

Uppsala

Sweden

TRAVEL GUIDE

Tripomatic



Overview

Uppsala sits on the Fyris River about 35 km north of Stockholm, an easy day trip or a relaxed overnight stay. It has been Sweden's religious and academic centre for close to a thousand years. The city is home to Scandinavia's oldest university, founded in 1477, and the country's largest cathedral. Cobbled streets, student life, and a slower pace than Stockholm give Uppsala its own character.

The city's roots run even deeper than the university. A few kilometres north, the burial mounds of ancient kings mark the site of Gamla Uppsala, a pagan religious centre from over a thousand years ago. The naturalist *Carl Linnaeus* taught and lived here, and his restored gardens are still open to visitors. Uppsala suits travelers who want history and culture without big-city crowds.

When to visit

Summers (June to August) are mild and bright, with long daylight hours ideal for walking the old town. Spring and autumn are cool, and winters are cold and dark with occasional snow.

Plan around **Valborg** (Walpurgis Eve) on 30 April, Uppsala's biggest annual event. Thousands of students celebrate the arrival of spring with a river rafting race, choir singing at the castle, and a citywide party atmosphere.

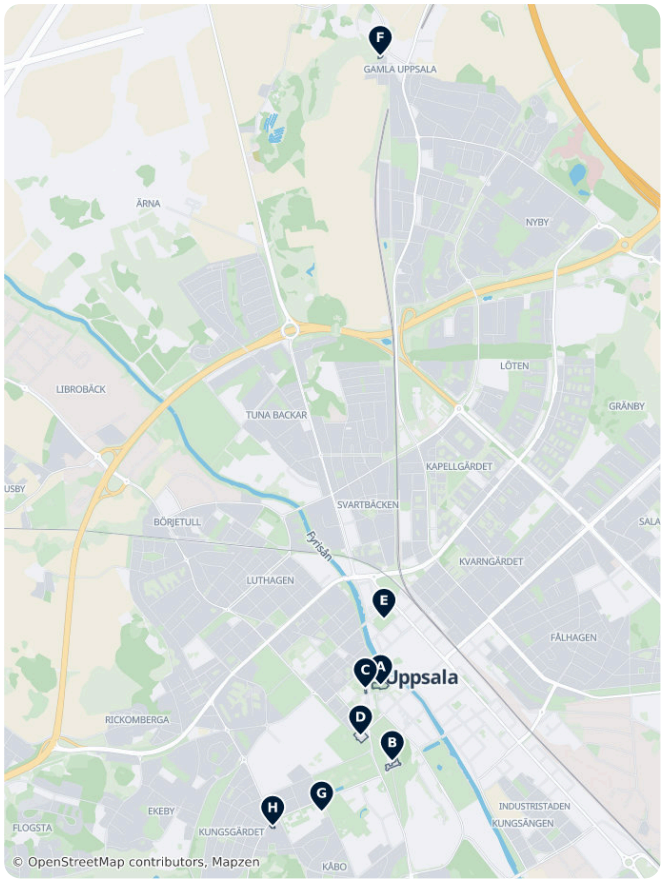
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for sightseeing	-2° / 4° Feels like -6°	-7° / -18°	Dry air · Calm winds
February	Poor Poor for sightseeing	-1° / 5° Feels like -5°	-6° / -16°	Dry air · Calm winds
March	Poor Poor for sightseeing	4° / 11° Feels like 0°	-3° / -11°	Dry air · Calm winds
April	Fair Fair for cycling	10° / 17° Feels like 6°	1° / -4°	Dry air · Calm winds
May	Good Good for cycling	15° / 23°	5° / 0°	Dry air · Calm winds
June	Great Great for sightseeing	20° / 27°	10° / 6°	13 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	23° / 29°	13° / 10°	15 rainy days · Calm winds
August	Great Great for sightseeing	22° / 28°	12° / 8°	14 rainy days · Dry air · Calm winds
September	Good Good for cycling	17° / 23°	9° / 3°	Dry air · Calm winds
October	Fair Fair for cycling	9° / 16°	4° / -2°	13 rainy days · Dry air · Calm winds
November	Poor Poor for sightseeing	3° / 10° Feels like 0°	0° / -8°	13 rainy days · Dry air · Calm winds
December	Poor Poor for sightseeing	-1° / 6° Feels like -5°	-5° / -16°	13 rainy days · Dry air · Calm winds

Best months: June, August

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

Rain is possible in any month, so pack a light waterproof layer even in summer.

Top sights



A Uppsala Cathedral towers over the old town and is the largest cathedral in the Nordic countries. Its twin towers have marked the skyline since the 15th century, and it holds the tombs of King *Gustav Vasa* and the botanist *Carl Linnaeus*.

Just south of the cathedral, B Uppsala Castle was built by Gustav Vasa in the 1540s and later expanded into a Renaissance palace. Its terrace gives one of the best views over the rooftops to the river.

C Gustavianum is the university's oldest surviving building, put up in the 1620s. Inside is a restored 17th-century anatomical theatre, once used for public dissections attended by curious townspeople.

D Carolina Rediviva is the university's main library and one of the largest in Scandinavia. Its reading rooms hold the Codex Argenteus, a rare 6th-century silver-lettered Bible.

Carl Linnaeus designed E The Linnaeus Garden and Museum himself in the 1740s, arranging the plants by his own classification system. The small house where he lived with his family is furnished as it was in his lifetime.

North of the centre, F Old Uppsala marks the site of Uppsala's original settlement. Three huge burial mounds, raised for Iron Age kings, sit beside a museum on the area's Viking-era history.

G Museum of Evolution holds Scandinavia's largest fossil collection, including dinosaur bones gathered by Swedish scientists in China in the 1920s.

For a different side of Uppsala, visit H Bror Hjorth's House, the studio-home of sculptor *Bror Hjorth*, filled with his colourful wood carvings and paintings.

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What to experience

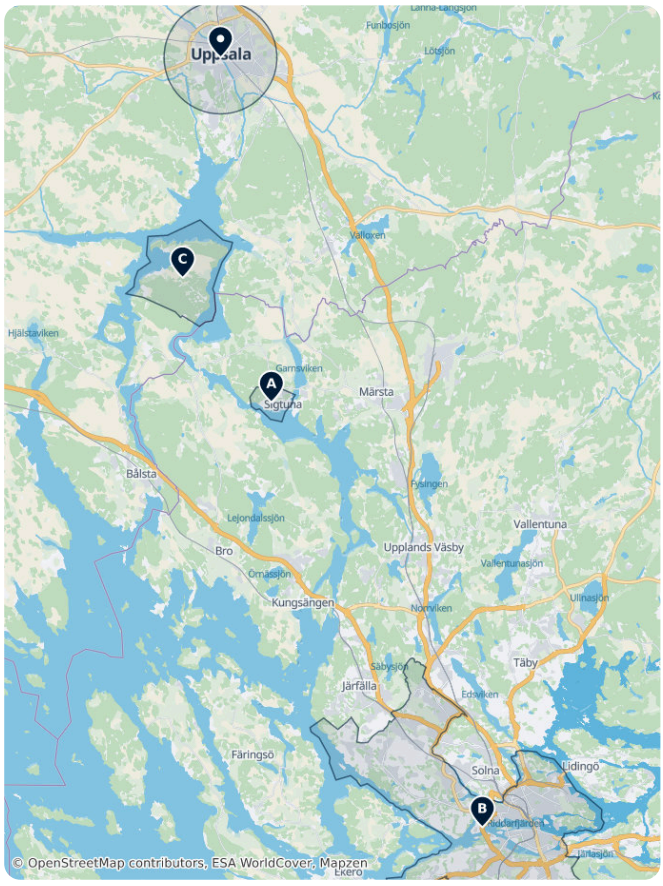
A few things happen here that you won't find anywhere else in Sweden:

- Watch the white student caps come out across the city on Valborg (30 April) — Uppsala's biggest student tradition, marking graduation and the start of spring.
- Paddle a canoe or kayak along the Fyris River in summer, gliding past Uppsala Castle and Uppsala Cathedral from the water.
- Ask about visiting a student "nation" (studentnation) for an evening. These historic student clubs run pubs and formal dinners, and many welcome outside guests for a small fee — a tradition unique to Uppsala and Lund.

Day trips

A lakeside nature reserve, Sweden's oldest town, the capital, and a Baroque castle are all within easy reach for a day out, closest first.

- **Fjällnora** — about 20 minutes by car, a lakeside nature reserve on Lake Ekoln with sandy beaches, trails, and a summer café. Popular with locals for a swim or a picnic.
- A Sigtuna — Sweden's oldest town, about 40 minutes by bus or car. Wander lanes lined with centuries-old rune stones and the ruins of medieval churches.
- B Stockholm — Sweden's capital is about 40 minutes away by direct train from Uppsala Central. It's an easy add-on for travelers who want to combine the two cities in one trip.
- C Skokloster — around 45 minutes by car. This 17th-century Baroque castle sits on a peninsula in Lake Mälaren and holds the largest private collection of 17th-century weapons in the world, alongside period furniture and art.



Getting there

- **By air**: Stockholm Arlanda Airport (ARN) is the closest airport, about 35 km south of Uppsala. Regional trains connect Arlanda directly to Uppsala Central in around 18 minutes; airport buses take about 35–40 minutes.
- **By train**: Uppsala Central Station sits on Sweden's main north–south line. Frequent trains reach Stockholm Central in about 40 minutes, with InterCity and long-distance services continuing north along Sweden's east coast.
- **By bus**: Long-distance coaches, including FlixBus, stop at Uppsala's bus terminal next to the train station, with connections to Stockholm and other Swedish cities.

Getting around

- **Public transit**: UL (Upplands Lokaltrafik) runs the city's buses. Tap a contactless debit or credit card directly on board to pay, or buy a ticket in advance through the UL app; buses are cash-free. UL journey planner
- **Taxi / ride-hailing**: Regular taxis wait at the station; ride-hailing app coverage is limited outside the Stockholm area.
- **On foot / cycling**: The historic centre is small enough to walk across in under half an hour. Uppsala is one of Sweden's most bike-friendly cities, with wide dedicated lanes and rental bikes available near the station.

Getting around on foot & by bike

WALKABILITY

High

The historic centre is compact and mostly flat, easy to cover on foot from the train station in under half an hour.

CYCLING INFRASTRUCTURE

High

Uppsala is one of Sweden's most bike-friendly cities, with wide dedicated lanes and a large student population that gets around by bike.

Driving

- **Is a car worth it?**: No, not for the city itself — central Uppsala is compact and walkable, and parking is limited. A car helps mainly for reaching Skokloster, the countryside, or other day trips outside the train and bus network.
- **Parking**: Pay-and-display zones and a few multi-storey car parks serve the centre, including near Uppsala Resecentrum; pay by app or at the machine, typically by the hour.
- **Restrictions**: A handful of streets around the cathedral and main square are pedestrian-only. Uppsala has no congestion charge, unlike Stockholm and Gothenburg.

Food & drink

Uppsala's food scene centers on its café culture — the city has one of Sweden's highest concentrations of students, and cafés built around fika (a coffee and pastry break) are everywhere.

For something historic, stop at Ofvandahls, Uppsala's oldest continuously running café, serving pastries in the same 19th-century rooms since 1878. For a wider choice of restaurants and bars, head to the streets around Svartbäcksgatan and Dragarbrunnsgatan, just north of the cathedral, or the riverside terraces along Östra Ågatan in summer.

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

Uppsala is a safe city with very low crime; violent crime against tourists is rare. Watch for pickpockets during Valborg, when tens of thousands crowd the riverside for the city's biggest event.

Cyclists ride fast and expect the right of way on shared paths. Look both ways before stepping into a bike lane, even one marked for pedestrians.

History

Uppsala's story starts a few kilometres north of today's centre, at Old Uppsala. From around the 5th century, this was a royal seat and pagan religious centre, where kings were buried under the mounds still visible today and, according to old sources, a great temple once stood.

Christianity shifted the city's centre south in the 13th century, when the cathedral chapter moved to the site of today's Uppsala Cathedral, then under construction. The cathedral has crowned Swedish coronations and holds the tomb of *Gustav Vasa*, the king who broke Sweden away from Danish rule in the 1520s and founded the modern Swedish state.

The university, founded in 1477, made Uppsala Scandinavia's centre of learning. A generation later, Uppsala Castle, built by Gustav Vasa, became the seat of royal and later university power, and student life has shaped the city's character ever since.

Country facts

Quick practical facts for Sweden at a glance:

CURRENCY
SEK kr

EMERGENCY
112

ELECTRICITY



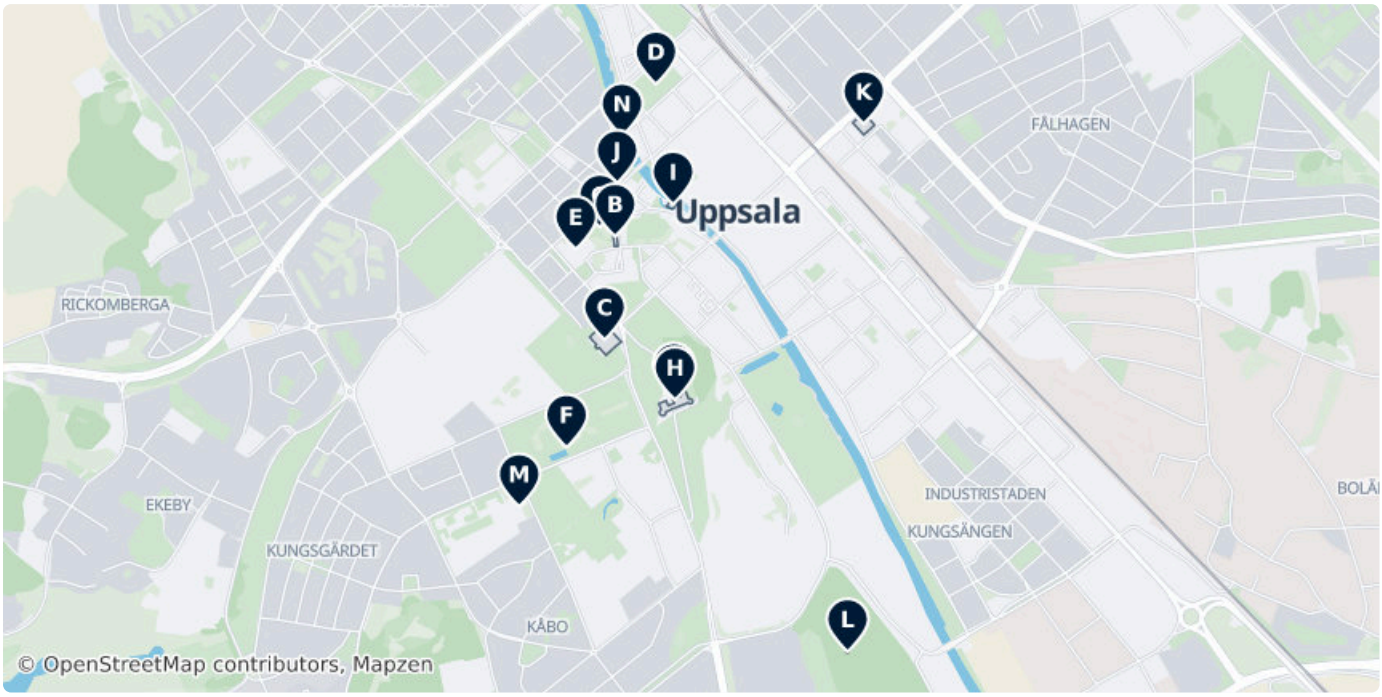
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230 V · 50 Hz

LANGUAGES
Swedish

TAP WATER
Safe to drink

Uppsala Essentials

Uppsala blends royal history with centuries of academic excellence. This selection highlights the city's core landmarks, including the 16th-century Uppsala Castle and the Gustavianum, the university's oldest building from 1622. Explore the scientific legacy of Carl Linnaeus through his original botanical garden and the Museum of Evolution's vast fossil collection. Architectural highlights range from the historic Carolina Rediviva library to the modern Uppsala Konsert & Kongress, alongside 19th-century fixtures like the Järnbron bridge and Ofvandahls café.





A Uppsala Castle

Uppsala Castle is a 16th-century royal castle in the city of Uppsala, Sweden.

Drottning Christinas väg 1, Uppsala, SE (59.85336, 17.63509)

vasaborgen.se, +46 18 54 48 11



B Uppsala University Museum

Gustavianum is the oldest standing building of Uppsala University. It was built between 1622 and 1625, and was used as the main building of...

Akademigatan 3, Uppsala, SE (59.85794, 17.63172)

Mo–Su 11:00–17:00

gustavianum.uu.se, +46 18 4717571



C Carolina Rediviva

Carolina Rediviva is the main building of the Uppsala University Library in Uppsala, Sweden.

Dag Hammarskjölds väg 1, Uppsala, SE (59.85498, 17.63113)

ub.uu.se



D The Linnaeus Garden and Museum

The Linnaean Garden or Linnaeus Garden is the oldest of the botanical gardens belonging to Uppsala University, Sweden, and nowadays one of...

Svartbäcksgatan 27, 753 32 Uppsala, Sweden (59.86232, 17.63406)

linnaeus.uu.se, +46 18 471 25 76



E University Hall

University Hall or the University Main Building is the main building of Uppsala University in Uppsala, Sweden.

Övre Slottsgatan, 753 11 Uppsala, Sweden (59.85757, 17.62948)



F Botanical Garden

The Botanical Garden of Uppsala University, near Uppsala Castle, is the principal botanical garden belonging to Uppsala University.

3 Norbyvägen, Uppsala 75236, Sweden (59.85188, 17.62895)

botan.uu.se/BTindex.html



G University Park, Uppsala

University Park, is a public park in central Uppsala in Sweden, situated in the historical Fjärdingen district close to Uppsala Cathedral.

14 Sankt Olofsgatan, Uppsala 75312, Sweden (59.85821, 17.63084)



H Uppsala konstmuseum

Located in the south wing of Uppsala Castle, this municipal museum features contemporary and modern art, including international works and regional collections.

Uppsala slott Ingång E, SE (59.85325, 17.63516)

Tu–We	12:00–16:00
Th	12:00–20:00
Fr–Su	12:00–16:00

konstmuseum.uppsala.se, +46 18 7272482



I Upplandsmuseet

Upplandsmuseet is the county museum of Uppsala County, Sweden.

Sankt Eriks torg 10, Uppsala, SE (59.85887, 17.63505)

Mo	Closed
Tu–Su	12:00–17:00

upplandsmuseet.se, +46 18 169100



J Ofvandahls

Ofvandahls is the oldest still operating café and konditori in Uppsala, Sweden, founded as Café Dahlia in 1878 by Erik Ofvandahl.

Sysslomansgatan, 753 11 Uppsala, Sweden (59.85948, 17.63184)

Mo–Fr	07:30–18:00
Sa	10:00–17:00
Su	11:00–17:00

ofvandahls.se, +46 18 134204



K Uppsala Konsert & Kongress

Uppsala Konsert & Kongress, popularly referred to as Musikens hus is a concert hall and convention centre in Uppsala, Sweden.

26 Vaksalagatan, Uppsala 75331, Sweden (59.86118, 17.64596)

ukk.se



L Sten Sture-monumentet

A monumental bronze sculpture group by Carl Milles, located on the Kronåsen ridge. It commemorates the 15th-century regent Sten Sture the Elder and his victory at the Battle of Brunkeberg.

(Unnamed Road), Sweden (59.84601, 17.64503)



M Museum of Evolution

The Museum of Evolution of Uppsala University is a natural history museum in Sweden, and holds Scandinavia's largest fossil collection of...

Villavägen 9, 752 36 Uppsala, SE (59.85018, 17.62624)

Mo	Closed
Tu–Su	12:00–16:00

evolutionsmuseet.uu.se



N Järnbron

A historic iron bridge for pedestrians and cyclists spanning the Fyris River. Originally constructed in 1846, it is one of the city's oldest cast-iron structures.

9 Västra Strandgatan, Uppsala 75311, Sweden (59.86082, 17.63212)

Uppsala University Campus

Uppsala University, founded in 1477, is the oldest university in the Nordic countries. This list highlights its architectural evolution, from the 13th-century Katedralskolan to the 19th-century Neo-Renaissance University Hall and the modern Segerstedthuset. These sites include specialized research hubs like the Biomedical Centre and humanities centers like Campus Engelska parken, reflecting the university's significant role in European academic history and contemporary scientific research.





A University Hall

University Hall or the University Main Building is the main building of Uppsala University in Uppsala, Sweden.

Övre Slottsgatan, 753 11 Uppsala, Sweden (59.85757, 17.62948)



B Katedralskolan, Uppsala

Katedralskolan is a school in Uppsala, Sweden. The school was established in 1246.

9 Skolgatan, Uppsala 75312, Sweden (59.85954, 17.62470)

katedral.se



C Kvarteret Munken

A historic block and listed building complex in central Uppsala. It has historically served as a site for various university departments and laboratories.

24 Västra Ågatan, Uppsala 75309, Sweden (59.85529, 17.63983)

uu.se/om-uu/historia/historiska-kulturmiljoer/kvarteret-...



D Segerstedthuset

A modern administrative building completed in 2017. It houses the university's central administration, management offices, and archives.

Norbyvägen, 751 26 Uppsala, Sweden (59.85180, 17.63251)

uu.se/om-uu/segerstedthuset/



E Blåsenhus

A campus located near Uppsala Castle that houses the university's departments for education, pedagogy, and psychology.

1 Von Kraemers allé, Uppsala 75237, Sweden (59.85120, 17.63044)

uu.se/node824



F Uppsala Biomedical Centre

One of Europe's largest centers for life sciences, providing facilities for research and education in biology, pharmacy, and medicine.

(59.84191, 17.63458)

bmc.uu.se



G Campus Polacksbacken

Located south of the city center, this campus occupies former military barracks and focuses on information technology, mathematics, and physics.

2 Lägerhyddsvägen, Ultuna 75237, Sweden (59.83957, 17.64865)



H Sverkerskolan

A historic school building located in the Sverker block on Sysslomansgatan.

13 Tegnérgatan, Uppsala 75226, Sweden (59.86449, 17.62034)

I Uppsala University

Uppsala University is a public research university in Uppsala, Sweden.

Kyrkogårdsgatan, 752 26 Uppsala, Sweden (59.85935, 17.62007)

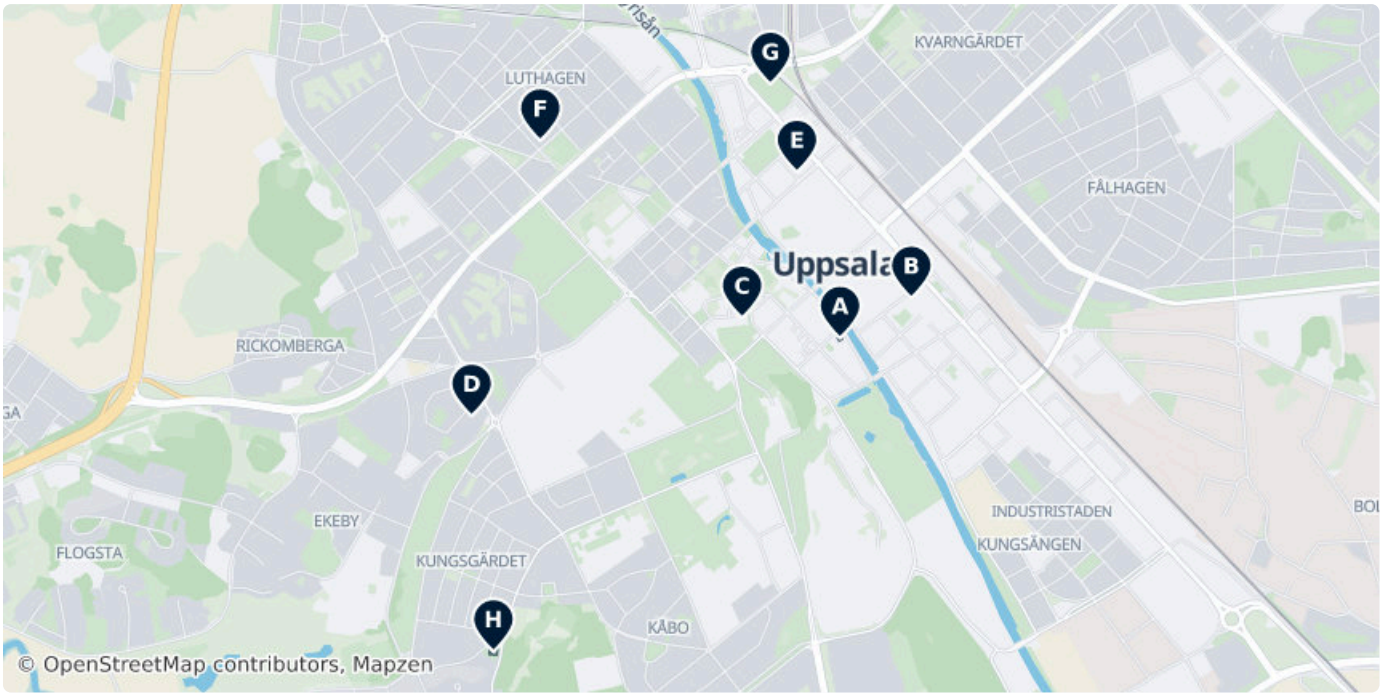
J Campus Engelska parken

The university's center for humanities and social sciences, situated next to the English Park and home to the Karin Boye Library.

(Unnamed Road), Uppsala, Sweden (59.85347, 17.62626)

Churches & Places of Worship

Beyond its famous cathedral, Uppsala's spiritual landscape includes a range of historic parish churches and modern community spaces. This selection highlights the city's denominational diversity, from the medieval Holy Trinity Church to the central Roman Catholic Sankt Lars. It also features several influential free churches affiliated with Equmeniakyrkan and local Church of Sweden parish buildings located in residential districts like Luthagen, Eriksberg, and Kungsgärdet.





A Sankt Lars katolska kyrka

A Roman Catholic church dedicated to Saint Lawrence, serving as the central place of worship for Uppsala's Catholic community.

8a Slottsgränd, Uppsala 75309, Sweden
(59.85624, 17.63908)

stlars.org



B Baptistkyrkan

A Christian free church in central Uppsala affiliated with the Equmeniakyrkan denomination.

(59.85755, 17.64374)

baptistkyrkaniuppsala.se



C Helga Trefaldighets Kyrka

A historic medieval church located adjacent to Uppsala Cathedral, serving as the parish church for the Holy Trinity congregation.

Ingmar Bergmans gata, 753 10 Uppsala, Sweden (59.85690, 17.63267)



D Sankt Ansgars kyrka

A Lutheran church situated on Studentvägen in the Kungsgärdet district, frequently serving the local student population.

23 Studentvägen, Uppsala 75234, Sweden (59.85368, 17.61499)

E Missionskyrkan

A central free church affiliated with Equmeniakyrkan, hosting a congregation of approximately 450 members.

(59.86168, 17.63626)

uppsalamissionskyrka.se, +46 18 100035

F Vindhemskyrkan

Located in the Luthagen district, this Church of Sweden building is also known as Saint Bridget's (S:ta Birgitta).

7 Vindhemsgatan, Uppsala 75224, Sweden (59.86272, 17.61948)

svenskakyrkan.se/uppsala/vindhemskyrkan

G Mikaelskyrkan

A district church within the Uppsala Cathedral Parish, serving the local community under the Uppsala Diocese.

(Unnamed Road), Uppsala, Sweden (59.86457, 17.63453)

H Eriksbergskyrkan

A parish church in the Eriksberg district, operating as part of the Holy Trinity congregation.

4 Eriksbergsvägen, Uppsala 75239, Sweden (59.84595, 17.61641)

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