

What to do in Stockholm in 3 days, our must-sees and our itinerary so you don't miss a thing



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By Floriane

After exploring northern Sweden, we're in **Stockholm for 3 days**. It's the colorful, tree-lined capital of the northern countries, not to be missed.

Stockholm is a capital of great cultural wealth, with **museums** where you can learn while having fun (yes, it's possible). The city has the particularity of facing the Baltic Sea, so don't miss its **magnificent archipelago**.

Here's our itinerary, our must-sees, our tips and our tried-and-tested program for visiting **Stockholm in 3 days** and not missing a thing!

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Must-sees: 11 things to do in Stockholm

In Stockholm, there's something for everyone, summer and winter alike. We recommend strolling through the colorful houses, enjoying the many parks, interactive museums and exploring the magnificent archipelago.

It's one of our favorite European capitals. We were lucky enough to visit it several times, and when you love it, you don't count. We're always happy to come back.

Here are our 11 must-do activities (we couldn't narrow it down to 10):

☐ *Where to sleep: [the Birger Jarl hotel](#) is ideally located for visiting **central Stockholm on foot**.*

☐ *[Information and reservation for the Birger Jarl hotel](#)*

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1. Gamla Stan: visit Stockholm's old town

This is the neighborhood not to be missed. **Gamla Stan** in Swedish translates into "old town" in French. We explored this district on an [organized 2-hour tour](#), to learn more about the city of Stockholm and Sweden.

Stortorget Square, with its colorful facades, is the city's most Instagrammable square. This is where the changing of the guard takes place - more about that below. This is also where you'll find most of [Stockholm's souvenir](#) stores.

We recommend you take the opportunity to admire the magnificent **Royal Opera House**.

[Find out more about the organized tour](#)

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2. Djugarden Stockholm: exploring the museum island

It's the **island** of Stockholm museums. If there's one country where we recommend exploring museums, it's Sweden. The Swedes have succeeded in making their museums instructive and interactive for young and old alike - yes, we promise, it's possible.

For example, instead of simply showing images of the sculptures, at the Vasa Museum they have been reproduced life-size inside the museum. And generally speaking, children can touch everything, so we didn't have to tell our daughter every 5 minutes "noooo don't touch that" .

On this island, we recommend the [Vasa Museum](#), the museum of Swedish disco band [ABBA](#) and the [Viking](#) Museum. We advise you to book your tickets in advance to avoid long queues at the ticket office.

[Vasa Museum tickets at the best price](#)

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3. Cruise in the Stockholm archipelago

A must-do activity. The **city of Stockholm** extends over 14 islands. [The Stockholm archipelago](#) is home to some 25,000 islands!

You have several options for visiting the Stockholm archipelago by boat, depending on how much time you want to devote to this activity. You can opt for an [organized 2.5-hour cruise](#) or a short trip on the ferries, a kind of public bus.

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4. Take to the skies: skyview and rooftop

In Stockholm, you have several options for admiring the city from above.

- Or take in the **views** of Stockholm, including its beautiful city hall, from Södermalm Island (point on our map below).
- Climb to the top of **Stockholm's City Hall**, the tower reaches a height of 160 metres (from May to September, approx. €6) and offers a beautiful view of the historic center.
- Or have a drink on a **rooftop** (addresses below)
- Or enjoy a **ride in a** SkyView glass **gondola**, which offers a beautiful view of Stockholm and the surrounding area.

You won't want to miss this impressive white dome and its gondolas, from which

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you can soar high for a **360-degree** view of **Stockholm**.

Of course, we advise you to take advantage of the viewpoints at sunset, when the view is even more beautiful.

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5. Skansen: a small concentrate of Sweden

We've already told you that the Swedes are big on interactive museums. This huge **open-air** venue is the proof.

The [Skansen Museum](#) is a **small concentrate of Sweden**, where you can see over a hundred traditional habitats. There's even a park with animals from the Far North (reindeer, elk...). You'll be amazed at how much time passes in this open-air museum.

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6. Stockholm metro: a veritable art gallery

The Stockholm metro is a veritable art gallery, with **90 stations** decorated by some 100 artists. Don't hesitate to embark on a treasure hunt for the prettiest resorts! It's a great idea for an activity when visiting [Stockholm in winter](#) or when it's raining!

Our favorites:

- **T-centralen**: this station is magnificent with its blue vine-leaf motifs.
- **Radhuket**: this ochre resort will make you feel like you're in a cave
- **Thorildsplan**: this resort will transport you back to the video games of the 80s, where the stars were Pac Man and Super Mario.

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7. Covered market: try local specialities

We're not going to lie to you, we weren't generally thrilled with Swedish gastronomy. There are two dishes we'll remember: the **meatballs** (see address below) and the **Fika** break (translation = coffee and gourmet break with friends) accompanied by its **Kanelbullar** (a soft cinnamon roll), Sweden's emblematic pastry!

We recommend a stop at the **Östermalm** food market to try it all out.

→Si If you'd like to learn more about Swedish gastronomy, you can opt for a [guided tour](#) that includes a tasting of Swedish specialties.

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8. Sunset in the Sodermalm district

This is one of our [favorite Stockholm neighborhoods](#) full of trees and flowers. We loved wandering around and getting a good **view** of the Swedish capital.

You have 2 options for enjoying the sunset. Or head to the **Kinnarvksberget** viewpoint, **where** you can sit on the rocks and watch the sun set on the opposite shore. You'll be able to admire **Stockholm's** magnificent red-brick **City Hall** and its tower that dominates Stockholm. Or enjoy it from the roof terrace of the [Museum of Photography](#).

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9. Palais Royal and the changing of the guard

During our guided tour, we learned that Swedes are very attached to their royal family. Because it aims to be close to the people and multicultural (the King and Queen have French origins). Members of the royal family are free to marry whomever they wish.

Located in the **Gamla** Stan district, you can visit Stockholm's royal palace and/or attend a small ceremony lasting around 30 minutes: the **changing of the guard**, at 12:15 when we were there (remember to check before you come, as the changing of the guard doesn't take place every day in winter). Come early, as it's very busy. Note that in winter, the ceremony is shorter and a little less impressive. At the same time, we didn't feel like standing still outside for too long at -15 degrees.

10. Tivoli amusement park

The island of Djurgården also boasts a large **amusement park: Gröna Lund Tivoli**. You'll be able to enjoy a wide range of attractions almost with your feet in the water.

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11. Stockholm City Hall

[Stockholm City Hall](#) (Stadshuset in Swedish) is located south of the Kungsholmen district. You won't want to miss its imposing red-brick façade and tall tower.

You can visit certain rooms on a guided tour in English or French (approx. 45 minutes – no individual tours). The **Golden Hall**, site of the **annual Nobel Prize banquet**, is the most interesting room.

The 160-metre-high tower offers a panoramic view of the Swedish capital (May to September approx. €6 – partial elevator access).

What to do in 3 days: our itinerary

Our programme for discovering Stockholm was as follows, and as you can imagine, we were not bored:

Day 1: Discovering the city center and historic town center

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As soon as you arrive, remember to buy a transport card or a [multi-stop bus and/or boat](#) ticket that will take you directly to the sights **in Stockholm**.

We began by exploring the **Norrmalm district**, the **city center**, with its wide tree-lined avenues surrounded by multi-storey buildings with elaborate facades. This is the area for shopping. We were pleasantly surprised by the large number of **second-hand stores**. Inside, **Arkivet's** boutiques are well presented and arranged by color.

We then headed north to the **residential district of Vasastan**, to the **Observatorielunden** observatory for a superb 360° view of the city. For lunch, we had noted a great pizzeria that was closed. Instead, we found a very good bakery next door with great salads and sandwiches, which we enjoyed in a lovely playground. This makes it possible to have a 2-in-1 meal + playtime!

To digest and during our daughter's nap – for those of you who have been following us for a while, of course – we took an [organized tour](#) of Gamla Stan, Stockholm's historic center. This district is home to the **Royal Palace** and the **Changing of the Guard**, the famous Stortorget square **with its colorful facades**, and Stockholm's smallest street.

At the end of the tour, we recommend a visit to the Nobel Museum. This quick tour will enable you to learn more about the history of the Nobel Prize and its various winners.

We ended our busy day at the **Royal Library** Park, with its fruit trees and children's playground **Humlegårdens parklek**. This garden is a haven of peace and nature in the heart of the city. We also took time out to observe the magnificent **Royal Opera House** and enter the **Östermalm Food Market**. We walked almost 12 km.

If you prefer, you can also complete this itinerary on a [guided bike tour with commentary](#).

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D2 Discover two small havens of peace, on the islands of Djurgården and Södermalm

For our second day in the Swedish capital, we headed for the island of Djurgården: [Stockholm's museum](#) island. We recommend you opt for the [Go City](#) Stockholm Pass, which pays for itself after your third museum visit.

We started with the Vasa shipwreck museum, not to be missed during your stay. Then we went to Stockholm's **open-air museum**, [Skansen](#). It's a **little concentrate of Sweden**. If it's raining or too cold, you can head for the Swedish disco group [ABBA](#)'s museum or the Viking museum, located right next door, to delve into Swedish history.

Then for lunch, we headed to the Södermalm district to try the Swedish dumplings. This is one of our **favorite** Stockholm **neighborhoods**, full of trees and flowers.

To digest, we loved to stroll around and get a good **view** of the Swedish capital. Admire **Stockholm's** magnificent red-brick **City Hall**. We were delighted to discover the places mentioned in Stieg Larsson's **Millenium** saga.

In this district, you can also visit the **magnificent** [Museum of Photography](#), and at the end of the day, you'll have a beautiful view of the city from the terrace.

Another idea in this area, if the weather is warm, is to enjoy the sandy beach of Tanto (tantastrandbad), one of the [closest beaches to downtown Stockholm](#).

To round off our busy day, we took the boat (included with your transport tickets) or your [multi-stop bus and/or boat](#) ticket. Then we opted for a takeaway burger for dinner.

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D3 Set sail in the Stockholm archipelago and discover its subway stations

For this last day, we wanted to take a cruise. We spent around 2h30 exploring the **Stockholm archipelago**. We glimpsed the city from the water, and then moved into its verdant archipelago.

Back on dry land, we had lunch by the water, then set off to explore the metro stations. The **Stockholm metro** is a veritable **art gallery**, with 90 stations decorated by some 100 artists.

Then to round off this (yet another) beautiful day, we had a drink, Kungsholmen. It's a **trendy residential area**, and we met up with a friend (of my sister's) who's been living in Stockholm for several years to have a drink in a quirky bar on the water. We loved walking along the waterfront to **Stockholm's** red-brick **City Hall** and then into the historic center. A great moment of our stay.

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Stockholm Go city pass

The [Stockholm Go city pass](#) is very simple to use: your ticket gives you **free** access to many of Stockholm's museums, as well as to certain transport and activities, including cruises. Simply present your pass at the entrance to museums, buses and boats.

Note that **since the beginning of 2023**, most **free museums** have **become paying** museums, so the pass will help you save money during your stay. We were pleasantly surprised, as most of the museums we wanted to visit were included in the pass.

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Where to eat? our list of restaurants

GOOD PLACE TO STAY AHEAD: we advise you to opt for the **buffet options** available at lunchtime in most restaurants, or to eat at **Max**, the Swedish burger chain, which offers some twenty vegetarian options. We're not big fans of fast food, but we still found the veggie burgers not too bad. The prices below do not include drinks.

- **Meatballs for the people** is the place to go for local food without breaking the bank. The restaurant offers homemade meatballs (reindeer, venison, beef, vegetarian...) served with mashed potatoes. (approx. €20 per person) - *Södermalm* district
- **Kalf et Hansen** : for a change from Swedish gastronomy, an organic and local brunch offering well-cooked salads and wraps. We enjoyed it! (approx. €12 per person) - *Södermalm* district
- **Aryam**: an award-winning ice cream parlour that's certainly the best in Stockholm. With only a dozen flavours available, you're bound to find what you're looking for. The 3 of us tried strawberry, pistachio (with the real pistachio color) and roasted almond (a delight) - *Södermalm* district
- **Bap Burgers**: decent burgers to eat on the go without breaking the bank! (approx. €14 per person) - Ostermalm district
- **Magari Pizza**: we'd spotted this highly rated pizzeria on Google and the photos made us really want to go there, but it was closed during our stay, so don't hesitate to write to us if you go! - Vasastan district

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Stockholm cafés

Of course, there are plenty of **cafés in Stockholm** where you can take your famous **Fika break**.

- **Svedjan Bageri**: a café with pastries, kanelbullars (cinnamon rolls) and bread, all excellent. The interior is really cosy, perfect for a **Fika break**.
(*Södermalmdistrict*)
- **Bergstrands Bageri**: a great bakery, with a variety of sandwiches and salads - and tables to eat or have a coffee on the spot. Vasastan district

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Where to get a drink on a rooftop?

- **Malarpaviljongen**: the place to go for a drink, where we met up with a friend of my sister's who has been living in **Stockholm** for several years. The setting is beautifully planted with trees and flowers, and some areas are directly on the water. We'd just recommend a drink, as the prices of the dishes are a little high. (40cl draught beer €8)
- **Tak and Urban Déli**, two rooftop drinking and eating spots, also recommended by a local, in the heart of Stockholm, with beautiful views over the capital.

Where to sleep in Stockholm?

To get the most out of your stay, we recommend the **Norrmalm** and **Östermalm** districts. For smaller budgets, the **Södermalm** district may be a good alternative.

We left our camper van for a few nights on the outskirts of Stockholm to sleep in the city center.

Our best addresses

- **Favorite ♥**: [Hotel Birger Jarl](#), **Noormalm** district (the best neighborhood to sleep in, in our opinion): the hotel's location is perfect for visiting **central** Stockholm on foot. In a beautiful, completely renovated building, our accommodation was spacious with a mini fridge and carefully decorated, excellent **value for money** where you'll feel right at home. We would definitely go back.

- **Cheap €** : [City Backpackers Hostel](#), a nicely decorated youth hostel, certainly **the best value for money in** Stockholm, €75 for a double room in the trendy Södermalm district (one of our favorites). I stayed there on my first visit to Stockholm (Floriane).

[Top rated accommodation in Stockholm](#)

Getting around Stockholm

We advise you to use public transport, as Stockholm is a large city and points of

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interest are not always close by.

- **Unlimited metro card** for 24h, 48h or 72h, this is an interesting option if you use public transport more than 2 times a day. Because the cost of a trip is €3.5, valid for 90 minutes. For 3 days, we paid €57 for 2 72h passes.
- You can opt for [the multi-stop buses and/or boats](#) that will take you directly to the sights **in Stockholm**. You can get on and off the bus/boat as you please.
- The [Go City Pass Stockholm](#) includes museums as well as free multi-stop buses and/or boats. This is the most comprehensive offer.

[Find out more about the Go City pack](#)

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How to get to Stockholm

By plane

The city is surrounded by 3 airports: **Arlanda** to the north of Stockholm, the largest, **Skavta** (which handles low-cost flights) to the south-west, and the small **Bromma** airport, the closest to the capital (7km away).

By car

You have two options for getting to southern Sweden, either by crossing the **bridge from Copenhagen** (in Denmark) or by taking a **boat from the port of Travemünde**, north of Germany, to Trelleborg or Malmo (approx. 8h crossing).

By train

For travelers who have the time or are looking for an **alternative to planes and cars**, here's some information on **how to get to Stockholm by train**. Of course, if you choose this option, we advise you to stop off at the various towns you'll be passing through.

From **Paris Gare de Lyon**, you can reach **Basel** (in Switzerland) by direct TGV (approx. 3h journey time). Then **Basel** to **Hamburg** (northern Germany), by direct train, allow 6h30 for the journey.

Then, you can connect **Hamburg - Copenhagen** by train about 3 times a day, including 1 night train (about a 14h journey, which is a bit long). Then **Copenhagen - Stockholm**, around 6 trains a day (approx. 5h journey time).

Whether you're planning a weekend getaway or a longer stay, be sure to read [our advice on choosing the right travel insurance](#) before you leave for Stockholm.

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Our good addresses on our map

We've listed all the above places and addresses on a [map of Stockholm](#) to help you find your way around.

A few Swedish peculiarities

- Sweden is a member of the **European** Union, but has not adopted the euro as its currency. Prices are quoted in **Swedish Kronor**.
- Don **'t withdraw any cash, as** all payments will be made by credit card. Even public toilets are equipped with card payment terminals.
- The cost of living is around **30% higher than in France**. If you're on a tight budget, we'd advise you to limit your outings to restaurants.

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- It's a country where we felt **totally safe** during our 5-week tour - what a pleasure!
- We were surprised at the start of our trip, as stores and museums close between 4 and 5 p.m.
- Last but not least, you'll quickly realize that **Swedish culture** is very different from our own. More organized, more respectful, the love of beauty is omnipresent, children are considered as beings in their own right and second-hand stores are everywhere in Stockholm.

The Swedes have adopted an **art of living** focused on **well-being** and **happiness** in all its simplicity. There are many nature parks [around Stockholm](#). This clearly made us want to move to Sweden.

If you'd like to give the gift of a book to introduce people to Swedish culture, we recommend the [Lagom](#) book by author Anne-Thoumieux.

Sweden offers a multitude of scenic routes and things to do. To help you out, we've put together an article with [around 20 must-see and must-do places in Sweden](#), some of which are completely unusual. Our map will help you find your way around.

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We wish you an **excellent trip!** Don't hesitate to leave us a **quick note** or **5 stars** below, to tell us if you're planning this trip, to ask any questions you may have, here or on [Instagram](#), we'll get back to you with great pleasure.

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