

GETTING TO KNOW SUSTAINABLE MALMÖ

When you get off the train at Malmö C station, unlock a bike for hire outside the station and pedal your way down towards the waterfront, then you will be pleased to know you are in one of the most eco-friendly cities in Europe. You may be overtaken by a city bus running on biogas before you reach Västra Hamnen, the climate-smart neighbourhood on the Öresund sound that is so popular with visitors from home and abroad. In other words: if you would like to see how a green philosophy can be put into action, you are in the right place.

I want to ride my bicycle!

There are hardly any hills in the entire city of Malmö, and this perhaps explains why the people of Malmö have always loved to cycle. Four out of every ten citizens of Malmö cycle to work, and you will soon find out how easy it is to get about by bike. 490 km of excellent cycle paths cross the city, from the beautiful beaches of Klagshamn in the south to the banks of the Sege river in the north of the city. You don't even have to bring your own bike with you. This year, Malmö by bike has been launched, a bike sharing system with 500 bikes for hire at 50 different stations. It only costs SEK 80 to use a bike for a whole day. This is undoubtedly the best city for cycling in Sweden, with great features such as the Cykelköket or bike kitchen, a DIY cycle workshop where you can borrow tools and get expert advice, and the Cykelbiblioteket which lives up to its name (cycle library): a library where you can borrow electric bikes and cargo bikes, all free of charge! If you plan to stay the night, you can check in to the Cykelmotellet (cycle motel) in Västra Hamnen that opens in December (bike hire is included in the price for the room), then wake up with a cup of coffee at Musette cycle café, where you can enjoy a delicious latte while you plan your itinerary for the day.

Explore the city of the future

The goal is clear: By 2030 the whole of Malmö will be supplied with 100% renewable energy. We have already made a lot of progress: New, climate-smart neighbourhoods are emerging, and old areas are being improved using new environmental technology. Take a stroll through the meandering streets of Västra Hamnen, admire the architecture of the Turning Torso and see if you can spot all the sun panels and solar cells that have been integrated into the different homes built here. Solar energy, wind energy and biogas generated from the residents' own waste disposal units provide the entire district with energy. Rain water collected in canals, pools and fountains is biologically clean before it reaches Öresund. Visit the eco-district of Augustenborg and book a guided tour of the vast 9,500 m² green roof, and learn more about how to build an efficient urban runoff water system. This neighbourhood also has a newly built Greenhouse that is so innovative and generous in its approach to cultivation that the local residents are self-sufficient for most of the year in vegetables, herbs and fruit.

Eco-eating

Pick up our ECO guide from the Tourist Information Office. This is a green map with recommended activities, restaurants and attractions that all have an organic and sustainable perspective. Start off with a roundtrip and lunch at Slottsträdgårdens Kafé - a green oasis at the heart of the city, where gourmet innkeeper Tareq Taylor serves local produce in climate-smart dishes. The seats outdoors afford breathtaking views of the fertile gardens, where many of the ingredients used in the café's kitchen are growing. There is also a garden for the school children of Malmö, where they can try out their green fingers with different plants and cultivation. If you

plan to cook yourself and would like to experiment with “Eko-reko” (eco-friendly and fair trade) produce, you cannot miss a trip to Astrid and Aporna, the largest eco-store in Malmö, or the Green Food Market in Västra Hamnen. You can browse among the season’s best early produce and MSC labelled fish, alongside bread baked in stone ovens without any unnecessary E numbers. Cargo bikes are available for hire free of charge if you get carried away and do a big shop.

Second-hand becomes first-hand

In Malmö, you will not only find it easy to find eco-friendly shops, you can also trade fairly. In 2006, Malmö was named the first Fairtrade City in Sweden, and the choice of exciting Eko-reko stores is impressive. We can recommend Ziggys Barnkläder on Holmgatan 1, with its colourful showroom and wonderful range of Fairtrade children’s clothes. Trendy Uma Bazaar on Per Weihersgatan 9 is a popular store for its clothes, shoes and wonderful skin care products. Visit Green Stories, close to Davidshallstorg, for Fairtrade produced earrings and a wonderfully moisturising peppermint spray. At AB Småland, second-hand furniture and odds and ends jostle among plants and clothes, and you can even join a creative workshop to pimp your purchases. Swap Shop combines second-hand with the good, old-fashioned tradition of bartering, and you can swap up to 10 garments at one time. Retoy has the same philosophy but with toys: you can check in old toys, play for a while then find new favourites to take home. In the eco-friendly city of Malmö, it seems entirely natural to inspire even the youngest children to recycle so that even more green progress can be made.