



Östersund

– the city in the centre

Östersund is the only city in Jämtland Härjedalen. It was founded in 1786 by Gustaf III, the king at the time. Since prehistoric times the area has played an important role as the island of Frösön was a central trading place, the meeting place of the Thing or parliament and a religious centre. Today, Östersund and Frösön offer a wide range of sights, attractions, shopping, entertainment and restaurants.

HISTORY AND HERITAGE

Frösön is named after Frö, the Norse god of fertility. The island is famous for its beautiful scenery and its many heritage sites. One of the most popular sites is **Frösö church** ①, which dates from the late 12th century. The church was built on the site of a pagan place of sacrifice, and its most ancient artefact is a reliquary from the 13th century. Nowadays Frösö Church is one of

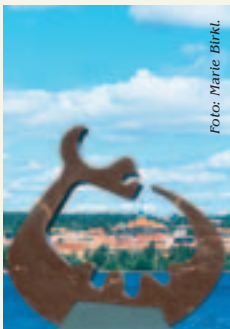


Foto: Marie Björk.

The city in the centre.

the most popular wedding churches in Sweden. The famous composer Wilhelm Peterson-Berger is buried by the southern wall of the church. His house **Sommarhagen** ①, built in the National Romantic style, is beautifully situated on the island of Frösön, with views over lake Storsjön and the Oviksfjällen mountains. This is the place that inspired his music. The house is nowadays open to visitors in the summer months. The Viking drama Arnljot is one of Peterson-Berger's most famous works, and is performed every year in



Foto: Bengt Weibert.

Sommarhagen.

July at Arnljotlägden. Frösön is also home to Sweden's northernmost **rune stone** ②. The rune stone, which dates from 1049 AD, tells the story of the Christianity and its arrival in Jämtland.

For a bit of time travel, visit **Jamtli Historieland** ③ where history is fun and entertaining. Meet people living in genuine 18th and 19th century farmhouse milieus, where farmhands and maids milk the cows and goats, shoe horses, churn butter and bake. Among the displays representing the 20th century is a Shell service station from 1956. Enjoy the heritage of Jämtland, visit the many exhibits and displays of the museum. Admire the Överhogdal tapestry, a 1,000 year old wall hanging depicting mythical figures. Here you will also find the hunting gear used in the hunt for the famous Storsjö monster. There are several interesting museums

for visitors to enjoy in Östersund, such as the **Jämtlands Flyg och Lottamuseum** ④. The Aviation and WAAC museum is a popular attraction with families. Displays range from aircraft from the early 1920s right up to the famous Swedish Viggen fighter aircraft. There is also an exhibition outlining the history of the Women's Auxiliary Army Corps in Sweden.

NATURE

Andersön island ⑤ is a nature reserve of great botanical interest with many beautiful walks and bathing coves. Close to Andersön are the **Sunne church ruins** ⑤, a memory of the battle between the peoples of Jämtland and Norway fought here in 1178. By the church ruins you will also find one of eight Storsjö Monster spotting sites around lake Storsjön.

Frösön has many excellent nature paths and hiking areas. One of them is Mjällestigen, which runs past Iron Age burial mounds and the remains of Fornborgen, an ancient fortification. The Black Vanilla Orchid (*Nigritella nigra*), the county flower of Jämtland, is a very rare protected species. The orchid can be seen growing in the fields around of Torvalla and Marieby.

THE CHILDREN'S ST OLAVSLED

Frösö Zoo ⑥, home to over 700 different species and a funfair, is Jämtlands most popular tourist attraction. The adventure pools complexes **Stor-sjöbadet** ⑨ and **Lövstabadet** ② invite visitors to fun and water games. Send the children for a journey in time in the "child for a day" project at **Jamtli** ③, where they can help out with the daily chores on one of the farms. The **Frösöberget**

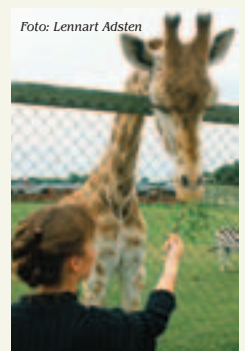


Foto: Lennart Adsten

Frösö Zoo.



Frösö church is one of Sweden's best-known churches.



Jamtli Historieland – a summer adventure for the children.

adventure trail 2 is popular with both children and adults. Challenge the family to have a go at the climbing wall and the rope suspension bridge, or try a stomach-churning trip above the treetops in the cable car. For the very youngest, there is also a "story path" with witches and trolls. Östersund motor stadium provides opportunities for **go-karting 7**.

ACTIVITIES AND ADVENTURES

A **game of golf 1** at Frösön's beautifully situated golf course is a popular pastime. At lake Storsjön, onshore fishing using hand-held equipment is free. Or why not take a canoe – try fishing on the rivers Härkan and Långan. Many major sports events take place in Östersund, for

instance the Storsjö Cup junior football games. Östersund is also the start/finish for the St Olavsloppet race.

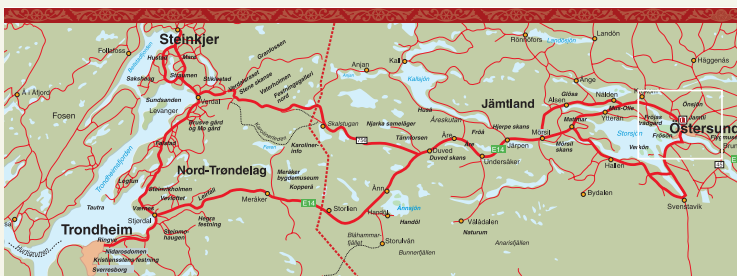
TOURS ON TOUR

The steamer s/sThomé is Sweden's oldest steam vessel still in regular traffic. In the summer months there are long and short boat tours, for instance to **Verkö castle 8** and restaurant, join a Storsjö Monster spotting tour or enjoy a musical cruise with a live band. Learn more about the city's history on one of the guided city walks or on a coach tour around Östersund. There is much to see and lots do around lake Storsjön, and a car tour with the family around the area with its many beauty spots is highly recommended.

Did you know that:



- The S/S Thomée, one of Sweden's oldest steamships still in regular service, runs tours on lake Storsjön
- Östersund is the whey cheese capital of Sweden
- There are more café seats and more square metres of window display per capita in Östersund than anywhere else in Sweden
- The water in Storsjön is clean enough to drink straight from the lake
- Sweden's northernmost ancient castle is situated at Frösön



i TOURIST INFORMATION

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