



Experience
Ljungby





W E L C O M E

Looking for a destination with lots to offer? Whether you're holidaying, adventuring or fancy a fishing trip, there's something for everyone here.

Take inspiration from Sebastian's family-friendly holidays, Carina's adventure activities and Ulf's relaxing life on the lake. Experience culture with Ylva and embark on a culinary journey with Iza through Ljungby's delightful restaurants.

Wishing you a wonderful, relaxing stay in our municipality, and if you have any questions, just ask!

Monica & Michaela
Ljungby Tourist Information

Fall in love with Ljungby



Experience Sebastian's family- friendly Ljungby



Name: Sebastian Swerin
Lives: In Lerum, 20 km outside Gothenburg
Occupation: Carpenter



Sebastian was born and grew up in Lerum, just outside Gothenburg. He lives there with his partner Ida and son Alfons. The family loves visiting Ljungby, as Ida has relatives here. Sebastian got to know Ljungby for the first time around 12 years ago, and the family has had an annual summer tradition ever since: in week 29 they pack up the car and head towards Tannåker, a small village by Lake Bolmen just outside Ljungby.

Travelling to Ljungby and Tannåker in the summer is like walking right into an Astrid Lindgren story.

“It gives a wonderful relaxing feeling when I see these traditional little red cottages typical for Småland. You’re never far from the countryside in Tannåker, and in the summer when it gets too hot it’s great to just pop down to Lake Bolmen and take a cooling dip,” says Sebastian.

A particular favourite for Sebastian and his family is Mjälén, on the shores of Lake Bolmen.

“Mjälén is a great, child-friendly swimming spot with a sandy beach and grassy areas, and there’s plenty

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Mjälen is a great, child-friendly swimming spot with a sandy beach and grassy areas, and there's plenty of shade for the little ones.



Discover the amazing miniature village at Minivärlden.

of shade for the little ones. The water is shallow, there is a play area nearby and places for barbecue. The swimming spot is near Bolmstad harbour, and my son loves going there to watch the boats. While there, we usually have a snack at the harbour café.”

For families with children who want to go swimming in Ljungby or are looking for activities for young and old, Sebastian recommends a visit

to Kronoskogsbadet, an outdoor pool next to Sunnerbohallen, and the surrounding area. “A visit to Kronoskogsbadet in the summer is a must for our family. There’s a large pool with diving boards, and a little shallow pool for young children. There’s also adventure golf, beach volleyball courts, outdoor gym, obstacle course, skate park and loads of other fun activities for the whole family.”

If your family is visiting Ljungby at Midsummer, Sebastian recommends taking the children to a traditional Midsummer celebration.

“There are lots of Midsummer festivities across Ljungby municipality, and certainly for my family, being here really highlights the Midsummer atmosphere. One year, we brought a picnic and cycled along the old railway embankment from Ljungby to the Midsummer festivities at Lagan folklore park. We enjoyed a lovely bike ride and picnic together with friends, and the weather was great. It just wouldn’t be a proper summer if we didn’t get to spend time together at the cottage in Tannåker. You’re definitely missing out if you haven’t visited some of the places around Lake Bolmen, it’s a must,” concludes Sebastian.



Experience the unexpected.



Time for relaxation and play.



IDEAS FOR ACTIVITIES FOR THE WHOLE FAMILY

- The farm *Kastebergs gård* in Össlov
- The farm *Alpackagården*
- Miniature world *Minivärlden* in Ljungby
- Indoor play centre *Buslandet* in Lagan
- Moose parks in Elinge and Lagan
- Playground *Brunnsparken* in Ljungby
- Water playground *Äventyrsbadet* in Ljungby
- Outdoor pool *Ringbadet* in Lagan



Exciting encounters.

What are the flavours of Ljungby?

You may say that Ljungby is Småland's kitchen. Whether it's a special dinner, some traditional home cooking or a piece of Swedish cheesecake, Ljungby has what you're looking for. Or why not try some fresh fish along with locally grown vegetables from one of the many farm shops?

Leave the fast pace of the city behind for a moment and unwind at a country restaurant. Discover the local flavours at the countryside hotel Toftaholm Herrgård, dine close to nature in Hjortseryd and take in the history in Ryssby. Which culinary journey will you take today?

Several of Ljungby's lovely restaurants are located on the main square, Stora torg, where you can sit outside and enjoy the evening sun. Later on in the evening, some of these restaurants turn into nightclubs and bars. Just around the corner from the square you can sample colourful cocktails featuring unusual ingredients, with or without alcohol, along with tasty, prepared dishes as an appetiser or full meal. On Storgatan, there's a restaurant with an exciting drinks menu, which is constantly being expanded and updated.



Visit 'Lingonställen'

'Lingonställen' are specially selected places offering everything from food and unique shops, to culture and experiences. We're talking homemade, small-scale and locally produced. Take a look at the map and find your particular favourite: www.lingonrundan.com.

Refreshing, sweet and home-made

Ljungby is a great place to have some Swedish 'fika', or coffee and cake. You can enjoy a tasty treat close to town, or in the countryside. You will find everything from traditional cafés to a bakery run by the winner of Sweden's answer to the Great British Bake Off.

Farm shops

At the local farm shops, you'll find ingredients that have been grown just a stone's throw from the shop. You'll also make some friendly new acquaintances and meet local entrepreneurs, who will be glad to stop and share local food customs, memories and new ideas with you. Marvel at the diversity and range the shops have to offer, all produced in harmony with nature.

Edible Table: from picnic to gourmet meal in a meadow

Edible Table is just around the corner from the farm Kastebergs gård. A wooden Småland table is set up in a country meadow. Meandering stone walls, ancient apple trees and the remains of a house point to a rich history. Gather for a dining experience that you will create together from scratch, using ingredients straight from the farm and the natural environment. Book a table at www.kasteberg.com



A TASTE OF LJUNGBY

- A taste of the wild: Moose burgers at *Café am Park*
- Småland fare: Swedish cheesecake at *Sussies Café*
- Award-winning cakes and buns: *Café BAKET*, whose owner won Sweden's answer to the Great British Bake Off in 2019
- Smoked fish: *Bolmens Fisk*
- Fantastic fish: *Tiraholms Fisk*
- Elegant and traditional: *Gästgivaregården*
- Local and unusual drinks: *Tre torn*
- A hearty Friday lunch: *Hotell Terraza*
- Stylish and tasteful: *Toftaholm Herrgård*
- Close to nature and exclusive: *Hjortseryd*
- Tastiest Internationally awarded drink: *Lydén Distillery*
- Local microbrewery: *Ryssby Bryggeri*



Picturesque dinners.



Bolmen, the lake of islands

Glittering waters, dense forests and open meadows welcome you with their fascinating history, prehistoric grave sites, rune stones, legends and monuments from forgotten times.

Ljungby is a municipality with plenty of waterways, with Lake Bolmen at its heart. On the lake there is an island for all seasons. Bolmen offers canoeing, fishing, swimming, cycling and hiking around the lake, along the magical 130 km 'Bolmen Runt' bike trail.



And there's paddleboarding. Have a go at this popular way of getting out onto the water.



Make the most of being close to the water.

Welcome to Bolmen

Visit your IKEA product! Did you know that IKEA has named one of its toilet brushes Bolmen? Many people around the world will associate the name Bolmen with a toilet brush, but for Ljungby residents,

Bolmen is a wonderful lake and home to lots of great places to swim and explore. So take the opportunity to visit your IKEA product and see the inspiration behind it. 'Bolmen: more than an IKEA toilet brush'.

Follow Visit Sweden's challenge: visit your IKEA product.

Swimming spots

Our municipality is home to an impressive 190 lakes. So there are plenty of opportunities to take a cooling dip on lazy days. Choose your own spot, or one of our 18 official swimming spots. There is something for everyone, whether you're looking for an active holiday or for quiet moments to relax in the shade.

Naturkartan

One way to discover stunning places is 'Naturkartan' a website and app which gives details of canoe trails, bathing spots and nature reserves. 'Naturkartan' shows exciting outings for the whole family. Find out more at www.naturkartan.se/ljungby, or download the 'Naturkartan' app to your mobile.

Canoeing and kayaking

Bolmsö is a great place to start your canoeing adventure! Take the opportunity to experience nature by gliding across the water in a canoe, kayak or on a paddleboard. On page 18, Carina shares some inspiration from her adventures on the water.



Rent a canoe or kayak and off you go!

Ulf's relaxing life on the lake



Name: Ulf Andersson
Lives: In the village of Bolmen
Occupation: Retired



Perfect!

Ulf lives in the village of Bolmen and has always had a keen interest in boating. Read about his top tips for enjoying relaxing moments on the lake!

What's the best way to experience life on the lake here?

Rent a canoe or boat and explore southern Bolmen and Kafjorden. Kafjorden is the stretch between Piksborg and Skeen. You can canoe over to Kösen from here for a day trip. Or experience life on the lake by fishing from a boat or pier.

When's the best time to get out on the lake?

I think the best time is early morning. Watching the sun rise, taking a morning dip and then enjoying a cup of coffee, it doesn't get any better than that.

Which lakes do you recommend for fishing?

Bolmen and Kösen are good for fishing from a boat. If you want to fish from dry land, try the bridge in Piksborg.

What's the nicest thing to do with a boat

Explore the islands. There's a lovely group of islands with rocky outcrops and sandy beaches. Odensjö folklore park is also a good place for a stop off. It has a great bathing area and it's a stunning setting to enjoy some Swedish fika.

Where's your favourite canoe stop-off?

I'd recommend stopping at Öjarp. You can stay overnight there, light a fire and take in the view across the lake.

Boating life in lovely Ljungby

There are plenty of places to rent boats around the municipality. You can find a list of places that rent out boats at www.ljungby.se/kanot.

Lagaleden: all the way from Bolmen to Kattegatt

The Lagaleden trail stretches 150 km from Lake Bolmen through the Bolmän and Lagaån rivers, all the way to the Kattegatt sea. You can start and stop wherever you like, and break your trip up into preferred intervals. Or go on a real adventure and paddle Lagaleden out to sea.

Bring your own boat

If you're bringing your own boat, there are several harbours with visitor berths, or islands with beach landing points. Bolmen has 365 islands and it's easy to find your own favourite spot in this mystical lake. You can find out more about harbours with visitor berths at www.ljungby.se/batliv.

Buy a fishing licence

To fish you will need a valid fishing licence. There are various rules and regulations regarding equipment and fishing methods for lakes and watercourses. Make sure you follow the fishing regulations for the area. Buy your fishing licence at www.ifiske.se.

Fish on a secluded lake

Ljungby Municipality has lots of secluded little lakes surrounded by whispering spruce forests. You can fish from the shore, or take a boat out. There are a number of jetties around Vällingsjön that you can fish from. If you want to cook your catch straight away, there are places to barbecue.

Quality fish

Pike-perch is a delicious fish for eating, and it's often found in deep waters. It is most active at sunrise and sunset. One of southern Sweden's most popular pike-perch fishing lakes is Vidöstern, with catches of over 10 kilos. But with a bit of skill you can also catch it in lakes such as Bolmen or Flåren. Fish species that have been introduced, such as rainbow or brown trout, can be caught at Vällingsjön and Hjärtanässjön.



These lakes are great for all ages.

Experience a vibrant cultural life



Name: Ylva Rosen

Lives: In central Ljungby, and has a cottage in Hamneda

Occupation: School librarian

You can experience culture here in many different ways. There are the major town events such as Ljungbydagarna and Sagobygden's music and story festival, but there are opportunities everywhere.

Ylva is a familiar face in Ljungby's cultural world. She loves going to local concerts featuring both famous and lesser-known artistes, visiting Ljungbergmuséet (art museum), Sagomuséet (Museum of Legends) and attending exhibition openings. Read her top cultural tips for the Ljungby area.



I love Ljungby Gamla Torg, the old market square. There's Märta's Glasseri, where you can buy an ice cream in the summer and cool off in the pergola. Gästgivaregården, which is also on the square, serves delicious food in a beautiful setting, and sometimes there are performances on the outdoor stage.



There's lots to see at Ljungbergmuséet.

Go to an exhibition opening and visit the Grand cultural centre

Ylva often attends exhibition openings at the art gallery in the local library. She also recommends a visit to the Grand cultural centre, where they put on everything from music and dance performances, to theatre and stand-up comedy.

Culture in the great outdoors

There's also lots of outdoor art to discover around the municipality. Watch Kristina Nilsson play violin, visit the old station area in Ryssby, get up close to the Ågubben sculpture or meet Stenlyftaren in Lidhult. You can find out more information about outdoor art at www.ljungby.se/konst.

Visit folklore parks

Most folklore parks have old houses with interesting histories, and large green spaces that are perfect for a picnic and an enjoyable afternoon together with family and friends.



YLVA'S TOP 3 MUSEUMS

Sagomuséet (Museum of Legends)

Ljungby is home to Sweden's only Museum of Legends. Take yourself back to a time of sagas and terrifying legends that have been passed down over generations.

Kronoberg County's museum of visual art – Ljungbergmuséet

At the heart of the museum is the artistic work of Sven Ljungberg and Ann Margret Dahlquist-Ljungberg. This is a venue for exhibitions featuring significant artists from Sweden and the Nordic region.

Begravningsmuséet (The Funeral museum)

A cultural and historical treasure reflecting traditions and rituals connected to life and death. You'll learn about how funeral traditions have changed over time.

Interested in finding out what events Ljungby has to offer? Visit www.ljungby.se/evenemang

Iza's culinary journey



Name: Iza Andersson
Lives: Ljungby
Occupation: Salesperson

What would you say is the best thing about Ljungby?

I think the best thing about Ljungby is that you get a bit of everything. If you're looking for good food and friendly people, then the town is never far away. And then you've got nature on your doorstep, and the vast Lake Bolmen just a few kilometres from town. There's no need to go abroad in the summer months. Take a boat out or the car to some great restaurants, cafés and harbours, or take a dip at one of our lovely beaches or from a jetty.





And it's a fantastic summer town.

What are your own personal favourite spots for food and nightlife?

My top spot for food is the countryside hotel Toftaholm Herrgård, which is a few kilometres outside Ljungby. Fantastic dining in a stunning setting, inside and out. And my favourite evening destination is Ljungby's local pub Harrys. You get to meet lots of different people there, young and old, and it's a guaranteed great night out.

How do you make the most of Ljungby's dining and nightlife?

I like to go out for lunch on Fridays as a nice start to the weekend. I'd really

recommend having lunch at Ryssby Hotell, which is just outside Ljungby, or Gästgivaregården on the old square, Ljungby Gamla Torg.

What are your top tips for newcomers to Ljungby looking for a nice meal and some entertainment?

Explore Ljungby and visit as many restaurants and cafés as you can – you're sure to find your own personal favourite. Enjoy Swedish 'fika', delicious lunches and dinners. There are also some real gems in the countryside. Why not try the bakery Stenlundens hantverksbageri, or the farm Kastebergs gård.

Staying overnight? You can find some suggestions for accommodation on page 21.

Experience Carina's holiday adventure



Name: Carina Karlund

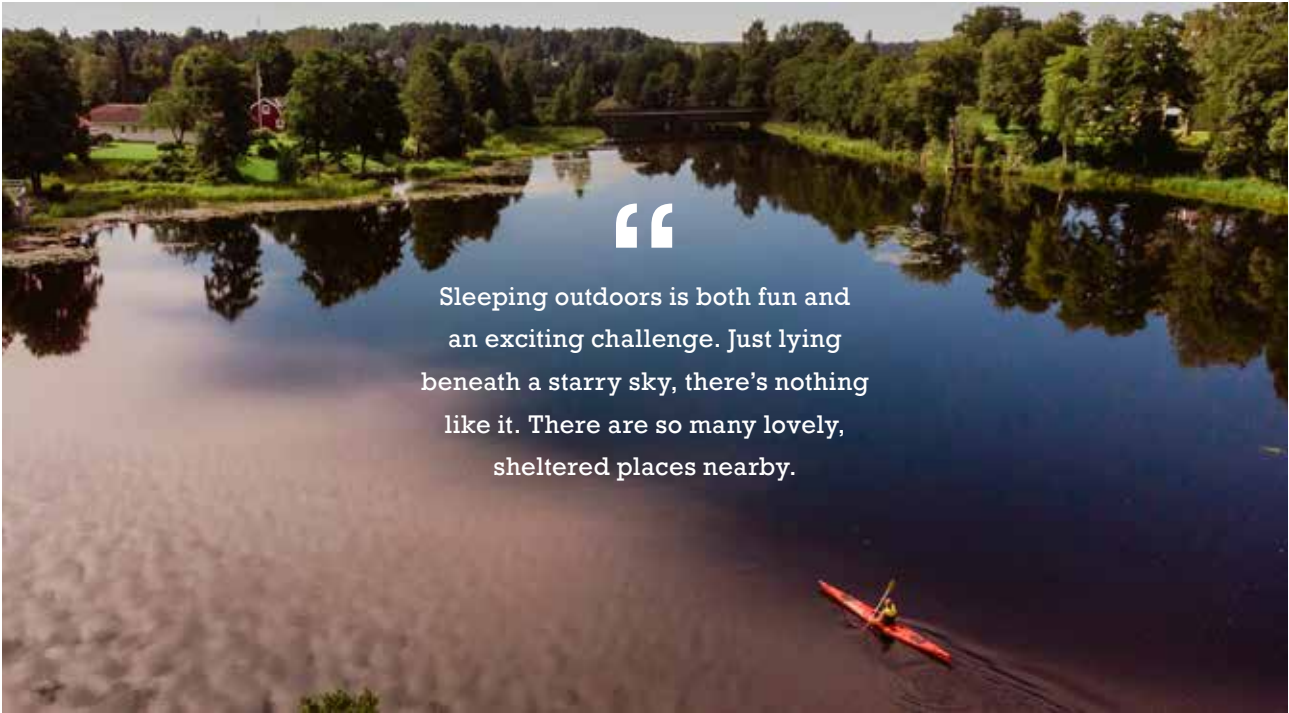
Lives: Ryssby, about 20 km east of Ljungby

Occupation: Security manager



Stop off at the water's edge.

Tired of lounging in a hammock? Up for a bit of adventure? Maybe you'd like to sleep out under the stars, or explore one of the municipality's many lakes? Carina is an adventure seeker who loves wild camping or taking the kayak out when the weather permits. Here are some of her exciting experiences for those of you who would rather get out and about than lie in the shade with a book. And remember, even if you're not particularly adventurous you can have a go at the activities in a way that suits you.



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Sleeping outdoors is both fun and an exciting challenge. Just lying beneath a starry sky, there's nothing like it. There are so many lovely, sheltered places nearby.

See nature from a kayak.

Hiking and cooking over an open fire

Experience nature on a gorgeous summer day; pack a picnic in your rucksack, pull on your boots and head off into the forest. Enjoy a cup of coffee with birdsong as your background music and take in all the wonderful scents of nature. Carina especially recommends Banvallsleden, the stretch between Angelstad and Byholma.

“This part of the trail is particularly lovely to hike and it's easy terrain. There are lots of great places to stop off and have a picnic. Try cooking your lunch over an open fire. It doesn't have to be anything complicated. Prepare as

much as you can in advance, so it's not too much fuss, but be bold and try something other than just a hot dog! It's great fun to make meals outdoors, and food that's been cooked over an open fire tastes fantastic.”

Sleep outdoors

Some time ago, Carina and her husband took on an exciting challenge; to sleep outdoors overnight at least once a month. One cold January evening it was time to make up a bed for the night in a shelter, and Carina describes it as a wonderful feeling to be sleeping out in the open under the stars.



Magical forests.



Cook over an open fire.

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Why not try it at home in the garden on a warm summer night? If you can't get to sleep then you can just take your pillow and go inside, suggests Carina

If you're not keen on finding shelter in the forest, but you like the idea of sleeping outdoors, you can try sleeping a night under the stars at home in your garden or at a summer cottage.

Go kayaking

If you're up for an adventure, you should definitely give kayaking a go. Kayaking is a combination of exercise and relaxation; you can make it as physically challenging as you like. You can glide across a glassy lake and just enjoy a fantastic experience, with nature as your backdrop.

“It's hard to beat. And you can't really compare it with canoeing. With a kayak you're closer to the water, it's a completely different feeling,” explains Carina.

The municipality is home to lots of great lakes where you can go kayaking. If you've never tried it before, it's a good idea to have someone with you or book an instructor.

“If you're not an experienced kayaker, you need to keep an eye on the weather, mainly the wind, before heading out. You can get some pretty hefty waves sometimes, even on a lake, which can come as a surprise,” concludes Carina.



Tips for picturesque locations

Explore Bergastigen

The Bergastigen nature trail takes you around the village of Lagan, offering stunning experiences of nature along the Lagan river. You can test your nerves here at dizzying heights. Bergastigen Skywalk extends five metres out over the beautiful and unique Berga ravine. The suspension bridge hovers eight metres above Trotteslövsbacken, which runs down into the ravine. Are you brave enough?

Unique Årshultsmyren

Don't miss a visit to Årshultsmyren nature reserve near Lidhult. There are several walking trails of varying lengths, from 830 m and 2.9 km, to the more challenging 4 km or 9 km trails. Bring a picnic, have a wander, listen to the bird-song and soak up the sunshine. Looking for more nature reserves? Check out the nature map: www.naturkartan.se/ljungby or download the 'Naturkartan' app to your mobile.

Top canoe trails

- Helge Å, 109 km
- Lagaleden, 150 km
- Agunnarydsjön, 60 km



What kind of accommodation would you prefer?

There are so many lovely places to choose from where you can rest up and prepare for your next exciting outing. Whatever the accommodation and services you're after, we're confident you'll find something that suits.

You can have breakfast served at a hotel in town with all the conveniences you can think of, or stay at manor houses with plenty of history. If you're looking for something closer to nature, waking up to birdsong and going at your own pace, then camping or a hostel might be the best alternative. If you're bringing a campervan there are plenty of lakeside pitches. An increasing number of visitors are also opting for bed & breakfast Småland-style, close to both lake and forest. Or maybe you're up for Carina's challenge of sleeping under the stars? Whatever you choose, we're sure you'll feel right at home.

Visit a legendary place in Sagobygden



Travel through time and space

A legendary place is a mythical site where something special either actually happened or took place according to legend. Details of the event have then been passed down the generations and are still talked about to this day. Visiting a legendary place is a way of travelling back in time and finding out about what life was like for people then. It's also a journey to stunning places that are a little off the beaten track. You can sample the cool spring waters, creep inside the secret passageways of 'Trollberget' (Troll Mountain), take in the view from 'Blodberget' (Blood Mountain) or try and make your way up to 'Karins sten' (Karin's Stone).

You can find out more about our legendary places on Sagobygden's website: www.sagobygden.se/sagenplatser.



Legend has it that 'Syster-sjöarna' (the sister lakes) bore witness to tragic events involving three sisters one Christmas Eve, long ago.

Scan the QR code and listen to the whole story.



Sagobygden: recognised by UNESCO



Bring along a picnic on your voyage of discovery in Sagobygden.



"In November 2018, Sagobygden was recognised by UNESCO as a good example of how traditions can be passed on and kept alive. This means that Sagobygden is regarded as a role model for efforts to pass on and develop intangible cultural heritage such as customs, knowledge or traditions." / unesco.se/kultur/berattarprojekt

Visit Cliff Burton's Museum & Memorial Stone

For over 30 years, thousands of Metallica fans have been making a pilgrimage to Cliff Burton's Memorial Stone in Dörarp. On 26 September 1986, the then relatively unknown group Metallica were about to continue on their tour to the south of Sweden. When it was time to choose where to sleep on the bus, a discussion arose. Both the bassist Cliff Burton and guitarist Kirk Hammet wanted the most popular bunk, right by a window. They decided to draw playing cards for the top spot. Whoever drew an ace of spades would get first pick. Burton won, but it turned out that he lost. Find out what happened at www.sagobygden.se/sagenplatser/cliffburton.

The Cliff Burton Museum opened in mid May 2022 at Laganland, just outside Ljungby. At the museum you can read about Cliff Burton's life and musical career. Find out more at the museum's Facebook page: Cliff Burton Museum & Memorial Stone.





EVERYTHING IS ON YOUR DOORSTEP IN
LJUNGBY – THE TOWN, THE WATER, NATURE
& CULTURE. BUT THE BEST THING OF ALL IS
THAT YOU'RE NEVER FAR FROM A SMILE.

WELCOME!



Ljungby
kommun

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  VisitLjungby | www.visitljungby.se