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The Umeå River Valley is an area that stretches along of the banks of the Ume River, from Vännäs down to the river mouth, encompassing much of its beautiful natural and cultural landscape.

There are a number of great spots to visit, each with a variety of attractions. Experience the many cultural attractions and nature sites, fishing spots, bathing places, art installations, scenic views, cafes and much more. At many sites it is also possible to cook your own food over an open fire, with fire pits and firewood provided.

The River Valley can be visited by car, bicycle or on foot, via roads, cycling routes and footpaths. Accessibility has been improved in several locations, with further improvements planned for the future.



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|-------------|-----------------------|-----------------|-------------|
| 1 Brån | 9 Klabböle | 17 Teg | 25 Sand |
| 2 Brattby | 10 Baggböle | 18 Umeå centrum | 26 Tuvan |
| 3 Gubböle | 11 Umedalen | 19 Röbäck | 27 Holmsund |
| 4 Överboda | 12 Backen | 20 Ön | 28 Obbola |
| 5 Norrfors | 13 Västerhiske/Grubbe | 21 Nydala | Strömbäck |
| 6 Sörfors | 14 Grisbacka | 22 Sofiehem | Kont |
| 7 Brännland | 15 Ytterhiske | 23 Gimonäs | |
| 8 Kåddis | 16 Böle | 24 Degernäs | |

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EXPERIENCE THE UMEÅ RIVER VALLEY

Centrum, Teg, Röbäck

Contact the Umeå Tourist Centre
for more information
about visitor destinations on
090-16 16 16



CITY CENTRE - interesting buildings

In the city centre of Umeå can be found many interesting buildings. Rådhusplanaden, right in the centre, has its endpoints at Rådhuset (the town hall) and Järnvägsstationen (the railway station), two of the older buildings in the city.

At Kyrkbron's abutment lies Moritzska huset ("the Moritz house") which was relocated there from the city centre. When half the house was moved the other half burned down, but it has since been rebuilt to its original form. If you follow Storgatan east you arrive at the city's old prison, which now serves as a hotel and cafe. In the same neighbourhood you may also stumble across the relatively unknown Trädgårdsstaden (the Garden Town). At the end of Storgatan lies the newly-built Östra Station (the East Station) with its distinctive modern architecture.

If you follow the river on your way back into the city centre you will pass the Arts Campus with Sliperiet. The former is an extension of Umeå University; the latter is an innovation centre converted from an old industrial warehouse. Just below the city centre can also be found the old bath house which has been preserved.



*Read more at umealvdal.se
or contact the Umeå Tourist
Centre*

CITY CENTRE - for kids

In recent years a number of activity areas for children and young people have opened up in central Umeå. Alongside the river under Tegsbron can be found Sparken, a popular skate park which is a hive of activity from morning to evening. A little further upriver, by Broparken, you can try parkour in a specially-built practice area.

If you cross Gamla bron (the Old Bridge) to the southbank of the river you will also find the popular playground Körsbärsdalen ("the Cherry Valley").

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TEG - cradle of the shipyard

At the end of the 1700s the era of Northern Swedish sailboat shipping began. For the first time, the modern barques went out into the world's oceans.

The shipyards were moved, on account of the fire risk they posed, in the late 1700s from their birthplace below the church to the other side of Teg. The shipyards were then left abandoned after the city burned down in 1888.



In the middle of the 1800s a brännvin distillery was established, followed by a brewery - Västerbottens Ångbryggeri AB - in the 1870s.

In the 1860s Umeå's first city bridge, Gamla bron, was constructed over the river.

Körsbärsdalen is a newly built park with great opportunities for fun and relaxation.

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BÖLESHOLMARNÄ - an oasis of greenery

Along the Ume River's southern bank and within sight of the city centre lie Bölesholmarna. This nature-rich area is much liked and serves as an excellent destination for shorter excursions. There is also a pretty bathing spot with a sandy beach, perfect for families. You will also find shelter from the wind and many outdoor fireplaces.

There are also good opportunities for fishing.

Log drives continued in the area up until 1980 and several booms were places in the river, as the surrounding area served as a lumber site.



A lumber barrack existed on the site, as did a hanging bridge, whose foundations can still be seen at Gröna Oxen. Other remains of the site can be seen in the form of vaults, logs, concrete structures, and more.

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CITY CENTRE - parks

In the centre of Umeå there are many oases of calm in which to relax. The recently redeveloped Rådhusparken (the Townhill Park) with its central location is part of the city area between the bridges. It is an attractive green meeting place with a fine view of the river. The upper section of the park has a historic design while the lower section closer to the river typifies a more modern style. Also in the vicinity

is the Vänortsparken (the Twin Park) with its pretty rippling stream. A stone's throw away is Döbelns park where entertainment and music are often performed on the park's outdoor stage. Close to the Arts Campus lies the scenic Öbackaparken where many choose to take a picnic.

At the other end of the city centre lies Broparken (the Bridge Park), also recently refurbished, with a relaxing atmosphere and great views over the river. There are also playgrounds for children and a parkour practice area.

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CITY CENTRE - tourist attractions and sculpture

Walking around the city centre you encounter many sculptures in both expected and unexpected places. There are of course representations of more famous figures such as the town's founder Gustavus II Adolphus, next to the town hall, and the composer Wilhelm Peterson Berger who lived in Umeå.

Perhaps the most famous sculpture in the city is the glass sculpture "Grön Eld" (Green Fire), built in the 1960s and located in front of the railway station. The most photographed sculpture is found at Rådhusorget. The statue "Standing Man" is a bronze sculpture depicting an unknown man looking out over the central square. Thoughtful locals often dress the statue with hats and scarves in the winter. Less well known is the statue's twin brother, without outer clothing, located in the sculpture park in Umedalen.

A somewhat unusual sculpture is "Landningsplats för ljushuvuden" (Landing spot for light heads) on Operaplan. It is envisaged as a place for contemplation and friendly meetings. Another great meeting place is the fountain sculpture by Stig Lindberg on Renmarkstorget.

By the river just past the Arts Campus can be found "Skin 4", which in common parlance is called simply "Klädnypan" (the Clothes Peg). In total, five similar versions of this sculpture are found across the world.

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CITY CENTRE - fishing close to town

Sport-fishing is allowed all along the Umeå river downstream of Gamla bron the whole way out to the sea. If you're lucky, you may catch grayling, whiting, trout, pike or perch. Fishing in other waters may require a fishing license.

Upstream towards Norrfors the river is divided into several fishing areas where fishing licenses are mandated. The closest spot is Bölesholmarna, which is home to several resting and fishing spots.

Further still upstream can be found excellent fly-fishing areas. Perhaps the best area for trout fishing is by the power plant's outlet channel and 500m downstream.

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CITY CENTRE - eat and drink

There is a great variety of flavours to be found in central Umeå, and a number of restaurants at which to sample them. Close to the docks lie three different restaurant boats.

Not far from there are numerous other restaurants, and the possibility of purchasing a picnic packet.



Further downstream can be found several riverside restaurants, some by the Arts Campus and by the Strömpilens shopping park.

On the southbank of the river you can also find more traditional cafes and restaurants closer to the airport.

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THE ISLAND - a pearl in heart of the river

“Ön” (the Island), which lies in the middle of the Ume River, is being developed into one of the city’s most attractive residential areas. The island is a relatively recent phenomenon. In the late middle ages, rising land mass in Fennoscandinavia caused the island to emerge.

The island was home to boat building from the start of the 1700s.

In 1767 a natural spring was discovered on the island, leading to more bourgeois influences there. Further development and construction occurred during the second half of the 1800s as the wealthier townspeople started building their summer villas on the island.

When timber was floated down to the coast, the logs would be divided between different owners and this task was performed at a sorting boom. In 1915 the sorting boom at Lillån was established. The primary reason that the boom was placed there was that dams could be built to regulate the water flow. The boom closed when the log drive ceased around 1980.

On the island there is also a canoe rental for those who wish to view the city from the river.

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RÖBÄCK - a walk through time

The village of Röbbäck lies southwest of the Umeå city centre. It is one of the oldest villages in the Umeå municipality and has for a long time been the largest. Röbbäck is named after Röbbäcken - the stream that runs through the village.

The spring in Röbbäck formed a natural bath used in the 1600s. Urban Hjärne (Swedish chemist, geologist, physician and writer) spoke of the Röbbäck spring in 1702, noting that its water was famed for its health-giving and ferrous properties. Today, it is not considered to be healthy.

Agriculture was the primary industry of the village, which was known for several centuries as “the village with many barns”.

“Historic places” is a walking trail which follows the 5 km long around Röbbäck sports stadium. Along the way are a number of interesting visitor destinations, including Krigsgravarna (war graves), the windmills in Röbbäcken), Fornlämningar (ruins), Galgbacken (gallows hill), and Jättestuberget with a cave and viewing tower.

Umåkers hippodrome is located in Röbbäck. At the edge of the river, next to the hippodrome, lies a viewing spot with information about the area.

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CITY CENTRE - the arts campus

The Umeå University Arts Campus is a former industrial park which from 2009-2011 was converted to house several of the university’s artistic education programmes in a creative environment in which architecture, design, art and talent meet.

A notable precursor was Konsthögskolan (the Art School), which in 1987 was established in the former Umeå timber mill, built 1909. The building next door, a power substation still 1926, became the launching pad for Designhögskolan (the Design School), opened in 1989.

In 2008 Umeå University confirmed that for a six-year period they would invest 350 million sek in the development of the new arts campus. The decision primarily concerned funding and building for the new Arkitektthögskolan (the Architecture School) which in 2010 moved in to its new home next door to Designhögskolan. A new building for Konsthögskolan was constructed in the area, and the old timber mill, Sliperiet, was reopened in 2014 as an incubator and innovation centre for artists, as well as creative and cultural activities.

A third new building houses Bildmuseet (the Picture Museum), a branch of the Umeå University library, and a branch of the university’s experimental platform for “humanities and new media”, named Humlab.

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CITY CENTRE – culture

Umeå city centre is also home to a number of institutions presenting the city’s rich and lively culture. Norrlandso-peran (the Norrland opera), opened in 1974, offers not only opera but also a broad selection of music and dance performances.

Idunteatern (the Idun theater), in Umeå Folkets Hus (the People’s House), is Umeå’s largest concert venue and is filled throughout the year with music, theater, circus and more.

Stadsbiblioteket (the Town Library) moved in 2014 to the newly-built cultural centre Väven, which also houses the new women’s history museum.

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