

Subject: Spotlight Article

LINDSBORG

LITTLE SWEDEN, USA

Ja!



SPOTLIGHT ARTICLE
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For Immediate Release
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Eat, Pray and Love in Lindsborg

Bestselling book *Eat, Pray, Love* by Elizabeth Gilbert started an international and national travel trend. However, you do not have to go overseas or travel to an urban area for an amazing experience. You can do that and a whole lot more in Little Sweden, USA.

Eat

Swedish Country Inn Swedish Breakfast Buffet: The menu is the type of breakfast found throughout Sweden. The breakfast includes Swedish meatballs, lingonberries, eggs, porridge, cheese, cold meats, pickled herring, fruit, vegetables, waffles with lingonberry syrup and rye bread. Freshly ground coffee accompanies this traditional breakfast roasted locally at the Blacksmith Roastery.

Picnic: Include a bottle of wine from the Dala Horse Winery, Swedish Bond Ost cheese from Anderson Butik and a fresh baguette from the bakery at Scott's Hometown Foods. Picnic at sunrise or sunset on beautiful Coronado Heights, winner of the *8 Wonders of Kansas!* Geography category, located 300 feet above the valley floor. On a clear day you can see forty miles of breathtaking views.

Swedish pancakes: It is not a crepe! The Butcher, Baker and Candlestick Maker, Swedish Pastries & Emporium and Brick House Grill



Photo by Jim Turner

feature Swedish pancakes from open to close. Eat them with your choice of whipped or sour cream and lingonberries imported from Sweden.

Now for something a bit different: Even Lindsborg's Mexican restaurant has some Swedish with *Ja* (yes) in the name Jaliscos. Spicy or not-so-spicy, Jaliscos is there to please your palate.

Pray

Dove Chapel: Pray, meditate, contemplate or just enjoy silence in this small structure created by artist John Whitfield.

Bethany Lutheran Church: A Lindsborg landmark with its white steeple rising above the trees. It is the oldest church in town and built to resemble churches in southern Sweden where the original townspeople emigrated from the province of Värmland. Paintings by Birger Sandzén and G.N. Malm complete the background for inspiration and thoughtful harmony.

The Messiah Labyrinth and Peace Park: The Labyrinth is an ancient symbol found in many cultures. Walk the marked path and take a journey with meditation and restfulness. The international prayer for peace, "*May Peace Prevail on Earth*," is written on the Peace Pole in twelve languages.

Love

Dala Horse Winery: Enjoy a romantic wine tasting at the local wine shop featuring unique blended wines from Little Sweden, USA. Call ahead for an appointment.

Quadricycle: Find your three favorite people and rent a quadricycle from the Hemslöjd. Slow down and leisurely cycle around town for a scenic view of Lindsborg from public art to the lovely historic homes.

Blacksmith Coffee Roastery: Tour the artisan micro-roaster, specializing in amazing single-origin Arabica bean coffee, located in one of the oldest buildings in Lindsborg. Call ahead for an appointment.

Flowers: Love yourself with a gift of fresh cut flowers from the Bouquet Shoppe or Golden Pear or with a plant from the Lindsborg Greenhouse. Simply looking at nature and plants can have restorative effects on perception and mood.

Massage: Book a massage at the Swedish Country Inn or Sun on the Run to promote a sense of relaxation and well being.

Lindsborg Golf Course: Play a round and simply reconnect by sharing a favorite pastime.

Written by Tricia Clark

Submitted by Carla Wilson, Lindsborg CVB Director

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