

Åre

Åre Municipality · Sweden

TRAVEL GUIDE

Tripomatic



Overview

Åre is Sweden's best-known mountain resort. The village sits on the shore of Lake Åresjön, right below the bare summit of Åreskutan. In winter it is a ski town, with lifts that start a short walk from the railway station. In summer the same slopes turn into a large mountain bike park and the start of hiking trails into the Jämtland mountains.

The resort spreads along the valley to the smaller villages of Duved and Åre Björnen, which share the same lift system. Åre suits active trips: skiing from December to spring, biking and hiking in summer, and waterfalls and mountain views all year. It is also one of the few Swedish ski resorts you can reach directly by train, including a night train from Stockholm.

When to visit

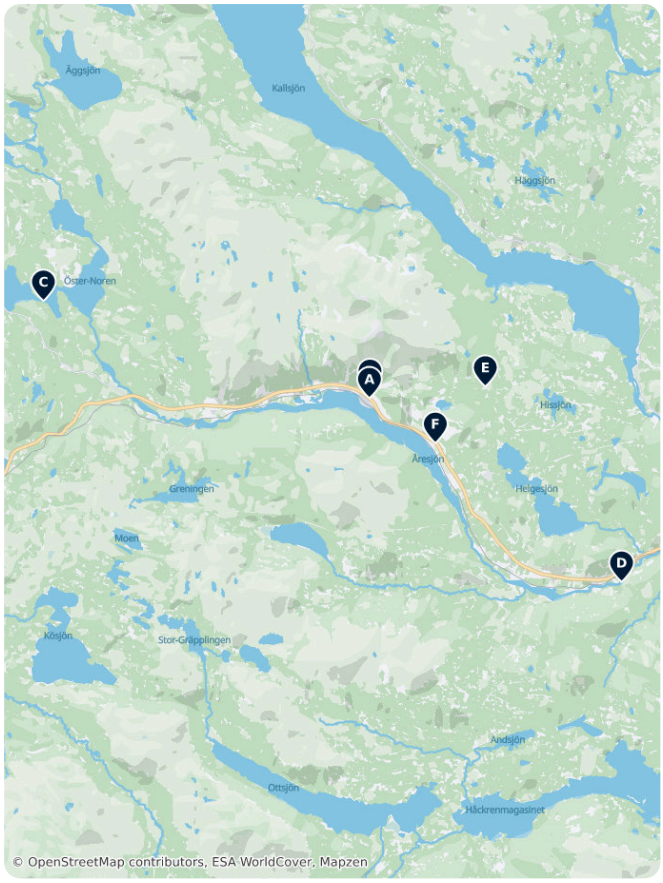
Winter is long and snowy, and the ski season usually runs from December into spring. Late February to April is the best time for skiing, with more daylight and deep snow. Swedish school winter holidays and Easter are the busiest weeks, so book early. Summer is short and mild, with very long days in June and July, but rain is common. September brings autumn colours and fewer visitors, while late autumn is quiet and many places close between seasons.

The biggest annual event is the FIS Alpine World Cup. Åre has a long tradition of hosting World Cup races, often in March, and watching from the finish area is a classic Åre day out.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for skiing	-5° / 1° Feels like -11°	-10° / -21°	20 rainy days · Dry air
February	Good Good for skiing	-5° / 1° Feels like -10°	-10° / -21°	19 rainy days · Dry air
March	Good Good for skiing	-2° / 1° Feels like -8°	-9° / -19°	20 rainy days · Dry air
April	Good Good for skiing	1° / 5° Feels like -4°	-4° / -12°	18 rainy days · Dry air · Calm winds
May	Poor Poor for skiing	7° / 18° Feels like 4°	1° / -5°	20 rainy days · Dry air · Calm winds
June	Fair Fair for hiking	13° / 22°	6° / 1°	22 rainy days · Dry air · Calm winds
July	Poor Poor for hiking	16° / 23°	9° / 4°	24 rainy days · Dry air · Calm winds
August	Fair Fair for hiking	15° / 21°	8° / 4°	22 rainy days · Dry air · Calm winds
September	Poor Poor for hiking	11° / 17°	5° / 0°	20 rainy days · Dry air · Calm winds
October	Fair Fair for skiing	4° / 10° Feels like 0°	0° / -7°	21 rainy days · Dry air · Calm winds
November	Good Good for skiing	-2° / 5° Feels like -7°	-6° / -16°	18 rainy days · Dry air · Calm winds
December	Good Good for skiing	-4° / 1° Feels like -10°	-9° / -20°	20 rainy days · Dry air

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights



- **A** Åre ski area covers the slopes of Åreskutan and links the villages of Åre, Duved and Åre Björnen by lifts. In summer the lifts carry bikes, and the slopes become Sweden's largest mountain bike park.
- **B** Å33 - Bergbanan is a funicular from 1910 that climbs from the village square to Hotell Fjällgården. It is a listed building, and its upper station holds a small museum about how Åre grew from a farming village into a resort.
- **C** Tännforsen is one of Sweden's largest waterfalls, about 60 m wide, around 20 km northwest of Åre. It is most powerful during the spring snowmelt, and in winter large parts of it freeze.
- **D** Ristafallet is a wide waterfall on the Indalsälven river, about 20 km east of Åre off the E14. A small islet splits it in two, and you can get closer to the water here than at Tännforsen.
- **E** Fröå gruva keeps the remains of a copper mine on the eastern side of Åreskutan. Mining here was important in the 18th and 19th centuries, and the old buildings make a quiet stop away from the slopes.
- **F** Åre Chokladfabrik is a family-run chocolate factory just east of the village. You can watch the chocolates being made and taste them.

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What to experience

The best Åre moments are outdoors, and many depend on the season.

- **Ride to the top of Åreskutan**: The Kabinbanan cable car climbs from the village to about 1,274 m in around seven minutes. Walk the last part to the 1,420 m summit for a 360-degree view and Swedish waffles at Toppstugan, the café on the peak. In winter, a snowmobile tow covers the last stretch.
- **Mountain biking in the bike park**: In summer, the lifts carry riders and bikes up the mountain. Trails range from easy gravel paths to steep downhill tracks, and rental shops in the village supply bikes and gear.
- **Hike the Jämtland Triangle**: This 47 km loop links the mountain stations of Storulvån, Sylarna and Blåhammarens Fjällstation. Most people walk it in three days in summer and sleep in the stations.
- **Dog sledding**: In winter, several local operators offer husky rides through the snowy forest and along the valley.

Day trips

Åre is a good base for nature trips along the valley and into the mountains.



- **Ånnsjön and Handöl** — about 30 km west by car. Ånnsjön is a large mountain lake known for birdwatching, and the Handölsforsen rapids are a short walk from the road.
- **Storlien** — about 50–60 km west, by train or car. This small mountain resort on the Norwegian border has open fell landscapes and easy hiking.
- **Vålådalen** — about 45 minutes south by car. The nature reserve has marked trails through forest and up to mountain lakes, good for a full hiking day.
- Ⓐ Ostersund — about 1 hour 15 minutes east by train. The only city in Jämtland sits on Lake Storsjön and has museums, shops and the open-air museum Jamtli.
- Ⓑ Trondheim — about 2.5–3 hours west by car, or by train via Storlien on the border. The Norwegian city has Nidaros Cathedral, the end point of the old pilgrim route that passes through Åre.

Getting there

- **By train**: Åre station is in the middle of the village. Direct day trains from Stockholm take about 7–8 hours, and SJ runs a night train from Stockholm that arrives in the morning. Snälltåget runs seasonal night trains from Malmö via Stockholm. Book at SJ.
- **By air**: Åre Östersund Airport is about 100 km east, about 1–1.25 hours by road. In the ski season, pre-booked airport transfers run to Åre. Otherwise, take the bus into Östersund and continue by train. Trondheim Værnes Airport in Norway is about two hours west. See Åre Östersund Airport bus info.
- **By car**: The E14 road runs through Åre, linking Ostersund in the east with Trondheim in the west.

Getting around

- **On foot**: The village centre around the square and the station is compact, but the resort is spread out along a hillside, so expect some steep walks.
- **Lifts**: The funicular, the cable car and the ski lifts are the fastest way up the mountain. They are part of the resort's lift pass system and some run in summer too.
- **Regional buses and trains**: Local trains stop at Duved, Åre and Undersåker. Regional buses are run by Länstrafiken Jämtland. On the bus you pay by bank card only, as **cash is not accepted**. Most tickets are also in the Länstrafiken Jämtland app.
- **Taxi**: Several local taxi companies operate in Åre. Book ahead at busy times, such as late evenings in the ski season.
- **Cycling**: Bike rental shops in the village rent mountain bikes and e-bikes. The roads are hilly, but cycling is a popular way to explore in summer.

Getting around on foot & by bike

WALKABILITY

Moderate

The village centre is compact, but the resort spreads up a steep hillside; lifts and buses link Åre, Duved and Åre Björnen.

CYCLING INFRASTRUCTURE

Moderate

Hilly roads, but mountain biking is a major summer draw with lift-served trails and rentals in the village.

Driving

- **Is a car worth it?**: Not for a ski week, since lifts, trains and buses cover the resort. A car helps in summer for waterfalls, mountain stations and nature reserves.
- **Winter driving**: **Winter tyres are required by law** from 1 December to 31 March whenever there is snow, ice or slush on the road. Watch for reindeer and moose on the roads, especially at dusk.
- **Parking**: Large car parks sit at the main lift areas in Åre, Duved and Åre Björnen. Many are paid in the ski season.
- **Road closures**: In late winter, the road from Handöl to the Storulvån mountain station is closed at night (22:00–08:00) from February to mid-April.

Food & drink

Jämtland food is built on mountain produce. Look for reindeer, Arctic char from mountain lakes, local cheeses from summer farms and desserts with cloudberries or lingonberries. Local craft beer and chocolate are also popular souvenirs.

Most restaurants, cafés and bars cluster around the village square and the streets near the station. In the ski season, the mountain restaurants on the slopes are a good lunch stop, and après-ski starts at the bottom of the lifts in the afternoon. Many places have shorter hours outside the ski and summer seasons, so check before you go.

What to eat & drink

LUNCH

Open Sandwich · Smörgås
Single-slice bread topped with a range of ingredients — cheese, egg, shrimp, or cured meat — a common Swedish lunch.

Daily Lunch Special · Dagens lunch
A set weekday lunch including a hot main dish, salad bar, bread, and coffee for around 120–160 SEK — the best value hot meal.

DINNER

Meatballs · Köttbullar
Small pork-and-beef meatballs served with cream sauce, mashed potato, and lingonberry jam — Sweden's most iconic dish.

Cured Salmon · Gravlax
Salmon cured with salt, sugar, and dill, sliced thin and served with mustard sauce on rye bread or as a starter.

Pickled Herring · Sill
Marinated herring in preparations ranging from mustard to matjes, a staple of Swedish festive tables and smörgåsbord.

Potato Gratin with Sprats · Janssons frestelse
A baked gratin of potato, onion, cream, and pickled sprats — a classic Swedish comfort dish, especially at Christmas.

SWEETS & DESSERTS

Cinnamon Bun · Kanelbulle
Soft, spiced bun flavoured with cinnamon and cardamom, the centrepiece of Swedish fika culture.

DRINKS

Aquavit · Akvavit
Scandinavian spirit distilled from grain or potato and flavoured with caraway or dill, traditionally drunk at celebrations.

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Safety & health

Åre is very safe, and crime against visitors is rare. Still, lock bikes and skis when you leave them outside.

The main risks come from the mountains. Weather on Åreskutan can change quickly, with strong wind, fog and cold even in summer. Off-piste skiing carries avalanche risk, so check the local avalanche forecast and carry safety gear. On winter trails, follow the red cross markers and do not leave them in poor visibility. In summer, bring insect repellent for mosquitoes and midges.

History

For centuries, pilgrims walked through the Åre valley on their way to the grave of *Saint Olaf* in Trondheim. Åre old church, built around 1200, still stands near the village square. The Sami settled in the area in the 17th century for its good reindeer pastures, and reindeer herding continues in the mountains today.

In the 18th and 19th centuries, copper mining shaped the eastern side of the mountain, and Fröå gruva keeps the traces of that time. Tourism began when the railway arrived in 1882. Visitors came for fresh mountain air and climbed Åreskutan, and hotels soon followed. The funicular Å33 - Bergbanan opened in 1910, and the cable car followed in 1976. Since then, Åre has grown into Sweden's leading ski resort and has hosted the Alpine World Ski Championships three times.

Country facts

Quick practical facts for Sweden at a glance:

CURRENCY
SEK kr

EMERGENCY
112

ELECTRICITY



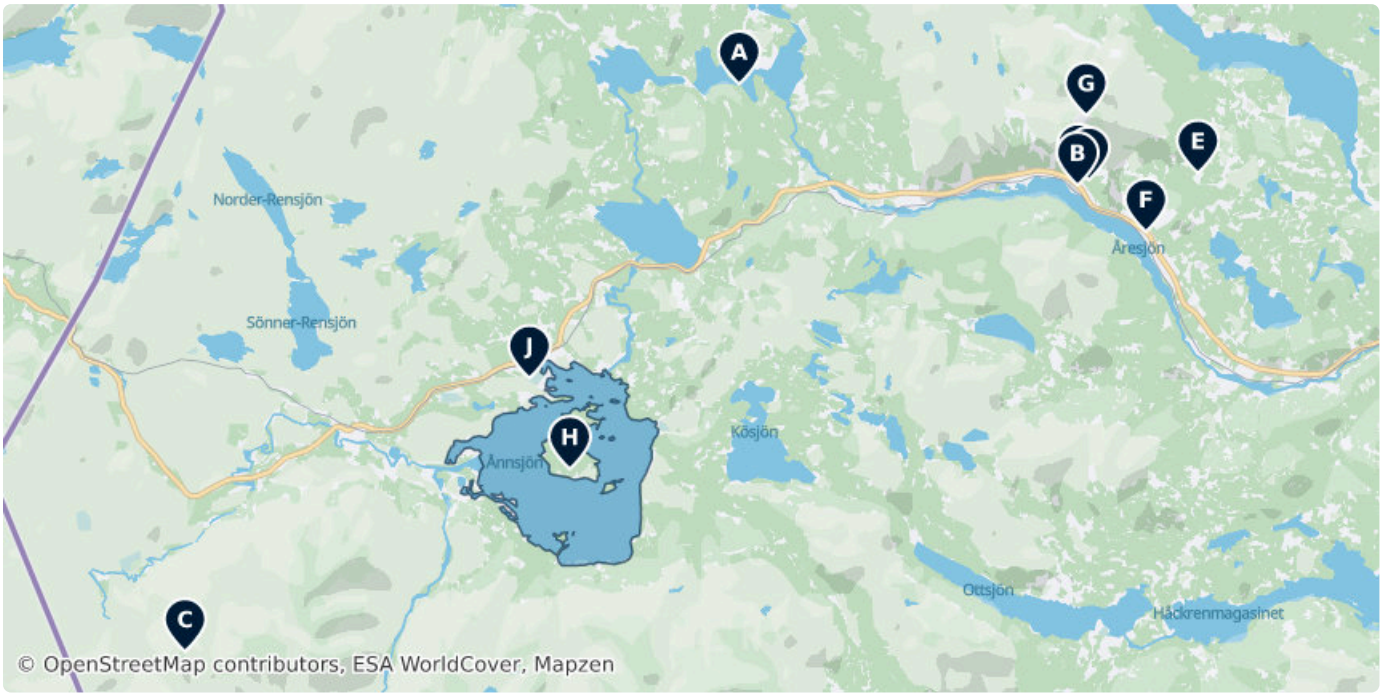
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LANGUAGES
Swedish

TAP WATER
Safe to drink

Åre District Highlights

The Åre District centers on Sweden's most prominent alpine resort, blending high-altitude outdoor activities with regional history. The area features Åreskutan mountain, topped by Sweden’s highest café, and the historic Fröå copper mine. Natural landmarks include Tännforsen, the nation's largest waterfall by volume, and the bird-rich waters of Lake Ånnsjön. Visitors can access the slopes via the century-old Bergbanan funicular or explore the remote wilderness from the Blåhammarens mountain station.





A Tännforsen

One of Sweden's largest waterfalls, dropping 38 meters with a width of 60 meters. The site features a hiking trail and a viewing bridge over the Jännan river.

Sweden (63.44526, 12.73963)

tannforsen.se



B Åre

Åre is a locality and one of the leading Scandinavian ski resorts situated in Åre Municipality, Jämtland County, Sweden with 3,200...

30 Stationsvägen, Åre 83013, Sweden (63.39916, 13.08450)

skistar.com/are



C Blåhammarens Fjällstation

The Swedish Tourist Association's highest mountain station, situated 1,086 meters above sea level. It serves as a key stop on the Jämtland Triangle hiking route.

Sweden (63.18568, 12.17484)

svenskaturistforeningen.se/boende/stf-blahammaren-fjal...



D Åre Bergbana

Åre Bergbana is a funicular railway located in Åre, Jämtland County, Sweden.

Trollstigen, 837 52 Åre, Sweden (63.40303, 13.08512)



E Fröå gruva

A preserved copper mining site active between 1744 and 1919. The area includes restored historic buildings and water-powered machinery on the eastern slopes of Åreskutan.

(63.40464, 13.20717)

F Åre Chocolate Factory

This family-run chocolate factory is a great place to see how the chocolate candies are made, tasting included.

801 Björnänge, Björnänge 83013, Sweden (63.37790, 13.15422)

arechokladfabrik.se, +46 647 155 80

G Toppstugan

Sweden's highest café, located 1,420 meters above sea level at the summit of Åreskutan.

Sweden (63.43097, 13.09331)

0702455053

H Ånnsjön

Ånnsjön is a lake in Åre Municipality in Jämtland County, Sweden. By road it is located 154 kilometres northwest of Östersund.

Sweden (63.26938, 12.56699)

I Nalles klippa

A natural viewpoint on the slopes of Åreskutan offering panoramic views of Åre village and Lake Åresjön.

(63.40153, 13.09587)

J Dolperna

An observation tower and shelter located near Lake Ånnsjön, used for birdwatching and surveying the surrounding wetlands.

Sweden (63.31101, 12.52588)

DATA SOURCES

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IMAGE CREDITS

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- Blåhammarens Fjällstation — "Blåhammarens fjällstation" by Mikepopstar, Public domain
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