

Examples of travel times

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| Copenhagen–Gothenburg | 3 h 20 m |
| Copenhagen–Stockholm | 5 h |
| Malmö–Stockholm | 4 h 25 m |
| Stockholm–Gothenburg | 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 | 6 h |



SJ operates more destinations than the map shows.