



Explore local culture and nature!

VISITOR GUIDE



Castles, rural heritage and charming small towns on Lake Mälaren

Gripsholm Castle, Mälsåker Castle and Strängnäs Cathedral are exciting destinations for anyone interested in Swedish history.

The natural beauty around Åkers Styckebruk appeals to outdoor enthusiasts, attracted by the Sörmlandsleden hiking trail and the opportunity to glide around Marvikarna nature reserve in a canoe.

The Pilgrimsleden trail on Fogdön is popular with walkers and cyclists alike, while Selaön has remains from Viking times along with several cycle trails.

The picturesque town centres of Strängnäs and Mariefred are also a joy, with their charming shops, cafés and restaurants. Sitting right on Lake Mälaren, there is always a great buzz along the shoreline promenades.



TOURIST INFORMATION

- +46 (0)152-291 00
- turism@strangnas.se
- strangnas.se/turism
- turismstrangnasmariefred

INFO POINT STRÄNGNÄS

Kontaktcenter Strängnäs kommun
Nygatan 10, Strängnäs

INFO POINT MARIEFRED

Mid-June to mid-Augusti
+46 (0)152-297 90

For more Info Points, visit our web-site.



STRÄNGNÄS
KOMMUN

This is just a selection of our attractions and activities. For further information on other destinations, accommodation, restaurants and cafés, go to strangnas.se/turism

Dynamisk drift
STRÄNGNÄS KOMMUN

Tourist destinations

Gripsholm Castle in Mariefred

This castle from the time of Gustav Vasa dates back 400 years. Wander through the winding passages, and marvel at Duke Karl's chamber and King Gustav III's theatre. gripsholmsslott.se

Arsenalen in Härad

Military history museum displaying vehicles from the 1900s to the present day. arsenalen.se

Strängnäs Cathedral

Attractions in this beautiful 13th-century cathedral include King Karl IX's tomb and funeral regalia. svenskakyrkan.se/strangnas

Heritage railway in Mariefred

Trains run on the narrow-gauge rail line between Mariefred, Läggesta and Taxinge Näsby from May to September. In high season, you can also travel by steam boat one way and steam train the other. For more information and timetables: oslj.nu

Boat trips on Lake Mälaren

The steamer S/S Mariefred running between Stockholm and Mariefred is a longstanding part of Sweden's culture heritage. Other boat trips and ferry routes are also available, including to the Viking town of Birka. strangnas.se/batturer



Mälsåker Castle on Selaön

The island of Selaön is home to a lovely Baroque castle with an exciting history – from the Age of Greatness in the 17th century to a secret Norwegian training camp in World War II. In summer the castle also has exhibitions, concerts and a café. malsaker.nu

Åkers Bruksmuseum in Åkers Styckebruk

The museum tells the story of one of Sweden's oldest companies, founded in 1580. It also holds a fascinating archive. akershembygd.se

Skottvångs Grufva, Åkers Bergslag mining district

A former mining site with restaurant, plus a mining museum (seasonal opening). skottvangsgrufva.se

Grassagården manor and windmill in Strängnäs

17th-century Grassagården manor boasts a museum and a café. The windmill stands on the hill nearby. Guided tours of both Grassagården manor and the mill operate in the summer. strangnas.se/kulturarv

POM Gallery in Mariefred

This art gallery often exhibits work by young artists – the stars of the future! pomgallery.se

Ulvhälls Hällar in Strängnäs

This art park brings you up close to both art and water. The artworks are on display from May to September, but the park is open all year round. ulvhallshallar.se

Callanderska Gården in Mariefred

The town's heritage museum is a manor house from the 1780s with a lovely garden. Take a look inside a historic manor and enjoy a coffee in the garden. hembygd.se/mariefred/callanderska-garden

Activities

Canoeing

Canoe from Marvikarna to the sea. You can paddle a canoe or kayak from Åkers Styckebruk to Trosa on the east coast via a 40 km canoe trail, taking you through amazing countryside, along narrow straits with steep banks and across beautiful lakes. strangnas.se/paddla

Hire a canoe or kayak from Kanotkungen for a daytrip or a longer adventure. You can make your own itinerary with different places to start and end. kanotkungen.se

Experience the town of Strängnäs from the water or paddle around Gripsholm Castle in Mariefred. Head to our guest harbours to hire a canoe, kayak, paddleboard or pedalo.

Visholmen in Strängnäs has a self-service Kayakomat, open 24/7, where you can book and hire a kayak or paddleboard. strangnas.se/paddla



Hiking

Beautiful sections of the Sörmlandsleden hiking trail pass through the former mining district of Åkers Bergslag. You can easily pick up the trail, which has both shelters and firepits in several locations. Read more about the sections: sormlandsleden.se

Planning tool and useful information before your hike: visitsormland.se/vandra

Read about other hiking trails, both in Åkers Bergslag and on Fogdön: strangnas.se/vandra

Cycling

Näckrosleden is a 700 km cycle trail that runs around the whole province of Sörmland. The Mälardalsleden trail circles Lake Mälaren and covers 440 km in total. Some of the passenger ferries on Lake Mälaren take bikes on board – start or end your cycle along Mälardalsleden with a boat trip. Bikes can be hired down by the harbour in Strängnäs. Information and maps: strangnas.se/cykla

Fishing

Great fishing can be enjoyed both on Lake Mälaren and in the mining district of Åkers Bergslag. Some lakes in Åkers Bergslag are “put and take” lakes with game fish. Fishing in Lake Mälaren is free for those using handheld equipment such as casting and fishing rods. A fishing licence is required for fishing in the lakes around Åkers Styckebruk. strangnas.se/fiske