Boka din upplevelse här och nu!
Book your experience here!

Ingen bokningsavgift - No booking fee



Västmanland - the essence of sweden

English



Visit Tåby Gård, a Swedish animal farm

Tåby Gård is a well-preserved, family owned, farm from 1895. Here you can spend a few hours in a beautiful rural atmosphere. We will guide you and let you get a close contact with our farm animals.

On the farm, we have horses, sheep, hens, ducks, cats and our dog Sissus. Our lambs love a visit by you in the pasture and you will love to spend time with them. A ride on our two Icelandic horses Glamur and Glaita is a memorable experience. They are calm and friendly. To watch and feed our free going hens and chicken is relaxing and thrilling. Watch the duck taking their evening swim in the pond!

You will end the visit by baking your own bread. Then we gather around the open fire where we have a hot dog Bar-B-Q.

Let the whole family enjoy an evening of rural peace and experiences, only 10 minutes from Arboga.

Information

Operator:	Tåby Gård
Day:	Every Wednesday from May 29 – August 10.
Time:	16:00 hrs (4 pm) – 20:00 hrs (8 pm) Note! Please book the latest at noon same day
Meeting point:	Tåby Gård
Price:	Adult SEK 150, child SEK 100
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Photo: Eva Thoresson

Meet the goats on Mats-Pers Farm

Goats are amazing animals! They are full of mischief and pranks, social and cuddly.

Here on the farm stays around 100 happy goats who like to greet you and that gladly welcome you in the pasture. Spend some time in the paddock and enjoy the closeness to the animals, the silence and the beautiful surroundings. A guide from the farm will introduce you to the animals, the way we work, how we are milking and how we are making cheese. You even would like to try and milk one of the goats yourself, and taste the milk!? I bet that is something you have never tried before. You can also feed the goats with their own candy; bread or apples that they love. You will get a bag to take with you on your arrival.

You will also have the opportunity to buy a basket full of locally produced delicacies. There is bread, cheese, sausages and marmalade in the basket, coffee / tea and other beverages and something sweet for desert of course! Enjoy your pic-nic in some beautiful spot around the farm or in our café-corner.

Mats-Pers Gården is an old farm dating from the late 1700s. Over the years, many generations lived and worked here and the old farm is now quite worn. We try to lovingly renovate and respectfully to preserve what is possible to save. Today there is hustle and bustle in every corner. We are making cheese! We are making various kind of cheese from the milk we get from our goats and you are welcome to taste or buy some if you like. All production is done entirely by hand by us living on the farm. Relax and enjoy the silence for a while on Mats-Pers Farm!

Information

Operator:	Mats-Pers Gården
Day:	Thursdays from June 30 – Aug 11
Time:	16:00 – 20:00 (4 – 8 pm) Note! Please book the latest 12:00 hrs same day
Meetingpoint:	Mats-Pers Gården i Bår
Price:	Visit the goat house & pic-nic basket: Adults SEK 100, Children up to 12 yrs SEK 50. Family price: 2 adults & 2 children SEK 250. Just visiting the goat house with guide: Adults SEK 50, Children SEK 25.
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Farm visit at Werner Farm Dairy

Enjoy a unique cheese- and cow experience at Werner Farm Dairy.

Begin your visit with a good cup of coffee and cake, or try our famous cheese sandwich with four selected cheeses, lettuce, tomato and marmalade along with homemade whey bread. This and much more is available in our cafe! At 17:00, you will follow the farmer to the barn where the farm's nine mountain cows are waiting to be milked. Before you leave, take the opportunity to buy cheese from our store where you'll find many good and exciting cheeses made in our dairy. A really lovely cow experience!

Information

Operator:	Wernergårdens Mejeri
Day:	July 1 – 22
Time:	16:00 hrs (4 pm) – approx. 18:00 hrs (6 pm) Note! Please book the latest 15:00 hrs (3 pm) same day. Max 12 participants.
Meeting point:	Wernergårdens Mejeri, Karbenning
Price:	Adult SEK 130, child SEK 80 under 12 yrs
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Kungsbyn, Scandinavian Animal Park

Kungsbyn is a farm produce store, which has now also opened Sweden's newest animal park. Here you will meet the animals from our farm as well as Scandinavian wildlife. At Kungsbyn you will find cows, goats, pigs, rabbits, chickens, sheep, donkeys, horses and wild boar. In a large enclosure there is deer and moose. Tours with a tractor and trailer through the enclosure will be offered on selected days, even more activities through the days for both children and adults.

Information

Operator:	Kungsbyn
Day:	Daily from May 1
Time:	10:00 – 18:00 hrs (10 am – 6 pm)
Meeting point:	Kungsbyn, 16 km from central Västerås
Price:	Adult SEK 120 SEK, Children (2-15) SEK 80
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Gårdsjö Moose Park

Meeting moose in their natural environment is a unique and powerful experience. This lovely Moose Park is situated in the dense pine forests of Uppland. Moose roam free over a large 16 hectare area. Encounter the King of the Forest as well as the season new calves and the rest of the herd. The tour takes place in one of Sweden's largest moose enclosures. Tractor and trailer will transport you on a guided tour. Listen to the dedicated guide, who really loves his moose, and get an incredible insight into how the moose live and move. You will come so close you can almost touch them!

When sitting in the open wagon it is a thrilling and exciting feeling when a large bull comes galloping at full speed towards you, and then suddenly stops just a few metres away to curiously inspect the new visitors in his forest.

Venture into the enclosure with us and see what it means to meet the King of the Forest. The Moose Park also offers the possibility to buy coffee and homemade bread, waffles with jam and cream or if you are really hungry; The Gårdsjö Farm's very own Moose Sausage Baguette! A visit to the attic with its large Santa Claus collection completes this very Swedish experience.

Information

Operator:	Gårdsjö Älgpark
Day:	Open Tuesday, June 21 – Sunday, August 14 (Other times by arrangement)
Time:	Tours depart 11:00 hrs (11:30 am), 13:00 hrs (1 pm) & 15:00 hrs (3 pm)
Meeting point:	Gårdsjö Älgpark, 7 km from the village of Morgongåva
Price:	Adult SEK 160, Child 2-12 yrs SEK 80
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Family expedition Kolarbyn

We survive today's modern society by buying and using ready made products – but to survive in the forest demands knowledge and preparation. Learn how to make a fire, find and purify water, find food and build shelter for the night. Let the children experience a real forest and become comfortable with nature.

During the tour we will encounter interesting and educational tasks. We take in the magic of the forest and leave stress far behind. Nature is our most valuable asset! At the end of the tour we gather around the camp fire to talk about what we have learnt. This is an exciting and different adventure you will really enjoy! We look forward to guiding you through the deep forests of Skinnskatteberg!

Information

Operator:	Kolarbyn Svea Äventyr
Day:	Tuesdays week 24-29 and 32-35
Time:	15:00 hrs (3 pm) until 18:00 hrs (6 pm)
Meeting point:	Kolarbyn, 3 km west of Skinnskatteberg
Price:	Adults SEK 500, Children 6-15 yrs SEK 400
Minimum age:	6 yrs
Other information:	We recommend clothing suitable for current weather conditions, torch (flashlight), camera, binoculars, swim gear, towel and water bottle.
Options:	Add on a night's accommodation in "Sweden's most primitive hostel" Kolarbyn. Additional cost: Adult SEK 350, child SEK 175.
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Adventure Day for the family

We start with an exciting pentathlon with activities such as blowgun, horseshoe throwing, stilt walking etc. After the competition and some fun games in the forest we barbecue hot dogs and hamburgers over an open fire for lunch. Then we set out on the water for a short excursion in the canoes. We will try to catch some Lake Mälaren fish to see what they look like up close. We will finish our adventure day with a snack on the jetty

Information

Operator:	Björnö Stug & Aktivitetscenter
Day:	June 28, July 12, August 9 and 23
Time:	9:30 – 16:00 hrs (9:30 am – 4 pm)
Meeting point:	Granbo Stugby – Björnön, Västerås
Price:	Family Discount (2 Adults & 1-3) SEK 950, additional child SEK 250
Included in the price:	Pentathlon, lunch (hot dogs/hamburgers and beverage), canoes, life vest and a snack on the jetty.
What to bring:	Rain clothes and a change of clothes packed in a waterproof bag, sunglasses and swimwear.
Option:	Book a cottage, price from SEK 380 per cottage
Booking:	Pre book at your reseller or Tourist Information Centre

English



Guided Wilderness Hike

Welcome to Ulvsbomuren located between Västerås and Fagersta in the heart of Bergslagen. The farm is surrounded by deep forests with a very rich wildlife and great opportunities for hiking.

During our guided wilderness hike we follow tracks from elk, roedeer, fox, lynx and wolf. We hike through woods rich of forest birds such as black grouse and capercaillie and pass their traditional courting grounds on our way to the small forest tarn where we eat our picknick. On the way back we walk through the old growth forest, where the owls and the goshawks are nesting.

Information

Operator: Ulvsbomuren Wildlife Safai & Lodging

Day: The following Wednesdays; June 15 and 29, July 20, August 3, 17 and 31, September 14 and 28.

Time: 14:00 hrs (2 pm) – 17:00 hrs (5 pm)

Meeting point: Ulvsbomuren, 15 km north of Ramnäs

Price: Adult, SEK 550, children under 12 accompanied by an adult, SEK 275

Minimum age: 6 years

Included in the price: 3 hour guided wilderness hike and a picknick to bring along

Equipment: We recommend clothing suitable for hiking, water-proof boots, camera, binoculars and a water bottle.

Options: Add on a three-course dinner and lodging at Ulvs-bomuren in a genuine countrylife setting, breakfast included. Additional cost: Adult, SEK 650, children under 12, SEK 450.

Booking: Pre book at your reseller or Tourist Information Centre!



English



Photo: Orsoloya Haarberg

Guided Beaver Safari

Welcome to Ulvsbomuren located between Västerås and Fagersta in the heart of Bergslagen. The farm is surrounded by deep forests with a very rich wildlife.

The guided beaver safari starts with a short walk to the beaver hut. You will spend a couple of hours in a hide for one or two persons with a great opportunity to watch these fantastic animals at close distance.

The price includes a pic-nic to bring along. During the short walk to and from the beaver hut there are possibilities to see roe deer, wild boar, badger and a variety of birds.

Information

Operator: Ulvsbomuren Wildlife Safai & Lodging
Day: The following Wednesdays; June22, July 6, 27, August 10, 24 and September 7, 21.
Time: 16:00 – 20:00 hrs (4 – 8 pm)
Meeting point: Ulvsbomuren, 15 km north of Ramnäs.
Price: Adult, SEK 875, children under 12 accompanied by an adult, SEK 450.
Minimum age: 6 years.
Included in the price: 4 hour guided beaver safari and a pic-nic to bring along.
Equipment: We recommend warm clothes, water-proof boots, camera, binoculars and a water bottle.
Options: Add on a three-course dinner and lodging at Ulvsbomuren in a genuine country life setting, break-fast included. Additional cost: Adult, SEK 650, children under 12, SEK 450.
Booking: Pre book at your reseller or Tourist Information Centre.



English



Photo:Kim Lill

Beaver safari - a real nature experience

At sunset while the sun gets down behind the hilly forest we paddle out on beaver safari. Through a very beaver rich wilderness area we move as silent as possible in Canadian canoes (the red Indians traditional canoe with space for two adults which in common language is simply called canoe). It is in the evening in the shelter of the threes long shadow the beaver is very active. With care we slide in silence towards the beaver huts. Slowly, slowly in order to get as close as possible without harming the beavers.

The adventure starts with a three course dinner with many ingredients from the forest. To the dinner we listen to an experienced, and knowledgeable (native Swedish) beaver guide who let us know about the beaver and many other wild animals in the forest. When the paddling starts everyone has to be absolutely silent. Then we only communicate with sign language (a condition to see the shy and hardworking nibblers).

The chance to see beaver is very big. During the season 2009 beavers were watched on all safaris. 2010 was the best year ever with great success with beaver contact. The best safari offered beaver contact during the whole paddling part (on 3 hours).

The safari is a certified Nature's Best arrangements.

Information

Operator:	Nordic Discovery
Day:	Saturdays May 14 – October 2
Time:	Start between 17:00-19:00 hrs (5-:00-7:00 pm) depending on the setting of the sun
Meeting point:	The village Kloten, located in the heart of the Nature Reserve Malingsbo/Kloten
Price:	Adults 1250 SEK, Children 6-15 yrs 1000 SEK
Minimum age:	6 yrs
Included in the price:	5 hours guided beaver safari, a three course dinner, canoes, paddles, life jackets, water proof sacks and sitting pads
Equipment:	Rain gears in case of rain. Warmer clothes to put on after sunset when the temperature often drops.
Options:	Add on night's accommodation in the Wilderness lodge in Kloten. Additional cost for night in double rooms (family rooms), sheets, towels and breakfast 500 SEK/person
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Moose Safari - meet the Swedish national symbol in the wild

We see many wild moose on each safari. On the worst safari we saw 5 moose. On the best safari 33 moose where watched.On foot we hike in pathless terrain through one of the most moose populated wilderness areas on earth.

The moose are night animals and rest during the days. At dusk the moose start to move from the deepest forest in protection of the dark. Bewitching shades falls from high pine trees when we hike through the forest. Up on high hills and down in low valleys. In twilight mist the Swedish national symbol stride majestic through its wild environment. The moose come to the small lake to drink or to swim to the other side. We will be on the spot watching the giant animals

The adventure starts with a three course dinner with many ingredients from the forest. To the dinner we listen to an experienced, and knowledgeable (native Swedish) moose tracker who let us know about the moose and many other wild animals in the forest. When the moose hike start everyone has to be absolutely silent. Then we only communicate with sign language (a condition to see the shy and majestic animals).

The hike is not physical demanding. We hike very careful and with as less noise as possible in 1-1,5 hour. The safaris finish with a minibus tour when we visit other favorite spots of the moose.

The safari has moose guarantee and is certified Nature's Best arrangements.

Information

Operator:	Nordic Discovery
Day:	Fridays May 13 – October 1
Time:	Start between 15:30-19:00 hrs (3:30-7:00 pm) depending on the setting of the sun
Meeting point:	The village Kloten, located in the heart of the Nature Reserve Malingsbo/Kloten
Price:	Adults 1250 SEK, Children 6-15 yrs 1000 SEK
Minimum age:	6 yrs
Included in the price:	6 hours guided moose safari, a three course dinner and transfer to and from the moose forest
Equipment:	Rain gears in case of rain. Warmer clothes to put on after sunset when the temperature often drops. Shoes supporting some water are recommended
Options:	Add on night's accommodation in the Wilderness Lodge in Kloten. Additional cost for night in double rooms (family rooms), sheets, towels and breakfast 500 SEK/person
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Moose Safari with outdoor dinner

Join us for a genuine forest adventure and meet the king of the forest, the mighty Moose. Our experienced guides will take you on an unforgettable journey through the dense forests of Bergslagen, a region known for its many little lakes, evergreen woods and amazing wildlife. We have seen Moose every time for the last seven years.

Information

Operator:	Wild Sweden
Day:	May 14, 21 and 28, June 4, 8 and 18, July 2, 9 22 and 28, August 12, 19 and 25, September 1, 16 and 22.
Time:	17:00 hrs (5 pm) – 23:00 hrs (11 pm)
Meeting point:	Kolarbyn, 3 km South-East of Skinnskatteberg
Price:	Adults SEK 995, Children 10-15 yrs SEK 695
Minimum age:	10 yrs
Other information:	We recommend clothing suitable for current weather conditions, camera, binoculars and water bottle.
Options:	Add on a night's accommodation in Kolarbyn Eco-lodge "Sweden's most primitive hotel". Adult SEK 415, child SEK 220 with breakfast.
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Photo: Mikael Stenberg

Birdwatching in Asköviken

Join a guided tour to the very bird-rich area called Asköviken. In spring the activity is at its highest point. The locality is like a magnet for all kinds of birds, whether stopping on their migration route or staying to breed. In the open water it is common to see Tufted Duck, Goldeneye and Crested Grebe among others while Osprey and White-tailed Sea Eagle often hunt here. Over the reeds there are often Marsh Harriers hunting while Bitterns are hooting. The open water-filled meadows are often full of different wildfowl and waders. It is not uncommon to see them being hunted by birds of prey. The surrounding woods are also rich in birds with woodpeckers, thrushes, warblers and many others.

Anything can turn up at Asköviken!

Information

Operator:	Naturewatch
Day:	Every Wednesday during April and May.
Time:	18:00 hrs – approx. 20:00 hrs (6 – approx. 8 pm)
Note:	Please book at the latest the day before at 16:00 hrs (4 pm)!
Meeting point:	Parking lot at Askö Gård
Price:	Adult SEK 395, Children up to 12 yrs SEK 195
Equipment:	Binoculars, clothes for the weather, good walking shoes, preferably boots.
Booking:	Pre book at your reseller or Tourist Information Centre



English



Kayaking with Hot Tub and Sauna - Evening Tour Björnön

We begin with an overview of the basics of kayaking in case you have not been kayaking before. Then we go for a tour on the beautiful Lake Mälaren. We paddle out to one of the islands where we have coffee and a snack on the beach. We then return to Björnön where the sauna and hot tub awaits.

Information

Operator:	Björnö Stug & Aktivitetscenter
Day:	June 27, July 11 and 25, August 8 and 22
Time:	17:00 – 22:00 hrs (5 pm – 10 pm)
Meeting point:	Granbo Stugby – Björnön, Västerås
Price:	SEK 595 per person incl kayak, guide, coffee/tea & sandwich, sauna and hot tub
Other information:	Participants need to be able to swim. Bring: Rain clothes, change of clothes (packed in water proof bag), sunglasses, swim clothes and drinks for the hot tub.
Option:	Book a cottage, price from SEK 380 per cottage
Booking:	Pre book at your reseller or Tourist information Centre!



English



Evening Canoe Tour in Svartådalen – "Black River Valley"

There is something special about the long Scandinavian summer evenings. Come on an evening canoe tour in beautiful Svartådalen and you will see what we mean. No matter what the weather has been like through the day, the evening is often still and the waters tend to get calm. The area is known for its abundant birdlife, and as you paddle your way through the typically Swedish landscape the bird's song is the only sound you are likely to hear. Your guide will assist you and no prior experience is needed. At the end of the tour you will be served traditional Swedish coffee, boiled in a copper kettle over the open fire. Try samples of local produce and share stories around the camp fire. This tour is suitable for all ages.

Information

Operator:	Edens Garden
Day:	Every Thursday May – second week in September
Time:	18:00 hrs (6 pm)
Meeting point:	Edens Garden Bed & Breakfast
Price:	SEK 350 pp. Children accompanied by adult: Under 16 yrs half price, under 8 yrs free of charge
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Wilderness paddling in the nature reserve Malingsbo/Kloten

Guided paddling through the Nature Reserve Malingsbo/Kloten's wilderness. A wild and untouched nature without signs of civilization. The pine forest along the shore is deep, dense and a popular retreat for many wild animals. We Paddle the classic paddling distance between the two villages Nyfors and Kloten. Half way we stop for a picnic wilderness lunch. The paddling distance is approximately 12 km.

The paddling is easy flat water paddling without current water. No previous experience is needed.

Paddling in canoes or kayaks. The canoes and kayaks are founded in the strong hard plastic material polyethylene and are in very good shape. The kayaks are stable sea kayaks with broad waist constructed to manage big waves and strong wind in sea conditions.

Information

Operator:	Nordic Discovery
Day:	Thursdays April 28 - October 27
Time:	10:00 – 16:00 hrs (10:00 am – 04:00 pm)
Meeting point:	The village Kloten, located in the heart of the Nature Reserve Malingsbo/Kloten
Price:	Adults 1000 SEK, Children under 15 yrs 750 SEK
Included in the price:	Transfer from Kloten to Nyfors. Canoes or kayaks, paddles, life jackets, water proof sacks, sitting pads and a vegetarian picnic lunch
Equipment:	Shorts, sport clothes, swimming gears, rain gears in case of rain. Hat and sunglasses in case of sunshine. Personal equipment can be placed in included water proof bags
Options:	Add on night's accommodation in Kloten's Wilderness lodge. Additional cost for night in double rooms (family rooms), sheets, towels and self-catering facilities 425 SEK/person
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Riding tours on Icelandic horses in a beautiful nature reserve

Take a riding tour on Ängsö island and try the most comfortable of all horse paces; the "tölt". You will experience beautiful scenery while enjoying your riding tour. Ängsö is a nature reserve with the goal of preserving the old cultural landscape with a rich flora of many rare orchids and medicinal plants and rich wildlife with deer, fallow deer, red deer. In the sky, buzzards, fish-hawks, and sometimes eagles can be seen. Seabirds, such as crane and heron, are a natural part of the island fauna.

We arrange riding tours for groups of 2-20 persons. You don't need any experience of horses and riding beforehand. We are trying to sort the participants after the experience; beginners may get a quieter ride and they experienced a ride with the speed and excitement.

Information

Operator:	Ängsö Islandshästar
Day:	June – August. Wednesdays and Thursdays at 18:00 hrs (6 pm), Saturdays at 14:00 hrs (2 pm)
Time:	Riding tour 2 h. Please arrive 20 min before scheduled start. Book at the latest the day before at 18:00 hrs (6 pm)
Meeting point:	Ryssbo Gård, Ängsö
Price:	SEK 500
Equipment:	Comfortable clothes suitable for riding. Helmets are available.
Options:	Book a private riding lesson.
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Horse Riding at Bångbo Farm

Experience the cultural landscape from a horseback! Your skilled riding instructor will take you out on a trail riding in varied terrain along the meadows, through magic forests and over bridges. The stable is beautifully situated in the woods between Svanå and Björkbacken, only 25 km from Västerås. Horses of the races of Andalusia, Lusitanon and Anglo Arab are well trained and responsive to their riders, making them easy to ride even for the beginners.

Upon arrival, we brush and saddle the horses. A brief instruction is given before we set off. . You will also have the opportunity to try different types of riding techniques,On arrival we take care of the horses and ends with coffee and cake.

The ride is based on Bångbo Farm and takes about two hours. Join us for an unforgettable horse riding and experience!

Information

Operator:	Bångbo Gård
Day:	Tuesdays – Fridays April till June 12
Time:	11:00 – 16:00 hrs (11:00 am – 4:00 pm)
Meeting point:	Bångbo Gård
Price:	SEK 575 incl coffee/the and cake
Minimum age:	6 years
Equipment:	Comfortable clothes suitable for riding. Helmets are available.
Options:	Book a private riding lessons
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Photo: Raija Edvinsson

Engelsbergs bruk

Engelsberg Ironworks is one of the most important industrial monuments in the world and has been listed as a UNESCO world heritage site since 1993.

Iron was shipped from here to Stockholm and the world beyond via the Strömsholm Canal.

A guided tour gives visitors the chance to see the large water wheel in action, which drives the ore crusher in the smelting house, as well as the forge with its huge hammers.

Information

Operator:	Fagersta Turism
Day:	Every day June 25–August 14
Time:	11:00 hrs, 13:30 hrs (1:30 pm) and 15:30 hrs (3:30 pm)
Tour:	Guided tour in Swedish, Audio guide in English.
Meeting point:	Engelsbergs Bruk – Outside the coffee house (“Lilla Slaggarboden”)
Price:	Adults SEK 60, children under 15 yrs free of charge
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Photo: Bo Sundelin

Nya Lapphyttan – A Medieval site

Follow our guides on a guided tour at Nya Lapphyttan. Here you will learn the tale about a way of making iron that was new a thousand years ago – and that still is up to date. Did you know that in those days when Sweden became a state the iron from the Bergslagen region was essential?

This is what our story is about, but also about so much more – The people that did the work and their every day life. Their technical know how and their skills, about raw materials and final products. Iron as a Swedish export product and about the politics of peasant iron makers, nobilities and kings.

Here you find the smells, sounds and sights from the making of iron conveyed to you by our exhibitions and our guides.

For the children and others with a childlike mind there is the interesting Children's Mine, which you can visit, equipped with a helmet and a torch.

Information

Operator:	Nya Lapphyttan, the municipality of Norberg
Day:	Tuesdays – Sundays May 2 – September 18
Time:	10:30 hrs (10:30 am)
Meeting point:	Visitors centre Nya Lapphyttan, 1 km south-west of Norberg
Price:	Adults SEK 50, children/youth under 15 yrs free of charge accompanied by an adult
Other information:	Guided tour for about one hour
Options:	Nya Lapphyttan is open for visitors 10-16 hrs every day.
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Exhibition of Cars & Technical History

Technical History is alive in the town of Köping! Bertil Lindblad's nice vehicle collection is housed in a beautiful old industrial building on Glasgatan 19. Legendary brands such as Bugatti, Voisin, Pierce-Arrow and Panhard-Lavassor are on display. Immortal classics like Cadillac, Bentley and Rolls Royce are also represented, as well as a large number of motorbikes from the early parts of the 20th Century. See the impressive 15 ton diesel engine from 1905 and numerous historical technical objects. Get familiar with a 1920-ies garage.

Apart from this, Volvo offers a historical exhibition that shows the importance Köping played in the early days of the company. The Exhibition of Cars & Technical History in Köping is constantly changing. Temporary exhibitions with private vehicles and objects add to the permanent collections.

Information

Operator:	Bil & Teknikhistoriska samlingarna
Day:	May-September Tuesday-Sunday
Time:	10:00-18:00 hrs (10am – 6 pm)
Meeting point:	Bil & Teknikhistoriska samlingarna, Glasgatan 19 in Köping
Price:	SEK 50
Booking:	Pre book at your reseller or Tourist Information Centre!





Guided city tour of Sala

Join me on a picturesque walking tour in Sala and I will show you many sights; the artist Ivan Aguéli memorial, historic buildings on Market Square, Norrmanska courtyard with nearly 300-year history and the cultural district "Soapstone" which has much to tell, the City Park, the English and the French part of the City, and many more beautiful places.

Information

Operator:	Maud Valtersson
Day:	Thursday May – August (except July 28)
Time:	14:00 – 15:00 hrs (2-3 pm)
Language:	Guided tour in Swedish and / or English. Bilingual groups will be guided first in Swedish, then in English.
Note:	Comfortable shoes
Meeting Point:	At the Candelabra in the middle of Market Square
Price:	Adults SEK 40, children under 16 years SEK 20
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Guided tour at the medieval town Arboga

Arboga, with 13 300 inhabitants is a place where old and new come together in a charming mixture. Arboga is one of the Swedens oldest towns and was early on a place of importance in the country. Sweden's very first parliament took place here in 1435. The Arboga today contains much that reminds us of the rich history. The well preserved heart of the town, classed as an area of international importance, is just one example. The old wooden buildings and cobblestone streets running throughout the centre of the town, and the river give Arboga its special atmosphere.

Information

Operator:	Arboga Turistcenter
Day:	Wednesday, June 29 – August 10
Time:	17:30 hrs (5:30 pm)
Meeting point:	The entrance at Heliga trefaldighets-kyrkan, Järntorget
Price:	SEK 40 per person. Children under 15 yrs free of charge
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Frösåkers Brygga – ”Where the Vikings live”

Step into the world of the Vikings! At the ”Viking Village” you will be met by Vikings who will tell you the fascinating tales of this often forgotten part of Swedish history and culture. This is a hands-on visit where you will get to try a number of Viking related activities – an experience you will never forget and perfect for families!

Frösåker Brygga’s aim is to keep our cultural heritage alive. The café serves natural and healthy snacks and the shop offers quality handicraft. This place is perfect for children – they will happily play around for hours while getting plenty of fresh air and at the same time learning a lot about the Vikings!

Information

Operator:	Frösåker Brygga
Day:	June 27 – August 26 Monday to Friday
Time:	10:00 – 16:00 hrs (10 am – 5 pm)
Meeting point:	Frösåker Brygga, 18 km from central Västerås
Price:	Adults free of charge, Children SEK 100
Other information:	Included in the entry fee for children: Bake your own flatbread with butter and honey, Bow and Arrow, Playground, Archaeological excavation, The Rune School and lots more
Options:	Added attractions such as a Tour on a Viking Ship, The Weapon Workshop are SEK 50 each and are bought on site.
Booking:	Pre book at your reseller or Tourist information Centre!



English



Foto: Ola Ericson, Stockholmsfoto.se

Visit the Viking town of Birka

At Birka one of Scandinavia's most important archaeological Viking sites can be found. The ferry companies Rederi Mälarstaden and Strömma Turism & Sjöfart now offers a tour to this UNESCO World Heritage Site attraction. Depart from the city of Västerås and travel across beautiful Lake Mälaren on board M/S Havsörnen. Follow the trail of the old Vikings for a day as you explore Birka – the Viking Town. Guided tour of the island included. Free time to visit the Viking Town, museum and even go for a swim in the clean, cool lake will complete the experience before heading back to the mainland.

Information

Operator:	Rederi Mälarstaden
Day:	Fridays July 1 – August 12
Time:	Departure 09:45 hrs (09:45 am) with M/S Havsörnen, arrival at Birka 12:45 hrs (12:45 pm). Departure from Birka 15:45 hrs (3:45 pm) and arrives in Västerås 18:45 hrs (6:45 pm)
Meeting point:	The boat leaves from the ferry pier "Färjkajen" in Västerås
Price:	Adults SEK 345, Children 6-11 yrs half price, Children 0-5 yrs free of charge. Incl. guided tour of the island, entrance to the museum
Booking:	Pre book at your reseller or at the Tourist Information Center!



English



Swimming paradise for children – Östra Holmen

Östra Holmen has been the bathing paradise of Västerås for a long time. Here you'll find swimming for everyone. Cliffs, jetties, shallow beaches, showers, drinking water and a 2.5 km walking track with views. Buoys prevents boat traffic in the swimming area.

Take the boat from the ferry pier at "Färjkajen" or from the "Brygga Väster" (Western Jetty) at Västerås Mälarcamping to the children's swimming paradise Östra Holmen.

Information

Operator:	Rederi Mälarstaden
Day:	June 11 – August 14
Time:	According to timetable. The boat leaves from the ferry pier at: 10:15am, 11:15am, 12:15pm, 1:15pm, 2:45pm, 3:45pm, 4:45pm, 5:45pm Arrives and leaves from Östra Holmen at; 10:25am, 11:25am, 12:25pm, 1:25pm, 3:25pm, 4:25pm, 5:25pm, 6:25pm
Meeting point:	The ferry pier at "Färjkajen" or from the "Brygga Väster" at Västerås Mälarcamping
Price:	Adult SEK 65 return, Youth 17-19 yrs SEK 35 return, Children 0-16 yrs free of charge
Booking:	Pre book at your reseller or at the Tourist Information Center!



English



Enjoy Lake Mälaren on a high speed boat

"Rent-a-RIB" offers high speed RIB boat on the lake Mälaren. Hop on our RIB boat and have an unforgettable ride in over 50 knots in the archipelago of lake Mälaren, and if you wish, we´ll stop by at a small island and you may enjoy a delicious barbecue dinner while enjoying the sunset.

We promise a unique and adventurous experience in a beautiful archipelago. We offer a simple RIB ride for 30 minutes or even a full day at the lake with RIB boat, food, drinks and various adventures.

Information

Operator:	SjöEvent i Västerås AB
Day:	Daily. Fixed departure May 19, 22 and July 5, 12, 19, 26.
Time:	May 19: 30 min ride at 18:30 hrs (6:30 pm) and 60 min ride at 19:30 hrs (7:30 pm), May 22: 30 min ride at 14:00 hrs (2 pm) and 60 min ride at 15:00 hrs (3 pm). July: 30 min ride at 14:00 hrs (2 pm) and 60 min ride at 19:00 hrs (7 pm).
Meeting point:	Boat departs from Lögarängen (guest harbour), Västerås
Price:	SEK 265 (30 min ride) and SEK 525 (60 min ride)
Other information:	Suitable for people of all ages with a hight of at least 150 cm. Not suitable for pregnant women or people with back or neck problems.
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Experience Lake Mälaren from a Yacht

Treat yourself to a luxurious trip on the yacht Ventura of Vasteras, a Princess 58. She takes you on a one-hour tour and let you experience the lake at its best. Imagine sitting on the flying bridge and just enjoy a wonderful trip on beautiful Lake Mälaren.

Information

Operator:	Yachtcharter in Västerås AB
Day:	Daytime trip June 13, August 8. Evening trip June 3, 17 and August 12
Time:	Daytime trip at 14:00 hrs (2 pm). Evening trip at 20:00 hrs (8 pm)
Meeting Point:	Östra Hamnen Tullhuskajen Västerås
Price:	SEK 590 per person
Other information:	The tour takes one hour
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Canal tours with M/S Strömsholm

Enjoy Strömsholms Canal as it should be enjoyed, by boat on the canal. We offer several different tours on Fridays, Saturdays and Sundays, some shorter and some other a little longer with lunch or dinner. On our tours you will experience gating in the old manually operated floodgates and you really can feel the history in the air.

Information

Operator:	Schenströmska Herrgården Hotell & Konferens
Day:	Fridays, Saturdays, Sundays, June 1 – August 14.
Time:	Lunch cruise Friday; July 1, 15, 29, August 12 at 12:00 – 15:00 hrs (12 am - 3 pm). Small canal cruise; Sunday; July 3, 10, 17, 24, 31 August 7, 14 at 10:30 – 15:00 hrs (10:30 am – 3:00 pm)
Meeting point:	Lunch cruise; Surahammar. Small canal cruise; Västanfors hembygdsgård
Price:	Lunch cruise SEK 265 incl lunch and coffee. Small canal cruise SEK 450 incl sandwich and coffee/tea, lunch and cake
Minimum age:	No minimum age with parents, without parents 18 years
Other information:	We have several different tours depending on days and what you would like to see, please see timetable for more information. The timetable is also available in English on our homepage; www.schenstromska.se/timetable
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Prawn feasting cruise on Hjälmare Canal

This trip will entertain both young and old.
Gustaf Lagerbjelke is a modern ship offering exquisite cuisine and air conditioned dining areas for up to 100 guests. With the Hjälmare dock as starting point, the ship will take you through the various scenery of the canal. You will come across traces of history along the trip as well as going through the locks, which are driven by hand. Gustaf Lagerbjelke will take you further out on Lake Hjälmaren and back again. On board, the mood is great and during the cruise you will enjoy a Traditional Swedish "Räkfrossa" – a buffet dinner with prawns and other delicacies a selection of side dishes and garnishes. Have a glass of wine or a beer on the deck and sing along with our talented musicians.

Information

Operator:	Arboga Rederi
Day:	Tuesdays June 28 – August 23
Time:	19:00 – 22:15 hrs (7:00 – 22:15 pm)
Meeting point:	Hjälmare Docka Café, 6 km east of Arboga
Price:	Adults SEK 260, children 6-12 yrs SEK 130, children 0-5 yrs free of charge
Other information:	Three hours cruise incl buffet dinner with prawns, salad, dressing, bread/butter.
Booking:	Pre book at your reseller or Turist Information Centre!



English



Lövudden Barbeque by Lake Mälaren

Enjoy summer barbeque by Lake Mälaren. The outdoor restaurant at Lövudden offers barbeque and beach activities such as volleyball and beach fotboll.

Just outside there is a beach, and the ferry for the lake Malaren passes nearby (ca 800 meters from the restaurant). At Lövudden there's also small jetty's where boats can be places daytime and fishing is allowed. You also find big areas for activities such as football and where you can find your own favourite place.





Information

Operator:	Lövudden Mälarkonferens/Lövudden Barbeque
Day:	This offer is guaranteed in July, Friday 1, 15, 22 and 29. Please pre book the latest at noon the day before. We are open daily in July, please call for further information and opening hours.
Time:	12:00 – 18:00 hrs (12 am – 6 pm)
Meeting point:	Lövudden Mälarkonferens, 5 kilometers from Vasteras City
Price:	Grilled food platter, Adult SEK125, children under 12 SEK 75 (Children only in company with adults)
Other information:	Activity arena with beach volley, beach football, For rent; SEK150 per hour including net and ball. (Pre book)
Options:	Add on a stay at our Malarhotel from SEK 300/night
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Sala Silvermine - Guided tour to 60 m (English & German)

Sala Silvermine is one of the world's best-preserved mining settings. For at least 400 years, the mine was Sweden's biggest and most important silver producer. Here you encounter winding mine tunnels and vast caverns. It was all created by people using their bare hands – which make the experience all the more awesome.

We have a selection of tours of varying difficulty, and in summer we offer special English-language and German-language tours.

Feel the depths - this tour leads you, via stairs, spiral staircases and walkways down to the 60 meters level. This tour gives you the true feeling of depth in the mine. Experience the sight of the biggest Shaft in the Mine, and walk through airy mountain chambers and narrow passageways whilst listening to the interesting history of the Mine, brought to life by our capable guides. At the end of the tour visitors may take the lift back up to the surface via the Knekt Shaft.

Information

Operator:	Sala Silvermine
Day:	May 1-June 23 Every day at 13:30 hrs (1:30 pm) in Swedish & English June 25- Aug 12 Every day at 11:15 hrs (11:15 am) in German and 13:00 hrs (1 pm) in English August 15-31 Every day at 15:30 hrs (3:30 pm) in English September 1-30 Every day at 13:30 hrs (1:30 pm) in Swedish & English
Time:	Approx 1 hour
Meeting point:	The mine reception at Sala Silvermine
Price, ordinary tours:	Adults SEK 140, Children SEK 70 (4-15 years)
Clothing:	The temperature is around +4 C. Leisure clothing and comfortable footwear.
Booking:	Pre book at your reseller or Tourist information!



English



Sala Silvermine - Guided tour to 155 m (English & German)

Sala Silvermine is one of the world's best-preserved mining settings. For at least 400 years, the mine was Sweden's biggest and most important silver producer. Work on the Ulrica Eleonora Level at 155 meters began around 1690. The beautiful smooth stone surfaces, enormous chambers and narrow passageways combine to make an extraordinary and memorable visit. It was all created by people using their bare hands - which make the experience all the more awesome. The water level in the Mine is located here and in the Echo Chamber the ringing sound of our voices bounce off the surface of the chamber's walls.

At this level we have our famous mining suite, and two warm rooms used for dinners, concerts, conferences, etc. In one of the winding galleries is also "The Mining cheese" stored.

Information

Operator:	Sala Silvermine
Day:	May 1-June 23 Every day at 11:00 hrs (11 am) and 15:30 hrs (3:30 pm) in Swedish & English June 25-Aug 12 at 11:00 hrs (11 am) and 15:00 hrs (3 pm) in English and at 13:15 hrs (1:15 pm) in German August 15-31 Every day at 11:30 hrs (11:30 am) in German & English, 13:30 hrs (13:30 pm) in German and 16:00 hrs (4 pm) in English & Swedish. September 1-30 Every day at 11:00 hrs (11 am) and 15:30 hrs (3:30 pm) in Swedish & English
Time:	Approx 1,5 hour
Meeting point:	The mine reception at Sala Silvermine
Price:	Adults SEK 200, Children SEK 100 (4-15 years). Disabled access
Clothing:	The temperature is around +4 C. Leisure clothing and comfortable footwear.
Booking:	Pre book at your reseller or Tourist information!



English



High Wire Adventure track at Sala Silvermine

In the southern area of the mine lies one of Sweden's most exciting and beautifully situated adventure courses, with several stimulating features such as ropeways, hanging bridges and other challenges at high altitudes. This is the perfect activity for visitors looking for a real adventure.



Information

Operator:	Sala Silvermine
Day and time:	May 1 - June 23 Every Sunday at 11:00 hrs (11 am). Prebook by 14:00 hrs (2 pm) two days in advance!
	June 25 - Aug 12 Every day at 15:00 hrs (3 pm). Possible to book the same day!.
	August 15 - September 30 Every Sunday at 11:00 hrs (11 am). Prebook by 14:00 hrs (2 pm) two days in advance!
Meeting point:	The mine reception at Sala Silvermine
	Price, ordinary tours: SEK 280 per person. Minimum age: 12 years. Max weight: 110 kg
	Open for groups all year round, minimum 7 people. SEK 350 per person
Clothes:	Leisure clothes and comfortable footwear.
Booking:	Pre book at your reseller or Tourist information!



English



Vertical Run

On top of Hakon Hotell & Konferens in the city of Västerås you'll find 25 metres of pure experience! Arrive at least twenty minutes before the appointed time with a pair of gym sneakers or similar low-heeled shoes. You start by filling out a health declaration and then we equip you with harness, helmet and gloves. After a short debrief, and a safety check, you step off the roof and out on the wall. Our instructors have total control of your vertical speed during the run. However, the name of the game is that you're in charge of your own run! Back on the ground you take your big smile up to the top of the building for a second run. After two runs the event is rounded off with a diploma of courage and a t-shirt that you can't buy - just earn!

Information

Operator:	Vertical Run
Day:	Every day – pre bookings only!
Time:	After pre booking
Meeting point:	Hakon Hotel Västerås
Price:	SEK 800 per person
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Meditation at Tåby Gård

Tåby Gård is a well-preserved, family owned, farm from 1895. Here you can spend a few hours in a beautiful rural atmosphere. Treat yourself to a moment of silence and stillness of nature at Tåby Gård. With the help of the forest's quiet and tranquility, we collect the power and strength within us.

We gather at Tåby Gård in Medåker before we walk into the woods, where we meditate, paint or write.

Our evening ends with a cup of coffee or tea and sandwich at the farm veranda.

Information

Operator:	Tåby Gård
Day:	Every Thursday June 30 – August 25
Time:	18:00 – 21:00 hrs (6 – 9 pm) Note! Please book the latest at noon the day before
Meeting point:	Tåby Gård
Price:	SEK 175 incl coffee/tea & sandwich and material
Booking:	Pre book at your reseller or Tourist Information Centre!



English



Photo: Jani Koskela

Yoga for everyone - experienced and beginners of all ages

Practicing yoga is good for everyone, no matter what condition you have when you start training, or if you have never practiced yoga before. Everyone can yoga after her capabilities! The movements are nice and soft, which softens the joints while providing new energy. Yoga is good for both body and mind and gives you a sense of peace and tranquility of mind and relaxation throughout the body. Peace of mind is one of the most important for your wellbeing, and some of what we have least of in our daily lives.

Located within 20 minutes from Västerås and 5 minutes from Strömsholm, Kolbacks gästgivaregård offers you the ability to celebrate your special day, enjoy delicious food, stay at our pleasant hotel or participate in health care in a classic environment.

Information

Operator:	Kolbäcks Gästgivaregård
Open:	Daily
Time:	06:00 hrs (6 am) to 21:30 hrs (9:30pm)
Meeting point:	The reception in the main building.
Price:	SEK 130 per person for 90 min Yoga (Bookings at latest at noon the day before)
Option:	Restaurant and hotel offering smorgasbord, lunch buffet, afternoon tea and à la carte.
Booking:	Pre book at your reseller or at the Tourist Information Centre!

