DISCOVER SCANDINAVIA

by train

The big cities you can’t afford to miss

COPENHAGEN & STOCKHOLM

Experience

THE MIDNIGHT SUN AND THE NORTHERN LIGHTS
THE BEST WAY TO DISCOVER SWEDEN IS BY TRAIN

With tracks running from Malmö in the south to Narvik in the north and a direct connection between the three capitals, the train is a comfortable and convenient way to travel to the places in Scandinavia that you want to explore. It’s also a climate-smart and sustainable choice compared with flying or driving – and it gives you the opportunity to experience the beautiful and varied Swedish landscape, with its lakes, towns and unspoilt nature along the way.

From the north to the south, from the plains to the forest, from the sea to the mountains. Take the train to experience the whole of Sweden.
What are you looking for? Do you like big cities and shopping? High-adrenalin activities? Amazing nature? Architecture, history or culture?

Sweden has something for everyone. Choose a route that appeals to you and your party and create memories that will last a lifetime.

\[ \text{OSLO} \] Art and architecture

\[ \text{JÄMTLAND} \] Nature and relaxation

\[ \text{LAPPLAND} \] The midnight sun and the Northern Lights

\[ \text{OSLO} \] Art and architecture
GOTHENBURG
Sea and fun

COPENHAGEN
Gastronomy and design

STOCKHOLM
History and city hustle and bustle
SWEDEN’S MOST BEAUTIFUL TRAIN ROUTE

With an Arctic Circle Pass, you can hop on and off the train as much as you like along possibly the most beautiful train route in Sweden, which runs between Kiruna and Narvik in Norway. The train stops at 13 places along the way, including Abisko, Björkliden, Vassijaure, Riksgränsen, Bjørnfjell, Søsterbekk and Katterat. The train along this route runs twice a day in each direction.

Here you can experience the Northern Lights or the midnight sun, depending on the time of year.

sj.se/arctic-circle

ARCTIC CIRCLE PASS

If you decide to go all the way up to the very north of Sweden, buying an Arctic Circle Pass is a good option. This is a flexible pass that gives you unlimited travel for 3 or 7 days.

VASSJAURE TRAIN STATION

From Låktatjåkka or Vassijaure, it is about six kilometres to the magical Lake Trollsjön, where the clear blue water flows down from nearby glaciers.

This makes Trollsjön Sweden’s clearest lake, with a visibility depth of 36 metres. Take a break and enjoy the beautiful view and the opportunity for a refreshing dip.
This is where you can experience the Northern Lights and the enchanting midnight sun.

ARCTIC CIRCLE PASS

LOLA AKINMADE ÅKERSTRÖM/IMAGEBANK.SWEDEN.SE
 SJ High-speed trains
The trains that run between the major cities are fast and have an on-board bistro which serves food, sandwiches, coffee and other drinks. Breakfast is included in 1st class and you can pre-order lunch or dinner. Wi-Fi is available on board and there are electrical sockets beside each seat. SJ High-speed trains also run to and from Copenhagen.

 SJ InterCity
An affordable alternative with more stops along the way. Food service is also available on board. There are electrical sockets at each seat, but no internet connection on these trains.

 SJ Regional
With SJ regional trains, you can travel shorter distances quickly and comfortably.

 SJ Night trains
Sleeping on the train saves you a night in a hotel and is a great way to use your travel time. You can choose between a seat in a couchette compartment, a berth in a sleeping car or a 1st class sleeping car. Some trains have a bistro offering on-board dining. Breakfast is included for passengers travelling in 1st class. You can take the night train north to the ski resorts of Jämtland in northwestern Sweden or to Europe’s last wilderness in northernmost Swedish Lapland. The train stops at the foot of the mountain and you can head off into your adventure well-rested. The night train takes you directly to places such as Åre, Duved, Abisko, Björkliden and Riksgränsen.

 Domestic night train routes
Gothenburg/Stockholm → Östersund, Åre, Duved
Gothenburg/Stockholm → Boden, Luleå, Kiruna, Abisko, Björkliden, Riksgränsen, Narvik
Stockholm → Malmö

 ALL OF SWEDEN, BY TRAIN
Travelling with Sweden’s largest train operator offers many advantages. As well as modern trains and the ability to travel all over the country, we have lots of departures and a well-developed network that will take you all the way to where you are going. SJ operates 1,200 departures from 284 stations every day – from Narvik in the north to Copenhagen in the south and from Stockholm in the east to Oslo in the west.
PRACTICAL INFORMATION

Buying and booking tickets
You can buy tickets directly from our website sj.se and from our app, which are both available in English. You can also contact your travel agent or a Scandinavian specialist.

Take the train from Arlanda Airport
If you arrive in Stockholm by plane, you can get straight on the train at Arlanda Airport for onward travel to the rest of the country.

Group travel
For parties of 10 or more people travelling together.
E-mail: gruppresor@sj.se
Telephone number: +46 771-75 75 75 (touchtone 7)
Opening hours: Mon–Fri 8 am–5 pm
For smaller groups or individual bookings, please visit sj.se/en

Useful websites
Information, booking and prices for SJ trains → sj.se/english
Tourist information about → visitsweden.com
Information about the Inland Railway in northern Sweden → inlandsbanan.se