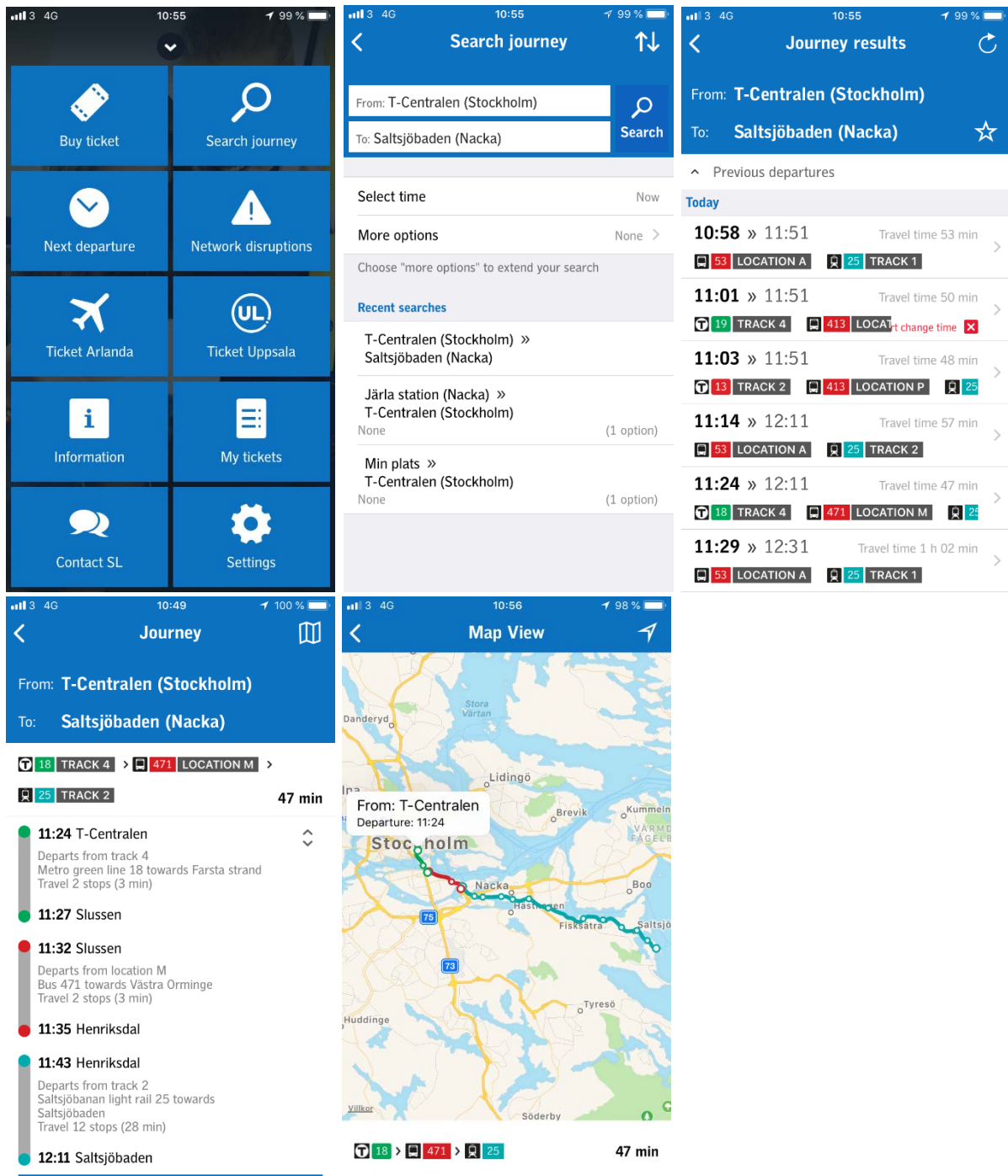


Transportation Bioelectronic Medicine 2018

Travle App

We strongly recommend you download the app called [SL Reseplanerare](#) in advance of your trip to Stockholm. Under settings, please choose your preferred language (Swedish or English). In this app you are able to search for the most effective travel route and buy tickets.



Arlanda Airport to Stockholm Central Station

Arlanda Express

A high-speed train called Arlanda Express runs non-stop between Stockholm and Arlanda in 20 minutes. If you are travelling from Arlanda to Stockholm, you can buy your ticket at the airport's information desks or using the Arlanda Express self-service machines. [Arlanda Express website](#).

Flygbussarna – Airport Coaches

Flygbussarna airport coaches between Arlanda Airport and Stockholm city center run every ten minutes during most of the day. Tickets for Flygbussarna can be purchased through automated machines in the terminals and at the bus stops, e-tickets via [Flygbussarna airport coaches website](#) and on board the bus (only card payment accepted).

By taxi

Taxis are available directly outside of all terminals at Arlanda airport. Always ask the driver for a fixed price beforehand. The price between the airport and Stockholm Central Station is approx. 550 SEK. We recommend the following companies: Taxi Stockholm or Taxi Kurir. To pre-book a taxi for your arrival, please visit [Taxi Stockholm](#) +46 8 15 00 00.

Vår Gård Saltsjöbaden also have agreements and fixed prices with **Värmdö Taxi** +46 8-570 357 00. Please state the booking code: *Vår Gård* when calling them.

Arlanda – Vår Gård 750 kr / taxi (1-4 persons) / 1100 kr for a big car.

Bromma Airport – Vår Gård 525 kr / taxi (1-4 people) / 770 kr for a big car.

Stockholm City – Vår Gård 360 kr / taxi (1-4 people) / 530 kr for a big car.

Public transportation Stockholm Central Station – Saltsjöbaden

Stockholm has a well-developed public transport system. Two options for public transportation from Stockholm Central Station (T-Centralen) and Vår Gård Saltsjöbaden:

T-centralen – Slussen – Henriksdal – Saltsjöbaden (*subway + bus + train*)

T-centralen – Henriksdal – Saltsjöbaden (*bus + train*)

Option one – From Stockholm Central station / T-Centralen, take the subway south to Slussen. Then follow signs for the buses (bus 413, 444 or 471) that take you to Henriksdal and take the train – Saltsjöbanan.

Bus 413 towards Talludden

Bus 444 towards Västra Orminge.

Bus 471 towards Västra Orminge

Option two – Take bus directly to Henriksdal from outside the Central station Vasagatan (bus 53) to Henriksdal and take the train – Saltsjöbanan.

Bus 53 towards Henriksdalsberget

The train journey to Saltsjöbadens terminal takes 30 minutes. When you get off the train turn right and cross the railway tracks. Vår Gård's is seated on the right hand side. The walk to the reception takes just a few minutes. Timetables for Saltsjöbanan can be found at: www.sl.se

With car

Take route 222 east (Värmdöleden) and right at the exit to Saltsjöbaden (road 228). At Saltsjöbaden follow signs for Ångbåtsbryggan and Vår Gård Saltsjöbaden.

By boat

Vår Gård has its own pier. Vår Gård (+46 8-748 77 60) will help you book boat transport. The boat trip from Stockholm takes about an hour. Some regular archipelago tours stop at the nearby Ångbåtsbryggan in Saltsjöbaden.

Google-map

<https://drive.google.com/open?id=1gTIHrWLiCjZNCzqJGqmImv0FphiwMoHP&usp=sharing>