
Your inspirational guide for an unforgettable journey through the heart of Sweden

Welcome to Dalarna





Sami village

Visit Sweden's southernmost Sami village. In Idre the reindeer graze freely on the mountain slopes and in the forests. This is a wonderful place to experience Sami culture up close.



Adventure Mine

Try the most powerful sauna ritual deep below in the Adventure Mine at Tuna Hästberg.



Unesco world heritage

Explore the Unesco world heritage site of Falun, one of the best-preserved historic mining areas in the world.

The best of Sweden



A night in the wild

Spend a night in the wild. Try a floating hotel room at Kungshaga, a wilderness lodge at Navardalen, eco camp at Fulufjället, glamping by Lake Siljan's shore or stay in a Sami tipi.



Join Midsummer Celebrations, an ancient Swedish tradition celebrating the start of summer. If you want to experience a truly authentic Swedish Midsummer, Dalarna is the place to be in June.

Midsummer



Dalhalla

Visit Dalhalla, a spectacular venue located in a limestone quarry and renowned for its acoustics and music events.



Nusnäs

Paint your own Dala horse in colourful kurbits design while on a visit to Nusnäs.

Dalarna is renowned for its beautiful nature with mountains in the north, deep forests, sparkling woodland lakes and rivers as well as beautiful farmland. From Lake Grövelsjön in the north to Avesta in the south is about 350 kilometres and there is plenty to discover in terms of culture, history, charming villages and vibrant little towns. Here your days are filled with activities, events, cultural, musical and nature experiences - all year round.

Dalarna is also the heart and soul of the Swedish folk tradition. Many of the symbols you might think typically Swedish are deeply rooted in Dalarna; midsummer celebrations, red-painted cabins, the gorgeous folk costumes, foot-tapping folk music and the Dala horse. There are many cultural attractions in Dalarna and some of them just have to be on your bucket list.



You'll find plenty of well-prepared and well-marked cross-country tracks throughout the province. Some are close to urban areas while others wind their way through deep forests and across mountain ranges.

Cross country skiing



The bright summer in Dalarna


Summer offers an abundance of activities where you can experience culture and nature at the same time through hiking, cycling, canoeing, swimming or why not wildlife tracking. Bright, warm nights that invite you for an evening dip, a canoe trip or peaceful fishing in one of Dalarna's many lakes. In the summer you never want to go to bed and nature's animals keep you company through the night. As summer progresses, it's harvest time, when you can pick mushrooms, blueberries, cloudberries and lingonberries in the forest and fields. We have the luxury of space and spectacular natural surroundings, as well as the right to enjoy them freely.





Hiking as relaxation or adventure

The nature in Dalarna is just made for hiking right up until the snow falls. To walk on ancient trails in the summer sun or among rich autumn colours is a magical way to experience the peace and beauty of the environment. Follow the well-signposted paths and pick lingonberries and cloudberries along the way. One tip is to accompany a nature guide, who will take you to hidden gems that are not on the tourist map, or you can go on interesting theme walks, where there is much to learn.



Despite its accessibility, Dalarna has large areas of untouched nature and wilderness and an abundance of wildlife. Look for traces of moose, beaver and lynx on safari, or simply walk in the peaceful forests and mountains. Or maybe try our fishing in streams, ponds, lakes and brooks.

Several of the best areas for walking are easy to get to by car or even by train and bus. There are rest huts and shelters for stop offs, overnight stays, or cooking an open-air meal. Whether you join a guided tour or follow your own path.

Idre-Grövelsjön in northern Dalarna is home to Sweden's most southern Sami village. Here the reindeer graze freely on the mountain slopes and in the forests. This is a wonderful place to experience Sami culture up close.

Not far from there, you find Fulufjället national park, a fantastic place to walk and hike. Here is varied terrain of mountain and moorland, and the world's oldest tree, or the highest waterfall in Sweden is just a short walk away.

Go south and experience Kungleden and Siljansleden. The path, which follows the old paths up to summer pasturelands, passes through magnificent countryside views and deep forests.

If you prefer walking near the city you can follow Sweden's oldest maintained waterways, all the way to the mine. See old blast furnaces, traditional timber houses, dams and dam workers' homes in beautiful World Heritage natural surroundings in Falun.

Fishing

The fishing in Dalarna offers a variety of fishing waters such as lakes, ponds, rivers and flowing water. Pike and perch are found in almost all water bodies, in the southern parts of Dalarna there is also pikeperch and in the north large stocks of salmon, trout and grayling can be found.

Find Dalarnas best hiking:



Idre Fjäll

Idre Fjäll is located in Sweden's southernmost mountain range in Dalarna. Here, the magic of the mountains and top-class cycling attract everyone – regardless of age, taste and skill.

Sweden's largest cycling paradise



Many people come to Dalarna to cycle. Here are some of Sweden's best cycling routes and areas at your disposal from Säfsen in the south to Idre Fjäll in the north. Biking Dalarna's cycling destinations deliver a huge selection of trails for a fantastic experience, whether you're a beginner or experienced. In addition to top-class cycling, there's accommodation with extra service for

both you and your bike. So keep an eye out for the Outdoor Qualified symbol, where accommodation guarantees that little extra for you as a cyclist. There are, for example, services such as bicycle washing and storage, facilities for washing clothes and carrying out basic bicycle repairs. A variety of activities, cultural experiences as well as good food and drink make your cycling holiday complete.



Säfsen

Säfsen is a family-friendly full-service facility. To cycle here is to become one with the forest, the vast fields, the rolling mountains and the magical silence. There are trails with everything from a BMX track for the little ones to trails for those aiming for longer or more technical runs.

After a day of cycling, it's nice to enjoy an after bike with good food and drink at one of our bike-friendly facilities.



3 Biking Dalarna

- 1 IDRE FJÄLL BIKELAND
- 2 RÖRBÄCKSNÄS
- 3 LINDVALLEN
- 4 SÄLEN BY
- 5 VASALOPPSARENAN
- 6 LIMA
- 7 VANSBRO
- 8 DALA-JÄRNA
- 9 MORA
- 10 ORSA GRÖNKLITT
- 11 RÄTTVIK
- 12 SILJANSNÄS
- 13 BJURSÅS BERG & SJÖ
- 14 GRYCKSBO
- 15 LUGNET
- 16 SUNDBORN
- 17 KÄLLVIKEN
- 18 FALU GRUVA
- 19 SÄTER
- 20 SÄFSEN RESORT



Find Dalarnas best biking:

Sälenfjällen

Sälenfjällen offers plenty of opportunities for cycling in environments with unique character and great variety. The trails go over mountains and moors, through cultural landscapes, wilderness and endless forest.



Falun

Falun is a classic cycling destination in Sweden. The well-marked trails are suitable for everyone – children and beginners can roll freely and safely on smooth surfaces, while experienced cyclists can challenge themselves in dosed curves and hills for turns and jumps.



Siljan

Biking areas around Lake Siljan offer great variety. Challenge yourself on forest roads, pine heathland and sandy slopes in the Vasaloppet Arena in Mora. Cycle out in the wilderness in Orsa Grönklitt or go for a stomach-churning adventure in the Flowtrail.



Winter

Find Dalarnas best cross country skiing:



Cross-country skiing with a view

Cross-country skiing is a popular pastime in Dalarna and you'll find plenty of well-prepared and well-marked cross-country tracks throughout the county. Some are close to urban areas while others wind their way through deep forests and across mountain ranges.

Ski one of the gentle mountain trails starting from easily accessible Grövelsjön mountain station and experience panoramic wilderness scenery, excellent local food, Sami culture and total relaxation. There are more wilderness trails in Gyllbergen, close to Borlänge, with plenty of spots to stop off and grill sausages

along the route, while on the outskirts of Falun you'll find Lugnet recreation area, which has hosted numerous prestigious ski events over the years. Marvel at the terrifying height of the ski jumps as you follow world-class trails of varying lengths and difficulty.

For a true cross-country challenge, follow in the footsteps of kings and thousands of skiers each year by skiing the 90 km Vasaloppet Ski Race route. The biggest ski race in the world is run in March, but the track is open all winter so that you can ski as short or as long a stretch as you like.





SKI RESORTS, SPECIFICATION

RESORT	No. of lifts/ conveyor belt	No. of pistes	Cross-country trails (km)	Lit trails (km)	Ski lessons	Ski rental
Idrefjäll	24	41	82	30	X	X
Fjätervålen	4	18	48	-	X	X
Sälen/Skistar	90	100	70	10	X	X
Kläppen	21	37	37	13	X	X
Stöten	21	47	45	3	X	X
Orsa Grönklitt	15	22	130	12	X	X
Bjursås	10	22	60	3	X	X
Romme	13/3	33	-	-	X	X
Säfsen Resort	6/1	18	75	5	X	X
Idre Himmelfjäll	8	22	82	30	X	X

The magic skiing

Dalarna offers varied alpine skiing suitable for both experienced skiers and beginners. For example, Sälenfjällen, the largest alpine destination in northern Europe, comprising three ski resorts within an hour of each other. Dalarna offers a large selection of ski facilities all with their own character that create skiing fun for everyone. Thanks to a well-developed snow cannon system, snow is assured even early in the season. In addition to fantastic skiing, there is cosy accommodation in cabins, delicious restaurant experiences and activities.



Find Dalarnas best alpine skiing:





Dog sledding

Traveling across the winter scenery in a sled behind a pack of excited dogs is a unique experience not to be missed. Swishing through the snow, it's a perfect way of experiencing the stunning countryside and enjoying an exhilarating, high-speed activity at the same time. In Dalarna, the dog sled companies work with ethical and high-quality dog care.

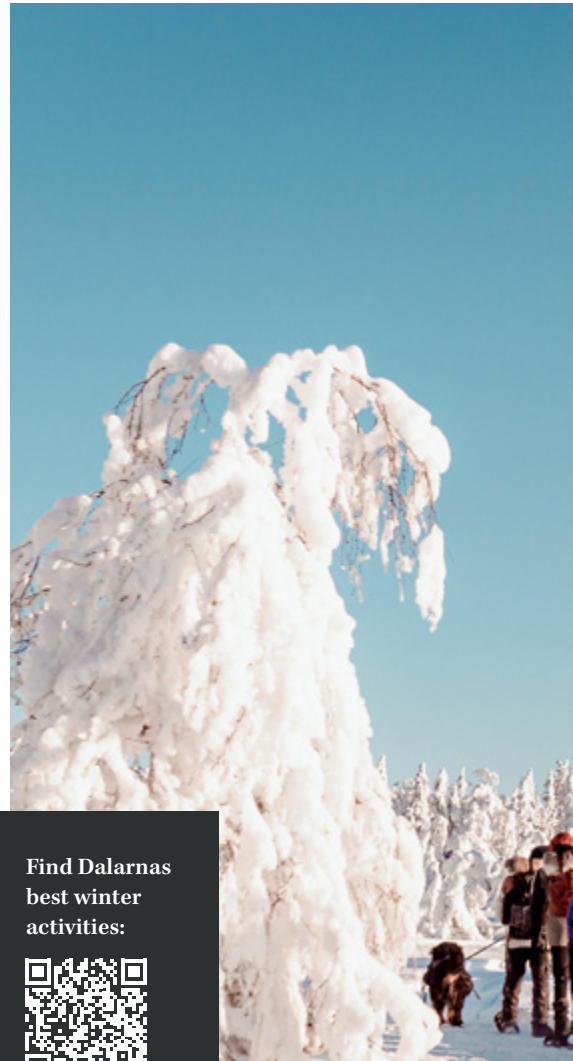
Ice fishing

To fish for the legendary Arctic char is both exciting and challenging and a tip is to book a guided tour for a great day at the lake. The guide brings fishing equipment, ice drills and safety equipment so you can relax. The fishing is going on throughout the day and for lunch the guide cooks you a hot local wilderness lunch.



Ice skating

Ploughed routes on natural lake ice, marked and varying in length will give you a real treat. The availability of ploughed routes is dependent upon weather conditions and areas for long-distance skating can be found on Lake Siljan and Orsasjön, Lake Runn and Lake Väsman. Always put safety first! Check ice reports carefully and make sure you have all the recommended safety equipment.



Find Dalarnas best winter activities:



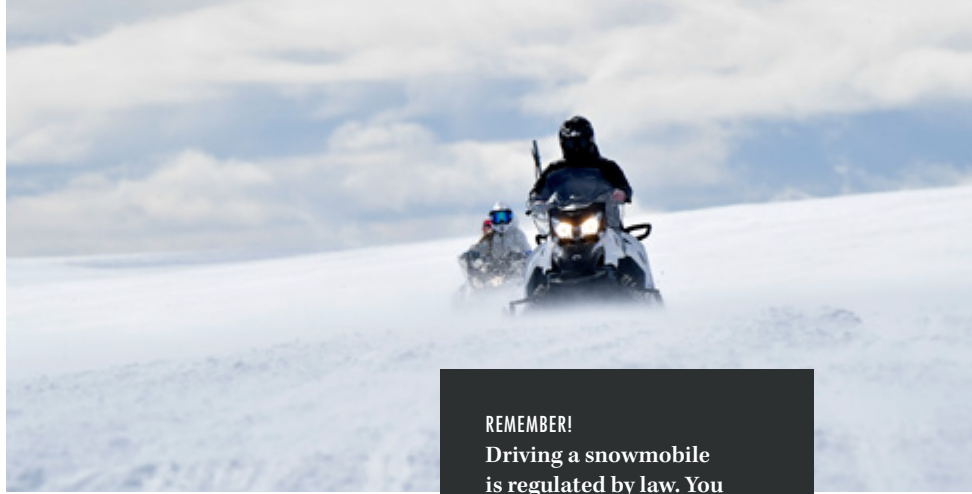
Horse-drawn sleigh

Get warm and cosy under furs and blankets and experience a horse-drawn sleigh ride through Dalarna's beautiful winter landscape.



Snowmobile

Driving a snowmobile is a great way of getting out and about, covering long distances across the snow-covered landscape. Join an experienced guide on a snowmobile safari, taking breaks with a cup of hot chocolate while gazing out at the deep forests, wide expanses of frozen lakes and bare mountain tops.



REMEMBER!

Driving a snowmobile is regulated by law. You may only drive on marked trails on ground with good snow cover. Maps showing the trails can be bought from some Infopoints. Remember to bring your driving licence!

Adventures on snow and ice

Flying on a sled through snow-covered forests behind a pack of excited dogs, silently skating across miles of perfect natural ice or driving fast on a snowmobile. How do you like your day to be?



Ice bathing

Many winter bathers describe the experience as a reboot for the body, instant mindfulness where stress and anxiety are washed away. Whether you are an experienced winter bather or want to try it for the first time, there are plenty of opportunities for ice bathing in Dalarna.

Finish with a relaxing spell in the sauna and top up with a warming drink for maximum enjoyment. Remember, always to swim with others, as a safety precaution.



Kick-sledding

Kick-sledding is an old tradition in Dalarna. The kick-sled has metal runners that allow you to kick your way over ice and ice-covered forest roads. There are often kick-sleds to rent at Siljan and also guided kick-sled safaris where you get to hear about life in Dalarna. It's a nice way to travel across frozen lakes.



Plan your perfect route

Dalarna invites you on a captivating journey, stopping off at places that reveal fascinating aspects of Sweden's history. On the Dalarna Culture Tour, you will get a round trip to places that have played an important part in Sweden's history. Experience authentic cultural sites and

listen to the tales of the people who left their mark on this region. Peek into the homes of artists, world heritage sites, industrial heritage sites and gardens and immerse yourself in Dalarna's colourful cultural story.

Find Dalarnas best culture:



**Culture
route
Dalarna**



Avesta Art/Verket

AVESTA (SUMMER)

Verket is an award-winning immersive museum, where you can experience an exciting mix of history, technology and art.

Carl Larsson-gården

SUNDBORN

Carl Larsson is one of Sweden's best-loved artists of all time and his wife, Karin Larsson, was a trendsetting designer long before her time – trends that have inspired both IKEA and H&M.

Dalarnas museum

FALUN

Here, the entire history of the region is gathered together in one place. Get a taste of traditional crafts such as painted Dala horses, folk costumes, Dalecarlian paintings and take a peek into the library of writer, Selma Lagerlöf.

Falun Mine

FALUN

Take the underground guided tour of the Falun Mine and travel back 1,300 years in time.

Hildasholm

LEKSAND (SUMMER)

Hildasholm, a beautiful house and garden where in summer the two-hectare natural park is in full bloom.

Nils Olsson dalahästar

MORA

Discover how the Dala horse is made, from pine to hand-painted horse decorated in traditional kurbits design.

Ornässtugan

BORLÄNGE (SUMMER)

A medieval timber building, where 500 year old stories about Gustav Vasa's exciting adventures in Dalarna live on.

Porphyry Museum

ÄLVDALEN

Porphyry from the valley of Älvdalen was formed 1.7 billion years ago as a result of major volcanic eruptions. The museum houses a collection of porphyry including decorative and household objects and jewellery.

Zorn Museum

MORA

One of Sweden's most established and well-known art museums with the finest collection in the world of works by Anders Zorn.

Find Dalarnas
best food:



Local culinary experiences

Pubs and breweries

Spend warm summer evenings in one of the pubs that open up during the warmer months of the year like Oppgårds Brewery in Hedemora and Stjärnsund Brygghus in Stjärnsund.

Don't forget to fika!

Swedes have 'fika' twice every day; one in the morning and one in the afternoon. 'Fika' is a coffee or tea break, accompanied by buns, biscuits or whatever you fancy.

Regional food and drink are an important part of Dalarna's cultural heritage. The region has a rich selection of gastronomic destinations well worth a visit. The region's many local producers and growers, farms with small-scale meat production, as well as wild forest berries and game and fresh fish from the lakes and rivers, provide fantastic conditions for working with food and drink in a local, sustainable way.

Taste of Dalarna is your guide to the region's farm shops, restaurants, cafés, craft breweries and other food and drink producers who share a passion for local produce and flavours.

The focus is on craftsmanship and the stories behind the ingredients.





Children's favourites

Exciting adventures underground, breathtaking journeys at high altitudes, cycling in the forest or in the mountains, rail trolley tours along old railways, swimming, beaches and cosy cabins. Being a child in Dalarna is an educational adventure where fairy tales, nature experiences and fast-paced activities are interspersed with quiet moments in front of the fire in the cabin.





Adventure park

Adventure park Leksand Sommarland, a veritable paradise for families with children during the summer. A wide range of activities and adventures, both wet and dry, await.

Exotic animal parks

Animal encounters are always exciting.

Meet the ostriches at Sahlins Struts in Borlänge, with ostrich safari, the world's biggest ostrich egg, ostrich egg ice cream, grilled ostrich burgers and activities.

A visit to Långshyttans Älgpark and Älgpark & Huskyfarm will bring you in close contact with the magnificent elk.

European bison are fascinating, powerful animals that lived in Sweden in the Bronze Age. Visit Avesta Visentpark and get to learn about the bison and see the animals roaming in the enclosed pasture.

Climbing parks

Play, climb and extend your boundaries in climbing parks. The paths and obstacles have different degrees of difficulty allowing family members of all ages to find their own level of challenge. There are climbing parks in Rättvik, Orsa Grönklitt, Idre Fjäll and Lindvallen, Sälen.

Santa's village

Tomteland, land of fairytales in Gesunda with trolls, elves, witches and fairies is a must. Tomteland is a big amusement park and home to Santa's village with mythical, magical places. In addition to the daily entertainment with musical performances, there are so many activities to do on your own.

Falun Mine

Exciting tours in the Falun Mine, where children learn about the lady of the mine and life as a miner. Above ground, the mining museum awaits, where children can climb mining ladders, feel the weight of copper ore and experience what it was like to have a leg amputated in the mine's emergency hospital.



Find Dalarnas best activities for children:





VISITDALARNA.SE Discover Dalarnas wide range of events, activities and destinations along with inspiring articles and tips which guides you to new experiences.

APP VISIT DALARNA TRAVEL GUIDE
An easy way to explore Dalarna with your smartphone.

INSTAGRAM Here you can get inspired and inspire others. Tag [@visitdalarnasweden](#) in your content from Dalarna so we can find it and maybe even share it.

INFOPOINTS There is 80 Infopoints in Dalarna. If you visit one of them you can find local tips and information about what to do and see in the area.

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