DISCOVER SWEDEN
by train

The cities you mustn’t miss
GÖTEBORG, STOCKHOLM & Malmö

Experience THE MIDNIGHT SUN AND NORTHERN LIGHTS
The best way to explore Sweden is by train.

Train travel is comfortable, safe and sustainable. Travelling between the three Scandinavian capitals is as easy as embarking in one city centre and disembarking in the next. Sit by the window and watch the diverse Swedish landscape change as you travel past lakes, cities and through natural wilderness.

From north to south, from flatland to forest, from sea to mountain peak. Travel by train to explore everything Sweden has to offer.
What does your heart desire?

Are you interested in major cities and great shopping? Activities that up your pulse? Breathtaking countryside? Architecture, history and culture? Sweden offers plenty for everyone. Choose a route that excites you and your party, then let that trip become a memory for life.
History and urban vibes
Göteborg
Coast and entertainment

Stockholm
History and urban vibes

Copenhagen
Gastronomy and design
Sweden’s most scenic train route

The Arctic Circle Pass allows you to hop on and off trains along what is quite possibly Sweden’s most scenic train route, Kiruna – Narvik. The train stops at 14 places including Abisko, Björkliden, Vassijaure, Riksgränsen, Bjørnfjell, Søsterbekk and Katterat. The route is trafficked twice daily in each direction.

This is where you can experience the Northern Lights or Midnight Sun, depending on season.

Arctic Circle Pass

If you want to travel to the magnificent natural phenomena in the most northern parts of Sweden, you can buy an Arctic Circle Pass. It’s a flexible ticket that offers unlimited travel for 3 days.
This is where you can experience the Northern Lights and the enchanting Midnight Sun.
Absolute Sweden, by train

Travelling with Sweden’s biggest train operator has many advantages. In addition to modern trains that traffic the entire country, we also offer numerous departures and an extensive network that will safely deliver you to your destination. Every day, 1,450 SJ trains depart to a total of 160 stations between Copenhagen and Narvik.

**SJ High-speed trains**

These trains travel between major cities at high speed. The onboard bistro sells meals, sandwiches, coffee and other beverages. 1st Class travel includes breakfast. Lunch or dinner can be pre-ordered. Wifi is available onboard, plus an electrical socket at every seat. SJ high-speed trains also traffic Copenhagen and Oslo.

**SJ InterCity**

An excellent value alternative, stopping at several stations en route. Refreshments are available on board. There is an electrical socket at every seat but no Wifi on these trains.

**SJ Regional**

SJ’s regional trains offer swift and comfortable travel on shorter routes.

**SJ Night trains**

A night on the train saves an overnight stay in a hotel and is a wonderful way of utilising the travel time. You can choose between a berth in a couchette, a berth in a sleeping car, or 1st Class travel in a sleeping compartment. There is a bistro on every train (except between Malmö-Stockholm). Breakfast is included in the ticket price for 1st Class travel.

The night train travels north to the ski resorts in Jämtland in north-west Sweden or to Europe’s last wilderness in Lapland, Sweden’s most northern region. The train stops at the foot of the mountains where you embark refreshed and ready to explore. The night train travels directly to destinations such as Åre, Duved, Abisko, Björkliden and Riksgränsen.

**Domestic Night train routes**

- Göteborg – Sundsvall/Östersund/Åre
- Stockholm – Sundsvall/Östersund/Åre
- Malmö – Stockholm
- Stockholm – Luleå/Kiruna/Narvik
Practical information

Buy and book tickets
Both our sj.se website and mobile app are available in English and can be used to buy tickets directly. You can also contact your local railway station, travel agency or a Scandinavian specialist.

Take the train from Arlanda Airport
If you arrive in Stockholm by plane, take the train from Arlanda Airport and then travel on into the country.

Group trips
If you are a group of 10 people or more, the entire group is entitled to a discount and we can tailor your trip to suit your requirements. Contact gruppresor@sj.se

Useful websites
Information, booking and prices for SJ train travel www.sj.se/english
Tourist information about Sweden www.visitsweden.se
Information about Inland Railway in northern Sweden www.grandnordic.se

Examples of travel times
- Copenhagen–Göteborg: 2 h 30 m
- Copenhagen–Stockholm: 5 h
- Malmö–Stockholm: 4 h 25 m
- Stockholm–Göteborg: 3 h
- Stockholm–Karlstad: 2 h 30 m
- Stockholm–Falun: 2 h 30 m
- Stockholm–Sundsvall: 3 h 35 m
- Stockholm–Umeå: 6 h 20 m
- Stockholm–Åre: 7 h
- Stockholm–Oslo: 5 h