

Entertainment - Nightclubs and discos

Kharma

Sturegatan 10. Tel: +46 8 662 04 65.

New star on Stockholm's nightlife circuit. All the latest sounds in an elegant milieu with black/white checkered floor, warm red drapes and red sofas. Very popular, so expect a line outside.

Sturecompagniet

Sturegatan 4. Tel: +46 8 611 78 00.

Huge place that reminds some guests of a department store. Look well, dress well and check your bank account before entering.

Cafe Opera

Royal Opera, Karl den XII's torg. Tel: +46 8 676 58 07.

For over 20 years this was the number one nightspot in Stockholm. Now there's strong competition, but Cafe Opera is never out of fashion.

Stacy

Regeringsgatan 61. Tel: +46 8 411 59 00.

Run by Dr. Alban, the Swedish reggae star, this spacious, elegant establishment hosts a broad spectrum of musical entertainment with, naturally, lots of reggae and ragga.

Berns

Berzelii Park. Tel: +46 8 566 322 22.

After an invigorating Conran breath of life, this achingly beautiful classic from 1863 has bounced back as a favorite among young stylish drinkers. It's huge, and there is something for every taste. Music spans from electro to cocktail by way of house and hip hop.

Entertainment - Live music

Mosebacke Etablissement

Mosebacke torg 3. Tel: +46 8 55 60 98 90.

Old-time jazz club - an institution, you could say - that now offers the best of soul,

disco and hip hop. Latin, Brazilian and jazz dance, too. Expect a somewhat middle-aged crowd here.

Stampen

Stora Nygatan 5. Tel: +46 8 20 57 93.

Open seven days a week, offering a great variety of music. Everything from jazz to country and boogie woogie. Dancing downstairs.

Debaser

Karl Johans torg 1, Slussen. Tel: +46 8 462 98 60.

One of few genuine rock clubs in the city. Think tattoos and beer rather than posh posing. Different clubs offer a wide range of rock music.

Nalen

Regeringsgatan 74. Tel: +46 8 453 34 00.

Classic Stockholm jazz venue, built in the 1880s. Now renovated, with two stages - one that houses 400 guests and another, more intimate, that takes only 80. All kinds of music, but only Swedish.

Fasching

Kungsgatan 63. Tel: +46 8 534 829 64.

Best jazz club in town. Young talents play here as well as world-famous legends. Check the local papers for performances.

Useful information

Airport transfer Arlanda Express shuttle train (tel: +46 8 58 88 90 00) takes 20 minutes from Arlanda Airport to Central Station in downtown Stockholm. Tickets cost SEK 180 (single) or SEK 340 (return). Airport Coaches (tel: +46 8 600 10 00), which take you the center of Stockholm in 40 minutes, cost SEK 89. As to taxis, Taxi Stockholm (+46 8 15 00 00) has a fixed price from (SEK 390) and to (SEK 475) Arlanda Airport, as does Taxi 020 (+46 20 20 20 20) - SEK 390/SEK 450. **Taxis** There are numerous cab companies operating in Stockholm. Two of the biggest and most reliable are Taxi Stockholm (+46 8 15 00 00) and Taxi 020 (+46 20 20 20 20). **SAS ticket reservations** Call +46 8 797 40 00 or visit www.scandinavian.net

Dining - Exclusive

Mistral

Lilla Nygatan 21 Tel: +46 8 10 12 24.

One of the hottest newcomers in Stockholm. This intimate restaurant, only 18 seats, is a great success. Enthusiastic reviews followed by a star in the Guide Rouge have ensured its popularity, so book well ahead. The food is modern, innovative and based on local ingredients, like the local smelt, hooked from the water just a couple of hundred meters from the restaurant in Gamla Stan.

Lux

Primusgatan 116. Tel: +46 8 619 01 90.

Factory chic, exquisite modern Swedish food and comparatively reasonable prices; all are found at the ex-Electrolux factory, now one of Sweden's best restaurants (the ninth best according the prestigious 2004 Gourmet guide). If you wonder how chefs Henrik Norström and Peter Johansson manage it, take a peek into the open kitchen and see if you can guess.

Bon Lloc

Regeringsgatan 111. Tel: +46 8 660 60 60.

The name means "good place" in Catalan and Bocuse d'Or-winner Mathias Dahlgren can be counted on to provide a memorable evening. Experimental Mediterranean gastronomy. Excellent wine list. Star sommelier Andreas Larsson is on duty every Thursday, Friday and Saturday. Closed Sundays.

Edsbacka Krog

Sollentunavägen 220. Tel: +46 8 96 33 00.

Master chef Christer Lingström's renowned restaurant is a veritable temple of French cuisine. The oldest inn in Sweden, with a charter from 1626, it is the country's only establishment with two Guide Rouge stars. If you prefer a more casual atmosphere, Lingström runs a bistro just across the street.

Fredsgatan 12

Fredsgatan 12. Tel: +46 8 24 80 52.

"F12" is the jewel in Melker Andersson and Danyel Couet's empire. The kitchen, headed by Chef of the Year 2004 Markus Aujalay, is untraditionally sorted under five headings - light, nature, ocean, meat and sweets.

Dining - Classics

Stallmästaregården

Nortull. Tel: +46 8 610 13 00.

A resting place for weary travelers since the 1600s, this old inn is only a non-tiring taxi ride away these days. Accomplished Swedish food is the draw here, but it takes second place to the view in the summer. A temporary, tented bar and restaurant on the shores of the Brunnsviken inlet offers unparalleled dining views.

Prinsen

Mäster Samuelsgatan 4. Tel: +46 8 611 13 31.

The artworks that crowd Prinsen's walls (many of which were used to settle bills) allude to its bohemian connections. Artistic types have graced its seats for years; likewise, traditional Swedish food its menu. The only things that appear to crave a change are the waiters with their extraordinarily starched aprons, but then that would ruin the whole atmosphere of the place.

Ulla Winbladh

Rosendalsvägen 8. Tel: +46 8 663 05 71.

This restaurant is located in a charming building from 1897 in the lush island of Djurgården, only minutes away from down town. We believe it is one of the nicest places in Stockholm to explore traditional Swedish cooking - we suggest meatballs or Beef Rydberg.

Den Gyldene Freden

Österlånggatan 51. Tel: +46 8 24 97 60.

Historic restaurant in Old Town cellar vaults. Den Gyldene Freden has been located here since 1722. The environment is matched by the food, where Swedish classics are blended with more modern dishes.

Riche

Birger Jarlsgatan 4. Tel: +46 8 545 035 60.

For nearly 50 years this was one of Stockholm's finest restaurants. Now, after a period in the dumps, new owners have brought it back to life with a bright, playful, bistro style that appeals to the smart set. Favored by the famous.

Dining - Moderate

Eyubi

Döbelnsgatan 45. Tel: +46 8 673 52 36.

Kurdish restaurant that has won much praise during recent years. Flavorful mix of Kurdish, Persian and Mediterranean cuisines. Best bet is to choose several small dishes.

Bakfickan

Royal Opera, Karl XII's torg. Tel: +46 8 676 58 09.

The "hip pocket" shares the same kitchen as Operakällaren but the prices are friendlier. Opera House people and staff from local banks eat Swedish specialties at the long counter.

AnnaKhan

Riddargatan 12. Tel: +46 8 440 30 00.

Classy Indian restaurant with elegant décor featuring mint-green walls and white, stone-tiled floors. Menu includes fusion dishes such as sandalwood- and rose petal-scented chicken with pistachio and date stuffing.

PA & Co.

Riddargatan 8. Tel: +46 8 611 08 45.

Modern classic among Stockholm restaurants - it opened its doors in the 1980s with lots of gastronomic innovations and is still going strong. Earlier the preserve of minor celebrities, it is today much more laid back but the food is just as good - a fine mix of Scandinavian and Mediterranean dishes.

Sturehof

Sturegallerian/Stureplan. Tel: +46 8 440 57 30.

A modern brasserie that attracts a business crowd from the offices around Stureplan. Ambitious cuisine. Booking recommended. Popular bar that gets crowded during late nights and weekends.

Grill

Drottninggatan 89. Tel: +46 8 31 45 30.

The building from 1964 is awful, but inside is one of Stockholm's newest and freshest designer diners, arranged to resemble 10 living rooms. The food theme is "open fire" and covers both Italian, French, American, Asian and Japanese cooking.

Dining - Inexpensive

Cliff Barnes

Norrtullsgatan 45. Tel: +46 8 31 80 70.

This scruffy restaurant/bar honoring the legendary Dallas loser is the embodiment of informal dining. Loud, unassuming and sure to put you at ease both day and night. Guests are trusted to pay and make their own change as they leave. Great outside patio in the summer.

IKEA

Kungens Kurva, Skärholmen. Tel: +46 8 744 83 00.

The world's largest IKEA store may not seem like the best place to dine, but if you're on a tight budget you can do much worse than this flat-pack Mecca. The bare-bones Swedish menu is both tasty and a good bargain. Their five-kronor hot dogs are an integral part of many a Swedes' IKEA experience.

Deli Burger

Corner Regeringsgatan and Mäter Samuelsgatan. Tel: +46 8 22 59 02.

Fast-food gets a make-over at Deli Burger. A stylish cream and wood interior and creations such as lamb, salmon and tuna burgers (alongside the usual suspects) make this a million miles from other burger joints. Global style guru and air-miles addict Tyler Brule even saw fit to name-drop it in his weekly column. If it's good enough for him...

Koreana

Luntmakargatan 76. Tel: +46 8 15 77 08.

Fine selection of Korean specialties that are cheap, served quickly and strike you as the real thing, especially as there are usually a fair number of Asian tourists among the guests. No credit cards.

Bars

Lydmar

Lydmar Hotel, Sturegatan 10. Tel: +46 8 566 113 00.

If you want to mingle with trendy young people, this is the place to do it, but be sure to have the latest of everything. And do not miss the music-of-your-choice elevator in the back.

Eriks Gondolen

Stadsgården 6. Tel: +46 8 641 70 90.

One of the best bars in Stockholm. Great cocktails, a fantastic view of the capital and a pleasant atmosphere. Also regarded as a safe bet for the first date. The bar is located in the Gondolen Restaurant, a high class eatery, and popular among locals who are willing to spend a little extra on a great meal. Booking essential.

Cadier Bar

Grand Hotel, Blasieholmen 8. Tel: +46 8 679 35 84.

Stockholm's bar of bars. Enjoy your drink with a view of the Royal Palace while boats come and go at the quay in front of the hotel.

Olssons Skor

Odengatan 41. Tel: +46 8 673 45 00.

This former shoe shop is now a dark and ultra-cool bar, full to bursting with Stockholm's more sure-of-themselves urban elite. Soak up the atmosphere and the excellent cocktails and try to resist the temptation to feed peanuts to the fish in the tank that doubles as the front window.

Icebar

Nordic Sea Hotel. Vasaplan 4. Tel: +46 8 505 630 00.

The world's first bar constructed entirely of ice. A SEK 125 fee gains you entrance to a room built from ice blocks, where a vodka drink (refills: SEK 70) in an ice glass awaits you. Cool but basically a tourist attraction. Closed on Sundays.

Cafes

Vetekatten

Kungsgatan 55. Tel: +46 21 84 54.

Tired legs? This is the place to rest after some serious shopping and walking in Stockholm. A classic cafe with a huge selection of pastries.

Rosendals Trädgård

Rosendalsterrassen 12. Tel: +46 8 54 58 12 70.

There's nothing easier than finding great nature in Stockholm. But great nature with great sandwiches and cakes thrown in is something very special indeed. Chill under the apple trees in the orchard or sit among the plants in the greenhouse while enjoying delicious goodies made from homegrown produce.

NK, Franska Caféet

Hamngatan 18-20. Tel: +46 8 762 81 72.

On the third floor of the NK department store, with a fine view over the atrium. Enjoy light meals, sandwiches and outstanding tarts and cakes, surrounded by the hustle and bustle of the shoppers.

Ritorno

Odengatan 80 - 82. Tel: +46 8 32 01 06.

Since 1959 Stockholm's bohemian non-elite have graced Ritorno's sagging sofas with their bedraggled bodies, the walls with their artwork and the ceiling with their yellow nicotine-stains. The coffee comes with free refills, the sandwiches are excellent and no one will tell you to leave. Nowadays there's even a non-smoking room too.

Cafe Strömparterren

Helgeandsholmen, Norrbro. Tel: +46 8 21 95 45.

Centrally located, right next door to the Museum of Medieval Stockholm. Take a coffee and enjoy the view of the waterfront while watching anglers fish for salmon right in the middle of town.

Cafe Tabac

Stora Nygatan 46. Tel: +46 8 10 15 34.

Classic cafe with good view in the Old Town. Something of an institution. Serves coffee, tea, snacks (outstanding grilled sandwiches), lunch and dinner.

Shopping - Department stores

Åhléns

Klarabergsgatan 50. Tel: +46 8 676 60 00.

Close to Central Station. Everything from fashion to toys and kitchenware. First-class food market in the basement. Restaurant and day spa on the top floor.

Västermalmsgallerian

St. Eriksgatan/Fleminggatan intersection.

Stockholm's newest shopping mall, located in the busy center of the Kungsholmen district. Two floors with 37 stores offering the latest in fashion and design. Direct entrance from the local subway station.

Bruno Galleria

Götgatan 36.

Something for the young crowd with an eye for fashion. The glassed-in courtyard includes H&M's first concept store plus funky newcomers like Whyred, We, etc.

NK

Hamngatan 18-20. Tel: +46 8 762 80 00.

Sweden's most famous department store. Today it consists of a large number of different boutiques under one roof, but the classy air is still there. Excellent English book department.

Sturegallerian

Stureplan/Grev Turegatan 9. Tel: +46 8 611 46 06.

High-class shopping arcade in one of the city's best locations. Here you will also find Hedengrens, one of Stockholm's best-stocked bookstores, with an extensive selection of books in English.

Shopping - Markets

Skärholmen

P-huset, Skärholmen. Tel: +46 8 710 00 60.

If you enjoy strolling around flea markets, you'll love this one. Take the subway on the red line going south and alight at Skärholmen.

Söderhallarna

Medborgarplatsen 3. Tel: +46 8 714 09 84.

Busy indoor food market with adjacent shops, cinema complex, restaurants, cafes, bank, wine store and pharmacy.

Östermalmshallen

Östermalmstorg.

Traditional indoor food market located in the posh Östermalm district. Strong on game. Here you will find all the raw materials you need: fish, fowl, meat, cheese, vegetables, bread and much more. Attractive restaurants if you wish to take a break.

Hötorgshallen

Hötorget. Tel: +46 8 23 00 01.

Indoor food market that has fare from far and wide. Strong on fish, game and meat. Well-stocked lamb butcher. Several restaurants.

Shopping - Shops

Nitty Gritty

Krukmakargatan 136. Tel: +46 8 668 14 80.

One of the hippest shops on Söder, and thereby in the whole of Stockholm, with plenty of winks to Swinging London of the Sixties. Stocks good selections of clothing brands like Stüssy, Stone Island and Duffer of St George.

Svenskt Tenn

Strandvägen 5. Tel: +46 8 670 16 28.

Leading interior fittings shop in Stockholm. Has been at the same address for over 75 years. Elegant, timeless furniture, porcelain, glass, textiles and decorative items. Josef Frank's famous designs have characterized Svenskt Tenn for decades.

Polarn o Pyret

Hamngatan 10. Tel: +46 8 411 41 40.

Children's clothes that are instantly recognizable, at least in Sweden, not least for their ever-present stripes. Stylish, high-quality gear with a clear fashion statement.

Filippa K

Götgatan 23. Tel: +46 8 55 69 85 85.

Filippa K is queen of the basic wardrobe that lasts for more than one season and has created a kind of uniform for Swedish up-and-comers. The boutique has a clean, fetching design that is in complete harmony with the clothes selections.

Systembolaget

Regeringsgatan 44, Passagen. Tel: +46 8 796 98 10.

The state monopoly's first foray into a more commercial wine shop. Specially trained staff and a very interesting, well presented range, especially in the more exclusive "wine cellar" section, make it the best in town. Lovers of rare, old Sherries, German wines and classed-growth Bordeaux are particularly well catered for.

Out and about - Great sights

Drottningholm Palace

Drottningholm. Tel: +46 8 402 62 80.

This has been the home of the Swedish royal family since 1981, and is a much nicer castle than the mastodont in the Old Town. Especially if you arrive by boat from City Hall on a warm summer day. Open daily.

Subway

Stockholm's subway is unique for its raw, exposed rock faces. 90 of the 100 stations have some form of art in them, from giant murals, to sculptures, to video installations. SL, the subway operator, produce a free guide to the "world's longest art exhibition", available at larger stations and tourist offices.

Vasa Museum

Galärvarvet, Djurgården. Tel: +46 8 519 548 00.

The warship Vasa sank on its maiden voyage in 1628. Now she has a museum of her own. Absolutely unique. Nothing like it anywhere else in the world. Guided tours, exhibitions, slide shows.

City Hall

Hantverkargatan 1. Tel: +46 8 508 290 00.

You may have seen it on television because the Nobel prize festivities are held here. Considered one of the most beautiful city halls in the world.

Moderna Museet

Skeppsholmen. Tel: +46 8 51 95 52 00.

The low sleek lines of architect Rafael Moneo's building house an impressive collection of contemporary art. Since its inception in 1958 the museum of modern art has been amassing works by the 20th century's greatest artists, many of which are on display today. Take time to check out the attached architecture museum too.

National Museum of Cultural History

Djurgårdsvägen 6-16. Tel: +46 8 519 560 00.

Here you can learn about Swedes, their customs and everyday life, both past and present. Swedish interior design, fashion and costumes.

Museum of National Antiquities

Narvavägen 13-17. Tel: +46 8 519 556 00.

Sweden was one of the Vikings' home grounds and this is where you can learn more about them. And about Sweden's historical development in general.

Millesgården

Herserudsvägen 32 Tel: +46 8 446 75 90.

Swedish/American sculptor Carl Milles left an extraordinary legacy in the shape of his former home, high on the cliffs above the Baltic. The rambling grounds, sculpture covered terraces and pillars and the folly-like house with corridors of Greek artifacts and walls hung with classical paintings are testament to Milles' incredible creativity. Hanging out in the garden beneath the enormous Hand of God sculpture is a highlight.

National Museum of Fine Art

Blasieholmshamnen. Tel: +46 8 519 543 00.

Collections of applied art and modern design, painting, sculpture, prints and drawings. Scandinavia's largest collection of furniture, china, glass and Swedish silver.

Skansen

Djurgårdsslätten 49-51. Tel: +46 8 442 80 00.

All parents in Stockholm have taken their children for walks around Skansen. The world's first open-air museum, it is Sweden's largest, with over 150 historical buildings. There are also enclosures with Nordic animals, plus an aquarium with more exotic species.

Out and about - Guided tours

From the Middle Ages till Now

Stockholm Visitors' Board. Tel: +46 8 789 25 90.

Historic walk between churches and palaces that fills you in on the bloody and fascinating history of the Old Town.

Stockholm in a Nutshell

City Sightseeing. Tel: +46 8 587 140 30.

A combination tour that shows you all of the city. First, a coach trip viewing the best-known sights and buildings for an hour and a half. Then you transfer to a

boat and sail around the royal park of Djurgården, passing the innermost archipelago islands.

Hot-Air Balloon Flights

City Ballong. Tel: +46 8 34 54 64. Far & Flyg. Tel: +46 8 645 77 00.

Stockholm is one of the few cities that allow hot-air balloons to operate in their airspace. Several companies offer breathtaking tours over the city landscape. Be prepared to help out with rolling-out and rolling-in the balloon. Highly recommended.

Under the Bridges of Stockholm

Stockholm Sightseeing. Tel: +46 8 587 140 00.

Stockholm is a city on the water, consisting of a number of islands. Choose a two-hour trip that passes under 15 bridges and through two locks. The captain also makes a quick visit to Lake Mälaren.

Out and about - Great walks

Old Town

Fly on the wings of history and walk the narrow streets in this unique part of Stockholm. The oldest buildings date from the 13th century. Two thousand people live here permanently.

Hagaparken

Lovely place to walk near the center of the city. Check out Haga Palace where the Swedish king and his sisters grew up.

Djurgården

Large royal park. A wonderful oasis where you can walk or bike and enjoy the fresh air. Several museums, restaurants and outdoor cafes.

Norr Mälarstrand

A quayside stroll from City Hall to Rålambshov Park on Kungsholmen is a favorite for locals who enjoy a breath of sea air together with a fine view over the Riddarfjärden waterway, with the Söder district in the distance.

Kids stuff

Cosmonova

Swedish Museum of Natural History, Frescativägen 40. Tel: +46 8 519 551 30.
The only IMAX theater in Sweden. Large-format films. Here you will also find one of the world's most modern planetariums.

Museum of Science and Technology

Museivägen 7. Tel: +46 8 450 56 00.

Discover what it's like to descend into a mine. Visit the Machine Room with cars, motorcycles, aircraft and all kinds of other vehicles and equipment.

Junibacken

Galärvarvsvägen. Tel: +46 8 587 230 00.

Ride the Fairy Tale Train into the fantasy world of Astrid Lindgren. Play in Pippi Longstocking's house, Villa Villekulla. Don't miss the well stocked childrens book store. Hungry and tired parents may escape to the cafe.

Butterfly and Bird House

Haga Trädgård, Hagaparken. Tel: +46 8 730 39 81.

Free-flying tropical species, as well as birds, a pond with koi carp and an Asian garden. Cafe and packed-lunch area.

Leksaksland

Hagagränd 2. Tel: +46 8 303 403.

This toy museum near Odenplan houses fifty years of toy history, including the world's smallest electric model railway. But it's not all dad's dusty toys - James Bond, Star Wars, Harry Potter and more are also represented. Entrance: 30 kronor for kids and 50 for grown-ups.

Gröna Lund

Lilla Allmänna Gränd 9. Tel: +46 8 587 501 00.

Stockholm's only amusement park, beautifully situated near the water. Concerts, rides, entertainment, restaurants. You can travel to Gröna Lund by steamboat from Slussen.

Move it

Cycling

Cykelfrämjandet. Tulegatan 43. Tel: +46 8 545 910 30.

Bike lanes for cyclists are popping up all over Stockholm, making it easier for cyclists to get around the city. But watch out for cars, anyway - not all drivers respect bike lanes.

Sturebadet

Sturegallerian, Stureplan. Tel: +46 8 54 50 15 00.

An 1885 palace of health and relaxation and one of the most exclusive places in town. Work out in the gym (personal trainer to hand), perspire elegantly in the Turkish bath or cause a few discreet ripples in the beautiful art nouveau pool. A day pass gets you in to the building. Good breeding gets you in with the clientele.

Friskis & Sveltis

Mäster Samuelsgatan 20. Tel: +46 8 429 70 00.

Fitness movement that has premises all over Sweden. All the usual activities, but the emphasis here is more on health than muscle-building. Consequently, it caters to slightly older groups than regular fitness centers.

Rålambshovsbadet

When publicity calls for it, city officials have been known to drink the sea water in central Stockholm. That's how clean it is. This park on Kungsholmen island is the nearest thing to a downtown beach, and locals flock here when the sun puts in an appearance.

Move it - Jogging

Brunnsviken

With Haga Park on one side and the Bergianska Botanical garden on the other, this elongated lake just north of the inner city is perfect for a longer run. One lap around equals 12 kilometers, but any number of shorter runs can be made within the park.

Kungsholmen

The island that is the home of City Hall is residential and home to over 50,000 people. Around it all, though, is a 10-kilometer course of walkways and paths. Perfect for a central jog if you don't mind hard surfaces and the occasional red light.

Djurgården

Whiz around Djurgården, the Swedish equivalent to London's Hampstead Heath.
The big park is perfect jogging or just strolling.