

# OUT & ENJOY

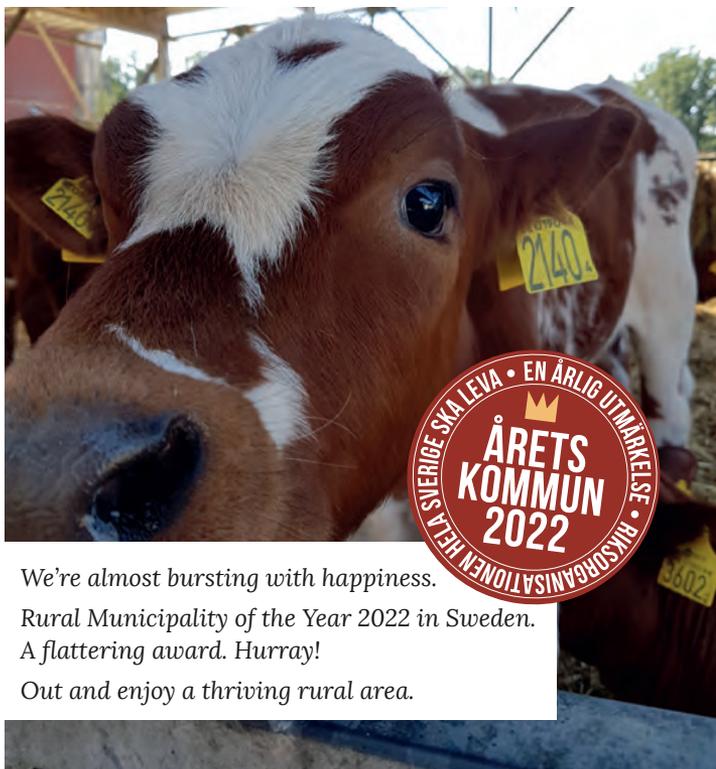


## *What's on in Ronneby?*

Tips for the summer – Delights all year round



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Ronneby Touristinformation 2023  
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# Are you up for a festival?

Midsummer celebrations, the Family Festival, Tosia Bonnada'n, Nostalgia Festival, I Love Garden ... there are all kinds of recurring events during the year, something for everyone. And, of course, some new ones. Check it all out on the net.

Make sure you don't miss a thing.

[visitblekinge.se/en/ronneby/events](http://visitblekinge.se/en/ronneby/events)  
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<b>SILLARODDEN BOAT RACE</b>	<b>June</b>
<b>NOSTALGIA FESTIVAL</b>	<b>July</b>
<b>MIDSUMMER CELEBRATIONS IN BRUNNSPARKEN</b>	<b>June</b>
<b>FAMILY FESTIVAL</b>	<b>July</b>
<b>TOSIA BONNADA'N</b>	<b>July</b>
<b>MODPROVET (Dog competition, market and funfair)</b>	<b>July</b>
<b>I LOVE GARDEN</b>	<b>Aug</b>
<b>BLEKINGE ADVENTURE FESTIVAL</b>	<b>Sept</b>
<b>TOUR DE FARM SHOPS</b>	<b>Sept</b>
<b>CHRISTMAS MARKET IN BRUNNSPARKEN</b>	<b>Dec</b>
<b>CHRISTMAS CIRCUIT</b>	<b>Dec</b>
<b>CHRISTMAS CONCERTS</b>	<b>Dec</b>
<b>And many more ...</b>	

# ”Soooo much fun! So cool!

**It’s all a bit cool – Ronneby is unique, but you probably knew that already... Rural Municipality of the Year 2022 in Sweden, that’s just one aspect.**

There is more – much more. What do you say to axe marks in a church door, a water tower with a “My Little Pony” lookalike horse, or wonderful houses built in true Swiss style? Two centuries of history of drinking curative well water, when ladies in crinoline skirts strolled through the park carrying parasols. A coast designated a biosphere area by UNESCO, Blekinge Archipelago and a waterfall in the centre of town. A giant artistic dragon (?) on the wall of an old sugar mill, calling to mind another painted wall in Berlin. A moose park, the preserve of King Eli and his friends. A history of invading almost every kitchen in the country with enamelled utensils. A town with an old warehouse that now serves as a magnificent art gallery, and a town hall next to a mirror-like pond. A pink castle with vines in the orangery – simply made for a coffee break. A chainsaw artist in a world of his own, with horses black as ebony. An ice rink for both fast games and graceful pirouettes. A farmer who makes his own ice cream at the farm. And a mediaeval wreck – King Hans’ ship Gribshunden, our future museum.

Go exploring among all the extraordinary attractions you won’t find anywhere else. It’s all a bit cool.



**Scan the QR code** for a list of all this year’s activities, places to eat and sleep, and attractions to visit. Or visit us online, [visitblekinge.se/en/ronneby](https://visitblekinge.se/en/ronneby)



*Make your days truly wonderful. Fill them with hijinks or just laze around in the sun.*

Hop on your bike and take an early morning ride! Cycle down to the bakery and surprise your loved one with freshly baked rolls for breakfast. Or make a day of it and discover new places – maybe right around the next bend. A gentle breeze caressing your bare legs and the warm sun on your face! What a wonderful feeling ...

Extend the delights of the day. Watch the sun go down from a seaside cliff as you listen to the sound of lapping waves. You're sure to find your favourite vantage point, but the island of Gö and Lindö Udde nature reserve are always a solid bet. When the sun is really hot – as it is sometimes – it's a good idea to spend the whole day here. Swim or play in the water, and enjoy a filling picnic lunch. Simple as that.

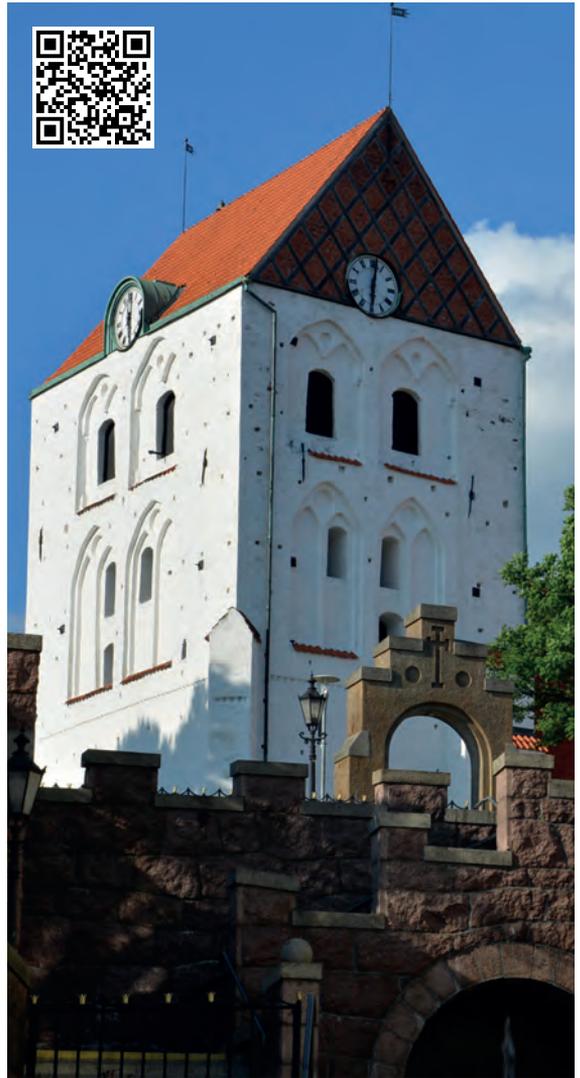
## *The gem with two stars in the Michelin tourist guide*

For more than 900 years, the Church of the Holy Cross has watched over the city from its hilltop. Generations have been amazed by the painted ceilings, by the stories of blood and battle, and by the life, joy and belief in the future.

Download **“Guided tours in Ronneby”** and listen to the story of the church and the city by the river bend.

## *Ronneby Art Gallery and Culture Centre*

Right next door to the church stands Konsthal-  
len, one of the leading venues in Sweden for  
contemporary art, design and applied art. Every  
year, the centre organises 10–15 exhibitions of  
regional, national and international significance.  
In the art gallery’s open workshop, you can let  
your and the children’s imagination run wild.  
At the Cultural Center, it is the art that surprises  
and the workshop that offers space for creation.  
Extra tip: Don’t miss the giant mural behind the  
art gallery. What a treasure!





## In Bergslagen, the cultural quarter, something strange happens to time



The church is set in Bergslagen, the oldest part of Ronneby, whose narrow, winding streets and alleys can give you a sense that you have traveled back in time. You can almost hear the children playing with their noisy hoops, accompanied to the sound of horseshoes on the cobblestones ... The buildings date back to the 1700s and 1800s, and the layout of the streets stems from the Middle Ages.

The **“Guided Tours of Ronneby”** app will lead you on a tour among the houses – and through history.

### *Eat, shop and then a stroll along the river...*

... but first, check out your pictures over a cup of coffee. The centre of town naturally has a fine collection of cafés, restaurants and shops, as well as an open market, a cinema and the finest summer ice cream. Take a seat in the town square or take a walk along the river in the Blekan area with its delightful houses from the period when the region was home to Sweden’s leading spa resort, and then make your way to Ronneby Brunnsspark. Typical Ronneby settings that you’ll certainly want to save as memories in your smartphone.



## Spiced with love

There is no shortage of farm shops here! Plan your shopping trip for organic foods produced with knowledge, skill and passion. From field to fork in charming countryside.

[visitblekinge.se/en/ronneby/farmshops](https://visitblekinge.se/en/ronneby/farmshops)

Packed with seasonal crops and products, the local farm shops invite you inside to pick and choose. A tonic for the soul. Good, healthy and tasty treats for lunch or dinner. The finest breakfast eggs, laid by hens that peck and scratch in the grass.

The Municipality of Ronneby is home to a host of farm shops. Here you will find fresh eggs, home-matured venison, handmade, award-winning sausages, potatoes, onions, pumpkins, strawberries, herbs and spices, cuts of wild boar, cheeses, homemade ice cream and more besides ... And, of course, there is a local brewery!

Fill your pantry with the tastes of the season. Eat well, smart and locally sourced.





Parsley  
Dill  
10,-

Sallad  
20,-

Squash  
10,-

Ulla  
Sallad  
10,-  
20,-  
30,-  
40,-  
50,-



**THE MUSSEL BANKS** are the latest addition to Ronneby's nature reserve – and the largest by area.

## Mussels perform an important function in the sea

Text: **MATTIAS HOLMQUIST**  
Photo: **BLEKINGE ARKIPELAG**

During the summer, the water sometimes turns grey-green, and an unappealing sludge in the same colour rocks heavily on the waves. A dip in the sea is suddenly out of the question. Why is this? What's going on under the surface?



Ronneby's blue mussel banks are the largest, wettest nature reserve in Blekinge and perform a crucial function for the county's marine environments. This is because in order to feed, the mussels pump several litres of water through their shells and bodies every day, filtering out foods such as plant plankton. These plant plankton, in turn, live off a variety of nutrients that are found in large volumes in the Baltic Sea. Extremely large volumes, actually. During the wettest periods of the year, humic substances, nitrogen and phosphorus run off from the woods and fields, entering culverts, rivers and streams which carry them all the

way to the sea. The ever-increasing volume of nutrients encourages more plankton to grow, and if we're unlucky, algae bloom during the warmest summer days, when we most want to take a refreshing dip in the sea.

**800 METRES OF COARSE NETTING**  
Having more mussels in the water helps reduce the volume of nutrients and thus the risk of algal bloom – and the associated oxygen depletion on the Baltic Sea bed. Moreover, the mussels are fine food for the fish and sea birds. For this reason, Blekinge Archipelago has teamed up with the Municipality of Ronneby and a number of other



operators to lay out 800 metres of coarse netting which, over the course of about a year, creates new environments for blue mussels. The netting does not catch fish, but it is a firm favourite with the tiny mussel larvae that are born in the spring and float around in large numbers in the sea, searching out a place to attach to. The netting is later pulled up and harvested, i.e. the mussels

are scraped off the nets before they are strung out in the sea again. All the nutrients that the mussels have assimilated are thus removed from the nutrient cycle in the sea, reducing the risk of algal bloom and dead zones.

#### A LITTLE BETTER

Once the mussels have been harvested, they can be used to produce

feed for fish in onshore fish farms, where the surplus nutrients (feed spillage and faecal matter) can be processed and used as fertilizer. This closes the nutrient cycle and on the way, we have (we hope) improved the marine environment slightly and put food in the bellies of both people and animals.





# Explore

## Blekinge Archipelago, our biosphere, by following the linked coastal trails, **ARK56!**

We'd like to share a little secret ... There is a real treasure to be found here in Southern Sweden – more specifically in Ronneby on the Baltic Sea coast. The treasure consists of a coastline and archipelago famed for its untamed countryside, moving history and wonderful experiences to dive down into.

Text: **SIMONE WENZEL**  
Photo: **BLEKINGE ARKIPELAG**

Those of us who live here have known about it for years ... every single rock, the woods, the islands and the seaside meadow. And how they can make you feel.

### DESIGNATED BY UNESCO

In fact, we're not the only ones who think this is a special place. UNESCO has designated it a biosphere to help ensure that the superior natural and cultural values of the area are preserved for future generations. The area is home to a world heritage naval port, a castle dating back to the years of Danish rule, Brunnsparken, small wooden boat yards, relics from the stone-cutting period and small-scale coastal fishery. The typical coastline with its deciduous woods, fields of oak groves, shallow coves and the numerous islands, islets and river mouths adds character to the area, along with an amazing diversity of flora and fauna that is well worth preserving.

### A NETWORK OF TRAILS

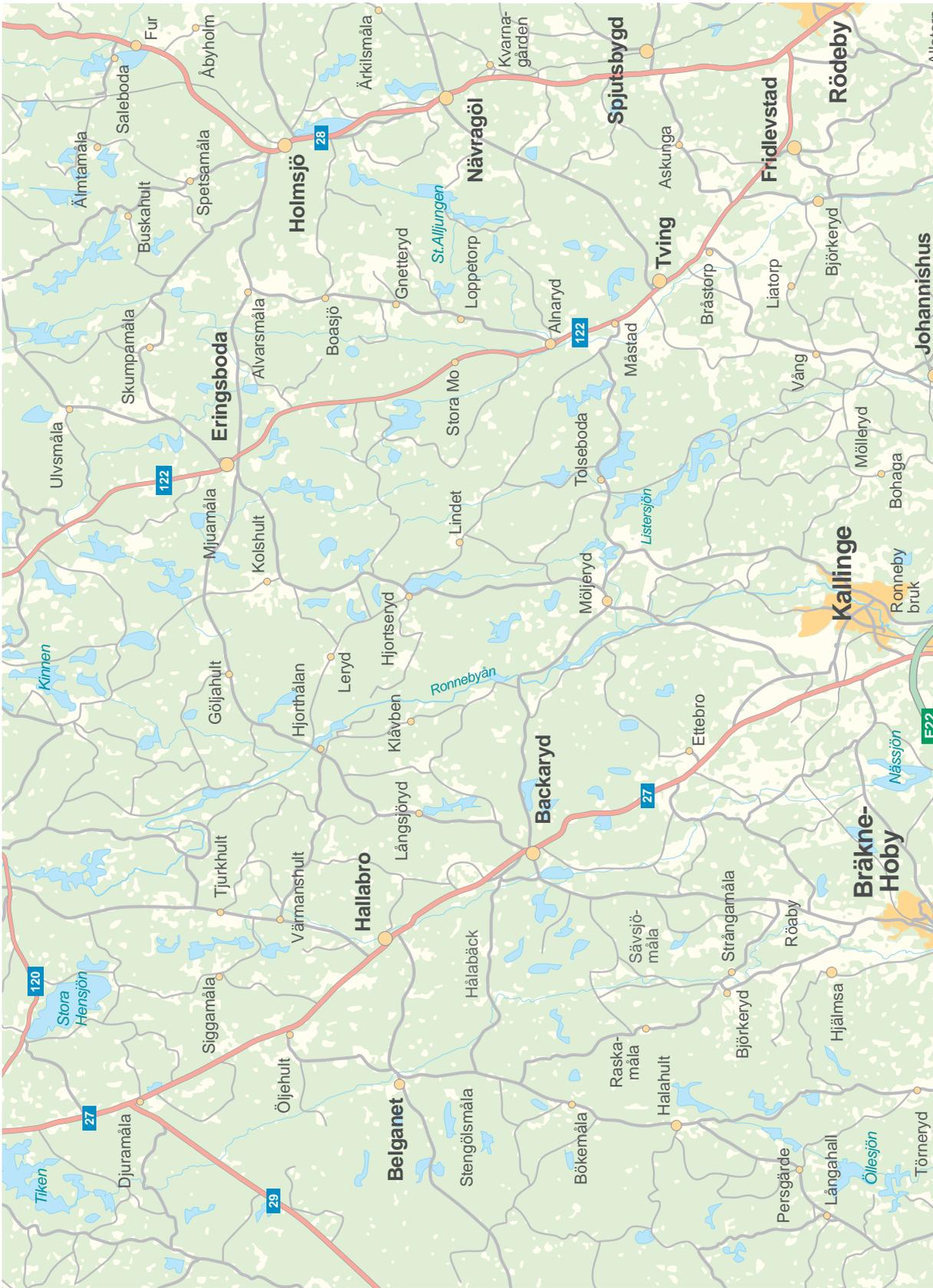
To make it easy for you to explore our biosphere area, we have set up a network of trails that we refer to collectively as ARK56.

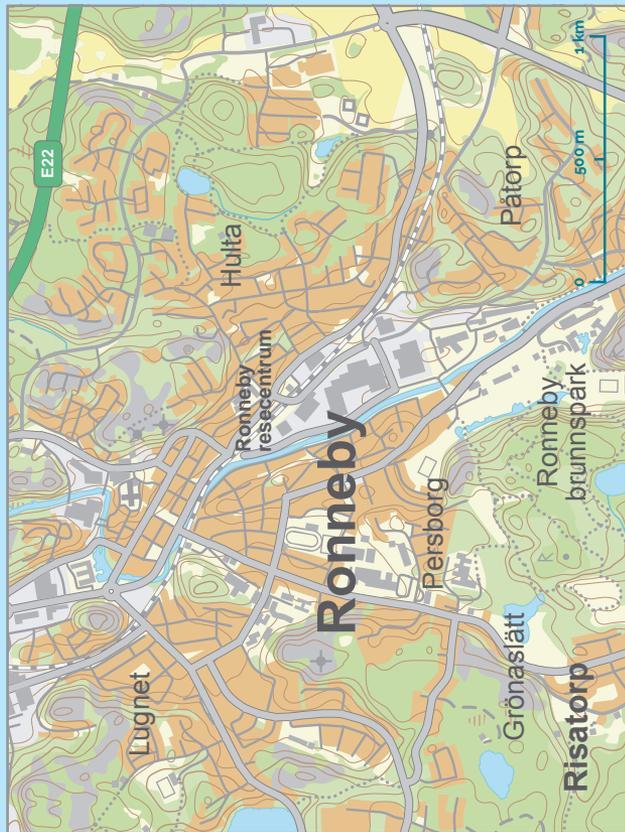
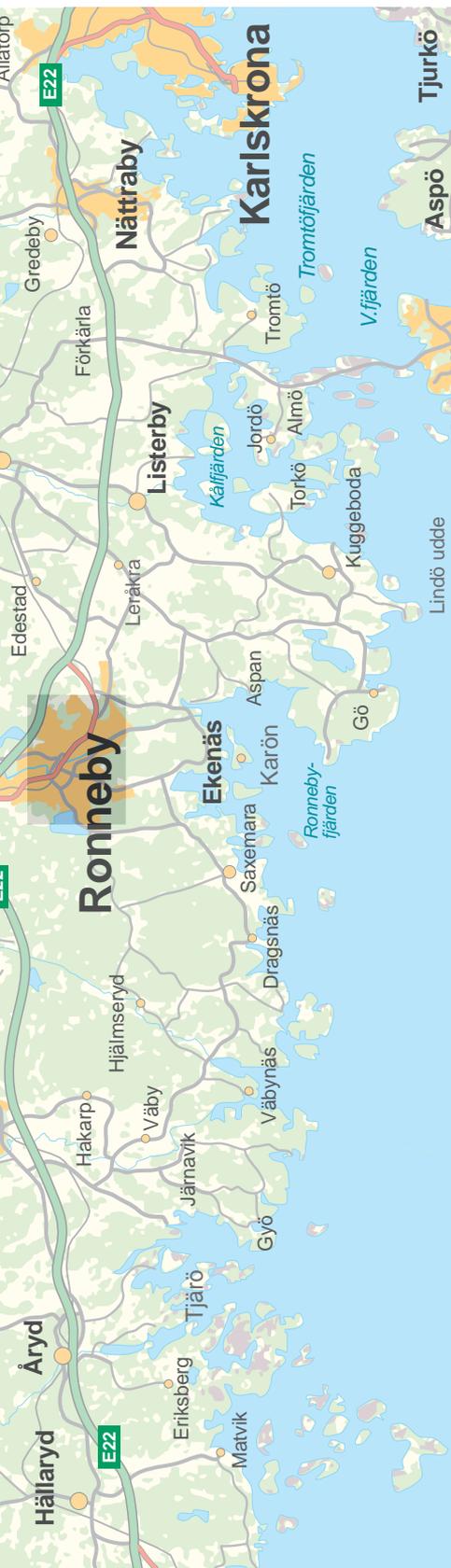
You are free to choose whether to experience the countryside and culture on foot, by bike, or in a kayak or boat. Fully 16 hubs link the same trails together, and offer food, accommodation and wonderful experiences. At the hubs, you can often switch means of transport: climb aboard an archipelago ferry, rent a bike or a canoe, or lace up your hiking boots and continue on your way.

### DOWNLOAD THE APP

You can find all kinds of information about accommodation, renting bikes and canoes, restaurants, countryside experiences, culture, history and more besides in the ARK56 app. Discover, explore and experience the peerless countryside and rich culture here along the 56th parallel, where the woods and meadows meet the sea. Head on out for a couple of hours, or a week. Just up to the next hub or around the next islet. Challenge yourself or simply relax and enjoy.







## ÖSTERSJÖN



## Ronneby Brunnsparck, our oasis. All year round.

Refreshing shade, grassy areas for energetic legs, wonderful promenades, beautiful, almost exotic buildings from the spa era, restaurant, café, magnificent plants, areas for the evening barbecue and the family's annual minigolf tournament – yeps, this really is our delightful oasis ...

**Scan the QR,** and head off on a guided tour of one of the finest parks in Sweden.

## Plants, animals and activities. Visit the Naturum centre!

The Naturum centre in Brunnsparcken is an absolute treat for nature lovers of all ages. A day of fun, whatever the weather – there is simply so much to see and do here! There is always something new to discover in the exhibition about the fantastic countryside of Blekinge.

Take your children on a voyage of discovery through the park, following the special Squirrel Trial, while the Trädstigen trail is a real treat for adults. And keep an eye out for the guided tours that Naturum organises, both indoors and out!





## An spring of iron-rich water in the park

The water here was considered to be “life-giving”, which explains why Ronneby spa was a leading health resort for over 200 years. Pump up a little water and have a taste if you like. Tasty? Hmmm...

### *Spa, meditation and yoga.*

The tradition of focusing on health and well-being lives on in Brunnsparken, most notably, perhaps, at Ronneby Brunns SPA. Treat yourself to a dash of well-being!

### *Fascinating figurines of gold!*

These amazing finds from the Iron Age are the size of a thumbnail and made of the thinnest gold. They are often called “gold figurines”, but the more correct term is “gold leaf figures”. It was back in 2013 that archaeologists unearthed the first figures on the Johannishusåsen ridge in Västra Vång, which was an important seat of power and ceremonies in the Iron Age.



**Aaahhh!**

The Scent Garden.

The Japanese Garden. The Rose Garden. Smell the flowers! Follow the paths through the park and woods. Aaahhh!

### **Hi Kids!**

Try being an archaeologist for a while. Dig for finds in the Kallvattenkuren!

Celtic bronze masks, Roman busts, brooches and many other interesting items have also been found at this site.

In the Kallvattenkuren building in Ronneby Brunnsparke, you can take a closer look at these exciting items and share in knowledge from 1,500 years ago.



# A new adventure around every bend

The RonnebySlingor trails make it easy to find your way to finely scented pine woods, meadows, woods and steep cliffs. Choose a tour that suits you and your family.

[visitblekinge.se/en/ronneby/ronnebyslingor](http://visitblekinge.se/en/ronneby/ronnebyslingor)

It is simple to follow the well-designed trails, which are clearly marked routes packed with experiences from sea to woods. Along each trail, you will find information boards displaying facts and figures about historical sites and incidents, as well as the local flora and fauna.

The RonnebySlingor network consists of seven main trails and twelve village walks. The shorter village walks are between 1.2 km and 4.6 km long and are an excellent choice for families with children.

Download the **“Guided Tours”** app and scan the QR code for inspiration and information about wonderful walks through the Blekinge countryside.

Discover even more! Scan the QR code for the Nature Map (Naturkartan). The Municipality of Ronneby boasts fully 41 nature reserves with clearly marked trails. For example, have a go at Almö, Lillagärde, Mölleryd or Järnavik. Just pack clothes to suit the weather conditions, wear comfortable shoes, and off you go. Enjoy!



Hi!

Hedda the Hedgehog is a favourite with the kids. She has all kinds of fun facts and ingenious riddles to share on the short walking routes





## *A round of golf, or something to get your pulse racing?*

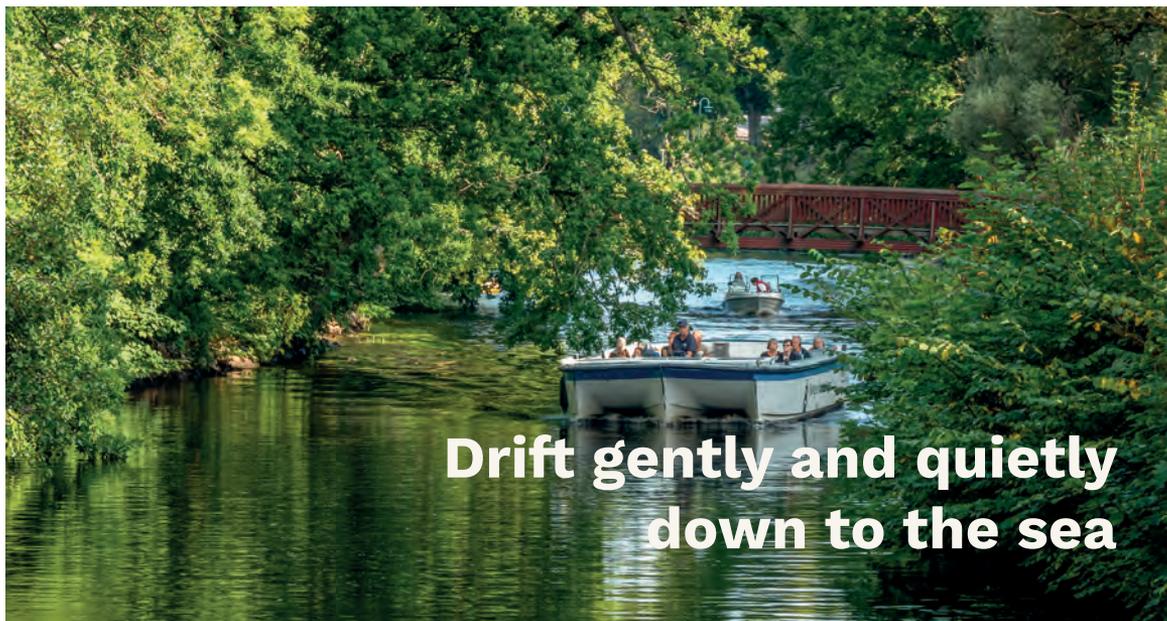
We're known as the Golf Coast of Sweden. Blekinge is a haven for enthusiastic golfers for a large part of the year. How about a game while the wood anemones are in bloom?

If you want to give your pulse a boost, there are all kinds of tracks and trails at Karlsnäsgården in Kallinge. There is a wonderful activity circuit with exercise stations for children and adults alike; give it a go! All year round.

## *Search for sticklebacks. Reel in a pike. Rent a kayak, or a bike. Hike the Svalemåla trail.*

In and around Järnavik, you will never be short of something to do, as the countryside presents all kinds of activities. The area is a hub in the ARK56 network of trails. Go swimming from jetties, rocky and sandy shores, play minigolf or sit back in a café beer garden. Take the boat to Tjärö. Plan your day via the website.





## Drift gently and quietly down to the sea



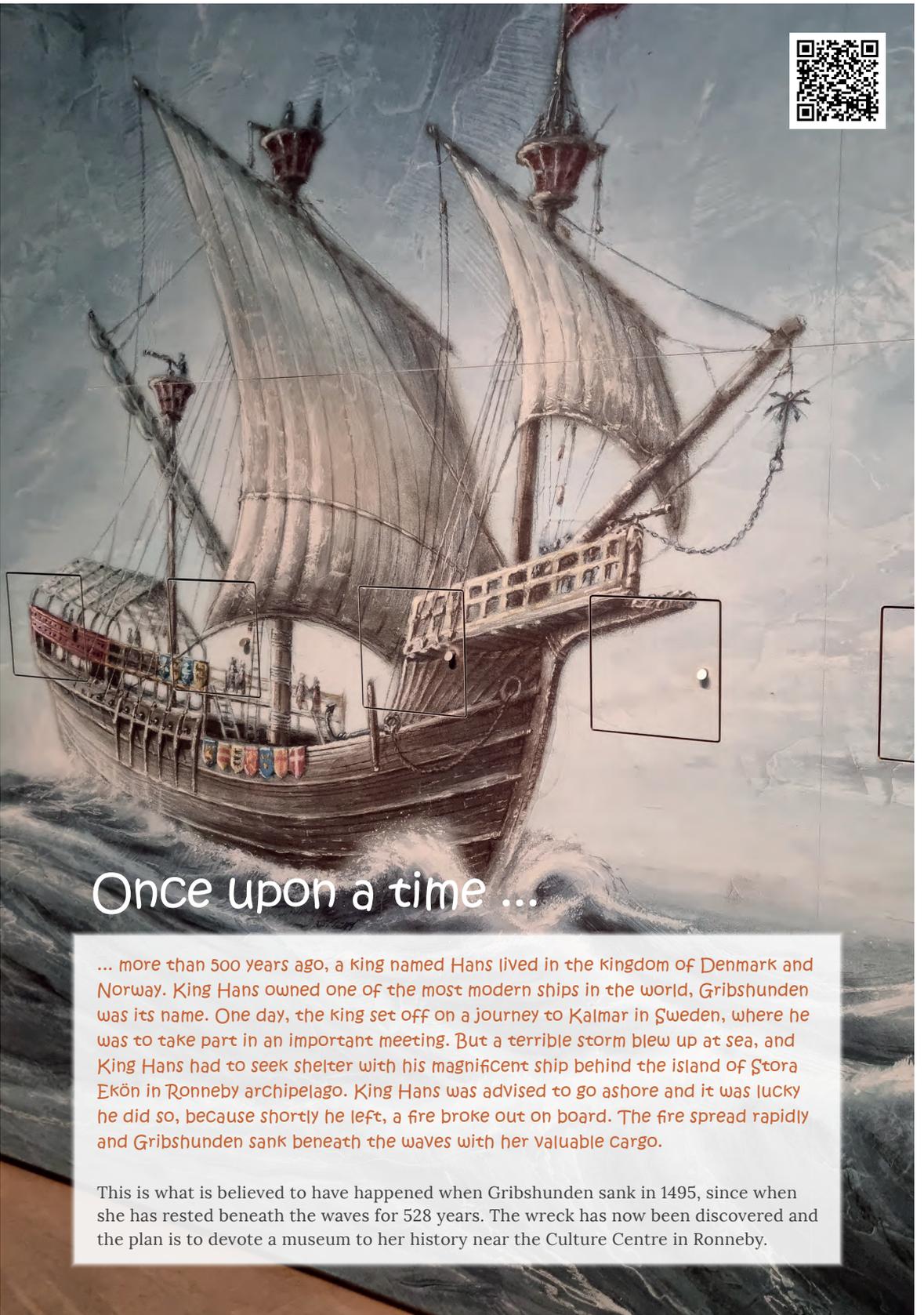
With a view of wonderful verandas and intricate woodwork, you drift gently down Ronneby river on the Astrid, passing under bridges on your way to the sea. As you go, you can listen to stories and tall tales about the river, sea and town. A treat for the mind and a tonic for the soul. The trip starts at the jetty in Kilenparken.

### *A day of salt spray on an archipelago boat? Check!*

A trip on a boat along the impressive coast lined with hardwood forest. Take the tour from Ronneby Marina to Tjärö, and perhaps on to Järnavik or Karlshamn. Check the timetables and make sure to pack your sun cream and sunglasses for a day on the archipelago.

### *Karön, utterly irresistible.*

Across the water from Ekenäs lies one of our largest islands: Karön. Rich in history, green spaces and swimming from the jetty and beach. Five minutes on a tour boat in the summer and you're there. Stay for a while. Or the whole day.



## Once upon a time ...

... more than 500 years ago, a king named Hans lived in the kingdom of Denmark and Norway. King Hans owned one of the most modern ships in the world. Gribshunden was its name. One day, the king set off on a journey to Kalmar in Sweden, where he was to take part in an important meeting. But a terrible storm blew up at sea, and King Hans had to seek shelter with his magnificent ship behind the island of Stora Ekön in Ronneby archipelago. King Hans was advised to go ashore and it was lucky he did so, because shortly he left, a fire broke out on board. The fire spread rapidly and Gribshunden sank beneath the waves with her valuable cargo.

This is what is believed to have happened when Gribshunden sank in 1495, since when she has rested beneath the waves for 528 years. The wreck has now been discovered and the plan is to devote a museum to her history near the Culture Centre in Ronneby.

# The ship Gribshunden

On the bottom of the sea, just off the coast at Saxemara, lies a wreck. The story of the vessel in question leads us back to the turbulent history of the late Middle Ages – which we will soon be able to study at a museum in the centre of Ronneby. The future is exciting...

The wreck was discovered back in 1970 by divers from the local diving club, Doppingarna. However, more than four decades were to pass before the true value of the find came to light. That was when archaeologists noticed the figurehead at the site. Examinations then revealed that the wood used to build the ship came from North-Eastern France, and that the trees had been felled in 1482–83. Other finds such as crossbows, arrows and chain mail suggested that this was a large mediaeval vessel. In 2015, researchers were able to state confidently that the ship wrecked off the island Stora Ekön in Saxemara in the Ronneby archipelago was actually Gribshunden, the most advanced vessel of its age.

## INTERNATIONAL INTEREST

We now know that Gribshunden sank in dramatic circumstances in

1495, at a time when Ronneby was an important Danish trading town, and that the ship belonged to the Danish King Hans. We also know that Columbus and Vasco da Gama sailed in similar vessels on their voyages of exploration. This knowledge and other finds at the sight generated significant international interest.

## MEDIAEVAL EUROPE

Gribshunden and King Hans lead us back to an eventful period of history. It was a time of open warfare on the high seas, and of plots and intrigue among the power brokers of Europe. A time when Blekinge was a part of the Kingdom of Denmark, when intricate chain mail was forged by master craftsmen, when giant leaps were made in shipbuilding and weaponry. A time when kings hoarded their riches and dined on mediaeval delicacies and more besides.

Text in partnership with:  
**ANDERS ENGBLOM**

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**KALLVATTENKUREN**

## RESEARCH ONGOING

Researchers are now diving regularly down to the wreck and making new finds. Saffron was a find that generated headlines in media all over the world – more than 500 years old! A sturgeon was also unearthed – a fish that was the reserve of the exclusive few back then. King Hans had fitted his ship out to display his strength, power and kingly riches for his voyage to an important meeting in Kalmar

## A MUSEUM IN RONNEBY

Archaeology and technology are now helping to expand our knowledge and understanding of mediaeval Europe, and we will be continuing the story in the museum that is currently being planned in Ronneby.

**Exhibition at the Kallvattenkuren building in Ronneby Brunnsparke!**





*Raspberry cookies, almond tart and freshly made coffee. At a café or on a picnic blanket in a field under the summer sun.*

You squint against the sunlight as you balance another cup of coffee filled to the brim. Add a crisp vanilla cookie and a golden glow spreads over the day. Take a coffee break in summer, and you can be sure to experience both delicious cakes and unparalleled surroundings. And

what could be better than placing the home-made sponge cake in your basket and planning a picnic? Choose your destination! One day on the green lawns in the park, the next among the cliffs as you admire a deep red sunset. The simplest luxuries!

## A taste of Blekinge

A good dinner. Sometimes simple. Sometimes a little more. Many restaurants and cafés here use locally grown ingredients and put care and passion into the dishes they serve you. Head off to Ekenäs, Gärestad, Bräkne Hoby, Järnavik ... and enjoy a slice of Blekinge on a plate. You'll find them all on the internet.





## *Forest gold and the king of the woods await.*

In a warmish, slightly damp summer, the golden chanterelles appear early. Difficult to make out, but once you have spotted them, they shine like gold here and there.

Also difficult to spot is the king of the woods: the moose. However, you are sure to meet one or more at the moose park in Räntemåla. Plan ahead and book in good time.



## *A world of its own, and almost a neighbour to Mamma Mu, who makes her own ice cream.*

Take a trip to Edestad and meet the artist who wields a chainsaw as artfully as a paintbrush. Tour the exhibition and the garden. Then it's on to Björketorp in Johannishus, where you can pet the sweet little calves and buy homemade ice cream at the farm: a new flavour every year!



# Sweet or salty?

**Are you a lake swimmer, or do you prefer a salty swim? There is no shortage of water-based activities here. And you don't even need to get wet if you don't want to!**

[visitblekinge.se/en/ronneby/outdoor-in-ronneby](https://visitblekinge.se/en/ronneby/outdoor-in-ronneby)  
[live.ronneby.se](https://live.ronneby.se)

First: swimming and a little hubbub! The Ronneby Live app presents a variety of swimming tips and also lists the water temperature at a number of swimming spots during the summer.

The campsite in Järnavik features an accessible sea swimming area, along with fine jetties, a sandy beach and a minigolf course – you're sure to have a great time!

Brunnsbadet in Ronneby Brunnsspark is a summer water park for all the family to enjoy. The pinnacle of fun here is to speed down one of the giant water slides. What do you say to the Magic Hole slide (93 meters long) or a 75 metre slide with dips and a tunnel – as well as a water track? A landscape of canals and coves, a current channel and bubble jets. You can see why people love to spend more than a couple of hours here.

Are you a fan of winter swimming? If so, may we recommend Ronneby Marina and the floating sauna at Saxemara.

For a drier experience close to nature, sit yourself down in a kayak. Paddling gently around islets and skerries generates a special sense of peace and presence. Would you like to have a go – maybe hire a kayak or buy a package – there are experts on site to help you. And how about SUP? Have you tried it yet?

Fishing adds another dimension to water-based experiences. In the Municipality of Ronneby, you can choose between sea fishing, lake fishing or fishing in rivers and streams. Common catches are rainbow and sea trout from a rich, self-sustaining population.







## Typically **Swedish?**

Saturday sweets

Taking a fika: coffee and cake

Friday fun: film night with tacos and crisps

Prawn sandwiches with white wine or beer

Meatballs, gravy, potatoes and lingonberry

Asking if you may take the last slice of cake

Forming an orderly queue

Celebs – no big deal

Red cabins with white trims

Picking berries in the woods

Dancing the “Little frogs” dance around the Maypole

Taking your shoes off when you visit someone’s home

Favourite sweets: Salty liquorice & Ahlgrens bilar

Pickled herring and drinking ditties

Adopting cuisine from other cultures

Not sitting too close to other bus passengers

Crayfish party in autumn with crazy hats

Following the zipper rule in traffic

**Enjoy your stay!** 😊

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