



walk & eat

STOCKHOLM

**This is a sample from the PDF edition of
Walk & Eat Stockholm.**

**This short sample includes some of the
introductory text, a sample of a walk, plus
restaurants and a recipe.**

There is a total of 144 pages in the full book.



walk & eat

STOCKHOLM



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This book is designed for short break walking holidays based in Stockholm, using public transport. The city is easily and inexpensively reached by several airlines. You have in your hand enough walks, excursions, restaurants and recipes to last two weeks — so you can pick and choose the most appealing.

Highlights at a glance

- 11 varied day walks, each with topographical map
- 2 fairly long excursions — one by train, one by boat
- 1 shorter part-day excursion, ideal for those with limited time
- a general overview of the extensive walks of the Sörmlandsleden — over a dozen waymarked hikers' trails in the national parks and forests south of Stockholm
- recommended restaurants, cafés and recipes
- hints on wheat-, gluten- and dairy-free eating in Sweden

INTRO

THE WALKS

Stockholm as a walking destination varies radically depending on the time of year that you visit. As a capital city, it's a year-round destination and you'll never be lost for something to do. But many outdoor activities are based on the summer holidays — and several cafés in the countryside follow suit, closing in winter. In addition, more ambitious walks can be dangerous and impassable in mid-winter — not to mention the biting cold.

We've therefore chosen mainly easy walks, most of which can be undertaken year-round. They range from flat rambles within or a few minutes from the city centre to hikers' walks in the forest and national parks. The book is designed for visitors using public transport. Of course, if you drive you may want to hire a car, but to be honest, it's not recommended. Firstly, parking in the city is extremely expensive and hard to find. Secondly, Sweden's drink driving laws mean you'll be over the limit after just one beer or a glass of wine — the limit is 20 mg of alcohol per 100 ml of blood — much stricter than in the UK for instance. And on the positive side, Stockholm's public transport system is little short of amazing. Even sparsely-populated areas are served by buses and trains usually running until late at night. Transport is usually punctual, modern, clean and reliable, with an easy to use journey planner (see page 14).

THE EXCURSIONS

Two long trips are outlined. First is to either or both castles at Gripsholm and Taxinge, near the town of Mariefred. This can be reached by regular inter-city train and then the heritage steam

railway, Östra Södermanlands Järnväg, or by a relaxing cruise on veteran steamboat S/S Mariefred plying Lake Mälaren.

The second excursion is by boat through the Stockholm archipelago to the beautiful island of Grinda, where you can dine, walk, or even stay overnight in a traditional cottage.

For those with limited time, a third excursion — a short boat hop to the islands of Fjäderholmarna — will give you a taste of the archipelago.

THE RESTAURANTS AND CAFÉS

There are restaurants and cafés at the start, end and during many of the walks. But many away from the city are closed out of season (and sometimes in season!), so normally we suggest that you return to Stockholm for dinner — or perhaps make a local recipe yourself. For our featured restaurants a price guide is given, from £ (relatively inexpensive) to £££ (quite pricey). *No restaurant has paid, in cash or in kind, to be included in this guide.*

Unless you are camping, overnight accommodation can be thin on the ground away from the city, so apart from Grinda (see page 100), we suggest you sleep at a Stockholm base.

THE RECIPES

Most of the restaurants who shared recipes with us were happy to tell us the ingredients but preparation remained a ‘secret’ — so we have cooked all the recipes ourselves, to make sure that they work!

What we cannot guarantee, of course, is that they will taste as good back home as they did in Stockholm! So many factors

come into play to make food taste better when you are on holiday, including the atmosphere and your appetite after a good walk, but also variety and quality of the products used. This is why we endorse self-catering (see page 10), so you can try out some of the recipes while you are in Stockholm.

Most of the Swedish recipes suggested are simple to prepare, based on a tradition using simple cooking facilities and making the most of limited ingredients during the harsh winters.

PLANNING YOUR VISIT

When to go

Stockholm is a city of extreme contrasts in the weather and you must take this into account before planning any visit.

The good news is that a large part of the year offers excellent walking weather. The **summer**, from around the beginning of June to mid-September, is often characterised by long, clear days, with almost unlimited daylight around mid-summer. Temperatures tend to be mild, but it can get hot, and visitors should also be prepared against mosquitoes and other biting insects — they love newcomers to the country. While the summer attracts its share of tourists, Stockholm is never full to bursting point, and the high season

Average city temperatures

	Minimum	Maximum
Jan	-5°C/23°F	-1°C/30°F
Feb	-5°C/23°F	-1°C/30°F
Mar	-4°C/25°F	3°C/37°F
Apr	1°C/34°F	8°C/46°F
May	6°C/43°F	14°C/57°F
Jun	11°C/52°F	19°C/66°F
Jul	14°C/57°F	22°C/72°F
Aug	13°C/55°F	20°C/68°F
Sep	9°C/48°F	15°C/59°F
Oct	5°C/41°F	9°C/48°F
Nov	1°C/34°F	5°C/41°F
Dec	-2°C/28°F	2°C/36°F



Autumn is a good time to visit — for the calm and the colours.

is a fairly short affair, lasting from early July to mid-August. The ideal time to visit is June, when the countryside is coming into full bloom.

Be aware that midsummer (usually the third or fourth weekend in June) is a big national holiday in Sweden — at least as big as Christmas! While it can be fun to visit at this time, *be prepared for a*

national closedown, including most restaurants and cafés.

The calm that descends from September makes **autumn** a good time to visit, but it does start to get chilly from mid-September — particularly in the evening, and the dark nights start drawing in. It can become bitterly cold from late October, when the first snows are possible, if rare. **Spring** is fresh, cheerful and often chilly, but note that April means still-lifeless parks, semi-frozen lakes and possible snowfall, sometimes heavy.

Winter offers a unique experience — but come prepared. A crystal-clear December day is magical, as are the lights and traditional build-up to Christmas. But walking opportunities in the countryside are limited. Nightfall comes at around 3pm in mid-winter, and temperatures rarely creep above zero (and can plummet to -15°C). Snow is a regular feature and many rural walks may be impassable or treacherous at best. Walking on a frozen lake can be a memorable experience but do not venture

bility of choosing earlier and later departures as well. Now you select your ticket type:

- on the drop-down menu 'Choose here' you can select the type of ticket you want (it's only in Swedish but is easy to follow): '1 klass' is first class and '2 klass' is second class. You will also see 'just nu' options, which is for discounted advance-purchase tickets. It's unlikely that you'll save more than a few kronor with a 'just nu' ticket to Läggesta, but it's definitely something to think about if you are planning on travelling further afield — there are some real bargains to be had on the routes to Gothenburg and Malmö or to/from Oslo.
- when you have chosen the ticket you want by clicking the button for the specific train, click 'continue'.
- the next page simply deals with which type of seat you want, e.g. a table seat, from the drop down menu, and click 'continue'.
- the next page gives an overview and additional services, such as booking a taxi to/from the train, so normally you will simply click 'continue'.
- the next page is for payment method, which is most likely to be credit card. You can choose to 'collect tickets', which means you can pick up the tickets from the machines at Stockholm central station, using the code you will be given when you press 'continue'. Make a note of the code or fill in your email and/or mobile number to have the code sent to you.

You can of course book tickets in person at Stockholm central station. The staff are very helpful and speak very good English.

Ferries to different destinations around Stockholm and the archipelago are run by several different operators — see details under the excursions to Gripsholm, Grinda and Fjäderholmarna for the respective operators.

ON ARRIVAL

Local transport tickets and passes

Whichever airport you are coming from, or if you arrive by

train or coach, it's most likely that you'll end up at **Stockholm central station** [see town plan]. 'Centralen', as it is commonly known, is an integrated interchange for train, underground, long distance coaches and airport train and bus services.

If you are coming from the **main airport**, Arlanda, the choice of transport into the city is by the very rapid, but pricey Arlanda Express train* (www.arlandaexpress.com) or airport bus (www.flygbussarna.com). It's also possible to take a taxi, which is a cost-effective method if you are a group of three or four.

The outlying '**budget flight**' airports at **Västerås** and **Skavsta** are served by Flygbussarna airport bus, as is the '**city**' airport of Bromma.

Once at Centralen, follow signs to the underground (*tunnelbana*) and you will reach **SL's information and ticket counter**. But you can also buy a full range of local travel tickets at any of the '**Pressbyran**' shops, which also sell newspapers, magazines, food, drink and general items.

Tickets for **Storstockholmslokaltrafik (SL)** are available to suit every length of stay and travel demand. The system is integrated, so tickets are the same for local trains, underground, bus and tram. At the time of writing, the ticket system was undergoing a review (for about the third time in as many years!), so check on www.sl.se for the latest news.

The easiest ticket to buy is a single for the central zone,

*If you are travelling to northern Stockholm, you might also consider taking the Upptåget train (www.ul.se) one stop from Arlanda to Upplands Väsby, then continuing onwards by SL pendeltåg.

which is valid for an unlimited number of journeys for an hour but it's almost certain you'll want to travel extensively, so the best bet is to buy a **Travelcard**. These are available for 24 hours (from moment of purchase; 100kr), 72 hours (200kr), 7 days (260kr) and 30 days (690kr). The great news with travelcards is that not only will you have unlimited travel on all local trains, underground, buses and trams, but also on the heritage tram line from Norrmalmstorg to Djurgården and on the ferry from Slussen to Djurgården. What's more, the travelcard zones extend many kilometres outside the city; *transport to all the walks in this book is covered by a travelcard.*

Tourist information

Stockholm's **tourist information centre** is at Sverigehuset (Sweden house) at Hamngatan 27 in the city centre [1 on the plan]. It is open from 09.00-19.00 Mon-Fri, 10.00-17.00 Sat, 10.00-16.00 Sun. Here you can pick up plenty of free leaflets, maps and so on. They have an excellent, information-packed web site in English at www.stockholmtown.com. Another good source on the web for information about Sweden and Stockholm is www.sweden.se (Sweden's official web site). More informally, www.tripadvisor.com is a great resource for information from fellow travellers — just search for 'Stockholm' and take a dip into the site's forum.

Shopping for self-catering

Any apartment/aparthotel should have good quality kitchenettes with two-ring electric burners, a good-sized oven and tea-



Starting at Stockholm's most exclusive food market, this walk gives a taste of life in the capital, including some of the city's parks. Our destination is Haga Park, one of the finest — a stroller's paradise and home to many interesting and unusual features.

city centre and haga park

WALK


Start out at Östermalmstorg underground station: take the exit at the centre of the platform, marked 'Nybrogatan'. Follow the signs to the exit on Nybrogatan. Coming out of the station, turn left. Directly ahead of you, to the right across Humlegårdsgatan, is **Östermalms Saluhall** [4 on the plan inside the front cover]. Built in 1888, this is Stockholm's outstanding market hall (www.saluhallen.com). It retains its original character and is home to over 20 traders selling almost all the quality ingredients you could wish for — meat, cheeses, seafood, bread, fruit, vegetables, desserts and coffee. It also houses two fish restaurants, a bistro, sandwich bar, sushi bar and coffee bar.

Leaving the Saluhall by the Humlegårdsgatan exit, turn left and walk down the hill. After crossing Sturegatan, you will see **Humlegården** on your right. This city park is home to the **Kungliga Bibliotek** (Swedish Royal Library) — the national

Distance: 7km/4.3mi; 2h15min

Grade: easy; on well-maintained paths throughout, with no steep gradients and walkable at any time of the year. See the plan inside the front cover to begin.

Equipment: see pages 10-12; sun protection

Transport: **U** red line from Centralen to Östermalmstorg (journey time 2min; frequent service); return on  59 from Haga Forum to Centralen (journey time 21min; buses every 10min weekdays, every 20min Sat/Sun — some buses continue beyond Centralen to Slussen and Norra Hammarbyhöjden).

Refreshments: numerous cafés en route through the city; Simons Skaferi for lunches or prepared picnics; two cafés in Haga Park

Points of interest:

Saluhall food market

Humlegården

Eriksbergsgatan

City library (Stadsbibliotek) and park

Haga Park



Östermalms Saluhall,
where the walk begins

archive library, where all domestic printed materials in Swedish are collected. At the end of Humlegårdsgatan the road meets Birger Jarlsgatan, one of the longest streets in central Stockholm. Turn right and walk along Birger Jarlsgatan, which nearly

always retains a calm atmosphere despite its central location and is one of the more unspoilt major central streets. When the street comes to a multiple junction you are at **Eriksbergsplan**, with a huge wheel-type sculpture 'Fordon' (Vehicle) by K J Bejemark. This was also the area that in the 19th century was home to the city's public punishments.

Carry on along Birger Jarlsgatan until you reach a fork, where Roslagsgatan goes straight ahead. To the right is a nice little urban park, **Jarlaparken**. At this point cross Birger Jarlsgatan and turn left up Rehmsgatan. Near the beginning of the street, on the right, is Simons Skaferi [23 on the plan], which specialises in high-quality take away food (see page 32).

Walk to the end of Rehmsgatan, where it meets Sveavägen,

the busiest road in the city centre. Crossing the road you come to a park and the unmistakable rotunda that houses the **Stadsbibliotek** (Stockholm City Library). The park was designed in conjunction with the library, built by Gunnar Asplund in 1928, to give a sense of space around the building. Walk along Sveavägen towards the library and pop inside to see the remarkable rotunda. The library's collection of English-language books would put many British city libraries to shame!

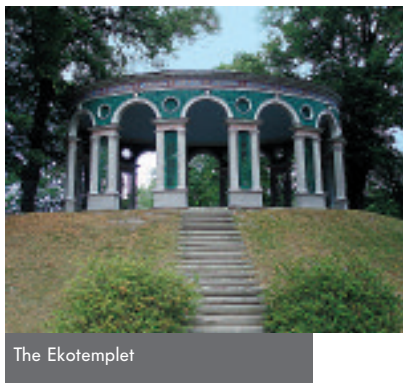
Now carry on along Sveavägen to its end, at Sveaplan. Go straight on, using the pedestrian crossings, and take the pedestrian underpass beneath the road complex. Coming out on the far side, carry straight on along the path, keeping to the right of the distinctive **Wenner-Gren Center**, a centre for scientific exchange. You now leave the city behind. Follow the path around the back of the centre and walk under the **railway bridge**. Shortly after this, turn left (a right turn leads to Walk 2). Keeping the water of Brunnsviken on your right, follow the path by the water's edge past the restaurant/café on your left and then some tennis courts.

You now come into the southern edge of **Haga Park**. Developed in the late 18th century by King Gustav III, Haga is a fine example of what Swedes call an 'English park' — based on nature, with winding paths and woodland, and scattered buildings providing constant new and surprising experiences.

Just beyond the tennis courts, take the path to the right that leads slightly uphill into an oak forest. As the path bends around to the left through the trees, you come out into a more open area with a small, simple café. The path then nears



Brunnsviken on the right and a **cliff face** on the left, where there is a grotto — the remains of a once-planned system to pump water into a reservoir above the rocks. Next, on the right, you see **Gustav III's Pavilion** across the water. Where the water ends, follow the path around to the right, to the other side of water, to walk to this pavilion (guided visits only) and just beyond this the **Ekotemplet** (Echo Temple).



The Ekotemplet

Retrace your steps to where you doubled back near the water. Now walk straight ahead across the huge lawn to the **copper tents**. Built by Louise Jean Desprez between 1787 and 1790, these copper-clad buildings were designed to give the illusion of a sultan's encampment at the edge of the forest. The middle tent houses the **Haga Park Museum**, the one to the east a café/restaurant. Facing the tents, walk to the left: this higher path swings back round towards where you started into the park. Now pine trees offer a contrast to the usual park foliage.

When you come back to the **park's south gates**, walk straight on and you will come to the modern buildings of **Haga Forum**. Turn right on the road here. Walk past the bus stop for buses to the airport; about 40m/yds further on is the stop for bus 59, with frequent services into central Stockholm.



Simons Skafferi

A café, take-away and delicatessen. Emphasis on modern Swedish and European dishes and organic food. Lunches to eat in or take away, plus prepared picnics. Simon Skafferi's philosophy is that 'food and drink are, in every way, life'; he believes in 'the old-fashioned, almost-forgotten ideal of eating with the family'.

With this in mind, Chris and

Simon at the Skafferi prepare food with love and imagination. You can drop by for a coffee or to buy quality organic food and ingredients. There are also wine-tasting events.

We've included two recipes from Simons Skafferi in this book — a Västerbotten cheese quiche (see page 93) and the fish and seafood stew shown opposite. Fish

stew is a staple on Swedish menus, particularly in winter, and it's often a good-value dish in restaurants. *Aioli* is almost always included — either a dollop on the stew or on the side to add as you wish.

SIMONS SKAFFERI

Kungstensgatan 12, Stockholm (also lunch restaurant and café at Kungstensgatan 2)
 ☎ 08 612 38 40; www.simonsskafferi.se £

8 main courses, including fish and seafood soup with saffron; chicken stew with coconut milk and tomato, served with grilled vegetables and rice or red quinoa; Västerbotten pie; smoked salmon and spinach lasagne.

snacks: coffee and bagel; various smoothies

walkers' special: picnic package in cooler bag, with starter, main course, dessert and water

restaurants

eat

SIMON SKAFFERI'S FISH AND SEAFOOD STEW

Heat the bouillon and wine in a large pan. Add the mussels and simmer until the shells open. Take the mussels out of the bouillon and remove the shells.

Add the cream and tomato purée. Lightly fry the butter with the saffron and blend into the bouillon. Cut the vegetables into large chunks and cook in the bouillon for 10 min. Then add the curry powder.

Cut up the fish and add to the bouillon, cooking for no more than 10 min. The final touch is to add the mussels and prawns or crayfish *just before serving*.

To make the *aïoli*, crush the garlic, add the egg yolks and lemon and mix into a paste. Add the oil a little at a time with frantic whisking, to make a well-blended, thick, creamy sauce. Add salt and pepper. Keep cold until serving. OR simply crush the garlic with the salt and pepper, and then stir into a really good, bought mayonnaise.

For the croutons, heat the oven to 190°C, 375°F, gas mark 5. Place the bread cubes on a buttered oven tin. Drizzle olive oil over them and cook for 3-4 min.



Ingredients (for 4 people)

- 500 g fresh fillet of firm white fish (cod if possible)
- 400 g mussels in their shells
- 225 g prawns or crayfish
- 800 ml fish bouillon
- 2 whole fennel
- 2 red or yellow peppers
- 1 leek
- 2 level tsp curry powder
- pinch saffron
- 400 ml cream
- 1 tsp finely chopped dill

For the *aïoli*

- 3 garlic cloves
- 2 egg yolks
- 300 ml olive oil
- pinch sea salt
- pinch black pepper

For the croutons

- white bread (crusts removed and cut into cubes)
- olive oil

recipes

eat

“walk and eat — for good health!”



For walkers who also love food. Walks and excursions in Stockholm and the surrounding archipelago, with **cafés and restaurants** en route. Ideal for short breaks using the excellent public transport network.

- 11 walks and 3 excursions
- large-scale maps; city plan; transport details
- over 35 tips for city and countryside restaurants — even dining on board boats and trams
- local specialities, markets, health food shops
- information about traditional Swedish alcoholic and non-alcoholic drinks
- 12 recipes for local dishes, with an emphasis on *naturally healthy* ingredients

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