

Things to do in Stenhamra

and the surrounding area

Our own tips for food, swimming, day trips and nature on the Mälaren islands. Click the links for more information.



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your phone

Eat and fika

Färingsö konditori och bageri Stenhamra centre

faringsokonditori.se

A lovely bakery café with home-baked pastries and light lunches.

Restaurang Kolmilan

restaurangkolmilan.se

Excellent food and friendly service, and a fantastic brunch. A place you will want to come back to! Book a table in advance to avoid disappointment.

Juntras Grönt

juntrasgront.se

Home-baked and home-cooked with heart and soul. A visit here is something you remember and happily return to. Highly recommended for summer outings.

Rosenhills Trädgård

rosenhill.nu

An out-of-the-ordinary experience for body and soul! Food and fika in an unusual setting, loved by many – though not by everyone! There is also a flea market on Sundays and evening events on Wednesdays.

Vinstian

[Vinstian on Facebook](https://www.facebook.com/vinstian)

A fun, different bar with a wide range of wines in several price ranges. Also serves themed food that changes through the week and the seasons.

Ölsta café Färingsö

olstacafe.se

A rustic, personal café next to a riding stable, serving waffles and sandwiches.

Café Hovgården Adelsö

cafehovgarden.se

A café in the heart of the World Heritage Site on Adelsö, with coffee, pastries, ice cream and light meals. Open during the summer season. Combines perfectly with a visit to Hovgården and the free ferry to Adelsö.

Kaggeholms slott Helgö

kaggeholmsslott.se

A castle from the 1720s with a bistro and café on the shore of Lake Mälaren.

Jungfrusund

jungfrusund.se

A guest harbour on the Ekerö side with several restaurants, bars and casual eateries. There is also mini golf, volleyball, canoe rental, padel and much more!

Skå Pizzeria

skapizzeria.se

Decent pizzas that many consider a notch above the competitor in Stenhamra. Located in Skå on the way from the city, so picking up food is easy. You can also eat in.

Stenhamra Pizzeria Stenhamra centre

stenhamrapizzeria.com

For when a takeaway pizza nearby is what you need! Decent pizzas when hunger strikes.

Swimming

Ekerö is made up of 140 islands, islets and skerries, with plenty of places to swim – jetties, beaches, forest lakes and the odd rock. Take a walk on any of the islands and you are sure to find your own secret spot, with only the peace of nature for company.

Stockbybadet

Public swimming area close to Stenhamra centre. About a 15-minute walk or 3 minutes by car.

Mörbybadet Färingsö

badkartan.se – Mörbybadet

Natural swimming spot with a sandy beach, lawns, changing rooms and a barbecue area. Often quieter than other beaches in the area.

Public swimming areas in Ekerö

upplevekero.se – swimming areas

All the municipality's swimming areas in one place.

Ekerö Badhus

ekero.se – swimming centre

A brand-new indoor swimming centre opened in spring 2023, with everything a modern swimming hall should have.

Day trips and sights

Drottningholm Palace

kungligaslotten.se

Built in the 17th century with Versailles as its model, the palace is today the home of the Swedish royal family. The unusually well-preserved palace grounds have been a UNESCO World Heritage Site since 1991.

The stonecutters' village and quarry Stenhamra centre

upplevekero.se – stonecutters' village

Right in Stenhamra lies the old quarry from the late 19th century. In the early 1900s it was the capital's main supplier of cobblestones. Famous scenes from both Pippi Longstocking and The Brothers Lionheart were filmed here.

Svartsjö Palace

svartsioslott.com

A palace built for Queen Ulrika Eleonora in the 1730s, on a site with history going back to the Viking Age. Today it also has a café – check opening hours before you go.

Ekebyhov Castle

ekero.se – Ekebyhov Castle

Sweden's oldest wooden castle, from the late 17th century, where the Swedish Christmas TV series Mirakel was filmed in 2020. Plenty to discover in the castle and park, and lunch and fika are served here too.

Birka and Hovgården

birkavikingastaden.se

Sweden's first town lies on the island of Björkö in Lake Mälaren and has been a UNESCO World Heritage Site since 1993. Excavations are ongoing, and there is a Viking museum and Viking houses where you can experience how people lived in the Viking Age (AD 700–1100). See Getting around for how to get there.

Lövö Magasin

lovomagasin.se

Farm shop with food and fika.

Färingsö Hembygdsgård Färingsö

upplevekero.se – heritage farm

An old farmstead with a wagon shed, smithy, fishing cabin and exhibitions in the storehouse, plus an 18th-century cottage with a kitchen garden. Weekend café June–August.

Äppelfabriken Hilleshög, Färingsö

appelfabriken.se

One of Sweden's oldest apple orchards, dating back to the 1640s. In autumn (August–November) you can bring your own apples and have them pressed into juice while you wait.

Exercise and fitness

Stenhamra Gym

stenhamragym.se

A classic indoor gym – for when convenience matters most.

Borgenparken Stenhamra

[Show on map](#)

Outdoor gym and skate park, free for everyone to use.

Stenhamra illuminated trail

naturkartan.se – lit trail

A 2.6 km lit trail for walking or jogging.

Hiking trails

The nature on Ekerö is stunning, with beautiful views everywhere. The islands have been inhabited for thousands of years, and historic remains are all around – rune stones, burial mounds and castle ruins.

Naturkartan

naturkartan.se – hiking trails in Ekerö

An overview of the official hiking trails in Ekerö municipality.

Eldgarnsö Nature Reserve

lansstyrelsen.se – Eldgarnsö

A 6.6 km nature trail through oak meadows and forest, with rest areas and fireplaces for barbecuing.

Mushroom picking

We love picking mushrooms ourselves and know there are plenty on the Mälaren islands. Whether you head a little further afield or just take a walk in the woods around the corner, you can almost always find something.

Getting around

Bus

sl.se

The nearest stop is Stenhamra centrum, about 800 metres away, served by bus lines 176, 316, 317 and 396.

Commuter boat – SL line 89

ekero.se – commuter boat

From Ekerö centrum to Klara Mälarstrand in central Stockholm. You travel on a regular SL ticket and can bring your bike if there is room. A much more enjoyable way into Stockholm than the bus!

Car ferry Ekerö–Slagsta

faria.se

Convenient if you are coming from the south or heading south. The ferry leaves from Jungfrusund and runs all year round. Charges apply.

Car ferry Munsö–Adelsö

A free ferry if you want to visit Adelsö.

Boat to Birka

birkavikingastaden.se – getting there

You cannot take your car to Birka, but several boat lines serve the island.

With Strömma you can go directly from Jungfrusund or from Hovgården on Adelsö: stromma.com

Good to know before you go

Opening hours, seasons and prices may change. Please check opening hours and other information on each website before you set off.

Enjoy your stay!