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## Wind down like a Swede in the nature of West Sweden - experience the 72 Hour Cabin

Swedish nature helps you become less stressed, according to a case study from Sweden. By spending 72 hours in glass cabins on an island of their own called Henriksholm, five people with stressful jobs got to experience the Swedish 'close to nature' lifestyle.

Apart from the five original cabins on Henriksholm there are also glass cabins in two other locations - Baldersnäs Manor and Dalslands Aktiviteter near Dals-Långed.

Book a relaxing, energy-giving stay in one of the glass houses and feel the stresses and strains of everyday life fade away.

[Read more and make your reservation here](#)





## Island hopping in West Sweden

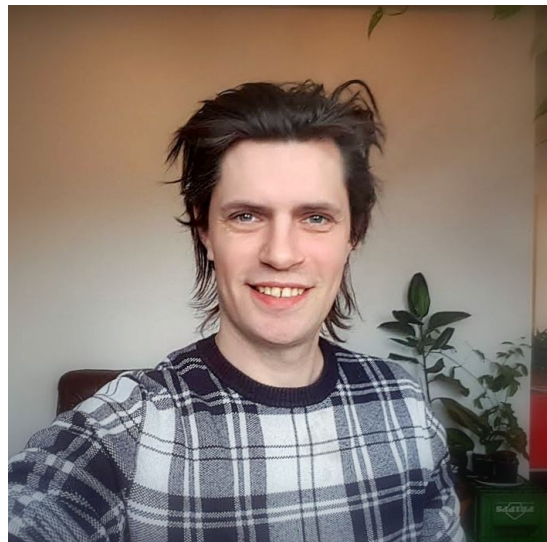
The Bohuslän archipelago runs almost 280 kilometers up Sweden's west coast and is an area of outstanding natural beauty. CNN Travel ranks it the seventh most beautiful natural wilderness area in the world. Check out the ferry lines and our route suggestions and go island hopping in Bohuslän. Welcome onboard!

[Plan your island hopping here](#)

# MEET *THE* LOCALS

## Check out graffiti and street art with Jonathan

Ringön on the island of Hisingen has become a bit of a centre for graffiti and street art in Gothenburg. There are between 20 and 30 large works, all legally painted, which are a must see for anyone interested in art. Jonathan is a culture loving parent of small children, who would be happy to help you find your way around the artworks.



[Read more on Jonathan's booking page](#)

## EuroPride - for the first time with two cities as organizers

EuroPride is an annual event, a Pride Festival that is hosted by a different city in Europe each year. EuroPride is an international event that attracts visitors from all over Europe.

In 2018, EuroPride is being held in Sweden for the third time, and for the first time with two cities as joint organizers. During EuroPride 2018, the event is hosting two festivals, Stockholm Pride and West Pride. This will expand the concept of EuroPride and create a festive event that lasts three weeks, linking together Sweden's two largest cities, Stockholm and Gothenburg.

Welcome to EuroPride 2018  
Stockholm Gothenburg 27 July –  
19 August!

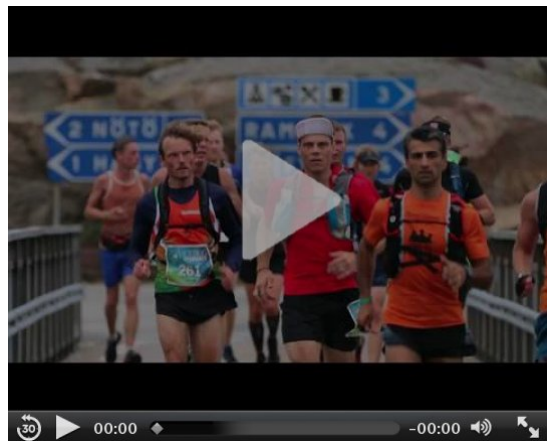
[Read more](#)



## Ultra-long distance requires ultra-good conditions

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 in beautiful scenic Bohuslän. New



this year is the opportunity to run the whole race in one day. This is called Icebug Xperience Ultra, and is a real test of stamina. Running up to 16 hours in this stunning environment is a one of a kind experience...

Everything you need to know about Icebug Xperience Ultra

## Welcome to Dalsland - back to nature

Paddling, hiking, unusual accommodation and mindfulness – Dalsland has room for everything anyone who wants to experience something special could wish for.

In Get Out, which is a completely new magazine about Dalsland, you can read about all the fantastic places, activities, and restaurants there are here – just two hours drive from Gothenburg.

[Read Get out here](#)



## Go on a guided fika tour i Alingsås

The Swedish word fika means coffee or tea break with cakes and biscuits, and in Sweden it is a social institution. In factories and in offices, in schools and in hospitals, Swedes take a regular fika break. Where can you do it then? In cafés with friends and family is the short answer, and there is no shortage of good cafés in West Sweden.

Especially in the town of Alingsås which lays claim to being the fika capital of Sweden, with its more than 30 cafés, many of which are mentioned in the White Guide. You can go on a guided tour of them with a local expert who would be delighted to tell you all about the history of the Swedish fika. And, of course, you get to have a fika.

[Guided fika tour in Alingsås - this is how you do it](#)



## Golf tournament Nordea Masters will be played in West Sweden this year

Nordea Masters, one of Sweden's largest annual sports events, will be played on the 16 - 19 August at Hills Golf & Sports Club in Mölndal. The last time the competition was held in the Gothenburg area was 1996, and there is no doubt that Gothenburg has been wanting to hold a world-class golfing event again ever since then. Interest in the event is amazingly high and has far exceeded all expectations, even if some of it could have been predicted!

[Read more](#)



## Take the ferry to the archipelago

This summer you can take the ferry from Stenpiren in central Gothenburg right out into the archipelago. Go on a day trip to Hönö Klåva, an old fishing village that now is a vibrant mix of restaurants, boutiques and fishing boats. From there you can take another boat trip out to Vinga lighthouse, Gothenburg's most westerly outpost, or rent a bike and explore all the 10 islands.

[Read more](#)



## The open road awaits at Mösseberg

Cykelcentrum Mösseberg is the perfect starting point if you love to cycle. Less than two hours from Gothenburg, you can let the wheels roll on selected training routes in the open countryside, up challenging hills and along pretty winding roads. Choose for instance a demanding MTB route on Mösseberg, a plateau mountain with varied trails set in green and lush landscapes

[Read more](#)

Photographers: Roger Borgelid (header), Beatrice Thörnros/Göteborg & Co (Europride), Icebug, Jonas Ingman (72 hour cabin), Åsa Dahlgren (island hopping),

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