

Notes for visitors to Institut Mittag-Leffler

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These notes have been prepared for the possible benefit of visitors to the Institute. Any opinions herein are our own, and do not necessarily reflect the views of the administration. The Institute is located in delightful park-like grounds in Djursholm, which is one of the wealthiest outer suburbs of Stockholm. As an indication, there is only one car dealership in town, and it is a Bentley dealership. We have seen more Porsches, Lamborghinis and Maseratis here than we are used to seeing anywhere else in the world (surprisingly few Ferraris though). Djursholm has a small shopping centre, essentially located in a single block (with one important exception, discussed below). There are two banks in the block, with ATM machines at each. Between the banks is a pharmacy, called Tre Rosor.

1 Eating

At one end of the shopping centre, which runs along the street called Vendevägen, and just a 3 minute walk from the Institute, is a supermarket that is open from 9 am until 9 pm every day of the week. Apart from the usual supermarket supplies, they have a range of prepared meals that can be heated in a microwave or oven, and also hot BBQ chickens. The only alcoholic beverages available are beers in various strengths to a maximum of 3.5%.

Almost opposite the supermarket is a very nice restaurant, food store and delicatessen called *Monrads Fisk & Deli*. It is however rather expensive. Take-away meals are available, (e.g. an excellent fish soup at 175 SEK), but dining in will typically cost 300 SEK for just the main course. It is licenced to serve wine with meals. Proceeding towards the Baltic Sea along Vendevägen from the supermarket, when you reach the bus stop there is a square containing three different restaurants. A Greek restaurant called *Grekiska kolgrillsbaren*, a Japanese restaurant/snack bar called *Nigiri and Maki* (open 11 am until 9 pm), and, hidden at the back a cafe which specialises in South American dishes, and is open only for lunches (unless you wish to eat dinner before 6pm). The Greek restaurant has the usual range of standard Greek fare, and serves full strength beer and indifferent wine¹. The

¹The authors disagree on this. AJG considers it undrinkable, and AR considers it acceptable. Chaque'un a son goût

food is OK rather than good. The Japanese is at the simple end of the gastronomic scale, though the food is freshly prepared, and only low-alcohol beer is available. Opposite the square is a good bakery, with a good range of breads, cakes, sandwiches made to order and probably the best coffee in Djursholm (the second best is the coffee from the coffee machine in the Institute – just 3 SEK a cup). Further down the shopping strip toward the sea you will come first to a small cafe called *New Haven Café*, which is partially vegetarian, serving wraps/salads/soups/smoothies as well as cakes and coffee (Mon-Fri 8 am - 6 pm, Sat. 10 am - 4pm), and then to a hamburger and pizza place. We haven't tried it, but reports are that the hamburgers are to be avoided, but that the pizzas are marginally better.

Closer still to the sea is *Djursholms Vårdshus*, which is where most visitors to the institute eat lunch. It is excellent value, offering a self-service small salad bar and a hot meal and a cold drink and tea/coffee for 78 SEK. Each day there is a choice of three dishes, typically a traditionally Swedish meat dish, a fish dish, and a pasta dish. The cooking is undistinguished, serving slightly institutionalised food, but excellent value. It is open Monday-Friday.

Finally, and in the opposite direction from the Institute to the shopping strip, some 5 minutes walk (300m), and in splendid isolation on Stockholmsvägen is the *Djursholm Delicatessen*. As well as a good range of quality products it has probably the best range of pre-cooked take-away meals, that merely require re-heating. These are typically around 120 SEK.

If you proceed further along Stockholmsvägen, at 2.3km from the Institute you will be in the small village of Stocksund. There is a supermarket there too, and a couple of restaurants. One is Italian in style, the other is Japanese/Thai. According to the map, it should be possible to go through Stocksund, turn left on Kungsvägen, and join the walking track by the seashore for a pleasant walk back to Djursholm. However, we got lost trying to find the path!

2 Drinking

Wine in restaurants is expensive. Buying your own alcohol can only be done at government stores, called Systembolaget. The closest such store is in Mörby, a 10-15 min bus ride on the 509 bus from Djursholm. Go one stop beyond the stop for the underground train, **T**, cross the road and enter the shopping centre. The Systembolaget store is just two or three stores in, on the level you have entered and on your left. They have a good range of wines and spirits, arranged by type and price.

3 Transport

The Institute has 3 (ungeared) bicycles, 2 for males in a rather large size, and one female geometry frame, still for a reasonably large rider. These may be borrowed, and helmets

are also available. You are likely to need to adjust the saddle heights, and possibly head stem heights for a comfortable fit. Allen keys for that purpose are available.

To get into Stockholm, you need to take the 509 bus to Mörby Centrum, and then switch to the underground train, called Tunnelbana, and ubiquitously marked with the symbol **T**. You should first buy a strip of 16 tickets (good for 8 trips) from the tobacconist/newsagent/kiosk, SOS kiosken, in the square close to the bus stop. This will cost you 180 SEK, and can be used on all transport (not ferries) for 1 hour. Alternatively, you can buy a more expensive ticket from a machine at the bus stop. The subway runs from 5 am until 1 am Sun-Thurs, and for 24 hours on Friday and Saturday. The 509 bus from Mörby does not run through the night however, so if you come home in the early hours of the morning, you have to take the 601V bus from Mörby, or take a taxi from Mörby station, which will cost you around 130 SEK. There are also local trains, Roslagsbanan, that go to the University or KTH, but not as far as central Stockholm. The local train station is also served by the 509 bus, and your 1 hour ticket works on that too.

4 Exercise/Recreation

4.1 Swimming

There is a 25m swimming pool at Mörby. Just take the 509 bus (or borrow an Institute bicycle and go down Vendevägen towards Mörby)) and get off at the point where the bus makes a right-hand turn at the service station, Statoil, (into Mörbydalen). Then keep walking (or cycling) on Vendevägen in the direction the bus would have gone if it hadn't made that turn, and within 200m you'll be there. It tends to be crowded, with swimmers having little lane discipline. Weekdays at 11.30 am seems to be the optimum time. A schedule of hours is available. Certain hours are declared kids-free which makes swimming a little easier. The entrance fee is 70 SEK for the whole day.

On a hot day one can also swim in the lake Ösbysjön (there are two designated swimming areas) or in the Baltic Sea: the nearest beach is north of the center on a peninsula behind Germania Parken (bad); there is even an access ladder and a diving board there. The water temperature in June may reach 17C.

4.2 Running/Walking

This is a runner's paradise, apart from the absence of a track, for those in need of track work. There are lovely runs along the coast, through forests, on trails with distance markers, and along traffic free paths that used to carry railway lines.

Our favourite routes include the following:

1. **Seaside southbound.** This is a great route for a sunny day. Mostly along the coast in the immediate vicinity of the water, passing several bays with boats (in winter the

sea is covered by ice, so there are no boats then). Length: If you run to where the trail meets the road, it is 4.1km (GPS measurement) at the furthest point (this has to be doubled), but you may turn back at any earlier point.

Directions: From the Institute turn right on Auravägen and go straight to the seashore at Strandvägen (you have to climb a short hill on the way. To avoid it, go left on Henrik Palme allé, then right into Danavägen., passing the church). On Strandvägen turn right and keep running as close to the water as possible, including a short pedestrian trail forking left at Langenskjöldsvägen. Do not cross a small bridge leading to the island of Skärviksudde which is an interesting place for walking, but not for running. This trail rejoins the paved surface at Astögsv., then left into Skärviksvägen and (attention!) immediately left into a pedestrian path which joins Långängsstrand after a while. There is another trail forking slightly left which takes you to Lagman Linds v. Soon after, you reach the end of trail after some short steps: the last section is a romantic, rocky trail around a little peninsula, Täckä udden; go around it (watch for rocks protruding from the surface) and turn back home where the trail meets the road.

2. **Two Lakes.** This route goes around two lakes, Ösbysjön and Ekebysjön. Our recommended route is topologically similar to ∞ (hopefully that bears no relation to your time). It is very scenic at the farthest extremity. This run is some 6.75km in total. It is particularly recommended for morning hours and weekends, when there is (even) less traffic. Of course you may traverse the figure-of-eight course in any of the 4 possible ways that takes your fancy.

Directions: From the Institute turn left on Auravägen, and left again at the Coop; follow Vendevägen for a while, and after crossing the railroad turn right between the horse corrals and into the woods (watch for roots and stones); go halfway around lake # 1, then turn right into Fafnervägen and left into Bråvallavägen, under a railroad bridge. Use the pedestrian crossing to cross the main street, continue on Bråvallavägen (After 100m you will see a small forest trail to your right—ignore it—you will emerge from here after circumnavigating the lake). In a few hundred metres you will come to a signposted path on your right. Take that, and follow it around the lake. When in doubt, keep right, without entering the lake right. Go around lake #2 (it goes through a nature reserve, there are boardwalks and observation platforms along the way) Near the end of the circuit, you will emerge into a car park, and you'll see the road to your left, and a path straight ahead and a smaller path to your right. Take the smaller path to your right, and in 1-200m you will emerge onto Bråvallavägen. On the way back traverse the other shore of lake #1 and return home via Vendevägen.

3. **Old railroad track and the North shore.** This is a combination of two routes: a fast, mostly flat route along an old railroad track (3km one way) and a scenic winding

route along the shore north of the Institute (an additional 4.8km).

Directions: From the Institute turn right on Auravägen, then left on Henrik Palme alle; the pedestrian path starts at the bus loop and after 3km reaches an intersection of Eddav. and Fimbulsv. Here you can either turn back or continue along Fimbulsv., right into Svalnäsavägen and left into Väringavägen to reach the shore; continue along the shore back to Strandvägen and the Institute.

4. **Altorpskogen marked trails.** There are several marked trails there (you may consult a site map which is there); all trails are quite hilly; we recommend the 4.6 km yellow loop and the 6.8 km yellow loop, both marked with yellow signs posted clearly on the trees; there are distance markers every 500m (except that the first two seem to be missing). The two yellow trails coincide for almost 3km and then the short one forks sharply to the right, while the long one goes around the golf course and somewhere around 5.5 km reaches the far end of the pedestrian trail from route (3), do not take it (unless you want a different route), instead turn right (this is the only confusing place on the course), follow the road past the golf driving range on your right, then the trail leaves the road on your left and heads back into the woods, finally taking you to a railroad crossing, and thence back to your starting point.

Directions: From the Institute turn left on Auravägen and continue to the sports grounds, turn right into Östra Valhallavägen, cross the railroad track at an unguarded pedestrian crossing (beware of frequent trains), continue on Västra Valhallavägen and turn right into Bråvallavägen; after 100m, just before the railroad crossing enter a small parking lot behind which there is the starting area for the marked trails (1.9 km from the Institute).

In Winter, sidewalks and trails may become slippery. To avoid falling, run on the roads rather than on sidewalks. You may buy a pair of special spikes at the pharmacy which you put on your shoes and there you go. These are very popular among the elderly population of Djursholm (though not necessarily as a running aid). A Winter alternative for route (4) is to go further on Bråvallavägen, turn left into Näsbyvägen; shortly before the town of Lahäll take a forest path to the right which becomes Svalnäs allé; turn left into Svalnäsavägen to joint the second part of route (3).

4.3 Cycling

See above for Institute bikes. This is a lovely part of the world to cycle, with abundant cycle paths and courteous drivers. For instance, you may easily bike to the Stockholm University and take a swim in the Baltic there. Visitors from Australia/India/UK/Japan/South Africa etc must remember to ride on the right! Helmets are not compulsory.

4.4 Gym

There is a gym about 800m, Danderydsvägen/Trymvägen, from the Institute where one can get casual membership. It is not heavily used, and has a decent range of weights and machines.

4.5 Tennis

Near the gym are tennis courts, which can be hired.

4.6 Football

There are several football fields near the sports complex that includes the gym and the tennis courts. We don't know what the rules are for access.

4.7 Golf

There is a nicely landscaped golf course at the north end of the town. Again, we don't know what the rules are for access.

5 Other matters

5.1 Other sights

The Djursholm graveyard in Östra Valhallavägen is extraordinarily attractive. It is almost worthwhile being dead so that you can stay there. Definitely worth a visit and a walk around.

The castle and the water tower are less appealing. The castle hosts a regional council, while the tower is locked and seems abandoned, but makes a nice destination for a short walk.

The best view of Djursholm and its vicinity is, however, from the roof deck of the Institute. From there you will see a Gothic church, just between the Institute and the sea, where classical concerts sometimes take place, the Egyptian's ambassador residence just across the street, and further away, the Saudi Arabian Embassy as well as several other ambassador's residences.

5.2 Useful information

It is highly advised to equip yourself with a street map of Djursholm and the entire region, called Danderyd. The map can be bought at the Institute office for 10 SEK. If you plan to make several international phonecalls and cannot use your laptop, the most economical method is to buy a calling card at the SOS kiosk; they have quite a variety; one of us used a 100 SEK card which lasted for about 5h calling time to Poland.

The Stockholm card is useful for concentrated sightseeing. It is available in 1, 2 or 3 day versions.

We hope these comments are useful, and that other visitors may choose to add to or modify our advice.