtli.com
Email: info@jamtli.com

Moose Garden



hours.

Meet tame elks at close quarters - so close you can actually pet them! See also how paper is made from elk droppings. Please phone for opening

Photo: Soru Epotok/Shutterstock.com
Address: Orrviken 215, Orrviken
Phone: +46 70 363 60 61
Internet: www.moosegarden.com
Email: info@moosegarden.com

Frösön Island



The island of Frösön is only a short walk from the city centre, across the walking bridge. Of course also reachable by car and bus. Hunters and Vikings used to live here a long time ago, and since then the island has been a gathering place for humans. The Swedish composer Wilhelm Peterson-Berger built his home "Sommarhagen" on Frösön after falling in love with the island. Today his home is a museum and one of the most visited sites in Östersund.

Photo: Dieter Wirz/Wikimedia Commons(image cropped)
Address: Frösön

Frösö Church



yard are breathtaking.

Frösö Church dates back to the 12th century, and is one of Sweden's most popular churches to get married in. The views from the church front

Photo: Alexey Fedorenko/Shutterstock.com

Address: Stockevägen 16, Frösön
Phone: +46 63 16 11 50
Internet: www.svenskakyrkan.se/frososunnenordero

DINING



gkrphoto/Shutterstock.com

Östersund is one of the towns in Sweden with the highest density of cafés and restaurants in relation to the population. The best places serve food that smacks of the mountains, fresh air and murmuring streams. Try, for example, char (reindeer fillet), unleavened bread with soft whey cheese or cloudberry parfait.

Tegel Restaurang & Bar



One of Jämtland's best restaurants, which has reached the final of the "dish of the year" competition on several occasions. The food is mainly prepared from local ingredients such as reindeer and char. They also provide a lounge where you can extend the evening.

Photo: KJ Kohs/Shutterstock.com
Address: Postgränd 11, Östersund
Opening hours: Mon-Thu 16:00-23:00; Fri 15:00-01:00, Sat 16:00-01:00
Phone: +46 63 12 90 99
Internet: www.tegelrestaurang.se

Arctura



Östersund's highest situated restaurant with a majestic view over both the city and the mountains. On the menu, you will find reindeer, moose, char, and homemade truffles.

Photo: Emmalin Jerkeskog/Shutterstock.com
Address: Ösk-vägen 13, Östersund
Opening hours: Mon-Fri 11am-2pm, Sat 12-3pm
Phone: +46 63 16 15 60
Internet: www.jamtkraft.se/arctura

Brunkullan Brasserie



A classic located in one of Östersund's oldest quarters. Food from every corner of the world and a large bar. During the summer, Brunkullan has Östersund's only garden restaurant.

Photo: NoirChocolate/Shutterstock.com
Address: Postgränd 5, Östersund
Phone: +46 63 10 14 54
Internet: www.brunkullanbrasserie.se
Email: info@brunkullanbrasserie.se

TeaterGrillen



TeaterGrillen is this hotel's á la carte restaurant and has a menu offering something for everyone. With a very elegant and cosy atmosphere, this is the perfect place for spending a night out with friends or family.

Photo: rss_maxim/Shutterstock.com
Address: Thomeegränd 20, Östersund
Phone: +46 63 51 16 00
Internet: www.gamlateatern.se

More Info: At the Best Western Hotel Gamla Teatern

Dalwhinnie



Visit the restaurant with one of Sweden's largest whiskey assortments! The menu offers reindeer, tournedous, whitefish roe and much more. The restaurant also has whiskey tastings and a Whiskey Club for enthusiasts.

Photo: Anna_Pustynnikova/Shutterstock.com
Address: Prästgatan 31B, Östersund
Phone: +46 63 12 33 23
Internet: www.dalwhinnie.se

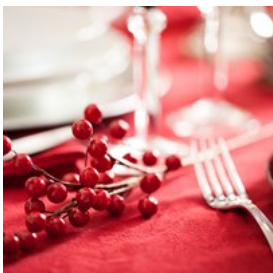
Lilla Siam



This restaurant is drool-worthy if you like Thai cuisine. Here you can taste a large variety of Thai dishes: noodles, rice with vegetables, various kind of meat and much more! Lunch buffet between 11-14, but also an á la carte menu for take away.

Photo: Kzenon/Shutterstock.com
Address: Prästgatan 54 A Östersund
Phone: +46 63 51 20 30
Internet: www.restauranglillasiam.se

En Liten Röd



En Liten Röd is Östersund's oldest authentic quarter restaurant, probably best known for its famous fondue! It's a small and cozy restaurant that has mainly specialized in the best quality meat dishes, but there are also vegetarian options, fish and game on our menu.

Perfect for a romantic dinner.

Photo: mdlart/Shutterstock.com
Address: Brogränd 19, Östersund
Opening hours: Mon-Sat 17.00-22.30
Phone: +46 63 12 63 26
Internet: www.enlitenrod.se/Restaurang-Ostersund
Email: info@enlitenrod.se

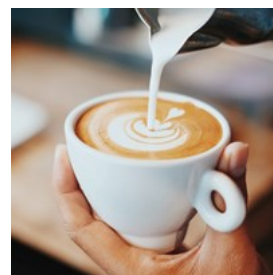
CAFES



kikovic/Shutterstock.com

The cafe culture in Östersund has always been strong, long before it became fashionable. The city has several fine old pastry shops in town, and in the summertime, people are drawn to the cafes with outdoor seating.

Hamngatan 12



In a quiet and beautiful courtyard at Hamngatan 12, you will find this charming hidden gem. Both a café and interior design shop, Hamngatan 12, is a cosy establishment, which besides coffee, serves soups, cakes, toasts, energetic smoothies, freshly squeezed juices, and ice cream in a calm and relaxed atmosphere.

Here, they only work with sustainability, and everything is cooked and baked from scratch. Vegetarian and vegan options are also on their menu as well as alcoholic drinks, such as beer

and wine.

Photo: Fahmi Fakhruhin/Unsplash

Address: Hamngatan 12, Östersund

Opening hours: Mon-Fri 10am-6pm, Sat 10am-4pm

Phone: +46 63 51 02 99

Internet: www.hamngatan12.se

Email: magasinet@hamngatan12.se

Wedemarks Konditori



A classic café that opened as early as 1924. In Wedemarks Konditori AB there are all kind of sweets: Marsipangrisar, Saffransbiscottis, Lettuce Cakes, Gingerbread Cakes, Saffron Cakes, Cookies and much more! This is place offers also a lot of original sweets during the holiday, especially for Christmas.

Photo: Nina Firsova/Shutterstock.com

Address: Prästgatan 27, Östersund

Opening hours: Mon-Fri 07.30-18.00; Sat 10.00-17.00; Sun 12.00-17.00

Phone: +46 63 51 03 83

Internet: www.wedemarks.se

Espresso House Östersund



When in the mood for a hot or iced coffee, a pastry, piece of cake, or a light lunch, just look for the nearest Espresso House, and you won't be disappointed. It's always a great and cosy spot to go for studying, working, or having coffee with friends.

Photo: Free-Photos/Pixabay

Address: Prästgatan 30, Östersund

Opening hours: Mon-Fri 7am-9pm, Sat 9am-8pm, Sun 9am-6pm

Phone: +46 76 521 92 91

Internet: www.espressohouse.com

Email: support@espressohouse.se

Kafé Frösötornet



Take a ride up the tower and enjoy the beautiful views. If you need something sweet and tasty, the café offers sandwiches, homemade bread and waffles. Only open during the summer.

Photo: Vezzani Photography/Shutterstock.com

Address: Toppvägen 11, Frösön

Opening hours: Daily 11am-4pm

Phone: +46 63 12 81 69

Tages Konditori & Kök



The Tages in Frösön offers homemade pastries and home cooking every day. With them, you can sit down and enjoy a good cappuccino with a classic pastry or why not buy something from their homemade products. Here you will find classic flavours and exciting new ones with original and modern elements.

Photo: Arina P Habich/Shutterstock.com

Address: Frösövägen 32, Frösön

Opening hours: Mon-Thu 7:30am-9pm, Fri-Sat 9am-3pm, Sun 9am-9pm

Phone: +46 63 51 84 07

Internet: www.tages.se

Email: info@tages.se

BARS & NIGHTLIFE



Natalya Okorokova/Shutterstock.com

Östersund is a city somewhat shaped by all its students from Mittuniversitetet. That, of course, also affects the nightlife. Here you will find lively nightclubs, popular pubs, and glamorous dance halls.

The Bishops Arms



One of the most well-known pub chains in Sweden, located at 24 different places all over the country. Try one of the 20-25 kinds of tapped beer, or why not one of the 70-100 whiskeys? Not to forget are the 250 kinds of single malt whiskeys on the menu. British settings, of course.

Photo: Bogdan Sonjachnyj/Shutterstock.com

Address: Stortorget 8, Östersund

Opening hours: Sun-Tue 16.00-22.00; Wed-Thu 16.00-23.00; Fri-Sat 15.00-02.00

Phone: +46 63 10 15 29

Internet: www.bishopsarms.com/Ostersund

Tegel Restaurang & Bar



One of Jämtland's best restaurants, which has reached the final of the "dish of the year" competition on several occasions. The food is mainly prepared from local ingredients such as reindeer and char. They also provide a lounge where you can extend the evening.

Photo: KJ Kohs/Shutterstock.com

Address: Postgränd 11, Östersund

Opening hours: Mon-Thu 16:00-23:00; Fri 15:00-01:00, Sat 16:00-01:00

Phone: +46 63 12 90 99

Internet: www.tegelrestaurang.se

Captain James Cook



When Captain Cook opened in 1993 it was one of the first "Aussie" pubs in Sweden and soon became popular - not least among whiskey lovers. Whiskey tastings are arranged from time to time. Captain James Cook is also home to Östersund's blues scene.

Photo: komokvm/Shutterstock.com

Address: Hamngatan 9, Östersund

Phone: +46 63 12 60 90

Internet: www.captaincook.se

Marité



Beautiful location with both live music and night club. Marité is worth a visit for not only the good music, but also for the views! Wednesdays and Fridays there is an 18 years age limit, and on Saturdays you will need to be over 21. Also a

restaurant.

Photo: Deborah Kolb/Shutterstock.com
Address: Sjötorget 3, Östersund
Phone: +46 63 12 42 26
Internet: www.marite.nu
Email: info@marite.nu

O'Learys



O'Learys is a sports bar that serves a great variety of food and beverages, from tortilla chips with every kind of sauce to their special fried chicken wings, from tasty fresh beers to delicious desserts. It's all, naturally, accompanied with beer.

Photo: TMON/Shutterstock.com
Address: Kyrkgatan 70, Östersund
Opening hours: Mon-Thu 16.00-23.00; Fri 15.00-01.00; Sat 13.00-03.00; Sun 13.00-23.00
Phone: +46 63 57 57 57
Internet: www.olearys.se/ostersund

SHOPPING



ESB Professional/Shutterstock.com

Östersund is a pleasant town to shop in with several of the major Swedish retail chains mixed with lots of small shops along the streets and alleys. The traditional shopping strip is based on Stortorget – follow the pedestrian street to the Domus building and then back along the parallel

street Storgatan. Music lovers immediately head for Skivhörnan at Stortorget, one of the few remaining genuine record shops in north Sweden. If you are looking for local delicacies, walk to the farm shop Ost & Vilt at Prästgatan 19, where you can sample and buy products from across the county – everything from selected boxes of delicacies to handicrafts and souvenirs. More souvenirs – mostly local handicraft – are found in Gaupa Hantverk on Z-gränd 1. The shop is run by a cooperative of five local handicraft companies. The outdoor factor is strong in Jämtland, and obviously the Swedish chain for outdoor clothing, Naturkompaniet (Prästgatan 31) has a shop here. If you are looking for quality products for hunting and fishing, visit Landbys on Storgatan 19. Scandinavian design can be found at Butik Annorlunda on Storgatan 37, selling clothes from brands like Marimekko, Gunilla Pontén, Nygårdssanna, Noa Noa and Bitte Kai Rand. They also sell jewelry from Snow of Sweden and the Danish Pilgrim.

Storsjöhyttan

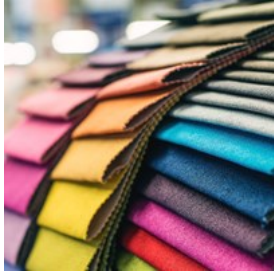


In Östersund, you will find Jämtland's first glasswork, managed by three women.

Storsjöhyttan was established in 1995 with only one studio, workshop and gallery. Come and experience how the glass is transformed into a piece of art and/or buy something from the shop.

Photo: kim chul hyun/Shutterstock.com
Address: Sjötorget, Östersund
Opening hours: Mon-Thu 10.00-17.00; Fri 10.00-16.00; Sat 11.00-15.00
Phone: +46 63 13 36 30
Internet: www.storsjohyttan.com

Frösö Handtryck Scandinavia



In the years of 2000 and 2002, Frösö Handtryck (Frösö Hand Printing) was given the Swedish design award "Utmärkt svensk form" (Excellent Swedish Art). The factory workshop is located on Gripengränd Frösö Park and here you can buy textiles with beautiful, local motives.

Photo: Oleksandr Berezko/Shutterstock.com

Address: Gripengränd 4, Frösön

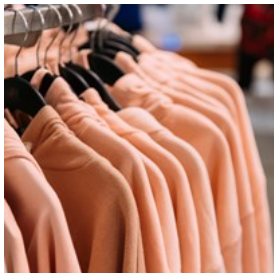
Opening hours: Mon-Fri 10.00-16.00; Sat 11.00-15.00

Phone: +46 63 434 40

Internet: www.frosohandtryck.com

More Info: Byggnad 114

INLANDET.se



INLANDET.se is a clothing shop in the city of Östersund. Here, you can find every kind of article you may need, including jumpers, T-shirts, jackets, sweatshirts, and a lot of active gear accessories as well: skateboards, hats, backpackers, and much more.

Photo: Grisha Bruev/Shutterstock.com

Address: Samuel Permans Gata 10, Östersund

Opening hours: Mon-Fri 11.00-18.00; Sat 11.00-16.00

Phone: +46 10 474 91 00

Kärnan Östersund



Kärnan is a shopping center in Östersund with 18 shops across two floors, where you can find everything you may be looking for. There are all

kinds of shops and also a few places to eat or drink.

Photo: Josep Suria/Shutterstock.com

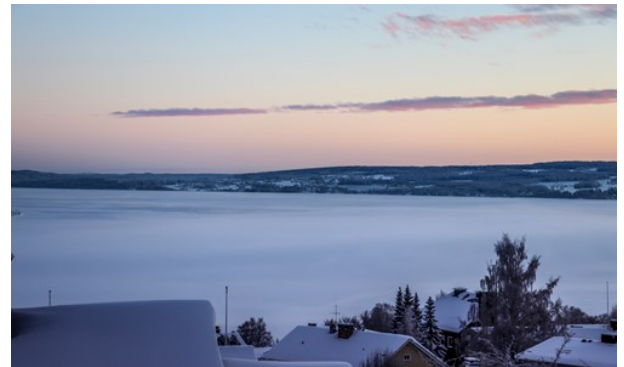
Address: Kyrkgatan 66, Östersund

Opening hours: Mon-Fri 08.00-18.00; Sat 10.00-16.00; Sun 12.00-16.00

Internet: www.karnanostersund.se

Email: emma.widegren@dios.se

TOURIST INFORMATION



Theerasak Namkampa/Shutterstock.com

Äre Östersund Airport (OSD)



Östersund's airport is located on Frösö Island and transport to the city centre only takes ten minutes. Airport buses run to and from the

centre of Östersund in connection with most departures.

Tickets can be purchased on Flygbussen and on the city bus service "stadsbussarna." Tickets are valid for departures within 1 hour. There is a stop for the airport bus at the bus station by Gustav III's torg, from where you can travel further around the county by bus.

Photo: Juan Garces

Address: Frösön

Phone: +46 10 109 56 00

Internet: www.swedavia.se/ostersund

Passport/Visa



Sweden can be visited visa-free for up to 90 days by citizens of most European countries, Australia, New Zealand, Japan, South Korea,

Taiwan, Malaysia, Israel, UAE and most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen) travelers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport, but must have a valid ID with them during their stay.

Photo: TukTuk Design

Best Time to Visit



Average temperatures in Östersund vary drastically. The best time to visit this city is from July to August: this time of the year is the very

warmest time and the weather is quite sunny. In Östersund you can also enjoy a lot of sporting and cultural events, like the Nordic Winter Youth Games and the Christmas market at Jamtli, with a beautiful and cosy Christmas atmosphere.

Photo: VectorA

Public Transport



There is a pretty good network of city buses in Östersund, which run between most districts. Tickets are purchased onboard the buses. There

is a range of discount cards, depending on the number of journeys you are going to make. The card is sold at the bus depot, at Kärnan Godis, at Domus customer service and from the bus driver. There are night buses on Fridays and Saturdays between 23-02.30.

Photo: Pierre-Luc Auclair

Internet: www.nettbuss.se/stadssbussarna

Taxi



Taxis in Östersund are reliable and use fare meters. It can sometimes be difficult to find a car on the street, even in the city centre.

Photo: ArrivalGuides

Address: Taxi Östersund

Phone: +46 63 199 000

Internet: www.taxiostersund.se

Post



Nowadays you will find postal service points in supermarkets and petrol stations across Sweden. Here you can buy stamps, send and receive packets.

Photo: Andy Fuchs

Address: Gustav III s Torg 2, Östersund

Phone: +46 77 133 33 10

Pharmacy



The Apoteket Kärnan chemist is centrally located at:

Photo: Gemma Garner

Address: Prästgatan 45, Östersund

Opening hours: Mon-Fri 10.00-18.00; Sat 10.00-16.00; Sun 12.00-16.00

Phone: +46 771 450450

Internet: www.apoteket.se

Telephone



Country code: +46 Area code: 063

Photo: Jardson Almeida

Electricity



220 V

Photo: Stirling Tschan

Population

50,960 (2017)

Currency

Swedish SEK/crowns

Opening hours

Department stores: Mon-Fri 10am-7pm, Sat 10am-4pm, Sun 12-4pm (Domus and Åhléns). Other shops: Mon-Fri 10am-6pm, Sat 10am-3pm, and Sundays closed.

Newspapers

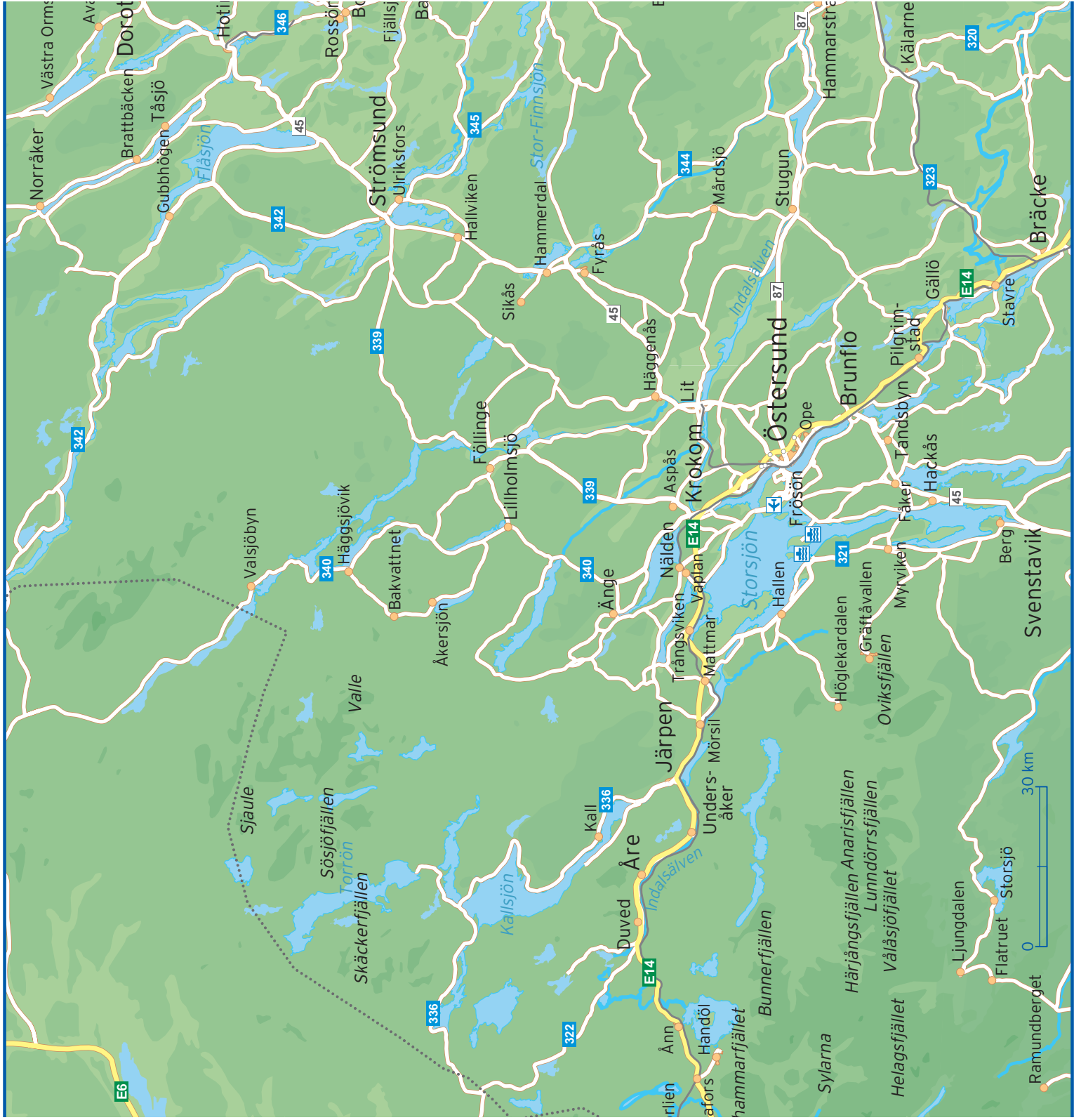
100 percent Östersund
Östersunds-Posten

Länstidningen
Svenska Dagbladet
Dagens Nyheter

Emergency numbers
112

Tourist information

Turist & Kongressbyrån i Östersund
Rådhusgatan 44
831 82 Östersund
Tel: +46 63 144001



A
Storsjön

B

C

D



Storsjön

0 250 m

Akademigatan	D3	Hårdängegatan	D3 D4	Rådmansgatan	A1
Allégatan	C3 C4 D4	Ishallsvägen	C1	Samuel Permans gata	C2 D2
Arkivvägen	B1	Kaptensgatan	A1	Skolgatan	D3 D4
Artillerigatan	C3	Karlslundsvägen	C2 D2	Smedjegatan	A1
Bangårdsgatan	C4	Kläppevägen	C2	Stapelmohrs väg	C2
Bergsgatan	A1 A2	Krondikesvägen	D3	Stenstigen	D2
Biblioteksgatan	B3 C3 D3	Kyrkgatan	B2 B3 C3	Storgatan	B3
Björkbackavägen	C2 D2	Köpangatan	B2 B3	Storsjöstråket	B3 B4
Bondegatan	C4	Lignells väg	D2	Stortorget	B2
Brogränd	B2 C2	Linnégatan	D4	Strandgatan	B2 B3
Brunflövägen	C4 D4	Litsvägen	C2 D1	Stuguvägen	D3
Brunnsgränd	B3 C3	Lottgatan	D4	Stövarvägen	D1
Campusvägen	C3 D3	Lugnevägen	B2	Södra Gröngatan	C3
Drevstigen	D2	Lugnviksvägen	B1	Södra Strandvägen	A2
Eriksbergsvägen	D1 D2	Lägdevägen	D1	Tallåsvägen	C1 D1
Fagerbacken	D4	Mariavägen	D3	Thoméegränd	C3
Fjällgatan	A2	Nedre Frejagatan	C4	Tingsgatan	C4
Fornbyvägen	B1 C1	Norra Gröngatan	C2	Torgbrinken	C4
Forskarens väg	D3	Norra Strandvägen	A1	Trondheimsvägen	C1
Frösöbron	B2	Norra Torlandsgatan	D4	Trädgårdsvägen	A2
Frösövägen	A2	Näsvägen	A2	Tullgatan	B3 C3
Furutorpsgatan	C4 D4	Odensalagatan	D4	Tunstigen	D2
Fältjägargränd	B2	Parkgatan	A1	Tysta vägen	B1 B2
Färjemansgatan	B2 C2	Pedagogens väg	C3 D3	Törnstens gränd	B2
Förlandsgränd	C4	Postgränd	B3	Vallaleden	A2
Genvägen	D1	Prästgatan	B3	Älgstråket	D2
Grundläggargränd	C3	Regementsgatan	C2	Änggatan	D3
Grängsgatan	B3 C3	Residensgränd	B2 C2	Återvändsgränd	C3
Gustav III:s torg	C3	Ringvägen	C4 D4	ÖSK-vägen	D1
Hamngatan	B3	Risslersgatan	A1 A2	Övre Hantverksgatan	C3 D3
Hornsgatan	A1	Ruuthsvägen	A2	Övre Katrinelundsvägen	D4
Hovvallsgränd	C1	Rådhusgatan	C2 C4	Övre Vattugatan	D4
Hästhagsvägen	D1 D2				