



Invitation to

BOHUSLÄN

STRÖMSTAD | TANUM | SOTENÄS | LYSEKIL | MUNKEDAL | UDDEVALLA
ORUST | TJÖRN | STENUNGSUND | KUNGÄLV | ÖCKERÖ

**Island-hopping
along the coast**

DISCOVER THE ARCHIPELAGO BY BOAT

**ROCKS, OCEAN
& ADRENALINE**

WORLD'S BEST SHELLFISH

CULINARY MEMORIES THAT WILL LAST BEYOND YOUR TRIP

Check it out!

ACTIVITY
GUIDE
2018



WHEN THE DETOUR IS EVERYTHING.

For those who love adventure, total tranquility, breathtaking views and being one with nature, there are many well-known places in West Sweden to visit. And while you're here, you'll find that there are even more places off the beaten track to discover and enjoy for yourself.

WELCOME TO THE DETOUR OF YOUR LIFE!

WEST
SWEDEN.com

WELCOME!

BOHUSLÄN. A palette of experiences. Salty flavours, summer idyll with sunshine, swimming, boat life and crab-fishing. Yet equally alluring in autumn, winter or spring when you can enjoy the peace and quiet or world-class active experiences in a unique environment. Our Bohuslän offers you memorable moments – from Öckerö in the south to Strömstad in the north. And perhaps the world's best fish and shellfish. We hope that our Invitation to Bohuslän will inspire you to visit – any time of year.

THE TOURIST ORGANISATIONS OF BOHUSLÄN



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Sensational Strömstad

HISTORICALLY A HEALTH RESORT, Strömstad offers modern and traditional spas, restaurants, culture, activities and attractions all year on the doorstep of breathtaking fjord views. Here you will find the idyllic Koster Islands and Sweden's only marine National Park, Kosterhavet.

Tanum World Heritage

HAMBURGSUND, FJÄLLBACKA AND GREBBESTAD boast barren cliffs along the salty water of the sea, which in combination with the deep forests of the Tanums region makes up a rich environment. In the westernmost archipelago lie the exciting Väderöarna islands, in the east, the mushroom-rich forests and dramatic waterfalls of Dalsland. In between, Vitlycke World

Heritage is home to magical rock carvings and traces of the Bronze Age. Contemporary entertainment, boat life, boutique shopping along picturesque jetties, and delicious restaurant experiences. Here, the archipelago is ever present in the idyllic coastal communities Grebbestad, famous for its oysters, murder mystery capital Fjällbacka, and Hamburgsund with its calm marina at Hamburgö. They are all perfect starting points for archipelago tours, kayaking and seal or oyster safaris.

Uddevalla in the heart of Bohuslän

BOHUSLÄN'S LARGEST CITY, Uddevalla is home to many musical, cultural and sporting events, shopping, conferences, cafés and restaurants and perfectly situated to explore the protected inner

archipelago by boat or kayak. Visit 18th century seaside resort Gustafsberg, idyllic island Bassholmen, the spectacular Strandpromenaden boardwalk or the nearby mountains and forests.

Outstanding Orust

SWEDEN'S FOURTH LARGEST island Orust offers a bustling boating life, green landscapes of local produce and farm shops, historic hikes, ancient castles, genuine fishing villages, incredible islands, and a flourishing music scene. The ocean is never far away whether you want to swim, kayak, golf or just relax.

Lively Lysekil

WORLD-CLASS CLIMBING, diving, canoeing, cycling and hiking are available across

A JOURNEY THROUGH BOHUSLÄN

"If you've ever fantasized about gliding silently through the water on a kayak, camping on deserted beaches, enjoying the midnight sun, spotting seals and soaking up the spirit of the sea, you'll find no shortage of experiences here."

CNN's verdict in its article on 10 of the world's last great wilderness areas, placing the Bohuslän coast at number seven.

islands, fishing villages, seaside resorts, fjords and granite nature reserves. In Lysekil town centre, Havets Hus aquarium shows life under the surface and runs seal and underwater safaris.

Lush Munkedal

MUNKEDAL IS the green lung of Bohuslän, with salmon-filled Örekilsälven its aorta. Inland, Kynnefjäll is a 700 square kilometre pristine wilderness area. Stately Torreby Castle is home to Bohuslän's oldest golf course overlooking Sweden's largest and deepest fjord, Gullmarsfjorden.

Smögen and Sotenäs

VISITORS TO SOTENÄS – home to picturesquely island Smögen and a host of vibrant coastal communities – are rewarded with magnificent ocean views, granite rocks and activities. Here, fresh fish and seafood are central – enjoy it on a boat, at the fish shop or in a restaurant.

Artistic Tjörn

TJÖRN'S SPECIAL LIGHT attracts artists and art lovers. In Skärhamn, the Nordic

Watercolour Museum is world-class, while Pilane sculpture park combines history with contemporary art. The island is also filled with ancient rock carvings, stone circles and ancient settlements. Great beaches and restaurants complete the package.

Sailing scene in Stenungsund

IDYLLIC SEASIDE RECREATION and a bustling city centre make Stenungsund an all-year destination. Expansive ocean views and inland nature reserve Svartedalen surround the city centre – home to a cultural centre, art gallery, cinema and science centre Molekylverkstan. The annual sailing race Around Tjörn is equally exciting for the sailing elite and boating families.

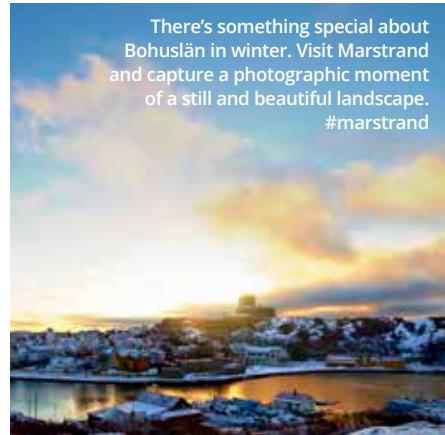
Magnificent Marstrand and Kungälv

IN THE FAR WEST, where the archipelago ends and the wide ocean begins, Marstrand is home to the Carlsten Fortress perched on the top of the island. The boating town and seaside resort is famous for its jetty with boats of all kinds, picturesque houses along streets

free of cars, top restaurants, sunshine and saltwater swims. Strandverket Art Gallery and performances. A walk along the island's paths, bridges and cliffs is a magical experience all year round. Kungälv is a blend of eventful history and modern city life. Mighty Bohus Fortress towers over the river's edge, where it has withstood wars and rival kings since 1308. Feel the wings of history across cobblestone streets between the old wooden houses of Västra gatan and Gamla torget, home to one of Sweden's best preserved baroque churches. In the modern city centre of Kungälv, you'll find shops, cafés and restaurants.

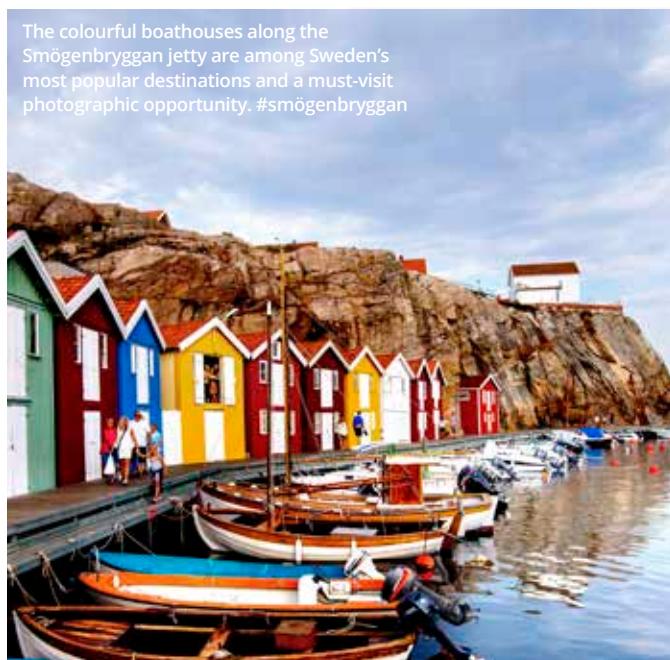
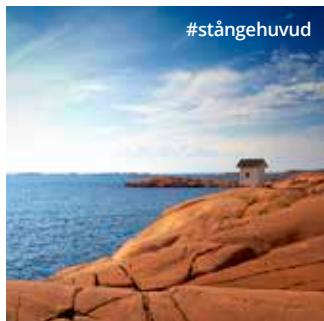
Öckerö island-hopping

THE TEN ISLANDS of Gothenburg's archipelago offer amazing kayaking, snorkelling, seal safari and fishing opportunities – just 20 km from the city. Hop on a boat to explore popular Vinga lighthouse island and the authentic fishing villages, beautiful nature and culture, shopping, restaurants of the other islands.



#bohuslan

West Sweden is Europe's most Instagrammable Road Trip, according to AFAR Travel Magazine & Guide – and we can only agree!





BOOK SEAL SAFARI
TOURS AND READ
MORE ABOUT
BOHUSLÄN FOR KIDS
AT BOHUSLAN.COM

Crab illustration: Jared Sohn

BOHUSLÄN FOR KIDS.

Child-friendly Bohuslän is full of exciting activities and destinations for the whole family. Jump in and read some of our best tips!

FOR KIDS AND FAMILIES

NORDENS ARK IN HUNNEBOSTRAND is the perfect place to visit with children of all ages – here you will see rare endangered animal species, from the Nordic countries as well as from around the world. At the **Emaus Lantgård** farm, you can see miniature pigs, horses, rabbits and cats.

Brave enough to get close to sharks and octopuses? If so you should visit **Havets Hus** in Lysekil – an aquarium with exciting local sea life. Why not visit the moose park **Moose af Aneröd** between Uddevalla and Munkedal where you can see the King of the Forest in his true environment and even go on a moose safari? If you have energy to burn, shopping centre **Sportshopen** in Grebbestad offers an exciting playland across outdoor and indoor areas – perfect for any weather! You can even skate during winter.

Book a real adventure for the whole family! In **Lysekil**, you can go on a seal safari boat tour or – if you want to see animals under the surface – an underwater safari. On the island of **Sydkoster** off Strömstad you can go on a Beach Excursion tour.

You can also explore one of Sweden's most beautiful underwater landscapes along the Kosterhavet national park snorkelling track. ■

FUN EXCURSIONS:

SCULPTURE IN PILANE

Among grazing sheep and ancient remains you will find nature's own art gallery. Up on a hill, 14-metre tall sculpture Anna looks out across the landscape and can be seen from as far away as Marstrand in the south and Skaftö in the north. Bring a picnic and sit down in the grass to enjoy it. pilane.org

TANUMSTRAND SEA CLUB

Fun and games all year round with Tanumstrand SeaClub – an adventure for all children, led by an activity team. tanumstrand.se

NORDIC WATERCOLOUR MUSEUM

Borrow a discovery kit with equipment that will inspire artistic experiences. Or try the brushes and watercolour paint in our public workshop. akvarellmuseet.org

FAMILY CHALLENGE

Challenge the family in across three adventurous disciplines while exploring Kynnefjäll national park. kynnefjall.com

VITLYCKE MUSEUM

Become an archaeologist for a day in Tanum, where you can roam among thousands of petroglyphs carved into the smooth rock. Or try bow and arrow shooting and craft at the Bronze Age farm. vitlyckemuseum.se

PIRATE SHOW FUN!

IN THE SUMMER, Daftöland in Strömstad invites guests to play and have fun in its adventure park with a pirate show, music, log ride and a crash-packed bumper car adventure. ■

What do you want to do?

If you're looking for exciting nature experiences, you've found the right place in Bohuslän. Enjoy our activities in settings that are unlike anything you've ever seen before. All year round.

Hike

Hiking in Bohuslän can be a fascinating natural experience and it offers trails and areas for all tastes. Kuststigen (Coastal Trail) is a popular hiking trail that winds its way through the coastal landscapes' amazing nature and historic sites. From Uddevalla's beautiful fjords to Strömstad and into Norway. Sotaleden Trail runs through 70 kilometres of varied forest, mountain and coastal environments and is an incredible nature experience. Bohuslän also has several nature reserves to hike through, both inland and in the archipelago. The Bredfjället plateau in Ljungskile is a much-loved recreational area all year round. It's easy to get to the archipelago for hiking on the islands of Tjörn, Dyrön, Koön, Marstrand, Nordkoster and Öckerö. **One highly praised walk close to the city** is in Uddevalla, where the visitors with mobility issues will appreciate the wooden Strandpromenaden boardwalk which takes you through city, country and coast in just 10 kilometres.

Editors tip!

Bike

In Bohuslän, you're never far from food, accommodation or attractions, which makes for an extraordinary cycling experience packed with great views, picturesque fishing villages and charming towns. Car-free island Sydkoster is a popular cycling destination – you can hire a bike on the island, just like in many other places along the coast. On Skaftö a bike trail connects picturesque Fiskebäckskil

and charming Grundsund – why not catch the ferry across from Lysekil. Around the Bullaren lakes and southwest towards Tanumshede and Vitlycke, lovely country roads run through magnificent nature. Tjörn is the perfect cycling island with bike trails offering safe, interesting and varied riding. The car-free islands in Gothenburg's archipelago offer separate bike paths perfect for cycling.

Kayak

Few places on earth can offer waters as great for kayaking as Bohuslän – its archipelago of thousands of islands and skerries are a true kayaking paradise and an amazing nature experience all year round. From Öckerö in the south to the Koster islands in the north, Bohuslän is full of exciting kayaking experiences. There's something for everyone. Pristine national parks, charming boat houses, wild waters and still inlets. There are many places along the coast where you can start your trip and lots of kayak tour operators that can offer anything from day trips to packages including accommodation and several days in the kayak. We recommend that beginners use an experienced guide to get started.

Climb

Bohuslän is one of Sweden's best climbing regions. The wonderful Bohus granite is of amazing quality and the many rocks and mountains mean there is climbing to suit everyone.

Fish

From salmon fishing in the Örekil river and lake fishing in Svartedalen, at



Kynnefjäll and in the Bullaren lakes, to saltwater fishing along the coast – by boat or from a cliff – recreational fishermen can have their dreams come true in Bohuslän. Visitors wanting to experience fishing up close can join sea trout fishing in spring, mackerel fishing in summer or the exciting lobster fishing in the autumn. Why not book a package including a fishing tour, accommodation and amazing meals. During cold winters in Bohuslän, it's even possible to skate out onto the ocean or lakes for ice fishing.

Dive & snorkel

Bohuslän is known for its extraordinary diving waters. Lysekil, Väderöarna, Marstrand and the Koster Sea are diving hot-spots. Snorkelling can be undertaken virtually anywhere, it's easy and all you need is a mask, snorkel and a pair of fins. **Try the marked snorkelling trails on the islands of Sydkoster and Saltö near Strömstad and on Smögen island.** A rope along the seabed will guide you along a nature path under water with information signs along the way.

Editors tip!

Boat tours

An abundance of boat tours lets visitors experience popular destinations including the islands of Koster, Smögen, Hållö, Väderöarna, Åstol, Dyrön, Vinga and Käringön. All of them have their own unique charm and many of the islands offer both restaurants and accommodation. The archipelago can also be experienced on a seal safari, underwater safari or guided lighthouse visit. Join a fishing trip or shellfish safari, especially in the autumn the prime time for shellfish!

Golf

Keen golfers can choose from a range of incredible golf courses in Bohuslän. Why not play your way from the north to the south over a season? Many hotels offer wonderful package deals that combine seaside golf with accommodation and delicious meals based on local produce.





EXPEDITION BOHUSLÄN

Did you know that some snow leopards eat ice lollies on Tuesdays? Or that sharks sink if they stop swimming?

There are many exciting and unexpected things to explore and experience in Bohuslän. Here you can view the master-pieces of nature and the ocean. Check out the wild animals, unique rock carvings, riveting history and an underwater national park. A real adventure for curious visitors.

Welcome to
Expedition Bohuslän!



+ KOSTERHAVETS NATIONAL PARK +

Kosterhavet is Sweden's most bio-diverse maritime area and its only marine national park. Here you can explore both at sea and on land.

Website: vastsverige.com/kosterhavet



+ VITLYCKE MUSEUM +

Travel back in time to the Bronze Age! The thousands of petroglyphs here are on the UNESCO world heritage site list.

Website: vitlykemuseum.se



+ NORDENS ARK +

Nordens Ark is a zoo featuring threatened species from all over the world, including Amur tigers, snow leopards and wolves.

Website: nordensark.se



+ BOHUSLÄNS MUSEUM +

Bohuslän's Museum takes you on a journey through time and space. Its many exhibitions and programmes focus firmly on Bohuslän.

Website: bohuslanstmuseum.se



+ HAVETS HUS +

Enter a world of blue and turquoise. See the fascinating local species from the small-spotted catshark to the sea robin. Let's dive!

Website: havetshus.se



+ NORDIC WATERCOLOUR MUSEUM +

An art museum spotlighting water, pigment and paper. All in an unmatched environment in the heart of the Bohuslän archipelago.

Website: akvarellmuseet.org



+ STRANDVERKET ART MUSEUM +

Experience contemporary art in photography, painting, sculpture and digital imagery, all of top international class.

Website: strandverket.se



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GÖTEBORG



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EXPEDITION BOHUSLÄN

ADVENTURES FOR THE CURIOUS!

SHARE YOUR EXPERIENCE! #expeditionbohuslan

Bohuslän's shellfish

- the best in the world!

Culinary delights can be enjoyed at Bohuslän's many fish and seafood restaurants all year round. The salty flavours of freshly caught lobster, crab, langoustines and prawns create unique food memories to bring home with you.



Did you know that throughout the year you can go on a shellfish adventure in Bohuslän? Catch your own dinner and enjoy the best Bohuslän has to offer.

FOR MANY, Bohuslän is synonymous with prawns. For a genuine Bohuslän summer experience, we recommend buying a bag of fresh prawns straight from a fishmonger and bringing along some aioli and freshly baked bread to a warm granite rock overlooking the ocean!

Autumn visitors to Bohuslän are treated to the very best-tasting shellfish, including oysters, langoustines, mussels and of course, lobster – the most exclusive delicacy. Even if shellfish taste great all year, there is something special about enjoying them while the strong and salty autumn winds roar. Something to do with the climate and the water temperature provides Bohuslän with the world's tastiest shellfish. ■

DID YOU KNOW THAT...

...the lobster-fishing premiere takes place at 7am on the first Monday after 20 September each year?

A TASTE OF WEST SWEDEN

A TASTE OF SWEDEN is an accreditation awarded to select eateries, local food producers and farm shops in West Sweden. The food producers, farm shops and restaurants that carry our symbol are part of a network dedicated to harvesting the very best produce from the sea, lakes, forests and farmland of the region in a sustainable and ecological way. And you can enjoy them all, prepared and cooked by some of West Sweden's best chefs. ■

westsweden.com



DID YOU KNOW THAT...

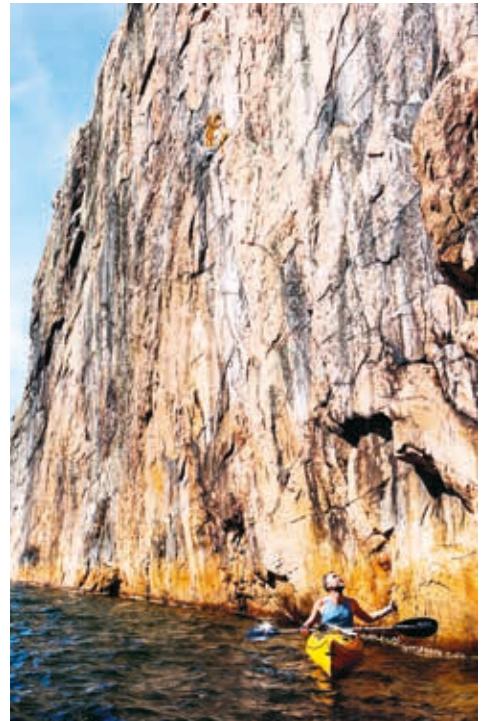
...the blue mussel is both healthy and environmentally friendly?



ISLAND-HOPPING IN BOHUSLÄN

Three day family island-hopping trip in Bohuslän from Lysekil to Uddevalla

Island-hopping in Bohuslän's beautiful archipelago is a truly unforgettable experience. Here are our tips on a boat trip from Lysekil to Uddevalla. In Lysekil and its surroundings you can enjoy salty swims, go crab fishing and explore narrow alleyways and winding streets a stone's throw from the water. Take a boat trip on to Uddevalla and you'll find more fun experiences and activities suitable for the whole family.



MONDAY

Havets Hus

**DAY
1**

IT ONLY TAKES a couple of hours to get to Lysekil from Gothenburg. Choose to stay in Lysekil, or take the 15 minutes boat ride over Gullmarsfjorden and stay in Fiskebäckskil.

There is a variety of accommodation in Lysekil. Strandflickornas hotel, offering a charming 19th century setting with hotel and youth hostel standard accommodation. Gullmarsstrand and Slipens Hotell in Fiskebäckskil offer comfortable accommodation close to the sea.

Lysekil is often called 'the town by the sea'. At the tip of the archipelago is the Stångehuvud nature reserve and the Pinneviksbadet bathing area, with smooth granite rocks. You can have a dip here, or go crab fishing. Don't miss Havets Hus Aquarium in Lysekil where you can see and touch starfish and hermit crabs, visit its 'beach school' and even go seal-spotting.

The villages of Fiskebäckskil and Grundsund are on Skaftö, with narrow, winding streets and quaint houses. At the Hannas I Hamnen store you can browse for practical outdoor clothing from the famous Swedish company Didrikson. Round the day off with a meal at one of Lysekils or Skaftö's many good restaurants. Several have a kids menu.



**DAY
2**

TUESDAY

Kayaking and cycling experiences in Lysekil and a boat trip to Uddevalla

BEFORE THE AFTERNOON'S boat trip to Uddevalla why not explore Lysekil's surroundings on land and at sea? There are excellent kayaking waters around the town to discover, on your own, or with a guide.

Lysekil is a bicycle friendly and hilly town that is easy to get around on cycle paths, even with kids in tow. On the Skaftö side there is a fine cycle path of some 5 km between Fiskebäckskil and Södra Grundsund. From here you can hop on the Rania ferry which goes between Grundsund, Gåsö and Lysekil in the summertime. No advance booking is required.

The boat M/S Byfjorden departs on Tuesdays from Lysekil to Uddevalla between 3rd July and 7th August and takes passengers out to the beautiful waters of the Nordström-marna. Dinner is served on board. The boat trip and meal have to be booked in advance.



FOR MORE
DESTINATION TIPS
AND
*to plan your
trip from Öckerö
in the south to
Strömstad in the
north visit*
WESTSWEDEN.COM



WEDNESDAY

Visiting a playground and discovering Bohuslän's past

THERE ARE MANY EXCITING activities and excursions in and around Uddevalla for kids of all ages. For example there are the child friendly exhibitions at the Bohuslän Museum, and its popular playroom.

At the end of three days island hopping you can seat yourself on the train back to Gothenburg enriched with lots of happy holiday memories!

DAY
3



The ferries are operated by

Skärgårdsbåtarna in Uddevalla:
www.skargardsbatarna.com
Bohusläns Skärgårdstrafik:
www.bohustrafik.se
Västtrafik: **www.vasttrafik.se**