

# Discover Trosa!



The guide to Trosa and the archipelago / 2026



Inspiration and  
tips for the whole  
family

Sights, excursions  
and events

## Under and above the surface

From mussel farming and archipelago tours  
to country life and new developments in Trosa.



MAPS OF: TROSA GUEST HARBOUR – TROSA CAMPING – KRÅMÖ ISLAND



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**EDITORIAL**

Discover Trosa is the magazine portraying attractions and tourism-related businesses in the vibrant archipelago town of Trosa. The magazine is published once a year and produced by Apelago Group.

**Editorial team:** Christian Sabe, Johan Wolpher Wekell and Henrik Richter. **Graphic design:** Christian Sabe.

**Photos:** Apelago, Paola Noordh/Visit Trosa, Trosa Stadslöpp and Cecilia Magnusson.

**Advertising:** info@apelago.se

Contact details and a digital edition of the magazine are available at: [www.upptacktrosa.se](http://www.upptacktrosa.se)

EXPERIENCES



# Summer news in Trosa

Summer in Trosa offers plenty to look forward to. Alongside returning favourites, there are new additions this year too – from markets and flea markets to music and evenings by the water.

**Trosa Stadshotell is expanding**

Trosa Stadshotell & Spa is adding seven new rooms ahead of the high season. It is a welcome addition that meets demand and shows that the ambition to further develop tourism in Trosa remains strong.

**Live music at Kölsvinet**

The restaurant Kölsvinet is the hub of the guest harbour and a place that really comes alive in summer. This year, their popular music quizzes are joined by several evenings with live music – a new initiative creating even more atmosphere by the water.

**New park in Vagnhärad**

A new place for meeting, spending time and activities is taking shape in Vagnhärad. With plantings, decking, a pergola and lighting, Scenparken will become a new feature in the municipality and an inviting setting for everyday life and summer hanging out.

**Sessions at Fina Fisker**

For anyone seeking a more intimate music experience, Fina Fisker will host two music evenings this summer, focusing on food, drinks and music in a personal setting.



New jetties at Edanö-gård – a perfect stop on a walk or outing.

**Renovation of Edanö**

After several years of work, Edanö farm opens in June and becomes a new destination on Öbolandet. Visitors can look forward to a charming farm setting and a summer café, making it well worth a walk out to the farm.

**Trosa Gelato at Östra Hamnplan**

This summer, Trosa Gelato is also moving into Bomans harbour warehouse, bringing even more life to the harbour area during the season.

**Adventure Golf expands**

Trosa Adventure Golf is developing with a new outdoor seating area and food service. This makes it more than just an activity this



Live music, summer evenings and unforgettable moments at Fina Fisker.



The Space – Bomans' new sauna and spa retreat.



Hippie Home welcomes you to new, larger premises.

summer – it also becomes a place to sit down, linger and let the visit become part of the day.

### **Bomans continues to invest**

Ahead of the season, Bomans has built a new sauna and relaxation area – “The Space” – creating even more room for unwinding. It is an initiative that fits well with Bomans' concept and also strengthens Trosa as a destination for anyone wanting to treat themselves to a stay with a little extra luxury.

### **Hippie Home in new premises**

Last year we wrote about Hippie

Home moving into Trosa. This year the shop has taken the next step and is now located on Östra Långgatan. With its personal expression and carefully selected range, Hippie Home is a much-loved feature by the town square.

### **Garvaregården café under new management**

This summer, the Trosa Local Heritage Association will be running the café at Garvaregården. It creates a fine connection between the site's history and the summer activity that welcomes both local residents and visitors. ☺

## MARKETS

# MARKETS ALL YEAR ROUND

### **Spring Market in Trosa**

**30 MAY.** A market for anyone who wants to talk about growing, eat local food and shop for the spring gardening season.

### **Lions Trosa Market**

**13 JUNE.** A tradition since 1959. Every year the market attracts more than 10,000 visitors.

### **Autumn and Harvest Market in Västerljung**

**29 AUGUST.** Västerljung Local Heritage Association's harvest market at the parish cottage in Västerljung.

### **Trosa Harvest & Craft Market**

**30 AUGUST.** At Trosa Square and Garvaregården, with a focus on home-grown and handmade products.

### **Advent celebration at Trostorp**

**NOV/DEC.** On Saturdays and Sundays during the first and second Advent, a market is arranged at the heritage farm.

### **Trosa Christmas Market**

**29 NOVEMBER.** A classic Christmas market with local producers at the square and Garvaregården.

### **Christmas Market in Vagnhäråd**

**29 NOVEMBER.** A Christmas market with arts and crafts, handmade goods and flea-market items from different organisers. ☺



In Trosa you can find locally grown produce and shop local products at a large number of markets arranged every year.

EVENTS

# EVENTS IN TROSA

A complete events calendar is available online. [www.trosa.com](http://www.trosa.com)

**May**

- 14 MAY Trosametet
- 17 MAY Trosatrampen
- 23 MAY Car-boot sale, Häradsvallen
- 29 MAY Music quiz at Kölsvinet, free
- 30 MAY Spring Market – Green Days
- 30 MAY A-tractor meet-up, Västra Hamnplan
- 30 MAY Appetite round

**June**

- 3 JUN Summer quiz at Kölsvinet, free



4 JUN Classic car meets, every Thursday until 13 August

- 6 JUN National Day celebrations at Garvaregården, Trostorp and Föreningsgården Folkvik
- 10 JUN Summer quiz at Kölsvinet, free
- 13 JUN Car-boot sale, Häradsvallen
- 13 JUN Day party at Kölsvinet, KVBK & Friends, DJ Wolf and more, 4:00–10:00 pm
- 17 JUN Summer quiz at Kölsvinet, free
- 18 JUN Dress the Midsummer pole, Garvaregården and Trostorp
- 19 JUN Midsummer celebrations at Trosa Sea Bath, Garvaregården, Trostorp and Stensund Folk High School
- 24 JUN Summer quiz at Kölsvinet, free
- 26 JUN After Beach at Algoth, free, 3:00–6:00 pm
- 26 JUN Trosa Stadslopp
- 26 JUN Gyllene Tider nostalgia with Moderna Tider + DJ, Kölsvinet, 6:00 pm–1:00 am
- 27 JUN Car-boot sale, Häradsvallen

**July**

- 1 JUL Auction, Garvaregården
- 3 JUL After Beach at Algoth, free, 3:00–6:00 pm
- 8 JUL Summer quiz at Kölsvinet, free
- 9 JUL 2Njoy, KVBK, DJ and more, Kölsvinet, 6:00 pm–1:00 am
- 10 JUL After Beach at Algoth, free, 3:00–6:00 pm



16 JUL Fina Fisken – Sarah Dawn Finer

- 17 JUL After Beach at Algoth, free, 3:00–6:00 pm
- 22 JUL Auction, Garvaregården
- 22 JUL Summer quiz at Kölsvinet, free
- 23 JUL 100% Uggla + DJ and more, Kölsvinet
- 24 JUL After Beach at Algoth, free, 3:00–6:00 pm
- 26 JUL Folk music gathering, Trostorp
- 29 JUL Summer quiz at Kölsvinet, free
- 29 JUL Flea market, Garvaregården
- 30 JUL Fina Fisken – Kerstin Ljungström

**August**

- 5 AUG Summer quiz at Kölsvinet, free
- 8 AUG Car-boot sale, Häradsvallen
- 12 AUG Auction, Garvaregården
- 22 AUG Car-boot sale, Häradsvallen
- 28 AUG End-of-summer event at Kölsvinet, live music



30 AUG Trosa Harvest & Craft Market

**September**

- 5 SEP Car-boot sale, Häradsvallen
- 19 SEP Car-boot sale, Häradsvallen
- 25 SEP Music quiz at Kölsvinet, free

**October**

- 2 OCT Oktoberfest at Kölsvinet, long tables and party tent
- 3 OCT Oktoberfest at Kölsvinet, long tables and party tent
- 23 OCT Music quiz at Kölsvinet, free

**November**

- 27 NOV Music quiz at Kölsvinet, free



**HELLO THERE!**

**Daniel Fridström,**  
Event Manager, Apelago

# MUSIC, PARTY AND TOGETHERNESS

Tell us more about what is happening at Kölsvinet this summer.

– This summer we are launching the concept “Kölis by Night”. It will be a summer club focused on music and good feeling: live music, DJs and acts topped off with disco lights, smoke machines, confetti cannons and more. Think Miami or Ibiza club vibes – but in true Trosa style.

**What can visitors expect from an evening like that?**

– Every date has its own character, but the common thread is the atmosphere. It’s the overall atmosphere and the guests that make the party – not any single artist. The goal is for everyone to feel summer joy and togetherness – young and old alike.

**Can you give us a hint of what kind of evenings we can expect?**

– On 13 June we are throwing a party in connection with Trosa Market. I’ll be bringing my party band and together we’ll kick off the summer. On 28 June it’s the Stadslopp party with Gyllene Tider nostalgia when the band Moderna Tider plays. In July we run the Thursday Club with the bands 100% Uggla and 2Njoy. And in August there will be more surprises.

**What do you hope this initiative will mean for summer in Trosa?**

– The aim is for Kölis by Night to become a natural meeting point during the summer, where together we create memories for life.” &



# BY NIGHT



Onsdagar  
hela sommaren

**MUSIKQUIZ  
PÅ KÖLSVINET**

→ 13 juni

## **After Market**

KVBK & Friends, DJ Wolf med flera

→ 26 juni

## **Stadsloppsfesten**

Moderna Tider – Gyllene Tider Tribute, DJ

→ 9 juli

## **Torsdagsklubben**

2Njoy, KVBK, DJ med mera

→ 23 juli

## **Torsdagsklubben**

100% Uggla DJ med mera

→ 28 augusti

## **End of summer**

Livemusik

→ 2-3 oktober

## **Oktoberfest**

Långbord och partytält



RESTAURANG

# *Fina Fysken*

Visit Fina Fysken to enjoy delicious food in both the dining room and the garden, along with a service experience you will long to return to.

And don't miss our garden bar with signature cocktails and smaller dishes in a lounge environment!

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RESERVATIONS & INFO — [WWW.FINAFISKEN.SE](http://WWW.FINAFISKEN.SE)

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## A town that changes with the seasons

### **TOURIST MANAGER MALIN KARLSSON ON TROSA.**

**When you arrive** in Trosa, you are greeted by something that is hard to put into words. Perhaps it is the light over the river, the way the water moves quietly through the town and the small lanes. Perhaps it is the closeness to the sea, always present – in the air, in the views, in the feeling of the place. Or perhaps it is the whole, where the calm of a small town meets a lively range of experiences.

Trosa is a town that changes with the seasons. During summer, the streets fill with life, movement and encounters. The guest harbour becomes a natural meeting point, restaurants and cafés buzz with activity and the days stretch far into the bright evenings. That is when Trosa shows its most vibrant side – a summer town where visitors and local residents move side by side.

**But Trosa is** alive all year round. When autumn arrives, the mood changes, colours shift, the pace slows down and nature takes up more space, while there is still much to experience. Winter brings another kind of life: quiet walks along the river, crisp days by the sea and a town that continues to welcome, albeit at a different pace. And when spring returns, it is as if everything slowly awakens again and fills with new energy.

Perhaps it is exactly this rhythm that makes Trosa special: that the town can be different things at different times, while always keeping its closeness – to nature, to the water and to the people who live and work here.

**Whenever you come** here, I hope you will feel what we ourselves appreciate most: that it is a place to land. A place to pause, discover and take in what surrounds you.

A warm welcome to discover Trosa.

Malin Karlsson is a resident of Trosa and works as a tourism director.



KRÅMÖ

# An island for many moments

There is something special about Kråmö. Maybe it is the simplicity – stepping ashore and instantly feeling calm. With forest behind you and sea ahead, it becomes a natural place to gather.

**F**or those who have not yet visited, the island lies just a short trip from the mainland. About twenty minutes by boat from Trosa Guest Harbour, the small archipelago island of Kråmö awaits – a place that offers more than first meets the eye, from peaceful nature experiences to days and evenings that linger in the memory.

Nature is always at the centre here. Windswept rocks meet soft pine forest, and between stony beaches and open smooth cliffs the archipelago landscape unfolds. The island is part of a larger nature reserve covering both land and sea as well as several islands. Beneath the surface are eelgrass meadows, mussel beds and bladderwrack belts – important habitats in the Baltic Sea.

On land, small paths wind

through the forest and lead down to bathing cliffs and viewpoints. It is easy to stop here, sit on a sun-warmed rock and simply let time pass for a while. It is a place to experience all year round – but perhaps most of all in spring, summer and early autumn.

**A place to stay.** There is a small cottage village on the island where visitors can stay for a whole week in summer – or for a night during the low season. Here, you can truly experience the stillness.

In summer, the island is a popular excursion destination for both local residents and tourists. There is a kiosk selling ice cream and simple refreshments, and many come here to swim, hike or simply enjoy a day in the archipelago.

At the same time, the place has something more – something that



**KRÅMÖ NATURE RESERVE**

Archipelago reserve consisting of the main island of Kråmö and seven smaller islands

About 7 kilometres (4 nautical miles) from Trosa Guest Harbour

Known for pine forests on bare rock, cliffs and stony shores

Also a marine nature reserve with eelgrass meadows, mussel beds and bladderwrack belts

Cottage village for overnight stays on the main island

Kiosk open during the summer season

Passenger boat traffic daily during high season

has also made it a stage for celebrations and meetings.

In the middle of the island stands the old barn, a place that over the years has hosted many memorable moments. Weddings have been celebrated here, conferences held, and summer parties have gone on far into the bright archipelago nights.

In contrast to the barn, which accommodates larger groups, there is the small boathouse right by the water. Here people meet almost literally at the edge of the sea, with views over the archipelago and the sound of waves against the rocks.

Arranging a party or wedding here is something different from a traditional event. Nature becomes the backdrop – the pines, the sea and the open sky. And perhaps that is exactly what makes the experience so special.

**A day to remember.** For many, the celebration begins with the boat trip out – perhaps with sparkling wine in the glasses as the boat leaves the mainland behind. The short ride through the archipelago is beautiful and framed by the nature so typical of the Trosa coast. When guests step ashore, the barn and the boathouse are only a short walk away. The cottages, which can be rented for overnight stays, are nestled between rock, forest and sea.

The quick change of scenery and

**“For many, the celebration begins with the boat trip out.”**

Kråmö is full of beautiful places – here long tables are set on the jetty at sunset for dinners and celebrations.





## PARTIES AND MEETINGS

During 2026, Kråmö's barn has been renovated to create even better conditions for weddings, parties and conferences. The rustic barn in the middle of the island offers a unique setting where archipelago nature meets a warm and welcoming event venue. There is plenty of room for larger groups.

the short journey from Trosa make everyday life suddenly feel far away. Here there is room for both stillness and celebration: for a wedding ceremony on a cliff by the sea, dinner in the barn and dancing deep into the summer night. Or for a conference where meetings are combined with walks in the woods and a sauna followed by an evening swim from the rocks.

It is simple – yet grand. And per-

haps that is why the place continues to fascinate: because it manages to be both secluded and welcoming at the same time. A place where nature sets the frame and every visit gets its own story. &

## Conference on Kråmö

Meeting on Kråmö starts already with the trip out. When the boat leaves the mainland behind, something happens – the pace slows and focus sharpens. There is room here for both work and breathing space. Conversations that can take time, ideas that can grow and an environment that makes it easy to think clearly. For anyone looking for more than an ordinary conference room, Kråmö is a place to gather for real. [Plan your conference: kontakt@apelago.se](mailto:kontakt@apelago.se)

CAMILLA SCHMIDT

## A BIRTHDAY TO REMEMBER

I have my birthday in the middle of summer, when everything is at its very finest. When the evenings are bright, the sea sparkles and the days feel endless. But it also means that many friends are often elsewhere – in summer houses, travelling or scattered around the country.

Still, when you turn forty you want to pause and celebrate. Not with anxiety over time gone by, but with gratitude for all the good things around you – the people, the memories and the life that has taken shape.

I wanted to gather my core people, my inner flock, and do something simple yet special – a day that would remain in our memory.



Camilla Schmidt, on the right, with her sister Johanna Asp.

A few years earlier, my sister had taken me to Kråmö, a small island that almost feels like a secret. The cliffs, the sea, the scent of salt and pines – everything there carries a special feeling. That was when a thought began to grow: what if one day I could celebrate my birthday there?

### Slowly through the summer night

On 24 July, summer showed itself from its very best side. We took the boat out to the island, and already on the way there the calm and anticipation set in.

We began in the sauna – warm baths, salty dips and sparkling drinks in our glasses. Laughter, conversations and the feeling that time could happily move a little more slowly for a while. Then we walked to the boathouse, where a chef from Fina Fisken was waiting with a fantastic dinner.

The evening became exactly the way one hopes, but can never quite plan. The sun slowly set over the sea, the food was incredible and the conversations never ended. When dinner was over and evening turned to night, the boat came to collect us from the jetty below the boathouse. We glided back toward Trosa through the bright summer night, with the sea calm around us.

Being able to gather the people who mean the most, in a place that contains the whole feeling of Swedish summer, became a memory I will carry with me for a long time. &



Stay overnight at Kråmö Archipelago Village, with 13 charming rental cabins in various sizes – all equipped for a pleasant stay in the heart of the nature reserve.



Kråmö – perfect for celebrations and conferences. Read more on the previous spread.



Tour boats dock on the northern side of the island, where there is also a small guest harbour.

KRÅMÖ ARCHIPELAGO VILLAGE

# A place to land

The mirror-like sea, the scent of salt water and the calm that settles in. Just twenty minutes from Trosa, the small island of Kråmö awaits, with lush forest, clear water and a beautiful rocky shore.

**K**råmö is a scenic island in the Trosa archipelago, only 7 kilometres from the mainland. Kråmö is a nature reserve, both on land and in the water. Here, leafy forest, rugged cliffs and a rocky shore meet in a landscape that feels both untouched and alive.

Kråmö, now owned by Trosa Municipality, has a rich history. The island used to be a private archipelago village belonging to the Tureholm estate south of Trosa. In the 1940s it was purchased by dairy owner Nils Erhard Nilsson, who built a cottage village for his

employees. In 1972 the area was turned into a nature reserve to protect its unique marine environment. In 2020, the visitor company Apelago took over the operation of Kråmö and carried out extensive renovation projects in the following years.

Kråmö and its surroundings contain eelgrass beds, mussel beds and bladderwrack belts; the underwater world here is at least as fascinating as the one above the surface. The island has a many beautiful walking trails and forest paths leading to secluded bathing coves and a rocky shore. The island also has a 12-berth

guest harbour and a wood-fired sauna. In high season, the jetty kiosk sells ice cream and offers excursion tips.

Reach Kråmö by boat, water taxi or passenger boat from Trosa Guest Harbour in summer. The trip takes just 20 minutes – perfect for a day excursion and a genuine archipelago experience filled with stillness and adventure. ☸

→ See the archipelago traffic timetable on page 16.



The cabins on Kråmö are simple yet newly renovated, made for relaxing archipelago life.



**Accommodation:** 13 cottages in different sizes

**Conference & events:** can be arranged in the Barn or the Boathouse

**Guest harbour:** around 12 boats

**Sauna:** available to rent all year round

**Contact:** kontakt@apelago.se

**Kråmö kiosk:** ice cream and provisions  
Open 9 am – 4 pm from 12 June to 10 August



kramo\_skargardsby

# FIND YOUR WAY ON KRÅMÖ

You can find more information at  
[kramoskargardsby.se](http://kramoskargardsby.se)

## Stugorna

1. Brygghuset
2. Måsen
3. Tärnan
4. Uttern
5. Skutan
6. Anden
7. Ekan
8. Fregatten
9. Galeasen
10. Svanen
11. Tärken
12. Timmerstugan
13. Sjöboden
14. Ejdern





ARCHIPELAGO TRAFFIC

# Askö

– A WALK THROUGH  
THE ARCHIPELAGO

As you leave the stone pier, the pine forest soon takes over. Here, the essence of the Trosa archipelago comes together on one island.

**T**rosa's archipelago is full of islands, each with its own character. But for both local residents and visitors, Askö has a special place. On this elongated island furthest out in the archipelago lies Storsand – a well-visited sandy beach that every summer draws people for swimming, excursions and lazy days by the sea. But Askö is more than just the beach. The light pine forest invites walking, and with the passenger boat from Trosa Guest Harbour or Trosa Havsbad och Camping, you can easily get out there and experience the island at your own pace.

**The walk begins at the pier.** It is a warm summer day when we step off the boat at the stone pier

## “Askö is a living place, not just an excursion destination.”

It is a warm summer day when we step off the boat at the stone pier. Our backpacks are packed, and in our hands we are each holding a happy child. We are going to walk between the pier and the beach to experience Askö up close and see more of the island.

**A peaceful path through the island.** Calm settles in as the sound of the boat engine slowly disappears from the pier. The mild breeze carries the scent of sea and pine forest. Our footsteps are barely audible as we walk along the path winding through the woods. Pine needles, cones and branches line the way.

The trail from the pier to the beach is easy to walk and suits most people. It passes through pine forest, open land and old farmsteads that tell of the island’s history. In a short distance, you experience much of what defines Askö.

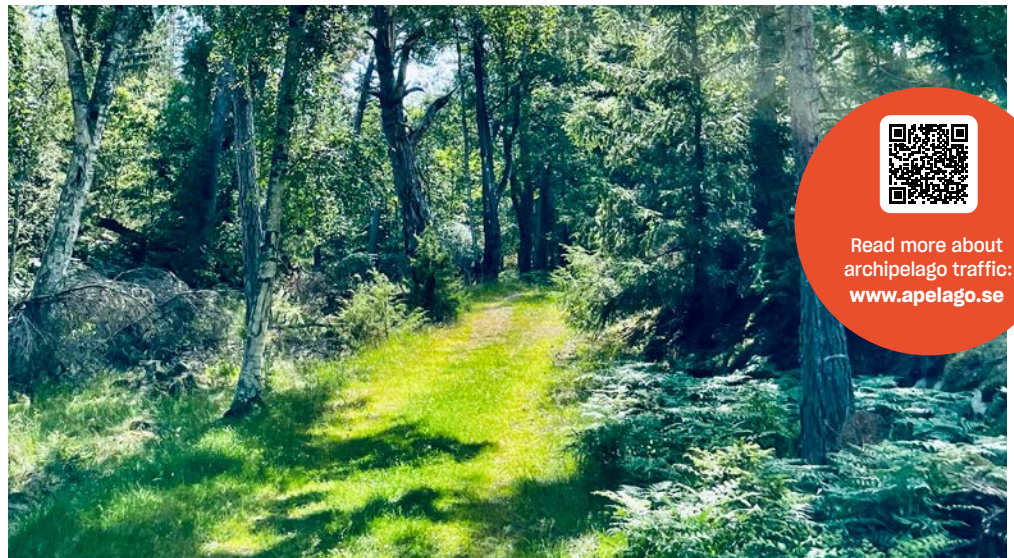
The island farm is still active, with cows and sheep grazing here in summer. Meeting them along the way is a reminder that Askö is a living place, not just an excursion destination.

Our backpacks are packed with snacks and drinks, and we stop along the way for an energy boost. Buns and drinks come out on a warm flat rock, giving little legs new strength for the final stretch. We are in no hurry. The beach is not the only goal – the walk itself matters too. We stop when needed, collect pine cones in small pockets and look for animal tracks. “Who do you think was here?”

**More than a day trip.** For those who want to stay longer, there are several paths to follow, and in late summer and autumn the forest fills with mushrooms and berries. In the



Storsand on Askö is a popular excursion destination on beautiful summer days.



The nature on Askö is varied, with several beautiful old paths to follow.



### DID YOU KNOW?

Storsand on Askö has not been officially measured, but is estimated to be around 500–600 metres long – something unusual in the Södermanland archipelago.

southern parts, sport fishers seek out the waters for sea trout.

Much of Askö is a nature reserve. In the north, Askö Laboratory is an important centre for Swedish marine research and environmental monitoring, with research and education carried out year-round in one of the east coast’s most studied coastal areas. In the south, Kyrkogårdsskär is a military firing range with special regulations and no public access.

As the day draws to a close and the boat leaves the pier, it is easy to see why Askö means so much to so many in the Trosa archipelago. Here, there is room for both stillness and discovery – and for a feeling you gladly take home. ☺



The path winds past small houses, roses and pastures.



Read more about the archipelago traffic:  
[www.apelago.se](http://www.apelago.se)

## ARCHIPELAGO TRAFFIC

# Tour boats to Sörmland's islands

Six years ago, passenger boat traffic returned to Trosa. Today, a generous timetable makes it easy for locals and visitors to discover the unique Södermanland archipelago.

**I**nterest in the beautiful islands of the Södermanland archipelago has grown every summer since passenger traffic in Trosa was revived in 2020. Last season the timetable was expanded with the new boat M/S Krogskär, which together with its sister ship M/S Brännskär will also take passengers out into the unique archipelago this summer.

“The Landsort trips were a real success last summer, with great interest and fantastic feedback. This year they continue in parallel with our other archipelago tours – a wonderful way to experience the

sea and our beautiful archipelago,” says Johan Wolpher Wekell at Apelago.

M/S Krogskär, built in 2002, made its first season in Trosa in the summer of 2024 and quickly became a favourite among both visitors and local residents. With its berth at Trosa Guest Harbour, the archipelago becomes more accessible to more people. The tours to Landsort – the pearl of the outer archipelago and the southernmost outpost of the Stockholm archipelago – are something out of the ordinary. Magnificent views over the open sea await, as does an island inviting both walks and lighter hikes.

**You can also** take the passenger boat to Askö and Krämö, two classic archipelago islands with peaceful coves and perfect swimming spots. The boats depart several times a day, and it is possible either to stay on board and simply enjoy the ride or to step ashore and then take the afternoon boat back to the mainland. Tickets for the archipelago traffic are best booked online, but can also be purchased on site at Trosa Guest Harbour. &



Landsort is the Stockholm archipelago's last outpost – beautiful, historic and remote.



Smoked prawns and evening sun – perfect on board.

## TOUR WITH SHRIMP PLATTER

On 18 and 25 July, M/S Brännskär runs an evening trip departing from the guest harbour at 5:00 pm. During the trip, a box of smoked shrimp with simple accompaniments is served. The box can be complemented with wine, beer or a non-alcoholic option. The route is adapted to weather conditions.

→ Book at the harbour office or via [trosanyagasthamn.se](http://trosanyagasthamn.se)



## M/S BRÄNNSKÄR

With elegant lines, a nimble hull and a history stretching over five decades, M/S Brännskär is a piece of living Swedish maritime history. She was built in 1969 at Österskärs Båtvarv and has since operated in some of Sweden's most beloved waters. Since 2021 she has been owned by Apelago Group, which has carefully restored her former shine. M/S Brännskär combines powerful engines with a compact, seaworthy hull, making her ideal for the narrow sounds and open bays of the Trosa archipelago.

→ Passengers: max. 50



## M/S KROGSKÄR

With a robust aluminium hull and a powerful engine, M/S Krogskär combines strength with precision. Built in 2002 at Westers Mekaniska AB in Jordfall, she was designed to move through all kinds of environments – from narrow straits to open waters. In 2020 she received a new heart: two Volvo Penta D6-300 engines with 600 horsepower and a top speed of 34 knots. When Apelago Group AB took over in 2023, she found her home in Trosa – an archipelago where she is truly in her element.

→ Passengers: max. 12

# Timetable & Departures

In summer, archipelago traffic makes it easy to explore several beautiful islands in the Trosa archipelago. Book tickets in advance at [apelago.se](http://apelago.se). Subject to availability, tickets can also be bought at Trosa Havsbad och Camping reception and the harbour office in Trosa Guest Harbour. ⚓

→ Operates daily 5–8 June + 12–15 June + 19 June–3 August + 7–10 August

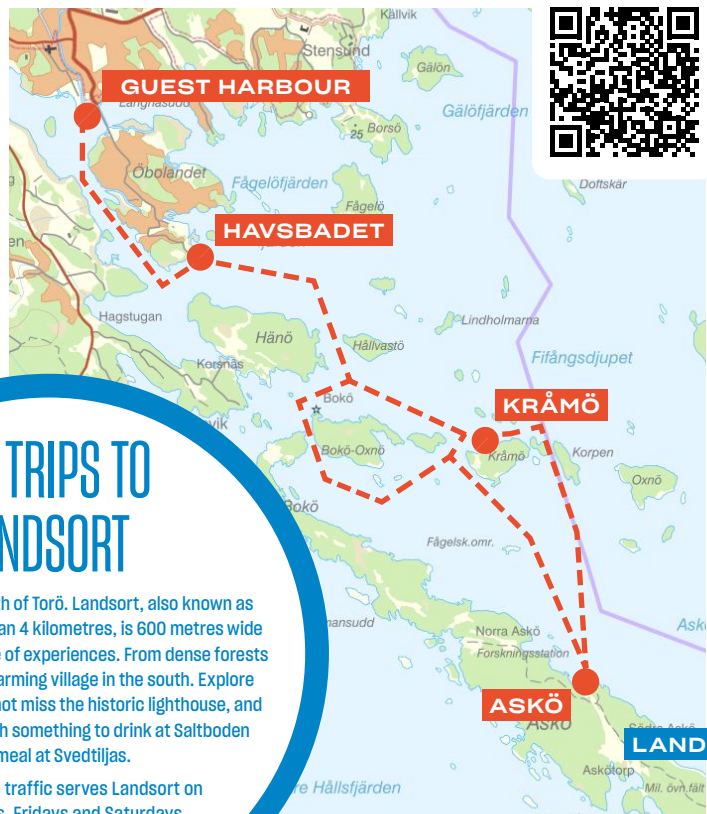
### DEPARTURES FROM GUEST HARBOUR

Gästhamnen	Havsbadet	Kråmö	Askö
10:00	10:15	10:45	11:05
12:00	12:15	12:30	–
14:00	14:15	14:45	15:05

### DEPARTURES TO GUEST HARBOUR

Askö	Kråmö	Havsbadet	Gästhamnen
11:05	11:30	11:45	12:00
–	12:30	12:45	13:00
15:05	15:30	15:45	16:00

### BOOK TICKETS AT APELAGO.SE



## DAY TRIPS TO LANDSORT

A magical island south of Torö. Landsort, also known as Öja, stretches more than 4 kilometres, is 600 metres wide and offers a wide range of experiences. From dense forests in the north to the charming village in the south. Explore the island on foot, do not miss the historic lighthouse, and round off the day with something to drink at Saltboden or a meal at Svedtilljas.

→ Archipelago traffic serves Landsort on Wednesdays, Fridays and Saturdays, 27 June–8 August

The mussel farms at Kråmö and Hållsviken help clean the Baltic Sea.

MUSSEL FARMING

# A solution for the Baltic Sea



The Baltic Sea is ever-present in Trosa. Beneath the surface near Kråmö and Hållsviken, a solution is growing from the sea itself.

**T**rosa's archipelago contains both open sea and sheltered bays. People have long lived by and with the sea here – through fishing and through the seaside resort Trosa later became. Water is always close at hand, but much of what shapes the future of the sea happens beyond what we can see.

Outside Trosa, blue mussels are cultivated a few metres below the surface. They are barely visible from above, but here the sea's own processes are used to remove nutrients from the water and help reduce eutrophication in the Baltic Sea. Mussel farming complements the measures taken on land – and is one way to strengthen the sea's recovery.

Behind the farms is the company Ecopelag, which since 2016 has worked to develop mussel farming



Martin Karlsson and Martin Reutgard are both marine biologists and run Ecopelag together.

as part of the solution to the Baltic Sea's environmental challenges.

"The idea grew out of a concrete problem: the Baltic Sea is still severely eutrophied despite many years of measures on land. We saw that mussel farming could become a way to complement that work," says Martin Karlsson, one of the founders.

Together with colleague Martin Reutgard, he has built a business where research, technology and practical work meet. The goal is to create circular solutions in which nutrients are not only removed from the sea – but also put to use on land.

**The principle** behind mussel farming is simple, and that is exactly what makes it so interesting. Mussels live naturally in the Baltic Sea and filter the water to feed. As they grow, they bind nitrogen and phosphorus in their biomass.

"We use the sea's own processes. Mussel larvae already present in the water attach to the ropes and grow by filtering the water. We do not need to add either feed or nutrients," says Martin Reutgard.

The Trosa archipelago was one of the first places where mussel farms were established, and today two farms are in operation.

"Trosa is an important place for us. It is here that we have been able to show that mussel farming works in practice under Baltic Sea condi-



**DID YOU KNOW?**

Mussels filter the water and take up nitrogen and phosphorus.

They grow naturally on ropes without added feed or nutrients.

When mussels are harvested, nutrients are removed from the sea.

One farm in Trosa can produce 70-90 tonnes of mussels per year, corresponding to nutrient removal at a level comparable to emissions from several thousand people.

In addition to nutrient uptake, mussel farms can also create new habitats in the sea, so-called reef effects, and provide a basis for new jobs in the archipelago.

tions," says Martin Karlsson.

The farms are still on a relatively small scale, but the potential is great. Ecopelag stresses the importance of careful development.

"These are still essentially trial farms. Any future expansion must take place carefully, with the right knowledge and with the environment first," says Martin Reutgard.

After the mussels are harvested, the meat and shells are separated so that they can be used further. Today the meat is used in products for food and feed, among other things, while the shells become lime-rich garden products.

**The work with** mussel farming shows how solutions to major environmental challenges can grow locally. In the meeting between research, innovation and practical work, something is created that both improves the marine environment and contributes new values to coastal communities.

"Our hope is that mussel farming will become an established complement in the work of restoring the Baltic Sea. That we can combine concrete environmental benefit with economic viability," says Martin Reutgard.

Below the surface in the Trosa archipelago, a solution is growing – part of a larger effort for a healthier sea. ☺



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**BUTIK OCH BISTRO**

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in Trosa and at [villatjugosju.se](http://villatjugosju.se).



TROSA HAVSBAD & CAMPING

# The seaside holiday paradise

Summer at Trosa Havsbad & Camping is full of life and movement. Sunbathers gather on the beach, the mini golf course invites laughter and friendly competition, and a feeling of holiday hangs over the entire area.

**S**urrounded by beautiful archipelago views, Trosa Havsbad & Camping offers an idyllic stay for families with children and other holidaymakers alike. The sea bath is located on the scenic island of Öbolandet and is easy to reach from Trosa via Edanö Bridge. A cycle path runs from the guest harbour all the way out to the campsite, making it easy to get here by bike. The path

winds beautifully along the island and is easy to pedal for both adults and children.

For those who want to experience the archipelago from the water, it is possible to take the passenger boat directly to the campsite. If you arrive in your own boat, you are warmly welcome to moor at the campsite's guest jetty.

Trosa has been a popular seaside resort for more than 150 years. As



Glamping on a wooded slope towards the sea – more comfortable than a tent, more memorable than a hotel room.

took over operations at the end of 2021, Trosa Havs & Camping has undergone extensive renewal. In summer 2022, the “new” Sea Bath was inaugurated, and since then the place has continued to develop in order to create an even better experience for visitors.

“The sea bath and campsite are truly uniquely located, right where the sea meets the forest. Many want to stay for a long time – and we also have many who return, which is very enjoyable,” says Liza Demander, Operations Manager for Trosa Havsbad & Camping.

**Much work** has been invested in recent years to preserve the site’s charm while adding new elements. Glamping, which has become a popular alternative for anyone wanting to experience nature with extra comfort, has been a welcome addition. The pleasant restaurant Algoth på Udden attracts guests with good food in a fantastic setting.

“We want to preserve what has always made Trosa Havsbad special, while continuing to develop the place. We are constantly working on improvements – sometimes in small ways, sometimes through bigger investments,” concludes Liza Demander. &

early as the nineteenth century, the first tourists arrived by steamship from Stockholm, while herring fishing in the area declined. Many local residents then began offering food and accommodation to visitors and soon discovered that tourism was a more profitable trade than fishing.

Öbolandet has its own tourism history. During the 1950s, simple holiday cottages began to be built on the island as an alternative to the more fashionable summer houses in central Trosa. Many stay-at-home mothers and their children spent the whole summer here to enjoy the fresh archipelago air, while the fathers worked in town and came out at weekends. The bathing area at Rävudden, which gradually became Trosa Havsbad, turned into a natural

meeting place for the new summer guests. Around the same time, the bridge that still connects Öbolandet to the mainland was built.

Since visitor company Apelago



The sauna raft is moored by the jetty below Algoth På Udden.



**Reception:** at the entrance, open 8:00 am–9:00 pm during high season (29 May–17 August)

**Phone:** +46 (0)156-50 52 00

**Cottages:** eleven cottages – three 4-bed cottages and eight 2-bed cottages

**Glamping:** five luxury two-bed tents and three family tents for four people

**Camping:** 209 pitches for motorhomes and caravans; some pitches are for motorhomes only

**Guest harbour:** around 30 drop-in berths

Read more and book at: [trosahavsbad.com](http://trosahavsbad.com)



[TROSA HAVSBAD & CAMPING](#) [TROSA HAVSBAD & CAMPING](#) [TROSA HAVSBAD & CAMPING](#)



**MIDSUMMER CELEBRATION.** At Trosa Sea Bath, Midsummer is celebrated in traditional fashion on the beach every year under the guidance of Trosa profiles Bobby and Josephine Betschart.

**PADDLING ADVENTURE.** The campsite lies right in the middle of archipelago idyll. Islets, skerries and beautiful paddling routes await around every corner, easily accessible even for beginners.



## Getting to Trosa Havsbad

### BY BICYCLE OR ON FOOT

A newly built pedestrian and cycle path runs from Trosa Guest Harbour to the campsite, distance 3 km. Bicycles can be rented at the guest harbour.

### BY BOAT OR MINI TRAIN

The Blue Train runs from Trosa Guest Harbour to the campsite twice a day during high season. The archipelago boats also run daily services between the campsite and the guest harbour during high season.

### BY CAR

It can get crowded because parking opportunities are limited.



### KAYAK RENTAL

## RENT KAYAKS AND SUP BOARDS

At Trosa Havsbad you can rent kayaks – both single and double – as well as canoes and SUP boards for both short and longer trips. During the summer, the activity centre is open from early morning until late afternoon to help with the day's adventure. ☺

Book at [trosahavsbad.com](http://trosahavsbad.com)

## Beautiful routes

### ÖBOLANDET CIRCUIT – 4 NAUTICAL MILES

An excellent beginner's route offering varied scenery and many cosy places to unpack a picnic. A round trip that can take anything from one to three hours.

### STENSUND – 5 NAUTICAL MILES

From Trosa Havsbad & Camping, it is easy to paddle out into the archipelago toward beautiful Stensund Castle and nature reserve. Paddle past Storholmen, between the Tjyholmarna islets and keep an eye out for seals as you pass Svarthäll. Head for the northern cape of Fågelö and continue with beautiful Borsö on your port side to Stensund's beach and boat jetties.

### HÄNÖ CANAL – 6 NAUTICAL MILES

Paddle into the sound between Korsnäs and Hänö. Glide through the reeds in Hänö Canal out toward Bokö-Oxnösundet, then head east toward Krämö. Take a proper ice-cream break on the jetty before the journey home.

## Keep this in mind

- ❗ If you are unsure – paddle close to shore. Keep a good distance from all other water traffic. Check the weather forecast before longer trips. ❗ Bring plenty of snacks and do not rush. ❗ Traffic is dense through Hänösundet; paddle close to shore and stay alert.



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SEASONAL GUESTS

# Between sea and forest

For Christer and Thomas Nilsson, Trosa Havsbad & Camping is a place to return to – year after year.

**Trosa Havsbad & Camping** is a lively place during summer, filled with bathers, movement and holiday feeling. But even when the sun is not shining and the wind is still cool, many remain.

When we meet brothers Christer and Thomas Nilsson, summer is just around the corner and the campsite has not yet filled up with guests. It is calm, almost still, and that feeling is part of what makes the place special. For them, the campsite has become more than a temporary stop – it is a place they return to year after year.

“Since 2016 we have kept our caravan here,” says Christer. “We were lucky to end up here. It is peaceful, close to nature and has a nice sense of community.”

They keep returning to the closeness of both sea and forest. Here the days are simple and unplanned – a walk, a swim in the sea or a bike ride into Trosa. The

pace is unhurried, and most things happen when they happen.

“There is often some time on the beach, sometimes a beer at Algoth or a trip into Trosa. It is wonderful that it is so calm here, yet still close to everything,” says Thomas.

They describe the atmosphere as calm and friendly, with a sense of community that grows over time. People greet one another, stop for a chat and help out when needed.

“It becomes a bit like its own little society. The whole staff out here are very friendly and helpful. Sometimes they call and ask if we can help with something – it feels nice that we can help too.”

And perhaps that is exactly why so many return – not just because of the place itself, but because of everything it contains. The chance to enjoy the simplicity, the sea and the forest while the summer town of Trosa is only a stone’s throw away. ☺

Seasonal guests Christer and Thomas Nilsson



ALGOTH PÅ UDDEN

## A SUMMER RESTAURANT IN THE ARCHIPELAGO

At the very tip of Rävudden at Trosa Havsbad & Camping, right by the water, lies the summer restaurant Algoth på Udden. Here you are met by well-prepared food in a classic summer-bistro spirit, with a focus on simple, tasty dishes that suit everyone.

With the sea as its closest neighbour and the beach right beside it, the experience becomes more than just a meal. Here you sit with views over the archipelago, enjoy something good in your glass and let the feeling of summer take over – whether you come for lunch in the sun or dinner as evening settles over the water.

“We are aiming for simple, flavourful summer food that everyone can enjoy – good and well cooked. Our talented chefs at Algoth really deliver,” says Andreas Pålsson, who is responsible for the restaurant.

Algoth is a lively place during summer, where people gather to eat well and spend time together – a natural stop along the coast and a place to return to. ☺



Opening hours during high season:  
11:00 am–9:00 pm

Phone:  
+46 (0)156-50 52 00

For menus, live music and more:  
[algoth.se](http://algoth.se)



   
[algoth\\_pa\\_uddin](http://algoth_pa_uddin)

# FIND YOUR WAY AROUND TROSA HAVSBAD & CAMPING

More info available at [www.trosahavsbad.com](http://www.trosahavsbad.com)



- # Campingplats (HUSVAGN & HUSBIL)
- # Husbilsp plats
- Stugor
- Glampingtält
- Tält



1.
  - WIFI
  - FÖRSTA HJÄLPEN
  - MINIUTV
  - KÖK
2.
  - DUSCH
  - WC
  - WC
  - PENTRY
  - LÄTTEN
3.
  - TVÄTT
  - PENTRY
  - LÄTTEN
4.
  - DUSCH
  - WC
  - WC
  - SKÖTSEL
5.
  - FÖRSTA HJÄLPEN
  - WIFI
  - MÅT
  - DRYCK
  - FIXA

Mer info: [www.trosahavsbad.com](http://www.trosahavsbad.com)

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2023-04-11

# Welcome to Trosa

Find information and inspiration at [trosa.com](http://trosa.com)

Trosa is not only a place of charm and culture, but also a popular destination for outdoor enthusiasts. Here, you can explore beautiful nature reserves, challenge yourself on the high ropes course, head into the terrain on an MTB, or discover scenic hiking trails. You can also relax at one of the cafés or enjoy a delicious dinner at one of the town's excellent restaurants. Come experience the magic of Trosa, where beauty meets adventure!

Visit [trosa.com](http://trosa.com) for inspiration and information. There, you'll also find information about recurring events taking place throughout the year.



## Recurring Events

Here we present the many events taking place in Trosa – from concerts and theatre performances to markets, classic car meets, and sporting events.

### MARKETS



### ART



### CONCERTS



### THEATER



### SPORT



### CLASSIC CAR MEETS



Explore all events here



## Experience Trosa

For a small municipality, Trosa truly offers a wide range of accommodation, culinary experiences, shopping, and activities – all year round.



More info



## Beaches



## Nature & Outdoor Activities

Download the Naturkartan app or visit the website to discover all the beautiful natural areas, hiking trails, and much more.

Naturkartan



Natur & Outdoor Activities on [trosa.com](http://trosa.com)



## Audio Guide & The Heritage Trail

Would you like to learn more about the history of Trosa? Take our audio guide or pick up the "Heritage Trail" brochure. They will take you on a walk through the central parts of Trosa, where you can listen or read and learn more about the town's history at the same time.

History



## Restaurants & Cafés

In Trosa, there are nearly 50 different restaurants and cafés to choose from. You'll find cafés serving first-class pastries, traditional home-cooked dishes, and restaurants listed in the White Guide, making the range of dining experiences in the municipality truly exceptional.



Eat



## Accommodation

In Trosa, there is accommodation to suit all preferences – from boutique hotels, city hotels, and B&Bs to glamping, cottages, and farm stays. Several of them also offer packages, for example if you want to hike the Sörmlandsleden trail or go mountain biking.



Stay



Hop on at one stop and get off at another, or stay on board and enjoy the full tour. The Blue Train operates between June 29 and August 9. The ride is free of charge, and the full tour takes approximately one hour.



## Auf den Spuren von Inga Lindström



Die Filme der Inga Lindström-Serie werden seit 2003 in der Region zwischen Trosa und Linköping gedreht. Diese Drehorte bieten attraktive Ziele sowohl für Tagesausflüge als auch für längere Urlaubsreisen.

[ingalindstrom.com](http://ingalindstrom.com)



[trosa.com/de](http://trosa.com/de)



## Opening hours

### Sept–April (V. Långgatan 4)

Weekdays (excluding public holidays)  
9 am–5 pm (Lunch 12–1 pm)

### May (Ö. Långgatan 28)

Weekdays (excluding public holidays)  
9 am–5 pm (Lunch 12–1 pm)  
Saturdays 10 am–2 pm

### June–August (Ö. Långgatan 28)

Weekdays 9 am–5 pm  
Weekends 10 am–2 pm

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GUEST HARBOUR

# Where Trosa meets the sea

In summer, Trosa Guest Harbour is a bustling gathering place for both visitors and local residents. The piers fill with boats, people and movement from morning until evening.

**T**rosa Guest Harbour is a place to enjoy, especially in summer when guests from both land and sea fill the area with extra life and movement. Whether you arrive by boat, motorhome, bicycle or on foot, this is a perfect place to pause.

It is a pleasant stopping point where everyone can catch their breath and enjoy archipelago life.

With its beautiful waterside location and proximity to Trosa's charming town centre, the guest harbour is a natural meeting place for visitors and local residents alike.

After days at sea or along winding roads, comforts await such as hot showers, laundry facilities, clean toilets and a sauna – everyday luxury in a relaxed setting. The green areas around the harbour offer pleasant places for a picnic or a moment in the sun. Children can play at the popular playground, which sometimes surprises passers-by with a refreshing shower.

The motorhome pitches in the harbour are a much-appreciated feature all year round.



**Harbour office:**  
Open every day during high season (12 June–9 August)

**Fuel station:** diesel and petrol 24/7, all year round

**Laundry room:** booked via the harbour office

**Service building:** open all year round

**Sauna:** open 5:00–10:00 pm

Read more at:  
[trosanyagasthamn.se](http://trosanyagasthamn.se)



 [trosagasthamn](https://www.facebook.com/trosagasthamn)

The guest harbour accommodates both smaller and larger boats.

The harbour office is located in the heart of the guest harbour, with friendly staff ready to answer questions, share local tips and help when needed. Right next to the harbour, Trosabussen offers a convenient year-round connection to and from Stockholm.

In summer, the passenger boats M/S Brännskär and M/S Krogskär depart from the guest harbour to Askö and Kråmö – two scenic islands perfect for swimming and excursions.

A short, beautiful walk along the Trosa River leads to the square, with small shops, cosy cafés and restaurants. Here you will also find the tourist information office, where knowledgeable staff share tips on what makes Trosa special.

Whether your visit is long or short, Trosa Guest Harbour is a place to set out from – a lively meeting point with a special appeal. Welcome back. ☺



The guest harbour accommodates both small and larger boats.



The harbour's motorhome pitches are popular year-round.



## THE HARBOUR OFFICE

The harbour office was inaugurated in summer 2022 and has since been a natural meeting point for both boaters and land-based guests every summer. During high season, it is staffed every day by knowledgeable people familiar with the area. You can come here to book tickets for the archipelago boats, buy an ice cream or coffee, or update your charts. The harbour office also carries a wide range of boating accessories and is happy to provide information about transport links and excursion destinations in the area.

→ For more information: [trosanyagasthamn.se](https://trosanyagasthamn.se)



## HULL-CLEANING MACHINE

At Trosa Guest Harbour there is a hull-cleaning machine. While the boat remains in the water, large brushes pass over the hull and effectively remove algae and other growth in only 15 minutes. You avoid scraping, sanding and painting your boat and minimise leakage of heavy metals and microplastics into the sea. Cleaning the hull has an immediate effect on the boat's performance: fuel consumption decreases and speed increases.

→ For more information and booking: [trosanyagasthamn.se](https://trosanyagasthamn.se)



KÖLSVINET

# New flavours at Kölsvinet

Since last autumn, Kölsvinet's kitchen has been led by Maria Carlsson and Ludvig Arkebåge. They now share their thoughts ahead of their first summer season.

**W**ith experience from well-known restaurant kitchens in Trosa, Maria Carlsson and Ludvig Arkebåge stepped into Kölsvinet last autumn in two entirely new roles. Together they share a clear ambition: to cook food that is carefully prepared, while also relaxed in style.

Kölsvinet's kitchen is built on a warm, generous comfort-food feeling, with flavour and the whole experience in focus.

"We want it to be tasty, well cooked, and for guests to leave full and satisfied," says Maria.

The menu is shaped in the kitchen – from ideas that are tested, refined and eventually become finished dishes.

"We think a lot about what guests appreciate and associate with Kölsvinet when we work on the menus," says Ludvig.

The season plays an important role, not least in the choice of ingredients. But it also affects the pace in the kitchen, and during the spring Maria and Ludvig have had time to test, adjust and find their way of working – something that now shows in both flavours and structure.

"In summer it is all about finding a good balance, so that we can serve a lot of food while still maintaining quality," says Maria.

During quieter periods, there is more room for detailed work – something they both appreciate. Kölsvinet's location in the heart of



**Opening hours:**  
Every day 11:00  
am–10:00 pm during  
high season

**Read more:**  
[kolsvinet.se](http://kolsvinet.se)



  
[kolsvinet\\_trosa](https://www.instagram.com/kolsvinet_trosa)

**OPEN WEEKENDS  
DURING THE LOW  
SEASON**

–  
Kölsvinet is open  
from Friday to Sunday  
for most of the year.

the guest harbour is central to the experience, creating an atmosphere perfect for a sunny lunch or a late evening by the water.

Ahead of summer, the feeling is clear: the kitchen is close-knit, routines are falling into place and energy is high.

"We are a strong team and really excited for summer. It is going to be great fun to cook for all the guests who come here," says Ludvig. ☺

**MUSIC QUIZ  
EVERY WEDNESDAY**

Wednesdays 12 June–14 August, Kölsvinet hosts its popular music quiz. The evenings offer food, drinks, live music and a tricky quiz for everyone who wants to compete. Starts at 6:00 pm.

# FIND YOUR WAY AROUND THE GUEST HARBOR

More info available at [www.trosanyagasthamn.se](http://www.trosanyagasthamn.se)

## 1 Servicehus



## 2 Hamnkontor



Mer info:  
[www.trosanyagasthamn.se](http://www.trosanyagasthamn.se)

PELLE BÅNG

# The evening when Trosa runs into summer

One evening every summer, the streets fill with runners and spectators gather along the course. Trosa Stadslopp is more than a race – it is a public celebration and the start of summer.

**T**rosa Stadslopp has a long history and has been organised since 1987, which means the race marks a milestone anniversary this year. For much of that time, Pelle Bång has been one of the people holding the event together. He tends to play down his own work and instead talks about what the race means to

him – and to the town.

Pelle moved to Trosa in the 1980s, and with a curiosity for orienteering he quickly became involved in the local club, Trosabygdens orienteringsklubb. It became an activity for the whole family when the children also started orienteering, and before long Trosa Stadslopp also became



Running joy for all ages at Trosa Stadslopp.



## TROSA STADSLOPP

Started: 1987

Participants: around 2,000

Organiser: Trosabygdens Orienteering Club  
 Officials: about one hundred volunteers  
 Surplus: most of it goes to the youth activities of the club

a natural part of life. Since the mid-1990s, he has been involved in various roles around the event.

“You could probably say that from the start I had a hard time saying no,” he says with a laugh.

But what began as agreeing to help out a little gradually became something bigger. Even though much has changed since the early years, the feeling remains the same: Trosa Stadslopp is something the whole town gathers around.

**Part of that** has to do with the place itself. Trosa is small enough for everything to feel close, yet lively enough to give the race a special intimacy and energy. The course runs through the town centre, spectators stand close to the runners, and it is easy to follow them through different parts of town.

“It is close to everything,” says Pelle. “That is exactly what makes it so pleasant.”

And that is especially noticeable along the course. For many Trosa residents, race night is almost as much a spectator festival as a sporting event. Garage doors are opened, deck chairs are brought

## PER-ERIK "PELLE" BÅNG

**Family:** Lives in Trosa with his wife.  
Two daughters living elsewhere  
and one grandchild.

**Occupation:** Retired, now volunteer  
worker.

**Best thing about living in Trosa:** The combination of the warmth of a small town, closeness to nature and a strong sense of association and community. On a walk, you always meet someone you know.

**Favourite spot:** A walk along the river all the way out to "Smörbyttan" is hard to beat. And of course: experiencing Trosa Stadslopp, whether you are running or cheering.



## “Most of the money goes to the young people in the club – they are the future.”

out and family and friends gather to cheer as the runners pass.

Trosa Stadslopp has become so strongly associated with the place. It is not just something that happens in Trosa – it is something that feels very much like Trosa.

Today the race usually gathers close to 2,000 participants and is large enough to attract runners nationally and internationally, while still being small enough to retain its local feel. And that seems to matter.

“The goal is for everyone to be happy and have as nice a time as possible,” says Pelle.

That is also part of the explanation for why the race has lasted so long. There is the competitive element, but also the joy of exercise, the community and the tradition. Some participants have run every single race since the start – a small group of veterans who have become part of the event’s own history.

**Behind the event** there are also many voluntary forces. Around a hundred officials work during the race, and several others help in different ways beforehand. For Pelle, the sense of fellowship is one of the finest parts of the race.

“We officials have a really good time together. It is a wonderful community and everyone is so happy and enthusiastic.”

The work begins long before the starting shot. Planning, contacts, registrations, communication and everything around it continues through large parts of the year. At the same time, it is clear that the driving force is not about creating the biggest event possible. The revenue from the race goes directly



The race attracts not only local runners; both national and international runners also take part.

to Trosabygdens Orienteering Club.

“Most of the money goes to the young people in the club – they are the future,” says Pelle.

And perhaps that is where part of the core of Trosa Stadslopp lies. Not only in the running, not only in the tradition, but in the desire to create something that brings people together – and that can live on. For Pelle, it means a lot that a small town like Trosa can host an event that has become known far beyond the municipal borders.

“It is fantastic that little Trosa can have something this big,” he says.

And when the runners set off through town, the spectators cheer from pavements and gardens, and the summer evening fills with movement, it is easy to understand why Trosa Stadslopp has become a tradition that so many hold on to.

It is a race – but also the evening when Trosa runs into summer. ♪

## A FEW FACTS ABOUT THE RACE

- Trosa Stadslopp is described as Trosa Municipality’s biggest public celebration. It engages runners, spectators and the whole town centre.
- The race is always held on the first Friday after Midsummer – this year on 26 June – making it a clear and appreciated summer tradition.
- The course runs through beautiful summer Trosa, close to the water and with plenty of spectators. That is a key part of the experience.
- There are classes for recreational runners, elite runners, beginners, youth and very young children. The idea is that everyone should be able to take part on their own terms.

*Fina Fisken*  
**SESSIONS**

Sessions #01 · Thursday 16th July

**SARAH  
DAWN FINER**



Sessions #02 · Thursday 30th July



**KERSTIN  
LJUNGSTRÖM**

RESERVATIONS & INFO — [WWW.FINAFISKEN.SE](http://WWW.FINAFISKEN.SE)

RESTAURANT LIFE

# Small town, many flavours

Trosa can boast an impressive collection of cafés and places to eat. We have listed some of the town's gems.



Villa Tjugosju is a small bistro and shop in central Trosa, with a lovely courtyard and atmosphere.

## Trosa Stadshotell

📍 Västra Långgatan 19, Trosa

A natural gathering place for both Trosa residents and visiting guests, for everyday meals and celebrations alike. The dining rooms, run as a classic town hotel restaurant since 1867, combine history with high ambitions. The wine cellar is well stocked and guests come throughout the year. There is also a modern bistro and bar serving breakfast, lunch and dinner. During warm summer days, the outdoor seating in the garden – where there is also a charming gazebo – is a wonderful place for both drinks and food.

## Bomans Restaurant & Twin Bar

📍 Östra Hamnplan 1, Trosa

This boutique hotel in Trosa has long been well known for, among

other things, its uniquely decorated rooms and has for a long time been an important part of the town's visitor life. The restaurant boasts an extensive wine cellar and high gastronomy. The dining room and the "Twin Bar", stretching all the way into the lobby, offer an open and welcoming atmosphere. Kristin Boman has, with her unique sense of interior design, created a place where every guest feels welcome and well cared for, whether dropping in for a glass of bubbly or a three-course menu.

## Villa Tjugosju

📍 Östra Långgatan 27, Trosa

In spring 2025, the charming 1930s property on Östra Långgatan came to life again when Villa Tjugosju opened its doors. The restaurant is one of the latest additions to Trosa's



### DID YOU KNOW?

Restaurants have existed in Trosa at least since the nineteenth century, but food service and simpler inns can be traced even further back. In the later part of the nineteenth century, Trosa Stadshotell became the town's first true restaurant with dining rooms, after the town hall moved to the current Stadshotell building and the premises were opened up for innkeeping.

rich and vibrant restaurant scene. Here restaurant, events and catering are combined with inspiration for home and garden. With a focus on the personal touch, Villa Tjugosju invites guests into a warm and welcoming atmosphere where visitors can enjoy well-prepared meals and be inspired by the beautiful surroundings.

## Trosa Matstudio

📍 Västra Långgatan 9, Trosa

In the former police and fire station on Västra Långgatan, built in the 1850s, restaurateur Tom Fredriksson now runs Trosa Matstudio. The intimate dining room offers a homely atmosphere. In summer, the leafy inner courtyard opens and provides more seating, which quickly tends to fill up. Tom Fredriksson is an experienced chef, and his cooking is both thoughtful and classic. The menu impresses with its confident flavours.





Fina Fisken has been a shining star in Trosa's restaurant sky since its start in 1974 – a place to return to for extraordinary food experiences and excellent service.

restaurant has been an important part of Trosa's food culture for more than half a century. The menu, which is renewed several times each season, also includes meat and vegetarian dishes. The business operates all year round with banqueting rooms, catering and events. The dining room opens for the season during Easter weekend, and in June the high season begins with extended opening hours. In autumn, the restaurant is open selected weekends. ♣

**Restaurant Fina Fisken**

♥ **Fiskargatan 12, Trosa**  
Fish and shellfish take centre stage at the venerable Fina Fisken – or simply “Fisken”, as many Trosa residents call this gem in the middle of town. Founded in 1974, the

**MORE FOOD AND COFFEE PLACES IN TROSA**

- ♥ **Algoth på Udden,**  
Rävuddsvägen, Trosa
- ♥ **Ankaret,** Östra Långgatan 24B, Trosa
- ♥ **Bergs Gård café och restaurang,**  
Bergs Gård, Västerljung
- ♥ **Café Tarte Tatin,** Emils Backe, Trosa
- ♥ **Garvaregårdens Café,**  
Västra Långgatan 40, Trosa
- ♥ **Golf och Skärgårdsrestaurangen,**  
Trosa Golfklubb, Trosa
- ♥ **Hamngårdens Café och Glasseria,**  
Fiskargatan 9, Trosa
- ♥ **Kölsvinet,** Uddbergagatan 1B, Trosa
- ♥ **La Pandora Pizzeria,**  
Västra Långgatan 21, Trosa
- ♥ **Mekka konditori,**  
Västra Långgatan 27, Trosa
- ♥ **Pizzeria La Piazza,**  
Industrigatan 2A, Trosa
- ♥ **Pizzeria Piccolino,**  
Stationsvägen 6, Vagnhärad
- ♥ **Punschkällaren**  
Torget 6, Trosa
- ♥ **Sjölundabacken,**  
Bråtagatan 8a, Trosa
- ♥ **Skogscaféet** vid Trosa aktivitetspark, Friluftsvägen, Trosa
- ♥ **Skogs Raw,**  
Viksnäsvägen Bergbacka, Trosa
- ♥ **Sund Nergården,**  
Sund Nergården, Vagnhärad
- ♥ **Tre Små Rum,**  
Östra långgatan 8, Trosa
- ♥ **Trosa Bistro & Bar,**  
Västra långgatan 21, Trosa
- ♥ **Trosa Gelato,**  
Östra Hamnplan 1, Trosa
- ♥ **Trosa Grill,**  
Högbergsgatan 29, Trosa
- ♥ **Trosa Parkgolf glasscafé,**  
Nyängsvägen 1, Trosa
- ♥ **Trosa Sushi,**  
Verktygsgatan 2B, Trosa
- ♥ **Trosa Stadscafé,**  
Östra Ågatan, Trosa
- ♥ **Trosa Sjökrog,**  
Fiskargatan 9, Trosa
- ♥ **Trostorp Hembygdscafé,**  
Hembygdsgården Trostorp, Trosa
- ♥ **Utsikten,** Verktygsgatan 2B, Trosa
- ♥ **Åda Golf och Country Club,**  
Åda Säteri, Trosa



**EVERYDAY LUXURY**

**ARTISAN GELATO IN TROSA**

**Trosa Gelato is entering** its fourth year – and celebrating by opening an additional gelato bar. This summer, the business is also moving in at Östra Hamnplan.

Trosa Gelato has become a popular place in recent years for both local residents and tourists. The man behind the delightful gelato café is Carl Dufvenmark. As an eight-year-old, Carl already sold ice cream on Gotland, and several years in kiosks and gelato cafés followed before life took him further out into the world.



“I never really let go of the idea of opening my own place, but for many reasons it didn't happen until now,” says Carl with a smile.

Before starting Trosa Gelato, he immersed himself in Italian gelato – with a focus on making it from scratch using good ingredients and clean flavours.

“I love Italy and food. It felt natural to work with Italian artisan gelato,” he says.

Opening an additional gelato bar is something Carl has been thinking about for a while, and when the premises at Östra Hamnplan became available, there was suddenly an opportunity.

“I've had my eye on that location for a long time. When I learned the previous tenant's contract would not be extended, everything fell into place. It feels so much fun to keep growing here in Trosa!”

Besides Italian gelato, Trosa Gelato also serves its own soft ice cream, coffee and simple pastries. ♣

→ [www.trosagelato.se](http://www.trosagelato.se)

The kitchen garden fills with edible plants, vegetables and flowers that attract pollinators.



COUNTRY LIFE

# In step with nature's heartbeat

When we meet Mimmi Staaf and Hanna Hofman-Bang, winter has only just let go. Cuttings crowd among the potted plants, and the garden outside is facing a new season – just like the life they have built around cultivation and the places where they live and work.

**H**ere, in the landscape around Trosa, the shifts of the seasons are clearly felt – in the light, in the soil and in the pace that slowly changes. Mimmi Staaf and Hanna Hofman-Bang have both chosen to leave Stockholm for life in the countryside. A life closer to nature, the animals and the seasons – where cultivation is as much everyday life as passion.

Meeting them is like stepping into that middle ground of life – between school pick-ups, work and everything else that belongs to daily routines. What quickly becomes clear, however, is the energy between them: the lively talk, the laughter and a friendship that feels both natural and very much alive. Today they can call themselves authors. During 2025 they released the book *Odla maten* (“Grow the Food”) – a rich and visually beautiful book that follows the whole chain: from seed and soil to harvest, cooking and preserving. But perhaps it is just as much about something else – about living closer to what actually governs our lives: the seasons.

**Both Mimmi and Hanna** left the noise of the big city seven or eight years ago and now live in the countryside outside Trosa. Mimmi lives at Lagnö Farm, where the closeness of the archipelago meets open agricultural land. Here she lives with her son Bruno, the cat Findus Saffran, the dog Semlan and a flock of hens. The old farm is run as a small BRF-style collective where several households share land, animals and daily life. Life moves between the kitchen garden,

**“When you grow it yourself, you get a completely different relationship to food.”**



Hanna Hofman-Bang, left, with Mimmi Staaf in the cornfield.

animal keeping and community – often outdoors, regardless of season.

“There is something special about living like this,” says Mimmi. “You are close to nature and close to one another in a way that is hard to create anywhere else.”

A few kilometres away, in Västernorrland, the landscape stretches out between fields, woodland and closeness to the sea. Here lies Vackebol Farm, where gardener Hanna Hofman-Bang together with her husband Peter and their children Sven and Greta have built up a kitchen garden that in summer fills with vegetables, herbs and flowers. Hens roam freely across



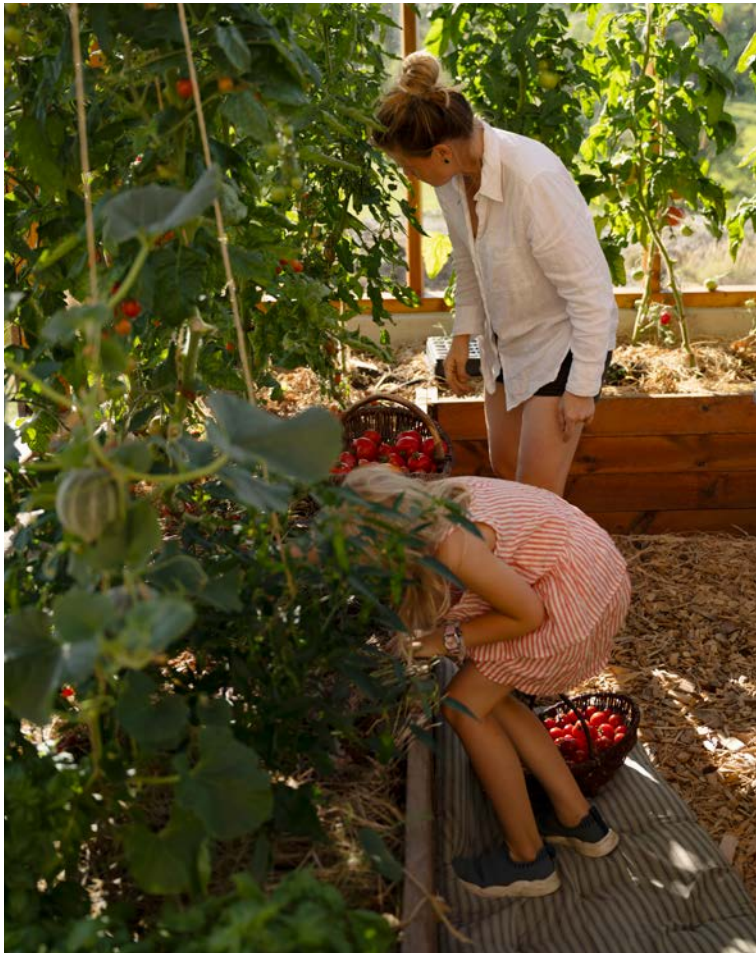
#### ABOUT THE BOOK

– *Odla maten* is an inspiring book about cultivation, the seasons and life close to the soil – both practical and beautiful. Available through booksellers and online.

the yard and sheep graze in the pastures. It is here, among the beds and greenhouses, that almost all of the family’s food begins. After several years of work, they are now almost completely self-sufficient in vegetables.

“When you grow it yourself, you get a completely different relationship to food,” says Hanna. “You follow the seasons and learn what can actually be grown where you live.”

Hanna Hofman-Bang and Mimmi Staaf first got to know each other because their children attended the same preschool, but it was something else that sparked their curiosity.



Sun-ripened tomatoes fill Hanna Hofman-Bang's greenhouse every summer.

"Hanna always came with some trailer, a log splitter or something else exciting," says Mimmi with a laugh. "I became so curious about who she was and what she did."

For Mimmi, who is partly raised in Trosa, returning was still a transition. After many years in Stockholm, family and a few friends remained here – but not that ready-made everyday context. When you lack an established network, the step to reaching out becomes shorter. Eventually they exchanged numbers – and the friendship took off.

For Hanna, moving to Trosa meant a fresh start. Her connection to Södermanland had previously been almost non-existent apart from her parents' summer house, but the closeness to both nature and sea made the place feel right.

"We were tired of city life. We wanted to find a place where we could grow things, have animals and

live more in step with the seasons. When Vackebol, a subdivided farm, appeared, it felt like exactly the right place for us."

**The garden** was far from the green landscape that visitors meet today.

"It was basically just an empty garden, but with a lot of potential."

Eight years later, the cultivation is a natural part of everyday life and the harvest extends from early summer far into autumn. Living and growing here also brings its own special conditions. The combination of closeness to the archipelago, open land and clear seasonal shifts makes it possible to follow nature's rhythm up close – from the first signs of spring to the late-summer harvests.

When life revolves around what grows, the way you think about food also changes. Instead of planning around what is available in the



**MIMMI STAAF**

**Family:** son Bruno and the animals

**Occupation:** versatile entrepreneur with a background in textile interiors/curtains

**Lives:** at Lagnö Farm outside Trosa

**Pets:** the dog Semlan, the cat Saffran, a flock of hens and sheep shared with neighbours

**Best crops to grow:** lettuce, asparagus, onions

**Favourite part of the kitchen garden:** the herbs

**Summer favourites:** going out into the archipelago, evening swims in Gisesjön, excursions to nearby farms and businesses such as Ändebols gård and Radici



**HANNA HOFMAN-BANG**

**Family:** husband Peter, children Sven and Greta

**Occupation:** gardener and garden designer

**Lives:** at Vackebol

**Pets:** the cats Isse and Glenn, a flock of hens and sheep shared with neighbours

**Best crops to grow:** tomatoes, pumpkins and beans

**Favourite part of the kitchen garden:** tomatoes – and cabbage

**Summer favourites:** swimming and walking in the forest at Stendörren Nature Reserve, Nynäs Castle and Trosa Gelato

shop, nature sets the boundaries. In summer, the kitchen garden is filled with vegetables that are harvested almost day by day – what is growing goes straight onto the plate. When autumn arrives, the work changes. Then it is about making use of what has grown during the season – storing, freezing, drying and fermenting so that the harvest can live on. And when winter finally settles over the landscape, the pace changes again.

"There is a time for everything," says Hanna. "Winter becomes a rest – or at least a slower pace."

**Their conversations** often move toward cultivation – but just as much toward the life around it. Hanna, a trained gardener, had long carried the idea of one day writing a book. Mimmi approaches growing from a different angle – with curiosity, joy and a willingness to try things out. Yet it was not a long planning process that set the work in motion.

"I had one day when I was a little bored and thought: 'How hard can it be?'" says Mimmi, laughing. "So I wrote to a publisher."

What began as a spontaneous idea became the starting point for something bigger. The interest was there – and suddenly they were off. In 2025 they released *Odlamaten*. The book gathers experience from their two farms, but also from Hanna's long experience as a gardener. Mimmi contributes another perspective – the questions, the curiosity and the experience of having built a garden herself without much prior knowledge. Together, their experience becomes a book that both guides and demystifies.

"It does not have to be perfect," says Hanna. "The important thing is that you dare to begin. Growing is not as difficult as people think."

At the farms around Trosa, the days often begin outdoors – in the kitchen garden, among the animals or with a cup of coffee in hand before work begins. The weather, the light and the seasons govern more than the calendar.



“There is a special magic in sowing something small and later harvesting it, carrying it inside and actually eating it.”

ROAD-TRIP INSPIRATION

# A LIVING COUNTRY ROAD

From the southern Stockholm archipelago all the way down to Bråviken, the beautiful Utflyktsvägen winds its way through the landscape. For anyone leaving the E4 for a while, more than one hundred coastal visitor destinations are waiting to be discovered.

## Garvaregården

A craftsman’s farm dating back to the eighteenth century, today home to a museum and café.

📍 Västra Långgatan 40, Trosa

## Emils Backe

Opposite beautiful Tureholm Castle lies a small shopping area. The apple café Tarte Tatin serves the area’s best apple pie, and the neighbouring sheds contain interior and garden shops.

📍 Emils Lund 5, Trosa

## Nora Trädgård

A personal, small-scale garden shop for anyone fascinated by plants and gardens – an inspiring place for new ideas or simply a pleasant pause.

📍 Noravägen, Trosa



## Bergs Gård

An experience farm with farm shop, restaurant, café, several kinds of accommodation and many cycle trails for anyone who likes – or wants to try – mountain biking.

📍 Bergs Gård, Västerlångung

## Havrevretens Gård

Experience nature without giving up comfort. Havrevreten offers Södermanland glamping in comfortable tents with proper beds, duvets and pillows.

📍 Havrevretens Gård, Västerlångung

## Nynäs Castle and Nature Reserve

Exhibitions, garden shop, café and restaurant in a beautiful castle setting. The STF-run hostel Bränneriet is also here.

📍 Nynäs Castle, Tystberga



Since moving to Vackelbo, Hanna has developed the garden and created several growing areas.

**“There is something special about living like this. You are close to nature and close to one another in a way that is hard to create anywhere else.”**

“You notice how much nature affects everything,” says Hanna. “What you do, what you eat and what the days look like.”

And perhaps it becomes especially clear right here, in the landscape around Trosa. In the middle of the practical tasks – weeding, collecting eggs

or harvesting – there is also something else: a sense of context, of being part of the place where you live. An everyday life where food starts in the soil and where the seasons are allowed to take their place. And where life is not rushed – but allowed to follow nature’s heartbeat. ♪



## GOLF

# Two courses, one destination

Golf in Trosa means two courses close to the sea, nature and summer town life.

**P**laying golf in Trosa is something special. Here there is not just one but two scenic 18-hole courses within easy reach – with completely different character but the same high quality. That makes Trosa an obvious choice for anyone wanting to combine golf with holiday time, relaxation and experiences.

Here you can play one day and try a new course the next. Move between open landscapes and more undulating surroundings, between different types of challenge – but always with nature and the closeness to the sea as part of the experience.

At the same time, golf is only one part of the whole. With Trosa as a summer town just around the corner, restaurants, small shops, archipelago and bathing places are always close by. That makes it easy to fill the days with more than just golf – or to finish a round with something good to eat and some time by the water.

At Trosa Golf Club, investments

are under way that will further develop the experience. Not only is the course being improved, but also the opportunities to meet and socialise around the game. Among other things, the driving range is being developed with digital solutions that make it possible to play a virtual 18-hole round – a way to make golf more accessible, even for those who are curious but do not yet have an official handicap certificate.

Together with Åda Golf & Country Club, this creates a complete destination where both beginners and experienced players have their place. There is room here to develop, challenge yourself – or simply play for pleasure.

Perhaps that is exactly the combination that does it: two fine courses so close to each other, in the middle of a landscape that invites more than golf alone. A place to gather, play together and let the day take its own direction. ♣


→ Trosa Golf Club – [www.trosagk.se](http://www.trosagk.se)

→ Åda Golf & Country Club – [www.adagolf.se](http://www.adagolf.se)

## EXPLORE THE LOCAL AREA

# PLEASANT TOURS IN TROSA

### Sörmlandsleden


 Read more about the 1,000-km trail and the different stages at: [sormlandsleden.se](http://sormlandsleden.se)

Stage 55:1 – Sillekrog–Hungaskögen, 17 km


Stage 55 – Gisekvarn–Trosa, 16 km

Stage 56 – Trosa–Tullgarn Castle, 20 km


### Heart Trail – 11.5 km

 A beautiful path prepared by the municipality on the initiative of a Trosa doctor who often prescribed “physical activity on prescription”.


### Around Vagnhärad – 5.5 km

 An easy walking loop around Vagnhärad north of Trosa.


### Borgmästarholmen – 1–2 km

 Three short trails in magnificent nature. Ideal for a day trip.


### Åda Wild Boar – 12.7 km

 A trail built for runners but also possible to walk at a calmer pace.


### Lagnöviken circuit – 7.4 km

 An easy route south of Trosa through forest, along water and partly on asphalt.


### Öbolandet loop – 4 km

 Turn left after Edanö Bridge and cycle around beautiful Öbolandet. Stop for food and swimming at the Sea Bath.

### Hungaslingan – 13 km

 Follow the river through Trosa town centre. Stop at Trosa wetland and climb the bird tower for a chance of seeing waders and ducks. Below Trostorp stands Södermanland's oldest runestone, Bergastenen.

### Bergs Gård MTB Arena

 A cycling mecca for anyone who loves – or wants to try – mountain biking on prepared forest trails.



More trip info at  
[www.trosa.com](http://www.trosa.com)



# Fastighetsbyrån Trosa

Vi på Fastighetsbyrån är stolta över att vara kommunens mest rekommenderade mäklarfirmor tio år i rad. Det är ett förtroende vi värdesätter högt och som bygger på långsiktiga relationer, engagemang och nöjda kunder. Vårt mål är att du ska få den bästa tänkbara upplevelsen genom hela din bostadsaffär.

Välkommen att kontakta oss angående ditt bostadsköp eller försäljning.

Fastighetsbyrån Trosa/Vagnhärad  
fastighetsbyran.com/trosa  
0156-177 30 trosa@fastighetsbyran.se



4,8/5 hos reco.se



Fastighetsbyrån



## Trosa Sommarteater

Familjeföreställning 2026



# Peter Pan

Spelas 16 juli - 2 augusti

En fartfylld föreställning för alla åldrar med musik skratt och spänning.



Manus & musik samt regi av  
Josephine Betschart  
& Boby Almroth Betschart

[trosasommarteater.se](http://trosasommarteater.se)



## LOKALT, NÄRA OCH NYTT

”Bygdens tidning  
helt enkelt!”

# ÖSP

Östra Sörmlands Posten

DEN POSITIVA LOKALTIDNINGEN

*även som app*



## ÄKTA ITALIENSK HANTVERKSGLOSS - MITT I TROSA

På Trosa Gelato hittar du egentillverkad gelato och sorbet gjord på färska råvaror och med stor passion. En glassupplevelse för alla sinnen – välkommen till vår glassbar på torget i Trosa eller besök oss i vår nya glassbar i hamnen.

FÖLJ OSS PÅ INSTAGRAM @TROSAGELATO



## YOGA I SOMMAR

Vi har många olika klasser i olika temperaturer, vissa är lugna och andra mer svettiga - du yogar alltid utifrån dig själv och där du är. Vi hoppas att vi ses i studion på Bråtagatan 8A där du också hittar en liten butik med hälsokost, kroppsvård, yogakläder, tillbehör med mera. Sommarschema och priser hittar du på [trosahotyoga.se](http://trosahotyoga.se). Varmt välkommen!



TROSA HOT YOGA

Trosas varma yogacenter på Bråtagatan 8A

## TROSA SQUARE

# A place worth stopping at

Around the square, shops and services are gathered together.

**Right in the middle** of Trosa, where the river winds through town, lies the square – a lively place filled with shops, cafés and services. Most things are open all year round, and during summer the square buzzes with life. A short walk from the guest harbour, one of Trosa's most vibrant meeting places awaits.

## Services

- 📍 **Tourist Office:** assists residents and tourists with the latest information about what is happening in the municipality. More information at [trosa.com](http://trosa.com).
- 📍 **Library:** full-service library with generous opening hours.
- 📍 **Kronans Apotek:** sunscreen, mosquito repellent, prescription medicines and knowledgeable staff.
- 📍 **Swedbank:** local bank branch with ATM.
- 📍 **SEB:** bank for pre-booked meetings.

## Shops

- 📍 **BlomAteljen:** elegant flower shop with interior design and beautiful things.
- 📍 **Skostället:** well-stocked shoe shop.
- 📍 **Team Sportia:** sports shop with plenty of fishing gear.
- 📍 **Cozy at the Corner:** cosy shop with fashion, jewellery, interiors and much more.
- 📍 **Cecces:** fashion boutique with both men's and women's clothing.
- 📍 **Bookshop:** books for adults and children, office supplies and wrapping paper.
- 📍 **Abins & Vera:** beautiful antiques shop for the home, also toys.

- 📍 **Perspektivet:** fun interiors shop with gifts and more.
- 📍 **Agora:** fashion boutique, outlet and vintage.
- 📍 **Rosvall:** a small department store with furniture, gadgets and more.
- 📍 **Heymann & Heymann:** jewellery shop and goldsmith.

## Food & drink

- 📍 **Coop:** small but well-stocked grocery store in the centre.
- 📍 **Systembolaget:** open all year round
- 📍 **Trosa Grill:** fast-food kiosk with a pleasant outdoor seating area.
- 📍 **Trosa Gelato:** high-quality gelato made in-house, plus light lunches.
- 📍 **Lottas Ost:** large range of classic cheeses and delicacies.
- 📍 **Ankaret:** lunches and classic dishes with outdoor seating.
- 📍 **Villa Tjugosju:** interior design and food under one roof.
- 📍 **Trosa Kök & Bar:** classic sports bar with outdoor seating and simple food.
- 📍 **Torgkällaren Restaurant:** new owners, new lunch and dinner selection by the river.
- 📍 **Tofsö Deli & Trosa Chark:** local meat and delicacies.

## Wellbeing, body & health

- 📍 **Trosa Solarium:** Get a tan without relying on the Swedish summer.
- 📍 **Trosa Optik:** Sunglasses, eye examinations and everything an optician offers.
- 📍 **Henrikssons medical foot care:** Medical foot care.
- 📍 **No 24 hair salon and shop:** Hair salon and shop.
- 📍 **Trosa Chiropractic Clinic:** Wellness care for the whole body.

- 📍 **Spirea:** Massage and reflexology.
- 📍 **Synsam:** Sunglasses, eye examinations and everything an optician offers.
- 📍 **Tatto Torget:** Tattoo studio.
- 📍 **Strå:** Hair salon offering women's, men's and children's haircuts.
- 📍 **Hår Ateljén:** Linda and her team offer everything from haircuts and extensions to perms and colouring.
- 📍 **Trosa Men's Barber:** As the name suggests, this is the place for men's haircuts. Drop-in and booked appointments.
- 📍 **Smooth Hair:** Salon offering nourishing hair treatments and professional hairdressers.



## DID YOU KNOW?

Trosa Square has been a natural meeting place ever since the town took its current form in the seventeenth century.

Read more about Trosa's history on page 49.

## Other

- 📍 **Mediahuset SN:** Local media office.
- 📍 **Trosa Funeral Agency:** Everything for a beautiful farewell.
- 📍 **Skandiamäklarna:** Real estate agency. 🏠



The town hall on the square houses the Trosa Tourist Office.



On a beautiful summer day, the square is full of life.

# TROSA MARIN

WWW.TROSAMARIN.SE



**AUKTORISERAD**  
VERKSTAD · ÅTERFÖRSÄLJARE  
VINTERFÖRVARING



AWARD WINNING  
SERVICE TEAM

2025



VOLVO  
PENTA

ALUKIN

0156-12055  
INFO@TROSAMARIN.SE  
VÄSTRA HAMNPLAN  
619 35 TROSA



## REUSE &amp; REPURPOSE

# Vintage Treasures in Trosa Municipality

You're never far from your next second-hand find in Trosa Municipality. Here are some of the local gems.

## FLEA-MARKET EVENTS SPRING/SUMMER 2026

**Car-boot sale at Häradsvallen**

Popular Saturday flea market selling various items, starting 10 May. Information about which Saturdays apply and how to book your own spot is available at [trosa.com](https://trosa.com).

📍 Häradsvallen, Västerljung

**Flea market at Garvaregården**

On 15 and 29 July, Garvaregården hosts a large flea market in its cosy courtyard. Private sellers rent tables and sell everything from second-hand goods to personal items.

📍 Västra Långgatan 40



## DID YOU KNOW?

According to Svensk Handel, the second-hand market has grown into a significant market in Sweden. During 2024, the Swedish second-hand market turned over SEK 17 billion.

## TROSA

**Trosa Vintage & Second Hand Market**

Pop-up shop with hand-picked second-hand clothes. Check social media for opening hours.

📍 Smäckbrogatan 25, Trosa

**Helt rätt secondhand**

Carefully selected second-hand clothes for children and women, plus interior items. Open Thursdays and Saturdays.

📍 Åda Säteri, Trosa

**Återvinningsbutiken**

A daily activity organisation offering work experience through a shop selling donated items. All profits go back into the operation.

📍 Industrigatan 8B, Trosa

**ReLove Nordic**

Carefully selected garments and accessories from known designers – both new and second hand.

📍 Åda Handelshus, Trosa

**Lilla verkstan**

Small interiors shop that also sells second-hand children's clothes on commission.

📍 Hagabergsvägen 29

**Albins och Vera**

A cozy shop with selected vintage.

📍 Västra Långgatan 18

## VAGNHÄRAD

**LoppisLadan**

A big barn with several floors of finds.

📍 Väsby Gård, Vagnhärad

**Gammalt blir nytt**

Clothes, retro and homeware.

📍 Stationsvägen 10, Vagnhärad

## VÄSTERLJUNG

**Norrby Loppis**

Farm flea market. Follow Facebook for dates.

📍 Norrby Gård, Västerljung

**Havrevretens Gård**

Rural summer café with a vintage corner.

📍 Havrevreten, Västerljung



# Allt för matälskaren

Kött – Chark – Ost – Take away  
Helgkassar – Matevent – Catering

Ni hittar vår deli här:

Öppettider – [www.sjolundabacken.se](http://www.sjolundabacken.se)  
Bråtagatan 8A, 619 33 Trosa. (Bredvid Skrotrnissarna)



## När festen förtjänar en egen ö!

På Kråmö skräddarsyr vi ditt event i unik skärgårdsmiljö – med festlada, cirka 70 bäddar i charmiga stugor och smidig skärgårdstrafik. En självklar succé för festen, bröllopet eller kickoffen.

---- > [Kontakt@apelago.se](mailto:Kontakt@apelago.se)



## Fira stort i vår charmiga lada på Kråmö



## TROSA HISTORY

# A town close to the sea

Trosa's history begins by the water, where the sea has shaped life for centuries.

**L**ong before Trosa became a summer town, it lived in step with the sea. Already during the seventeenth and eighteenth centuries, Trosa was an important place for fishing, trade and transport in the archipelago. Herring fishing dominated, and the Trosa River functioned as the town's lifeline – a route inland along which goods, people and stories moved between sea and countryside. The so-called skärborgare lived here, combining fishing with small-scale trade and shipping.

But Trosa has not always been located where the town stands today. The original settlement lay further upstream along the river,

around Trosa Land Church. When conditions in the river changed – among other things because of silting – the town gradually moved closer to the coast, where boats could more easily get through.

**During the** eighteenth and nineteenth centuries, Trosa continued to develop as a coastal trading place. Smaller vessels travelled the coast and transported goods between archipelago communities and onward to Stockholm. The harbour became a central place in the town, and life along the river was marked by activity – from fishermen and skippers to craftsmen and merchants.

The Trosa River had a special significance. This was where boats moored, catches were unloaded and goods continued on their way. The river was not just a geographic

feature but a prerequisite for the town's development. At the same time, the sea was always present – as livelihood, transport route and living environment.

When fishing eventually declined and new transport routes emerged, the town's conditions changed. Yet traces of the earlier life remain. The street pattern, the closeness to the water and the small-scale environments still carry stories of a time when Trosa was an active part of the archipelago's trade and shipping network.

Today the sea and the river have taken on new roles, but their significance is still the same. Boating, the guest harbour and the movement along the water continue something that has been going on for several hundred years. What was once a necessity for survival has become part of the life and identity that characterise Trosa today. &



## DID YOU KNOW?

At Garvaregården you will find Trosa Town Museum. Here, in one of the town's oldest preserved farmsteads from the eighteenth century, you can discover stories about life in Trosa – from crafts and everyday life to the events that shaped the town.



Västra Långgatan 40,  
Trosa

## WHEN EVERYTHING BEGAN AGAIN

Hidden along Trosa's streets are traces of a dramatic history. In the summer of 1719, war reached the Södermanland coast and Trosa was hit by the Russian raids, when large parts of the town were burned down. The event was part of the final stage of the Great Northern War and changed the town fundamentally. When the fire had died out, only parts of the built environment remained. Trosa Town Church, completed just a few years earlier, survived – but apart from that, the town had to be built again. The Trosa we meet today still bears traces of that restart.



AI-generated visual based on an original image from Trosa Town Museum.



Trosa welcomes visitors year-round, with charm in every season.



Learn more about what's on year-round: [www.trosa.com](http://www.trosa.com)

ALWAYS OPEN

# Trosa in Every Season

Trosa is just as alive when the leaves are falling as when the sun stands high in the sky. Every season in Trosa has its own charm.

**W**hen summer's most intense visitor flow has ebbed away, a quiet calm settles in, while the town and countryside fill with a new kind of energy. Autumn arrives with fresh air, blazing colours and beautiful walks along the archipelago coast. Restaurants and cafés still welcome many visitors, with newly harvested ingredients and cosy settings.

Winter brings stillness and crisp air. The enthusiasts behind the ski slope dream of snow and make sure the slope is ready after the first flakes. The charming lanes in the town centre are gradually lit

up by Christmas lights; the magical atmosphere changes tone, but continues to shine.

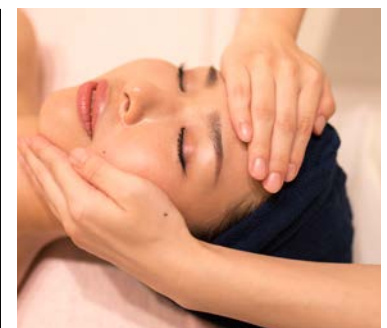
For those seeking relaxation, there are spas and soothing treatments. For the more active, forest trails and nature experiences beckon. Eventually spring wakes the town again, with pale green buds, longer days and a growing anticipation of summer's arrival. Cycle paths and hiking trails fill with exercisers and nature lovers.

Whenever you visit us, there is always something to discover. A warm welcome to Trosa – we are open all year, do not forget that! ☺



## DID YOU KNOW?

According to Statistics Sweden, Trosa Municipality has 14,900 inhabitants. For more than 15 years, the municipality has belonged to Sweden's top ten in Svenskt Näringsliv's ranking of local business climate, and most recently placed ninth in the country. Statistics Sweden's forecasts also show that Trosa is one of the fastest-growing municipalities in Sweden.



Trosa Stadshotell & Spa offers a year-round spa experience with relaxation areas, treatments and sauna in beautiful surroundings.



Even in the low season, Trosa offers a ski slope, ice rink and several beautiful nature reserves to explore.

Du blir snabbt nedkyld i vattnet. Omedelbara reaktionen kan vara att andningen låser sig helt, eller att du tappas om-dömet. Snart börjar du förlora kroppsvärme.

Du kan bli hjälplös på några minuter.



Att alltid ha flytvästen på borde vara en självklarhet. Har du dessutom din telefon i ett vattentätt mobilfodral ökar du din chans att få snabb hjälp. Sjöräddningssällskapet medverkar i cirka 90 procent av all sjöräddning och vi gör det utan bidrag från staten. Men för att kunna fortsätta behöver vi ditt stöd. Hjälp oss hjälpa dig. Ge gärna en gåva eller bli medlem på [sjoraddning.se](http://sjoraddning.se)

FRIVILLIGA SJÖRÄDDARE SEDAN 1907



**SJÖRÄDDNINGSSÄLLSKAPET**

Dina pengar kommer fram! Vi har 90-konto och kontrolleras av Svensk Insamlingskontroll.

**TROSA**  
AKTIVITETSPARK

**TROSAs Högsta Äventyr!**

- Höghöjdsbanor
- Zipline
- Äventyrsgolf
- Mat & Glasscafe

För öppettider, priser info & bokning, scanna denna QR kod:

Från skärgårdens lugn till storstadens puls på en timme!

**TrosaBussen**

**TrosaBussen.se**

Martin



## Handla online!

Nu levererar vi även till hamnen och  
Trosa camping.  
Det kallar vi service på riktigt!

## Din lokala matmarknad – mitt i Trosa!

Här står matglädje, gemenskap och det  
personliga mötet i centrum.

Vi finns här för att göra både din vardag  
och helg lite godare.

Besök vår hemsida på  
QR-koden nedan



Linda

Jenni

Varmt välkommen!

Hälsningar,  
Linda, Jenni med medarbetare

Verktygsgatan 1 • Trosa • 0156-348 50

**ICA**  
**KVANTUM**  
**TROSSEN**