



30 Bucket List Experiences



☐ **30. Stay under the stars in a glass house**
Known as the “72-hour cabin,” these glass houses took the world by storm. Immerse yourself in nature and unwind in this unique accommodation at Dalslands Activities outside of Bengtsfors.

☐ **29. Not Quite – Culture Centre**
Discover culture and food at Not Quite in Fengersfors, outside Åmål. There you'll find a thriving hub for the arts.

28. Tresticklan National Park
Tresticklan is in Dalsland, just outside the town of Ed. This national park is southern Sweden's biggest roadless and undeveloped wilderness area – and the hiking here is incredible.

27. Try gravel cycling!
Dalsland is Sweden's gravel cycling destination. Download some of our tour ideas and discover Dalsland's gravel roads and nature by bicycle, with or without a guide.

☐ **26. Aqueduct in Håverud**
A wild idea that became a reality. The Håverud Aqueduct is Dalsland's most popular destination. Combine it with stops at the Visit Dalsland Center, the canal museum, and a tasty lunch beside the canal.

☐ **25. Tanum World Heritage site**
The approximately 41 square-kilometre area of Tanum was listed as a UNESCO World Heritage site in 1994. The area contains over 600 locations with rock carvings. At Vitlvycke Museum, enjoy guided tours at

several of these sights. You will also find exhibitions, activities and a Bronze Age farm, where you can see how people lived 3,000 years ago.

☐ **24. Turpannan Nature Reserve**
This section of the coast has no protective outer archipelago and is among the most exposed mainland areas of the Bohus coastline. Here, you can enjoy magnificent views of the horizon and archipelago from the mainland.

☐ **23. Visit Älgafallet waterfall**
This waterfall is located at the border and connects Norway and Sweden. With a 46-metre drop, it is the highest waterfall in Bohuslän. A bridge below the falls offers ease of access.

☐ **10. Visit Norway's oldest bakery**
Founded in 1865, Erlandsen Conditori is the perfect spot for a cup of coffee and a slice of cake.

☐ **11. Be a pilgrim for a day**
Hike a portion of the Borgleden trail between Ingedal Church and Borgarsyssel Museum. Pause along the path to enjoy a picnic and a moment of stillness.

☐ **12. Go on a sculpture hunt!**
Pick a route from the sculpture guide and combine learning with physical activity. Sarpisburg is home to numerous sculptures, many of which are a short distance from downtown.

13. Visit our wonderful farm shops
Take a round trip to see a few hidden gems: the farms Brandstorps Gård, Ullerydslåven and Løkkevikahandel. You'll find homemade goods, locally grown produce, antiques and novelties alike.

☐ **14. Awaken your senses!**
Pack a picnic and take a walk in the Garden of Senses at Storedal Cultural Centre. Close your eyes and inhale the scent of herbs and flowers. The sound sculpture “Ode to Light” creates music and enhances your experience.

☐ **15. Spend the night in a hammock**
There is something marvellous about sleeping in the forest, by the water and out in nature. At Børtevannet, you can rent a canoe and take a wonderful overnight trip.

16. Snorkel in Kosterhavet National Park
Curious about life underwater? Explore Kosterhavet's snorkel trails at Saltö and Sydkoster. Kosterhavet is Sweden's first marine national park and offers the country's most beautiful underwater landscape.

☐ **17. Experience the Svinesund Bridges**
Pause at Gamla Svinesundsbron – the Old Svinesund Bridge – one of the world’s most beautiful border crossings, located between Sweden and Norway. The old bridge has a history exhibition, a culture trail and a stunning view of the new bridge.

☐ **18. Sweden's westernmost lighthouse**
Ursholmen is Sweden's westernmost lighthouse, situated in the outer Strömstad archipelago. Seals abound in the surrounding water. You can get here in your own boat or kayak, or take an organised boat tour from Koster or Strömstad.

☐ **19. Temple and towers at “Alaska”**
“Alaska” was created in the 1920s and 30s by Strömstad’s Hilma Svedal, a fisherman’s daughter. After 30 years spent digging for gold in America, she returned home and built a garden, stone upon stone, with a temple, towers and viewpoints along Nord-Långö.

☐ **20. Visit Tjärnö Aquarium**
Pet a sea cucumber, gaze into the eyes of a wolffish, and get to know the ocean's residents in the touch pool. Tjärnö Marine Laboratory's aquarium is Sweden's most species-rich, with over 200 different kinds of algae and animals.

21. Explore Kungsklyftan
– “the King’s Ravine”

This unique mountain ravine was featured in the classic Swedish film “Ronja: the Robber’s Daughter.” At the top of Vetteberget mountain, you can give out a shout like Ronja, with spectacular views of the Fjällbacka Archipelago and mainland.

☐ **22. Eat an authentic Grebbestad oyster**
Take a guided oyster safari. 90% of Sweden's oysters come from Grebbestad and the surrounding area, and connoisseurs consider them to be of world class – perhaps the best! Find, harvest and eat these delicacies all around Tanum Municipality.



Delicious tips

– a selection of the border region's local food producers

Askim Fruit and Berry Press

– processing and large shop – Askim

Bamsrudlåven (farm shop) – locally made ice cream – Mysen

Bergstrøm Meat and Delicacies (farm shop, meat and deli)

– a long tradition of culinary crafts-manship – Halden

Brukskällans Bryggeri (brewery)

– locally made beer – Bäckefors

Brødrene Ringstad (meat) – locally produced meat with its own store

– Rakkestad

Delås Gård (farm shop) – vegetables, fruit, berries and much more – Sarpsborg

Kosterlamm (farm shop) – lamb meat, sheepskins and handmade goods

– Sydkoster, Strömstad

Larssons Gårdsbutik (farm shop)

– meat, eggs, café and home furnishings – Åmål

Matfatet/Ørje kaffebrenneriet (shop)

– showcasing local food and drinks – Ørje

Mill Gin – locally produced gin infused with seaweed – Tanum

Svinesundhagen (farm shop)

– flowers and locally produced foods – Halden

Nöddö Musteri (farm shop) – apple cider and apple brandy from our farm – Strömstad

Utgårds (farm shop) – grown, harvested and baked on site – sourdough bread and baked goods – Tanum

Widängården (farm shop)

– sea buckthorn and aronia products, seaweed crispbread, Kustkött meat, honey – Tanum

More experiences

Find even more gems at the sites you visit.

Scan the QR codes and read more about everything there is to see and do in the border region.



Destnasjon Halden



iSarpsborg



Rakkestad



Strömstad



Tanum



Visit Dalsland



Visit Indre Østfold



Visit Østfold



Adrenaline and adventures

Sprett activity park

Want to really get your adrenaline going?

Visit the Sprett activity park in Askim, where you'll find bowling, a trampoline park and lava-themed mini golf.

Zipline and high-rope course

Find excitement and adventures at Dalslands Activities, one of northern Europe's biggest outdoor adventure and experience facilities. Try the zipline and high-rope course, ride horses in the beautiful surroundings, or try your luck with gold panning.

Climb at the border

Discover activities that will boost your adrenaline at "Klattring på Grensen" – "Climbing on the Border" in Halden. This is one of Scandinavia's biggest climbing parks, and offers challenges for all ages and skill levels.

Join the audience of the Nordic Oyster Opening Championships

Experience the action and excitement of the Nordic Oyster Opening Championships in Grebbestad. The championships are an annual contest that gathers enthusiasts from around the Nordic region to compete in the art of opening oysters as quickly as possible. In the audience at this quick-paced and social event, you will get to enjoy the world's best oysters and sparkling Champagne.

Family action!

At Svej Trampoline Park, you'll have a fun and exciting experience. Then, continue to Sarpsborg Bowling for even more action with adrenaline-filled challenges in Laser-world. Superland offers climbing, mini-golf, and swimming, while its neighbor, INSPERIA Science Center, is a science park providing thrilling experiences in natural sciences and technology, including an outdoor pump track for biking.



Rudskogen Motorcenter track

Enjoy an action-packed day at fantastic Rudskogen Motorcenter in Rakkestad. Loads of major events are held here throughout the year, including the Porsche Festival in September, which also draws many guests from the other side of the border.

Daftöland amusement park

At Daftöland in Strömstad, there's always space for playful fun for the whole family! This amusement park is open in summer and offers attractions and entertainment. Watch out for the park's pirates, who shows up when you least expect it! Come for the day or spend the night at Daftö Resort, which has loads of fun for the family to discover.



Hidden treasures and traces of history

Stone ship at Blomsholm

Are you interested in ancient Nordic history? Blomsholm, located outside of Strömstad, is one of Bohuslän's finest ancient sites. You'll find Sweden's third-largest stone ship, as well as a burial ground with stone circles and standing stones.

Fjällbacka Church

Discover granite and stonemasonry history, as well as the heyday of herring through a visit to the pier Fjällbacka Kaj, which unites these features. Begin your visit with a tour of Fjällbacka Church, in which the many colours of granite are on display.

Halmens Hus museum

Visit the only straw museum in the Nordic region: Halmens Hus in Bengtsfors. Learn the history of how straw saved Dalsland during the hardships of the nineteenth century and about the woman who single-handedly began an industry and a fashion trend.

Edsleskog church ruin

Edsleskog in Åmål Municipality is home to a ruin believed to be Sweden's and possibly the Nordic region's, oldest medieval brick church – a discovery that rewrites Sweden's history. The ruin is not visible above ground, but using innovative technology, you can gain fascinating insights into how the medieval church likely looked. Edsleskog is also a hub for trails such as Pilgrimsleden and Unionsleden.

Paddle through historic locks

If you love history and outdoor experiences, then paddling through Halden Canal is a must-do. Here, you can paddle through historic locks and enjoy the peaceful canal.

Gamlebyen village in Fredrikstad

The Nordic region's best-preserved fortress town awaits, with cobblestone streets, historic buildings and cosy shops. Explore museums, galleries and cafés, or take a guided tour. A timeless gem just a short ferry ride from downtown Fredrikstad!

Halden Fengselsmuseum (Halden prison museum)

Fredrikshald's old prison in Halden is the country's most prominent and significant attraction for the history of prisons. Here you have a chance to discover what life was like for inmates behind these walls, in a fully restored prison with twelve cells that have been carefully recreated to show how they once looked.

Borgarsyssel Museum

Take a summer visit to Borgarsyssel Museum in Sarpsborg, Østfold's largest open-air museum. From here you can continue to "Sarpefossen".

The Border's War Legacy

At the Norwegian Resistance Museum in Rakkestad, you'll find thousands of artifacts from World War II, many linked to our shared border history.



Fishing and water adventures

Europe's tallest locks

Visit the Brekke Locks and enjoy a unique outdoor experience on the Halden Canal.

KUL tour with Atelier Sandstø Kjøl

Combine cycling with food, art and canoeing – that's a KUL tour. This brand-new concept was developed in the heart of Rakkestad, Østfold. Our guides will lead you through a full day of beautiful art, surprises, homemade treats and coffee, as well as a fantastic lunch made with local ingredients from Brødrene Ringstad. Suitable for the whole family.

Ocean fishing and safari

Embark on a shellfish adventure in Tanum with a local fisher and/or captain. Our coastal community offers guided boat tours, fishing tours and safaris to hunt for crayfish, lobster, oysters or mackerel.



Catch a huge pike in Glomma!

Furuholmen, located beside Glomma in Sarpsborg, was once an important site for log driving. Today, this historic area offers unique accommodations, fishing and experiences in the beautiful outdoors, as well as local delicacies at Vedtårka Café.

Experience the Strömstad archipelago

Go seal-watching, take a shrimp cruise and fish for mackerel! And don't miss a visit to Furuholmen, just a five-minute boat trip from downtown Strömstad. Here you'll find Sweden's first public swimming area with a sandy beach, cliffs, and a diving board. At the seaside archipelago restaurant on the island, enjoy ultra-fresh shellfish from Kosterhavet as well as a grilled buffet – occasionally served with a side of musical entertainment.

Paddle in Dalsland

Dalsland has some of Europe's best waters for paddling. You will also find plenty of places from which to rent a canoe, and even more beautiful campsites. It doesn't matter if you're a beginner or a pro.

Try your luck at fishing with a guide

With experienced guides who know the best spots for fishing, you'll enjoy a unique experience in beautiful surroundings. Whether you're a beginner or a fishing pro, this is the perfect activity for an exciting day on the water. The company Fiskecharter offers fishing guides both individually and for groups of up to three people in a specially built spin-fishing boat. More guides are hired for larger groups. Join a tour and create lifelong memories – and maybe catch the biggest fish!



Nature as a destination

Experience the Väderöarna islands

Book a tour to Väderöarna islands, one of Sweden's western-most island groups, located in Tanum Municipality. At the Väderöarna nature reserve, you can go swimming hike along the rocks, enjoy freshly caught fish, and sleep well at the inn Väderöarnas Vårdshus. Don't miss climbing up the old lighthouse.

Ride along a draisine through the forest

Along the 50 km railway between Bengtsfors and Årjäng, things roll along well as steel wheels meet steel rails. And of course, you can't cycle the wrong way – you follow the tracks! If you like, depart the draisine in Gustavsfors and paddle back to Bengtsfors on Lelång Lake.

Serenity at Hafsrød

If you're looking for peace and quiet, Hafsrød in Halden is the place to go. Here, you can enjoy a quiet day, deep in the forest. Stay overnight at a forest cabin, hike through the woods, go fishing on glassy water, or just relax and enjoy a peaceful moment, far from the noise of the city.

Hiking at Ravneberget and Appelsintoppen

Climb Ravneberget and Appelsintoppen, outside Sarpsborg. From Glengshølen, follow the wooden pathway along the water up to Ravneberget Fort, where an incredible view awaits! Continue into the Sarpsborgskog forest to Appelsintoppen, a 17-metre tall tower situated 108 metres above sea level.

Experience the view from Linnekleppen

Linnekleppen in Rakkestad is the second-highest point in Østfold. The path is well-worn, and once you've arrived you can see all the way to Gaustatoppen if the weather is clear!

Climb Bohuslän's tallest mountain

Looking for a great hike? At 222 metres above sea level, Björnerödsspiggen is Bohuslän's tallest mountain. A lean-to shelter and an observation tower offer views far across the horizon. The mountain plateau is located at Löveråsfjället, a few dozen kilometres northeast of Strömstad, near the Norwegian border.

Ytre Hvaler National Park

Ytre Hvaler National Park, Norway's first marine national park, has a spectacular archipelago, unique coastal trails, and abundant animal life. Visit the Ytre Hvaler Visitor Center at Storesand to learn more, and at Tisler, discover the coral reef – one of the largest in Europe.

Moose safari with guaranteed moose sightings

Want to see animals up close? Join a moose safari with Olberg Camping in Trøgstad, with a guaranteed moose sighting – you'll get your money back if you don't see a moose!



Lovely excursions in cities and nature

Full day in Halden

Start your day in Halden with a trip downtown! You'll find lots of charming little stores and a shopping centre with something for everyone. Then board the MS Brekke for an atmospheric boat trip through Halden Canal. Finish your day with a delicious dinner at one of the city's restaurants and enjoy a good night's sleep at one of Halden's comfortable hotels.

Art at Soli Brug

Soli Brug is a gallery in a historic setting by the Ågårdselva River. Since 1978, Soli Brug has been an important venue for art, with exhibitions attracting thousands of visitors. You can also enjoy homemade, locally produced food and award-winning drinks at the restaurant Smia.

Rakkestad's Historic Center

Start your day in the center of Rakkestad. The open-air museum, with its buildings from the 18th and 19th centuries, takes you on a journey through history and nostalgia. Continue your day in our charming town center, where shops, cafés, and green meeting places warmly welcome you.

Discover the Koster Islands

The Koster Islands are a fabulous, idyllic part of the Strömstad archipelago. Ride bikes, hike, swim, or enjoy delicious food at great restaurants. Don't miss the Naturum Kosterhavet visitor centre, the local museum, art galleries, or the picturesque harbour in Brevik to experience nature and culture.

Swimming Excursion in Hamburgø

Jump from the highest platform of the diving tower in Boviken on the stunningly beautiful island Hamburgø. Before taking the ferry across the strait, enjoy a locally produced ice cream at Pipers in Hamburgsund.

A summer gem: Dals-Rostock

Originally a spa town, this area in Møllerud Municipality has been transformed into a true summer gem. Visit the herb garden, the little half-scale model of the station building, museums, an antique shop, antique bookshop, studio and cafés. Your dog can stay with you at Kroppefjäll Bed & Breakfast and you can enjoy a visit to the experience park for dogs

Cycle the Unionsleden trail and National Cycle Route No. 9

Get your bicycle ready – the 350-km Unionsleden trail runs from Moss to Karlstad and passes through Indre Østfold. The same applies for National Cycle Route No. 9, also known as Wildernesroad, which goes from Halden, along the Halden Canal and the Swedish border, and concludes in Trondheim.



and discover our unique border region! So bring the map, book your experiences create sustainable tourism. strengthen our business community and as part of the Interreg project Beskrivning to 2.0 ("Business Community 2.0"), aiming to ment of the city. The map was developed is combined with the culture and entertain- and unique local delicacies – here, nature Enjoy the ocean, forests, lakes, mountains you like. easily cross the border as many times as offering as a destination. You can experience the best of two countries here, and We present our shared and widely varied Østfold. case here in Dalsland, Norra Bohuslan and might have been empty. But that isn't the area on the other side of the border If you were holding an ordinary tourist map, focus is on experiences! Explore the destination where borders are erased and the



Lokal treasures around the Swedish-Norwegian border

Dalsland northern Bohuslän Østfold

