

## The essence of Dalarna

Dalarna is an important part of the image of Sweden, culturally and geographically. We've got mountains, waterfalls and rivers, deep forests with glittering woodland lakes and open rolling farmland and of course the world-famous Dala-horse.

Dalarna is the heart and soul of the Swedish folk tradition. The iconic Dala horse originates here and our colourful folk costumes, distinctive folk music, kurbits painting and red-painted cottages have attracted visitors here since the late 19th century. This is the place to experience a truly traditional Midsummer, celebrated with maypoles, floral garlands, dancing and music. There is also the UNESCO World Heritage Site in Falun, with the magnificent Falu Coppermine, and the homes of world-famous artists, such as Carl Larsson and Anders Zorn. The mountains of northern Dalarna also houses the gateway to Sapmi, land of Scandinavia's indigenous people, the Sami. Here the reindeer graze freely on the mountain slopes and in the forests. This is a wonderful place to experience Sami culture up close.

Dalarna literally means 'the valleys' with a varied, unspoiled landscape stretching from mighty mountains in the north to rolling farmland in the south. Our deep forests, woodland lakes, rivers and waterfalls make it the perfect place to immerse yourself in nature and outdoor activities. We have the luxury of space and spectacular natural surroundings, and the right to enjoy them freely— the right to roam is entrenched in both Swedish law and our national identity.

Summer outdoors in Dalarna can be either peacefully charming, actively thrilling – or a combination of both. Take a stroll through idyllic scenery or a gentle cycling trip along country lanes, pick berries and mushrooms, fish for trout in the waters of the Dalälven river and spot wildlife such as elk and beaver. If speed and thrills are higher on your holiday agenda, experience the excitement of hiking high mountain paths and biking cross-country trails, or the thrill of white water rafting on river rapids.

In the winter, you can fly on a sled through snow-covered forests behind a pack of excited dogs, silently skate across miles of perfect natural ice, go cross-country skiing in silent surrounding, and eat waffles in a wooden cabin after an exhilarating day in the ski slope. Dalarna is the place to enjoy the genuine Scandinavian winter experience.

The varied landscape, outdoor activities and colorful flourishing culture, make Dalarna one of Sweden's most popular destinations, all year around.

## Contact

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