Visit Nyköping
Nyköping by the sea, one hour south of Stockholm.

HAVE A PIC-NIC Play hide and seek and experience the Sörmland countryside

GO SWIMMING Find your favorite beach or take a swim in one of many lakes.
Welcome to Nyköping.

On the east coast, an hour south of Stockholm, Nyköping is one of Sweden’s oldest towns.

Discover the historic town centre, the lively restaurant scene, the rugged, unspoilt beauty of the archipelago, and the warm welcome extended to visitors.

Nestled between the sea and the country estates of Sörmland, Nyköping offers something for everyone, from nature reserves to sporting and cultural events. The rest of the world is within easy reach, with Stockholm Skavsta international airport right on the doorstep. Soon Nyköping will be a stop on Sweden’s first high-speed rail line.

Welcome to a vibrant meeting place by the sea.
Welcome to Nyköping.

Ask us about Nyköping

Call into one of Nyköping’s Tourist informations for local information, maps and brochures.

The friendly staff can offer helpful advice on where to stay and information to help you make the most of your trip in Nyköping.

Nyköping Tourist Information
Visit us in Old Town Hall, Stora Torget, Nyköping
+46 (0)155-24 82 00
turism@nykoping.se

Skavsta Tourist Information
Stockholm Skavsta Airport
visitnykoping.se
facebook.com/nykopingsguiden
instagram.com/nykopingsguiden
Outdoor & Adventure.

WALK UNTIL YOU GET SORE • CYCLE SEVERAL MILES • STAY OVERNIGHT IN SHELTERS

Take a walk on one of Sörmlandsleden’s hiking trails

Sörmlandsleden is a 1,000 km network of trails and paths through Sörmland’s forests and countryside. Around Nyköping, you can hike on the cliffs by the sea, through the nature reserve with its unique wildlife, and across cultural landscapes marked by traces of the past. If you prefer a simpler walk, choose one of the many loop trails.

Find more information about all of the hiking trails and loop trails at sormlandsleden.se. If you become a member, you will be able to access all the digital maps. You can also buy a map of eastern Sörmland from the Nyköping Tourist Information.

Näckrosleden

The bicycle trail Näckrosleden passes through Sörmland and is divided into 14 sections. One section is suitable for a one-day trip.

Fly & Bike. The trail is marked with yellow signs along the way. To see the different stage of the map and the whole trail visit visitnykoping.se

To rent your bike and other outdoor equipment visit skavstaadventure.se prior to your arrival.

Fly & Walk. Flights to Stockholm Skavsta (Nykoping) from any of the over 30 different destinations in Europe. Start walking on the 1,000-kilometer-long Sörmlandsleden directly from the arrivals hall.

You will find the first markings of the trail outside the Connect Hotel. Three kilometers later you will leave the tarmac behind you and in front of you a magnificent landscape of forests, fields and lakes opens up.

Bike rental.

• Nyköping Tourist Information, +46(0)155-24 82 00 (May – October)
• Nävekvarn Tourist Information, +46(0)155-24 82 86 (open in summer)
• Nyköpings Guestharbour, +46 (0)155 – 21 72 30
• Rosvalla, +46(0)155-24 89 10
• Nynäs slott, +46(0)155-26 15 40 (open in summer)
• Vrena Station, Mountainbikes, +46(0)155-40 02 03
• Skavsta Adventure, Mountainbikes, +46(0)70-466 80 90
• Connect Hotel Skavsta, +46(0)155-22 02 20
Experience the Nyköping countryside

Route 52 north from Nyköping will take you past Stigtomta and Vrena, which are both hamlets in the Nyköping countryside.

The farm shops Vrena Vilt and Vrena Grönt sell Sörmland game and organic fruit and vegetables respectively, while Vrena Boutique has almost everything for those interested in home furnishings.

Large families or groups of up to 12 people can book a trip on the steamboat Munter to see the lakes in the area.

Oxelösund lies 15 km south of Nyköping, close to the Baltic. In old Oxelösund you’ll find some lovely old buildings and a vibrant archipelago environment with waterside inns dating from the 1600s.

The island Femöre offers hiking trails and cliffs that are inviting for those who fancy a dip in the sea. The Skärgårdsvåfflan café with its wide variety of waffles also attract visitors.

Hidden in the rock below the Femöre nature reserve is a gigantic facility dating from the Cold War whose existence was kept secret until 2003, now a museum.

Find fun activities in Kiladalen

Golf on three courses, fun-filled activities for children and adults who are young at heart, and the best food. Kiladalen is situated to the west of Nyköping and offers active families a variety of ways to amuse themselves.

There are three golf courses in the area, Palstorps hage play and adventure farm offers activities in the barn and forest, and at the 18th century Wreta Gästgifveri you can enjoy a candlelit culinary experience. For those who enjoy hiking, the Sörmlandsleden trail is nearby, and there’s also a Bed & Breakfast in a rural setting.

• Kiladalen, Jönåker and Nyköping Golf clubs. Try out the short-hole courses without a green card or just work on your swing at the driving range. Accommodation is available next to the golf courses.

• Palstorps hage adventure farm – A place for play and adventure with obstacle courses, a play barn and pedal cars.

• Tuna Bed & Breakfast. Is situated on the countryside. A café in Our orangery-styled house during summer.

• Rustik Gårdsbutik – www.rustikgardbutik.se

• Wreta Gästgifveri – hotel and restaurant in a manor house setting dating from the 1700s. www.wreta.nu

The adventure route 223

Do you have time to take a scenic route on your way to Stockholm?

Take Route 223 for a richer experience along a road that winds through the idyllic Sörmland countryside.

At Öster Malma, you can see elks and other wild animals in enclosures, have a meal at the castle and visit the farm shop. Along the route, stop at cafés next to grazing cows where you can enjoy the view from Uppsa kulle, which is an ancient burial mound. Find bargains at garage sales and buy handicrafts to take home as a souvenir.

• Café Östergården. Café with home-baked treats and a view over the cow pastures. Art exhibition and garage sale in the barn.

• Uppsa kulle. Södermanland’s largest royal burial mound with a diameter of 55 metres and a height of nine metres.

• Pensionat Runnviken. Accommodation in a manor house with that little bit extra. Sleep well and begin your day with mindfulness. Café during the summer.

• More than 20 farm shops, garage sales and artists, see www.vag223.se (website in Swedish only).

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Archipelago life.

One of the east coast’s wildest archipelagos lies just outside Nyköping. The Stendörren nature reserve, to many a favourite spot, and once you’ve begun exploring, you’ll long to come back again.

In an archipelago with thousands of islands, it’s not difficult to find your own personal paradise. If you have your own boat, there are many natural harbours to choose from and, if you prefer kayaking, you will discover places where you can feel like you’re the first person to set foot there since the last ice age.

At Stendörren, you can experience the archipelago without needing a boat. Walk across the suspension bridges to reach the islands and views of the open sea. Facilities include a visitor centre, picnic areas, hiking trails, places to light fires, telephones and toilets, as well as a separate path suitable for wheelchairs and pushchairs.

Learn about the wildlife, environment and cultural history of the archipelago at Stendörren’s visitor centre. An exhibition informs curious visitors about the mysterious life beneath the surface of the water, man’s changing relationship with the Baltic Sea and the environmental challenges we face today.

The exhibition is suitable for both children and adults. There is a laboratory where you can look at mussels and insects through a magnifying glass. A small cartoon mussel leads you through the exhibition. The big question is: does it make the mussel happy or sad if you pee in the water?

Experience the archipelago by boat.

Don’t miss a boat tour with M/S Fiskeskär from the Oxelösund harbour to the archipelago of Oxelösund and the islands Beten and Aspsskär. Daily trips during the summer: visitoxelosund.se

Skärgårdstrafiken offers boat trips from Källviks brygga to the islands of Sövö, Ringsö, Långö, Krampö and Hartsö. Book in advance: +46(0)73-040 55 13.

The old steamboat Munter, tours on lake Yngaren and Hallbosjön. May-September. www.munter.nu

Lake and sea fishing

- **Fishing in Nyköpingsån – in the town centre.** Fish for perch, bream, pike, pike-perch and sea trout in Nyköpingsån.
- **Fishing permits** for Nyköpingsån are available from the Nyköping Tourist Infocentre.
- **Fishing in Nävsjön.** Nävsjön is approx 80 hectares in size and lies approx 19 km southwest of Nyköping in an area of natural beauty. The northern part has been provided with gravel paths to enable those with a disability to get about more easily. There is year-round fishing. **Fishing permits** are available from fishing permit machines which take cash or Swish and are situated in the large carpark at the northern end of the lake.
- **Sea Fishing** Nyköping has a long coastline where you can fish in the sea all year round free of charge.

By the sea

> **SWIMMING IN THE SEA**

**Strandstuviken.** Long strip of sandy beach, good for children and kiosk by the beach. Distance 9 km. Bus 2 to Arnö, 4 km walk.

**Svärdsklova.** Cliffs and a sandy beach, beautiful archipelago setting. Distance 20 km. Route 219.

**Parkbadet.** Cliffs and sand. 20 km south of Nyköping, road towards Navekarn.

**Västra Kovik.** Nice sandy beach and cliffs, good for children and kiosk by the beach. Distance 20 km. Drive towards Buskhyttan and Koppartorp. See sign “badplats” V Kovik.

**Jogersö, Oxelösund.** Sandy beach and cliffs, good for children and kiosk by the beach. Distance 10 km. Bus 715 to Oxelösund, 1.6 km walk.

> **LAKE SWIMMING**

**Edstorpsbadet, Lidsjön.** Råby. Sandy beach. 17 km, 53 N.

**Likstammen, Tystberga.** Sandy beach. Distance 23.5 km, Route E4 N, turn left for Lästringe.
Paddle – be on the lookout for seals and eagles!

Get close to the sea and archipelago islands in a kayak.

See eagles and seals, picnic on an island and swim off cliffs.
If you would rather paddle in calmer waters, try canoeing on a river or inland lake.

Kayak rental.
• Hälgö Kajak. Route 219, +46(0)155-22 06 05
• Kajak och fritid. Oxelösund, +46(0)70-644 97 76
• Lodge Långhalsen Hostel. Route 53, +46(0)155-24 16 28
• Nyköpings Gästhamn. Nyköpings harbour, +46(0)155-21 72 30
• Baggetorp Hostel, Ripsa. Route 53, +46(0)70-695 25 97
• Skanpol. Stensund, +46(0)73-953 24 19
• Skavsta Adventure. Mountainbikes. +46(0)70-466 80 90
• Skog och Äventyr. Björkvik, +46 (0)70-677 13 54

Nyköpingshus castle

Nyköpingshus castle is situated right where the river flows into the harbour. The King’s Tower is the most visible portion of what was once the great showplace of Duke Karl (later Karl IX). With its white tower and black tower roof, it is a Nyköping landmark.

On the ramparts, children celebrate the last day of school, go sledding or have picnics. People walk their dogs here, watch the swans in the pond, see summer theatre performances or visit the museum. Nyköping Castle is an obvious meeting place for Nyköping locals as well as visitors.

Climb the King’s Tower – past the large rat that spread the bubonic plague – into the castle keep and up the stairs to see swords, daggers and other medieval weapons used by knights and warriors. The exhibits are exciting for both young and old. Don’t miss the museum shop. Free entrance.
Have fun at Palstorps Hage
Visit Palstorps Hage, where fun and adventure mix with relaxation and family time. You can take on the challenge of one of the five obstacle courses, learn more about animals and nature along the nature path or climb onto a tractor seat and whoosh down the cableway.

Palstorps Hage is a destination for the whole family. Of course there are a lot of possibilities for play and activities in the huts, trees for climbing and obstacle courses that children love, but parents and other adults can also have fun here. Play a tricky round of 9-hole football golf, compete against the kids in the big obstacle course or barbeque your lunch while the children play by themselves.

At Palstorps Hage you have to have your wits about you when you walk along planks, through nets and over old barrels, but you can take it easy too.

Have a relaxing moment in the story corner or stroke the animals in the pastures. In the large barn you play indoors, jump into a haystack and try to tune an old combine harvester.

Rooms for overnight guests are up a small, steep path in the forest. You can stay the night in one of the six simply furnished cottages. There is no electricity in the cottages, and you must get your own fresh water.

You will have a memorable time together surrounded by nature. www.palstorpshage.se

Jump in!
Welcome to the newly built Hjortensbergsbadet swimming pool complex in Nyköping!

Babies and toddlers have a pool of their own with a mini waterslide and toys to climb on or to be lifted on to.

Children who are a bit bigger can enjoy the wave pool, the climbing wall and the 93 metre long water slide which extends outside the building.

medley.se/hjortensbergsbadet

In summer the outdoor pool is open. Do you dare throw yourself off the five-level diving platform?

For adults wanting a bit of rest there is a large relaxation area with a steam sauna, sauna, jacuzzi, cold pool and recliners (age limit 17 years).

Kolmården - the largest wildlife park in Scandinavia
Kolmården is home to more than 750 animals from all over the world, and the wildlife park is one of Scandinavia’s most popular destinations. Kolmården has something for the whole family, including world-class shows and displays with dolphins and birds of prey. Enjoy the world’s biggest wooden rollercoaster and, of course, The World of Bamse, where you will meet the world’s kindest bear and his friends.

Plan your visit and adventure now! You can visit the park for a day or even two days – there is a variety of places to stay in Nyköping so you will perhaps have time to visit the park and do something nice in the surrounding area.

medley.se/hjortensbergsbadet

www.palstorpshage.se

www.kolmarden.com
I scream, you scream, we all scream for ice cream!

In Nyköping you’ll find the Baltic sea, restaurants, shopping and cultural activities close by. Children love ice cream and in Nyköping’s harbour there are lots of different varieties to choose from.

A stroll along the harbour in the summer is a must when you are in Nyköping.

During the summer, the harbour comes to life with restaurants and handicraft shops along the quay. Locals and visitors all gather here.

You and your children can watch the boats bobbing at the quay, chase the birds playing in the water and marvel at the bustling restaurants and cafes.

Things can get a bit wild at the playground along the harbour promenade. Children swing from the ropes and masts of the pirate ship, climb high up the spider’s web and build fairytale castle in the sand. People of all ages will find something to play with here.

Six fun playgrounds you won’t want to miss

Ghosts, dinosaurs or flying saucers. Nyköping Tourist Information will inform you on some exciting playgrounds in Nyköping.

- **Cirkuslekplatsen**, (the circus playground), between Ahlbergs väg and Industriagatan. A circus theme with a mini trampoline, mini carousel, trampoline, climbing and balance ropes, and a dangerous tiger, grrr!
- **Dinosaurielekplatsen**, (the dinosaur playground), Lennings väg. A dinosaur theme with a play frame, climbing frame and slide. Young paleontologists will find something hidden in the sand pit, and naturally there are dinosaurs in the park too.
- **Hamnens lekplats**, the harbour playground), Gert Fredrikssons väg. Play until you drop in the climbing net and on the whirligigs, rocking horses and a large pirate ship. Finish off with an icecream by the harbour.
- **Spöklekplatsen**, (the haunted playground), Hagvägen/Mariebergsvägen. Here children climb, crawl, swing and sail down the slide among the ghosts. Listen to ghost stories in the sound machine - if you dare.
- **Rymdlekeplatsen**, (the space playground), Jupitervägen. Take a ride in the space rocket or travel by moon car! You can also go on the swings and play in the sand pit.
- **Träffens lekplats**, Stockholmsvägen. One of Nyköping’s biggest and possibly most fun playgrounds. The play equipment here is suitable for almost all ages with everything from a sand pit for toddlers to a high climbing frame and zip line for older children.

Every Wednesday – all summer

Mustangs, Jaguars, Thunderbirds and many other makes of car convene every Wednesday evening from June to August by Nyköping’s harbour.

Smell the polish and high-octane petrol!
Small town charm.

STROLL IN THE HARBOUR • VISIT A CULTURAL CENTRE • CATCH A CITY FOOT TOUR • VISIT ARTGALLERIES

Right where the river passes Nyköpingshus and flows into the harbour, new waterfront homes are cropping up alongside 18th-century heritage buildings.

Restaurants, bakeries, artisan shops and modern shopping centres line the shopping street and the banks of the river in the heart of the town.

Join in on the daily tours in the town centre during the summer season. Guided walks through town will tell you about the architecture and the rich and bloody history of Nyköping.

Visit the harbour and listen to the beautiful mix of people walking by, the jingle of porcelain, waves and seabirds.

Discover the public art around town. Get your own map in the Nyköping Tourist Information and see if you can find them all.

Nynäs Manor House

The Manor House at Nynäs takes you on a journey through time, from the 1600s to the more modern 1900s. The house has now woken from its long beauty sleep and welcomes children and adults to come and visit an almost completely preserved manor house, featuring many original items that provide an insight into the lives of the families and servants who lived here for almost four hundred years.

Fine ladies and gentlemen with towering white hairstyles look down from the walls of the beautiful rooms, and the kitchen features beautiful porcelain, utensils and rows of saucepans in high cupboards as if they were only used yesterday. The bedroom of the lady of the house is bright and light, and the bed is wrapped in flowing floral fabric to form a canopy.

But look at how short the bed is! Did people sleep sitting up?

The rooms have different themes and colour-schemes. The walls of the hunting salon are covered with large animal heads and antlers, which makes you wonder whether there really are elks of that size!

The Nynäs Estate has something for everyone, whatever their age. You and your family can enjoy a playful history lesson, stroke sheep and pigs, eat lunch at the Orangeriet restaurant, enjoy a concert or stroll around the gardens. Down by the Rundbosjön lake is Nynäs Youth Hostel, cows graze peacefully in their pastures and the Sörmlandsleden hiking trail winds its way through green fields and leafy forests.

www.nynasslott.se

Öster Malma Manor and Wildlife park

The baroque Öster Malma Manor is surrounded by rolling fields and forests. Enjoy a fine meal with local products in the modern restaurant. Visit the 25 hectares Wildlife Park with moose, red deer and fallow deer! Read more about Öster Malma om page 6 or at www.ostermalma.se
Got time to kill?

Do you have an hour or three? Make the most out of your stay and visit the highlights of Nyköping. Pick up a miniguide from the Nyköping Tourist Information located in the Old Town Hall at the Town Square or at Stockholm Skavsta Airport. Miniguides are available in seven different languages. Come and find yours!

[1.] Behmbron Beautiful old bridge over Nyköpingsån.
[2.] Bryggeriet You will find several craftspeople and artists selling and exhibiting art in various forms at Bryggeriet on Behmbrogatan.
[3.] NK-villan Cultural centre with various exhibitions, and a lunchtime restaurant and café.
[4.] Nyköpingshus Medieval Renaissance castle, most famous for the feast in 1317. Climb up the steps of the Kungstornet (King’s tower) and learn about the kings who lived here and life in the middle ages.
[5.] Nyköpingshamn The summer meeting place with cafés, jumble sales, restaurants and boutiques, a 18 hole mini-golf course, and a graffiti wall open to anyone who wants to paint. This is Nyköping’s biggest playground, with beach volleyball courts and barbecue areas.
[6.] Piren Walk along the pier and see all the boats sailing towards Nyköping’s harbour.
[7.] Alla Helgona kyrka An old stone church dating from the 1200s located in an area rich in cultural history.
[8.] Prosten Pihls gård A rectory dating back to the 1700s. During the summer you can have a cup of coffee in the beautiful garden.
[9.] Storhusfallet Walk over the bridge and Storhusfallet waterfall which is 4 metres high and serves as a power source. You can also see the salmon ladder and beautiful sculptures here.
[10.] Stora torget The historical buildings used by the leaders from four different periods are located here. The yellow building was the town hall, built in 1723, now housing the Tourist Information. The city hall and the royal residence also frame the town square.
[11.] S:t Nicolai kyrka One of Nyköping’s medieval churches, probably founded in the 1100s. The bell tower behind the residence survived the 1719 fire and is the city’s oldest building.
[12.] Culturum Concert and cultural centre and main library.
[13.] Forsen Old wool spinning mill. St. Anne Kvarn, which dates back to the 1400s, is also located here. Now a restaurant.
[14.] Folkungavallen An old stadium from the early 1900s.
[15.] Fåfängan Visit an idyllic, verdant area at the edge of Hållet nature reserve. Sit down in the cozy garden café and have a cup of coffee.
[16.] Magasinet Built in 1923 and used as a warehouse for the textile industry. Today a cultural centre.
[17.] Kråkberget Walk to the top of the hill and enjoy the nice view of the city and over the harbour. There are places where you can sit down and barbecue areas.
[18.] Gripsholmsparken A beautiful area with different types of vegetation. During the winter the park is lit by a lighted trail and sculptures.
[19.] Östra storgatan Lots of small shops selling second-hand items, furnishings, as well as a selection of cafés and restaurants.
[20.] Sparbankshuset One of Nyköping’s most beautiful buildings built in 1898.
[21.] Stadsbron Walk across a historical cultural monument. Nyköpingsån flows under the bridge.
Nyköping – one of the oldest towns in Sweden

Nyköping was founded in 1187 and is one of the oldest towns in Sweden. In the 11th century, a rune stone was erected to mark a large settlement northwest of present day Nyköping. People had already lived here since the Bronze Age. A settlement in a secluded bay where sea meets land offered great conditions for trade along the coast and inland.

Birger Jarl, who also founded Stockholm, is believed to be responsible for the development of Nyköping in the 13th century. He and his son Magnus III of Sweden built the castle that is known as Nyköpingshus.

One of the most important events during the Middle Ages was the Nyköping Banquet in 1317, when King Birger (son of Magnus III) put his brothers Erik and Valdemar in prison. According to tradition, the king threw the key to the dungeon into the river Nyköpingsån and his brothers starved to death.

The Nyköping Banquet is described in history books and is also re-enacted every summer in the castle courtyard.

Golden age in the 16th – 17th centuries

Karl IX became King of Sweden in the 16th century. He rebuilt the castle into one of the most luxurious Renaissance palaces imaginable. From the end of the century, industry flourished and Nyköping experienced a real golden age.

Devastating fires

The Renaissance palace, Nyköping’s pride, burned down in a fire that ravaged the town in 1665. Both churches and all the bridges in Nyköping were destroyed. The next fire occurred on 25 July 1719. The whole town was burned down by Russian troops, as part of the Tsar’s war plans. Only the All Saints Church, Western bell tower and a few small buildings escaped the flames.

Nyköping was rebuilt, and now the streets were straight and wide, with a large town square in the centre. A new, impressive Town Hall was built in stone, with a cellar and rooms for travellers. This is where the Nyköping Tourist Information is located.

Industrialism and modern times

A cotton mill and a woollen mill were established in the late 19th century, and the Nordiska Kompaniet (NK) workshops opened in 1904. All of these enterprises carried on until the 1960s and 70s. It was here in Nyköping that the success of the great NK department store in Stockholm started.

Today you can visit the NK-villa by the river. Symbolising genuine, solid craftsmanship, it is located on the same site as the former NK workshops. Nyköping was widely known for its high quality furniture and interior decorations.

Looking at the buildings around the Town Square in Nyköping, you experience four different architectural eras. St Nicolai Church is partly from the 15th century, the old Town Hall is from the 18th century, the County Residence is from the 19th century and the current Town Hall was built in the 1960s.

Memories from the past

- Rock carvings at Släbro
- Erratic boulder Spikstenen at Ripsa
- NK-villa, site of NK workshops
- Nyköpings Automobilfabrik (ANA) was established as a subsidiary of Nordiska Kompaniet (NK).
- F11 reconnaissance wing was stationed at Skavsta airfield. F11 was Sweden’s largest air wing for 20 years.
- Nyköping’s outstanding gold medalist Gert Fredriksson won eight Olympic medals between 1948 and 1960.
- Nyköping has many prominent canoeists and whitewater kayakers. You can see them training at the water sports stadium in the harbour or at the rapids at Perioden.

Nyköping Town Hall from 1969, building materials include Carrara marble, copper and teak.


Nyköping’s flavours.

PICNIC IN NATURE • EAT ELK SAUSAGE IN THE COUNTRYSIDE • VEGETARIAN LUNCH IN THE GARDEN

**A Swedish fika**

Buns fragrant with cinnamon, hearty open sandwiches or freshly-baked raspberry muffins. Tempted? Having a coffee break Swedish-style is definitely something not to be missed, so here are some ideas for cafés where you can get the full experience.

> **PRINCESS KONDITORI**
> The oldest café in Nyköping with a cult following. Their party piece every year is to create an entire Christmas buffet out of marzipan!

> **MÅRTENS HUS**
> New hangout in the town centre with good healthy fika, organic food, vegan lunch, cakes and raw food.

> **VAR. DAGS. RUM**
> A good spot for a break with children when you’re visiting Västerport shopping centre. There’s a play area on the lower ground floor, and adults can sip their coffee at the nearby tables.

> **HELLMANSKA GÅRDEN**
> A café housed in an old mews building in the town centre, specialising in locally sourced, organic food, cakes and pastries.

> **CAFÉ ÖSTERGÅRDEN**
> Enjoy home made Swedish fika next to cows in the countryside.

> **FÅFÄNGANS KULTUR & TRÄDGÅRDSCAFÉ**
> Try Hållet nature reserve for vegetarian dishes and home made buns and cakes. Enjoy performances by up-and-coming musicians, listen to storytellers in the garden, see some theatre or watch a film. Open in summer.

> **OHLONS BRÖDBOD**
> A pleasant café in Öster on the eastern side of the town centre offering traditional Swedish cakes and pastries. Fresh bread available first thing in the morning.

> **SYSTRARNA BRÅDHE´S CAFÉ**
> Enjoy the view of the harbour and skerries while having lunch or a coffee in Nävekvarn. The shrimp sandwiches are especially popular.

> **CAFÉ MUNTERHUSET**
> A café situated in Vrena’s old wash house, right on the shores of lake Hallbosjön. Here you’ll find filling sandwiches and home baking. Right next door you can take a boat trip on the steamboat Munter. Open in summer.

Five-courses, finger food or slow food?

The restaurants in Nyköping offer an exciting mix of flavours and environments.

Taste food with influences from around the world, with ingredients from the Sörmland forests, the wildlife that grazed in our meadows or from nearby vegetable patches.

There is even more to discover for those who visit the archipelago or the countryside. Don’t leave Nyköping hungry.

**SOME TIPS FOR YOU FOODIES:**

> **ALMA**
> Vegetarian and vegan restaurant - healthy food made of greens.

> **LIBANON KÖK & BAR**
> Amazing libanese food.

> **PINCHOS**
> Burgers, dumplings och creme brulee, pinchos has fun sharing apetizers for all flavours.

> **WRETA GESTGIFVERI**
> A la carte in the Sörmland countryside.

> **SKAFFERIET**
> Italian bar food and à la carte with local ingredients in an old barber’s shop.

> **THE KITCHEN**
> Modern bistro with influences from all over the world.

> **ÅT**
> Classic Swedish lunch and vibrant street food at night.
Enjoy a weekend at the mansion or have a city break with shopping, culture and a long breakfast overlooking the river. In Nyköping, you will find many accommodation options. Let us help you make the right choice at www.visitnykoping.se