

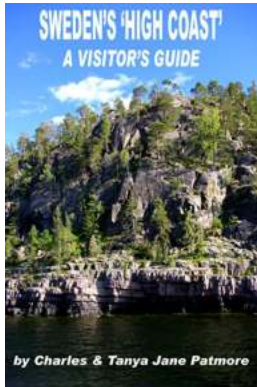
Sweden High Coast Visitor Guide - Explore the Breathtaking Beauty



Welcome to the Sweden High Coast Visitor Guide, where we will take you on an extraordinary journey through one of the most mesmerizing natural wonders in Scandinavia. With its stunning landscapes, charming coastal villages, and an abundance of outdoor activities, the High Coast offers an unforgettable experience for every traveler.

Discover the Majestic High Coast

Known for its unique geological formation, the High Coast is a UNESCO World Heritage Site located in northern Sweden. It stretches along the Gulf of Bothnia, offering breathtaking views of towering cliffs, picturesque islands, and dense forests teeming with wildlife.



Sweden's 'High Coast': a visitor's guide

by Charles Patmore (Kindle Edition)

★★★★☆ 4 out of 5

Language : English
File size : 2800 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 111 pages
Lending : Enabled
Item Weight : 7.1 ounces



The High Coast is particularly famous for its rapidly rising land, caused by the melting of glaciers thousands of years ago. This phenomenon has created an awe-inspiring landscape of dramatic cliffs and stunning vistas, making it a haven for nature enthusiasts and adventure seekers.



Outdoor Adventures

If you love the great outdoors, the High Coast will provide you with endless opportunities for exploration and adventure. Hiking trails wind their way through ancient forests, leading you to hidden beaches, tranquil lakes, and panoramic viewpoints. The Höga Kustenleden trail, stretching for 128 kilometers along the coastline, is a must-visit for enthusiastic hikers.

The area is also a paradise for water activities. Kayaking through the archipelago, fishing in pristine lakes, or taking a boat tour along the stunning coast will allow you to uncover the true beauty of this remarkable region. Don't forget to pack your swimsuit, as swimming in crystal-clear waters surrounded by untouched nature is an absolute must-do!



Delve into Rich Cultural Heritage

The High Coast isn't just about nature; it also offers a treasure trove of cultural experiences. Explore the charming coastal villages, such as Örnsköldsvik and Härnösand, to discover their fascinating history, vibrant local arts scene, and traditional crafts.

Visit the High Coast Museum in Härnösand to learn about the area's geological wonders, its maritime history, and the unique lifestyle of its inhabitants. Be sure to check out the exhibits showcasing the incredible story of how the land rose after the Ice Age, giving birth to this astonishing coastal landscape.



Where to Stay and Eat

The High Coast offers a range of accommodations for every type of traveler. From cozy cottages and charming guesthouses to modern hotels with stunning sea views, you will find the perfect place to rest and recharge for your adventures. Don't forget to try some traditional Swedish dishes, such as freshly

caught seafood and mouthwatering reindeer stew, in the local restaurants and cafes.

For a truly unique experience, why not stay in a traditional red cottage overlooking the archipelago? Imagine waking up to the sound of waves crashing against the cliffs and enjoying a cup of steaming coffee while indulging in the serenity of the High Coast.



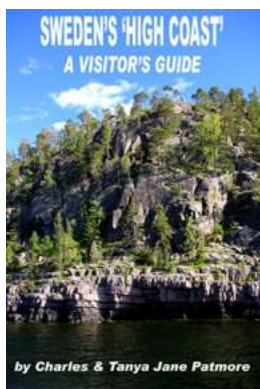
How to Get to the High Coast

There are several convenient ways to reach the High Coast. If you prefer flying, the closest airports are Örnsköldsvik Airport and Sundsvall-Timrå Airport. Both offer domestic flights and connections to major cities in Sweden.

Alternatively, you can travel by train or car. The scenic train journey from Stockholm to Örnsköldsvik will take you through picturesque countryside, while the well-connected road network makes it easy to reach the High Coast at your own pace.

Plan Your Visit Today

The Sweden High Coast Visitor Guide has provided you with a taste of the breathtaking beauty that awaits you. From its towering cliffs to its charming coastal villages, the High Coast offers an unforgettable experience for nature lovers and adventure seekers alike. So why wait? Start planning your High Coast adventure today and discover the wonders of northern Sweden!



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A unique English language guidebook about Sweden's 'High Coast' - a famously beautiful stretch of north Sweden's coastline with idyllic islands, picturesque villages, and forest walking trails. If seeking a holiday destination which combines

beautiful Swedish countryside with varied, interesting places, then the 'High Coast' is the perfect choice for you.

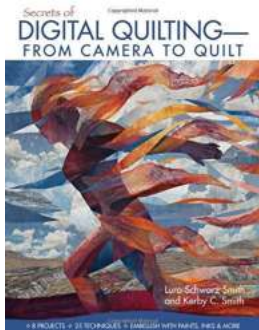
This guidebook covers High Coast attractions like:

- Boat trips to two delightful islands with renowned 17th century 'Fishermen's Chapels', decorated with naïve frescoes.
- A mountainside climb on a network of ladders and ropes to a sea-formed cave, which is now 200 yards above sea level. This shows how the whole local landscape is steadily rising upwards from the sea – the geological phenomenon from which the High Coast gets its name.
- Coastal walks on high forest trails with panoramic views of the High Coast archipelago. The well-signposted 'High Coast Trail' enables keen hikers to walk the whole length of the High Coast. This book shows how to select choice parts of the Trail for much shorter, easier walks.
- Trips inland: historic farmsteads which preserve the awesomely self-sufficient lifestyles of the isolated early settlers – you had your own DIY forge, vodka distillery and gunpowder plant on your farm.
- Other inland excursions include an estate of fantasy buildings and eccentric exhibitions created by a famous High Coast sculptor, and an exciting climb through a labyrinthine cave system.
- Surströmming, a famously strong-smelling, fermented herring dish, comes from the High Coast. This book describes museums about its manufacture, restaurants where you can order it, and how to serve it up yourself at a picnic on an uncrowded High Coast beach.

The book contains much material which you won't find in any other English language guidebook. The authors write from detailed first-hand knowledge – one of them grew up on the High Coast. There's careful attention to practicalities like

transport options and how non-Swedes can use Swedish public transport websites.

Whether you're on an active hiking and camping trip or are seeking a completely non-strenuous holiday or are on holiday with children, this book can open up experiences which many people could enjoy.



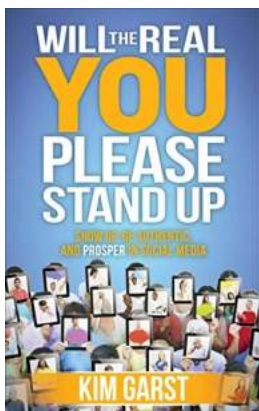
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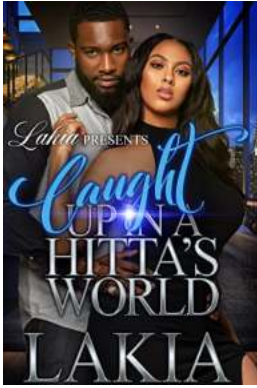
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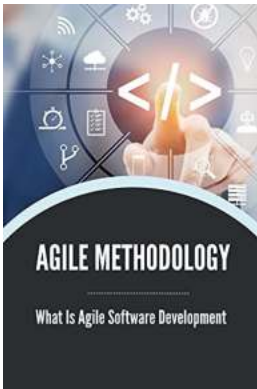
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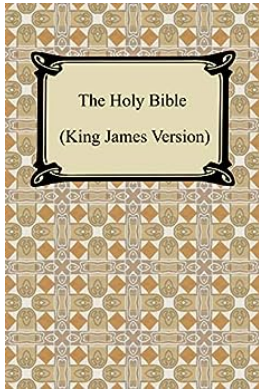
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