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## Celebrate Midsummer in West Sweden

There are few things that Swedes associate more with summer than the celebration of midsummer. Families and friends gather to enjoy dancing and singing, combined with delicious food and flavoured schnapps.

At Midsummer, the maypole is raised in villages and cities across Sweden, with children and adults dancing around it. Typical midsummer food includes different kinds of pickled herring and boiled new potatoes served with fresh dill, sour cream and raw red onion.

[Swedish Midsummer - this is how it works](#)



## Island-hopping in West Sweden

The Bohuslän archipelago runs almost 280 kilometers up Sweden's west coast and is an area of outstanding natural beauty. CNN Travel ranks it the

seventh most beautiful natural wilderness area in the world. Check out the ferry lines and our route suggestions and go island hopping in Bohuslän. Welcome onboard!

[More information: Island hopping i West Sweden](#)



## Traditional dance on Brännö's quayside - a classic Swedish tradition

Take part in the most Swedish tradition there is - the famous traditional dance on Brännö's quayside, which will take place on Saturdays this year. On the island of Brännö you'll find a small open-air dance floor with live music.

[Read more about Brännö's quay here](#)



## Learn everything about the Swedish crayfish party

In August, the evenings feel velvety smooth and get increasingly darker. But before autumn takes a firm grip on the land and people of Scandinavia, it's time for a Crayfish Party.

[All about crayfish](#)



## Welcome to Tjörn – where art meets triathlon

On the island of Tjörn, one hour north of Gothenburg, people love art and culture. But they also love the action-packed, endurance-testing triathlon. So for the tenth consecutive year, between the 25th and 27th of August 2017, art and sport will once again blend seamlessly in what has come to be known as the World's Sweatiest Art Tour.

For three days Tjörn will play host to adrenaline-pumped athletes, interested



art-lovers and keen spectators of all ages. They'll be there to enjoy both art and athletic performance of world class. Visit Tenson Tjörn Triathlon, The Nordic Watercolour Museum and Sculpture at Pilane.

[The world's sweatiest art tour - all the details](#)

## FEI European Championships in Gothenburg in August

Europe's best Equestrian athletes will gather in Gothenburg from 21-27 August 2017 to compete for medals in the FEI European Championships Gothenburg 2017.

The Championship disciplines will be Show Jumping, Dressage, Driving and Para-Equestrian Dressage. The competitions will take place all over the city and if you love horses this is the time to visit Gothenburg.

[Buy tickets and get more information here](#)



## No Limit Street Art 2017 - outdoor art at it's best

No Limit takes place in the city of Borås 3rd-10th of September. It's an outdoor art event which invites artists from around the world to participate in turning public spaces into an outdoor exhibition.

In 2017 the gigantic outdoor gallery of Borås will be extended with new pieces created by international well known street artists.

[Read more about No Llimit Street Art here](#)



## Success stories from West Sweden - Catxalot

The West Sweden Tourist Board wants to showcase examples of good practice within the West Swedish tourism industry. So we're going to shine a spotlight on some of the many excellent business owners in the region, and let them talk about just why they have succeeded.



In this episode we'll meet Jonas Pettersson and Linnea Sjögren from Catxalot, a food and experiences company with a unique product at its heart – seaweed.

[More information about Catxalot](#)



## Meet the Locals of West Sweden

Overdone it on the museums and statues? Sweden offers a subtler form of exploration. Curious travellers can now easily find locals who are happy to share a room, a ride, or a cherished part of their everyday life.

These mini tours of daily life can range from baking kanelbullar (cinnamon buns) to taking a jog through the woods, or partaking in the strange Swedish tradition of eating homemade tacos on a Friday night. On [meetthelocals.se](https://meetthelocals.se) travellers can choose from an array of bespoke activities designed and hosted by various kinds of people who call Sweden home.

[Visit meetthelocals.se](https://meetthelocals.se)





## Fika your way through Porcelain Town Lidköping

Porcelain Town Lidköping is renowned for the quality of its cafés, and their delicious wares. Indulge yourself in a famous Läckökringla pastry at the Rådhuskonditoriet, or a Rörstrand's cake, served on modern Rörstrand china at the Rörstrand Museum, and Swiss Roll served on vintage Rörstrand at Emeli's on Limtorget square.

A guided tour of the Rörstrand museum will take you through 290 years of Swedish porcelain history, from everyday household ceramics to stunning decorative showpieces.

[Read more about Porcelain Town Lidköping](#)



## Sweden's toughest canoe race

The Dalsland Canoe Marathon+ is Sweden's toughest canoe race, winding through Dalsland's picturesque countryside. Dalsland Canoe Marathon+ is 55 kilometres long, and attracts lots of spectators who line the route to follow the race. This year it will take place on the 12th August.

[Read more about The Dalsland Canoe Marathon+](#)



## Icebug Xperience - fantastic trail running

IcebugXperience is a great experience for everyone from competitive trail runners to walkers who would rather let the impressions sink in. The race consists of a three day event covering a distance of 74 kilometres in total, split into stages of approximately 20-30 km per day.

[Read more about Icebug Xperience](#)

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