



Experience  
*the wonders*  
of Västra Mälardalen



Västra  
**MÄLÅRDALEN**

Discover amazing activities and hidden treasures.  
Welcome to Köping, Arboga and Kungsör.



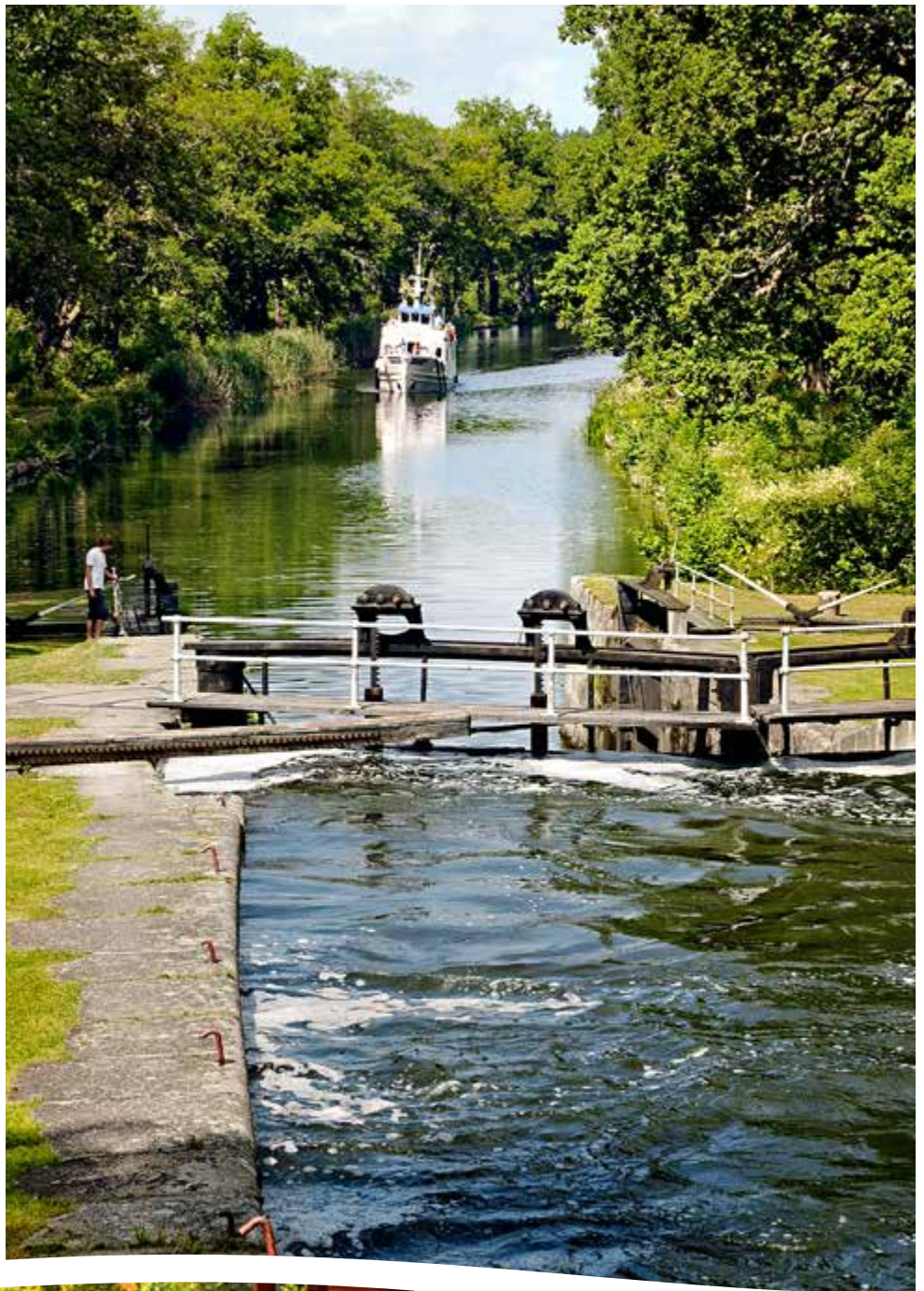


## HJÄLMARE CANAL

# Stunning 17th-century canal

Joining lakes Hjälmaren and Mälaren is Hjälmare Canal – a marvel of engineering that is rich in both history and experiences. Standing as one of Sweden’s oldest excavated waterways and one of the most attractive, Hjälmare Canal passes through the historic cultural landscape via nine locks, all of them operated by hand just like when the canal was built 400 years ago. Three of the locks form a staircase at Hjälmare Docka, which is the ideal place to begin your canal experience. Several walking trails lead off from the dock, and the guest harbour has a real buzz about it in the summer.

Also situated at Hjälmare Docka is the canalside café and seafood restaurant Hjälmare Kanalcafé, where you can enjoy a prawn sandwich, homemade cakes, waffles and ice cream. Another must is Kvarnfallet’s wonderful bathing spot a short distance away, where the glorious Café Kvarnfallet sells home furnishings alongside delicious treats and light lunches.



## Rural idyll in the heart of town

**Gammelgårdens friluftsmuseum.** Offering a wonderful oasis in the woodland of Karlbergsskogen in Köping, this open-air museum takes you back in time to a 19th-century Swedish farm complete with a forge, rope workshop and tannery – the perfect place for curious children who like to explore the past. Hands-on activities are occasionally organised, giving visitors a chance to try the lost art of ropemaking, baking rye bread and dipping candles.

Karlbergsskogen, planted in the 19th century as Köping’s municipal forest, has a varied network of paths for you to stroll along, as you take in the rich variety of trees and birdlife, not to mention beautiful Ruddammen lake. And be sure not to miss what might well be Västra Mälardalen’s tastiest waffles, best enjoyed in the fresh air beneath the cooling tree canopy.







## MEDIEVAL ARBOGA

# Small-town charm in unique setting

Arboga's delightful town centre is one of the loveliest in Sweden. Step several centuries back in time as you wander the narrow cobbled streets lined with low wooden buildings in attractive colours, taking in the view of the beautiful Arboga River.

The town centre is like a living museum in itself, but to experience even more history, we recommend a visit to the church **Heliga Trefaldighets Kyrka** or the oldest of Arboga's streets, **Västerlånggatan**. You can also seek out Arboga's **Tidsmärken**, a series of art installations linked to the town's history, or the medieval herb garden in **Ahllöfsparken**.

And don't pass up the chance of an ice cream or Swedish "fika" while you're in Arboga. The town centre offers a variety of cafés, many in historical buildings. Some have been serving customers for over a hundred years, like **Håges Bageri** on **Nygatan**, which opened back in 1894.

Explore the medieval town independently with a self-guided audio tour of Arboga on your phone.



*Arboga's medieval festival is held every August. Watching knights in combat, browsing the markets and listening to medieval music are just some of the attractions.*

## Royal connections and fantastic "fika"

**Kungsudden.** Over the centuries, many of Sweden's kings have had a soft spot for Kungsör. Gustav Vasa established a royal estate here in the 16th century, and today Kungsudden is a much loved destination on a lush promontory, where the waters of Arboga River run into Lake Mälaren. **Himmelsberga Hembakt** serves drinks, sweet treats and prawn sandwiches in this historic setting, with its old-fashioned charm, rough timber walls and amazing views of the water.

After a proper Swedish fika, you can stroll from Kungsudden up to the enchanting viewpoint at

**Rundelborg**, also known as **Queen Kristina's riding track**. The stone labyrinth is said to have been used by the Swedish queen for riding practice in the 17th century. From Rundelborg, you can carry on to the nature reserve at **Jägaråsen**.

Kungsudden or one of the cafés in Arboga are the perfect place to try a proper Swedish fika!







Västra Mälardalen has many small shops offering a carefully curated range of products, local artisanal food and personal service. Head to Munktorps Prästgård outside Köping to source freshly harvested vegetables.

Want a taste out of the ordinary? Don't miss the organic craft juice and cider from the apple orchard of Köpings Musteri.



**DELICIOUSLY SUSTAINABLE**

# Top-quality produce that's local and artisanal

Västra Mälardalen offers a wide range of small-scale artisanal food producers, growing quality fruit and vegetables, and making exciting sauces, honey and apple juice. You can also buy game such as elk and venison, alongside meat from well-reared farm animals.

The wonderful farm shops dotted around the countryside are a great experience, and a chance to meet the artisans themselves, whether they are beekeepers, farmers or market gardeners. Gårdsbutiken i Smedby is a farm shop housed in an old grain store north

of Arboga, with their own café and a focus on amazing local Swedish produce, including their own eggs and meat from the area.

Ljungs Goa outside Kungsör is an authentic farm shop and café boasting delights such as artisan chocolate, ice cream, home-baked cakes and a range of organic and local products.



Scan the code and find out more about local food producers and farm shops in Västra Mälardalen.



## Got a taste for something special?

Don't miss these three:



**1. Ågården, Arboga.**

Enjoy the perfect location by the river.



**2. Skeppshandeln Café & Bistro, Köping.**

Wonderful locally produced food and top-quality fika.



**3. Glass & Berså, Arboga.**

The most impressive ice creams in Västra Mälardalen.



## Go on a food safari!

Twice a year, Västra Mälardalen holds its Matsafari event, when the farm shops open their doors and you get to meet the people behind the local food. Stop for coffee and a few samples before buying some delicious treats to take home.





## Looking for vintage treasures?

Arboga is a real treat for lovers of antiques and curios, with both bargain flea markets and antique shops offering a hand-picked selection of quality items. Check out examples such as Tallebo Antik, Kuriosaboden and Arboga Antik.

## Polished chrome and finely tuned engines

Incredible classic cars at Bil- och Teknikmuseet in Köping. Admire legendary makes such as Bugatti and Panhard-Levassor, eternal classics like Cadillac and Bentley and the 1929 Mercedes-Benz SSK that is the car museum's star attraction. Bil- och Teknikmuseet also has unique collections of typewriters, radios, cameras and other treasures.



## IF YOU WANT TO FIND THE PERFECT SOUVENIR...

... head for the charming gift store Gamla Stans Kreativa in Köping, where you'll find a select range of accessories, eco-products and sustainable design, plus the store's own jewellery and leather goods.



## EXPERIENCE SWEDEN IN MINIATURE

The traffic never stops at Miniature Kingdom in Kungsör. This unique model railway is impressive in its scale and craftsmanship, with trains, trucks and buses zooming past famous Swedish landmarks. Take the whole family along to marvel at all the vehicles and the level of detail on the hand-painted figures, sculpted landscape and classic buildings.

Did you know...

.... Richard Dybeck, who wrote the lyrics of the Swedish national anthem "Du gamla, du fria", came from Köping? On Sweden's National Day, 6 June, there is always a special breakfast event at Dybecksgården with music and entertainment.







### BIKE-FRIENDLY LANDSCAPE

## Cycle routes for all the family

Västra Mälardalen is the perfect place to explore from the saddle. The distances are short, with natural beauty at every turn and there are plenty of country lanes that are ideal for cycling. Many of our accommodation providers will lend you

bikes, or you can hire some from Arboga Tourist Information, Stationskiosken at Köping station and Ekuddens Camping in Kungsör.

So hop onto the saddle for a cycle tour in the beautiful countryside, past all the rural

heritage and exciting historical sites – not forgetting to stop at one of the area’s lovely cafés and farm shops. Or why not cycle to one of the many great beaches?



### Enjoy a day at the beach

**Go for a swim.** Don't miss the opportunity for a dip in one of Västra Mälardalen's wonderful lakes, rivers and streams. With so many attractive beaches and delightful bathing spots, lazy days and cooling swims are never far away.

*Here are three favourites:*

1. Skillingeudds Badplats, Lake Mälaren, Kungsör. Large jetty and accessible bathing ramp.
2. Mellanbadet, Malmö in Lake Mälaren, Köping. Great sandy beach, popular with sunbathers.
3. Lungers Badplats, Lake Hjälmarens, Arboga. One beach to the west and one to the east. Plus an ice cream kiosk!





## WONDERFUL WALKS

# Everyone is welcome to explore

Nature often takes centre stage in Västra Mälardalen, where you can walk along large lakes and old waterways, deep into the forest and across open fields.

Going for a walk is as easy as putting on your shoes and heading out the door, backed by Sweden's Right of Public Access, which makes the countryside open to everyone. You can either just go where the path takes you, or choose one of the many hiking trails and marked walks that Västra Mälardalen has to offer.

Why not spend a day walking

Tjurlängsleden, for instance? This

lakeside hiking trail just outside

Arboga runs for 10 km and

is clearly signposted with

orange markers. Enjoy an

easy stroll around Tjurlängen

lake for a wonderful outdoor

experience with a good chance

of spotting birds and wild animals.

And if you get hungry, stop by Arboga

Golf Club for lunch or coffee.

### FIND OUT MORE!

Join an English-language nature and culture tour in Västra Mälardalen. Contact Tourist Information for more information.



Naturkartan offers many tips on walks, bathing areas, green spaces and special beauty spots. Scan the QR-code or visit: [naturkartan.se/vastramalardalen](https://naturkartan.se/vastramalardalen)

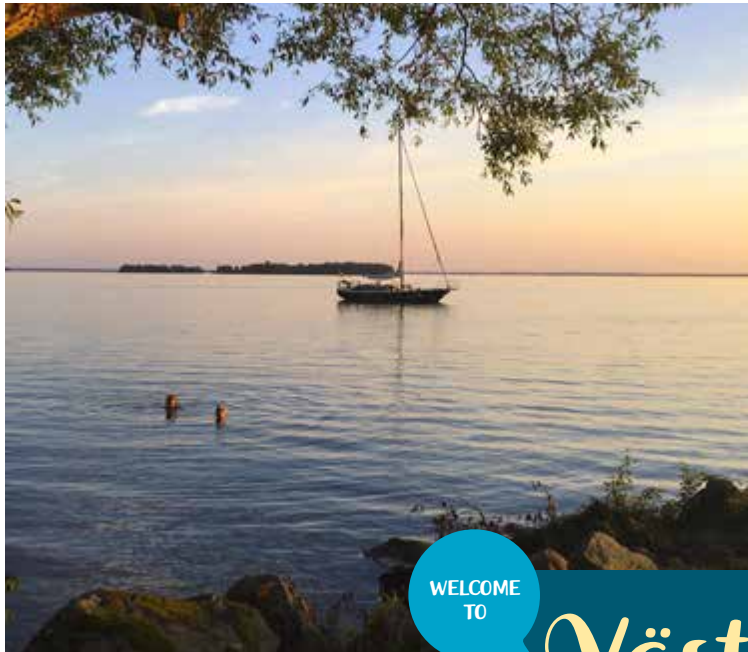
## Relish the summer at Herrfallet

**Holiday fun and beach days.** Herrfallet, a lush recreation area and popular swimming spot with a long, child-friendly and sandy beach, is located on a spit of land jutting out into Lake Hjälmarens. Come for the tranquil natural setting or an active family day – the choice is yours. There is a large playground and superb green spaces for fun and games, along with a beach volleyball court, minigolf and pedal cars, pedalos, canoes and rowing boats for hire.

If you fancy exploring more of the countryside, try the 4 km walking trail through Herrfallet nature reserve. Herrfallet also has a campsite with a convenience store and restaurant.







WELCOME  
TO

# Västra Mälardalen

You've come to a great part of Sweden. Västra Mälardalen – the municipalities of Köping, Arboga and Kungsör – has so much to see and do.

We offer incredible attractions that are accessible to all and easy to explore, from glittering lakes and winding rivers to picturesque towns and deep forests. Västra Mälardalen has the variety to keep everyone happy – but nothing is ever too far away, making the area perfect for adventures on foot, by bike and by car.

You can easily fill a day with a wide range of experiences. Why not dedicate the morning to culture and royal history, enjoy a lunch or Swedish fika of delicious local treats and then spend the afternoon swimming, or walking through woodland and open countryside. In Västra Mälardalen, almost anything is possible.

Please visit a tourist information centre or InfoPoint for even more tips.



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