

Good to know 2021

For temporary visitors!

This chapter provides information for those who are planning to visit our region

For additional information, we recommend that you also read “Good to know – For long stays!” or “Good to know – For those who wish to start a company!”



Arjeplog •
Sorsele •
Arvidsjaur •
Malå •
Norsjö •
Skellefteå •

*Useful information
about Skellefteå Älvdal*

Welcome to Skellefteå Älvdal!

Discover our beautiful region, which extends inland from the coast all the way to the mountains and the Norwegian border.

This brochure contains a lot of valuable information that will help you, both before and during your visit, such as recommendations for accommodation, where you can hire a car, or where you can find free WiFi.

You will find out about the behaviour that is expected of visitors to our natural surroundings, as well as about other things the area has to offer. For example, do you know what is meant by the black bin bags that you may see hung up along the roadside?

Plan your visit and, if there's anything else you'd like to know, please don't hesitate to contact the tourist information office in the relevant municipality

Content

Planning	4	What is not permitted?	10	Nordic citizens	12
Before you travel	4	Natural protection areas	10	Citizens of other countries	12
Passports	4	Wild animals	10	Dental care	12
Medicines	4	Protected animals	10	In the event of an accident	13
Insurance	4	Reindeer	10	Car accidents	13
Vaccinations	4	Mosquitoes	10	Fires	13
Packing	4	Practical considerations	11	Accidents involving wild animals	13
Booking accommodation	4	Language	11	Mountain rescue	13
Booking transport	5	Climate	11		
Accommodation	6	Mobile telephones	11		
Short term pitches	6	WiFi	11		
Water	6	Currency	11		
Latrines & refuse	6	Payment	11		
Gas and LPG	6	Euros	11		
Nature camping	6	Banks	11		
At your destination	6	Drivers licences	11		
Transport	7	In the event of illness or injury	12		
Public transport	7	Emergency services number	12		
Trains	7	Medical care	12		
Cars	7	Arjeplog	12		
Fuel	7	Arvidsjaur	12		
Traffic disruptions	7	Malå	12		
Food	8	Norsjö	12		
Restaurants	8	Sorsele	12		
Grocery stores	8	Skellefteå	12		
Nature	9	Cost of medical care	12		
The freedom to roam (Allemansrätten)	9	Citizens of the EU, EEA or Switzerland	12		
Privacy zone	9				
What is permitted?	9				



Planning

Before you leave home to visit our region, it is a good idea to make sure that you have made sufficient plans and preparations. Here, we provide you with some useful advice.

Before you travel

Passports

Make sure that your passport is valid for at least 6 months after your planned return journey.

Medicines

Remember to pack all necessary medicines or prescriptions.

Make sure that your medicines have been approved for bringing into, and using in, Sweden. Ask your doctor for advice.

Insurance

Make sure you have appropriate insurance that will protect you during your trip.

If you are planning to take part in extreme sports or high-risk activities during your stay, you should also arrange supplementary insurance. Contact your insurance company for assistance.

European health insurance cards

A European health insurance card provides EU citizens with access to medically necessary (public) healthcare during temporary visits to any of the 28 EU member states, as well as Iceland, Liechtenstein, Norway and Switzerland. The same terms and prices apply as those for insured local residents. The card is issued by your local healthcare authority, and must be presented in the event of any hospital visit. Find out more about how to obtain a European health insurance card on [the European Commission website](#) (information available in several languages).

Remember that the EU health insurance card is not an alternative to regular insurance.

Vaccinations

There are no special requirements for travelling to Sweden. However, travellers are generally recommended to be vaccinated against:



- Diphtheria
- Polio
- Tetanus
- Measles

Packing

Clothing

This part of Sweden has four distinct seasons, and temperatures and weather conditions can vary greatly compared to other European countries. Find out about the likely climatic conditions that will apply during your stay, and plan which clothes and equipment to bring with you according to the forecast.

Find out more about northern Sweden's climate on page 11.

Currency

The currency used in Sweden is Swedish kronor (SEK). Bank cards from Visa, Mastercard and Maestro can generally be used

without problem. In Sweden, the process of digitalisation is at an advanced stage. Certain organisations will only accept payment by bank card. If you plan to make any online payments during your trip (e.g. for admission tickets or for a fishing permit), make sure that your card can be used for online purchases before you leave. ATMs for withdrawing cash are available in the main towns of each municipality.

Plug adapters

The electrical plugs used in Sweden comply with the central European standard (types C or F). If you have any device fitted with a different type of plug, you will need an adapter. These can be bought at most electrical stores.

Booking accommodation

It is a good idea to book your accommodation before you arrive.

Booking transport

This part of Sweden is accessible by both train and airplane.

The most convenient way is to book your tickets directly via the travel company's own websites, or via a travel agent.

Flights

There are airports served by connecting flights to/from Stockholm Arlanda Airport in Arvidsjaur, Skellefteå, Lycksele, Gällivare, Luleå and Umeå. During the winter, Arvidsjaur Airport also has direct flights to/from Munich, Stuttgart, Frankfurt/Hahn and Hanover.

- Skellefteå: [SAS](#)
- Umeå, Luleå: SAS, [Norwegian](#)
- Lycksele: [Amapola](#)
- Arvidsjaur, Gällivare: [Nordica](#)
- Direct flights from Germany: [FlyCar](#), [ProSky](#)

Trains

You can use SJ (the Swedish state railway) to travel by train from Gothenburg or Stockholm to [Bastuträsk](#) in Norsjö municipality or [Jörn](#) in Skellefteå municipality. During weekends, it is also possible to disembark at Älvsbyn. Railway stations are also served by bus connections, but you need to make sure that you check departure times carefully.

Visit [sj.se](#) for more information.

The Inland Line (Inlandsbanan) is trafficked by trolley buses during the summer. The Inland Line also offers package tours – e.g. in combination with Hurtigruten in Norway.

Visit [Inlandsbanan](#) for more information.



At your destination

Accommodation

The region is served by a good and diverse range of accommodation options. You will find information and contact details for hotels, hostels and campsites under the destination websites for each town (see below).

Many of the accommodation options can also be booked via online booking platforms.

- Arvidsjaur: visitarvidsjaur.se
- Arjeplog: arjeploglapland.se
- Malå: visitmala.se
- Norsjö: visitnorsjo.se
- Skellefteå: visitskelleftea.se
- Sorsele: visit.sorsele.se

Short term pitches

At a short term pitch, you can park your caravan or motorhome for just a few days. Contact the local tourist information office or visit the websites listed below to find out where these pitches are located. Information not available in English.

- **Norrbottnen:**
Arjeplog, Arvidsjaur
- **Västerbotten:**
Malå, Norsjö, Skellefteå, Sorsele

Water

Petrol stations and certain short term pitch facilities will provide water for caravans and motorhomes. It is a good idea to make sure you have the following:

- Water hose with a Gardena connector
- A number of different tap connectors
- Key to water outlet

Latrines & refuse

Search for [sites here](#), or see Trafikverkets [map of rest sites](#). Be aware that camp sites may charge a fee for the emptying of latrines.

Arjeplog

- Rastplats Polcirkeln, väg 95
- Kraja camping

Arvidsjaur

- Camp Gielas Fritidsby & Camping

Malå

- Malå Camping

Norsjö

- Fromhedens camping
- Fridfulla Rännudden

Sorsele

- Sorsele camping och vandrarhem

Skellefteå

- Skellefteå Camping
- Boviken Camping och havsbad
- Byske Havsbad
- Byske Ställplats
- Byske, trafikverkets rastplats AC9
- Rastplats Tjärn
- Rastplats Ljusvattnet, Bureå
- Bureå Camping
- Rastplats Marsjön, Lövvånger
- Burträsk Camping

Gas and LPG

There is a difference between the Swedish and European standards for gas and LPG (liquid petroleum gas) cylinders, so you should make sure you have spare cylinders and purchase an adaptor, as it is not possible to refill your own cylinders in the region. Empty cylinders can often be exchanged for new (Swedish standard) cylinders at a discounted price. Gas and LPG are often sold at petrol stations and hardware stores.

*Primagaz H11 cylinder. Here, a click-on valve of Norwegian/Danish model. Retailers of Primagaz include: Circle K, Bygghuset, Skellefteå bränslen and Granngården in Skellefteå; Ingo in Malå; Lidéns Järnhandel in Sorsele; and Granns Järn & Bygg in Arjeplog. Please note that we cannot guarantee that these retailers will stock this exact type of cylinder.

See the Primagaz range here (Swedish)

Nature camping

The setting up of tents is permitted as long as it is in accordance with the freedom to roam right (allmansrätten – see page 9) or within the specific regulations of the site in question. Contact the relevant tourist information office for advice or recommendations.



Transport

Public transport

Visit the Länstrafiken website for Norrbotten or Västerbotten, or download the Tabussen.nu app so that you can view time-tables and travel routes on your mobile device.

- Norrbotten: www.ltnbd.se
- Västerbotten: www.tabussen.nu
NB: Information in English is limited.

Trains

All passenger train lines in Skellefteå Älvdal run in a North-South direction. Find out whether your intended destination is accessible by train by visiting:

- [SJ – Sveriges järnvägar](#)
- [Norrtåg](#)
- [Inlandsbanan](#)

Cars

Cars are a common form of transport, as this part of Sweden is characterised by long distances with limited public transport. In Sweden, cars drive on the right-hand side of the road. For more information about road rules and traffic signs, etc., please visit [Transportstyrelsen's](#) website.

For information about road signs in English click here: [Road signs](#)

Sweden is home to a quarter of a million reindeer, with a similar amount of elk, so it is important to pay attention when driving in this region. Black binbags hung along the roadside act as a warning for freeroaming reindeer. If you were to collide with an animal, you are obliged to report this to the police (tel. 114 14). Your car insurance will compensate the owner of the reindeer.

Many visitors like to take photographs of wild reindeer and elk. If doing so, make sure that you do not represent any danger to other road-users – do not stop on bends, and turn on your hazard lights.

Renting a car

In order to rent a car, the driver must be at least 18 years of age and have a valid drivers license.

Arjeplog

- [OKQ8](#), Lappvällsvägen 17, Arjeplog

Arvidsjaur

- [Avis](#), Arvidsjaur Airport
- [Hertz](#), Arvidsjaur Airport + Storgatan 81, Arvidsjaur
- [Europcar](#), Arvidsjaur Airport

Malå

- [Frendo](#), Storgatan 11, Malå
- [Bil & Maskin](#), Sorselevägen 2, Malå

Norsjö

- [Rotarium](#), Industrivägen 1, Norsjö

Sorsele

- [Karlssons Bilservice](#), Långgatan 9, Sorsele

Skellefteå

- [Hertz](#), Skellefteå Airport, Tjarnvägen 1
- [Avis](#), Skellefteå Airport, Hammarvägen 1
- [Circle K](#), Kågevägen 37, Skellefteå
- [Europcar](#), Skellefteå Airport, Tjarnvägen 6
- [Mabi](#), Skellefteå Airport, Hammarvägen 3C
- [Tidy](#), Verkstadsvägen 18, Skellefteå

Fuel

At petrol stations, you can purchase petrol, diesel and ethanol. Charging points for electric and hybrid cars are available in Skellefteå, Boliden, Lycksele, Arjeplog and Arvidsjaur. [Map of charging points](#)

Traffic disruptions

In the northern regions of Sweden and Finland, extensive roadworks are often conducted in the summer months, with the process being unlike that of roadworks in the rest of Europe. Plan your journey in advance. If possible, select an alternative route. For more information about ongoing disruption, visit Trafikverket's website.

[Map of traffic disruption](#)



Food

Northern Sweden boasts an exclusive range of food that has a close connection to the expansive natural landscapes. Find out more about the region's special food culture here:

- [Visit Västerbotten](#)
- [The taste of Swedish Lapland](#)

Local tourist information offices will also be able to give you some recommendations. Don't forget that the tap water in Sweden is of a very high standard – it is both clean and delicious!

Restaurants

Tips

In Sweden, a service charge is included in the price, so there is no expectation that a customer should pay more than the sum stated on the bill.

Allergies and dietary requirements

Gluten-free, milk-free and vegetarian alternatives are available at many cafés and restaurants. If you have any specific dietary requirements, it is recommended that you ask the staff.

Serving of alcohol

At restaurants and bars, you can purchase alcohol if you are aged 18 years or above and can present a valid form of ID.

Grocery stores

In addition to selling food and household items, grocery stores often also provide services, such as parcel collection or a postal service.

Return deposits

When buying a beverage sold in a plastic or aluminium container, the value of the return deposit is added to the price. This is usually 1 or 2 kronor per container. This premium is repaid to you when you recycle the container in the deposit machine found in most grocery stores. Payment of the refunded premium is not optional.

Tobacco and soft beverages

In order to buy tobacco products or low alcohol beverages (up to 3.5 % in strength), you must be at least 18 years of age. The sale of tobacco or low alcohol beverages to anyone below 18 years of age is forbidden.

Alcohol

Systembolaget is the only distributor that is licensed to sell alcoholic beverages that are stronger than 3.5 %. To shop at Systembolaget, you must be at least 20 years of age. Low alcohol beverages (up to 3.5 %) can be purchased at grocery stores to customers aged 18 years. It is prohibited by law to buy, offer or give alcoholic beverages to anyone who is underaged.



Nature

The region has wonderful natural assets, interesting wildlife and unforgettable experiences to offer. The natural environment is also the workplace of the indigenous reindeer-herding Sámi people. The majority of northern Sweden is reindeer-grazing territory. For the sake of the Sámi, the animals and other nature lovers, it is therefore important that anybody who spends time in the nature treats it with respect. If you should encounter any reindeer or other wild animals, keep your distance.

The freedom to roam (Allemansrätten)

The freedom to roam entitles everybody to experience the natural environment in accordance with the maxim “do not disturb, do not destroy”.

Privacy zone

All activities conducted in the nature must respect a *privacy zone*. This zone is the area in immediate proximity to somebody's residence. The extent of the zone is not strictly defined, and will largely depend on the formation of the landscape. The basic rule is that residents must not be disturbed by your activities. Even if you are not physically present inside the privacy zone, you must still consider the amount of noise you make.

What is permitted?

- You can anchor, temporarily moor and disembark a boat on shores that do not belong to privately owned land or that are protected (e.g. to protect birdlife).
- You may pitch a tent. Mind the privacy zone, and only stay for a night or two.
- You may take loose-lying twigs, branches and cones that have fallen to the ground for firewood.
- You may drive motorized vehicles on forest roads and private roads, as long as the road does not become damaged. Landowners have the right to prohibit the use of motor vehicles. They may not, however, prohibit walking, cycling or riding on these roads, as long as consideration is shown to the privacy zone.



- Of course you may take your dog with you when visiting the natural environment. Between 1 March and 20 August, the wild animals are particularly sensitive, so it is not permitted to let your dog run free during this period. During the rest of the year, your dog must remain under your supervision to ensure that it does not disturb or harm either the wildlife or other people. In certain parts of the country, dogs must always be kept on a lead.
- You may temporarily use a landing jetty located outside privately owned land. The owner of the jetty always has precedence, and you are obligated to move if the owner wishes to use the jetty.
- You may pick berries, flowers and mushrooms, as long as they are not protected species.

What is not permitted?

- You may not disturb or destroy.
- You may not cycle across plantations, gardens, plant nurseries, park plantations, forest plantations or other sensitive areas (e.g. fields with growing crops).
- You are not permitted to saw or cut down trees or bushes.
- You are not permitted to take branches, twigs or bark from living trees.
- You are not permitted to use windfall as firewood.

Natural protection areas

In nature reserves or other protected areas, the right to roam freely may be restricted. Information about the applicable rules will usually be posted close to such areas.

Wild animals

Our region is home to a rich and diverse wildlife – reindeer, elk, foxes and bears are just some of the creatures with which we share our wonderful forests. Therefore, when spending time in the nature, show respect and savour your surroundings!

Protected animals

- All wild bird species
- Brown bears
- Arctic foxes
- Wolverines
- Lynx
- Otters
- Wolves
- Muskoxen

It is prohibited by law to:

- Kill, injure, catch or in any other way collect animals that are protected
- Remove or damage eggs, nests or roe
- Deliberately disturb certain animal species.

Reindeer

Reindeer are sensitive to disturbances from other people and predators. Make sure therefore to keep your distance, and do not disturb or frighten the reindeer if you should encounter them. This is particularly important during the calving season in the spring, when the reindeer are herded and driven to reindeer enclosures for the marking or separation of calves, but the reindeer must also be left in peace when resting or grazing during migration. Find out more on [samer.se's website](https://samer.se).

Reindeer on the road

Reindeer are attracted to the salt and minerals that are spread on the roads during the winter months, so it is not

uncommon to come into contact with reindeer along the region's roads. If you should encounter a reindeer, you must slow down, but do not stop unless this is necessary, as doing so could represent an increased risk for other road-users.

Mosquitoes

During parts of the summer, there are lots of mosquitoes in the area. These can be irritating, but they are not dangerous. They can be deterred by the use of mosquito-repellents, which can be purchased at pharmacists, petrol stations and grocery stores. Make sure to choose clothing appropriate to the situation. The most intense period for mosquitoes is normally between mid-June and mid-July.



Practical considerations

Language

Swedish is the official language in the region, and English can be considered to Swedes' second language, as the majority of the population can both understand and make themselves understood in English.

Climate

In northern Sweden, the climate varies wildly during the four distinct seasons; winter temperatures can fall below -30° Celsius, whilst the summers can be extremely hot and dry.

The winter season lasts for six months, with an average temperature of -11° Celsius. Spring usually begins in May, with summer turning into autumn at the end of August. Activities such as hiking, or travelling by snowmobile or dog sled are greatly affected by the weather, so be prepared to change your plans in the event of changing weather conditions. Seek the advice of the tourist information office or a local guide before venturing onto the hills.

At [SMH.se](https://smh.se) or other similar meteorological platforms, you can find information about current weather conditions.

Mobile telephones

In our region, the Telia, Tele2 and Telenor networks have the best coverage. Top-up cards for pay-as-you-go mobiles are sold at the OKQ8 chain of petrol stations, as well as at certain grocery stores and electrical shops.

Check the [coverage map](#) before choosing a network.

WiFi

Contract phone customers travelling within the EU do not pay any extra roaming charges.

The [WiFikartan.se](https://wikartan.se) mapping site provides information about where in the region you can find free WiFi.

Please note that there may be additional places with availability that are not included on the map. Ask the staff at your accommodation or at restaurants you visit.

Currency

The currency used in Sweden is Swedish kronor (SEK). For updated information about current conversion rates, visit valuta.se. Also, see the Currency section under point 1.1.5, Packing.

Payment

Cash payments are accepted at the majority of places. However, a few stores do not accept cash, which means that you will need to have a bank payment card with you.

Euros

At Systembolaget alcohol stores and a handful of other stores (mainly in the larger towns), payment in Euros is accepted. Any change, however, will be given in Swedish kronor. Euros can be exchanged for kronor at Svea Exchange in the centre of Skellefteå.

Banks

Each municipality has at least one staffed branch of a bank – usually Handelsbanken, Swedbank or Sparbanken Nord. It is not possible to exchange Euros at these banks.

Drivers licences

In order to drive a car in Sweden, you must be at least 18 years of age and have a valid driving licence. Drivers licences issued in EU/EEA countries or Switzerland are valid in Sweden, as long as the criteria below are fulfilled.

Drivers licences issued in countries outside the EU/EEA may be used in Sweden for up to 1 year, as long as the following criteria are fulfilled:

- The licence must be valid.
- The licence must include a photograph of the person in question, or can be verified by another valid form of ID containing a photograph.
- If the licence is issued in any language other than Swedish, German, French or English, it must be accompanied by a certified translation.

In the event of illness or injury

Emergency services number

In the event of an emergency, call 112.

Serious illness or injuries will be treated at a hospital. In non-emergency situations, you must visit a healthcare centre instead. You can call 1177 for medical advice.

Medical care

The Swedish healthcare system uses an automated booking system. When making a call to seek medical assistance, use the keypad on your telephone to make a telephone appointment, and they will call you back at a stated time. If you call from a non-Swedish telephone number, you must add the international dialling code for Sweden (+46) to the telephone number. In the event of an emergency, call 112 or visit your nearest healthcare centre or hospital:

Arjeplog

Tel. 0961-14801

Dr Wallqvist väg 3, Arjeplog

Arvidsjaur

Tel. 0960-575 02

Sjukstugegatan 3, Arvidsjaur

Malå

Tel 090-785 91 19

Storgatan 2, Malå

Norsjö

Tel. 090-785 91 16

Storgatan 33, Norsjö

Sorsele

Tel. 090-785 91 71

Burevägen 13, Sorsele

Skellefteå

Skellefteå hospital

Tel. 090-785 00 00

Lasarettvägen 29 D, Skellefteå

Anderstorps hälsocentral

Tel. 090-785 91 14

Anderstorpsleden 1, Skellefteå

Erikslids hälsocentral

Tel. 090-785 91 10

Annastigen 8, Skellefteå

Heimdalls hälsocentral

Tel. 090-785 91 11

Köpmangatan 15, Skellefteå

Bureå hälsocentral

Tel. 090-785 91 12

Nygatan 9, Bureå

Burträsk hälsocentral

Tel. 090-785 91 73

Björnåkersgatan 10, Burträsk

Byske hälsocentral:

Tel 090-785 91 18

Ringvägen 8, Byske

Morö backe hälsocentral:

Tel. 090-785 91 15

Höjdgatan 14, Morö Backe

Lövångers hälsocentral:

Tel. 090-785 91 20

Skogstorpssvägen 12, Lövånger

Cost of medical care

The cost of care may vary depending on where you have a citizenship.

For more information, visit the [1177 medical advice service](#).

Citizens of the EU, EEA or Switzerland

Citizens who are insured in another EU country, or in the EEA or Switzerland, are entitled to receive medical care on the same terms as Swedish citizens when presenting a European health insurance card. You can order a European health insurance card from your local healthcare authority. See page 4, European health insurance cards.

Nordic citizens

Nordic citizens are entitled to pay the same

costs for medical care upon providing of their personal details and their home address.

Citizens of other countries

Citizens of countries that are not in the EU/EEA or the Nordic region must pay their own medical fees.

Dental care

For necessary or emergency dental care, the same conditions apply as for medical care in general.

Children and young people on temporary visits to Sweden who require emergency dental care are entitled to receive treatment without charge until the December 31 of the year of their 22 nd birthday.

In the event of an accident

Use the 112 emergency number when immediate attendance by an ambulance, the fire & rescue service or the police is urgently required.

Car accidents

Call 112 if there is serious damage, if someone cannot be removed from the car, or if the position of the car could represent a risk for other road-users. Place warning triangles (often kept in the car's luggage compartment) at an appropriate distance from the site of the accident so that other road-users have sufficient time to see, slow down and safely pass the site.

Fires

Before lighting any fire, it is your responsibility to make sure that there is no prohibition on lighting fires currently in place.

You can find information about current fire-lighting bans here or on the website of the relevant municipality. Be aware that the prohibition on lighting fires may also apply to barbecues.

Call 112 in the event of a serious fire, or if a fire looks like it will spread quickly. Attempt to extinguish the fire as best you can without exposing yourself or others to danger.

Accidents involving wild animals

You are legally obliged to inform the police (by calling 114 14) if you are involved in a collision with:

- Elk
- Eagles
- Reindeer
- Lynx
- Roe deer
- Wolves

It is also advisable to inform the police if the accident involves smaller animals.

The police can help to move or euthanise the injured animal.

Mountain rescue

Call 112 if you require emergency help in mountainous areas. The mountain rescue service provides assistance with:

- Personal injury
- Landslides
- Dangerous weather conditions

The organisation provides an essential service to society, and its services may only be used in the event of genuine danger. Anyone who misuses the service may be required to pay compensation.

In recent years, the number of rescues performed has increased. Ensure that you plan well, and take extra clothing with you.

Keep yourself updated with regard to weather forecasts, and do not expose yourself to any unnecessary risks. Contact your local tourist information office or the staff at your accommodation for advice. Bear in mind that the thawing of snow and ice continues until as late as July. If you find that you are lost or suddenly fall ill, contact the mountain rescue service.

