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Island of Light - a brand new light art festival

When the inaugural Island of Light festival takes place in Smögen in Bohuslän 13 – 16 September history will be made. Light art festivals are most often held in cities, but now for the first time an event of this kind is being held in the archipelago. Some of the world’s foremost light artists will be exhibiting their work, which can be seen from both sea and land.

[Island of light - everything you need to know](#)

West Swedish paddling on worldwide television

Now the whole world is going to have its eyes opened to the unique and fantastic paddling opportunities there are in West Sweden. The American TV programme “Facing Waves” which transmits across the world and is shown on Fox Sports, Outside TV and Nautical Channel, amongst others, has filmed West Swedish paddling over winter, spring and summer.



You can see the trailer for the programme in the video clip.

[Read more about Facing Waves here](#)

The Guardian went

kayaking in West Sweden

This summer, the British travel journalist Kevin Rushby visited West Sweden. He enjoyed kayaking in the beautiful archipelago near the island of Tjörn. His trip to West Sweden is documented in an article in The Guardian.



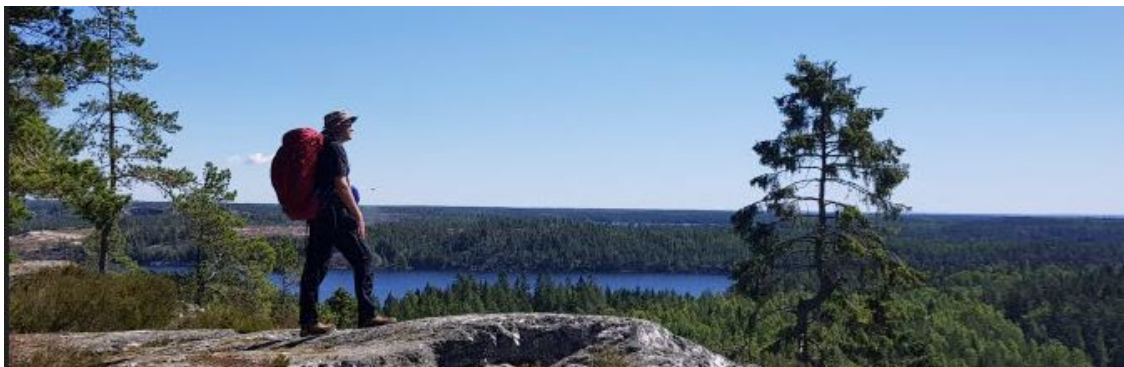
[Read the article here](#)

Find Sweden's best microbreweries here

Did you know that Gothenburg is the leading city and West Sweden the leading region for microbreweries in Sweden? It's positively overflowing with talented beer producers who all share a passion for great flavours with a nose for good craftsmanship. If you like beer and are visiting Sweden you should definitely make your way to Gothenburg and West Sweden.



[We list some of the region's best microbreweries here](#)



Make your own pilgrimage in Dalsland

Autumn is fast approaching. We recommend anyone who likes hiking and wants to experience the beautiful landscapes in Dalsland in all their glory, to take a trip along the Pilgrim Path. It's a varied, scenic footpath that takes you through more than 100 km of lovely countryside.

Pilgrimages were popular in Sweden during the Middle Ages. During this period many pilgrims travelled on foot through Västergötland, via Edsleskog

in Dalsland, and further north toward the final goal of Nidaros in Norway. Pilgrimages were prohibited by the Swedish ruler Gustav Vasa in the middle of the 16th century, but have now become popular once again.

[Learn more about the history of the Pilgrim Path and where you can stay along the route](#)



What has been missing in Gothenburg? An urban winery

As you already know from reading this newsletter, Gothenburg is one of Europe's hottest hubs for craft beer. But if you prefer wine, try the recently opened winery Wine Mechanics, presenting a wine bar, a restaurant serving locally sourced oysters and a tasting loft. And no, the grapes are not grown here, but as the owners point out: neither is hops, right?

The philosophy of Wine Mechanics is all about the wine and then they create food that works with it. You will find it in "Gamlestan" an area that once was a center for industrial production, but now is rapidly transforming into a cultural and culinary hotspot, with restaurants, craft breweries and vintage shops moving into the old factory brick buildings.

[Learn more and make a reservation](#)



Liseberg's new roller coaster Valkyria

In August, Liseberg opened a new major attraction. Valkyria is Europe's longest Dive Coaster – a roller coaster with a vertical drop of a full 50 metres. Just as you are about to roll over the edge, the ride pauses, and then you fall straight down into an underground tunnel. At 105 kph!

Valkyria is part of Liseberg's new Nordic myths and legends area, which also contains Europe's highest gyro swing, Loke, which opened in 2017. Balder, Liseberg's huge wooden roller coaster, was already there.

Liseberg is Sweden's largest tourist attraction, with almost 3 million visitors every year. The summer season continues until 30 September and then Halloween begins at October 12th.

[Visit Liseberg](#)



Conference at spa hotels in West Sweden

In West Sweden there are a large number of lovely spas that offer both fantastic aquatic experiences as well as relaxing treatments, and of course great food. Enjoy the contrast between a heated outdoor pool and an ice bath, have a swim or indulge in a pampering massage.

[Find tips for extra special spas in West Sweden here](#)



Visit Borås and the Balenciaga - Master of Couture exhibition - opens December 15th

On December 15th, the **Balenciaga – Master of Couture** exhibition opens at Borås Textile Museum. This is an international exhibition from the Victoria and Albert Museum in London, which highlights the ‘the Master’ of haute couture, Cristóbal Balenciaga.

Borås is truly a real design city, where creativity flows like never before. Streets and squares have been transformed into enormous outdoor galleries that inject art into the daily lives of local residents.

Swedish design is famous worldwide for its innovation and creativity, where function is often integrated into the design. And here, where textiles have

been produced for centuries, the eternal question is whether there's a limit to what we can create using textile materials

[Read more about the innovative design and street art in Borås](#)



First day of lobster catching season - the main event of the autumn

In Bohuslän, the beginning of the lobster fishing period is just as important as the annual elk hunt. At 7am on Monday 24 September, both professional fishermen and local residents put their lobster pots in the water. Then all they have to do is wait to catch the black gold of the sea.

In Bohuslän, you can book lobster safaris and lots of different lobster packages on the dedicated site for 'The Shellfish Journey'. Those delicious fresh lobsters are waiting to be served up for you while you enjoy a Shellfish Journey.

[Read more about the seafood safaris here](#)

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Photo: Rune Guneriusen (Island of Light), Lukas Warzecha (header/Facing Waves), Madeleine Landley (micro breweries) Gaby Karlsson-Hain (The Pilgrim Path), Göteborg & Co/Eva Lehmann (Wine Mechanics), Liseberg (Valkyria), Jonas Ingman (spa), Roger Borgelid (lobster catching)
