

Discover Sörmland: Castles, Nature and Local Flavours

Located just south of Stockholm, Sörmland offers a rich variety of experiences shaped by its cultural heritage, natural landscapes and local food culture. Historic castles and manor houses are among the region's distinctive attractions, inviting visitors to discover Swedish history, explore cultural environments and enjoy unique experiences throughout the year.

Sörmland's varied landscapes, from forests and lakes to coastal settings, offer excellent opportunities for outdoor activities. The 1,000 km Sörmlandsleden trail invites visitors to explore the countryside on foot, discovering the region's nature at their own pace.

Local food and drink are an important part of the destination, with farm shops, local producers, food markets and restaurants showcasing regional ingredients and seasonal flavours. By combining cultural heritage, nature and food experiences, visitors can discover more of Sörmland, connect with local places and people, and find reasons to stay a little longer

Discover Sörmland

Accomandation	2-10
Culture, History & Museum	11-17
Castles & Manors	18-24
Shopping	25
Nature	26-29
Guided Tours	30
Restaurants	32-37



Adventure and tranquillity in the Sörmland countryside

A family-run farm in the Sörmland countryside, where outdoor activities, food and accommodation come together. Ride through the forest, explore the hiking trails, enjoy locally produced food or stay overnight in one of the farm's cosy cottages.



MTB & OUTDOOR
Bergs Gård MTB Arena offers 38 km of trails through the Sörmland forests, with routes for beginners and experienced riders, plus a skills area with jumps and flow trails. Bikes and e-MTBs are available to rent, and the trails are open year-round.

STAY
Stay in cosy cottages or larger houses near the MTB arena, Vera's Café and the farm shop, or choose accommodation closer to the sea. Some options include kayaks, boats, sauna or jacuzzi.

FOOD & FARM
Enjoy homemade cakes, coffee and seasonal food at Vera's Café, burgers made with the farm's own beef at Ivar's food stall, and local produce from the farm shop.



GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- MTB day pass from SEK 90 for adults. SEK 60 for children
- Accommodation from SEK 800/night
- Farm shop & cafè

CONTACT

Frida Jonsson

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Båsenberga Hotell & Konferens



A countryside hotel surrounded by nature

A peaceful stay surrounded by nature. Båsenberga is a family owned hotel in the Sörmland countryside, close to Vingåker. Surrounded by forests, open fields and lakes, the hotel offers a peaceful setting for a weekend away, a golf trip, a conference or a special celebration.

Båsenberga offers a place to slow down with peaceful countryside setting. Guests can enjoy the hotel's relaxation; take a walk in the surrounding countryside or visit Lake Kolsnaren, where guests have access to a bathing jetty and a bookable lakeside sauna. The hotel also welcomes conferences for up to 120 people, weddings, celebrations and smaller private gatherings.





FLAVOURS FROM THE SÖRMLAND PANTRY
The restaurant works only with seasonal ingredients and produce from nearby farms and the surrounding landscape. Menus change with the seasons, with vegetables, local ingredients and carefully prepared dishes creating a taste of Sörmland.

GOLF
Golf just steps from the hotel. Vingåkers 18 hole golf course is located just 100 metres from the hotel.

GOOD TO KNOW

- Open all year
- Swedish and English
- 75 minutes from Stockholm
- 60 rooms, 90 beds from SEK 1,695/person
- Tasting menu and more. Restaurant takes 110 people

CONTACT

Johanna Danielsson

Konferensgård 1, 643 93 Vingåker

+46 151-120 15

info@basenberga.se

www.basenberga.se/en



Discover Eskilstuna's Premier Hotel

Discover the charm and comfort of Elite Stadshotellet, Eskilstuna's premier riverside hotel. Perfectly suited for business travelers, conference guests, and weekend visitors, our hotel combines modern amenities with a welcoming atmosphere.





STAY

Elite Stadshotellet is a four-star hotel in central Eskilstuna, beautifully located by the Eskilstuna River. The hotel combines comfortable accommodation, dining, conferences and spa experiences, with shopping, entertainment and public transport within easy walking distance.

DINING

The hotel offers two restaurants serving food and drinks in a welcoming setting, suitable for both hotel guests and visitors.

SPA & RELAXATION

Vana Spa offers a pool, steam and dry saunas, and a range of treatments. Guests also have access to the hotel gym and sauna.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- 132 rooms. From SEK 1,890/night
- Restaurant

CONTACT

Elite Stadshotellet

Hamngatan 11, 632 18 Eskilstuna

+46 16 540 23 00

konferens.eskilstuna@elite.se

www.elite.se/hotell/eskilstuna



Home Hotel Bolinder Munktell

Experience Historic Charm & Modern Comfort by the Eskilstuna River at Home Hotel Bolinder Munktell



Located just 2 km from Eskilstuna city center and surrounded by lush nature near the scenic Eskilstuna River, this hotel is the perfect getaway for both active travelers and those seeking relaxation. Whether you enjoy hiking, cycling, or simply unwinding in beautiful surroundings, Home Hotel offers something for everyone.

Discover a unique blend of history and contemporary comfort at Home Hotel Bolinder Munktell. Nestled in the heart of Eskilstuna's cultural district, this charming hotel is housed in a beautifully restored former tractor and engine factory, offering a warm and inviting atmosphere with stunning views of the Eskilstuna River. Located just an hour from Stockholm, Home Hotel Bolinder Munktell provides the perfect retreat for both leisure and business travelers. Enjoy complimentary breakfast, afternoon coffee, and a delicious evening meal all included in your stay. The hotel is within walking distance of top attractions like the Munktell Museum, Eskilstuna Art Museum, and the city center with its shops and restaurants. Relax and explore the nearby parks, museums, and historic sites. Whether you're here for a romantic getaway, a cultural experience, or a business trip, Home Hotel Bolinder Munktell offers a unique stay with a touch of history and Scandinavian hospitality.Whether you're here for a romantic getaway, a cultural experience, or a business trip, Home Hotel Bolinder Munktell offers a unique stay with a touch of history and Scandinavian hospitality.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Accommodation from SEK 1223/night. (shared double room).
- 112 rooms, 219 beds

CONTACT

Beatrix Rosendal

Home Hotel Bolinder Munktell,
Munktellstorget, 633 43 Eskilstuna

+46 16- 16 78 00

home.bolinder.munktell@strawberry.se

https://www.strawberry.se/hotell/sverige/eskilstuna/home-hotel-bolinder-munktell



A sustainable retreat in the Sörmland countryside

Lindeborgs Eco Retreat is a climate positive farm in rural Sörmland, offering sustainable accommodation and intimate dining experiences surrounded by nature. Here you can enjoy the farm, forest, organic gardens, walking trails, sauna and a natural eco pool.





STAY

Two 35 m² Eco Suites are located in the award-winning Eco Barn. Each suite has a fully equipped kitchen, wood stove and three beds accommodating up to four people.

The Red Cottage accommodates up to five guests and has 2,5 bedrooms, two bathrooms and a fully equipped kitchen.
Sheets, towels, private sauna and eco pool are included.

DINING

Once a month, Lindeborgs welcomes chefs to create a field to fork dining experience using ingredients from the farm and local producers. The six course vegetarian menu is served in an intimate setting for up to 20 guests.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm (Närmast tid från Sthlm C, tåg eller bil)
- Medium
- Accommodation from SEK 1,890/night
- Dining experience from SEK 2,350/person

CONTACT

Julia Lindeborg

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julia@lindeborgs.com

www.lindeborgs.com



Scandic Stora Hotel

Hotel, dining and meetings in central Nyköping

Scandic Stora Hotellet is located by Nyköping's pedestrian street, close to shopping, the harbour and local attractions. The hotel combines accommodation, dining, meetings and relaxation, with Stockholm Skavsta Airport just a short drive away.





STAY

Scandic Stora Hotellet is a full-service hotel that offers comfortable and contemporary accommodation in a historic setting, providing a welcoming base for both business and leisure stays.

CONFERENCE

Up to 200 people | Meeting rooms: 8–150 guests

DINING

The hotel restaurant and bar serve a selection of Swedish and international dishes in a relaxed atmosphere. Whether enjoying breakfast before a day of meetings, a casual lunch, or dinner with colleagues and friends, guests can expect quality food and attentive service.

GOOD TO KNOW

- Open all year
- Swedish/English
- 1 hour by car from Stockholm
- Rooms: prices vary by date and room type
- 144
- Restaurant Voyage

CONTACT

Nevenka Billemark

Brunnsgatan 31, 611 32 Nyköping

+46 155-29 35 30

storahotellet@scandichotels.

scandichotels.com/sv/ hotell/ scandic-stora-hotellet



Sävö Vandrarhem & Café

A peaceful island escape at Sävö Hostel

Leave everyday life behind and experience the beauty of the Swedish archipelago at Sävö Hostel. Surrounded by forests, meadows and sea, it is the perfect place to slow down, explore the island's trails and historic sites, and enjoy the simple charm of island life.





STAY

Stay in the heart of the Sörmland archipelago at Sävö Hostel. Choose between cosy hostel rooms and glamping accommodation, surrounded by forests, meadows and the sea.

DINING

Enjoy homemade food, coffee and refreshments at the island café. A welcoming place to relax and experience the flavours of the Swedish archipelago.

NATURE

The island has carfree environment. Discover scenic hiking trails, cultural heritage sites and peaceful coastal landscapes. Sävö offers an authentic island experience where nature is always close by.

GOOD TO KNOW

- Open April -october
- Swedish, English, Dutch
- 60 minutes from Stockholm
- Low /medium
- 11 rooms and glamping, 25 beds
- Café and Grill

CONTACT

Maaike

Sävö, 61995 Västerljung

+46 76-03 03 616

info@savovandrarhemcafe.se

savovandrarhemcafe.se/en/



Historic charm and relaxation by the coast

A charming hotel in the coastal town of Trosa, combining historic surroundings with comfortable accommodation, dining and relaxing spa experiences. Located by the town square, it offers a welcoming base for exploring Trosa and the nearby archipelago.





STAY

Trosa Stadshotell & Spa is a charming hotel with a historic atmosphere, located by the main square in the coastal town of Trosa. The hotel offers 44 individually decorated rooms, including a two-storey honeymoon suite with a private balcony.

DINING

The restaurant combines elegant 19th-century dining rooms with a modern bistro. During summer, guests can enjoy their meals in the garden.

SPA & RELAXATION

The spa offers treatments, a warm pool, aroma room, steam and dry saunas, a gym, and a spa lounge with a bar and shop.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- 44 rooms. From SEK 1 650/night
- Restaurant

CONTACT

Victoria Turesson

Västra Långgatan 19, 619 35 Trosa

+46 156 170 70

victoria.turesson@trosastadshotell.se

www.trosastadshotell.se/



Sports, relaxation and nature

Experience a unique combination of sports, relaxation, and nature at Sure Hotel by Best Western Vilsta Sporthotell. Located just 2 km from Eskilstuna city center and surrounded by lush nature near the scenic Eskilstuna River, this hotel is the perfect getaway for both active travelers and those seeking relaxation. Whether you enjoy hiking, cycling, or simply unwinding in beautiful surroundings, Vilsta Sporthotell offers something for everyone.



The hotel features a restaurant offering a variety of meals, including a daily lunch buffet and diverse cuisine options. Guests can also enjoy fun activities such as disc golf, mini-golf, and direct access to hiking and cycling trails.

With modern amenities, including a gym, outdoor sports facilities, and a relaxing wellness area, Sure Hotel Vilsta Sporthotell ensures that guests can balance their active pursuits with welldeserved rest and relaxation. Whether you're exploring nearby nature reserves or enjoying the hotel's sports facilities, there's always something to enjoy.



GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- From SEK 995 shared double room at the hotel
- 39 rooms, standard twin rooms, family rooms
  35 cabins for up to 6 guests each cabin.
  20 apartments for up to 4 guests in each apartment

CONTACT

Lotta Larsson
Vasavägen 80, 633 58 Eskilstuna
+46 (0)51 30 80
info@vilstasporthotell.se
https://www.vilstasporthotell.se/



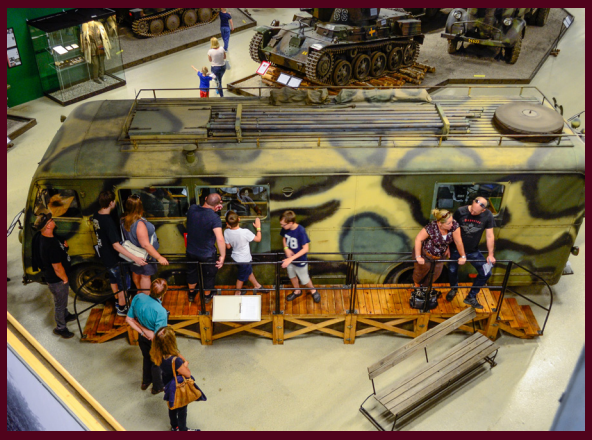
The Swedish tank museum

Discover Sweden's military history through one of Scandinavia's biggest collection of tanks and military vehicles.

Arsenalen is one of Scandivaia's biggest museums of its kind, showing the military vehicle development as well as the military history of Sweden. Walk through time as you start at the early 20th century and follow military development to modern vehicles and the struggles of today.

The museum also includes a soldier's croft dating back to the 17th century, where an accompanying exhibition tells you about a bygone era. Arsenalen is an exciting and engaging destination for families with children, as you can get up close to the tanks and on selected occasions, even ride in an armoured vehicle. Interactive exhibitions and a dedicated play area give children the chance to explore and learn through play.

Arsenalen offers an engaging and memorable experience for visitors of all ages.





GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- From 140 SEK

CONTACT

Näsbyholm Härad 645 91 Strängnäs

+46 152 121 44

info@arsenalen.se

www.arsenalen.se



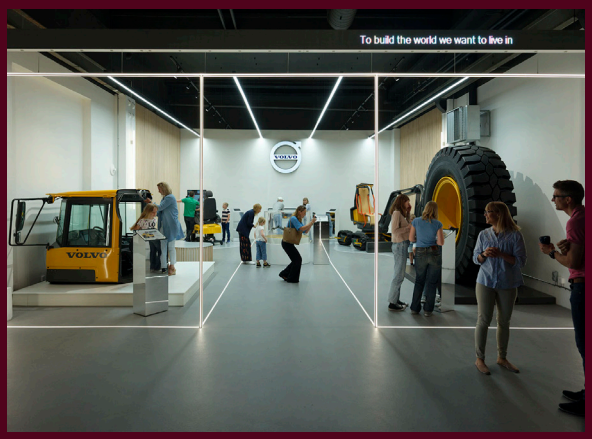
Munktellmuseet

Over 190 years of Swedish industrial history

Munktell Museum is a family-friendly museum in Eskilstuna, showcasing historic machines, tractors and technical innovations. Discover the story of Johan Theofron Munktell and the mechanical workshops that later became Volvo Construction Equipment.



The Munktell Museum is owned and operated by Volvo CE, located amongst beautiful scenery in the middle of Munktellstaden in Eskilstuna, an old industrial district with a lot of history, right next to the Eskilstuna river. The premises of 3000 sqm were previously space for engine testing, construction and machining but is now home to over 90 objects such as Bm- and Volvo tractors, engines, construction machines etc.



Take part of the best place to visit in Eskilstuna, according to TripAdvisor The Munktell Museum is not an ordinary museum – here you are allowed to touch, feel and sit on all our machines! You can also try your skills in our simulators, drive a dumper with VR-glasses, dig with our mini-excavator and so much more.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Entrance fee from 30 SEK. Guided tour from 1000 SEK
- Suitable for families and groups

CONTACT

Munktell Museet
Munktellstorget 3, 633 43 Eskilstuna
+46 70 083 87 92
munktellmuseet@volvo.com
www.munktellmuseet.com



Steam trains between Mariefred, Läggesta and Taxinge Näsby.

Travel back in time on the Narrow Gauge Railway aboard more than 100-year-old steam trains through the countryside of Sörmland.



Experience the charming way of travel as it was more than a century ago. The historic steam trains are operated by Östra Södermanlands Järnväg, the local volunteer and non-profit association for steam trains.

Enjoy the views of the peaceful countryside from traditional carriages pulled by authentic steam locomotives, as you travel from Mariefred to Läggesta or to Taxinge Näsby, known for Taxinge Castle with its broad variety of “fika” and a beautiful park worth visiting.



Make the journey part of a memorable day out by combining your train ride with a scenic trip aboard the historic steamboat S/S Mariefred across Lake Mälaren. Travel by steam train in one direction and return by boat, enjoying two retro and vintage forms of transport in one experience.

GOOD TO KNOW

- Open May til September
- Swedish and English
- 60 minutes from Stockholm
- From 150 SEK

CONTACT

Storgatan 25A 647 30 Mariefred

+46 159 210 00

info@oslj.nu

www.oslj.nu



A Journey Through Sweden's Medieval History

Nyköpinghus is one of Sweden's most important historic landmarks, located in the heart of Nyköping just one hour south of Stockholm. Overlooking the river, the castle offers fascinating stories, exhibitions and events that bring centuries of history to life.





HISTORY & HERITAGE

Dating back to the Middle Ages, Nyköpingshus has witnessed royal power struggles and dramatic events. Explore the castle ruins and discover the stories behind this important chapter of Swedish history.

FOOD & DINING

Enjoy food and drinks at the castle restaurant, where historic surroundings provide a distinctive setting for dining and special occasions.

EVENTS & CELEBRATIONS

Nyköpingshus hosts cultural events, concerts and seasonal celebrations throughout the year. The historic courtyard and castle interiors also provide a memorable setting for weddings, parties and private events.

GOOD TO KNOW

- Open all year
- Swedish, English & German
- 60 minutes from Stockholm
- Entrance fee: adults 80 SEK, free for children up to 18
- Suitable for all ages
- Local food and Swedish fika

CONTACT

Emil Enarsson

Vallgatan 12, 611 32 Nyköping

+46 70 620 25 51

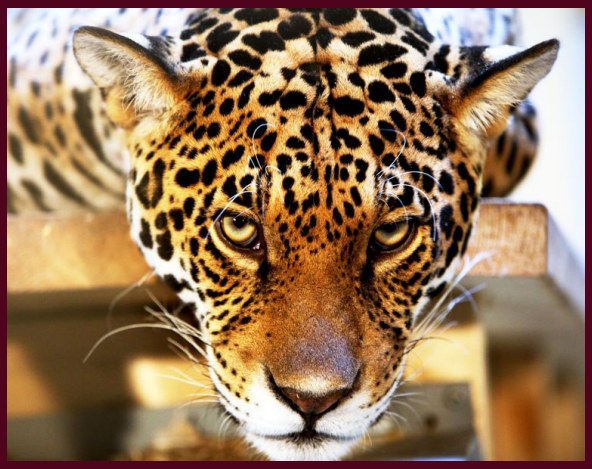
Emil.Enarsson@regionsormland.se

www.sormlandsmuseum.se/besoksinfo/nykopingshus/



Parken Zoo – Wildlife and family activities in Eskilstuna

Parken Zoo brings wildlife, amusement rides and summer swimming together in Eskilstuna. Families can spend the day exploring the zoo and its work to conserve threatened species, with animal presentations and activities adding different ways to experience the park during the season.





Jaguars, pygmy hippos and capybaras are among the animals at the zoo. Lilla Zoo features domestic animals, while seasonal animal presentations offer opportunities to learn more about the residents and their care. The amusement park provides rides alongside the zoo visit, and Parkenbadet opens for swimming in summer. A day ticket includes the zoo, rides, swimming and concerts when the respective attractions are open or events are scheduled. Restaurants, cafés and kiosks offer refreshments during park opening days.

For organised groups, a pre-booked guided tour adds a closer look at the animals and the zoo's conservation work. Private guided visits can also be arranged outside the main season. Camping and cabins next to the park provide accommodation options for visitors planning a longer stay in Eskilstuna.

GOOD TO KNOW

- Seasonal opening, including summer and Halloween. Pre-booked private guided tours available year-round.
- Swedish and English
- 60 minutes from Stockholm
- Admission, group rates and guided tours: Prices on request. Guided tours are booked separately from regular admission.

CONTACT

Parken Zoo

Flackstavägen 13 B, 632 22 Eskilstuna

+46(0)16-100 100

info@parkenzoo.se

www.parkenzoo.se

Rademachersmedjorna



Active 400-year-old forges in the heart of the city

Experience crafts, history, and fine dining in one of Sweden's best preserved 17th-century environments! The open-air museum contains several well-preserved houses from Sweden's first smithing manufactory from the 1650s, as well as newer buildings from the 18th and 19th centuries.

Most of the buildings are now occupied by artisans and restaurants, but you can also visit the museum smithy to get a glimpse into the lives of the 17th-century smiths, or let the children play their way back to the 17th century in the play smithy.
The open-air museum is available all year round with several outdoor exhibitions on display, but the artisans and restaurants all have their individual opening hours. The museum smithy and play smithy are only open during the summer season and on market days. The area hosts a charming, traditional Christmas market every year.





Open all year

Swedish and English

60 minutes from Stockholm

Free admission
Complimentary guided tours are available during the summer season (June-August).
Off-season guided tours can be booked Monday to Friday from 08:30 to 15:30 for a fee of SEK 1 500 per guide, for groups of up to 25 people

CONTACT

Rademacher Forges

Rademachergatan 42-50,
632 17 Eskilstuna

+46 (0)16-710 23 75

rademachersmedjorna@eskilstuna.se

www.rademachersmedjorna.se



Strängnäs Cathedral

Swedish history in a landmark

Visit one of Sweden's most historic churches, with origins dating back to the 13th century.

Towering above Strängnäs the beautiful landmark with its characteristic tower can be seen from afar. With impressive brick architecture, the cathedral as we know it today has been built in different pieces being added to it throughout the centuries. It was also here, that Gustav Vasa was elected king in the year 1523, making a turning point for Swedish history.

Visitors can step inside and at their own pace admire the richly decorated interiors, historic artwork and peaceful atmosphere.

One of the main highlights is King Karl IX's tomb and funeral regalia with a thrilling story, as the regalia were stolen from the Cathedral in 2018, but found and restored to be showcased again.

The cathedral reflects the development of Swedish religious life, art and architecture, as well as important historical happenings in Sweden.





GOOD TO KNOW

- Open all year
- Swedish and English
- 80 minutes from Stockholm

CONTACT

Kyrkbrinken 9 645 30 Strängnäs

+46 152 245 00

strangnas.domkyrkoforsamling@svenskakyrkan.se

www.svenskakyrkan.se/strangnas



Ericsberg Castle: Baroque castle in the Sörmland countryside

Ericsberg Castle is one of Sweden's best preserved Baroque castles, set in a beautiful estate landscape outside Katrineholm. The castle is surrounded by an impressive park with historic buildings, a chapel, museum, greenhouse and an enchanting labyrinth.





THE CASTLE & PARK

Discover Ericsberg, one of Sweden's best-preserved Baroque castles, set in a beautiful historic estate in the Sörmland countryside. Explore the elegant park and its maze, and join a guided tour of the Baroque chapel, carriage museum, orangery and historic greenhouses. Learn about the estate's fascinating history and the families who have shaped it over generations.

EXPERIENCES

Enjoy a walk through the park, discover historic collections and learn about the estate's heritage on a guided visit tailored to your group. Stop by the castle café for homemade pastries, coffee and light meals, with seasonal outdoor seating in the park. Ericsberg also offers a unique setting for conferences, corporate events, private celebrations and weddings, with food and activities arranged to suit different groups.

GOOD TO KNOW

- Open all year
- Swedish and English
- 120 minutes from Stockholm
- Guided tours: Short tour (1 hour): SEK 200 per person. Long tour (up to 3 hours): SEK 250 per person.
- 16 doubles and 4 singles from 2500 SEK

CONTACT

Nora Lund

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641 93 Katrineholm.

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nora@ericsberg.se

https://ericsberg.se/en/



Fivehundred years of history.

Visit one of Sweden's most iconic castles beautifully located on the shores of Lake Mälaren. Just across from the charming town Mariefred, Gripsholm was founded by King Gustav Vasa in 1526 and offers a fascinating journey through five centuries of Swedish royal history.

Explore the museum inside, as well as the castle grounds with a beautiful garden, conservatory and a park where about 100 fallow deer roam freely in the reserve. See how the history's changing style is reflected in interior and furnishing, as well as on the own taste of the kings and queens who lived there.

One of the main highlights of Gripsholm features one of Europe's best preserved 18th century theatres, as well as the Swedish State Portrait Collection that holds over 600 notable Swedes from the Middle Ages to the present day. Gripsholms Castle is a landmark combining royal heritage and the charm of a traditional Swedish small town.





GOOD TO KNOW

- Open May til September and all year for pre booked groups
- Swedish and English
- 60 minutes from Stockholm
- Entrance fee 170 SEK

CONTACT

647 31 Mariefred

+46 159 101 94

info.gripsholms-slott@royalcourt.se

www.gripsholmsslott.se



A living piece of Sörmland's cultural history

Step into early 20th century Sörmland. Julita Manor is a unique historic estate by Lake Öljaren, 25 kilometres outside Katrineholm. The estate has been preserved as it looked in the early 1900s, with historic buildings, interiors, gardens and a park to explore.





GARDENS & PARK

Explore beautiful gardens and the surrounding park, with lovely places to stroll and enjoy the peaceful surroundings throughout the year.

FOOD & SHOPPING

The café and bistro serve lunch, fika and locally inspired dishes. The shop offers plants, flowers, food and products inspired by sustainable country living.

ACCOMMODATION

Stay at Julita Gård in one of three unique settings: Åttkanten by Lake Öljaren, beautifully restored rooms in the 18th-century South Wing, or a spacious hostel with 34 beds. Book in advance to secure your stay.

GOOD TO KNOW

- Weekends from May 24. Daily from June - August
- Swedish and English
- 120 minutes from Stockholm
- Entrance fee: adults: 170 SEK, youth 3-18 years: 50 SEK
- Accommodation from SEK 750/night
- Local food and Swedish fika

CONTACT

Julita manor and gardens

Julita gård, 643 98 Julita

+46 8-519 546 00

info@nordiskamuseet.se

www.julitagard.se/en



A Baroque castle with a fascinating history.

Discover Mälsåker Castle, one of Sweden's most beautiful Baroque castles, located on the island of Selaön in Lake Mälaren. With its impressive architecture and remarkable history, the castle offers a fascinating glimpse into Sweden's past.

Dating back to the 17th century, Mälsåker Castle has witnessed centuries of dramatic events. Once home to noble families, including the famous von Fersen family, the castle later served as a secret training camp for Norwegian resistance forces during World War II. In 1945, a devastating fire destroyed much of the building, leaving it in need of extensive restoration.

Today, Mälsåker Castle is an important cultural landmark, known for its historical atmosphere and beautiful surroundings. Visitors can explore the castle grounds and discover its extraordinary past. During regular summer seasons, the castle also hosts exhibitions, concerts and cultural events, making it a unique destination for history lovers and curious visitors alike.





GOOD TO KNOW

- Open June til August
- Swedish and English
- 80 minutes from Stockholm
- Entrance fee 60 SEK

CONTACT

Mälsåkers gods 4 645 97 Stallarholmen

+46 708 234 517

kontakt@malsaker.nu

www.malsaker.nu



Nynäs Castle & Nature Reserve

Nynäs Castle – 700 years of history

Explore a beautifully preserved castle estate where history meets scenic landscapes. During the summer season, visitors can enjoy guided tours, cultural events, exhibitions and a cosy café, all set within a stunning natural environment just south of Stockholm.





HISTORY & CULTURE

Discover one of Södermanland's most remarkable castle estates. Guided tours, exhibitions and cultural events bring over 700 years of history to life in a beautifully preserved setting.

NATURE & OUTDOOR LIFE

Explore scenic walking trails, historic parklands and one of Sweden's largest nature reserves. Nynäs offers a unique combination of cultural heritage and rich natural environments.

FAMILY EXPERIENCES

Throughout the season, visitors can enjoy exhibitions, events and outdooractivities suitable for all ages, making Nynäs an ideal destination for a day trip.

GOOD TO KNOW

- Open Juni- augusti
- Swedish and English
- 1 hour by car from Stockholm. Approx
- Partly free entrence
- Youth hostel
- Café and light lunch

CONTACT

Sörmlands Museum

Nynäs Slott, 611 99 Tystberga

+46 73 - 931 16 01

nynasslott@nynasslott.se

https://nynasslott.se



Stora Sundby Castle

Welcome to Stora Sundby Castle

Experience the enchantment of Stora Sundby Castle, nestled in the picturesque landscape of Södermanland by the shores of Lake Hjälmaren. Whether you are a private individual dreaming of a fairytale getaway or a business seeking a stunning backdrop for corporate events, we specialize in crafting unforgettable experiences in one of Sweden's most captivating settings.

Explore the castle's sprawling park, featuring ancient ruins, a preserved runestone, and a near-natural deer preserve. Open to the public year round, our grounds invite you to immerse yourself in the timeless beauty of Stora Sundby. While the castle itself remains a private residence, selected opportunities are available for visitors to step inside its historic walls. Keep an eye on our website for tour dates and other upcoming events or contact us directly with your inquiries. Our farm shop offers wild game from the estate alongside locally sourced ingredients from farms around Stora Sundby. We also stock carefully selected sustainable products related to the castle and its estate. Our vision is to create a natural gathering point for food artisans to collectively showcase locally produced cuisine. Café The café is located in the yellow orangery next to the castle. With idyllic surroundings, guests can enjoy picturesque views of Lake Hjälmaren and the castle itself. Take a fika on the terrace, where we serve locally sourced foods such as sandwiches, salads, and pastries. Upon request, it is possible to book tailor-made events in our orangery.





GOOD TO KNOW

- Accessible year-round, weather and ice conditions permitting
- Swedish and English
- 60 minutes from Stockholm
- Public guided tours available during spring and summer. Prices available on request for group tours during other times of the year.

CONTACT

Stora Sundby slott
635 35, Stora Sundby
+46 (0)16-620 01
info@storasundby.com
https://storasundby.com/



Sundbyholms Castle

A sustainable retreat in the Sörmland countryside

Sundbyholm Castle Sundbyholm Castle is situated on the glimmering shores of Lake Mälaren, surrounded by a long sand beach, a prize-awarded marina, a castle park and fairytale forests. The Castle was built by the Admiral of the Navy Carl Carlsson Gyllenhielm, the son of King Karl IX. Today, the Castle contains a reputable restaurant and banquet halls.

Adjacent to the castle are 111 modern hotel rooms and suites in different categories, from smaller double rooms to standard double rooms and from family suites to luxurious manor suites. Breakfast and dinner is served in the castle. Nearby is the famous 1000-year old rune stone 'Sigurd' and a horse racing track.

Summertime, there are canoes, standup paddleboards and bikes for hire and free outdoor games such as pétanque, croquet and Swedish Kubb. During winter guests can relax in the saunas or in the hot spa's outdoors or enjoy a game of billiards or shuffleboard in the castle.

ENERGIZING SHORTBREAK AT THE CASTLE

Get away for a shortbreak and enjoy the fantastic surroundings of Sundbyholm Castle. We recommend that you start your stay with a Swedish fika that we can wrap up in case you want to enjoy it out in our beautiful nature, maybe in a canoe, on a bike or in Europe's northernmost beech forest located around the corner. During the day you can explore this magical location and in the evening you can enjoy a table-served candle-light dinner at the castle. After a good night's sleep in our eco-labelled beds you will wake up to an atmospheric breakfast in the castle.



GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Single room: 1295 SEK/night.
  Double room: 1795 SEK/night.
- Three-course dinner at the castle:
  SEK 616 per person
  (SEK 308 per child up to 11 years).

CONTACT

Christin Widerberg

Sundbyholms Slott AB, Sundbyholm,
SE 635 08 Eskilstuna

+46 (0)16 428400

christin@sundbyholms-slott.se

www.sundbyholms-slott.se



ReTuna Recycling Mall
Shopping and guided visits with a focus on reuse

At ReTuna in Eskilstuna, donated items are given a new life through repair, reuse and upcycling. The world's first recycling mall brings shopping and circular thinking together, with shops and guided visits offering different ways to explore how the concept works.



Located next to a recycling centre, the mall receives donated items that are sorted and passed on to its shops. Products are repaired, transformed or prepared for resale, turning discarded belongings into goods that can be used again. The range also includes organic and sustainably produced items. Visitors can browse the shops and take a break at ReturAMA Butikscafé, which serves coffee, light refreshments and simple lunches.



For adult groups interested in circular consumption, a pre-booked tour takes visitors behind the scenes. During approximately one hour, the guide explains ReTuna's concept, daily operations, history and future plans. A guided visit gives the shopping experience further context and helps visitors understand the route from donation to resale. The mall is operated by municipally owned Eskilstuna Energi och Miljö.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Free admission to the mall.
  Guided study visits pre-booked: From SEK 1 996 excluding VAT per group of 25 visitors per hour.

CONTACT

Simon Glimtoft
Folkestaleden 7, 635 10 Eskilstuna.
+46 (0)16-106589
simon.glimtoft@esem.se
https://www.retuna.se/english



Canoeing and kayaking.

Welcome to Kanotkungen and our canoe and kayak rentals. Discover the beauty of Sörmland from the water.

Experience the Swedish wildernessin in the beautiful nature of Sörmland, just 50 minutes from Stockholm. Rent a canoe or kayak with your family, partner or just by yourself, and paddle at your own pace through the waterways of the Marvikarna lakes. Enjoy a peaceful day on the water and take a break on the shor, or embark on a multi-day adventure and camp along the way. Kanotkungen also offers camping equipment for rent, allowing you to immerse yourself in the experience. Keep an eye out for local wildlife as you silently glide through narrow waterways, between steep rocky cliffs and lush forests.

Located in the historic mining district in Åkers bergslag, the area is shaped by the industry of ironworking. Explore this natural and cultural heritage of Sweden's history from a different perspective.





GOOD TO KNOW

- Open may til september
- Swedish and English
- 60 minutes from Stockholm
- From 300 SEK

CONTACT

Johan Herlitz

Skottvångsvägen 49, 647 51
Åkers Styckebruk

+46 731 814 138

info@kanotkungen.se

Näckrospaddeln, Fiskeboda



Paddle through the islands of Lake Hjälmaren

Näckrospaddeln is a 17 km paddling trail starting at the beach in Fiskeboda. The route passes Fiskeboda cliffs and circles Väsboön, Lillön and Tåkenön, offering a chance to experience the lake's wildlife and natural landscapes from the water.





A HALF-DAY OR FULL-DAY ADVENTURE

The trail takes around four hours to paddle and is suitable for a half-day trip by kayak or a full day with stops along the way. Take a break at Fiskeboda cliffs or find your own place to stop and enjoy the surroundings.

DISCOVER LAKE HJÄLMAREN

Paddle through open water and around small islands while experiencing the varied nature and wildlife of Lake Hjälmaren. The route is rated green and suitable for paddlers looking for an accessible outdoor experience.

START YOUR ADVENTURE BY THE LAKE

The trail starts at Fiskeboda beach, where parking is available next to the beach and campsite. Canoes, kayaks and SUP boards can be rented at Fiskeboda Camping during the season.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Suitable for individual paddlers, couples, families and groups
- Equipment rental at Fiskeboda is seasonal from SEK 150

CONTACT

Katrineholm tourist information

Stortorget 8D, Katrineholm

+46 73 851 76 50

turism@katrineholm.se

visitkatrineholm.se
naturkartan.se



Stendörren Nature Reserve

A gateway to the Swedish Archipelago

Experience stunning coastal scenery, rocky islands and breathtaking sea views at one of Södermanland's most beloved nature reserves. Explore the area via suspension bridges and scenic trails, enjoy outdoor activities and discover the beauty of the Swedish archipelago just over an hour south of Stockholm.



OUTDOOR ACTIVITIES

Enjoy kayaking, hiking, fishing and picnicking in a unique archipelago setting. The reserve offers year-round opportunities to experience nature from both land and water.



NEARBY ATTRACTIONS

Combine your visit with charming coastal villages, local restaurants and other attractions along the Sörmland coast. Stendörren is an excellent stop on a wider exploration of the region.

GOOD TO KNOW

- Open all year
- Swedish and English
- Approx. 1 hour by car from Stockholm.
- Free
- Shelters and cabins for rent
- Foodtruck and café in summerseason

CONTACT

Helena Herngren

Aspnäset, 611 99 Tystberga

+46 10-223 40 00

sodermanland@lansstyrelsen.se

www.nykopingsguiden.se/stendorren



Sörmlandsleden

Walk through nature and history

Sörmlandsleden is one of Sweden's longest hiking trails. The trail takes you through forests, open countryside, rocky landscapes and along lakes, while passing historic sites, villages and cultural landscapes along the way. With a network of different sections, the trail offers everything from shorter walks to longer hikes lasting several days.

Choose your own adventure. Sörmlandsleden is divided into sections, making it easy to plan a hike that suits your time and experience. Follow a single section for a day trip or combine several sections for a longer adventure.



NATURE

Forests, lakes and open landscapes. The trail leads through some of Sörmland's most varied natural environments. Hike through quiet forests, along lakes and over rocky terrain, with plenty of opportunities to stop, rest and enjoy the landscape.



CULTURE & HISTORY

Along the way, Sörmlandsleden passes historic landscapes, old roads, farms, manor houses and cultural sites. The combination of nature and cultural heritage makes the trail a way to experience more of Sörmland with every step.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Suitable for individual hikers, couples, families and groups
- Plenty. See website or talk to your local tourist information
- Plenty. See website or talk to your local tourist information

CONTACT

Sörmlandsleden's administration

Järntorget 7, 613 21 Oxelösund

+46 (0)155-355 64 (9 am-12 pm mon-wed)

kansliet@sormlandsleden.se

www.sormlandsleden.se



Discover the history of Strängnäs and Mariefred with a local guide.

Take a step back in time to explore these two charming towns on the shores of Lake Mälaren, holding much historic weight of Swedens history. Join authorised guides from Guideföreningen Strängnäs Mariefred, and experience a historic walk tailored for your group.



STRÄNGNÄS
Learn about the town's important role in Swedish history, discover the events, people and the stories that have shaped Strängnäs. Wander through the town centre, admire Strängnäs cathedral dating back to the 13th century, and enjoy the view from the historical town-windmill.



MARIEFRED:
Explore the picturesque town with its small streets lined with many historic buildings, discover the monastery that gave Mariefred its name and learn the history of the landmark Gripsholms Castle, closely connected to the swedish royal history.

Experience the charm of traditional Swedish towns, through a personal introduction to local history.

GOOD TO KNOW

- Open all year
- Swedish and English
- 60 til 80 minutes from Stockholm
- From 1500 SEK

CONTACT

Linda oxel
Strängnäs or Mariefred
+46 702 510 308
info@strangnasguider.se
www.strangnasguider.se



More than just history - return with some new knowledge after your holiday

The company Skapa is run by Linda Nordin - a curious historian and a creative entrepreneur. With a bachelor's degree in history, Linda has 25 years of experience in conveying information and bringing the history of those before us to life. Today, Linda works as a city guide based in Eskilstuna, although she has assignments in the wider region of Mälardalen.

GUIDED TOURS

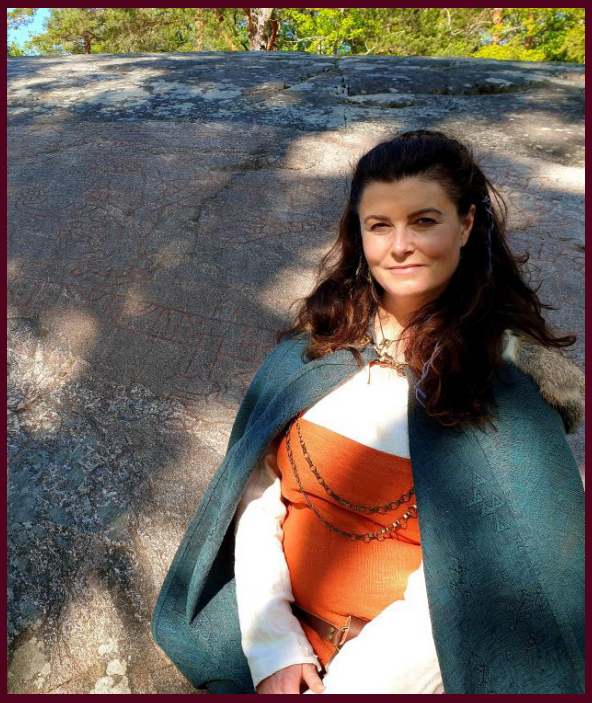
Join the guided tours for a delightful outing with family, friends, colleagues, or clients. Immerse yourself in a light hearted historical adventure and return with new knowledge. Tours are available in Swedish or English and can be tailored to your preferences, whether you prefer cozy cafés or fine dining. Explore nearby castles with Linda's accredited tours. Walk, drive, or take a bus and combine your trip with coffee, lunch, shopping, or a final dinner.

THE SIGURD CARVING AND THE VIKING AGE

Travel 1000 years back in time and get acquainted with the Viking Age. Pass through the fairytale beech forest and let yourself be enchanted by the story of the mighty Viking woman Sigrid, whose impressive bridge construction is retold in a world-famous rock carving on Ramsundsberget.

HISTORICAL WALK WITH A MODERN TWIST

Do you want to find out how Eskilstuna got its name and learn more about the castle from the Vasa dynasty once built in the city? What was the connection between Eskilstuna and the last witch of Sweden and who were the businessmen Theofron Munktell and Reinhold Rademacher? This and much more will be answered during the pleasant stroll through the city.



GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Prices available on request.

CONTACT

Linda Nordin
+46 72 575 44 55
linda@skapaenkreativkonsult.se
www.skapaenkreativkonsult.se/



Welcome to Sweden's oldest inn, where tradition and history meet.

Gripsholms Värdshus offers breathtaking views of Gripsholm Castle and lake Mälaren. Here, you are welcomed with warm, personal hospitality in a historic environment. Gripsholms Värdshus rests on the grounds of a monastery from the 15th century, when the silent monks lived here, making it Sweden's oldest inn.

Since 1609, Gripsholms Värdshus has been a place for historical meetings and overnight stays at Gripsholm Castle. The inn has welcomed travelers and hosted significant events over the years.

Today, Gripsholms Värdshus is a place for good nights and delicious dinners. Here, the latest technology has been combined with the historical heritage to offer guests the very best. Gripsholms Värdshus contains some of Sweden's most beautiful rooms for all tastes, royal suites with jacuzzies, romantic, sumptuous double rooms or rustic multi-storey rooms with sloping and beamed ceilings.





GOOD TO KNOW

- Open all year
- Swedish and English
- 60 minutes from Stockholm
- Accommodation from 1495 SEK/night
- Dining experience available

CONTACT

Kyrkogatan 1, 647 30 Mariefred

+46 159 347 50

info@gripsholmsvardshus.se

www.gripsholms-vardshus.se



A unique experience by Lake Mälaren.

Discover Hornudden, a charming organic garden with a restaurant, farm shop and holiday accommodation, beautifully situated on the shores of Lake Mälaren. Surrounded by nature, Hornudden offers a peaceful countryside experience where locally grown produce, sustainability and delicious food come together.

Explore the organic gardens, where fresh vegetables, herbs and seasonal ingredients are grown with care. Visit the farm shop to discover local products or enjoy a meal at the restaurant, where seasonal ingredients inspire the menu. With a strong focus on organic farming and locally sourced produce, Hornudden celebrates the flavours of the Swedish countryside.

Whether you are looking for a relaxing meal, a unique shopping experience or a peaceful getaway, Hornudden has something to offer. Stay overnight in the beautiful lakeside surroundings, enjoy the tranquillity of nature and discover a destination where food, nature and sustainability meet.





GOOD TO KNOW

- Open all year
- Swedish and English
- 80 minutes from Stockholm

CONTACT

Karin Sjöstedt

Aspö Hornudden, 645 93 Strängnäs

+46 152 326 18

kontakt@hornudden.net

www.hornudden.net



Restaurant, café and farm shop

At Magdakullan in Näshulta, a working organic farm brings together local food, traditional Swedish cattle and second-hand shopping. A restaurant in the former stable, a farm shop and a historic storehouse give visitors several ways to explore the estate between Eskilstuna and Katrineholm.

The restaurant uses local ingredients, including beef from the farm's own cattle. Coffee and home baking are served in the café, with outdoor seating beneath oak trees in summer. The farm shop stocks the estate's organic beef and seasonal food from Sörmland. In the old storehouse, Magda NK sells second-hand furniture, china, books, clothing and antiques. The farm's Rödkulla cattle are a traditional Swedish breed and help maintain the surrounding pastures.

Pre-booked coach visits usually last 1.5–2 hours and include lunch, a drink, coffee and cake. On request, the farmer can give a short tour about the estate's history and its cattle. The farm shop and second-hand store open for booked visits. Walking routes and restored bird wetlands offer further opportunities to explore the farm landscape.





GOOD TO KNOW

- Seasonal opening hours.
- Swedish and English
- 60 minutes from Stockholm
- Group capacity on request, varies during seasons.
- Meal packages: Prices on request.

CONTACT

Christer Nordqvist

Magda Säteri, 643 97 Västra Näshulta

+46 (0)16-800 18

christer@magdakullan.se

www.magdakullan.se



Taste locally produced Swedish wine on the island of Selaön.

Discover Swedish winemaking at Mälarvin, a small-scale winery on Selaön, where local craftsmanship and unique flavours come together.

Discover local craftmanship and a a different side of Swedish food and drink culture at Mälarvin, a small-scale winery in the countryside on the island Selaön. Visit the winery on a guided tour and learn about the winemaking process from grape to bottle in Swedenss unique climate.

The visit includes wine tasting, giving you the opportunity to explore the different characteristics and flavours. Mälarvin offers a personal and welcoming experience, both for wine enthusiasts and curious visitors.





GOOD TO KNOW

- Open all year
- Swedish and English
- 80 minutes from Stockholm

CONTACT

Kira Lindell

Ytterselövägen 30, 645 62, Stallarholmen

+46 767 142 930

info@malarvin.se

www.malarvin.se



Swedish wine, local food and countryside stays.

Discover Mälsåkers Vingård, about an hour from Stockholm. Enjoy Swedish wine, locally inspired food and overnight stays in cosy A-frame cabins surrounded by the Sörmland countryside. An experience combining wine, dining and nature.



WINE & TASTING
Discover Swedish winemaking with a vineyard visits and wine tastings. Discover how local conditions shape the grapes and wines made here.



FOOD & DINING
Enjoy food inspired by local ingredients and seasonal flavours at the vineyard restaurant. The dining experience complements the wines and the surrounding countryside.

STAY
Spend the night in an A-frame cabin surrounded by the vineyard and Sörmland countryside. It is a relaxed way to extend your visit and enjoy the rural setting.

GOOD TO KNOW

- Open May til September
- Swedish and English
- From 2000 SEK/cabin/night, incl. breakfast (2 people)
- Dining experience from 995 SEK/person

CONTACT

Ulrika Ekström

Mälsåker Ängstorp 1 645 97
Stallarholmen

+46 70 813 01 04

ulrika@malsaker.se

www.malsaker.se



Organic food and garden inspiration

Osprey Farm Studio is a purpose-driven garden and studio set in the scenic countryside of Sörmland, just about an hour south of Stockholm. Here food experiences, regenerative farming, artisan crafts, and sustainable architecture come together in harmony.

GARDEN & FARM

Osprey Farm Studio combines regenerative farming, sustainable architecture and creative garden design in the Sörmland countryside. Discover a place where nature, food production and thoughtful design come together.

FOOD EXPERIENCES

Seasonal food experiences celebrate local ingredients and sustainable production, connecting visitors with the farm, its gardens and the surrounding landscape.

DESIGN & CRAFT

Explore the connection between architecture, artisan crafts and sustainable living through Osprey's creative studio and purpose-driven approach.





GOOD TO KNOW

- Open Juli til September
- Swedish and English
- 80 minutes from Stockholm

CONTACT

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www.ospreysweden.se