

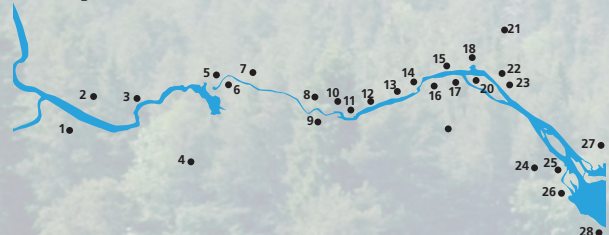


www.umealvdal.se

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.



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

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for more information
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EXPERIENCE THE UMEÅ RIVER VALLEY

Holmsund-Obbola



SWIM - in the sea or at a waterpark

There are many opportunities to enjoy a refreshing dip, whether in the sea, a heated outdoor pool, or splashing around in an exciting waterpark.

In Holmsund lies *Ljumvikens havsbad* where you can swim in the sea, play a round of mini golf, and hire canoes. There is also a kiosk. *Fläse havsbad* lies on the furthest point of Obbola island and offers another swimming spot.

If you prefer a slightly warmer swimming experience, there is also a *heated pool* close to Obbola school.

Aquarena water park can be found in the Storsjöhallen sport stadium in Holmsund which also offers workout options and a gym.

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



GO FISHING - find your own favourite spot

Fishing is an obvious hobby in the archipelago. No fishing license is required to go sportfishing in the sea and in the Ume River all the way up to the city centre. Fishing in other waters may require a license.

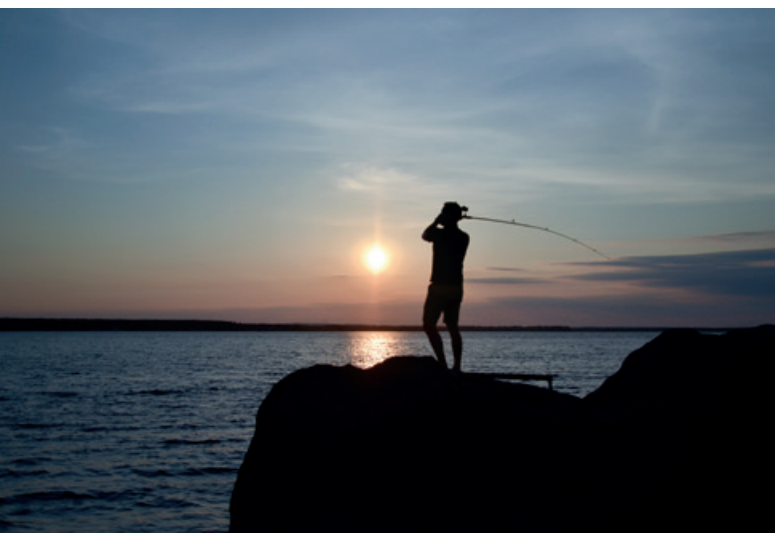
In the summer, many anglers go fishing for sea trout at the wind turbine plant at Umeå harbour or at Vitskärsudden in Obbola. At Västerfjärden on Obbola's south side there is also the possibility of catching pike and perch. In the spring perch can also be found in the waters at Djupsundsbacken.

A good spot for a family excursion is Gröthällan at Västerfjärden where there is both good fishing and shelter from the wind.

In winter you can find whitefish in several locations, for example Patholmsviken, Ljumviken and at the Obbola bridge. In the bay at Omberget can be found perch.

Whatever and wherever you want to fish, there are many options, and it is simply a matter of finding a favourite.

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



HOLMEN - memories of hard times

Holmen is an island in Österfjärden between Holmsund och Obbola. On Holmen can be found a number of sites of interest, including a cholera graveyard, ship graveyard, and an artwork.

Here the rising land mass is quite visible, as Holmen previously took the form of 11 smaller islands. The northern part of the island is part of the delta landscape nature reserve.

On the extreme northern point lies a landscaped and accessibility-improved viewing point with great views over the delta. On the northern side there is also a grilling spot with protection from the wind and rain.

The Obbola bridge, which is 1381 meter long and was opened in 1989, ties Holmen with Obbola and Holmsund.

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



VÄSTERBACKEN - a picture of industrial history

Västerbacken is a special cultural area; a remnant of the early industrial age in Holmsund. Dickson & Co purchased Västerbacken in the 1840s for the Baggböle sawmill's loading place by the Ume River runoff. Later, workers' cottages were built there, of which some are still in use, as well as a church, school, and rectory.

Today the buildings have found a new purpose as the old office and manager's accommodation have been converted into a hotel and conference centre.

A sawmill museum has been established in one of the old workers' cottages, where you can get a sense for the living quarters, working life, recreational area, and the development of the sawmill industry. The Skärgårdens Sägverksmuseum Foundation manages the museum, which is open during the summer months.

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





FORNSTIGEN - 2000 years of history

Fornstigen is a walking trail, 4 km in length, which shows signs of the first people who visited and inhabited the Obbola island. Roughly 2000 years ago, people found their way to Romlet, which was then the Obbola island, to fish and to hunt seals.

Today there remain signs of these early visitors in the form of compounds and ditches in the shingle. The compounds are rounded stone walls encircling a cleared surface, the fragmented remains of primitive shelters used from 0 AD up to the Middle Ages by seal hunters and fishermen. The compounds can be found at Stora Romlet and on Vitskäret.

Around the year 600 AD four men were buried in stone burial mounds on an island at the inlet to Västerfjärden. This island is today known as Rismyrberget, located close to Själafjärden. At that time, Obbola's first settlement was also erected on a peninsula, Vântberget, which lies well-sheltered from the sea and surrounded by high cliffs. Further south on the island, along Storhällskärsvägen, there are signposted ruins of a medieval outer-archipelago fishing spot.

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

TUVAN - see the birds of the delta

The Ume River delta is made up of large quantities of sediment from the two mountain rivers Umeälven and Vindelälven. Around the delta can be found the largest agricultural lands in Norrland.

The delta and the surrounding plains are best known for their birdlife. Geese, ducks and waders can all be seen here, especially during their spring migration. Towards the end of April several thousand geese are found on the water and in the fields, alongside large flocks of cranes and whooper swans. By midsummer, the delta becomes home to migrating birds on their way south. Eurasian curlews and whimbrels arrive first. On warmer days in late summer you may spot birds of prey from Bergön, or waders on the delta's muddy banks.

Head towards Lilltuvan between the airport and Obbola. Near the car park there is a suspension bridge allowing you to cross to the island of Stora Tuvan. A footbridge, which is both pram and wheelchair-friendly, leads to a birdwatching tower and a bird hide. Access to areas outside the designated trail is prohibited between April 1st and May 15th.

Close by, near Obbolavägen, lies the Bergön birdwatching tower. The tower is newly-built, giving a fantastic view over the water where geese tend to congregate and over the newly-restored shores of the northern parts of Västerfjärden.

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



EAT AND "FIKA" - lots of options for tasty fish

Since time immemorial, fishing has been a vital practice in the archipelago. Today there are three companies selling fish and fish products: Gamla Salteriet by the fishing harbour in Obbola, and Skärgårdsmat and Fiskeboa in Holmsund. Gamla Salteriet is both a shop and restaurant, and Skärgårdsmat manages a restaurant at Västerbacken. Fiskeboa sells fish over the counter at the Vasa ferry terminal at the furthest end of the port.

In the center of Holmsund you can find the Skärgårdskaféet which offers a classical "fika menu".

In central Obbola lies the restaurant PärLAN, and by the centre of Holmsund the restaurant Kajutan. Both offer a varied menu.

It is also possible to eat or snack at the restaurant Storsjöhallen in Holmsund, which has a simpler menu.

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

SCA ARENA - a multi-purpose arena

The SCA Arena is located at the Harpsjön recreational grounds, along the Andersson road in the outer corner of the Obbola town centre. It is unique in its broad offering of activities, including weightlifting, trail running, cross-country skiing, and boule, although its primary focus is on cycling.

The arena also offers a playground for younger children, one of Sweden's largest dirtbike parks, new cross-country tracks, a running track, technical area, and boule facilities.

The Harpsjön recreational area is frequented throughout the summer by runners, cyclists, walkers, joggers, mushroom and berry pickers, and dog walkers. In the winter months it becomes home to cross-country skiing, sledding and more.

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



MARINAS

- pick your favourite

Bredvik marina is located in Obbola and is run by the Umeå Sailing Association. Electricity, water, toilets, showers, and derricks are all available. In the vicinity there is also a heated pool. The bus to Umeå departs from a nearby stop within comfortable walking distance.

Patholmsviken marina, situated in Holmsund, is managed by the Patholmsviken Boat Club. The marina is located close to the Aquarena water park and the Storsjöhallen leisure centre. The marina provides facilities including sauna, shower, water and BBQ spots. There are also petrol and diesel pumps, which take credit card (with chip). It is also possible to rent rooms in the clubhouse.

Simphamn marina can be found in Västerfjärden, east of Obbola. The marina is run by the Umeå Motor Boat Association. There are two jetties for guests, one of which is equipped with electricity.

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



DEGERNÄS

- a recreational area for birds

The village of Degernäs is situated southwest of Umeå at the mouth of the Ume River. The name Degernäs means “the weighty”, in reference to the large headland, and originated in the Middle Ages when the beach extended further than it does today.

The nature reserve Södra Degernässlätten-Sundet is located between the village of Degernäs and Västerfjärden, and borders the Ume River delta nature reserve in the east. The area was partly transformed in the years 2008-2009 when the Swedish Rail Administration laid flood plains in the fields, as well as permanent wetlands, as a compensatory measure for the construction of the Bothnia Line, a new high-speed railway line.

At Degernäsbäcken there is an excellent viewing spot with parking, information boards, tables and benches. To avoid accidents and minimize disturbance to the birds it is important that cars are parked in the car park and not along the road. Access to areas outside is prohibited from April 1st to May 15th. In May, when the migratory birds have moved on, the flood plains are gradually drained so that the fields may be used.

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

HOLMSUND CENTRE

- square of heavenly peace

The square in the centre of Holmsund is officially called Himmelska Fridens Torg (square of heavenly peace). The name was coined by the famous radio columnist Fredrik Burgman (1924-1989) who lived in Holmsund. With the square as his base, he commented on everything under the sky from the so-called liar’s bench. Here he sat, narrating and discussing global and local developments.

There are varied theories on how the square was given its name. Perhaps it was because the area was so quiet and uneventful that “heavenly peace” prevailed, or due to its proximity to a church and Salvation Army locale.

Nearby the square there is also the possibility to visit a model railway, approximatly one kilometer of rails. The trains is passing different places such as volcanoes and Casino Royal.

In the model there is built-in interactivity’s for children and adults where they can start volcanic eruptions or mining explosions.

In the same house you can find The Skärgårdscaféet where you can have a ”fika”.

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THE GREAT OUTDOORS

- lots to do at sea and on land

In Holmsund and Obbola there are a great many opportunities for outdoor activities, from golf courses to walking trails and BBQ spots.

The Umeå Golf Club runs the golf course in Holmsund, a top-quality hilly forest course. There is an 18-hole course and a 9-hole course, as well as a short-hole course. The clubhouse also offers a driving range, shop, and restaurant.

It is also possible to paddle along the canoe trail which traverses streams, lakes and the sea. Canoe rental is available in Ljumviken.

There is also a walking trail, which skirts lakes and the coast, totalling 15 km in length with several connection options.

At the top Omberget there is a viewing tower from where you can survey Holmsund and Obbola.

Vitskärsudden in Obbola is a pleasant viewpoint from which to see the sun meet the sea in the evenings. There is also a small sandy beach.

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