



Stockholm in 1, 2 or 3 days

A realistic plan from a local guide.

By Zayera Khan, Zayera Tours



Gamla Stan seen from Södermalm. Drawing based on a photo by Zayera Khan.

How to use this plan

Each day works on its own. Staying one day? Use Day 1. Two days? Use Day 1 and Day 2. Opening hours and prices change by season, so check each place before you go.

Getting around

Stockholm is easy to explore on foot. Many sights are close to each other. You can also take the bus, metro, tram or boat. One ticket works on all of them, and you can pay by tapping your card.

More about tickets:

<https://zayera.com/stockholm-public-transport-sl-tickets-contactless-and-day-passes/>

If you need a taxi, take an official taxi or book through Uber or Bolt.

Why this matters:

<https://zayera.com/stockholms-dirty-little-taxi-secret-and-how-not-to-fall-for-it/>

Day 1 — Old Town, fika and Djurgården

Morning (2–4 hours): Gamla Stan

Start in Gamla Stan, the Old Town. Walk the narrow lanes, see Stortorget square and the area around the Royal Palace. A guide shows you the stories behind the buildings.

TOUR WITH ME

Gamla Stan — Stockholm's Old Town Walk, 2 hours

<https://zayera.com/stockholm-old-town-tour/>

OR

Stockholm's LGBTQ+ Story, 2 hours

<https://zayera.com/stockholms-lgbtq-story/>



Fika, the Swedish coffee break. Drawing based on a photo by Zayera Khan.

Fika

Take a Swedish coffee break with a cinnamon bun (kanelbulle) or a cardamom bun. Gamla Stan has many small cafés.

TOUR WITH ME

The Culinary & Cultural Tour, 3 hours, with bakeries, market stalls and often fika at the end

<https://zayera.com/culinary-cultural-tour/>

Afternoon: Djurgården

Take the Djurgården ferry from Slussen. Your public transport ticket is valid on the ferry. On Djurgården, visit Skansen, the open-air museum, or walk along the water back towards Strandvägen.

Evening: Swedish dinner

Try classic Swedish food: meatballs with lingonberries and mashed potatoes, toast Skagen or pickled herring. Classic places are Den Gyldene Freden in Gamla Stan, Pelikan on Södermalm and Tennstopet in Vasastan. Book a table in advance.

WANT THE WHOLE DAY WITH A GUIDE?

Full-Day Stockholm Experience

<https://zayera.com/full-day-stockholm-experience/>

Day 2 — Boats, a warship and royal rooms



Stockholm City Hall seen from the water. Drawing based on a photo by Zayera Khan.

Morning: Stockholm from the water (1–2 hours)

Stockholm is built on islands. A sightseeing boat shows you the city from the water. Most boats leave from the city center, near Strömkajen and Nybroplan. Check which routes run in your season.

Late morning: The Vasa Museum (1.5–2 hours)

The Vasa is a warship that sank on its first trip in 1628. It was lifted from the seabed in 1961. Today it stands almost complete inside the museum on Djurgården.

Lunch

Eat on Djurgården or go back to the city center.

Afternoon: Choose one

- Stockholm City Hall (Stadshuset): You can only visit on a guided tour. Book in advance.
- The Royal Palace in Gamla Stan: See the royal apartments and the treasury.

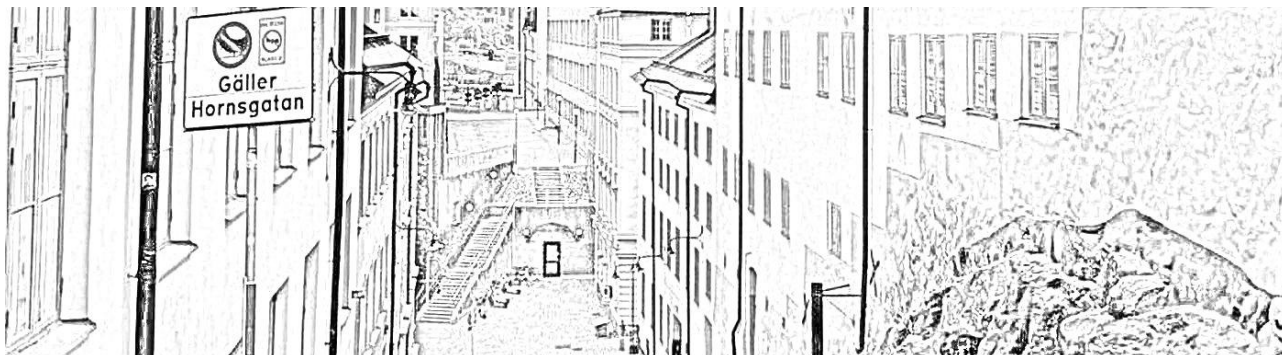
PREFER THE ISLANDS INSTEAD?

The Island Journey, a full day by ferry to Vaxholm, Grinda and the archipelago

<https://zayera.com/the-island-tour/>



Day 3 — A slow day



A quiet cobblestone street on Södermalm. Drawing based on a photo by Zayera Khan.

Morning: Södermalm

Walk along Monteliusvägen on Södermalm. The path gives you a wide view over the water, Gamla Stan and City Hall.

Midday: Djurgården, slowly

Walk along the water on Djurgården. Rosendals Trädgård is a garden with a café. It is a good place to sit and relax. Check the opening times, because they change with the season.

TOUR WITH ME

The Nature Escape, 2–4 hours or a full day, in Djurgården's royal parkland

<https://zayera.com/the-nature-escape-tour/>

Afternoon: Shopping or café

- Drottninggatan: a long, busy shopping street with many chain stores
- Biblioteksgatan: design and upmarket shops
- SoFo on Södermalm: small shops, vintage and design
- End the day with a second fika, for example at Vete-Katten, a classic Stockholm café.

PREFER ART AND DESIGN?

Art, Architecture & Design Tour, 2.5 hours, with metro art and Scandinavian architecture

<https://zayera.com/art-architecture-design-tour/>

Extra museums for special interests

Add one of these to any day:

- The Viking Museum on Djurgården — Viking life and history
- ABBA The Museum on Djurgården — music and pop history
- Skansen on Djurgården — open-air museum with old Swedish houses and Nordic animals
- The Nobel Prize Museum at Stortorget in Gamla Stan — science, ideas and the Nobel Prize
- Fotografiska on the Södermalm waterfront — photography

More museums, sorted by district:

<https://zayera.com/museums-in-stockholm/>

A day outside the city

TOUR WITH ME

The Private Road Trip, 6–8 hours by car or minivan, for example to Drottningholm Palace

<https://zayera.com/private-road-trip/>

Good to know

- You can pay by card almost everywhere. You seldom need cash.
- From Arlanda airport: <https://zayera.com/arlanda-to-city-center-fastest-cheapest-easiest/>
- Dress in layers. The weather can change fast, also in summer.



Explore Stockholm with me

I am happy to show you around, including my favorite parts of the city. My tours adapt to your needs.

All my tours: <https://zayera.com/tours-in-stockholm/>

Want a plan made for you? Book a 30- or 60-minute call. You get a day plan by email after the call.

<https://zayera.com/stockholm-trip-planning/>

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