

Umeå

[See full map](#)

Information

Country:  [Sweden](#)

State: Västerbotten

Population: 110,900

Licence Plate: -

Motorways: [E 4](#) [E 12](#)

More Info:

Umeå is a town in northern [Sweden](#). The [E4](#) passes through it.

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Hitchhiking out

North towards [Luleå](#)

A good place to stand going north on E4 is just after the roundabout running north of and alongside *Björnvägen*. Wide road and lit up during night.

North West towards [Norway \(Bodø\)](#)

E12 to Mo I Rana is well traveled.

However most truckers and people that make the entire trip often take 95 as it is a shorter distance. There is perhaps less traffic on this highway but your chances of getting a longer ride are much greater. If you are going to take this route to the north of Norway from Umeå hitch up to Skellefteå where 95 heads out west across the mountains. Beware that traffic on 95 slows considerably during the winter months, and **heavy snows can shut down the pass** to extend this one day trip into two or more.

South towards [Sundsvall](#), [Uppsala](#) or [Stockholm](#)

There is a petrol station next to the E4 in *Tankvägen*, about 500 metres south of the bridge *Tegsbron*. You can ask for people going south on the E4 there. In winter there is not much traffic on this petrol station, and the cars that were using it were mostly going back to Umeå again. To avoid this traffic, walk a little further to where the road splits in two and start hitchhiking from there. This is a good place as you can also stick your left thumb up to people going to the highway without using the petrol station. Note that waiting times can be very long here, and do not accept rides that will take you only a few kilometres if you want to go long-distance.