

A local's guide



to cruising in Stockholm

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Hej!

I'm Mike Westin, Ocean Cruising Club's PO in Sweden and I can normally be found in Stockholm.

I wish to welcome you to Sweden and hope you will discover the excellent cruising grounds along the Swedish coastline. The renowned Stockholm archipelago has over 24 000 islands and islets and make's a beautiful and sometimes challenging cruising!

This guide comes in two versions, one with low resolution images so it may be sent as an attachment in an e-mail. There's also a larger sized PDF that can be downloaded from the web site www.dromresan.com/english as it is far too big to send out. You'd probably want to download that if you want to see the satellite image of Stockholm in high resolution, for instance...

Some of the text is the same that appeared in the Flying Fish #2-2006, but I have added more information for the Stockholm area.

Since I have used some material from sources of which I do not have the proper copyright for, this document is strictly only for the use of participants in the Baltic Cruise 2006.

Mike

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The popular bays can get quite crowded with holidaying Swedes, but around the corner there's always a secluded bay.

The secret skerries

The Stockholm archipelago and the coast of Sweden is a great area for cruising. You can sail here a life time and still discover new bays! But in two or three weeks you and your crew will see some very nice islands and pretty villages. The only drawback may be some unsettled weather, but then again Swedes often say "There's no bad weather, just bad clothing" ...

Practical Facts

Sweden is part of EU and you do not need to get clearance when you are arriving from a Schengen country (i.e. Denmark and Finland). Sweden does not use the Euro, but in some shops you may be able to pay with them (about 9.3 Swedish "kronor" to a Euro, May 2006).

Diesel and petrol is rather expensive, expect to pay about € 1.2 per litre of diesel. Tax-free diesel can be ordered but only for registered ships (>12x4 metres), though some outlets may sell

tax-free diesel "under the counter"...

Guest harbour fees are normally around €10-15 with some popular marinas that may be more expensive.

The cost of living

Food and alcoholic drinks are somewhat more expensive than in the UK. The Economist's Big Mac-index gives Sweden the figure US\$3.94 compared to UK's \$3.37 (Norway \$5.18, Denmark \$4.49 and Estonia \$2.27).

Alcohol is sourced through governmental outlets, called "Systembolaget", that also have additional distribution points in small shops on the bigger islands, but then you need to order one or two days in advance.

My suggestion is that you bring what you need on the way through Germany, which has the cheapest booze and beer in northern Europe.

The Baltic states are also inexpensive.

A pint in the pub in Sweden is about € 4-6.



The Bohuslän archipelago

The red granite islands with hardly any trees and with the white painted houses clinging on to the rock are a personal favourite. And the few, but extremely picturesque and pretty villages with the small harbours are popular during the summer holidays.

The Karlskrona archipelago

The cruising area on the south coast is the attractive Karlskrona archipelago, which is rather shallow and until recently it was largely fenced off for foreigners because of the many military installations.

The Gryt and St Anna archipelagos

Starting just outside Västervik it stretches until Arkösund, just north of the entrance into the Göta kanal. The main inshore route is well travelled, but not that many deviate and discover what's a few hundred meters away – do that and you may be well rewarded.

The Stockholm archipelago

Many Swedes find enough sailing here to last a life time. It is easy to find a secluded bay and if you have the time (and some guts) try and visit some of the outer skerries – this is where I return year after year.

The Høga Kusten archipelago

Very few boats, but beautiful with its rugged coastline has been chosen a World Heritage Site. Small fishing villages, particularly Ulvön and Trysunda, can be visited and it's also the place for the fermented herring ("surströmming") which is an acquired taste even for Swedes.

Food is normally cheapest in the big supermarkets, but you can always find necessities in the island shops or sometimes a floating supermarket on a RIB speedboat that brings out fresh bread, strawberries, milk and newspapers – everything to a cost.

How to get here

The normal route with a boat, is through the Kiel Canal (Nord-Ostsee canal) and the southern parts of Denmark. Leaving from northern England or Scotland it is also possible to take the more direct route straight into Kattegatt via Skagerack.

If you are connecting to or from a boat in Sweden there is a fierce competition on the routes to and from UK and the prices start from £30 (or less) one-way. Scandinavian Airlines (SAS) is the local carrier, but there's Ryanair and many other low-price alternatives and almost all cities have direct flights to London.

When to go

Most Swedes (and for the west coast; Norwegians) have their holiday from midsummer at the end of June and in July. The popular marinas can then be full, though there will always be space to anchor in the bays. June and August is probably the best bet with a virtually empty

coast in the weeks after the schools starts in mid-August.

The yearly International Stockholm Jazz Festival (program; www.stockholmjazz.com) starts on July 18 with artists like Sting and Miriam Makeba. All this may make some problems as there will be a lot of people in town filling up hotels and marinas. The festival is just across the water from the Wasahamnen, which may be bliss for a jazz buff but a nightmare for those who'd like an early night.

Weather

During the summer it's prevailing south-westerly wind around F2–3 with periods of calm. Normally the sea breeze starts in the afternoon when the weather is fine. The frequency for gales in July is 2%.

Due to the high latitudes it's colder than, say, the Mediterranean, but once or twice each summer there's a semi-stationary strong high pressure that gives temperatures in the mid 30'ies (Centigrade that is) for some weeks. Then everyone leaves the towns to go to the coast. In general, the low pressures from the Atlantic first hit the UK and then continue through Denmark before they reach the west coast of Sweden.

Climate

Average temperature

| | January | July |
|-----------|-------------------|---------------------|
| Malmö | -0.2 C (+31.6 F) | +16.8 C (+ 62.2 F) |
| Stockholm | -2.8 C (+30.0 F) | +17.2 C (+63.0 F) |
| Kiruna | -16.0 C (+3.2 F) | +12.8 C (+55.0 F) |

Daylight hours

| | | |
|-----------|---------|----------|
| Malmö | 7 hours | 17 hours |
| Stockholm | 6 hours | 18 hours |
| Kiruna | 0 hours | 24 hours |

During the summer it's never dark in this area, with twilight during the night. This causes some people to have difficulties to sleep. A towel across the hatch may help.

Navigation

Mostly the navigation is straight forward – there are many buoys and navigational marks to guide you around the coast. But as soon as you get outside the marked trails there are nothing but a myriad of islands, lurking shoals and a fun filled (at least as long as you know exactly where you are) navigation with the occasional challenge.

Every sailing Swede expect to hit a rock at least once every summer. Normally this is not considered a problem, but dealt with during the haul-out season.

When in doubt of the exact position – just go slowly, are the common tactics.

The good news: There are no tides or currents! Not counting the odd wind induced current in narrow and shallow waters, which may reach a knot or two in strong winds.

The archipelagos can definitely be a test on your navigational skills, but it'll be most rewarding to find your way into a quiet bay where it's only you and Mother Nature to share the space. Take your time to find some of these coves; it will be well worth it.

The charts for the skerries are normally in scale 1:25 000 or 1:50 000 and can be bought in booklets ("Båtsportkort") for about €60 for a part of the coast. They are published every second year.

A cd-rom with simple digital charts "The Living chart" – a plotter programme, charts and harbour guide at the same time, for about €100.

There are some excellent 1:10 000 charts from the small company Hydrographica of some of the hard to get to outer skerries (also available digitally) priced around €15. (www.hydrographica.se)



A small ladder from the bow makes entering the boat so much easier, especially if the cliff is low as here on the smooth rock on Låghallskär.

It is also advisable to have some spikes that one put in crevasses and tie the boat to.



On the east coast the houses are painted red, these fishing huts on Lilla Nassa/Sprickopp. A very recommended, but small, bay.



The method of mooring Swedish style is to prepare the kedge anchor (a 10 kg Bruce is often enough for a 12 metre boat as it is protected and the holding often is excellent) and slowly drop it some 20 metres before the chosen cliff. Go slowly with a person on the bow checking for underwater rocks. Break with anchor (or engine) two metres before rock and person on bow can climb own and tie up to a tree. Then time for some well deserved sundowners after a full day's sailing...

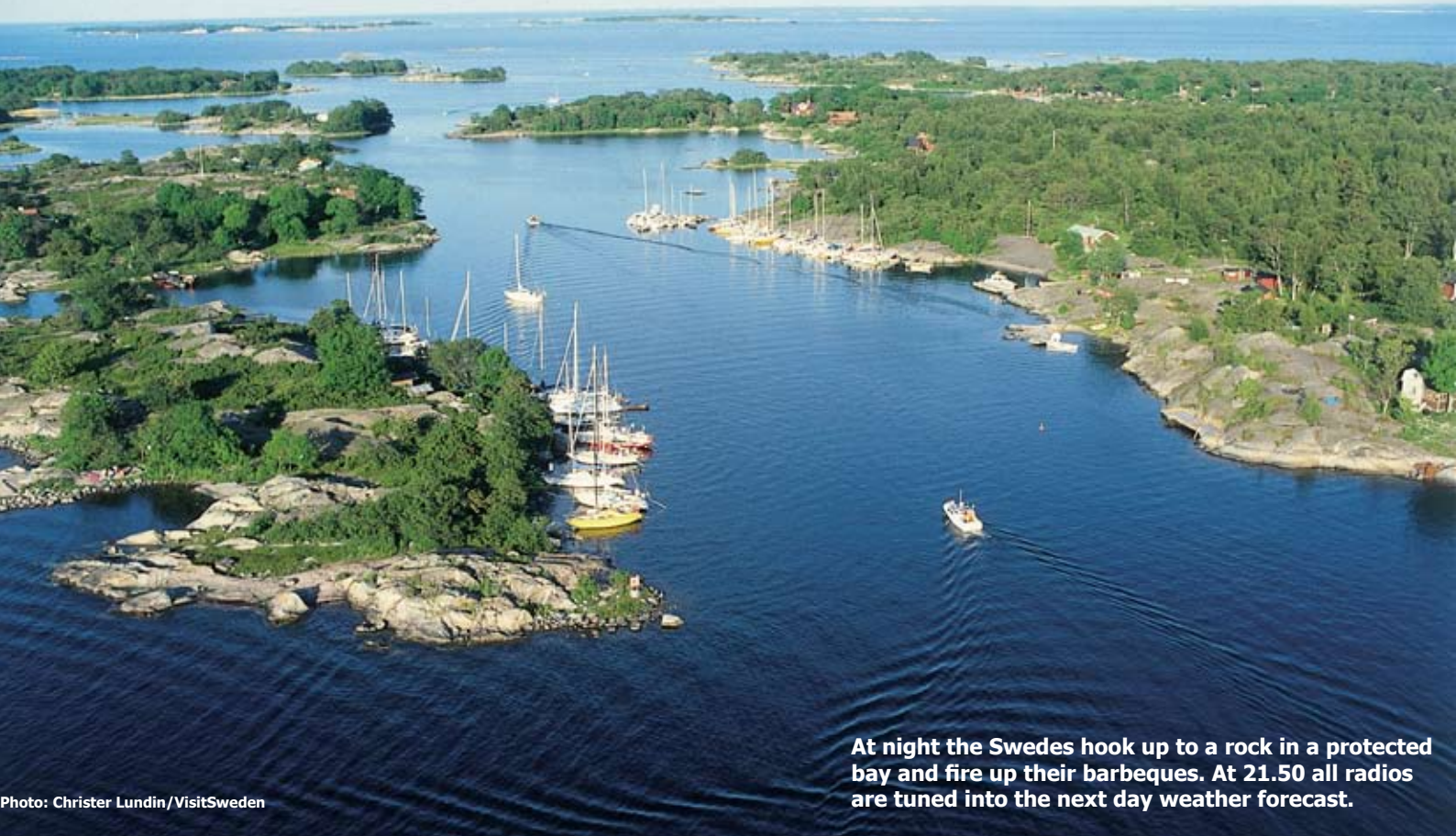


Photo: Christer Lundin/VisitSweden

At night the Swedes hook up to a rock in a protected bay and fire up their barbeques. At 21.50 all radios are tuned into the next day weather forecast.

Black water waste

I did get a couple of questions on the rules for black water waste from the toilet – and it is not (yet) compulsory to have a holding tank in the Baltic. Though it is strongly recommended that you do not pump out waste into the water when in a confined bay or in the Göta Kanal. There are quite a few pump-out facilities or you can discharge when at sea or other large water, far from land.

All guest harbours have toilets (and showers) and I would recommend using them as a first choice.

Leaving the boat in Sweden

I would recommend leaving the boat in Sweden on the hard for the winter and continuing next summer to give the Baltic enough time. If you can be present when the boat clubs has the common “haul out day”, you can often store the boat for less than £200 from October until next May outside the big cities.

If you would like someone to take care of everything for you at a marina, it can get expensive – around £300–500 for the winter is not unheard of! (Do I hear anything of the marina prices of the UK south coast? Well, those are downright outrageous!)

A member of the Swedish OCC has a small family marina in Trosa (between Stockholm

and the entrance to Göta Kanal) and he charges 160 SEK/m² not including haul out (1000 SEK) for the winter season. Mathias Lilja can be contacted on +46 (0)70 425 87 91, www.balticvarv.se.

Interacting with the Swedes

Most Swedes would not often invite people over they don't know for sundowners in their cockpit. On the other hand, they'd probably cheerfully come if you invite them instead.

We are proud of our coast and will do our best to give best possible advice on places to visit and things to do. Ask for special boltholes – “secret” natural harbours and you can find places that will be very exceptional.

If invited to a Swedish family, you can bring flowers or a bottle of wine. Take off shoes before entering the house or apartment (and often on boats as well).

Almost all Swe-



des speak at least some English; they may be shy at first, but are normally keen to practice the language.

The midsummer's eve is the grand celebration in Sweden with rituals going back to the time before the Vikings. The maypole is a man's (actually the Asa god Freyr's) penis that is pointing downwards into the ground to fertilize the soil for the summer.

The place to celebrate with friends, pickled herring and a few cartons of beer, is on a boat. And the midsummer weekend gets very crowded everywhere along the coast.

Midsummer is also the start of the holidays and sometimes offices closes and very few can be reached (well cellular phones somewhat changed that) for weeks, like a four week bank holiday – everyone's gone!

Food and drink

The food Swedes traditionally eats for the big midsummer celebrations is pickled herring ("sill"). It's like sushi but marinated in vinegar and sugar. And even though it's a required taste; it has been appreciated by many foreign friends that have visited us in the past.

With the "sill" you have boiled new potatoes (now you can grow them in plant houses and get the all year round, but a few years ago you paid premium, if it had been a cold spring!). I also recommend that you try "filmjök" (close to yoghurt) and "kaviar", a salty caviar paste in tubes under the name of "Kalles kaviar".

The drinks are Swedish beer (mostly lagers, but try some of the local micro breweries) and schnapps, "nubbe", which is aquavit or possibly "Absolut" vodka.

The tap water in many places is of the same quality that you normally buy bottled in continental Europe. The Swedish word for toasting is "skål" [sko:l].

Almost everything you'd find in the supermarket at home, you will find in a Swedish supermarket – save Marmite and oxo-cubes!



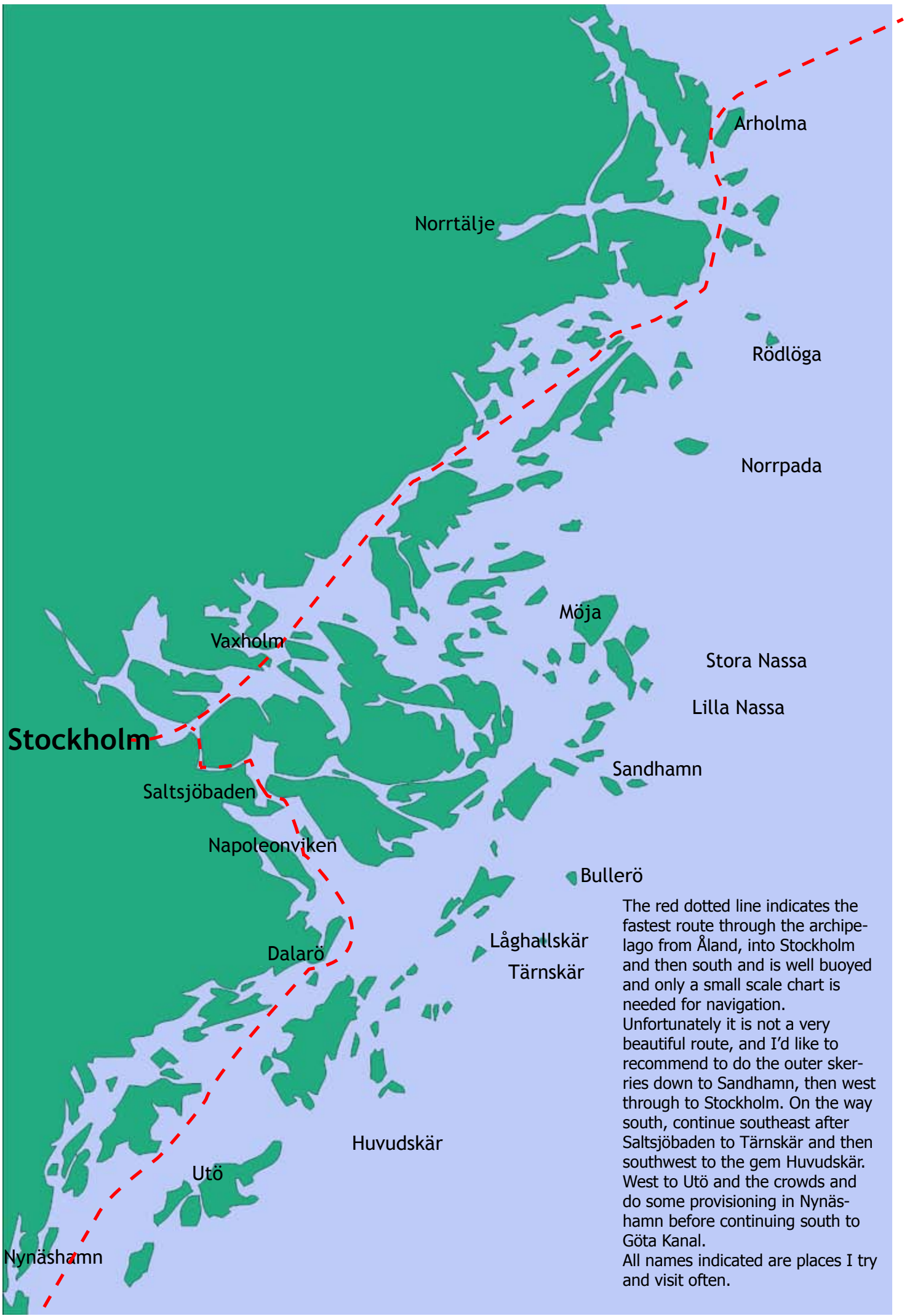
The right of public access

"Allemansrätten" (translated into "every man's right") is the right for everyone to transport themselves over private land and water and also to tie themselves up to islands as long as it's not on someone's garden for a couple of days. The rule is it should be out of imminent sight from the main building and preferably to ask permission first if it's close.

You are also allowed to pick flowers and berries (lingonberries, cloudberry and blueberries are common on the islands) for your personal use.

If the area is a national park or protected in another way, you may not camp or take away anything (from berries to stones).

"A clean wake" goes a long way...



Stockholm

Arholma

Norrtälje

Rödlöga

Norrpada

Möja

Stora Nassa

Lilla Nassa

Sandhamn

Vaxholm

Saltsjöbaden

Napoleonviken

Bullerö

Låghallskär

Tärnskär

Dalarö

Huvudskär

Utö

Nynäshamn

The red dotted line indicates the fastest route through the archipelago from Åland, into Stockholm and then south and is well buoyed and only a small scale chart is needed for navigation. Unfortunately it is not a very beautiful route, and I'd like to recommend to do the outer skerries down to Sandhamn, then west through to Stockholm. On the way south, continue southeast after Saltsjöbaden to Tärnskär and then southwest to the gem Huvudskär. West to Utö and the crowds and do some provisioning in Nynäshamn before continuing south to Göta Kanal. All names indicated are places I try and visit often.



59°19,573 N 18°05,682 E

Wasahamnen

The Wasahamnen is the largest guest harbour in central Stockholm and this is where most end up. Lively place during season, close to the amusement park Gröna Lund which does not close until one o'clock in the morning during weekends. The Wasamuseum is close to the marina and it is also a few hundred metres closer to town than Navis, if you wish to walk. The ferry to Old Town is 100 metres away. The services are better with more showers and a small shop for milk and bread. North sailmaker in harbour

- Mooring fee: 200 SEK
- Harbour depth: 2-6 m
- Guest berths: 142
- Harbour Master: Leif Törne, +46 8 661 43 59 / +46 8 661 91 97, wasahamnen.se
- Diesel: No
- Electricity: 40 SEK
- Toilet disposal: Yes, mobile unit
- Waste disposal: Yes
- Showers: included
- Water: Yes



59°19,19'N 18° 06,40'E

Navis

The Navishamnen is a club harbour which accept visitors when there's available space, and the number of places varies accordingly (though most are away in July). Quieter than Wasahamnen but still with some wash from the passing boats. New for this year is a pontoon at the far end that will help a bit - but make sure you are on the inside. Free WIFI Internet connection.

- Mooring fee: 200 SEK/1000 SEK weekly
- Harbour depth: 2-6 metres
- Guest berths: availability, max 172
- Harbour Master: Julius Magnusson & Rasmus Berg (0)70-73 23 441). +46 (0) 8 661 94 94 www.navis.se
- Diesel: No
- Electricity: included, 10A
- Toilet disposal: Only for chemical toilets
- Waste disposal: yes
- Showers: yes, included
- Water: yes



Another guest harbour in central town is a new pontoon for this year for vessels longer than 14

metres that normally find problems to fit into the normal docks, +46 (0)8 670 26 00

The Central Station is just outside this photo. From the City Terminal the buses to the airports (Skavsta and Arlanda) and the fast train to Arlanda leaves. Buses half price compared with the train. Commuter trains to Nynäshamn and trains to towns close to Göta Kanal leaves from the station.

The square Sergels Torg is the very center of Stockholm. The shopping streets Drottninggatan and Hamngatan starts here. The cultural centre "Kulturhuset" is the big building on the square. Contains library with free e-mail and also a surfcafé on the ground floor.

The Old Town is a "must see" for anyone visiting Stockholm. A big tourist trap, but with some nice walks in the narrow alleys. The Royal Castle and the square where Stockholm Blood bath (1520) are other places to visit.

"Nautiska magasinnet" on Slussplan in the Old Town is the most convenient placed store for charts. On the expensive side, but with great selection, even for surrounding countries and some of the rest of the world.

Walking West from the Slussen on the small track on the cliff edge, is a nice walk with some old houses rarely visited by tourists. If you continue about 2K you will reach the small island of Långholmen, with it's old prison (now a youth hostel and with a good restaurant) and if you bring your swimmers, this is the places to take a (safe) swim in a captial city!

Swedish Design is world renowned, and the area south of Slussen, called "södermalm" is where most things are happening. In an area called "SoFo" (South of Folkungagatan) there are many shops selling clothing and furniture with the often minimalist style in sombre colours that one often associate with the design from Scandinavia.

Fjällgatan is a short street were the original houses are still in place and it is easy to see how Stockholm looked a hundred years back and where "modern development" never reached as in the central parts. Great view over the harbour when it's not blocked by the gargantuan crusing ships that visit Stockholm.



The marina "Wasahamnen" is where most visiting boats go, it does get crowded and sometimes noisy as the amusement park "Gröna Lund" is a nearby neighbour. In the middle of everything and a 20 minute walk into central Stockholm or take a bus, ferry or museum tram into town.

The club harbour of Navis (The Navigation Association) is a small and simple marina that does accept guesting boats when there's space available (normally no problems in July). New for this year is an extra pontoon (not showing in the picture) that break some of the wash from passing traffic.



One of the local's favourite walks are around the island Djurgården, it's 10+ kilometres if you do all of it! Do half and have a coffee and some apple crumble at Rosendahls garden (avoid Sundays when it's very crowded).

The following museums offer free admission to all exhibitions every day: The Army Museum, The National Museum of Ethnography, The Museum of National Antiquities, Kulturhuset, The Royal Armoury Museum, The Museum of Mediterranean Antiquities, The Museum of Modern Art, The Museum of Music, The Royal Coin Cabinet Museum, The Nordic museum, The Museum of Medieval Stockholm, The City Museum of Stockholm, The Strindberg Museum, The Museum of Far Eastern Antiquities, The Swedish Museum of Natural History, The Maritime Museum

Beckholmen island is a place that has not been touched since WW2. It is sanctuary for enthusiasts who sail old tall ships and have the only dry docks since all commercial wharfs on the east coast have closed. The Wasa sank just outside here 1628. Beckholmen will soon be developed into a wooden boat yard. Makes a great stroll.

Every city has it's museums and some favourites are the Wasa museum, the Skansen, the Museum of Modern Art (free) and the Naval History museum (free). The Wasa is well known and visited by most tourists. The Skansen is a small zoo combined with an open air museum and is best visited on a Tuesday when the "Allsång" singing is broadcasted from here).

Stockholm from A to Ö

Ambassadies

The British Embassy is located on Skarpögatan 6-8
www.britishembassy.se, +46 (0)8 671 30 00

Airport Information

For information on arrivals and departures at Arlanda Airport, dial: +46 (0)8 797 61 00
Skavsta airport +46 (0)155-28 04 00
Or visit Luftfartsverket at: www.lfv.se
For all other information regarding the airport, please dial: +46 (0)8 797 60 00

Archipelago transport

Waxholmsbolaget.se and Strommakanal.se have commuter boats to most islands if you need to connect to or from Stockholm from the archipelago. Cost 60-120 SEK.

Banks

Banks are open Mo.-Fri 09.30-15.00, some banks in central Stockholm are open until 18.00. On Thursdays the banks are usually open in the evening as well. Cash machine /ATMs accepting big brand credit cards can be found outside most banks and in larger shopping centres, and there's normally no need to use a bank or change outlet to get the Swedish kronor.

Bicycle rental

By the bridge leading to Djurgården you can rent bicycles, inlines etc. at Djurgården bridge Sjöcafé. Ph. +46(0)8 660 57 57.

Boat rental

Canoes, pedalboats and other boats can be rented at Tvillingarnas by the bridge leading to Djurgården. Ph. +46(0)8 660 37 14.

Car rental

There are many car rental firms in Stockholm, for example; Hertz, Vasagatan 26, ph. +46 (0)8 454 62 50, Avis, Vasagatan 10 B, ph. +46 (0)8 20 20 60 and Europcar, Vasaplan 1, ph. +46 (0)8 534 803 80. Rent-a-wreck, www.rent-a-wreck.se, +46 (0)8 18 85 10.
Normally the petrol stations has the cheapest rental cars (OK/Q8 www.okq8.se or Statoil, www.statoil.se)

Chandlery

There are some smaller chandlerys in town but the cheapest in the area with easy access is the Erlandssons Brygga some 7 kms north of town. The blue commuter train (pendeltåg) towards Märsta and stepping off at Ulriksdal and walk back 200 metres from the station takes you there. If buying for more than 3000 SEK you get a 10% discount. www.bryggan.nu (no online catalogue) or Ph. +46 (0)8 444 97 50.

Changing of the guards

A century long tradition, known to be a spectacular show, is taking place almost every day during summer (12.00 PM) and Weekends (13.00). The parade starts from the

Army Museum and walks toward the Royal Palace via Riddargatan, Artillerigatan, Strandvägen, Hamngatan, Regeringsgatan, Gustav Adolfs torg, Norrbro, Skeppsbron and Slottsbacken.

Church services

In English: Anglican church St. Peter and St. Sigfrid, Strandvägen 76, ph. +46(0)8 663 82 48 Sundays at 11.00. Evangelical International Fellowship at Immanuel Church, Kungstensgatan 17, ph. +46(0)8 674 13 07 Sundays at 11.00. Ecumenical International Church of Stockholm at St. Jacobs, Västra Trädgårdsgatan 2, ph. +46(0)8 723 30 00 Sundays at 18.00. Roman Catholic St. Eugenia, Kungsträdgårdsgatan 12, ph. +46(0)8 679 57 70 Sundays at 18.00.
In German: Deutsche St. Gertruds Kirche Tyska Brinken, in the Old Town, ph. +46(0)8 411 11 88 Sundays at 11.00.

Dental care

I Emergency dental care is available daily between 08.00 and 20.30. St. Eriks Sjukhus, Polhemsgatan 48, Tel +46 (0)8 545 512 20 or Cityakuten, ph. +46 (0)8 412 29 00.

Drinking Water

Tap water is of good quality and suitable for drinking everywhere in Sweden. Some smaller islands in the archipelago may have humus or salt in the water, ask for quality.

Emergency

Dial 112 for ambulance, fire department, police and on-call doctors. If you need medical advice during your stay, call the Public health service on +46 (0)8 32 01 00 or visit Cityakuten on Apelbergsgatan 48, ph. +46 (0)8 412 29 60.

Facts and figures

Geography Sweden
Area 450,000 km²
Coastline 7 600 km
Forrest 54 %
Mountains 16 %
Farmland 8 %
Lakes and rivers 9%
Highest mountain Kebnekaise: 2.111 m (6,926 ft)
Distance north to south 1.574 km (977 mi)
Distance east to west 499 km (310 mi)

Fuel

There are several outlets spread along the islands. In central Stockholm there's an outlet at Fjäderholmarna just off the east end of Djurgården. There is a few in Vaxholm and Saltsjöbaden that may be convenient. There's not set price and it may differ between outlets.

Health hazards

On the islands the tick is quite common and may bring diseases, a insect repellent and checking after walking in the bush is advisable. Adders are common on some

islands, but are not lethal.

Internet

To send and receive e-mails or to send an virtual post-card is possible to do at most hotels or at internetcafés, situated very central is the one in Kulturhuset on Sergels Torg. Libraries have free access to the Internet.

Language

Is Swedish, but most people speak some "Swinglish". German and French is not common. Hello is "hej" and thanks is "tack".

Liquor stores

In Sweden liquor is sold in special stores called "Systembolaget" with a great selection of decently priced wines and expensive beer and spirits. There are 22 stores in the citycenter. The following have self-service system: Klara bergsgatan 62, Regeringsgatan 44, Långholmsgatan 21, Norra Stationsgatan 58-60, Fältöversten Karlaplan 13 and Garnisonen Karlavägen 100 A. Opening hours are Mon-Fri 10.00-19.00, some close at 20.00, and Saturdays 10.00-

14.00, some close at 15.00.

Lost and found

Lost and found items can be asked for/handed in at the following places: On the groundfloor of the Centralstation, ph. +46 (0)771 315 315, SL Lost and Found on Klara Östra Kyrkogata 4, ph. +46 (0)8 600 10 00 or the Lost and Found department at the Policestation on Bergsgatan 39, ph. +46 (0)8 401 07 88.

Medical Assistance

- 24-hour medical advice hot-line, Tel: +46 (0)8 32 01 00
- Poison information hot-line, Tel: +46 (0)8 33 12 31
- Pharmacy/medication information (when in Sweden), Tel: 0771-450 450

Hospital emergency wards:

- Danderyd Hospital, Tel: +46 (0)8 655 50 00
- Karolinska University Hospital, Huddinge, Tel: +46 (0)8 585 800 00
- Karolinska University Hospital, Solna, Tel: +46 (0)8 517 700 00

Suggestions for hotel

If you have extra crew flying into or out of Stockholm you may need accomodation for a night or two. Here are a few suggestions for hotels in Stockholm. Mid-July is peak season and it is advisable to book well in advance.

I also like to recommend some websites that may offer discounts on hotels, like www.expedia.co.uk and www.lastminute.com and www.bokahotell.se
Prices are checked in May and are for a double/twin room.

1. Hotel Hasselbacken, Djurgarden

This 112-room hotel is only a few minutes walk from either marina. Hasselbacken is also a popular restaurant. Close to the open air museum Skansen and to great strolls on the former royal hunting grounds.
Prices around € 150/night
<http://www.scandic-hotels.com/hasselbacken>

2. First Hotel Reisen, Old Town

Five star hotel in the Old Town, in an 18th century building fifty metres from the Royal Palace. Close to main road on the quay, but less traffic in summer. Popular bar in hotel. A ferry 100 metres from hotel goes directly to Wasahamnen Marina on Djurgarden.
Prices around €130/night
<http://www.firsthotels.com/reisen>

3. Hotel J, Nacka Strand

It's a 15 minute boat ride into town, but if you need to take a taxi or bus it's 10-20 minutes away. Old England style with an older part combined with newly built section. Prices around € 200/night.
<http://www.hotelj.com/>, +46 8 6013000

4. Nordic Light Hotel, Central station

Four star design hotel with Nordic minimalist decoration

in rooms. With a tourist trap "Ice bar" on the ground floor.

Prices around €150/night
<http://www.nordiclighthotel.se/>

5. Hotel Art, Johannesgatan 12

This is a hotel in the house next to where I live and is very central but yet quiet, since it is situated upon a hill that stretches through town. Close to nightlife, bars and restaurants (a small Italian around the corner; "La Tentazione" (next to the fire brigade) is cheap and has very nice food)

The hotel is quite simple and on the cheap side. It's owned by the arts council and there are mainly musicians and artists staying there.

Prices around € 100/night
<http://info.aos.se/E/V/STOSE/0004/48/57/1.html>

6. Comfort Hotel Stockholm, central station

A tourist class hotel on top of the central station (only a couple of minutes the buses and train to Arlanda airport) in a complex called World Trade Center. Dull but quiet area. Nice bars ("Pressklubben" with a large sortiment of Belgian beers, this is where you'd normally find me) and restaurants some 500 metres away. Bus 100 metres to Djurgarden/marinas (No 47).

Prices €110/night
<http://www.choicehotels.se/hotels/se030>

7. The fullrigger "af Chapman", Skeppsholmen

A very basic youth hostel but with great ambience. If booked early you can have a cabin on the ship otherwise you may end up on shore in the house. On the island Skeppsholmen some 200 metres (if taking the ferry) from the marina.

"Af Chapman" is a 100-year old sailing ship with 136 beds. Showers and toilets are in the corridor. Breakfast is served. Bring your own bed linen or sleeping bag or you can buy disposable sheets or rent bed linen.

Prices around €50/night (twin)
<http://www.stfchapman.com>

- St. Görans Hospital, Tel: +46 (0)8-587 010 00
- Södersjukhuset Hospital, Tel: +46 (0)8 616 10 00

Movie theatres

There are plenty of theatres in Stockholm showing subtitled films. On Hötorget you will find Filmstaden Sergel with 14 different auditoriums, ph. +46 (0)8 562 600 00.

National Holidays 2006

New Year's Day 1/1, Epiphany 6/1, Good Friday 14/4, Easter Day 16/4, Easter Monday 17/4, May Day 1/5, Ascension Day 25/5, Whit Sunday 4/6, National Day 6/6, Midsummer Eve 23/6, Midsummer Day 24/6, All Saints Day 4/11, Christmas Eve 24/12, Christmas Day 25/12, Boxing Day 26/12.

Pharmacy

There are about 130 pharmacies in Stockholm. Close to the Central station (Klarabergsgatan 64) you will find Pharmacy C.W. Scheele which is open 24/7. Ph.+46(0)8 454 81 30.

Police

The Police Headquarters for Stockholm is located on Kungsholmsgatan 37 (Kungsholmen), ph.+46 (0)8 401 00 00.

Right of Public Access to Open Country

The Right of Public Access to Open Country, called "Allemansrätten", allows everyone to walk freely through the countryside without permission. This Right of Public Access requires consideration, responsibility and good judgement. One must not damage the landscape or animal life and must show consideration for both landowners and for others who are out in the countryside. For further details on restriction intended to protect the countryside you find on www.naturvardsverket.se.

Post offices

The post office inside the Centralstation is open Mo.-Fri 07.00-22.00 and Saturdays 10.00-19.00. Stamps can be bought in most news stands and kiosks.

Shopping

Shops are usually open 10.00 - 18,00 Mo.-Fri, 10.00 - 17.00 on Saturdays. Department stores and many of the larger stores in city are open on Sundays 12.00 - 16.00. Grocer's shops are open everyday, most of them until 20.00, some of them even longer.

Taxi

Taxi Stockholm, ph. +46 (0)8 15 00 00. Taxi Kurir, ph. +46(0)8 30 00 00. Taxi 020, ph (0)20-20 20 20. Make sure the meter is on or negotiate price before starting.

Tickets for the Opera, Theatre, Sport, etc...

Tickets can be bought at the Tourist Centre. It is also possible to book from abroad in advance on www.ticnet.se and pay by credit card. The tickets can then be collected at the Tourist Centre when in Stockholm.

- Ticnet, Tel: +46-77-170 70 70 www.ticnet.se
- Tourist Centre, Sverigehuset/Sweden House, Kungsträdgården Tel: +46(0)8 508 285 08, www.stockholmtown.com, info@svb.stockholm.se



- Last minute ticket booth, Norrmalmstorg, www.boxoffice.se, +46 (0)8 10 88 00

Tipping

Service charge is always included in the price, but please feel free to round up when taking a taxi or eating at a restaurant. To show your appreciation for good service, leave a small tip (approximately 5-10%).

Tourist information

The official tourist information is situated at Sverigehuset Kungsträdgården, Hamngatan 47. Opening hours: Mo.-Fri 09.00-19.00, Sat 10.00-17.00 and Sun 10.00-16.00, ph. +46 (0)8 508 28 508. A tourist information is also located in Hotellcentralen at the Central station.

Tourist (local) offices

Grisslehamn, Ångbåtsbryggan, 0175-331 02.
 Norrtälje, Lilla torget, 0176-719 90.
 Åkersberga, Storängsv. 8A, 08-540 815 10.
 Vaxholm, Rådhuset, 08-541 314 80.
 Nacka, Forum Nacka, 08-718 80 60.
 Värmdö, Gustavsberg, 08-570 345 67.
 Dalarö, Jun-Aug, 08-501 508 00.
 Ornö, museum by the church, 08-501 580 00.
 Södertälje, Saltsjögatan 2, 08-550 227 00.
 Utö, Gruvbryggan, 08-501 574 10.
 Nynäshamn, Fiskehamnen, 08-520 737 00.

Trains and buses

Information regarding train traffic is given on ph. +46 (0)771-75 75 75 or www.sj.se. Call +46 (0)8 600 10 00 or www.sl.se for information regarding local buses, subway and commuter trains.

Vaccinations

No vaccinations are required for entry into Sweden.

Whisky

Sweden now has the northernmost distillery in the world. Mackmyra malt whisky is now sold, but really needs a few more years to mature. www.mackmyra.se

Ö

Is the Swedish word for "island", and is pronounced like in French "monsieur".

Restaurants and Cafés

There are plenty of cafés and restaurants in the archipelago, especially in summer. Here are some of them, listed from north to south.

♥ Restaurants marked with red heart is tried by me or someone I trust, and found to have good to excellent food. Take notice that some restaurants change owner and/or chef and may be less good this season. Generally the small restaurants on the islands are better than the average in Stockholm town.

There's a quality assurance of sorts that is named "Skärgårdssmak" (Taste of the Skerries)

Telephonenumber are local, if you wish to call from abroad add +46 and delete the first zero.

ARHOLMA

Arholma Dansbana (dance pavilion) & Café, with a view over the archipelago. 0176-560 87.

Arholma Bryggcafé by Norra bryggan, 070-735 62 76.

NORRTÄLJE S/S Norrtälje, steamboat permanently anchored in Norrtälje harbour, 0176-191 40.

LIDÖN Lidö Krog in the old manor with a view over the steamboat jetty, 0176-404 98.

♥ **FEJANS** Restaurant with tables outside by the water. Fish is the speciality. 0176-430 42.

FURUSUND Vårdshus. Older inn by Furusundsleden, 0176-803 44.

BLIDÖ

Blidö Vårdshus, near Stämmarsunds jetty. Traditional archipelago menu, 0176-82599.

Båtkrogen Vildand, nice boat by Almviks jetty, 0176-810 60.

RÖDLÖGA Rödlögabodens café, 0176-870 60.

SIARÖFORTET Café by the hostel, 08-24 30 90.

HUSARÖ Restaurant with tables outside by the water, 08-542 451 11.

FINNHAMNS Café Krog, a view of the sea, cosy bar, weekends Easter-Sep, daily June-Aug, 08-542 464 04.

LJUSTERÖ

Linanäs Skeppskrog, good food and music, view of the sea, 08-54241904.

Rastalina Sjöökrog, by the water at Linanäs, 08-542 480 08.

Roslagens Pärla, beautifully situated restaurant with hotel on Västra Lagnö, 08-542 431 86.

NÄSSLINGEN Restaurang Nässlingen tables outside on their own island by Ljusterö, 08-542 472 10.

GRINDA

♥ Grinda Vårdshus, restaurant and pub in old Jugend villa, 08-542 494 91.

Framfickan, jetty restaurant, 08-542 494 91.

Store & Café, 08-542 494 91.

SVARTSÖ

Svartsö Krog by Ahlsviks jetty. Archipelago menu, 08-542 472 55.

Svartsö Manor Inn at Skälvik, 08-542 470 17.

Svartsöbodens tables outside by Ahlsviks jetty, 08-542

473 25.

NORRA Stavsudda Krog. Small harbour restaurant on the quayside, 08-571 654 54.

MÖJA

Wikströms Fisk in Ramsmora, 08-57164170.

Möja Krog by Bergs jetty, 08-571 641 85.

Pizza bus with fishing hut in Berg, 0702-11 31 17.

VAXHOLM

Vaxholms Hotell. Restaurant with a history and a view over the harbour, 08-541 301 50.

Vaxholm Hamnkrogen, 08-541 320 39.

Melanders Fisk, 08-541 334 66.

Magasinet, 08-541 325 00.

Café Silltruten, 08-541 300 73.

Gröna Längan, 08-541 325 36.

Hembygdsgårdens Café, 08-541 319 80.

Café Lena Linderholm, 08-541 321 73.

Strömmingslådan, 08-541 302 47.

FJÄDERHOLMARNAS Restaurant on an island with long traditions, 08-718 33 55.

INGMARSÖ Stekhus & Brygga by Ingmarsö steamboat jetty, 08-542 468 00.

VÄRMDÖ

Bullandökrogen, 08-571 458 54.

Skärmarö Sjöökrog, 08-571 461 77.

♥ **DJURÖ** Djuröbadens Pensionat with popular beduin tent on the jetty, 08-571 518 00.

SANDHAMN

♥ Sandhamns Vårdshus, 08-571 530 51 Seglarhotellet with Skärgårdsbistro and Alma Bar, 08-574 504 00.

Dykarbaren, 08-571 535 54.

Sands Restaurant and Café in Sands Hotel, 08-571 530 20.

Sandhamns Deli, 08-571 530 16.

RUNMARÖ Krog, by Styrsviks jetty, varied archipelago menu, 08-571 528 70.

NÄMDÖ

Hembygdsmuseet in the old school in Sand.

Nämdö Bar & Café by Solvik, lighter meals, breakfast buffet, picnic baskets, 08-571 560 17.

RÖGRUND Grundets Gästhem & Café, 08-571 561 10.

DALARÖ

Strand Hotell. Classic restaurant with the bar, Skärgårdsdoktorn, by the jetty, 08-501 511 18.

Hotell Bellevue, restaurant with a view over the water and their own jetty, 08-501 504 10.

SMÅDALARÖ Gärd. Hotel and restaurant in a manor environment, 08-501 551 00.

ORNÖ

Ornö Krog & Veranda with a gallery, May-Sep weekends, daily in summer, 08-501 560 00.

Hässelmara Gårdscafé, sells home grown produce too, 08-501 544 74.

UTÖ

♥ Utö Vårdshus. Classic restaurant and bar. View over Mysingen, 08-504 203 00.

Dannekrogen, Gruvbryggan, food served and bakery, 08-501 570 79.

Seglarbaren Gruvbryggan, 08-504 203 00.

Skärgårdsgummans Café, 08-501 576 68.

Pizzastugan, 08-501 573 50.

UTÖ/ÅLÖ BåtsHaket in Ålö, fish dishes from their own cultivation, 08-501 574 63.

NÅTTARÖ Restaurant with light food, beer and wine, 08-520 400 30.

RÅNÖ Rånökällan, restaurant with a view over the sea, 08-501 576 31.

NYNÄSHAMNS Smokery and fish hall in the harbour, 08-520 155 20.

MÖRKÖ Skansholmens Sjöökrog, authorized to produce their own snaps, 08-551 550 66.

♥♥ **OAXENS** Skärgårdskrog, excellent cuisine in the old villa on Oaxen outside Mörkö, 08-551 531 05.

TORÖ Sjöbodarna at Ankarudden. Café daytime, restaurant at night, 08-520 313 80.

LANDSORT

Sjöbloms krog in the former pilot's boat house, 08-520 341 11.

Sista Utposten, food store serving food too, 08-520 341 75.

STOCKHOLM

In Stockholm Town there are many hundred restaurants and here's a brief selection.

La Tentazione, Malmskillnads-gatan 60, Ph. 20 64 49. Excellent value Italian with good food on a small back street upon the hill. Still not very well known. Take the stairs (or escalator) from the murder scene of prime minister Olof Palme.

F12, Fredsgatan 12. Tel 08-24 80 52 Comes with a star in Guide Rouge and with popular terrass. Expensive but known to have excellent crossover food.

Wärlduset Ulla Winbladh, Rosendalsv. 8 (Djurgården), Ph. 663 05 71 In a pavillion from the Stockholm Exhibition 1887 traditional Swedish meals are served. Classic ambience. Expensive.

Restaurang Hasselbacken, Hazeliusbacken 20, Ph. 517 34 307. Close to the marinas and with descent food.

Tudor Arms, Grevgatan 31, Stockholm. One of the eldest pubs in the city. British expats gather here.



Örtagården Nybrogatan 31, Stockholm. Ph 622 17 28. Pricelevel: low. Vegetarian pioneer located on the first floor of the foodmarket Östermalms Hallen (great place for Swedish and exotic food - try order Kroppkakor with lingonberry jam at Willy Ohlson)

Den Gyldene Freden, Österlånggatan 51, Old Town Ph 24 97 60. Pricelevel: high. Founded in 1722. Swedish poets like Bellman and Taube used to be regular guests here. Besides the poetic atmosphere the restaurant offers superb

Swedish-French cuisine.

Operakällarens backficka, Karl XII:s torg, Operahouse in Stockholm. Ph 676 58 09. Pricelevel: moderate. The home of some of the best Meatballs.

Kungshallen, Kungsgatan 44, a food mall conveniently situated on the Hötorget. Many different stalls with different quality food. But serves the purpose of filling your stomach for a few hours.