



A warm welcome from
the friendliest region in Sweden



Klitterhus, Ängelholm

You'll find plenty of room to breathe

Here at Familjen Helsingborg everyone is hard at work. Heating up the sauna for your winter dip, tending the rhododendron bushes in preparation for Sweden's most stunning floral display, preparing cheeses, sausages and other delicacies to be served throughout the region, sprucing up the greens on our 31 golf courses, laying markers along the forest and ravine trails and setting out the seating at the beachside cafés.

All year long and round the clock we're here ready and waiting to welcome you to our home. You'll find us along the coast and a little way inland, in the heart of the Öresund region. Just one hour from Stockholm (by plane) or Copenhagen (by road or rail).

A warm welcome from Familjen Helsingborg.



One of the best playgrounds in Sweden

The lighthouse on Kullaberg is the brightest in Sweden. Where the Öresund meets the Kattegat, it lights the way until the sun rises from behind the ridge, creating the ultimate playground. There are few locations as fantastic as the Familjen Helsingborg region. Both playful and restful at the same time. It's a dynamic place. A place to fall in love. A place to remember and return to. And we are waiting to welcome you. Come and enjoy our home!

Kullaberg, Mölle



Photos: Lars Strandberg, Swedish Open, Klara Leo/Destination Söderåsen

Kullaberg

Kullaberg is the most popular nature reserve in the country. With impressive cliffs and an unbeatable range of activities. It's a fantastic place. For climbers and divers. Or for those who enjoy rambling through awe-inspiring scenery. At the foot of the ridge lies Mölle, offering sun, swimming and surfing.

Båstad and the Bjärehalvön peninsula

Båstad is our very own Saint Tropez. This picturesque town hosts the annual Swedish Open tennis tournament, attracting both celebrities and visitors from far and wide.

Söderåsen National Park

30 km east of Helsingborg is our biggest playground, covering 1,600 hectares. Söderåsen is a mountain ridge, offering shady deciduous woodland, dramatic crags and threatened animal species roaming free in the wild. Book a nature guide or experience the national park on horseback to make your visit even more memorable.

31 golf courses

We play golf all year round here. You won't find a more dense concentration of golf courses anywhere else in Europe. A total of 31 attractive and picturesque courses all within a 40-minute drive. Only Florida can offer a greater concentration of golfing facilities! Vasatorp is perhaps the most famous, with Scandinavia's best Tournament Court, and the course itself set amid stunning scenery.

More playgrounds

Hallands Väderö Nature Reserve

Seal safaris, hiking and bathing in clear waters on an uninhabited island.

Fredriksdal museums and gardens

Enjoy Fredriksdal all year round. Animals, nature and culture all in one place.

Ven – the island in the middle of the Öresund

Take the ferry from Landskrona (or a boat from Råå harbour in the summer) to Ven. This is where Tycho Brahe built his observatory. Cycling and bathing are popular excursion activities.

For more tips visit
helsingborgfamily.com

Our bathing facilities

If you love sandy beaches, sun and swimming, you'll feel right at home here. Our varied bathing spots offer calm and relaxing summer days by the sea. From early morning to late evening.

An abundance of beaches. Some in the centre of town and others like hidden gems, but wherever you choose you'll find restaurants so close at hand that you can leave your sandals on the beach. At the end of the day the sun sinks below the horizon of the Öresund. Just another day on the Swedish Riviera. But those of us who live here savour this daily routine. It's a beautiful and magical place. A place to meet up. A place to fall in love.





Photos: Lars Strandberg, Studio-e, Klara Leo/Destination Söderåsen, Beatrice Stiernstedt

1,248 locations to make a splash!

You'll find 40 km of glorious beaches of varying character. All the way from Landskrona and Ven to Mölle and Båstad. Sunbathing and swimming in a real Mediterranean setting with palms and views across to Denmark, or choose a beach to have all to yourself. Whatever your preference, you can be sure of finding something to suit.

The beach in Helsingborg is the most central, right in the heart of town. The promenade is a popular spot. It features a 1,800 m² expanse of wooden deck, perfect for enjoying the sun, bathing and views across the water to Denmark. In summer Gröningen and the promenade are a very popular meeting place. People gather here from dawn to dusk.

Canoeing, belly flops & fishing

Rössjön and Västersjön, north of Ängelholm, are ideal spots for bathing, fishing and enjoying outdoor life. These lakes are idyllically situated between the steep slopes of Hallandsåsen to the north and the wooded and agricultural landscape to the south. Hire a boat, bathe in the clear waters and savour the shady and almost tropical setting. For more adventure and a memorable experience, try canoeing along the River Rönne. It runs for 90 km, from Ringsjön in central Skåne, through the ravines and wooded landscape of Söderåsen and the townscape of Ängelholm, before flowing out into the sea at Skälderviken. Canoes can be hired at several locations along the river and in Ängelholm.

Spas & open-air bathing

You'll find numerous possibilities for relaxation and recreation. Treating yourself to a spa experience is one option, and it can do wonders for body and soul. There are plenty of spas to choose from, in our towns, along the coast or in the countryside.

Delightful bathing

City beach

Fria bad and the promenade in Helsingborg allow you to combine a shopping trip with a refreshing dip.

A little gem

One of our secluded idyllic bathing spots is Farhultsbaden in charming Farhult. Farhult enjoys a picturesque location between Kullaberg and Ängelholm.

City spa and open-air bathing

In the heart of Helsingborg, you will find a couple of modern spas. Another way to relax is to visit our open-air baths.

Longest beach

Ängelholm boasts a 6km-long beach paradise with a varying nature and appearance. From Sibirien with its dune woodland, via pulsating Råbocka, to the tranquillity of Skälderviken and Vejbystrand.

Most child-friendly beach

Skälderviken beach is an enticing location with shallow water and white sand dunes. The harbour is packed with attractive eateries should you need an energy boost.

Accommodating event hosts

Our region is at your disposal

You will find all you need for successful events and meetings. We like to enjoy life here. Enthusiasm, pleasure and excellent event venues are all in plentiful supply. Quite simply, it's a vibrant location all year round – that attracts numerous event organisers from near and far. The ideal venue for conferences and concerts, festivals and carnivals.

We provide a perfect setting for major sporting events. European Championships in both football and handball take place here, and in summer 2013 we hosted the World Rowing Coastal Championships – the first time it has been awarded to a Nordic country. Summer 2015 will see Europe's biggest folk dance and music festival right in the heart of Helsingborg. 4,000 participants from 30 different countries will bring an explosion of colour and music to Helsingborg city centre.

This is a region with fantastic facilities at your disposal. Helsingborgs Konserthus offers technology and expertise for meetings and events all year round. Other arenas for events include Nöjesparken Sundspärlan, with capacity for up to 1,200 visitors, and more unique venues such as Fredriksdalsteatern and Sofiero. Picnic concerts at Sofiero are particularly popular and appreciated by music-lovers of all ages. The enchanting atmosphere leaves both visitors and international artists longing to return.

Helsingborg Arena

The newly-built Helsingborg Arena is home to indoor sports, but is also ideal for concerts, conferences and fairs. The arena was inaugurated on 30 November 2012, opening up brand new opportunities for the region. Arranging an event here couldn't be simpler. Together with Idrottens Hus, the facility houses five sports venues under one roof, offering organisers endless potential and an audience capacity of up to 5,500 spectators. Helsingborg Arena has a whole team in place to make things easy for you as an organiser.

More event venues

Dunkers Kulturhus

Fantastic scope for memorable meetings – in an aesthetically pleasing cultural oasis.

Helsingborgs Konserthus

Conferences in our great functional concert hall with its amazing acoustics are a real treat. The premises are spacious, and for music fans there's always the possibility of combining the conference with a concert.

Helsingborgs Stadsteater

Our city theatre is ideal for large meetings combined with a small-scale fair. It offers the very latest sound, lighting and stage technology. One interesting piece of historical trivia is that Ingemar Bergman was once the theatre manager here.

Olympia

The largest of all our venues offers fantastic scope for all types of events. You will find both large and small rooms with great views. And there is the arena, of course, with a capacity of 16,000 for spectacular events.

The cityscape and the beach

The whole of Helsingborg is a welcoming environment and there are numerous locations for hosting events. The beach is centrally located and plays host to large annual events, primarily sporting ones. The city itself boasts a multitude of large and small events every year.



Helsingborg Arena

Photos: Felix Gayfach



Events in Helsingborg

Come and enjoy our culinary delights

Our dining options are world class and make Helsingborg one of Sweden's most exciting culinary destinations. Finding your own personal favourite on the menu is easy. Helsingborg boasts one of the highest concentrations of restaurants of any Swedish city, but everyone here has something special to offer. We love food, and our culinary experiences are limitless. You will find celebrated tomatoes from Viken, potatoes from Bjäre, cod from the Öresund and lamb from the Kullahalvön peninsula. Best of all is the variety on offer. Visit Höganäs Saluhall or savour the culinary delights of Norra hamnen (the northern harbour) in Helsingborg with its continental feel.

We are lovers of home baking, and we have thousands of different recipes for pastries, cakes and buns. Some places are completely organic, while others use only local ingredients. Enjoy delicious food by the sea, in our towns and villages and out in the countryside. Coffee and cake, anyone?



Some of our well-reputed restaurants

Restaurang Sand, Båstad

Gastro, Helsingborg

Sofiero Slottsrestaurang, Helsingborg

Grand Hotell, Mölle

Inom Mat & Bar, Helsingborg

Trattoria Gentile, Helsingborg

Klitterhus, Ängelholm

Rusthållargården, Arild

Cosy cafés

Flickorna Lundgren in Arild

Ellens café in Ransvik on Kullaberg

Solbackens Wäffelbruk in Båstad

Vildrosor & Höns in Perstorp

Koppi Kaffe & Rosteri, Helsingborg

Krapperrups Kaffestuga, Mölle

Café Tycho Brahe, Ven

**For more tips, visit
helsingborgfamily.com**

Delightful guest rooms





Clarion Grand Hotel,
Helsingborg



Rusthållargården, Arild



Grand Hotel, Mölle



Örenäs Slott, Landskrona



Castle or cabin?

We have almost 2,400 hotel rooms throughout our region to accommodate our visitors. There is great variety on offer, with something to suit all tastes. We have trendy hotels and private hideaways – both out in the countryside and in the heart of town. Proximity to the beach, entertainment and adventure is always in evidence here, no matter where you choose to stay.

Spend the night in a castle at beautiful Örenäs Slott outside Landskrona. Enjoy coffee and cakes alfresco or stroll through the gardens with views of Denmark, Ven and the Öresund.

Close to adventure

For families who want to explore Söderåsen, Kullaberg or the Bjärehalvön peninsula, there are many exciting accommodation options. Youth hostels, B&Bs, country houses and cottages, to name but a few.

Some of our excellent overnight options

- Örenäs Slott, Landskrona
- Elite Hotel Marina Plaza, Helsingborg
- Grand Hotel, Mölle
- Hotel Skansen, Båstad
- Clarion Grand Hotel, Helsingborg
- Torekov Hotell, Torekov
- Rusthållargården, Arild
- Margretetorp, Ängelholm
- Klitterhus, Ängelholm
- Falknästet, Kullaberg/Mölle
- Kläveröds youth hostel, Söderåsen
- Åsljungagården, Åsljunga

**For more tips, visit
helsingborgfamily.com**

Peace and quiet for work

Welcome to our work spaces. You will find stimulation for creative meetings. Our region is centrally located and close to the continent. Just one hour by plane from Stockholm and Berlin or by train from Copenhagen. Bring the whole company or just a handful of colleagues to a dynamic and inspiring meeting venue. We have the perfect solution for all types of meetings and will naturally help you to find the perfect space!

Complete range

We have venues for all manner of meetings: large and small congresses, conferences, kick-offs, events and functions.

Whatever your requirements, come and take your pick from all we have to offer. You will find inspiring venues right in the heart of the city and cosy venues surrounded by nature.

We can provide professional assistance and have expert local knowledge!

Here are just a few reasons why you should come to us:

- ✓ Free information and advice about Helsingborg and our region for planning and implementation
- ✓ We will plan and conduct site inspections according to your needs
- ✓ We have a large network of professional partners

Contact us at konferens@helsingborg.se



Photo: Mette Ot

Photo: David Skog

Helsingborgs Konserthus



Photo: Studio-e

Helsing Mat & Bar



Photo: Lisa Wikstrand

SHIP konferens, Helsingborg

Take it easy and relax in this welcoming environment

You will find quiet and charm here. Night life and vibrant shopping districts. Our region is a memorable place all year round – a place you'll want to return to again and again.

Shopping

A warm and welcoming environment bursting with trendy niche and designer stores and delicious delicacies. You will find both familiar and surprising elements. Helsingborg's shopping district offers a huge selection of over 500 shops. Browse amongst unique lifestyle stores out in the country or shop for the latest fashions at Våla – named Scandinavia's best shopping centre 2013 by NCSC. Våla is located just outside Helsingborg and offers a little bit of everything.

Cultural experiences

We have always had a strong feel for form and design. Visit potters, sculptors and designers – and why not buy a stylish souvenir to take home? After a visit to Dunkers kulturhus and Fredriksdal, Louisiana Museum of Modern Art in Denmark is a must. See world-renowned art and enjoy refreshments or a stroll in the beautiful gardens. Ferries run from Helsingborg to Helsingør every twenty minutes!

Night life and entertainment

Begin your evening with a picnic in a park or a bite to eat at one of our seafront restaurants. And take your time, for the night is always young here. Enjoy a drink in a piano bar or a glass of wine by the harbour. Meet up with friends at our outdoor cafés and sit and chat until the sun goes down. If you want to party the night away, there are plenty of nightclubs to choose from. Most stay open until the early hours. Get in touch when you arrive or simply turn up. We look forward to seeing you here!

Unique cruise destination

When you look at a nautical chart the cities of Helsingborg and Helsingør sit either side of the Öresund, just at its narrowest point. A unique destination that gives cruise passengers a rare chance to experience our region, and sample two countries and two cities at the same time while based at the same port. On the Swedish side, in Helsingborg, large vessels lie safely moored in the Southern Harbour, while medium-sized ships berth at the 170 m quay in the centre of Helsingborg.

A selection of our popular destinations

Shopping

Våla shopping centre
Höganäs Outlet
Båstad town centre
Helsingborg city centre

Culture

Sofiero Castle and castle gardens, Helsingborg
Fredriksdal museums and gardens, Helsingborg

Entertainment

The Tivoli, Helsingborg
Fredriksdalsteatern, Helsingborg
Sundspärlan, Helsingborg

For more tips, visit helsingborgfamily.com



Northern harbour in Helsingborg



Helsing bar in Helsingborg



Cruise liner in Helsingborg



Potter at work



Kronborg Castle in Helsingør



Sofiero Castle and castle gardens

Distances are short here

Close to everything and easy to get to. That's a perfect description for the Familjen Helsingborg region. We are near both the E4 and E6, with good rail, ferry and bus connections. We can also boast three airports within one hour's journey of our region: Ängelholm Helsingborg Airport, Malmö Airport and Copenhagen Airports. Getting to Copenhagen is a quick trip. 20 minutes on the ferry, jump on the train and, hey presto, you're there.



Airports

Ängelholm Helsingborg Airport

Our own airport, easily accessible, just a 30-minute drive or so to any Familjen Helsingborg destination. You can get to/from the airport by airport bus, taxi or hire car.

www.angelholmhelsingborgairport.se

Malmö Airport

Malmö Airport is around 60 km from here. There are a large number of daily departures operated by several different companies.

You can get to and from the airport by airport bus, taxi or hire car.

www.swedavia.se/malmo

Copenhagen Airports

Most major airlines fly to Copenhagen. It takes around one hour to reach us by car or train from the airport. The train departs direct from the airport and you can travel via the Öresund bridge or to Helsingør and take the ferry across to Helsingborg.

www.cph.dk



Ferries

To Helsingør

Ferries run 3-4 times an hour between Helsingborg in Sweden and Helsingør in Denmark, and the journey takes around 20 minutes.

www.scandlines.se

www.sundbusserne.dk

To Ven

Tycho Brahe's island in the middle of the Öresund between Denmark and Sweden can be reached by boat from Landskrona. In summer, boats also depart from Råå in Helsingborg.

www.ventrafiken.se, www.raabatarna.se

Torekov - Hallands Väderö

Hallands Väderö is a tiny offshore gem accessed by boat from picturesque Torekov. Visitors come here to swim and enjoy the sun along its wonderful beaches and rocky shoreline.

www.vaderotrafiken.se



Trains

Getting to the Familjen Helsingborg region by train is quick and convenient. SJ is Sweden's largest train operator and serves most long-distance routes from Oslo, Copenhagen and Berlin as well as within Sweden. The X2000 high-speed train from Stockholm takes approximately 5 hours to reach Helsingborg, while from Gothenburg it takes around 2 hours.

www.sj.se

www.skandetrafiken.se

Car hire

If you want to hire a car here, you will find several of the well-established car hire companies in our region. Many petrol stations also offer car hire.

www.hertz.com

www.europcar.se

www.avis.se

se.sixt.com

Cycling

Cycling within the Familjen Helsingborg region is a special experience; we have many excellent cycle paths. If you don't have your own cycle, there are numerous locations offering cycle hire for one or more days.

www.helsingborgfamily.com

Useful facts

Monarchy and democracy

Sweden is a monarchy. The monarch is the Head of State, but has no political power.

King Carl XVI Gustaf is the reigning monarch of Sweden, his function is ceremonial and formal; state visits to other countries and acting as host for state visits to Sweden.

Sweden is a parliamentary democracy, with a prime minister as the head of government.

Sweden has a population of just over 9 million, and here in the Familjen Helsingborg region there are roughly 321,000 residents.

Currency and the European Union (EU)

Denmark and Sweden are both members of the EU, but they are not part of the monetary union. Consequently, the currency in Sweden is still the Swedish krona (SEK). Many stores also accept Euros – just ask! Credit cards are widely accepted.

Exchange and VAT

Visitors with credit cards can withdraw money from ATMs. Money can also be exchanged in banks (normal opening hours 10.00-15.00 on weekdays) or at currency exchange bureaus (normal opening hours 09.00-19.00).

VAT on goods purchased in the Öresund region can be reclaimed if you come from outside the EU. Ask for a Tax-Free form in the shop.

Electricity and drinking water

Electricity in the Öresund region is 220 V. Tap water in the region is safe to drink.

Safety

Helsingborg, Helsingør and the surrounding region are safe places, but they attract a lot of visitors during the summer months. Be alert for pickpockets, particularly in crowded areas.

SOS Alarm

Ring 112 in an emergency. Ask for an ambulance, emergency doctor/dentist, the fire brigade, police, search and rescue or the coastguard.



Shopping

Opening hours vary throughout the region; Väla shopping centre in Ödåkra and Familia in Hyllinge have longer opening hours than city centre shops.

For more information, visit familjenhelsingborg.se



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