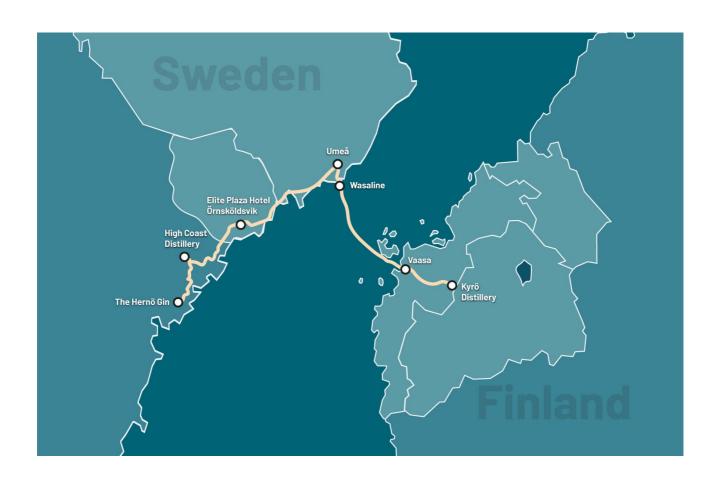
FOOD AND DRINK TOUR IN KVARKEN - TWO COUNTRIES - A WORLD OF CONTRAST

This is the trip for foodies! During four tasty days you will travel around in the beautiful Kvarken and the UNESCO World Heritage Site High Coast/Kvarken Archipelago. You will taste food and drinks prepared of our local ingredients, coming for example from the sea, rivers and forests. This tour is about "tasting" Kvarken, and so are the places are suggested, but you can easily supplement the trip with other kind of interesting places to visit.









The Hernö Gin (Day 1)

Hernö Gin is the first dedicated gin distillery in Sweden. It all begun with a passion for gin and a dream evolving to gin crafting. A journey that took the founder and Master Distiller Jon Hillgren to places and gin distilleries all around the world in his thirst for knowledge and his search for gin inspiration. Today Hernö Gin is the most awarded gin in Europe 2014-2017 and awarded World's Best Gin 2017 and 2018. Also awarded World's Best Matured gin 2019.

Opening Hours: Daily for pre-booked groups.



HIGH

High Coast Distillery

Transfer/Distance: 1 hour (60 km) from Hernö Gin to High Coast Distillery, by car

With a view of the majestic river Ångermanälven, on a hill with the historic distillery building as the nearest neigbour, you will find the Visitor Center. A guided tour around in the distillery is a must. For an hour or so you will go with one of our guides around and follow the path of the raw materials from our malt silo to warehouses. In

our bar and restaurant, we have a wide selection of current and previous releases.

Opening hours: Depending on season

Dinner at Linnéa & Peter

Transfer/Distance: 1 hour 4 min from High Coast Distillery to Linnéa & Peter, by car

Dinner at restaurant Linnea & Peter. The guiding principle for the owners has been to create a restaurant that they themselves would like to return to. The menu is clearly inspired by modern Nordic and European cuisine. The restaurant collaborates with many local producers and is located in central Örnsköldsvik.



Overnight stay at Elite Plaza Hotel Örnsköldsvik

Umeå, the Gourmé city of Northern Sweden (Day 2)

Transfer/Distance: 1 hour 20 min (110 km) from Örnsköldsvik to Umeå

KVARKEN DESTINATIONS





FOOD & DRINK



Umeå is a fantastic food town. Most of the restaurants, regardless of focus, use produce from our part of the country - reindeer and moose, char, white fish, and white fish roe, deer, lingonberry and arctic raspberries.

Västerbottensost (cheese), Vindelrökt (smoked) pork and ham and Brännland Iscider are just some of the popular trademarks from the area.

Photo: The yellow and red buildning is Stora Hotellet. The red building, reflected in the window is the restaurant Rex.



Lunch at Rex

With their soul in France and their heart in Norrland - North of Sweden, they change the menu with the seasons, and make good use of seasonal produce. Focusing on local produce, the food is home-cooked from start to finish and, with inspiration from classical French cuisine. Down the stairs you will find Rådhuskällaren - a cozy a pub with an enormous range of beers, craft beer

served from the biggest beer fridge in town. The menu is exiting with inspiration from all corners of the world. Rex is located in Umeå's old city hall in the city center.



Dinner at Köksbaren

Distance: 7 minutes (500 meters) walking distance from Rex/Stora Hotellet to Köksbaren

Köksbaren is the meeting place for everyone who likes well-cooked food. There are no fixed menus here – the menu is updated continuously. The menu is based on seasonal quality produce. "We want you to eat a good meal and enjoy a good atmosphere with lots of variety"

says Peter Stenmark, co-owner of Köksbaren together with Jacob Markström.

Overnight stay at Stora Hotellet

Tip: In the hotel bar of Stora Hotellet, you can enjoy a local produce cocktail with ice cider. Ask the bartender to tell you about Brännland's ice cider and how they are using the natural winter cold of Northern Sweden, make apple juice concentrated of the best Swedish apples and ferment the sweet must into an ice wine.



FOOD & DRINK

Umeå – Vaasa with Wasaline (Day 3)

Transfer/Distance: 20 min (20 km) from the city centre to Ferry Terminal in Holmsund, by car

Let us invite you on a flavorful journey over the Kvarken (Gulf of Bothnia). There are two restaurants on board; the Archipelago Buffet and the À la carte-restaurant. The food served has strong ties to the local areas. We value high quality and choose our supplieres carefully. We



want you to enjoy your trip and your meal in a pleasant environment. Our food year 2020 at Wasaline is filled with interesting taste experiences inspired by food culture from all around the world, yet prepared with local ingredients.

Dinner at Hejm

Transfer/Distance: 5 min (2,7km) from the Ferry Terminal in Vaasa, by car. 10 min (700 m) walking distance from the city centre.

Besides the cozy and relaxed atmosphere, restaurant Hjem likes food made with love and based on traditional methods, with a modern touch. They love working with local producers. You'll find many vegetarian, but naturally also fish and meat dishes on the menu. On the rooftop



terrace you'll have a gorgeus view of the sea and the archipelago.

Overnight stay in Vaasa



Bock's Corner Brewery (Day 4)

Transfer/Distance: 8 min (3 km) from Vasa city centre by car

Bock's continue a brewing tradition since 1865 brewing different, and interesting beverages, which are a treat to taste. Beers are produced in small quantities and personally checked that every batch is up to the high standard – only the best is good enough!

Bock's is so much more than just a brewery: It is a meeting place! In the Bock's pub in connection to the brewery you can enjoy a tasty meal while watching the brew master at work.



FOOD & DRINK

Kyrö Distillery

Transfer/Distance: 30 min (36 km) from Vasa city centre by car

The idea behind Kyrö Distillery was born in the sauna when someone asked why no one makes rye whiskey in Finland. In four years, Kyrö Distillery has grown to an internationally recognized rye distillery that has won several international awards.



The distillery's visitors center arranges guided group tours with tasting sessions and dinners made from local produce. The group packages can even be tailored to include a Kyrö spirit tasting, a cocktail school and a distillery tour where the history behind Kyrö spirits really comes to life.

During the visitor center's opening hours, individual visitors can attend distillery tours and tastings as well as enjoy unique cocktails based on locally sourced ingredients.

