



eco tours stockholm



An eco-guide to Stockholm

kg

Kivi 11 3.- st
Citroner 11 33.- kg

Demler
Apelsiner 11.
'Valencia' 30.- kg

Mango 'Keith' 19.- st
Päron 38.- kg



Eco Tours Stockholm shows the way to the green capital of Sweden

Is your company or organization interested in how the city of Stockholm works with sustainability and wants to learn more about clean-tech and the green architecture of Sweden?

Eco Tours Stockholm offers all-day and half-day “ecotours” in Stockholm and its surroundings. We show you the different paths to green technology, architecture, food and design. By foot, bike, boat, public transport or bus, we discover the green architecture of Stockholm, such as the eco-district Hammarby Sjöstad.

We also taste organic and locally produced food and look at Swedish organic fashion. Some ecotours include meetings with local politicians and organisations involved in the environmental issue. In most tours we also discover the nature of the city, such as the Eco Park of Stockholm.



Provides knowledge about sustainable development

Eco Tours Stockholm aims at providing knowledge to those visiting Stockholm, and to inspire them to strive for sustainability in their own countries. Since our customers are often politicians, technical consultants and business leaders, we hope that we will be a small part of the solutions towards a more sustainable society.

Reduces own negative impact on the environment

We also strive to reduce the ecological footprint of the company. Eco Tours Stockholm uses green electricity and we try to recycle all our waste. The tours are carried out in the most sustainable way. Thus, we prefer tours on bike, by foot or by the excellent public transports of Stockholm. We also provide tours on a boat that uses electricity instead of harmful fuels. If we travel by bus, we try to find the most environmentally friendly one. When arranging food for the tours we always use organic food. We also encourage our customers to compensate for the emissions of carbon dioxide that their travels have caused.

Broad network and long-term experience

Eco Tours Stockholm is initiated and run by Susanna Elfors, who has a long-term experience from working with environmental issues. She has a PhD in sustainable housing at KTH (Royal Institute of Technology in Stockholm). Susanna has a broad network consisting of local politicians, environmental activists, green entrepreneurs, researchers and guides in Stockholm that she uses for the tours.





Our tours

Of course
we can arrange
special tours
designed
by our customers.

Eco tour on water

2-3 hours for 15-30 persons, by boat

Experience the ecology and the environment of Stockholm from the water. We travel by boat through the Eco Park, the close archipelago of Stockholm and the eco-district Hammarby Sjöstad. During the tour our skilled guides will hold lectures about Stockholm from an environmental and ecological perspective. We will learn why Stockholm became the first European Green Capital, about sustainable housing, the Eco Park, different environmental projects of Stockholm and where to find organic food and clothes. The tour can also include organic refreshments and a short stop in the Eco Park.

Green Pearls of the Old Town

2-3 hours for 10-20 persons, by foot

The Old Town of Stockholm is so much more than the castle and shops with Viking helmets. During this tour we will discover the green pearls of the Old Town, ranging from secret gardens and trees to organic bakeries and the most famous Swedish eco-fashion store. The tour could be combined with a dinner or lunch at an organic gourmet restaurant.



Eco-districts and eco-villages of Stockholm

4 hours for maximum 30 persons, by foot

We start with a guided walk in the vibrant city district of Hammarby Sjöstad where we learn about the environmental ambitions of the area. We then we walk on a beautiful path through the Nacka Nature Reserve to the lovely little eco-village Understenshöjden. Upon arrival we take a walk with a local guide, living in the eco-village and have ourselves some organic refreshments.

Green energy solutions in Stockholm

6 hours for maximum 40 persons, by bus

During this tour we visit power plants in Stockholm where waste and waste water is used for energy production. We will also meet representatives from clean-tech companies working with clean energy and visit local water or wind power plants. The tour includes an organic lunch.

Sustainable architecture of Stockholm

6 hours for maximum 40 persons, by bus

This tour gives an overview of the green architecture and the planning for sustainability in Stockholm. During the tour that starts in southern Stockholm and ends in the north we will visit several interesting project such as passive or zero energy buildings, an eco-village, the eco-district Hammarby Sjöstad, a suburban social housing area that is transformed to an eco-district and Royal Seaport that is an eco-district under construction. The tour also includes refreshments and an organic lunch.



Organic food and alternative life styles in the Swedish countryside

6 hours, 40 persons, by bus

This tour goes to Järna in the outskirts of Stockholm where we visit organic gardens, stores and a bakery. We also visit an anthroposophist center with a special architecture. The tour also includes an organic lunch.

A small eco-guide to Stockholm



Stockholm – First European Green Capital

Stockholm is not only the capital of Scandinavia but also the first European Green Capital, awarded by the European Commission for the long-term and successful work with environmental issues, and the ambitious targets for the future. Things that make Stockholm a world-class city.

Read more on www.stockholm.se

Stockholm City

In the 1970s, the former bohemian Klara districts were demolished and replaced by a modernistic architecture which is still dominating the Stockholm city center. Unfortunately, this architecture promotes heavy car traffic. However, the central square, Sergels torg, has become an important place for demonstrations of different kinds. The “House of Culture”, Kulturhuset, has also become a meeting place with exhibitions, theatres and restaurants. Some years ago it was decided that Kulturhuset should have an eco-profile, why the food today to a great extent is organic and there are solar cells on the roof.

Ekoteket

Address: SergelsTorg, T-Centralen



Ekoteket is a meeting place for debating environmental issues and climate change. It is situated at the second floor of Kulturhuset (“House of Culture”). There is also a café that serves organic and locally produced food.

The Old Town

The Old Town of Stockholm is very picturesque with vending alleys and old buildings. During summertime it is occupied by tourists. There is, however, another Old Town behind the main street for visitors interested in ecology and culture. At Österlånggatan, Lilla Nygatan and Stora Nygatan you can find a lot of nice stores with organic products and handicraft. The small alleys in the middle of the island also hide nice small squares and hidden gardens.

Ekovaruhuset

Address: Österlånggatan 28

The Ekovaruhuset (“House of Organics”) is probably the most famous eco-store in Sweden with a lot of locally produced eco-fashion.

Kungsholmen

Kungsholmen means the “King’s island” in Swedish. The City Hall is situated here, a beautiful building well worth a visit. Another tip is to take the nice walk along the coasts of Kungsholmen and watch the beautiful scenery.

Bulleboden

Address: Parmmätargatan 8

A nice small local lunch restaurant with home-made organic bread.

Vasastaden

This part of Stockholm with its broad streets and stone buildings from the 19th and 20th century is perfect for nice strolls. At the upper part of Drottninggatan there is a nice area with small stores and cafés.

Matdistriktet

Address: Rådmanngatan 57, Vasastaden

This is a pleasant food store, café and lunch restaurant with exciting organic products such as yellow carrots, rhubarb candy and raw chocolate.

Djurgården

Djurgården is part of the Eco Park, the great national park surrounding Stockholm. At Djurgården you will find beautiful scenery as well as cultural experiences such as the outdoor museum Skansen.

Matmekka

Address: Djurgårdsbrunnsvägen 34

The restaurant at the Ethnographic museum serves nice crossover food that is partly organic and fair trade-labeled.

Rosendals Trädgård

Address: Rosendalsterrassen 12

In this beautiful place you can find biodynamic plantations, a café and a shop. Resting under the apple trees is very relaxing, and the organic cakes are delicious. You can also pick flowers or buy plants here.



Södermalm

Södermalm is a large island with a lot of different areas. Parts of it are considered as bohemian, as for instance the Nytorget area. The population of Södermalm votes for the Green Party to a great extent and they tend to buy a lot of organic food. At Södermalm you can find a lot of vintage shops.

Aarts Mat & Dryck

Address: Åsögatan 176

Organic, locally produced gourmet restaurant with the food that is right for the season.

Southern suburbs of Stockholm

The southern parts of Stockholm are very interesting for an eco-tourist. In this area you will find the eco-district Hammarby Sjöstad as well as the eco-village Understenshöjden. You will also find the large nature reserve Nackareservatet with its beautiful small lakes and deep forests.

Understenshöjden

Address: Understensvägen, Björkhagen
A Wonderful eco-village close to the city but with green surroundings. Take the subway to Björkhagen and then walk to Understensvägen.

Hammarby Sjöstad

Address: Hammarby Sjöstad.
A large city district with exciting architecture and many environmental solutions. Take the tram from Gullmarsplan or the ferry from Norra Hammarbyhamnen.

Northern suburbs of Stockholm

The Northern suburbs include great parts of the Eco Park such as Hagaparken and Fiskartorpet. Here is also a new eco-district, Stockholm Royal Seaport developing.

Stockholm Royal Seaport

Address: Ropsten subway station
This large eco-district has not yet been built, but it will contain 10 000 apartments and 30 000 workplaces. The construction has just started and the area will combine high-tech green solutions with possibilities of achieving a sustainable life-style in the area.







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www.ecotoursstockholm.se
e-mail: info@ecotoursstockholm.se
phone: +46 706 865 112