



**COOL DOWN** with a dip in a hole in the ice  
**WARM UP** at an adventure water park  
**ICE AND SNOW** Skating, skiing and sledding

# tillsammans

I MÄLARDALEN

# Guide to a winter full of fun

**TiM**



Trafik i Mälardalen  
– for a smoother travel across  
county borders.

# Winter in Mälardalen



The glittery time of the year is upon us. Do you want to warm up with a swim or perhaps cool down with a dip in a hole in the ice? Tillsammans i Mälardalen provides you with tips on fun things to do in Mälardalen during the winter that you can experience using public transport.

## Downhill skiing in Västerås

Vedbobacken is centrally located in urban Västerås. There are several different runs with varying degrees of difficulty and two lifts, a sledding hill and ski rentals. If you get hungry you'll find both a cafe and barbecue grills.

**Directions:** City bus 4 towards Hagaberg via Centrum will take you directly to the slope.



## Long-distance skating at Björnö, Västerås

During the winter you can enjoy ice skating in the straits between Björnö and the Hässlö loop, which is ploughed and extends all the way down to Björnön. During the winter you can rent long-distance skates, kick-sleds and snowshoes. Ice-prods, to keep from slipping on the ice, are included in the price. Afterwards it's always nice to come in to a blazing open fire for a meal or snack with hot coffee.

**Directions:** Green bus line 2 from Västerås centre. The trip takes about 10 minutes.

## Alpine centre in Örebro

Storstenshöjden, Örebro's alpine centre, has everything for the skiing enthusiast – piste slopes, several cross-country skiing trails and Höjdarparken, for those who want to try out rails, boxes, jumps and corners.

**Directions:** Take the city bus to Storstenshöjden. The trip takes just over 20 minutes from Örebro or 30 minutes from Karlskoga.

## Take out all the stops at Yxbacken in Norrköping

Barely 15 minutes from Norrköping city is the slope where Pernilla Wiberg laid the foundation for her alpine successes. Yxbacken is Norrköping Skidklubb's home slope. This is where many of Östergötland's skiing and snowboard enthusiasts take both the season's first and final runs. There are slopes with various degrees of difficulty, warm shelters and wood-fired barbecue grills.

At Yxbacken Park there are small jibs, boxes and rails.

**Directions:** From Nyköping, take bus 436 towards Yxbacken.

## Action-packed water park

Kokpunkten in Västerås is Sweden's first action water park. There are exhilarating water slides, a special section for younger children, an aqua cinema, space to relax and several cafes and restaurants. You'll find them all at the iconic, eight-story, old steam power plant in Västerås.

**Directions:** Kokpunkten is about a 15-minute walk from the Västerås train station. You can actually see the building from the station. Buses 2 and 3 will take you all the way there.





### Waterfalls in the middle of winter at Fyrishov in Uppsala

Fyrishov is one of Sweden's largest facilities for bathing, sports and events. Here you'll find a popular adventure water park in a tropical environment with water slides, jet streams, waterfalls, water cannons and much more.

*Directions:* Fyrishov is walking distance from Uppsala centre and with excellent public transport service.



### Take the underground to cross-country skiing

Enjoy cross-country skiing directly out into the Nackareservatet nature preserve from Björkhagen's underground station. The Björkhag loop and the Kärtrorp trail, at 3.5 and 2.6 km respectively, are interconnected and have electrical lighting the entire way. When the snow is more than 2 dm deep, the tracks are mechanically prepared.

*Directions:* Underground towards Skarpnäck. Get off at Björkhagen and walk a few hundred metres.

### Ice holes and winter bathing at Hellasgården

At Hellasgården – Stockholm's nearest and largest outdoor activity centre – you can take a sauna, a cold-water swim and even take a dip through a hole in the ice, just to mention a few examples. If you'd rather stay fully clothed there are several skiing trails, an ice-skating rink and a nice hill for sledding. And the barbecue grill is fired up on weekends.

*Directions:* Bus 401 runs from Slussen to Älta several times each hour. The bus stop is called Hellasgården and the travel time from Slussen is about 15 minutes.



### Experience the archipelago during the winter

Waxholmsbolaget's boats run on a winter timetable and take you out to a glittering archipelago. Once the ice has formed, you can skate between the islands, rocks and skerries, and then enjoy a cup of hot chocolate at one of the restaurants open year round. Waxholmsbolaget tickets can be purchased with your SL Access travelcard.

*Directions:* The Waxholm boats ply the waters of the archipelago all winter long on a fixed winter schedule.

### Adventure water park with children's lagoon in Katrineholm

The adventure water park in Duveholmshallen in Katrineholm not only has a standard 25-metre pool and bubble bath, but also a rich assortment of aquatic activities for the youngest visitors. The spacious children's lagoon will transform even the most tepid of children into enthusiastic bathers. There are waterfalls, fountains, slides and even a suspension bridge. The water is 28 centimetres deep.

For older children there is a water slide and climbing wall.

*Directions:* Bus 1 will get you here in about 10 minutes from Katrineholm's railway station. Get off at Jämtlandsgatan.



### Cross-country skiing in Vilsta friluftsområde

The Vilsta recreational area is just four km from Eskilstuna centre. During the winter most activities are centred on the downhill skiing slope and around Rastugan, where all of the cross-country skiing trails begin. Here you'll find barbecue grills, exercise tracks, saunas, a restaurant with outdoor seating and a playground and sledding hill for the children.

*Directions:* From Eskilstuna, take county bus line 6 towards Vilsta.



## Literary lunch in Uppsala

• 10 DECEMBER, 12–13 • A good book, good food and good conversation are assured with Uppsala stadsteater's open invitation to book club light. Maria Freeney reads a passage on the theme women's life and memories while you munch on a light lunch. This is followed by discussion on what she has read. All during your lunch hour! The price is SEK 100 and includes lunch. [www.upsalastadsteater.se/laslunch](http://www.upsalastadsteater.se/laslunch)



## Martin Adler at Västerås konstmuseum

• 22 NOVEMBER–1 MARCH 2015 •

Martin Adler (1958-2006) reported from war zones and disaster areas all over the world until he was fatally injured by gunfire while on assignment in Somalia's capital Mogadishu. His photos and short films from around the world are on display in the exhibit Ögonblick. Encounter the horrors of war, as well as everyday life in countries at war, intimate portraits and poetic landscapes.

[www.vasteraskonstmuseum.se](http://www.vasteraskonstmuseum.se)



## Lucia celebrations in Mälardalen

• DECEMBER • In the glimmering holiday season, there are many enjoyable Saint Lucia celebrations to choose among. Pick the one that suits you best. What about a magnificent vocal performance with Adolf Fredrik's music classes at Storkyrkan in Stockholm, a stirring celebration down in the Sala silver mine or perhaps a spectacular show with Orphei Drängar in Uppsala?

[www.salasilvergruva.se](http://www.salasilvergruva.se), [www.ticnet.se](http://www.ticnet.se), [www.od.se](http://www.od.se)



## Model theatre museum in Nyköping

• SATURDAYS, 11–15 • Sweden's only model theatre museum is at the Barnkulturcentrum in Nyköping. On display are set designs for fairy plays, operas and famed theatrical productions, all the back to the 1800s.

Use your imagination with the stage imagery to see how you can alter the movements of the performers, the lighting and sound effects in changing the atmosphere of the theatre.

[www.nykoping.se/barnkulturcentrum](http://www.nykoping.se/barnkulturcentrum)



## Cosplay in Linköping

• 19–22 FEBRUARY 2015 • Do you like cosplay? If you do, you should book a few days in Linköping in February, when NärCon Vinter is underway at the Saab Arena. Three-thousand participants will be gathering to watch anime, compete in cosplay and meet new friends. Cosplay can be described as Japanese-inspired masquerade or role playing. The participants dress in costumes and accessories to represent specific characters or concepts – often with origins in Japanese popular culture.

[www.2015.vinter.narcon.se](http://www.2015.vinter.narcon.se)



## Dance in the New Year

• 26 DECEMBER–1 JANUARY • The Snowball, the New Year's festivities for all swing dancers, is celebrating its 10-year jubilee. Finish off 2014 with swing, workshops, live music, performances, DJs, contests and a New Year's dinner with dancers from all over the world. Both classes and dance evenings will be arranged at the Clarion Sign Hotel, close to Stockholm's Central Station.

[www.thesnowball.se](http://www.thesnowball.se)

## Swedish winter sports championships in Örebro

• 26 JANUARY–1 FEBRUARY 2015 • Örebro will be hosting the Swedish winter sports championships during the last week of January. The participants will compete in approximately 25 different events, both indoors and out. The goal of the week-long Swedish championships is to be a sports festival for all. Both major and minor sports will be represented and Swedish Television will be broadcasting the championships live from Örebro. Come to Örebro and see Swedish and international skiing stars polish their skills in preparation for the world championships in Falun.

[www.smveckan.se](http://www.smveckan.se)

