

## Adventures Ashore Port Guide

# HELSINGBORG

### About Your Port Guide >>

This is your guide to Helsingborg, specially prepared by Princess Cruises. This guide is intended to assist you if you are on a shore excursion, touring independently or doing both. Please note that the information provided is general in nature and is subject to change.



### Sweden At A Glance >>

SIZE 173,735 square miles, slightly larger than California  
 POPULATION 8,986,400 (July 2004 est.)  
 LANGUAGE Swedish  
 CAPITAL Stockholm  
 TYPE OF GOVERNMENT Constitutional Monarchy  
 CURRENCY Swedish Krona (SEK)  
 TIME ZONE GMT + 2

## An Overview of Helsingborg

You've certainly heard of Hamlet's castle at "Elsinore" along the narrowest part of the Öresund. Well, Helsingborg is on the other side of that important waterway, and the historic rival of its Danish twin of Helsingør.

Helsingborg is a Swedish town today, considered to be one of the country's most important manufacturing centers. The local dialect is still strongly influenced by Danish forms, since it grew and developed during the centuries when the Danes dominated much of northern Europe. Today's Swedish province of Skåne was long a strategic part of Denmark, giving the Danes control of both sides of the three-mile wide strait, and a virtual monopoly on the collection of valuable tolls from any ship sailing in or out of the Baltic. The so-called Sound Dues were the kings' "golden egg" for over 400 years.

The Danish control of these lands dates from the time of Cnut the Great (1014-75) whose empire encompassed Denmark, Norway, Skåne, and most of England. Helsingborg is first mentioned in 1135, although it was probably founded during the previous century. The site of the original town is marked today by the ruins of the 14th-century Kärnen tower, overlooking the harbor. There is a fine panorama of the entire Sound from the top, and it is well worth a visit. The original stone keep was part of a larger elliptical fortress, which accounts for its name, meaning "kernel." The outer works were demolished in the 1680's when the ownership had passed to the Swedes. The present city grew up later in the more convenient area which it now occupies.

Danish King Waldemar IV did a great deal to build up Helsingborg, as he

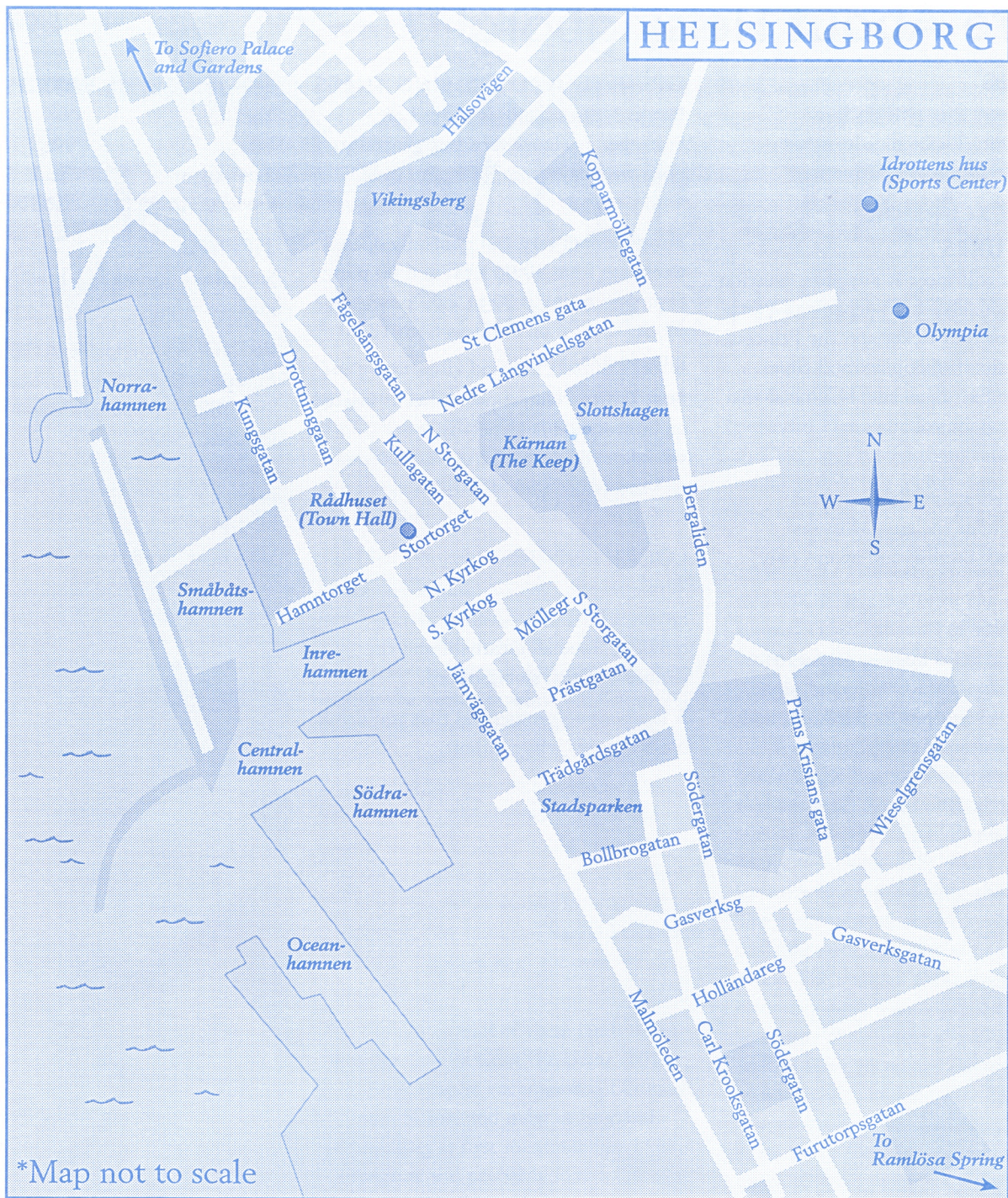
reversed a century of decline and anarchy (1340-75). He defeated the ships of the powerful Hanseatic League at Helsingborg in 1362, and forced them to make peace on his terms. But a civil war crippled him in a later war with the League, and he was beaten. Helsingborg and the rest of Skåne came under Hanseatic control from 1370 to 1385. It was not until the Union of Kalmar (1397) that all of Scandinavia was united under a single crown for the only time in history. For Helsingborg, that meant a couple of centuries of relative stability and prosperity. After a serious fire, Eric XIII rebuilt the town closer to the sea in 1425, and endowed it with special commercial privileges. The imposing church of St. Mary (Maria kyrka) was rebuilt during this period. The 12th-century sandstone building was replaced with a Gothic structure of red brick. The stepped gable tower was added a century later. Inside you can see the remnants of an original wall mural, as well as some attractive stained glass windows. The reredos date from the renovation of 1450, and the pulpit is from 1615. The church's vestry and silver chamber is also worth a visit. You will see a bible belonging to King Christian III among the treasures.

Just offshore, you will see the tiny island of Ven, where the astronomer Tycho Brahe lived (1576-96) and did some of his finest work. Brahe was a native of Skåne, and contributed greatly to our understanding of the movement of heavenly bodies. Some local humorists have commented that Ven is such an unattractive island that it has been a source of argument between Denmark and Sweden...each country claims that it belongs to the other! The harmony of the Kalmar Union ended when Gustavus Vasa declared Sweden's

independence in 1523. Most of the 17th century was a time of endless warfare over Skåne and the entire region. The Swedes captured and then lost the town six times before the Treaty of Roskilde ended the conflict in Sweden's favor. The deciding factor came in 1658, when Swedish King Karl Gustav X took advantage of a rare freeze of the waters of the Öresund, and made a daring march across the ice to threaten Copenhagen. The Danes did not give up easily, however. The Scanian War of 1676-9 was a futile effort to regain Helsingborg, but it remained in Swedish hands. The issue was settled for good in 1710, when the Swedish commander Magnus Steinbock routed the Danish forces decisively. Helsingborg and Skåne have remained Swedish since that time. Fortunately for the modern visitor, those old battles are long forgotten. Picturesque seascapes and peaceful towns nearby glow with peace and tranquility. The Kullen peninsula juts into the straits with its

serene fishing villages. Be sure to note the lighthouse which tops the cliffs of the Kullaberg headland. The delightful town of Höganäs is the center of the local ceramics industry. Intensive mining of coal led to the discovery during the 19th century of some high quality of potter's clay as well, and a new industry was born. The salt-glazed stoneware of Höganäs is well appreciated for its strength and beauty. Varieties range from simple pots to items of great artistic interest.

Northward along the coast is the royal chateau of Sofiero, built for Queen Sophia. Her granddaughter-in-law Princess Margaret of Connaught turned it into a garden paradise. To the south is a small spa at Ramlösa, one of several mineral springs and sea baths in the area. Despite the troubled past of Skåne, the land and its people today are welcoming and friendly. Peace and serenity seem as natural as the brisk Baltic winds.



## Things to see and do in and around Helsingborg

Today, with the arrival of the new millennium, Helsingborg is taking on its role as the northern hub in the dynamic Öresund region.

### The Keep

The Keep tower (Kärnan), Helsingborg's most famous landmark, has guarded the city for over 600 years.

### The Town Hall

Helsingborg's majestic neo-Gothic style Town Hall (Rådhuset) is located next to the main square (Stortorget).

### Sofiero Palace and Gardens

In 1864, Crown Prince Oscar and his wife Sophia bought the Skabelycke homestead, situated to the north of Helsingborg. This stately Manor House is known for its gardens.

### Ramlösa Spring

Taking the waters was popular in the 18th and 19th centuries. In 1707, Johan Jacob Döbelius founded Ramlösa Spring - magnificently located in a natural, landscaped ravine.

# More About Helsingborg

## DOCKING

Your Princess ship will dock in Helsingborg. Please inquire at the Tour Office for more information.

## SHORE EXCURSION DEPARTURES

Passengers will meet at a specific location for each shore excursion departure. Please refer to your tour ticket and the Princess Patter for the correct place and time. Your Shore Excursion staff will be at that location to assist you.

## TAXIS

Limited taxis are available pierside and throughout the city. Most taxi drivers speak English and accept only local currency.

## SHOPPING

You can find good buys in glassware, ceramics, Lapp/Sami handicrafts, silver, stainless steel and pewter products, and textile. The nearest shopping area is located along Stortorget and Kullagatan, approximately 10 minutes from the pier.

## OPENING AND CLOSING TIMES

**Banks** Nearest bank is located on Stortorget 1. Hours vary, but generally open weekdays from 9:00 a.m. to 4:00 p.m.

**Shops** Hours vary, but generally open weekdays from 10:00 a.m. to 6:00 p.m.; Saturdays from 10:00 to 2:00 p.m.; some shops are open on Sundays from 12:00 p.m. to 4:00 p.m.

**Post Office** Nearest post office is located on Stortorget 17. Generally open weekdays from 10:00 a.m. to 6:00 p.m. and Saturdays from 10:00 a.m. to 1:00 p.m.

## LOCAL CUISINE

While in port, you can sample the local favorites including salmon, herring, reindeer, Swedish meatballs and the famous Swedish smorgasbord.

It is always recommended that you drink bottled water while in port.

## SOME USEFUL WORDS

Yes	Ja
No	Nej
Thank you	Tack
Good morning	God Morgon

## TIPPING

Suggested tipping is 10 to 15 percent for good service.

## PRINCESS CRUISE AGENT

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*Note: The information in this port guide is subject to change without notice. We apologize for any inconvenience, but Princess Cruises cannot accept responsibility for any such alterations. Thank you.*



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