



Stockholm Archipelago Trail



Launched late last year, the Stockholm Archipelago Trail is a 270km hiking route spanning 20 (out of an estimated 30,000) islands lying east of the Swedish capital. These car-free islands are accessible by public ferry and come to life during summer.

Each island has its own unique flavour. A handful are rich in military history; some offer quirky galleries and museums; still others support working farms. Uniting them is their stark natural beauty – from forests filled with birch, spruce and pine through to remote rocky outcrops and windswept stretches of sand.

DAY ONE

Morning

My husband and I wake up early in Barnvik, less than an hour from central Stockholm. From there, we take a bus to Sollenkroka Brygga (pier), a popular jumping-off point for the archipelago, and catch a ferry to the island of Möja.

After disembarking, we set off on a 13.8km section of the Stockholm Archipelago Trail that mostly hugs the coastline, passing fishing villages dotted with traditional red cottages. Beside the road, bees and butterflies flit from clover to meadowsweet to heather. Though the official trail on Möja follows a rough gravel road, we wander onto unmarked forest paths where carpets of wild blueberries grow in dappled shade. Our fingers take on a purplish hue as we forage.

We reach the village of Berg where we break for *fika* – the Swedish version of smoko. Pulling up seats at one of the bakery's outdoor tables, we sip coffee and snack on *kardemummabulle* (cardamom buns) with their sweet, gritty, glazed crowns.

From here, it's a short stroll to Möja Church. A map from 1630 shows a small wooden chapel standing on the site of the current church. This chapel was the only building left standing when Russian soldiers razed the island in 1719.

stockholmarchipelagotrail.com; visitmoja.se

Afternoon

Seafood platters are the biggest seller at Berg's lively alfresco restaurant Les Poissonniers de Möja. But between blueberries and buns, we've left insufficient room. Instead, we eat fish and chips paired with glasses of white wine.

'Sandhamn is a party island, with live music thumping out of the upmarket Seglarhotellet'

Sweden's new trail links islands and old Viking routes, writes Denise Cullen



Clockwise from above: Möja, an island in the Stockholm Archipelago; the ferry to Möja leaves from Sollenkroka; the popular Les Poissonniers de Möja restaurant.

The local history museum, Möja Hembygdsmuseum, overlooks the sea. Kerstin Malmer, who traced her ancestry on Möja back to 1595, says she and other volunteers seek to preserve memories of a vanishing way of life. Among the museum's objects is a wooden butter dish from circa 1683.

"It's almost as old as the *Vasa*," she says, referring to the Swedish warship that famously sank on its maiden voyage in 1628 and is now displayed in Stockholm's Vasa Museum. moafisk.se; hembygd.se/moja

Evening

We stock up on provisions at the Berg grocery store and take the return ferry. The sun sets around 9.30pm in the summer months, so we savour the long, slow descent of dusk.

DAY TWO

Morning

We catch a bus to the port of Stavsnäs and join a long queue of holiday-making Swedes snaking across the jetty for a ticket to Sandhamn. When the giant ferry (used as an icebreaker during winter) docks an hour later, it becomes apparent that Sandhamn

is a party island, with live music thumping out of the upmarket Seglarhotellet.

We set off on the day's 8.1km hike, climbing a hill and pausing for breath at a sculpture of Neptune's trident.

The trail then turns towards the forest, offering ocean glimpses through the pines. The music fades as we put distance between ourselves and the pier.

When the trail hits the beaches, our feet crunch on dried kelp. We scrabble over smooth stones coloured pale pink, white and grey, as though selected by a Nordic designer.

At Trouville Beach, a protected sandy cove, we strip down to togs and join the throng already frolicking in the water. Even in summer, the water temperature is a bracing 15C-18C. We dry off (and warm up) on sun-baked rocks before completing the day's hike.

sandhamn.se

Afternoon

Tables at Sandhamns Värdshus are such hot property that it's an hour before our names are called. It's worth the wait. I have *stekt strömming* (fried herring) served with mashed potato, lingonberries, and browned butter – Swedish comfort food at its finest. We forgo dessert in favour

of *fika* – today, *toscabulle* (cardamom buns filled with almond paste).

I indulge a shopping itch in the boutiques beside the pier. One sells resort wear, alongside stylish Chimi sunglasses, designed in Stockholm.

Also browse a bookstore that has everything from coffee-table books (most in Swedish) to translations of the best-selling *Sandhamn Murders* series by Sweden's Viveca Sten. sandhamns-varvshus.se; sandhamnsbageriet.com; maxstrom.se

Evening

The crowded ferry journey back from Sandhamn recalls the *Voyage of the Damned*, with crying children, two passengers for every seat, and a yelping dog or two. After reaching our cottage, we dump our daypacks, tread the rickety wooden boardwalk at the bottom of the hill and plunge into the Baltic Sea.

DAY THREE

Morning

We bus it back to Stavsnäs and then catch the ferry to Nämdö, disembarking at the village of Solvik. Our first stop is at the bakery to fuel



From top: Sandhamn in the Stockholm Archipelago; butterflies are ever-present on the Nämö path; hiking through a pine forest on Sandhamn.

up with *fika* – choosing *kanelbulle* (cinnamon buns), which are so beloved that Swedes celebrate Cinnamon Bun Day on October 4 every year. We also stash sandwiches to eat along the way.

The 13.1km trail on Nämö offers more varied terrain and a notch more challenge than the previous two days. We spot fruiting cherry and apple trees dotted amid the birch and pine, step carefully through cattle pastures, wander through meadows scattered with wildflowers, and pause to listen to the susurrs of winds through open grasslands. namdosolvik.com

Afternoon

Tucked away amid the trees, on the edge of a

harbour at Långvik, is an unstaffed public sauna housed in a rustic timber hut. Maintained by The Archipelago Foundation, the sauna is stocked with everything from matches to wood. We gather kindling and some of the pre-cut logs beneath the hut to start a fire in the sauna's metal stove.

Steam erupts with a hiss as I use the supplied saucepan to tip fresh water over hot stones. Underneath a single smoke-encrusted window, we stretch out on towels on the well-worn wooden benches, enveloped in heat and sweating profusely, just as Swedish people have done for a thousand years before us.

explorearchipelago.com

> DISCOVER

There are no direct flights between Australia and Sweden. We flew via Qantas (Brisbane to Singapore) and Finnair (Singapore to Helsinki) before taking the Viking overnight ferry to Stockholm. From there, we took a bus to Barnvik, 40 minutes from central Stockholm. vikingline.com

> PLAN

Public transport in and around Stockholm is efficient and reliable, and using it is a cinch. On buses, we tapped our credit cards and, for ferries, bought tickets online or on the boat. sl.se

> BOOK

During summer, many islands on the Stockholm Archipelago Trail offer accommodation. But ferry timetables mean that hopping between islands isn't straightforward. We used the archipelago's more central Barnvik as a base, staying in an Airbnb. This made it easy to explore a different island each day. airbnb.com.au



BLACK FRIDAY

UP TO

50% OFF

YOUR WORLD INCLUDED™

All Speciality Dining
Shipboard Gratuities
Unlimited WiFi
plus choice of:
Complimentary Wine & Beer
or Shore Excursion Credit



Dazzling Alaska

SEATTLE TO SEATTLE

7 Days | 6 August 2026 | Oceania Riviera



BLACK FRIDAY SALE | FARES PER GUEST FROM:

	WAS	NOW
Concierge Level Veranda	AU\$5,960	AU\$4,172
Veranda Stateroom	AU\$5,580	AU\$3,906

Fjordlands of Norway

LONDON TO OSLO

14 Days | 15 August 2026 | Oceania Insignia



BLACK FRIDAY SALE | FARES PER GUEST FROM:

	WAS	NOW
Concierge Level Veranda	AU\$14,700	AU\$10,290
Veranda Stateroom	AU\$14,540	AU\$10,178

FOR MORE INFORMATION

CALL 1300 355 200

VISIT [OCEANIACRUISES.COM](http://oceaniacruises.com)

OR CONTACT YOUR TRAVEL ADVISOR



Scan this QR code with your smartphone camera to view additional Black Friday sale voyages

THE FINEST CUISINE AT SEA®

AWARD-WINNING ITINERARIES

SMALL SHIP LUXURY™

OCEANIA
CRUISES®

YOUR WORLD. YOUR WAY.®

Oceania Regatta, Oceania Insignia, Oceania Nautica, Oceania Sirena, Oceania Marina, Oceania Vista & Oceania Allura are registered marks of Oceania Cruises Ltd. *Offers, fares and itineraries are accurate as of 25 November 2025 and are subject to change or withdrawal without prior notice. Black Friday sale is valid from 6 November 2025 until 11 December 2025. Up to 50% off is available for select categories on select sailings, subject to change and capacity controlled. Mention Code HOBF. INS260815 voyage features 35% savings on select categories. Visit www.OceaniaCruises.com for current pricing. For Your World Included amenities, guests in the same stateroom must choose the same amenity. Choice of amenity must be made by final payment date and is not applicable to third and fourth guests in any cabin. Amenities choices are (1) Complimentary Wine & Beer or (2) Shore Excursion Credit. If no amenity is chosen, a non-use credit will be applied to final payment. For full details visit www.OceaniaCruises.com/legal. Complimentary Wine & Beer includes a selection of wine by the glass or beer from our General Bar Menu, available at any onboard venue during operating lunch and dinner hours. Certain exclusions apply. If Shore Excursion Credit is selected, it is recommended to secure all shore excursions at least 14 days prior to sailing. Value of shore excursion credits varies by voyage length and is per stateroom except for a single traveller booked in a Solo category or booked with a single supplement discount, where amenity is per guest. Voyages (1) up to 9 days receive Shore Excursion Credit of US\$400; (2) from 10-13 days receive US\$600; (3) from 14-19 days receive US\$800; (4) from 20-25 days receive US\$1,000; and (5) greater than 26 days receive US\$1,200. Any unused Shore Excursion Credit can be used as shipboard credit on the same voyage or will otherwise be lost upon debarkation. For more details about Best Value Guarantee, visit www.OceaniaCruises.com/legal. All fares are per person in AUD, valid only for residents of, and booking through travel advisors located in Australia, or through the Australia contact centre, based on double occupancy (unless otherwise noted) – except fares for Solo category are for a single traveller and are based on single occupancy – for new bookings only and may be withdrawn at any time. Airfares are additional. Unlimited WiFi amenity does not include streaming and includes a login for the first two devices per stateroom (one login for solo traveller). Visit www.OceaniaCruises.com/internet for more details. All cruise fares include gratuities for stateroom/suite attendants, butlers and dining waitstaff, as well as government taxes and fees. For other services or purchases made onboard, additional gratuities of 20% apply. Not all promotions are combinable. Fares may vary by sailings and any "Fares From" pricing is based on the lowest available category at the time of publication, unless otherwise indicated. Suite and stateroom measurements are approximate, and those in same category may vary in size. Suites and staterooms may also have different furniture placement than depicted in the photographs. We may collect, use, share and secure your personal data as described in our privacy policy, which is available on our website at www.OceaniaCruises.com/legal/privacy-policy. OceaniaCruises reserves the right to correct errors or omissions and to change any and all fares, fees, promotions and surcharges at any time. Complete Terms and Conditions may be found at www.OceaniaCruises.com/legal. Ships' Registry: Marshall Islands. NCL Australia Pty Ltd ABN 8060 7578 781.