



**Waterfront at Gamla Stan:**  
Visiting Stockholm by excursion boat or ferry is the perfect introduction to this enchanting city.

DESTINATION SCANDINAVIA

City profile | Sweden's capital city

## An exciting mix of modern design, diverse culture and fresh air

Mentions of Stockholm conjure up images of Swedish meatballs with mashed potatoes and elegant royal palaces. The true spirit of Sweden's capital goes far beyond these initial impressions into a world of open minds, clean design and an admiration for both past and future, as evidenced by the city's well-preserved buildings and youthful buoyancy.

The city may seem anchored in the past, but it is at the forefront of design, cuisine, art and architecture. A perfect example is the Modern Museum, which combines elements of the busy city with the natural setting of the rocky island upon which it sits. The interior of the building is welcoming and airy — a horizontal structure that seems to grow organically from the earth.

"Stockholm has a high concentration of contemporary and modern art for a city of its size," says Lars Nittve, director of the Modern Museum. "We strive to inspire other institutions, both local and international."

Another art form with earthy origins is Swedish glassmaking, which is modern and at the vanguard in every sense. From vases with silver-streaked formations to abstract face sculptures, Swedish glassmakers are known for their creative and innovative glass design and technique.

Yet despite its modernity, Stockholm's capital is over 700 years old. This juxtaposition presents a rich backdrop to the modern city's allure, and provides the opportunity to travel through time and history while exploring Stockholm's modern urban landscape.

In the center of that visually powerful

landscape sits the Stockholm Royal Palace, rising above the water's edge. An imposing brick and sandstone structure completed in 1760, it is a reminder of Sweden's monarchical past. Gamla Stan, Stockholm's oldest neighborhood, nestles in the palace's shadows. Its cobblestoned streets twist and turn through the old town, under church spires and through medieval squares.

Discover more Swedish history at the Army Museum. Its trophy chamber features enormous ripped and torn banners won in Swedish military campaigns. The museum is less a tribute to war and more a reminder of Sweden's pacifist ideals.

### Museum mania

Stockholm is home to more than 100 galleries and 70 museums. One of the greatest concentrations of galleries and museums in the world offers the choice between the historic and the modern. At Hornspuckeln, sift through the city's best selection of contemporary fine art in the many galleries. In Östermalm, explore the clean lines and simple patterns characteristic of Swedish design at the renowned Svenskt Tenn store.

After a day touring the city, it may be time to savor some of Stockholm's fine cuisine. Sweden is known for its traditional fare, typically served with potatoes. Visitors can sample varieties of pickled herring, salmon or kåldomar (stuffed cabbage). But Stockholm's cuisine has much more to offer. Restaurant Lux, one of five restaurants awarded Michelin stars in this year's coveted "Guide Rouge," serves such modern delicacies as lobster in melon with rhubarb. Housed in a converted electric factory, the building affords great views of the waterfront.

In fact, water surrounds Stockholm. Scattered across a series of 14 islands, where the mouth of Lake Mälaren flows into the Baltic Sea, the city's neighborhoods are connected by 57 bridges.

Once visitors have done all their shopping or museum hopping, they can enjoy a boat tour of the archipelago of 24,000 islands just outside Stockholm. During the winter, an ice-breaking boat sails past magic red cottages,



resilient pine trees and the snow-covered rocky coast. "Passengers feel the bumps of the ice as the steamboat passes peaceful islands and sleeping summer towns," says Peter Henricson, director of boat traffic at Strommakarbolaget, a sightseeing boat company. "It's an unforgettable adventure."

Stockholm, like its people, is modest but proud, dignified but stylish. The most cherished souvenirs visitors take home with them are not their purchases, but their memories of a historical city on the cutting edge of modernity. ■

### Useful information

- The Tunnelbana subway and bus system: Single fare 20 kronor (\$2.70), day pass 60 kronor; 3-day passes available. [www.sl.se](http://www.sl.se)
- For intercity and international train travel from Stockholm visit [www.sj.se](http://www.sj.se)
- For flight information, visit Arlanda Airport web site. [www.arlanda.com](http://www.arlanda.com)
- For booking and information, visit Scandinavian Airlines at [www.flysas.com](http://www.flysas.com)

- Arlanda Express: A 20-minute train ride from Arlanda Airport to the city center. [www.arlandaexpress.com](http://www.arlandaexpress.com)
- Flygbussarna: Buses leave every 15 to 20 minutes from Arlanda airport (stopping at all terminals) to the city center. [www.flygbussarna.com](http://www.flygbussarna.com)
- Tourist info: Visit the Stockholm Tourist Center in the heart of the city at Hamngatan 27. Before you leave the

city, check out its web site [www.stockholmtown.com](http://www.stockholmtown.com). Both are invaluable resources for any traveler to Stockholm. Here you'll find information and links to what's happening in Stockholm and the surrounding areas, as well as shortcuts to hotels, maps, museums, dining, nightlife and anything else you need to find out but didn't know whom to ask.



## Time to go to Scandinavia

Fly to Scandinavia with SAS for more flights to choose from and the best one-way prices.

Time to book at [www.flysas.com](http://www.flysas.com)

Capital attractions | What to see and do

## Discovering a winter wonderland

Although renowned for its perfect summers, visitors coming in the fall and winter have the pleasure of discovering the relaxed, cozy, and candlelit side of Stockholm. Even in the cooler autumn months, the city offers an unlimited array of Swedish sights, attractions and activities both indoors and out.

Perhaps what makes Stockholm so rare is its proximity to nature. Hellasgården, a wilderness reserve close to the city, offers cross-country skiing and hiking trails and, of course, traditional Swedish bathing — an adventurous activity for the intrepid on a chilly fall or winter day.

If water isn't your thing, head for the centrally located Kungsträdgården, originally King Vasa's private garden. Visitors can strap on skates and glide over the ice rink set up here in the winter.

For more fresh city air, meander along the footpaths at Ekoparken, the first urban area devoted to the preservation of the environment. "This is not a typical city park," says Henrik Waldenström, project leader and tour guide at Ekoparken. "The area is a natural habitat for pine and spruce forests and probably has the densest population of giant oak trees in Europe."

Stockholm's planners are virtuosos in mixing nature with culture. Ekoparken en-

compasses four royal palaces and a number of world-renowned museums, ranging from the outdoor Skansen Museum and the Vasa Museum, built around a recovered ship that sank in the city's waters in 1628, to the Modern Museum of Art, one of the foremost in Europe, which includes works by Picasso and Dalí.

### Creative souls

For a taste of what's experimental in Stockholm today, check out Street, in Hornstull, one of Södermalm's hip neighborhoods, located along the waterfront. This trendy art, music and design market has become the meeting place for the city's creative souls and an unrivaled people-watching place for the rest of us. "We've created a platform for a cosmopolitan mix of people to be able to realize their dreams," says John Higson, founder of Street. "Most of the time we don't know what we are going to experience, and that's the idea."

Götgatan, in the heart of Södermalm, is another shoppers' paradise. Drop in on DesignTorget, which sells the latest in Swedish design while giving young artists a chance for fame.

In the run-up to the holiday season, Advent candles twinkle in virtually every window, and markets herald the beginning of the holidays. Stalls overflow with traditional goods



Stockholm is in the process of expanding the number of bicycle lanes.

— sausages, cheeses, handicrafts, saffron buns and glögg. This hot mulled wine, served with raisins and almonds, is the perfect drink to warm up with on a crisp winter day.

Stockholm is a world-class city, and its remarkable qualities can be enjoyed just as much in the depths of winter as in the sunny summer months. ■

Neighborhoods | Restaurants and hotels

## Eating in style, sleeping in comfort

One-third of Stockholm is water and boat-lined harbors. Another third is taken up by spacious green parks. Close-knit neighborhoods border these powerful geographical anchors to complete the inner-city landscape.

Blended into these distinct neighborhoods, top-notch hotels and restaurants offer comfort, luxury and ease.

The Grand Hotel sits at the water's edge across the harbor from Stockholm Palace. The hotel just expanded to 376 rooms, including a new eighth-floor penthouse suite with its own private cinema.

If you prefer to keep a respectful distance from the royals, check out the eccentric Rival Hotel, with its cinema, bars, bistro, café and bakery. It has typically Scandinavian wooden floors, and above every bed hangs a still from a classic Swedish film. Located in the Södermalm neighborhood, this fun hotel is owned by Abba's Benny Andersson. "This is a new time for Södermalm, and our unique hotel fits in perfectly with the diverse scene," says Caroline Eriksson, managing director.

Hotel Hellsten is located in a quiet neighborhood on the border of Vasastan and Östermalm. A boutique hotel designed with furniture and artifacts that the owner has collected over years of traveling, each room is decorated with different objects, from rural Swedish antiques to Asian sculptures.

Situated on Nybrogatan, the fashionable shopping street in Östermalm, the Mornington Hotel has a unique lobby with more than 4,000 books. Relax at the bar and listen to live music in this hip hotel.

### Designer food and street snacks

When you've worked up an appetite, there are a number of fine restaurants featuring internationally trained chefs as well as low-key spots with great food.

At F12, minimalist postmodern design applies equally to the restaurant's interior and what is on your plate. Danyel Couet and Melker Andersson take ingredients and make magic at this upscale restaurant across the water from the parliament. "The trends change quickly in Stockholm," says Danyel Couet, co-owner and co-chef. "The city has a fast rhythm, so we constantly try to work with new techniques and attempt to set the trends."

Saluhallen opened in 1888 in the posh Östermalm neighborhood. This elegant food hall sells the city's best fish, seafood, cheese, meats, wine, chocolate and more. A number of cozy restaurants offer up succulent Swedish cuisine like the classic fried herring, or skagenröra, fresh shrimp, cream, and bleak roe and dill served on toast.

Vegetarians will love Chutney vegetarian restaurant. Situated in the funky SoFo (South of Folkungatan) area in Södermalm, it features delicious lunches, candle-lit dinners and organic wines. Even if you skip the restaurant, the area is a must to visit.

If street food is what you're after, then head to Östermalm's Korvstället. Choose from 15 different types of korvar (hot dogs and sausages) at one of the city's best hot-dog stands, located at 55 Nybrogatan.

When people think of Swedish pastries nothing specific comes to mind, but it should. Valand Café & Konditori at 48 Surbrunnsgatan in the Vasastan neighborhood will be a revelation — and satisfy your sweet tooth. A classic Swedish café, it has remained virtually unchanged since the 1950s.

Though Stockholm feels like a major city, it isn't huge. But don't let that to the restaurateurs and hotel owners. They never tire in their quest to expand the city's cutting-edge reputation with their generous hospitality and savory creations. ■

Getting around | Urban transport

## Trains and boats and planes

Stockholm's main airport, Arlanda, recently broke its record for the number of international passengers during a single month. It is serviced by 63 major international airlines offering around 500 international direct flights.

SAS is the key airline, offering direct flights from 24 countries worldwide into Stockholm and with an average of about 250 daily flights into Stockholm during the year. In comparison with its Scandinavian competitors, SAS offers the largest network.

The easiest way to get to the Stockholm city center from Arlanda Airport is the Arlanda Express Train. Between four and six trains make the 20-minute trip every hour. Adult tickets cost 200 kronor (\$27) each way. The train leaves directly from the airport and stops in T-Centralen, Stockholm's central train station.

Another option is the Flygbussarna airport bus. Buses leave every 15 to 20



Stockholm's Tunnelbana subway contains the world's longest art exhibition.

minutes, stopping at every airport terminal, then travel direct to T-Centralen. Price is 95 kronor each way.

Most taxis offer a fixed rate from Arlanda to the city, at around 500 kronor one way.

Destination Scandinavia did not involve the reporting or editorial departments of the IHT. Text by GABRIEL STEIN.

For information on the IHT Advertising Supplements program: [supplements@iht.com](mailto:supplements@iht.com)



F12's striking interior sets the scene for its creative cuisine.

SAS  
Scandinavian Airlines

A STAR ALLIANCE MEMBER