

## Tours in Stockholm 2021

### Summer sun rise walking - 60 minutes

**When:** Every Monday from the 5<sup>th</sup> of April til the 6<sup>th</sup> of September at 05.00 - 06.00.



To understand the power of summer in Stockholm, when the sun rises as early as 3.30am in the morning and sets well after 10pm at night, it is necessary to bear in mind the intense darkness of midwinter. Having laboured through weeks with only six short hours of daylight, a brief and often chilly spring can transform overnight into perfect summer days. Evenings are no darker than a nautical twilight, with blue skies even after the sun has set.

The impact of summer upon the Swedish capital's residents cannot be underestimated. The long, bright days and nights invite you to explore the city's lush nature, for it is in its outdoor beauty that you will discover its personality.

With a thousand green spaces and surrounded by more than 200 nature reserves, Stockholm was named Europe's first Green Capital by the European Commission in 2010. Built on 14 islands connected by 57 bridges, water is everywhere.

Mingle with residents on this early morning walk before breakfast. Ps there will be no guiding of monuments on this tour - it is strictly a walk & talk between participants who would like to get out before the crowds.

**Group size:** Minimum 1, maximum 7 (Covid-19 restriction).

**Children friendly:** Yes, children up to the age of 15 can join free of charge.

**Included:** Authorized Tour Guide for 60 minutes.

**Not included:** Transport to the meeting spot.

**Meeting spot:** Just outside the metro station/subway Gamla Stan at Mälartorget. The guide will wear green clothes and hold a signboard; VerdeVerde Travel.

**Difficulty:** Mostly asphalt and lot of cobbled stones. One can easy move around with a children cart, but more difficult with a wheelchair.

**Price:** 100 SEK/ADULT, 50 SEK/SENIOR (+65), FREE/CHILDREN UP TO 15 YRS.

## Stockholm City Hall - 2 hours

**When:** Every 2<sup>nd</sup> Tuesday from the 30<sup>th</sup> of March til the 28<sup>th</sup> of September at 14.30 - 16.30.



The City Hall was designed by the architect Ragnar Östberg and it is built with eight million bricks. The 106-meter tall tower has the three crowns, which is the Swedish national coat of arms, at its apex. Behind the magnificent facades are offices and session halls for politicians and officials, as well as splendid assembly rooms and unique works of art. Stockholm's municipal council meets in Rådssalen, the Council Chamber. The great Nobel banquet is also held at City Hall. After dinner in Blå Hallen, the Blue Hall, Nobel Prize laureates, royalty and guests dance in Gyllene Salen, the Golden Hall, with its 18 million gold mosaic tiles.

This tour will also take you to a tour around this fascinating building, its garden and its courtyards. Tours to the City Hall can be canceled with short notice due to special events.

**Children friendly:** Yes

**Group size:** Minimum 1, maximum 7 (during Corona)

**Getting here:** Ten - fifteen minutes walk from the railway station.

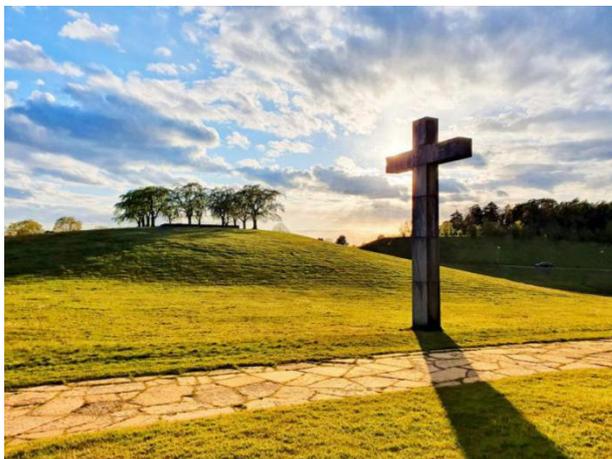
**Meeting spot:** Outside the main entrance of the City Hall at Hantverkargatan 1. The tour ends at the City Hall after the visit.

**Difficulty:** Some stairs around and inside the the City Hall. Let us know in advance if you carry a wheel chair, to better plan the tour for your convenience.

**Price:** 430 SEK/ADULT, 360 SEK/SENIOR (+65), 100 SEK/CHILDREN UP TO 15 YRS.

## The Woodland Cemetery - 90 minutes

**When:** Every Wednesday at 10.00 - 11.30, please book minimum 12 hours in advance.



Skogskyrkogården, or the woodland cemetery turned 100 years old last year (2020), but still feels surprisingly modern. Hear the story about the architects Gunnar Asplund and Sigurd Lewerentz and their masterpieces in creating this unique landscape space. Here you get to see landscape architecture of strange beauty mixed with beautiful nature and iconic buildings.

The woodland cemetery was laid out on a pine-covered pebble ridge and more than 2,000 funerals are held here every year. The woodland cemetery was inscribed on the UNESCO World Heritage List in 1994.

Let yourself be fascinated by the tall pines and the beautiful light that penetrates between the trees. From the fairy tale and mysterious atmosphere of the Forest Chapel to the Greek columns of the Resurrection Chapel.

With many pictures from the past.

**Group size:** Minimum 1, maximum 7 (Covid-19 restriction).

**Children friendly:** Yes, children up to the age of 15 can join free of charge.

**Included:** Authorized Tour Guide for 90 minutes.

**Not included:** Transport to the meeting spot.

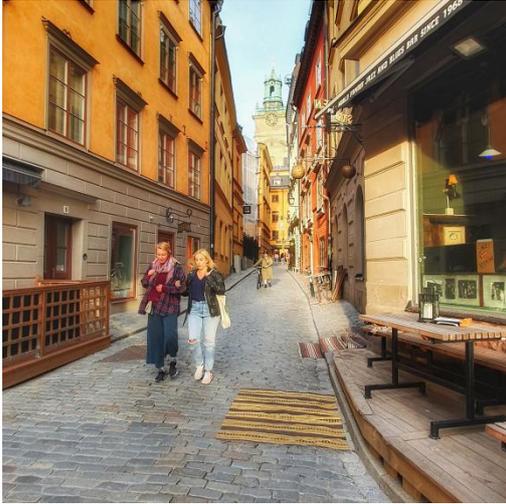
**Meeting spot:** Just outside the metro station/subway Skogskyrkogården, between two flower shops. The guide will wear green clothes and hold a signboard; VerdeVerde Travel.

**Difficulty:** Very few stairs and a lot of gravel stones. One can easily move around with a children cart, but more difficult with a wheelchair.

**Price:** 300 SEK/ADULT, 250 SEK/SENIOR (+65), FREE for children up to 15 YRS.

## Old Town City Walk - 90 minutes

**When:** Every Thursday from the 1<sup>st</sup> of April --30<sup>th</sup> of September at 18.00 - 19.30.



Gamla Stan, the Old Town, is one of the largest and best preserved medieval city centers in Europe, and this is where Stockholm was founded in 1252.

Gamla Stan is like a living pedestrian-friendly museum full of sights, attractions, restaurants, cafés, bars, and places to shop. The narrow winding cobblestone streets, with their buildings in so many different shades of gold, give Gamla Stan its unique character. Even now cellar vaults and frescoes from the Middle Ages can be found behind the visible facades, and on snowy winter days, the district feels like something from a storybook. This 90 minutes city walk will take you to some of the most famous buildings but also to less known streets and to admire some of the most beautiful doors and doorways.

**Group size:** Minimum 1, maximum 7 (Covid-19 restriction).

**Children friendly:** Yes, children up to the age of 15 can join free of charge.

**Included:** Authorized Tour Guide for 90 minutes.

**Not included:** Transport to the meeting spot.

**Meeting spot:** Just outside the metro station/subway Gamla Stan at Mälartorget. The guide will wear green clothes and hold a signboard; VerdeVerde Travel.

**Difficulty:** Some stairs and a lot of cobbled stones. One can easily move around with a children cart, but more difficult with a wheelchair.

**Price:** 300 SEK/ADULT, 250 SEK/SENIOR (+65), Free for children up to 15 YRS.

## Biking in the Eco-park - 3 hours

**When:** Every second Thursday at 14.00 - 17.00 from the 6<sup>th</sup> of May til the 23<sup>rd</sup> of September.



A wonderful bike ride in Ekoparken / Kungliga Nationalstadsparken. Come and explore the beautiful park landscape of Djurgården.

We will ride our bicycles mostly on asphalt and gravel stones in the lush surroundings as well as long distances along the water. We pass many exciting buildings and environments and at some of them we stop and talk. About halfway we reach Blockhusudden and take a short break. The guide brings seat pads and snacks (fruit, drinks and coffee bread) for the short stop. Maximum 7 participants.

We stop at Wicanderska villa, Skånska mine, Sirishov, Rosendal castle, Kungseken, Blockhusudden, Isbladskärret, Djurkyrkogården, Djurgårdsbrunn, Kaknäs and Borgen.

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**Note:** **bicycle is not included** so you need to bring your own, or rent one in advance on Strandvägen, pier 25 or at Sjöcafeet / Royal Djurgården / Visitor Center.

**Group size:** Minimum 1, maximum 7 (Covid-19 restriction).

**Children friendly:** Yes, children up to the age of 15 can join free of charge.

**Included:** Authorized Tour Guide for 3 hours, light refreshments (a beverage, a fruit and home made biscuits).

**Not included:** Transport to the meeting spot or bicycles.

**Meeting spot:** Just outside Royal Djurgården/Visitor Center, Djurgårdsvägen 2. The guide will wear green clothes and hold a signboard; VerdeVerde Travel.

**Difficulty:** Mostly asphalt and lot of cobbled stones. One can easy move around with a children chart, but more difficult with a wheelchair.

**Price:** 395 SEK/ADULT, 350 SEK/SENIOR, FREE for children up to 15 YRS.

## Stockholm in a nutshell - 3 hours

**When:** Every second Friday at 10.00 - 13.00 from the 12<sup>th</sup> of March til 31<sup>st</sup> of December.



Are you coming to Stockholm for the first time? Do you want to include the most important highlights on just one excursion? Stockholm in a nutshell gives you a city walk in old town of Stockholm, where you will see the most famous sights such as the Royal Palace and enter the cathedral Storkyrkan. You will walk on cobbled stones to explore the narrowest alley Mårten Trotsig as well as many other alleys. You will be able to admire the statue of St George and the Dragon. Before leaving the Old town, you will also have time to enjoy a typical Swedish fika (café and a cinnamon bun or similar). By boat we travel to Royal Djurgården. A stroll in the pretty area of Djurgårdsstaden with its many adorable wooden houses and then a

visit the incredible Vasa Museum. After 333 years at the bottom, this mighty warship was salvaged and the journey continued. Today, Vasa is the world's best-preserved 17th-century ship. Inside the museum you will receive a guided tour of 30 minutes, before being given time on your own. You can return back to the city when you prefer, as you will be given a 24 hours ticket.

**Group size:** Minimum 1, maximum 7 (Covid-19 restriction).

**Children friendly:** Yes, children up to the age of 15 can join free of charge.

**Included:** Authorized Tour Guide for 3 hours, entrance ticket to the Cathedral + the Vasamuseum, a Swedish fika (with tea or coffee and a cinnamon bun) + a 24 hour bus ticket (valid also on the boat, metro and the tram).

**Not included:** Transport to the meeting spot.

**Meeting spot:** Just outside the metro station/subway Gamla Stan at Mälartorget. The guide will wear green clothes and hold a signboard; VerdeVerde Travel.

**Difficulty:** Mostly asphalt and lot of cobbled stones. One can easily move around with a children cart, but more difficult with a wheelchair.

**Price: 275 euro per person (single purchase),** 175 euro per person in a group of 2 people. 150 euro per person in a group of 3 people. 120 euro per person in a group of 4 paying adult.

## A Nature walk with Forest-bathing 2,5 hours

**When:** Every second Wednesday at 11.00 - 13.30 from the 10<sup>th</sup> of February til 29<sup>th</sup> of December.



Leave the stressful everyday life, relax and unwind with a mentally refreshing forest bath. This is the Scandinavian way of Shinrin-yoku. Reload with green forest energy. After the tour we gather for a Swedish forest-fika (a light refreshment). No previous knowledge required.

After a short walk we admire the area from a cliff and then in to the pine forest of Årsta. We will move very slowly and focus on the present.

I recommend switching off mobile just during the forest bath itself, so that you do not become interrupted and unfocused. We move too little and stress too much. Stress generates sick leave, but a short time in nature can reduce stress levels significantly. Many testify that in nature they can relax, move unpretentiously and feel that they are part of something bigger.

Treat yourself to the luxury of taking it easy for once. You will learn to focus on your feelings and sensory experiences and just be. It is extremely unusual experience. With a guide, you can let go of control, which many find liberating. We humans are social animals. Many people just appreciate going out in groups. Many people instinctively feel that they feel good in nature. I help you find new places, or look at familiar places with new eyes. You get tips on exercises you can do on your own.

**Children friendly:** No

**Group size:** Minimum 2, maximum 7.

**Included:** Authorized Tour Guide for 150 minutes.

**Not included:** Transport to the meeting spot.

**Getting here:** Metro/Subway to Gullmarsplan, bus 15 minutes to Årsta torg.

**Meeting spot:** In front Folkets Hus/Bio, Årsta torg.

**Difficulty:** A Nature walk.

**Price:**395 SEK/ADULT, 350 SEK/SENIOR (+65).

### Old Town City Walk X-Mas Edition 90 minutes

**When: Every Friday at 16.00 - 17.30 from the 12<sup>th</sup> of November til the 17<sup>th</sup> of December.**



A city walk on cobblestones in the old alleys of Gamla stan. Admire the charming neighborhoods while you learn what Swedes do for Christmas, what we eat and why we celebrate the 24th of December. Get to know what Santa is called in Sweden and the strange legend of the Swedish Yule goat and tomten. Walking through the city when it is dark outside makes you see the Christmas decorations in the apartments and better understand our love for Christmas. A mug of hot mulled wine is included.

**Children friendly:** Yes

**Group size:** Minimum 2, maximum 7.

**Included:** Authorized Tour Guide for 90 minutes.

**Not included:** Transport to the meeting spot or entrances (no entrance planned)

**Getting here:** Metro/Subway Gamla Stan.

**Meeting spot:** In front of the Postmuseum, Lilla Nygatan 6.

**Difficulty:** Cobbled stones.

**Price:**295 SEK/ADULT, 250 SEK/SENIOR (+65), Free for children up to 15 YRS.

**You can not find what you are looking for? Write to me! I would like to help you. I can tailor made a tour on your suggestions.**

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