



## Welcome to Skogshem & Wijk Meetings |Event

We look forward to your visit, and until then this pamphlet will provide you with some useful information to help you get the most out of your stay with us. Skogshem & Wijk is a 4-star hotel according to the Swedish rating system conducted by Sveriges Hotell & Restaurangföretag and has been environmentally certified in accordance with Svanen since 2010.

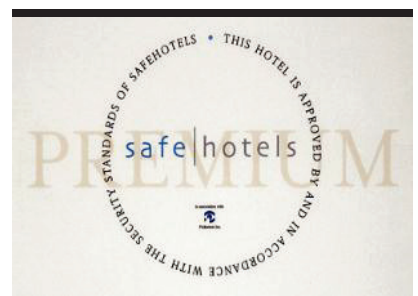
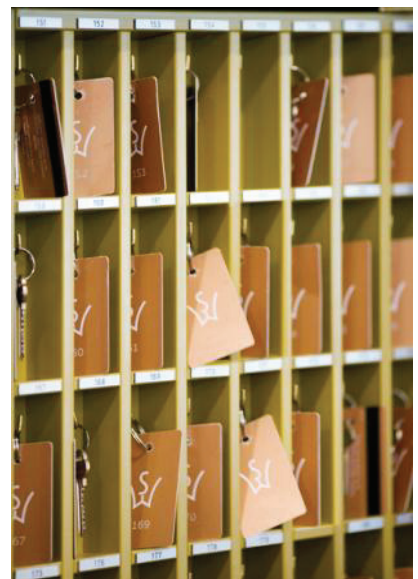
If you'll be travelling by car to Skogshem & Wijk, feel free to take advantage of our free visitor parking lot. The lot is under camera surveillance, but for the safety of your property, please remove all valuables before locking up.

Check-in begins at 2pm, but we have a baggage room that is available 24 hours a day where you can leave your luggage until check-in time.

If you have any questions, please contact us at +46 8 731 42 00 or visit our website:  
[www.skogshem-wijk.com](http://www.skogshem-wijk.com)

The staff of Skogshem & Wijk Meetings |Events wishes you a very pleasant stay!

Telephone +46 8 731 42 42, [bokning@skogshem-wijk.com](mailto:bokning@skogshem-wijk.com)



Safe Hotels



Exercise

&  
relaxation

### Fitness and Relaxation

When you come to Skogshem & Wijk, don't forget to bring your training clothes! Our Wellness House has a well-equipped gym with ultramodern exercise and weight machines, a room for group training, and 2 indoor saunas. If you're looking to get some fresh air, why not try Nordic walking or go for a run on one of the paths just outside the hotel? Or perhaps you'd prefer to enjoy the breathtaking scenery from our sauna raft down by the jetty. We also offer bookable massage, yoga, and inspirational training sessions with our health expert Patrik Olsson. These activities are best booked in advance and can be done so by calling our reception at +46 8 731 42 42.



Food

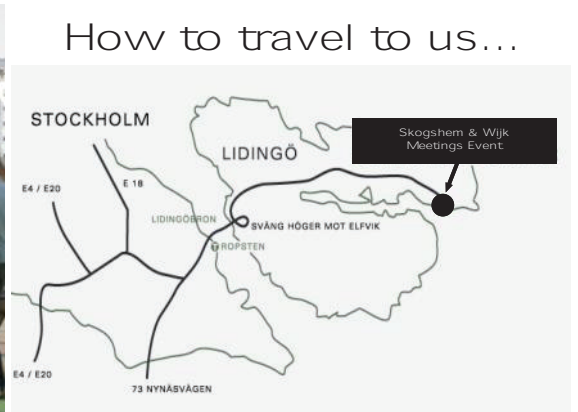
&  
well-being

The food you eat has important effects for both your mood and your well-being. Many years of experience hosting meetings has provided us with the knowledge of how to create well-balanced menus that will leave you satisfied and give you the energy you need to focus and be efficient throughout the day. Lunch is served buffet-style. In the evening we invite you to unwind with a three-course dinner served to your table, and the option to purchase well-paired wines with each course. Additionally, if you should have special dietary requirements, please inform us so help you make the most out of your dining experience.



## Your room

All hotel rooms are equipped with wi-fi internet, a telephone with an alarm function, and a TV.



## How to travel to us...

### Travelling to us...

Skogshem & Wijk is located at Hustegavägen 1, Lidingö and regardless of where you're coming from we will do our utmost to make your journey here go smoothly. If you'll be arriving by taxi, we recommend Taxi Stockholm who we work together with and can be reached at +46 8 15 00 00. They offer a fixed rate from Arlanda Airport and for further information concerning prices from other destinations, please contact our reception. If you'll be travelling by public transportation within Stockholm City you can take the underground to Ropsten station followed by bus 204 and get off at Furutorp (Wijk). Further information can be found on our website under the section "ON YOUR WAY?".

## Internet

All of our facilities are equipped with free wi-fi and log-in codes can be collected at reception. If you've left your laptop at home, feel free to use the guest computers in the lobby, each of which is equipped with the Internet, a CD-drive, USB drives, and printing capability.



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