



# Höga Kusten

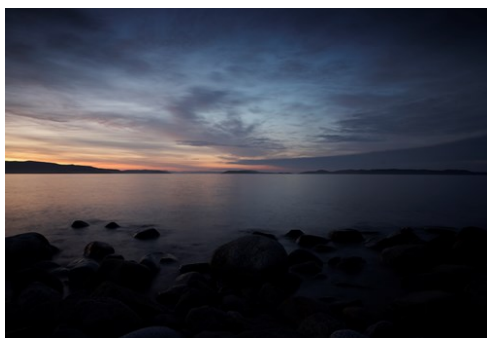
Photo: Marcus Sjöberg, Friluftsbyn, Höga Kusten



Höga Kusten

Far up in the northern Europe is a place where nature's forces during 20.000 years has shaped a dramatic landscape with the world's highest coastline. Mountains plunging straight into the depths of the sea in a way that makes you breathless. Here you'll get to experience the real, unexploited and genuine Sweden. The bold visitors can try fermented herring and climbing but the High Coast of Sweden is more harmony than adrenaline. Through endless opportunities to be active in the nature with the ones you care for, you regain strength to your urban, pacy everyday life.

Welcome to the High Coast of Sweden!



Höga Kusten



Höga Kusten

# QUIZ

*What Type of Traveller  
Are You Based on  
Your Travel IQ?*

**TAKE THE QUIZ**

## Top 5



### Väggivägg

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### Linnea & Peter

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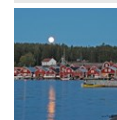
### Ulvö Hotell & Restaurang

The kitchen and restaurant at Ulvö Hotell has a preference for the local. Th...



### Myregården Café & Restaurang

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### Fiskarfänget

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## THE REGION



Höga Kusten

The High Coast of Sweden is a unique coastal area and an UNESCO World Heritage. The only World Heritage in Sweden as a result of its scenic postglacial land uplift.

### Härnösand



Härnösand was founded in 1585 and today you find the Cathedral, the residence of the County Governor and a university in the city. Cultural life is rich with attractions such as the county museum and a military fortress. Events succeed each other with everything from city celebrations and dance festivals to theaters and jazz nights. Nature is right on the town's doorstep, with nature reserves, great beaches and activities for all ages.

Photo: Höga Kusten

### Kramfors

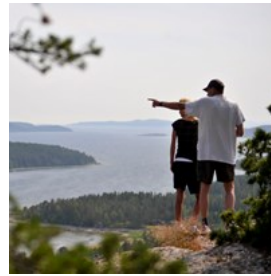


Here are many things to do - music festivals, Sweden's highest island, the boat Ådalen III, The High Coast bridge and Box Whisky, Sweden's northern most whiskey distillery. We can't fail to

mention the archipelago with all its genuine fishing villages. In Ådalen you will find culture with historical burden and in Nora you will find beautiful roads and amazing views.

Photo: Freedgeers

### Örnsköldsvik



Örnsköldsvik is located in the northern part of the High Coast of Sweden and the landscape is varied with coast and cliffs, inland and forest.

In Örnsköldsvik's archipelago you will find twenty major and many smaller islands scattered in the sea. Names like Ulvön and Trysunda are worth remembering. Fishing villages, fermented herring, smoked whitefish, rocks, birds and sailing are some of the things you will experience here in the High Coast of Sweden.

Photo: Örnsköldsviks Kommun

### Sollefteå



It says "The sunny climes" is the meaning of the name Sollefteå. These climes at Ångermanälven river valley between fjeld and sea, framed by

picturesque mountains and steep sandy river banks, has attracted people in all times. The rock carvings at Nämforsen river shows it was an important place 6000 years ago.

Photo: Höga Kusten

## NATURE RESERVE

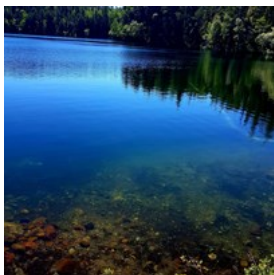


Höga Kusten Destinationsutveckling

### Granvågsniporna

The view from the "nipkrönen" is outstanding and you are able to look out over the river and its surroundings. One of Ådalens most beautiful places to visit!

### Balesudden



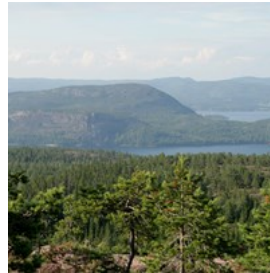
The characteristic red cliff with Balestjärn's (tarn) crystal clear water is really a place from the fairytales. The nature here is similar to

Skuleskogen; hilly terrain, varying from dark pine forests to more open mountain slopes of more than 150 m above sea level.

Balesudden makes a perfect daytrip for the family or with friends.

Photo: Petra Berglund

### Högklinten



Högklinten is a mountain with the worlds biggest cobbles field. With 260 m. over the sea Högklinten gives you the perfect view over the sea, overlooking both Örnsköldsvik in the north and Härnösand in the south.

Photo: Steven Ekholm

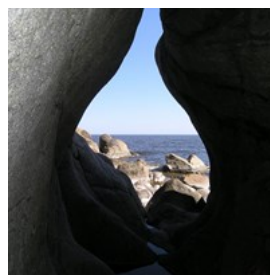
### Norrfällsvikens nature reserve



Cobble fields are continually being formed here. The red rapakivi granite rocks are typical of Höga Kusten. No less than twelve species of orchid have been identified in this nature reserve. Villmyran Nature Reserve is best known for the Norna and Skogsfru orchids that bloom there.

Photo: Höga Kusten

### Smitingen nature reserve



Visit Smitingen nature reserve with its spectacular geological formations, caves, moulin potholes and limestone pillars. The area is now classified as a Natura 2000 area.

Follow marked paths and visit exposed tunnel caves or take a dip from the cliffs of Klubbsjön. Walk the "geologist-path", it is fascinating to see how stones and rocks were sculpted into strange forms.

The reserve includes the sea bath, Klubbsjön,

Härnöklubb and the mountains southwest of the sea bath.

Photo: Höga Kusten

## ART



Höga Kusten

The High Coast in general and Nordingrå in particular are widely known for being rich in active artists. There are both art galleries, galleries and many talented artists who would like to invite you to a visit. We have listed 5 places that every art interested should visit!

### Mannaminne



Mannaminne - a different cultural experience for all ages! Mannaminne can be described is located in the culture-district Nordingrå. In 1980, the artists Barbro and Anders Åberg, together with artists Lisa Carlsson and Dag Wallin, began to build Mannaminne. The idea was a café of art, culture and music. The concept was to take the big world to little Nordingrå. Today there is an inn with café and restaurant among over 50 houses from near and far. There are also collected items and even a Mammut! All this represents a truly unique place of art and history.

Visit Mannaminne and let yourself be inspired by the playfulness and joy which defines Åberg's art.

Photo: Sy Magda.se

Internet: <http://www.mannaminne.se/>

### High Coast Art Valley



High Coast Art Valley, as the name describes, is an art valley in the High Coast. Nätterlund Foundation has so far placed 25 artworks in

area.

The art forms a cultural area that stretches from the Ulvö-Islands along the valley of the Nätraälven (river), and besides art and culture it offers magnificent natural experiences.

Rent an bicycle, or walk, and enjoy the landscape and the art decorations. The perfect combination of culture and nature!

Photo: Örnköldsvik.se

Internet: <https://www.hogakusten.com/en/node/1633>

### Härnösands Art Gallery



In Härnösand you will find an art gallery with current social art and parts of the "Qvistiska Collection". The collection was a donation to Härnösand's city from Nils and Elna Quists who, during their lifetime, collected an impressive art collection. Included among others: Picasso, Chagall and Matisse.

Photo: Henrik Sendelbach (image cropped)

Address: SKOMMARHAMN

Phone: 0720699969

Internet: <https://www.harnosand.se/kulturfridochturism/kult>



urkonstochbibliotek/harnosandskonsthall.4.4442d9b112eb41df9dd80006596.html

Email: amanda.kristoffersson.96@gmail.com

### Sollefteå Art Gallery

In Sollefteå you can experience a wide variety of exhibitors, ranging from local artists to artists from the wide world. Sollefteå has historically had a strong artistic culture.

To view current exhibitors, click on their facebook page for more information.

Opening hours: Tuesday-Friday 11:00-17:00, Saturday 11:00-15:00

Internet: <https://www.facebook.com/Sollefte%C3%A5-Konstf%C3%B6rening-132130990215799/>

### Hans Hedberg Museum - Örnköldsvik



Hans Hedberg is known for his colorful sculptural giant fruits and is called "The master of glasses", whose sculptor is often described as playing with the boundaries between artificial and authentic nature. Hedberg use to have the famous painter Chagall as an apprentice and he was also acquainted with Picasso and Matisse.

Visit the musuem and be inspired by Hedbergs art and life!

Photo: Örnköldsviks kommun

Internet: <https://www.hanshedbergmuseum.se/>

## TOP 5 MUSEUMS



*Höga Kusten*

The list can be made long on how many museums there are in the High Coast. Just like nature there is a breadth and depth of different exhibitions. From south to north you can visit everything from Sweden's largest car museum to exhibitions with work by Picasso, to a museum that tells the dark tales about the age of witches.

### Nämforsen Hällristningsmuseum



Nämforsen in the Ångerman river is one of Europe's oldest rock carving locations. At this museum you will see almost 3000 carved

figures and lines, the oldest ones dating back to 6000 years ago. Nämforsen is a world class cultural heritage.

Photo: Höga Kusten

Address: Nipvägen 7, 880 30 Näsåker

Phone: +4662210630

Internet: [www.namforsen.com](http://www.namforsen.com)

Email: [info@namforsen.com](mailto:info@namforsen.com)

### Murberget Länsmuséet Västernorrland



This museum presents the story of Västernorrland county with permanent exhibitions about people and artefacts from the stone age onward. Temporary exhibitions of art, crafts, photography, film and socially topical subjects. The open-air museum is one of the largest of its kind in the country, depicting both urban and rural environments. In the summer people in period costume occupy the exhibits, and there is always plenty for children to do.

Photo: Murberget Länsmuséet Västernorrland  
Address: Murbergsvägen 31, 871 51 Härnösand  
Phone: +4661188600  
Internet: [www.murberget.se](http://www.murberget.se)  
Email: [hej@murberget.se](mailto:hej@murberget.se)

### Örnsköldsvik Museum and Art Gallery



A visit to the Örnsköldsvik Museum and Art Gallery tells you the stories about local history. The art gallery is located in the center,

near the sea, in a beautiful building built in 1905.

Here you can take part of current community-debating exhibitions and art. The museum have had several international collaborations and has previously exhibited world-renowned exhibitions such as "Star Wars Exhibition" and The prints of Andy Warhol: From A to B and back again.

We recommend you to end the visit with a classic swedish fika in the café.

Free entrance!

Photo: CC

Internet: <http://www.ornskoldsvik.se/upplevaochgora/kultur/museerochkonst/ornskoldsviksmuseumkonsthall.4.33413099136f658053c303e.html>

### Häxmuseet - The Witch Museum



The Witch Musset tells a dark but interesting story about the witch processes in Torsåker in year 1675. "The Faith of Time Makes Man" is the name of the exhibition and with interactive and digital technology, it tells the story of the witch processes as well as asking questions about our present time. Here you have access to free audio guides that allow you to share the story through your smartphone or tablet that will stimulate your mind.

You can also book a guided tour of the witches. The guide takes about 3 hours and ends with a 400 meter long path trough the forest up to Bålberget (the Witch Mountain) where Europe's largest execution of "witches" took place once upon a time.

Photo: Häxmuseet  
Internet: <https://www.haxmuseet.se/>

### Car Museum Härnösand - Swedens largest



Visit Sweden's largest car museum with 150 cars in seven different themed halls. Cars you forgot to remember, cars you'd rather forget. Welcome to experience the car museum in summer and autumn!

Group travel can be booked all year round.

Photo: Sveriges Radio

Opening hours: Öppet 9 juni- 31 augusti alla dagar 11-18  
September fre-lö-sö 12-17

Internet: <https://harnosandsbilmuseum.se/>

Email: [info@harnosandsbilmuseum.se](mailto:info@harnosandsbilmuseum.se)

More Info: Price= Adult:100:- Youth 15-17 years: 50:- Kids with adult company: 0:-

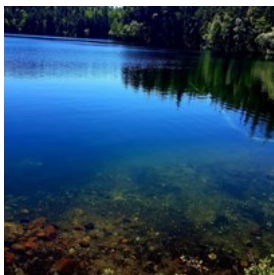
## DAY HIKE



Skuleskogen vattenfall

Get together with friends or family and spend the day hiking. A day hike suits both if you seek adventure or want to enjoy a great view. In the High Coast there is always one level higher and the nature offers a broad and wide scale of shades. Experience the contrasts between the ocean, deep forest and mountains. Here we have listed some of the best day hikes for you to try out!

### Balesudden



The characteristic red cliff with Balestjärn's (tarn) crystal clear water is really a place from the fairytales. The nature here is similar to

Skuleskogen; hilly terrain, varying from dark pine forests to more open mountain slopes of more than 150 m above sea level.

Balesudden makes a perfect daytrip for the family or with friends.

Photo: Petra Berglund

### Valkallen



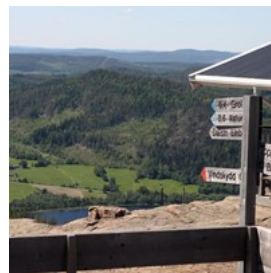
At the southern part of the High Coast Trail you will find Valkallen mountain. With breathtaking views of the ocean. Overlook the High

Coast Bridge, Storöns Nature Reserve and further up the coast is Högbondens lighthouse. On each side of the peak, which is 240 meters above sea level, two paths lead to the top. Both connect to the High Coast trail.

A great location all year around with a stunning view that is suitable for kids to walk. On the top there is a shelter with sleeping accommodations, outdoor toilet and barbecue facilities. A great place to bring and enjoy a fika!

Photo: Höga Kusten

### Skuleberget



Get a breathtaking view over the High Coast! There is two paths to choose from, start from Friluftsbbyn or from Naturum. The top of

Skuleberget is 294 metres above sea level, and the highest coastline is 286 metres above the current sea level, making it the highest in the world - and it's easy to see from the top of Skuleberget.

At Skuleberget you can enjoy fika and food in Friluftsbyns top-cabin.

Photo: Höga Kusten



## Rotsidan



Rotsidan is a 4 km long coastline with beautifully polished and flat diabase rock, framed by windswept coastal pines.

The area is easily accessible and ideally both for those who want to sunbathe and relax and for those who are looking for a beautiful outdoor experience. Rotsidan expanse of cliffs are a popular destination on sunny summer days. Here you can lie on the warm rocks or hike along the coast to find the most perfect rock to take a swim from. But the rocks are as captivating as the winds begin to blow from the southeast. Adjacent to the parking are dry toilets and information. To the reserve, it is a wide path, partially boardwalked. Some roots and bumps in the trail. Nearby beach is a toilet adapted for disabled persons.

Photo: Höga Kusten

## Omneberget



Omne trail starts from Omnebadet and goes through the village Omne up to the top of Omneberget, over the mountain and down

through

Omneberget nature reserve and then back to Omnebadet.

The view from Omneberget is magnificent with views of the archipelago and dramatically with the cliff down to Omnesjön.

In the nature reserve is found a large number of plants that normally would not be in this northern part.

The trail is six kilometers, walking time is

approximately three hours.

Photo: Höga Kusten

## TOP 5 OUTDOOR BATHS

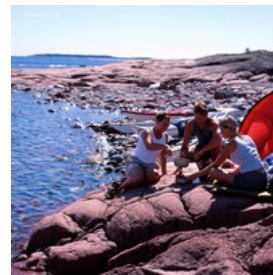


Gullviks havsbad

There is no summer without taking a bath. In the High Coast with its lovely lakes and the blue ocean there is a chance to cool in any form.

We have listed the best outdoor baths, for you to select.. and dive in!

## Rotsidan



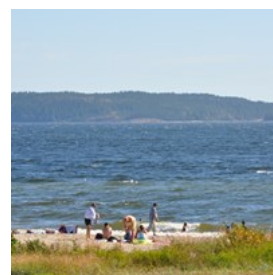
Rotsidan is a four kilometer long coastal area with flat diabase cliffs framed with windswept pines and short spruces. A

geological interesting place, easy accessed and perfect for sun bathing.

Photo: Peder Sundström

Address: Rotsidan, Nordingrå

## Gullviks Ocean Bath



Gullvik is one of Örnsköldsvik's most popular sandy beaches. On site there is a barbecue area, several volleyball nets, a large



playground and a campsite for those who want to stay longer. There is also a kiosk and a nice restaurant here.

Photo: Gullviks havsbad

Internet: <http://www.gullvikshavsbad.se/>

### Smitingen Ocean Bath



Smitingen in Härnösand is a well-visited classic sandy beach that is one of Norrland's finest. Close to the city center- only five kilometers from

Härnösand you will find shallow water and a sandbeach where one also can surf on the waves. Smitingen have a café and there is also a volleyball net. Close to the beach you will find the nature reserve with its nice hiking trails. Which allows you to sweat a bit before a well deserved dip!

Photo: Höga Kusten

Internet: <http://smitingen.se/>

### Hörsångs Havsbad



Hörsång's ocean bath is a very nice sand beach located 20 km northwest at the High Coast bridge. The shallow water makes it great even for smaller

kids.

Photo: Höga Kusten

### Salusand havsbad



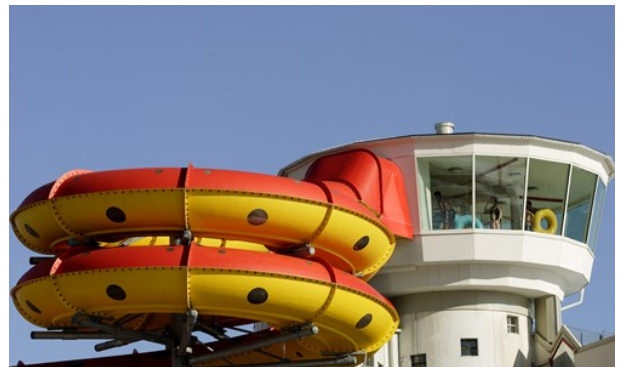
Very nice located with the forest as shelter and with an outstanding view of the ocean! One of northern Sweden's longest sandy

beaches.

Besides sunbathing and swimming you can enjoy minigolf, playground for the kids, volleyball, badminton and food at the restaurant.

Photo: Höga Kusten

### RAINY DAY-ACTIVITIES

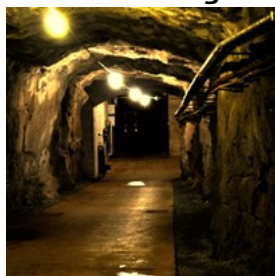


Paradiset

Even a rainy day can be a fun day! In the High Coast there is plenty of stuff to do no matter the weather. Everything from having a relaxing day at the spa to activities at the kids playland. From shopping to a science center for the whole family to discover!

We have picked the top six activities for you to select when the sun is away.

### Hemsö Fästning



Hemsö Fästning is an old military facility, fully intact and provides a unique insight into one of Sweden's most important coastal defense lines

during the Cold War. Guided tours of the combat control room, cannon batteries, cannon towers, anti-aircraft defences, medical centre, canteens etc. Here is also a restaurant and café with an amazing view.

Photo: Höga Kusten

Address: Hemsön, Härnösand

Public Transport: Bus 518 from Härnösand Central. Ferry to reach the island. Contact Hemsö Fästning for transport.

Opening hours: June to September. Open year around for groups.

Phone: +46703702360

Internet: [www.hemsofastning.se](http://www.hemsofastning.se)

Email: [destinationhemso@gmail.com](mailto:destinationhemso@gmail.com)

### Paradiset- Adventure bath & Spa



Paradiset is one of Sweden's best adventure baths. It's a heaven no matter if you want to have fun, exercise or enjoy for a while. The

youngers and young adults can have fun in Sweden's longest water slide Magic Eye. The kids have their very own mediterranean island and the adults can enjoy the spa.

Photo: Höga Kusten

Address: Lasarettsgatan 15, 89133 Örnsköldsvik

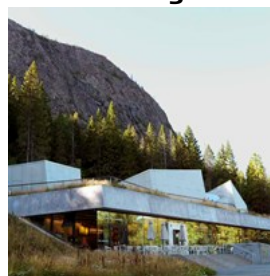
Opening hours: Bath: mon-fri, 10-20, sat-sun, 10-17.30 Spa: mon-thur, 10-20.30, fri, 10-22, sat-sun, 10-17.30

Phone: +4666088590

Internet: [www.paradisetornskoldsvik.se](http://www.paradisetornskoldsvik.se)

Email: [paradiset@ornskoldsvik.se](mailto:paradiset@ornskoldsvik.se)

### Naturum Höga Kusten



At naturum by the foot of the Mt. Skuleberget you will find information about the phenomena's of the world heritage site.

See the exhibition about the land uplift or join a guided tour. Be inspired to experience the treasures of the High Coast of Sweden.

Photo: Höga Kusten

Address: Skuleberget, 87033 Docksta

Phone: +46613700200

Internet: [www.naturumhogakusten.se](http://www.naturumhogakusten.se)

More Info: [info@naturumhogakusten.se](mailto:info@naturumhogakusten.se) [www.facebook.com/NaturumHogaKusten](https://www.facebook.com/NaturumHogaKusten)

### Gårdsbutiken



This farm shop is a favorite spot in the High Coast of Sweden. Feel the peacefulness in the garden. Admire the geranium window. Shop

till you drop in the well-stocked shop and enjoy tasty food in the restaurant.

Photo: Gårdsbutiken

Address: Själand 109, 87030 Nordingrå

Phone: +4661320424

Internet: <http://www.gardsbutiken.net>

Email: [info@gardsbutiken.net](mailto:info@gardsbutiken.net)

### Technichus



Technichus is a center for science and technique for all ages. Challenge each other in Brainball, catch rubys on the climbing wall, try forestry, be a

dentist for a day, try snowboarding or test your brain in math.

Photo: Höga Kusten

Address: Storgatan 11, 87131 Härnösand

Opening hours: Tue-fri: 11-16, Thur: open until 19, Sat-sun:  
11-16

Phone: +46611349635

Internet: [www.technichus.se](http://www.technichus.se)

Email: [reception@technichus.se](mailto:reception@technichus.se)

### Box Whisky



Many distilleries craft fantastic whisky but few make it better than anyone else. There are no right or wrong when it comes to taste, but

quality, precision and conditions distinguish distilleries from each other. Many things make Box Whisky unique and that's why they've been awarded many times. Welcome to Box Whisky Visitor Centre.

Photo: Box Whisky

Address: Sörviken 140, 872 96 Bjärträ

Phone: +4661253060

Internet: [www.boxwhisky.se](http://www.boxwhisky.se)

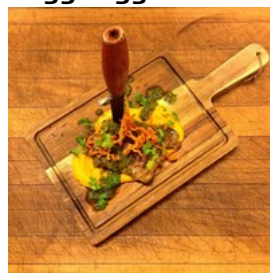
Email: [info@boxwhisky.se](mailto:info@boxwhisky.se)

### TOP 5 RESTAURANTS



*Ulvö Hotell, Höga Kusten*

### Väggivägg



Väggivägg restaurant is a quality restaurant for gastronomic challenges. Top quality raw materials makes for tasty and exciting dishes and a dining experience beyond the ordinary.

Photo: Väggivägg

Address: Brunnshusgatan 1, 87131 Härnösand

Opening hours: Tue-sat: from 17, mon-fri: 11-14

Phone: +4661124745

Internet: <http://vaggivagg.com>

Email: [info@vaggivagg.com](mailto:info@vaggivagg.com)

### Linnea & Peter



At Linnea & Peter restaurant the food cooked is based on simplicity and quality, inspired by the High Coast of Sweden. No frills and fuss and no trends such as "ins" and "outs". The raw material should speak for itself. It's okay to just sit down at the bar and have a beer and some snacks or to sit down at a table for a dinner with good wines.

Photo: Höga Kusten

Address: Fabriksgatan 12B, 89133 Örnsköldsvik

Opening hours: Wed-Thur: 17-23, Fri: 16-24, Sat: 16-24, Sun:  
from 16

Phone: +4666010190

Internet: <http://www.linneaochpeter.se>

Email: [info@linneaochpeter.se](mailto:info@linneaochpeter.se)



### Ulvö Hotell & Restaurang



The kitchen and restaurant at Ulvö Hotell has a preference for the local. The High Coast of Sweden has so many food craftsmen and farmers that produces various crops and raw materials with an enormous passion. The kitchen at Ulvö Hotell has a great respect and love to all farmers and do their utmost to prepare each dish with respect and love.

Photo: Ulvö Hotell

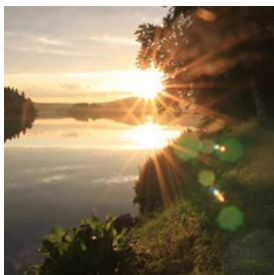
Address: Ulvö Hamngata 105, 893 99 Ulvöhamn

Phone: +46660224009

Internet: [www.ulvohotell.se](http://www.ulvohotell.se)

Email: [boka@ulvohotell.se](mailto:boka@ulvohotell.se)

### Myregården Café & Restaurang



Lovely food and an amazing view of Ångerman river makes Myregården a popular choice. The menu always includes one fish and one meat dish along with snacks and other meals. The BBQ buffet is served at weekends during summer if the weather permits.

Photo: Höga Kusten

Address: Myre 261, 88031 Näsåker

Phone: +4662050361

Internet: [www.myregarden.com](http://www.myregarden.com)

Email: [info@myregarden.com](mailto:info@myregarden.com)

### Fiskarfänget



Fiskarfänget restaurant is located in the authentic boathouse environment in Norrfällsviken. A big buffet with all kinds of fish is always served and

there are also fish for sale. It's a popular meeting place and popular destination for boaters and visitors who stays overnight at the campsite or hotel nearby.

Photo: Höga Kusten

Address: Norrfällsviken, 87031 Mjällom

Phone: +4661321142

Internet: [www.fiskarfanget.se](http://www.fiskarfanget.se)

## THE HIGH COAST TRAIL



Höga Kusten

Walk the High Coast trail and you'll get the opportunity to experience some of the world heritages absolute treats. It will take you through beautiful woodlands, mountains with stunning views, rocky coasts, bays and protected nature areas.

There are several activities, detours and experiences to discover and try along the trail. High Coast Trail extends between Hornöberget at the end of Ångermanälven and central Örnsköldsvik. The trail is well marked with orange paint on trees and poles. In addition, there are signpost with distances statements or directional arrows with the High Coast Trail symbol at crossroads and trail branches. The shelters and unlocked cabins that are available along the trail is at the wanderer's available and can not be pre-booked. You can also not exclude other visitors.

Most of the accommodations, such as hotels, hostels and guest houses are bookable online here at [www.hogakusten.com](http://www.hogakusten.com).

In Örnsköldsvik, Kramfors and Härnösand you find tourist offices that are open all year round. During the summer, the tourist offices at Hornöberget and Nordingrå are open.

Sections: The High Coast Trail is 128.6 km long and is divided into 13 sections. The different sections has been made so that, in principle, within each stage there is at least one overnight accommodation under roof, from open and public cabins to hostels and hotels. Every end of the sections are also accessible by car. The possibility of permanent parking can, however, be limited. The different sections can help your planning and organization for the trek. However, it is not something you are bound to follow. As mentioned earlier, there are a number of interesting side trips and activities to take part in on or near the High Coast Trail which can make some sections take longer times than others. If you want to make some comments about the trail and its condition, maybe even urgent action needs, please contact us on +46 (0)613-700 200.

## DO & SEE

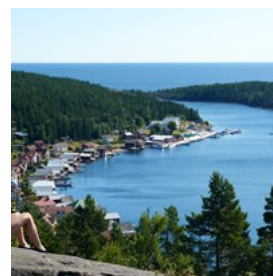


*Höga Kusten*

Höga Kusten, the High Coast, offers activities and attractions for all tastes, both on land and on water. Here you can go hiking in the National Park, Skuleskogen or in one of the many nature reserves in the area, canoeing along the trails or boating along the river. If you are interested in art and culture, this destination will please you.

In the High Coast lives and works many talented artists and craftspeople who would invite you for a visit. For children there is also plenty to do. How about a visit to the ostrich farm where you can be involved in feeding the ostriches, or a day at Junsele zoo where you can watch the bear Loke and the white tigers? For those who would appreciate to be challenged with some ingenious devices, we highly recommend Technichus. Here is a selection of the range, the rest you can read about at [www.hogakusten.com](http://www.hogakusten.com).

### Ulvön



Ulvön island is one of the High Coast of Sweden's treasures. You reach the island by boat from Ullånger or Köpmanholmen. At the small harbor Ulvöhamn is a hotel, a few restaurants, a museum and shops. Further in on the island is a hostel and a few camp sites with

cabins. The old chapel is also worth a visit.

Photo: Malin Wedin

Address: Ulvön, 89399 Örnsköldsvik

Public Transport: Boat from Ullånger or Köpmanholmen

Internet: [www.ulvon.info](http://www.ulvon.info)

### Junsele Zoo



At the western-most corner of lovely Ångermanland lies Junsele. A small village with character and exciting places to visit.

One of them is Junsele Zoo. Here you'll find bears, wolfs, camels, tigers and many other interesting animals.

Photo: Höga Kusten

Address: Slalomvägen 1, 88037 Junsele

Phone: +4662110295

Internet: [www.aventyrerberget.se](http://www.aventyrerberget.se)

Email: [camping@aventyrerberget.se](mailto:camping@aventyrerberget.se)

### Högbonden



At the very edge of the High Coast of Sweden, the dark rocks of Högbonden island rises from the sea. The old light house boasts from

the top of the island next to the steep descent. At Högbonden island you can enjoy peace and quiet and stay overnight at the hostel.

Photo: Höga Kusten

Address: Högbonden, 87030 Nordingrå

Public Transport: Boat from Barsta or Bönhamn. See [www.hkship.se](http://www.hkship.se)

### Skule Naturscen



At the foot of Mt. Skuleberget lies Skule Naturscen. A wide variety of concerts and festivals are arranged every summer, Skulefestivalen amongst other. The stage is expecting Veronica Maggio and Jill Johnson during 2017, two renowned artists in Sweden!

Photo: Verkställande Byrån

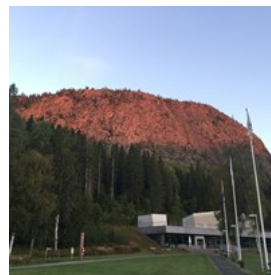
Address: Skuleberget 107, 870 33 Docksta

Phone: +46702622737

Internet: [www.skule.se](http://www.skule.se)

Email: [info@skule.se](mailto:info@skule.se)

### Mt. Skuleberget

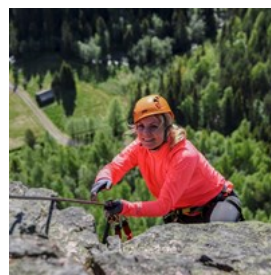


At 9500 years ago the sea level reached 286 meters up the Mt. Skuleberget which is the highest marking of the shoreline after the melting of the last inland ice. Mt. Skuleberget is today an icon in the scenery and is visited by thousands every year. Around the mountain is hiking trails, climbing, trail running, skiing and downhill skiing. The view from the top is one of the High Coast of Sweden's best!

Photo: Olof Wigren

Address: Skuleberget, Docksta

### Via Ferrata



Europe's biggest Via Ferrata centre. A unique adrenalin rush and a fantastic adventure in the High Coast of Sweden. Here, everyone between 40-140 kg has the chance to experience mountain climbing under the highest level of



safety. No previous experience is necessary and only normal levels of fitness are required.

Photo: Via Ferrata  
Address: Skuleberget, Docksta  
Phone: +4661340500  
Internet: [www.viaferrata.se](http://www.viaferrata.se)  
Email: [info@viaferrata.se](mailto:info@viaferrata.se)

### Höga Kusten-båtarna



Höga Kusten-båtarna (HK Ship) is running the sea traffic in the High Coast of Sweden. Their boats will take you from the mainland to the High

Coast of Sweden's treasure Ulvön island or Högbonden island.

Photo: Höga Kusten  
Address: Ullånger  
Phone: +4661310550  
Internet: [www.hkship.se](http://www.hkship.se)  
Email: [info@hkship.se](mailto:info@hkship.se)

### Friluftsbyn



Friluftsbyn is an outdoor village and Sweden's place for outdoor life meetings. Like-minded people are gathered for adventure and relaxation.

Many events are arranged here during the year, High Coast Hike, High Coast Winter Classic and High Coast Trail to mention a few. But you can also come here to stay during your own hike in the High Coast of Sweden.

Photo: Höga Kusten  
Address: Friluftsbyn, 87033 Docksta  
Internet: [www.friluftsbyn.se](http://www.friluftsbyn.se)  
Email: [info@friluftsbyn.se](mailto:info@friluftsbyn.se)

### Hallsta Ski



Hallsta Ski is the name used for all activities offered at Mt. Hallstaberget during summer and winter. The activities includes,

cross-country skiing, biathlon, alpine skiing, summertraining such as running and rollerskiing, mountainbike. At Hallstaberget there is also a ski-jumping facility.

Photo: Anton Östlund  
Address: Hallstaberget, Sollefteå  
Internet: [www.solleftea.se/hallstaski](http://www.solleftea.se/hallstaski)

### Mannaminne



In the heart of the High Coast of Sweden you will find a fascinating place called Mannaminne. The life's work of artist Anders Åberg consists of

50 buildings and is one of the destinations most baffling outdoor museums. Historical buildings which have been transported to the site, cars, machines, handcraft and much more makes for a fascinating day out.

Photo: Malin Wedin  
Address: Häggvik 109, 870 30 Nordingrå  
Opening hours: May: sat-sun: 12-16. June, july, august: Every day. September: sat-sun: 12-16.  
Phone: +4661320290  
Internet: [www.mannaminne.se](http://www.mannaminne.se)  
Email: [kontakt@mannaminne.se](mailto:kontakt@mannaminne.se)

### Bönhamn



Bönhamn is an old fishing village. A place where time stands still. Enjoy the peacefulness among the iconic red boathouses. Relax on the small beach or the cliffs, take a "fika" at the café, take a boat trip to Högbonden island or see the stairs rise from the sea, a unique art object.

Photo: Höga Kusten

Address: Bönhamn, Nordingrå

Phone: Bus 226 from Nordingrå between Jun 16-Aug 17. For other times call +46612-664300 to book a bus at least 2 hours in advance.

### Norrfällsviken



Norrfällsviken is an old fishing village deriving its origin from the 17th century. Walk along the boathouses, listen to the sea ripple and smell the salty sea. Enjoy a dinner at restaurant Fiskarfänget, take a swim at Storsand sea bath, play golf at Norrfällsviken golf club or hike in the nature reserve. Stay at the hotel or camping for a nights rest.

Photo: Höga Kusten

Address: Norrfällsviken, 87031 Mjällom

Public Transport: Bus 217 from Kramfors. See [www.dintur.se](http://www.dintur.se) for time tables.

### Mjälloms Tunnbröd



Water, flour and hot ovens. That's where the traditional swedish flat bread originates from. The history of the flat bread can be traced back to the High Coast of Sweden. In year 1923

Sweden's oldest flat bread bakery was founded in the small village of Mjällom. The bakery is now located in Ullånger and here you can try to bake your very own flat bread or buy fresh bread from the store.

Photo: Mjälloms Tunnbröd

Address: Industrivägen 10, 870 32 Ullånger

Phone: +46613711350

Internet: [www.mjalloms.se](http://www.mjalloms.se)

Email: [info@mjalloms.se](mailto:info@mjalloms.se)

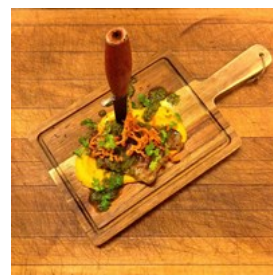
### TASTES



Höga Kusten

The food in the High Coast of Sweden has strong traditions. The fermented herring is considered the local national dish. For those who choose not to eat fermented herring, there are plenty of good options. In the cities there is a wide selection of restaurants to choose from and outside the urban centers, you can enjoy the culinary delights of rural and cultural environments.

### Väggivägg



Väggivägg restaurant is a quality restaurant for gastronomic challenges. Top quality raw materials makes for tasty and exciting dishes and a dining experience beyond the ordinary.

Photo: Vaggivägg

Address: Brunnshusgatan 1, 87131 Härnösand  
Opening hours: Tue-sat: from 17, mon-fri: 11-14  
Phone: +4661124745  
Internet: <http://vaggivagg.com>  
Email: [info@vaggivagg.com](mailto:info@vaggivagg.com)

### Ulvö Hotell & Restaurang



The kitchen and restaurant at Ulvö Hotell has a preference for the local. The High Coast of Sweden has so many food craftsman and farmers

that produces various crops and raw materials with an enormous passion. The kitchen at Ulvö Hotell has a great respect and love to all farmers and do their utmost to prepare each dish with respect and love.

Photo: Ulvö Hotell

Address: Ulvö Hamngata 105, 893 99 Ulvöhamn  
Phone: +46660224009  
Internet: [www.ulvohotell.se](http://www.ulvohotell.se)  
Email: [boka@ulvohotell.se](mailto:boka@ulvohotell.se)

### Hernö Gin



Sweden's first and the world's northern most gin distillery is located in the small village Dala, just outside Härnösand. Here gin is crafted passionately

with the large copper pan. Hernö Gin is the most awarded gin in Europe the last three years, with more than 25 international master and gold medals.

Photo: Hernö Gin

Address: Dala 152, 871 93 Härnösand  
Internet: [www.hernogin.com](http://www.hernogin.com)  
Email: [info@hernogin.com](mailto:info@hernogin.com)

### Mjälloms Tunnbröd



Water, flour and hot ovens. That's where the traditional swedish flat bread originates from. The history of the flat bread can be traced back

to the High Coast of Sweden. In year 1923 Sweden's oldest flat bread bakery was founded in the small village of Mjällom. The bakery is now located in Ullånger and here you can try to bake your very own flat bread or buy fresh bread from the store.

Photo: Mjälloms Tunnbröd

Address: Industrivägen 10, 870 32 Ullånger  
Phone: +46613711350  
Internet: [www.mjalloms.se](http://www.mjalloms.se)  
Email: [info@mjalloms.se](mailto:info@mjalloms.se)

### Jeltsjes Chokladpraliner



Tasty, handmade with care, love and passion. Created by chocolate of the highest quality, fair trade and organic. The number of fillings to

choose from are many and a lot of them originate from Skuleskogen.

Photo: Helen Sahlstrand

Address: Näs 103, 87033 Docksta  
Phone: +4661340055  
Internet: [www.jeltsjeschokladpraliner.se](http://www.jeltsjeschokladpraliner.se)  
Email: [livetsgoda@telia.com](mailto:livetsgoda@telia.com)

### Fermented herring



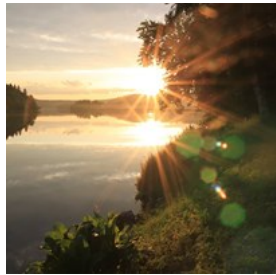
Never has rotten fish smelled so bad but tasted so good. The small local herrings are caught in the spring, salted and left to ferment before being



stuffed in a tin before it hits the tables and shops. The result is Swedish surströmming! The traditionalist Swedes, food lovers and adventurous tourists eat it in the end of August always outdoors. Eat it like the locals, wrap it in buttered flat bread with slices of almond potatoes, diced onion and creme fraiche accompanied with beer, schnapps and lots of friends.

Photo: Charlotte Westberg

### Myregården Café & Restaurang



Lovely food and an amazing view of Ångerman river makes Myregården a popular choice. The menu always includes one fish and one

meat dish along with snacks and other meals. The BBQ buffet is served at weekends during summer if the weather permits.

Photo: Höga Kusten  
Address: Myre 261, 88031 Näsåker  
Phone: +4662050361  
Internet: [www.myregarden.com](http://www.myregarden.com)  
Email: [info@myregarden.com](mailto:info@myregarden.com)

### Fiskarfänget



Fiskarfänget restaurant is located in the authentic boathouse environment in Norrfällsviken. A big buffet with all kinds of fish is always served and

there are also fish for sale. It's a popular meeting place and popular destination for boaters and visitors who stays overnight at the campsite or hotel nearby.

Photo: Höga Kusten  
Address: Norrfällsviken, 87031 Mjällom

Phone: +4661321142  
Internet: [www.fiskarfandet.se](http://www.fiskarfandet.se)

### Hotell Höga Kusten Restaurang



Restaurant in the hotel overlooking the beautiful Ångermanälven and the High coast bridge. A la carte menu with great variety and also

children's menu. Fully licensed bar. Café with sandwiches, cakes, ice cream and candy.

Photo: Höga Kusten  
Address: Hornöberget, Sandöverken  
Phone: +46(0)613-72 22 70  
Internet: [www.hotellhoga-kusten.se](http://www.hotellhoga-kusten.se)  
Email: [info@hotellhoga-kusten.se](mailto:info@hotellhoga-kusten.se)

### Ullångers Hotell & Restaurang



Restaurant in the middle of the world heritage. Newly renovated and reopened in may 2014.

Photo: Höga Kusten  
Address: Sundbrogatan, Ullånger  
Phone: +46(0)613-109 00  
Internet: [www.ullangershotell.se](http://www.ullangershotell.se)  
Email: [info@ullangershotell.se](mailto:info@ullangershotell.se)

## TOP 5 HIKING ROUTES



Marcus Sjöberg, Friluftsbyn

Here are some of the best hiking routes for a 1-day hike.

### Mt. Skuleberget



Mt. Skuleberget offers some of the High Coast of Sweden's most exciting views and hiking. Enjoy magnificent views of forests and sea,

interesting geology and end up at the small restaurant at the top. You can also take the easy way up by cable lift.

Hiking routes at Mt. Skuleberget:

The south trail: Starting at Friluftsbyn on the south side of Mt. Skuleberget. An easier trail, not too steep, to the top of the mountain.

The north trail: An almost forgotten trail on the north side of Mt. Skuleberget. Starting at Naturum Höga Kusten, on the east side of Mt. Skuleberget. A longer trail that pass through deep forests before reaching the top.

The east trail: A short and very steep trail to the top of the mountain. Lots of stairs on the way up. Also passes a small cave. Starting at Naturum Höga Kusten, on the east

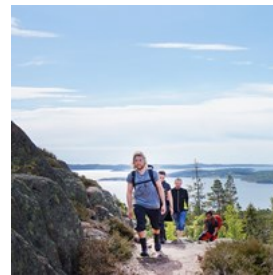
side of Mt. Skuleberget.

The top trail: A short trail on the top of Mt. Skuleberget with amazing views in all directions. Starting at the restaurant on the top of the mountain.

Photo: Marcus Sjöberg, Friluftsbyn

Address: Skuleberget, Docksta

### Skuleskogen National Park



Skuleskogen National Park is an area with lots of hiking trails combining high mountains, deep forests and a coast that is unparalleled in Swedish

nature. The most popular places to visit are Slåttdalsskrevan, Mt. Slåttdalsberget, Tärnättvattnet and Tärnättholmarna. The national park has three entrances - south, west and north.

Click on the link below for a map.

Possible hiking routes for a 1-day hike:

The south trail: Starting at the south entrance. Hike along the High Coast Trail to Slåttdalsskrevan and Mt. Slåttdalsberget. Continue to Tärnättvattnet and then to Tärnättholmarna before hiking back to the south entrance. About 7 km.

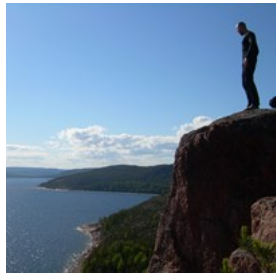
The west trail: A shorter hike starting at the west entrance. There are two viewpoints on this trail, Långtjärnhällorna and Nylandsruten. You can also hike to Skrattaborrtjärn and then come back to the starting point. Around 7 km.

The north trail: Starting from the north entrance.

Hike along the High Coast Trail to Slåttdalsskrevan and Mt. Slåttdalsberget. You will pass the beautiful Salsviken on the way. Around 7 km.

Photo: Friluftsbyn  
Internet: <https://goo.gl/BOJcvB>

### Balesudden



The distinct shape of Balesudden is a magnificent scenery in the High Coast of Sweden. Inside this nature reserve are deep

forests, high mountain views, small coves and a magical small lake with crystal clear water. This nature reserve offers many exciting discoveries for those who want to come closer to the High Coast.

You can reach Balesudden from the south at Köpmanholmen or from the north at Sandlågan. The High Coast Trail passes through Balesudden. See link below for a map.

Photo: Linus Salö  
Internet: <http://www.hogakusten.com/hogakustenleden/etapp-11>

### Rotsidan



Rotsidan is a four kilometer long coastal area with flat diabase cliffs framed with windswept pines and spruces. A geological

interesting place, easy accessed and perfect for sun bathing and short hiking.

Start your hike in the fishing village Barsta closeby. Hike past the old chapel and continue

the short trail about 2 km to Rotsidan.

For an even longer hike, start at Bönhamn, another fishing village a bit north of Rotsidan.

Photo: Peder Sundström  
Internet: <https://goo.gl/ovjexv>

### Smitingen/Härnöklubb



This nature reserve offers some really exciting geology along the hiking trails. Starting from the sea bath there are two trails on the south side

passing some unique formed rocks, rubble fields and strangely formed cliffs. On the north side is one trail passing a small lake and later ends up at two tunnel caves, which are unique for Scandinavia.

Click the link below for a map.

Photo: Höga Kusten  
Internet: <https://goo.gl/hGbDau>

### EVENTS



Höga Kusten

During the summer Höga Kusten offers a large range of events. Here you can pick and choose among city festivals, music festivals, markets, theaters and sporting events. The event calendar on [www.hogakusten.com](http://www.hogakusten.com), keeps you updated on



what's happening in Höga Kusten, and when!

### New Orleansfestivalen, July 20-22th



Welcome to a gorgeous festival at the cultural site Mannaminne in the heart of the High Coast of Sweden. During a couple of nights jazz music will

be played on various stages on this unique festival area.

Photo: Höga Kusten

Address: Häggvik 109, 87030 Nordingrå

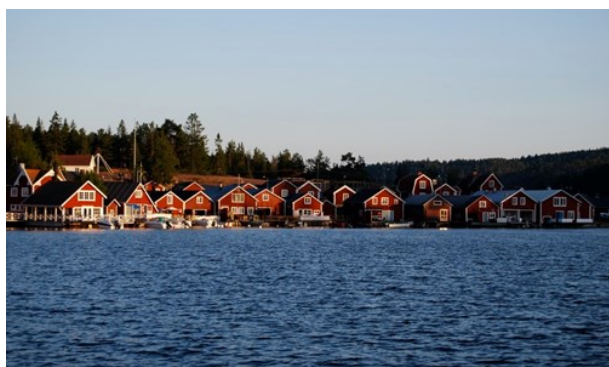
Phone: +4661320290

Tickets: <https://www.tickster.com/sv/events/1z7brkjbrj64z8/2018-07-20/new-orleansfestivalen-2018>

Internet: <http://neworleansfestivalen.se/>

Email: [kontakt@mannaminne.se](mailto:kontakt@mannaminne.se)

## TOURIST INFORMATION



Höga Kusten

## TOP 5 FOR KIDS



Höga Kusten

Here are our top 5 activities for kids.

For more activities, visit [www.hogakusten.com](http://www.hogakusten.com)

### Hemsö Fästning



Hemsö Fästning is an old military facility, fully intact and provides a unique insight into one of Sweden's most important coastal defense lines

during the Cold War. Guided tours of the combat control room, cannon batteries, cannon towers, anti-aircraft defences, medical centre, canteens etc. Here is also a restaurant and café with an amazing view.

Photo: Höga Kusten

Address: Hemsön, Härnösand

Public Transport: Bus 518 from Härnösand Central. Ferry to reach the island. Contact Hemsö Fästning for transport.

Opening hours: June to September. Open year around for groups.

Phone: +46703702360

Internet: [www.hemsfastning.se](http://www.hemsfastning.se)

Email: [destinationhemso@gmail.com](mailto:destinationhemso@gmail.com)

### Junsele Zoo



At the western-most corner of lovely Ångermanland lies Junsele. A small village with character and exciting places to visit.

One of them is Junsele Zoo. Here you'll find bears, wolfs, camels, tigers and many other interesting animals.

Photo: Höga Kusten  
Address: Slalomvägen 1, 88037 Junsele  
Phone: +4662110295  
Internet: [www.aventyrserberget.se](http://www.aventyrserberget.se)  
Email: [camping@aventyrserberget.se](mailto:camping@aventyrserberget.se)

### Technichus



Technichus is a center for science and technique for all ages. Challenge each other in Brainball, catch rubys on the climbing wall, try forestry, be a dentist for a day, try snowboarding or test your brain in math.

Photo: Höga Kusten  
Address: Storgatan 11, 87131 Härnösand  
Opening hours: Tue-fri: 11-16, Thur: open until 19, Sat-sun: 11-16  
Phone: +46611349635  
Internet: [www.technichus.se](http://www.technichus.se)  
Email: [reception@technichus.se](mailto:reception@technichus.se)

### Rövarbyn

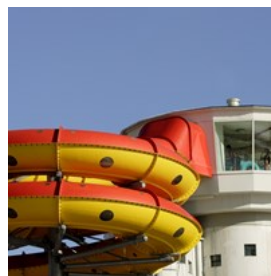


Rövarbyn is located in Skoved, close to the Friluftsbbyn (outdoor village) and is a big playland for the kids. Perfect activity for the family of children on holiday in the High Coast!

Many activities are indoors, so this is a fun activity even on rainy days.

Photo: Rövarbyn  
Internet: <http://www.rovarbyn.eu/>

### Paradiset- Adventure bath



Paradiset is one of Sweden's best adventure baths. Both kids and adults can have fun in Sweden's longest water slide; Magic Eye. There is also a outside pool open all year around! Enjoy a icecream and spend your day in Paradiset - a paradise even on rainy days!

Photo: Paradiset  
Address: Lasarettsgatan 15, 89133 Örnsköldsvik  
Opening hours: Bath: mon-fri, 10-20, sat-sun, 10-17.30 Spa: mon-thur, 10-20.30, fri, 10-22, sat-sun, 10-17.30  
Phone: +4666088590  
Internet: [www.paradisetornskoldsvik.se](http://www.paradisetornskoldsvik.se)  
Email: [paradiset@ornskoldsvik.se](mailto:paradiset@ornskoldsvik.se)

### Population

Härnösand: 25 100  
Kramfors: 18 500  
Örnsköldsvik: 55 900  
Sollefteå: 19 800

### Currency

Swedish SEK/crowns

### Internet

[www.hogakusten.com](http://www.hogakusten.com)

### Newspapers

Tidningen Ångermanland  
Örnsköldsviks Allehanda

### Emergency numbers

112

### Tourist information

[info@hogakusten.com](mailto:info@hogakusten.com)  
+46(0)771-265000