

Our Place. Your Story.

Welcome to The Greater Örebro Area, The Heart of Sweden.

This historic mining landscape stretches from Kopparberg to the north on the shores of Lake Ljusnaren, to Askersund to the south the archipelago tip of Lake Vättern. With parts of Bergslagen safe to the northeast, and magical Värmland forests around Karlskoga and Degerfors to the southwest. A fairytale place with vast forests, lakes, a vibrant countryside, and both small and large towns. It is a place where the provincial flowers cowslip, mistletoe, heather, bluebell, arctic starflower and cornflower intertwine to create a magnificent expression and a beautiful bouquet.

The history of the area has shaped the surroundings and if we look back from the Ice Age to the present day, the curious can explore glacial potholes, eskers and barren rock formed by the thick ice sheet. Ancient monuments, runestones and old hillforts trigger a desire to know more about what it was like here in the past.

Here, the earth was so abundantly full of minerals that people dug, shaped and blasted everywhere. Mining and quarrying is the foundation of our history, which takes us down into the mountain itself and up through the foundries where the ore was turned into iron. The same iron that is the foundation of today's world-leading high-tech industry. To this day, ore mining in Sweden's southernmost mine is still in operation, while the mining train chugs on at the mining museum Knalla Gruva.

Prosperity and food go hand in hand, and The Greater Örebro Area has an exciting food culture, defined by quality. Grythyttan has made itself known as a center of gastronomy, where you will find Thore Wretman's unique collection of cookbooks, including one of the world's oldest cookbooks from 1480! But the area's shared food memories don't stop there. A solid and locally produced food craftsmanship permeates the entire area, and there is something here for all seasons.



In The Heart of Sweden, we refine raw materials from the forest's pantry into unique dining experiences, where cafés and restaurants naturally work with locally grown food and what is seasonally available. Organic vegetables and heritage grains from all over the county, pikeperch from Lake Hjälmaren, charcuterie, bread and eggs from local farms and producers. Pair the food with drinks from local entrepreneurs and craft breweries. Finish with a dessert of delicious cheeses or artisanal pralines. What these places and producers have in common is the food journey that unites visitors at the same table, where each dish is part of the larger story that we enjoy together.

If you start your journey in Örebro, you can explore the history behind the 700 year-old walls of Örebro Castle, in the middle of the humming Svartån. Upstream along the Svartån stream, you will meet the edge of Kilsbergen, which manifests across the plain all the way to Sweden's oldest railway station in Järle. Continue your journey by taking your bike on the vintage train to the idyllic wooden town of Nora. In addition to Nora's urban environment, you can experience classic cafés, museums and the creative district Bryggeriet.

The next phase of the journey is along Blåbergen's cultural route via the mining village of Pershyttan. Stay here, join a guided tour of the foundry and the mine Lockgruvan, or go to Kilsbergen's most beautiful view at Rusakulan and turn south towards Närke's Kil's church before heading back to Örebro.

Dare to turn off the beaten path. Leave your planned route and take an exciting detour. A handwritten sign beckons you to turn onto the small road that leads into a forest, where the landscape opens up among green pastures and bluebell-purple lakes. It's easy to be enthralled by the enchanting home of the arctic starflower, the beautiful borderland between meadow and forest. The barn in the countryside, deep in the woods, invites you to visit and take a well-deserved break after biking a refreshing distance. A country store, cheese cafés, and pizza of good quality will greet you. Creativity, entrepreneurship, the feeling and knowledge of the local ingredients create an exciting experience that you want to tell the world about! Because maybe you found your way to the farm restaurant Krogen, which doesn't exist! In The Heart of Sweden, something is offered every season. For light blue, glittery winter days or apricot pink late summer evenings. There is a rare sense of community here, and great neighbors who recommend each other so that we can curiously find our way to the next place.



When you get off the train at the Hallsberg hub, tie your shoes properly because now you are walking in an area where countless shoe manufacturers have made their fortunes. Take the 427 steps up to the top of Kvarntorpshögen. Under your soles you have 100 meters of slate ash, but it's probably the downhill cycling or the monumental sculptures that make you smile. Gaze out over the vast Närke plain, where tractors and cranes share the fertile soil. On the horizon you are greeted by the intertwined landscapes of Kilsbergen's magnificent nature, the forest hill Käglan with its 300-year-old pines, Tiveden National Park and Tylöskogen, which forms the border between cowslip's Närke and cornflower's Östergötland.

"You use what you have," Cajsa Warg is claimed to have said. She was born in Örebro and would certainly have approved of how we in The Heart of Sweden "dig where we stand," which is not a new way of thinking for us. Here you will find centuries-old traditions of food production as we have always based our work on what we have in our vicinity. Locally produced food is the norm in The Greater Örebro Area and it is almost a given that the restaurateur works directly with the farmer.

Heritage grains have been grown here for a long time, and is a tradition that has an exciting interplay with innovation. Innovative vegetable growers, taverns that are hidden gems, and magnificent, moss-green forests that embrace award-winning producers and artisans, putting us on the gastronomic world map. History takes you from the old rye variety Pektus, to tomato cultivation in industrial symbiosis, to research on how we can live on perennial plants, and a university with course offerings focused on food and drink.

The Greater Örebro Area is a place of opportunity. People from all over the world have moved here, and enrich our diverse palette with new impressions and ideas. Here you can experience the blue mountains with breathtaking hikes among the heather in magical environments. Wake up by a calm lake, hike, bike and enjoy locally produced products. Be swept away by the city's glittering pulse and music, or wake up peacefully in the countryside in an accommodation that breathes well-being. Bring the whole family to the water park, Frövifors Paper Mill Museum, the park Lustiga Landet or enjoy tour skating on a wintry sparkling Lake Hjälmaren. Or book a December weekend for two and make sure you end up under one of the beautiful flowers in the landscape bouquet, the mistletoe.



Stay in the present and explore the urban life in the neighborhoods, or discover the past and all the places that have a story to tell. Unique environments where anything can happen. Like the playful theatrical adventure "Secrets of the Foundry ", where you can stroll among blast furnaces and charcoal piles to meet the strange creatures that still live there, even though the foundry was closed over 110 years ago. Or visit "Opera på Skäret " where you can hear choral music in an old sawmill in the wilderness of Bergslagen, which has been given new life and offers magnificent opera in the summer. The location by Lake Ljusnaren has made this place world famous for its acoustics.

From soil to iron. From the past to the future. From the twinkling lights of the city to the mist over a forest lake. From castle to foundry. With a colorful palette of possibilities. In The Greater Örebro Area, The Heart of Sweden, a rare mix of enchanting encounters and experiences awaits you all year round.

Welcome!

