



Stockholm Country Break



EUROPEISKA UNIONEN
Europeiska regionala
utvecklingsfonden



Experience the culinary delights of Sörmland

Sörmland is a real haven for food lovers.

It's a region that grows and produces lots of food, creating new tastes and nurturing traditions. The love of artisan food production and respect for the land and animals here means there's a lot to discover and enjoy.

Visit Sörmland to explore farm shops, bakeries, drinks producers, unique dining experiences and more.

Food experiences



Stolt Mat & Dryckesfestival, a local food festival 11-12 august

This food festival is held once a year to celebrate local food and to have a good time. 2023's festival is held at the legendary micro brewery Nils Oscar, in Nyköping, 1 hour outside of Stockholm.

During the festival you will be able to meet around 30 food and drink producers and to experience great flavours.

Prices

60 SEK per person

To book or for further details

[Tickster](#)



A taste of Sörmland

Multiple tables have been set up around Sörmland where you can enjoy a unique dining experience, with an emphasis on local Sörmland produce. The tables are located outdoors in interesting settings. You can even prepare the food yourself at some of the venues.

All tables are managed by the venue themselves but reach Stua for guidelines on how to find and book your experience.

malin@stua.se

[More information in Swedish here](#)





‘Aptitrundan’, taste tour

‘Aptitrundan’ is held twice a year by the association Sörmlands Matkluster of local food producers in Sörmland, once in the spring and once in autumn.

It’s a large food festival with a wide variety of produce on offer. See what sparks your interest and plan your own route.

For further details (in Swedish)

<https://matkluster.se/matfester/>



Discover farm shops

There's no shortage of farm shops in Sörmland, each with its own selection of produce. You'll find locally grown vegetables, high-quality groceries and meat, and more besides. Buying direct from farmers is a fun experience for both children and grown-ups.

Take a trip and find your favourite.

You can discover some of the region's farm shops at

[Visit Sörmland](#)





Refreshing drink discoveries

Sörmland produces lots of apples, berries, malt and other raw ingredients for quality artisan drinks. The region is home to many prestigious cider and juice presses, breweries and distilleries, so there are lots of local drinks to enjoy.

Be sure to visit a well-stocked bar while you're in Sörmland to try something special.

[You'll find a selection of bars here](#)



Lindeborgs Eco Retreat

Welcome to a field-to-fork dining experience at Lindeborg's Eco Retreat.

One weekend a month we invite some of Sweden's top chefs to come and get creative in the kitchen of our climate-positive farm in the heart of Sweden's rural Södermanland. The chefs conjure up delicious dishes made from fresh ingredients grown on our own farm or by local producers.

The whole experience lasts around three hours and is perfect for anyone looking for a fine vegetarian dining experience in a small, intimate setting, with the chefs on hand. Maximum capacity is for 20 guests in one evening, depending on the size of your group.

As our dinner guest, you can enjoy an enhanced experience that goes beyond the meal itself. Treat yourself to an overnight stay at our eco retreat, with its wonderful sauna, natural pool, forest trails and opportunities to explore the area around the farm.

Food experiences



Lindeborgs Eco Retreat

As a dinner guest with us, there is the possibility of a greater experience than the meal itself. Stay overnight at our eco retreat, here there is a wonderful sauna, the possibility of swimming in a natural pool, lovely loops for forest walks and much to discover around the farm.

Prices

Menu including wine or non-alcoholic beverage package:
SEK 2 150 per person

Accommodation including
breakfast:
From SEK 1 200 per person

Contact

Julia Lindeborg
Lindeborgs Eco Retreat
0738-599 342
julia@lindeborgs.com
www.lindeborgs.com



Explore nature by foot, bike or boat

The rolling countryside and countless lakes provide a fantastic opportunity to enjoy the great outdoors. Enjoy a peaceful canoe outing at dawn, a round of golf surrounded by stunning countryside or a horse-riding tour at dusk. Sörmland is crisscrossed by hiking and cycle paths, allowing you to access the countryside at your leisure.



Sundbyholm Castle hiking and biking deals

Explore the nearby marina, the beach and the forest or go for a longer hike. There is a bike route leading 11 kilometers to the town of Eskilstuna with museums and shopping. In the evening, you can enjoy a served candle light dinner with wine in the Castle restaurant. The hotel offers single rooms, double rooms, family rooms and luxurious suites. [Further information](#)

Prices

From SEK 1 810 per person

What's included

Sundbyholm Castle offers hiking and biking deals from 1 April until 31 October. All deals include the loan of a rucksack with some equipment, a picnic box (sandwich, water, coffee and cake), dinner with 2 glasses of wine (or alternatives), a room and breakfast. Rentals of bikes and helmets for adults are included in the biking deal.

To book or for further details, contact
+46 (0)16-42 84 00 or
info@sundbyholms-slott.se



Sundbyholm Castle canoeing deals

Explore the southern shores of lake Malaren and the nearby river, either through a canoe or a motorized bridge raft. If you want to relax or just go for a swim, you have a long sand beach close to the castle. In the evening, you can enjoy a served candle light dinner with wine in the castle restaurant. The hotel offers single rooms, double rooms, family rooms and luxurious suites.

[Further information](#)

Prices

From SEK 2 010 per person

What's included

Sundbyholm Castle offers canoeing deals from 1 June until 31 August. All deals include a picnic box (sandwich, water, coffee and cake), dinner with 2 glasses of wine (or alternatives), a room and breakfast. Rentals of canoes are included but there may be an extra charge for a bridge raft depending on the number of guests.

To book or for further details, contact +46 (0)16-42 84 00 or

info@sundbyholms-slott.se



Sundbyholm Castle leisure deals

This four-star hotel resort is located on the southern shores of lake Malaren, offering a sand beach, a marina, a park and a forest, where the 1000 year old Sigurd carving is a main attraction. Enjoy a two or three course candle light dinner in the Castle restaurant with wine. The hotel offers single rooms, double rooms, family rooms and luxurious suites. [Further information](#)

Prices

From SEK 1 685 per person

What's included

The deals are offered year-round and include a candle-light dinner with two glasses of wine (or alternatives), a room and breakfast. In December a traditional Christmas buffet is normally offered. Swedish traditions such as Midsummer and Walpurgis Night is celebrated with special packages.

To book or for further details, contact

+46 (0)16-42 84 00 or

info@sundbyholms-slott.se



Hike Sörmlandsleden with Naturkraft Eskilstuna

Naturkraft Eskilstuna offers guided hiking tours on any section of *Sörmlandsleden trail*. Mikael from Naturkraft provides tips on the right equipment, food, finding your way and places to stay. You can also book forest bathing, bushcraft and stress management sessions.

What's included

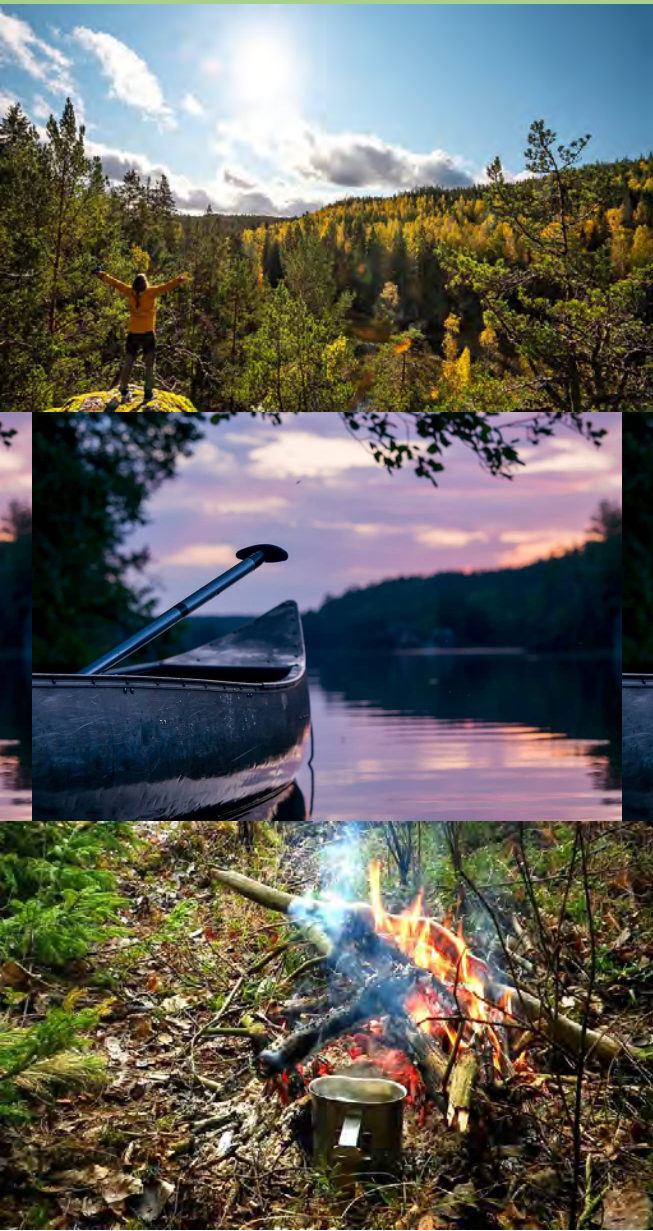
Get in touch if you have any questions about what the experience includes or if you wish to discuss a particular arrangement for your company or event.

For further price information and booking

Naturkraft Eskilstuna, Mikael Andersson

Email: info@naturkrafteskilstuna.se - Mobile: +46 (0)705657680

<https://www.naturkrafteskilstuna.se/>



Food journey through the wilderness

Sweden's best nature experience in 2020, according to 360° Eat Guide!

Welcome to Sweden's most accessible wilderness, just 50 minutes from Stockholm.

Enjoy a guided canoe tour on ancient waterways used by the Vikings on their way to the important trading centre of Birka.

Prices

From SEK 2 800 per person

What's included

The day combines walking, canoeing and experiences for all the senses amid the Sörmland landscape. We'll also share the pleasure of sitting and chatting around a fire. Press pause and take the chance to relax and recharge. The package includes all food and drink, canoe equipment such as paddles and life jackets.

To book

[Food journey through the wilderness](#)

Hiking experience in Sörmland through forest and along the sea belt

A five-day hiking package where you hike from accommodation to accommodation. Stay in four different unique accommodations.

You hike for five days on well-marked and varied hiking trails on the trail called Sörmlandsleden. From 3 to 18 km per day, about 50 km in total.

We take care of your luggage and you hike and enjoy beautiful views, ancient forest, mountains and the sea with only a backpack with provisions for the day's trip.

Your hike adventure starts in Trosa and ends in Trosa, your luggage will be transported between every accommodation.

During your hike, you will experience four rare and completely different places to stay: a cozy bed & breakfast in the center of the picturesque summer town of Trosa, a luxurious glamping tent in the forest by a clear lake, a hostel belonging to a historic castle and a beautiful island in the middle of the archipelago in historic pilot houses. Each accommodation you come to is unique and genuine and has environmentally friendly thinking high in focus.



Hiking experience in Sörmland through forest and along the sea belt

What's included

- 4 nights (including bed linen, towel, final cleaning)
- 4 x breakfast
- 4 x packed lunches
- 3 x dinner (serving or do-it-yourself package)
- Transport of luggage between accommodations
- Boat transport to and from Sävö
- Use of sauna (in three properties)
- Use of swimming pool (at one of the properties)
- Use of kayak / SUP / rowing boat (on three properties)
- Taxi from Källvik to Trosa
- Hiking map to each stage
- Parking in Trosa

Prices

From 7,500 per person in a twin room.

Contact information

Havrevreten

Lova Sima

Phone: 0046 764 01 86

info@havrevreten.com





400 castles and manors, 1,000 things to do

Beautiful castles and manors are among the many treasures to be discovered in the countryside.

Nestled in the heart of the Swedish landscape, each property has its own story to tell. Many are now exclusive hotels where you can enjoy great service and fantastic cuisine.



Hedenlunda Manor

Enjoy the relaxing setting of a manor house and spa amid 1,000 years of history at Hedenlunda Manor. It's the ideal experience if you're looking for a wonderful, secluded manor house getaway with regal interiors and great food.

Hedenlunda Manor is also ideal if you're looking for a quiet conference location surrounded by beautiful countryside.

Spa weekend at the manor

Get away for the weekend and enjoy a magical country estate location. Start your stay with coffee and homemade cake in the manor house dining rooms. Then experience the relaxing spa, with gorgeous products from our own brand, Kurēn. In the evening, have a pre-dinner drink at the manor, followed by a three-course meal. After a good night's sleep, enjoy a luxurious breakfast.



Hedenlunda Manor

Price

Spa Weekend De Luxe: SEK 4 395

Spa Weekend: SEK 2 695

Gourmet Weekend: SEK 2 695

Contact

Address: Hedenlunda Slott

Hedenlunda, SE 642 94 Flen

Telephone: +46 (0)157-754 00

Email: info@hedenlundaslott.se

Website: www.hedenlundaslott.se

Details

Type of company: Hotel & restaurant

Opening hours/season: All year round

Capacity: 62 rooms, 88 beds

Languages: Swedish/English

Location: 90 minutes to Stockholm

Restaurant: Yes

Spa/relaxation spaces: Yes



Dufweholm Manor

Dufweholm Manor, outside Katrineholm, is a small, romantic manor house hotel located in beautiful Sörmland. It offers a wonderful mix of old-world charm and modern standards, so you can enjoy your visit to the full. There's no shortage of opportunities to find relaxation and inspiration.

Experience our museums and a champagne treasure trove

Our unique cellar includes champagne bottles dating from 1907, salvaged from the Jönköping shipwreck. The bottles lay on the seabed for over 80 years and need to be preserved in the same way. So we've rebuilt our wine cellar to allow us to both serve and display around 100 of these unique bottles. Instead of walls in our wine cellar we have aquariums, where the champagne is kept in water, just as it has been since 1916.



Dufweholm Manor

Price information

Weekend deals for 2 people

Dufweholms Weekend: SEK 3 960

Romantic Weekend: SEK 4 500

Walk & Spa: SEK 4 380

Seniors' Manor Break: SEK 5 490

Spa Weekend: SEK 4 460

Gourmet Weekend: SEK 5 770

Golf Weekend: SEK 5 140

Long Weekend (2 nights): SEK 6 450

Contact

Address: Dufweholms Herrgård, SE-641 92 Katrineholm

Telephone: +46 (0)150-754 00

Email: info@dufweholm.se Website: www.dufweholm.se

Details

Type of company: Hotel & restaurant

Opening hours/season: All year round

Capacity: 23 rooms, 5 rooms BnB

Standard

Languages: Swedish/English

Location: 60 minutes to Stockholm

Restaurant: Yes

Spa/relaxation spaces: Yes



Södertuna Castle

Welcome to magnificent Södertuna Castle, located just outside Gnesta, reachable by train from Stockholm. Here, in the heart of Sörmland, we have welcomed conferences and celebrations for decades. The manor is beautifully located by Lake Frösjön, where you are sure to find peace and quiet, for either a conference event or a romantic weekend.



Enjoy tranquillity close to Stockholm and Swedish culinary delicacies

Södertuna Castle's restaurant prepares delicious food under the management of Måns Lundqvist. Our menus prioritise local ingredients from Sörmland. Larger groups can book a cookery evening with us and experience what it's like to prepare a luxurious three-course meal.



Lunch and dinner are served in our beautiful dining rooms, in a sumptuous 18th century setting. Freshly baked bread from our own bakery is provided with your meal and wine is offered from our extensive cellar.



Södertuna Castle

Price information

Weekend deals for 2 people

Södertuna Weekend: SEK 3 168

Romantic Weekend: SEK 4 500

Nature & Relaxation Weekend: SEK 3 880

Seniors' Manor Break: SEK 5 490

Gourmet Weekend: SEK 5 970

Long Weekend: SEK 6 990

Contact

Address: Södertuna Castle,

SE-646 91 Gnesta

Telephone: +46(0)158-705 00

Email: info@sodertuna.se

Website: www.sodertuna.se

Details

Type of company: Hotel and restaurant

Opening hours/season: All year round, except weekends during the summer

Capacity: 69 rooms

Parking/coach parking: Yes

Languages: Swedish/English

Location: 40 minutes from Stockholm

Spa/relaxation spaces: Yes

Restaurant: Yes



Julita Manor & gardens

Julita Manor is located 25 km outside Katrineholm in beautiful Sörmland. Since 1941 the manor has been part of the Nordic Museum, one of Sweden's largest cultural history museums.



Nordic Museum's castles and manors

Julita Manor & Gardens offers a lot to see and discover for people of all ages. Walk around the park and gardens, enjoy a coffee break by the lake, browse and buy in the museum shop, join a guided tour and experience exhibitions and events. Julita Manor is an example of how a large estate would have looked and operated in the early 20th century. The last private owner, Arthur Bäckström who donated the estate to Nordiska museet in 1941, lived in the Manor House, which is open to visitors by guided tours. Several other buildings can be visited independently. The estate also includes 2,000 hectares of land and a park with a kitchen garden, orchard, hop garden and presentation garden. The orchard has approximately 290 fruit trees, and the living collections include hops, geraniums and peonies. The exhibitions at Julita Manor tell of the estate's horticultural history and about the legacy of the last private owner.



Castles and manors

Julita Manor

Admission to Julita Manor & Gardens

Adults: 150 SEK

Children/young people 3-18 years:
50 SEK

ACCOMMODATION

Stay in a guest room in one of the wings of the manor house or at the hostel. For booking, please visit or e-mail www.julitawardshus.se or e-mail bokning@julitawardshus.se

Contact

Adress: Julita gård, 643 98 Julita,
Sweden

Phone: + 46 8-519 546 00

E-mail: info@nordiskamuseet.se

Webb: www.julitagard.se

Details

Type of company: Museum, hotel,
café, shop, restaurant

Opening hours/season: **Daily June-
August, Weekends from May 18 to
September 17.**

Languages: Swedish/English/German

Parking/coach parking: Yes

Wheelchair access: Yes (**but not Julita
Manor house**)

Duration of activity: At least 2 hours
but preferably all day

Café and restaurant: Yes

Accommodation capacity: 18 rooms

Location: 2 hours from Stockholm





Gripsholm Castle

Gripsholm Castle is surrounded by the waters of Lake Mälaren and towers majestically over the idyllic, small town of Mariefred. Wander through the many rooms and winding passages and admire the outstanding collection of furniture and artwork spanning four centuries. Gripsholm is known as Gustav Vasa's castle, as it was he who built the castle here in 1537. The castle's most renowned 16th century state room is Duke Karl's chamber, which is one of the best-preserved interiors in Sweden from this period.

One of 11 royal palaces in Sweden

Gripsholm Castle is also internationally renowned for its extensive collection of portraits – the Swedish national collection – featuring prominent Swedes from the days of Gustaf Vasa to the present day, making this one of the world's most comprehensive portrait collections.

Attractions include one of Europe's best-preserved theatres from the 18th century, which Gustav III designed in one of the castle's round Renaissance towers exclusively for himself and his court.



Gripsholm Castle

Price information

Castle entry

Adults: SEK 140

Children, aged 7–17: SEK 70

Contact

Address: Gripsholm Castle

SE-647 31 Mariefred

Telephone: +46 (0)159 101 94

Email: info.gripsholms-slott@royalcourt.se

Website: www.gripsholmsslott.se

Details

Type of company: Museum

Opening hours/season:

May–September Daily 10:00–16:00,
October–November (Saturday–Sunday)
12:00–15:00

Languages: Swedish/English

Location: 50 minutes to Stockholm

Parking/coach parking: Yes



Gripsholms Vårdshus (Gripsholm's Inn)

Gripsholms Vårdshus is set in the picturesque small town of Mariefred, just 50 minutes from Stockholm and enjoys breath-taking views over Gripsholm Castle and Lake Mälaren. The inn gained inn status back in 1609 and the doors have stayed open ever since. Sweden's oldest inn is the perfect venue for all types of arrangements including conferences, weekends, weddings and parties.

A treasure just by Gripsholm Castle in idyllic Mariefred

Gripsholms Vårdshus has 48 of Sweden's most beautiful rooms to suit all tastes – royal suites with Jacuzzi and tiled stoves in the bathroom, romantic grand double rooms or rustic duplexes with sloping roofs and beams. At Gripsholms Vårdshus you can enjoy menus that reflect the variety and diversity of Swedish cuisine with organic beliefs and awareness of our traditions. The dining rooms have a sense of romance and you can enjoy views over Gripsholm Castle. Here you enjoy character and care in a historic setting – a visit that will stay with you forever.



Gripsholms Vårdshus (Gripsholm´s Inn)

Price information

Weekend deals for 2 people in a standard double room för 1 night:

Gripsholm´s Weekend: SEK 3 960

Gourmet Weekend: SEK 5 970

Romantic Weekend: SEK 4 500

Seniors´s Weekend: SEK 5 490

Golf Weekend: SEK 3 790

Long Weekend (2 nights): SEK 6 990

Details

Type of company: Hotel & restaurant

Opening hours/season: All year round

Capacity: 48 rooms

Languages: Swedish/English

Location: 50 minutes to Stockholm

Restaurant: Yes

Spa/relaxation spaces: Yes

Contact

Address: Gripsholms Vårdshus,
SE-647 30 Mariefred

Telephone: +46(0)159-347 50

E-mail: info@gripsholms-varldshus.se

Website: www.gripsholms-varldshus.se



Castles & steam adventure

Take a sightseeing trip by steam train and steamboat and visit two castles along the way between Mariefred and Taxinge Näsby. Be sure to visit both Gripsholm Castle and Taxinge Castle en route. The sightseeing trip runs during the summer on Saturdays and Sundays, and on Wednesdays during some weeks.

Gripsholm Castle

This is one of Sweden's royal castles and home to 400 years of history. Wander through its winding passages and view the parlours and state rooms. Highlights include Duke Karl's chamber and Gustav III's theatre.

Taxinge Castle

Visit the castle café and experience Northern Europe's largest cake assortment, with around 65 different types of pastries! Take a stroll in the castle park and visit the Turkish pavilion. There is also a beach next to the castle; perfect for a dip, weather permitting.



Castles & steam adventure

For further details and for group booking of sightseeing trips (steam train and steamboat) with Östra Sörmlands Järnväg:

email: info@oslj.nu or telephone: +4 (0)159-21 000

[Sightseeing trips in 2022 | Östra Södermanlands Railway \(oslj.nu\)](https://oslj.nu)

For contact information and group booking, visit Gripsholm Castle's website at www.gripsholmsslott.se or call: +46 (0)159-101 94

For further details and group bookings, Taxinge Castle Café:
email: info@taxingeslott.se or call: +46 (0)159-701 14

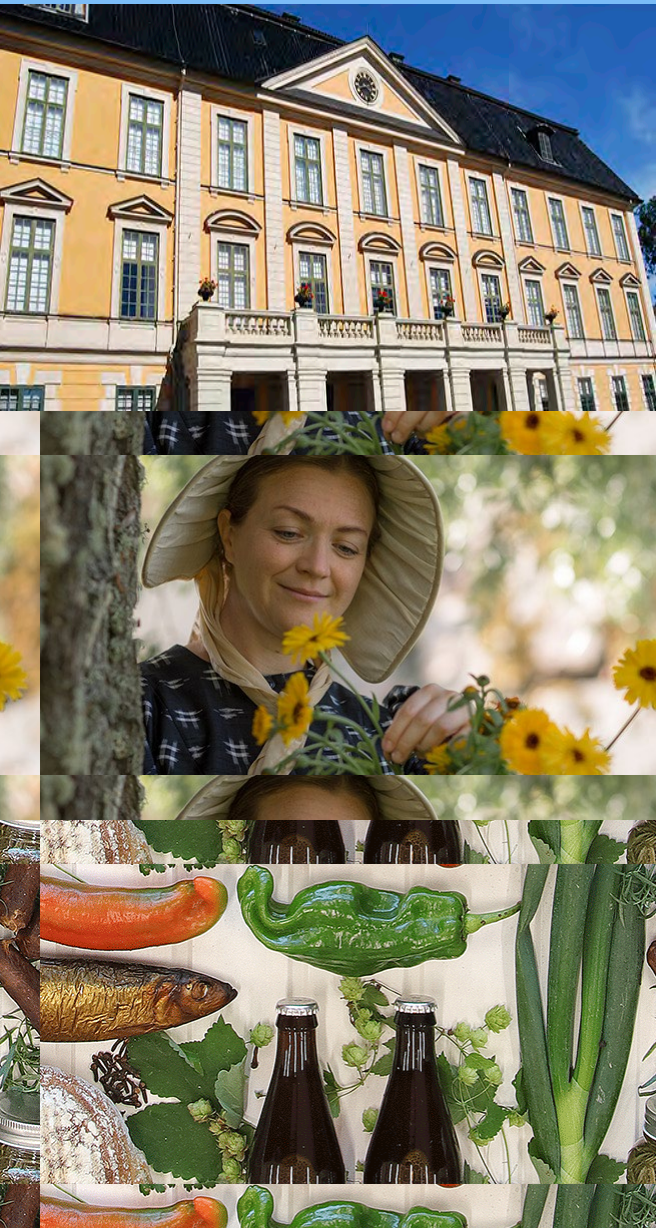


Nynäs Manor: A glimpse into the past

Come with us to one of Sörmland's best-preserved castles and hear the whispers from centuries past. Come closer. Listen carefully and you'll almost hear the clang of pots and pans as the servants prepare the evening meal. What do you think the family of the estate would be having for dinner?

The first mention in writing of this beautiful estate was in a letter from 1328. But discoveries and graves from the bronze and iron age indicate that people flourished on these lands long before then. And although no one has lived at the manor since the 1980s, there's a real sense of life about the place.

The manor and its surroundings continue to thrive and change a little with every visitor. You'll make your presence felt too, no doubt. And when you leave, you'll feel like you're taking a little piece of Nynäs with you.



Nynäs Manor: A glimpse into the past

Price information

Viewings in English every day during opening hours, 12.30.

Price: SEK 80 per adult
Children up to the age of 16: Free

Group bookings can be made for any day and time between April and November.

Contact

For booking enquiries and further information, please call +46 (0)70 333 04 76 or email: nynasslott@nynasslott.se

Details

Type of company: Farm shop, restaurant, museum and hostel.

Opening season; April – September

Languages: Swedish/English

Location: 50 minutes to Stockholm
Parking/coach parking: Yes

Öster Malma

Wake up rested in a quiet and soothing atmosphere with beautiful meadows and the forest just outside the windows. Merely a short, uplifting walk from the castle is our cosy, newly renovated hotel with 33 rooms. In the castle wings just opposite the castle, we have our hostel. In our castle our skilled chefs offer carefully prepared dishes inspired by nature. We are extremely proud of the high-class ingredients that come from our surrounding forests and lakes. Just as important as most things being locally produced, is the handling of the meat. The wild game meat is taken care of in our very own slaughterhouse.

Wildlife park

With our Wildlife Park we want to give everyone who come here an opportunity to see Swedish wildlife animals in their natural habitat. The park is also used for instruction. Here it's important to embrace the fact that this is wildlife, even though all animals are kept in the park are bred in captivity. We believe that the moose, who is the king of the forest, should have full access to our forests, and the red deer to its marshland. The animals will therefore not be standing on display behind the fence, but instead be seen in their natural environment.





Öster Malma

Price

Acommodation in double room,
including breakfast, at our newly
renovated hotel:

SEK 1.595 per room

Accommodation in single room
including breakfast: SEK 1.295 per
room

Accommodation at our hostel (twin
or multi-bedded room) including
sheets: SEK 600 per person.

Details

Type of company: Hotel & restaurant

Opening hours/season: All year round

Capacity: 33 rooms, 63 beds

Languages: Swedish/English

Location: 60 minutes to Stockholm

Restaurant: Yes

Spa/relaxation spaces: Yes with sauna

Contact reception@ostermalma.se

0155-246228



Stora Sundby Castle

Stora Sundby Castle, one of Sweden's most beautiful castles, boasts an idyllic location on the shores of Lake Hjälmaren. There are plenty of experiences on offer in this relaxing, historical setting. In the castle grounds there is a cosy little café and a modern farm shop, selling produce grown on the farm and locally. The castle park is open to the public all year round, and guided tours of the castle can be arranged on request.

You can now stay overnight on the Stora Sundby estate. Sand Cottage is a 19th-century croft cottage on the shores of Lake Hjälmaren that has been refurbished to a contemporary and spacious standard. This fantastic accommodation provides the ideal location by the lake in secluded comfort, with the forest on your doorstep. The magnificent fairytale castle of Stora Sundby provides a stunning backdrop on the other side of Lake Hjälmaren. You can relax and enjoy the tranquil setting, a fully equipped cottage and plenty of activities.



Stora Sundby Castle

Fishing weekend at Sand Cottage

Spend a weekend at Sand Cottage with two days of fishing on Lake Hjälmarén in the company of your guide, Erik, a fifth-generation fisherman and Swedish Sport Fishing Championship competitor. Your stay begins on Friday afternoon. On Saturday morning, you'll be collected from the cottage jetty for a whole day on the lake together with your fishing guide. In the evening, you can prepare your own dinner in the self-catering cottage, finishing off with a relaxing sauna. On the Sunday, you can enjoy another day on the lake with Erik before it's time to go home.

Price information

SEK 6 400 per person

Bookings for group of 3-4 people.

Can be booked on request, please contact us at info@storasundby.com

Johanna Nyqvist +46 (0)702 551474

This includes:

Two-night stay at Sand Cottage with self-catering.

Bed linen and towels

Final clean

1-day and half-day fishing in a motorboat with fishing guide

Light lunch in the boat and coffee and cake, Saturday and Sunday

Fishing equipment can be rented for SEK 250/24-hour period



Stora Sundby Castle

Wellness weekend at Sand

Spend a relaxing weekend with massage and wellness therapist, Anna Sundgren. Anna has many years' experience of running fitness companies, and she is passionate about health and wellbeing.

Your stay begins on Friday afternoon. You can prepare your dinner in the comfort of this self-catering cottage.

Saturday starts with a de-stressing session, working gently through the body to release any tension. Then we'll briefly look at the concept of mindfulness and how it can help us live more in the moment and improve quality of life. The session ends with meditation. In the afternoon, each guest will be offered a 20-minute massage during a moment of calm and relaxation.

For the evening, we'll provide you with a selection of organic products that can be used in the cottage's private sauna. And if you're brave enough, you can take a cold dip in the lake from the private jetty.

After a restorative lie-in, you can enjoy an invigorating walk in the grounds of the cottage, or in the castle park.

Castles and manors



Stora Sundby Castle

Price information

Price per person: SEK 2 200

The booking applies to a private group of 4-6 people.

This includes

Two nights at Sand Cottage

De-stress session

Meditation & mindfulness

Fruit platter & tea

20-minute massage

Organic products

Sauna

Bed linen & towels

Final clean



Add-ons:

Breakfast basket for Saturday &

Sunday, SEK 200/person

Lunch on Saturday, SEK 150/person

Would you like us to make dinner?

Send a request and we'll put together a dining experience just for you.

If you would prefer to cook yourself, we recommend bringing ingredients and drinks with you for the weekend.

Booking and contact

Johanna Nyqvist

+46702551474

johanna@storasundby.com



Stockholm Country Break



EUROPEISKA UNIONEN
Europeiska regionala
utvecklingsfonden