

# HIKING IN KRISTINEHAMN



english



Visit  
Kristinehamn

By the lake  
**VÄNERN**



## SYMBOLS

- Nature reserve
- Exercise trail
- Lake Skagern
- Hiking trail
- Lake Vänern biking trail

E18 Karlstad/  
Oslo

Ölme

Kristinehamn  
town centre

E18  
Karlskoga/  
Stockholm

VÄNERN

- 1 The Iron Trail
- 2 Järnsjöleden
- 3-5 Visnums-Kils trails
- 6 Dyrön nature reserve
- 7 Jacqueline's path
- 8 Vålön-Kalvön-Sibberön
- 9 Sannaleden
- 10 Lake Skagern
- 11 Ringleden
- 12 Hälsans Stig
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- 20 Selanty trail
- 21 Värmlands Säby
- 22 Kummelön
- 23 Kaffeberget
- 24 Varnans Bäckdal





Foto: Tomas Hermann



Photo: Roland Svensson

## Right of Public Access

In nature reserves, national parks, parks, and golf courses the right of public access has limitations. Many trails in this folder are in nature reserves and these often have stricter rules than other parts of the countryside. Please ask the staff at the Tourist Centre for details.

### LIGHTING A FIRE

You are allowed to light a fire in nature, under safe conditions. In case of a fire ban no fires may be lit. If you make a fire the safest option is to use an existing campfire pit. You may never light a fire on a rock, it will crack. You may collect fallen twigs and pinecones (not in nature reserves). You may not remove or break twigs from living trees or bushes. For information about fire bans, call +46 54 15 50 66 (answering machine).

### CAMPING IN THE WILDERNESS

Enjoy the right of public access and pitch a tent for a night. Providing you don't disturb the landowner or cause damage to nature you're free to choose your spot. Make sure the site in question is not near houses, farmland, or grazing pastures. Two to three tents are allowed. Large groups must obtain permission from the landowner.

Special rules apply to nature parks and nature reserves. Generally, you may only pitch a tent or make fire on designated sites. Tents are usually not allowed in sportsgrounds. Your local Tourist Centre can advise you.

### NO LITTERING

Littering is prohibited. Glass, cans, plastic, fishing lines, aluminium etc can damage humans and animals. Do not disturb, do not destroy, and leave no trace.

### BRING YOUR DOG

Four-footed friends are welcome in the wild, but dogs are not allowed to run loose in the countryside during birthing and hatching season, March 1-August 20 and never in nature reserves. During the rest of the year, dogs must be kept under full control to protect wildlife. Dogs do not belong in grazing grounds.

### BERRIES, MUSHROOMS AND FLOWERS

You may, free of charge, pick berries, mushrooms, and flowers, for your own use. You pay by respecting nature and the animals. You may never remove or break twigs from living trees/bushes.

### DRIVING

Driving on bare ground with any form of all-terrain vehicle (ATV) is prohibited. This applies to all motor-propelled vehicles, including mopeds, 4WDs, camper vans and even electrical bicycles. You may not use bikes on hiking trails, unless specifically stated. This is to protect and safeguard the Swedish countryside.



Arskagsleden  
Foto: Bernt Magnusson

## HIKING IN KRISTINEHAMN

In Kristinehamn you'll find peace and a closeness to nature. There are plenty of both long and short hiking trails. This folder describes them all with text and maps. Your local Tourist Centre can tell you more.

### QUALITY ASSURED HIKING TRAILS

There are several quality assured trails to choose from (signs are in Swedish, English, and German):

**The Iron Trail (Järnleden) 1** is 30 km long and takes you through historical terrain between Hytte and the guest marina in Kristinehamn. Choose to hike one or several sections.

**Visnums-Kils trails 3-5** are three trails: **Prästöleden 3**, **Nötöleden 4** and **Arskagsleden 5**, all are about 5 km long.

### FOLLOW THE IRON

Follow the freight route of the iron from Hytte to the marina of Kristinehamn by hiking **the Iron Trail 1**. You can combine this with **Järnsjöleden 2**, which is a 28 km trail going north from Hytte to Storfors.

### HIKING WITH A VIEW OF THE LAKE

Who can resist magic lake views? Several of the hiking trails have stunning views of the huge lake Vänern: **Visnums-Kils trails 3-5**, **Dyröns nature reserve 6**, **Jacquelines path 7**, hiking on the islands - **Välön**, **Kalvön**, **Sibberön 8**, **Sannaleden 9**, **Kummelön 16** and **Värmlands Säby 17**.

### NATURKARTAN

Naturkartan.se is a digital map of hiking trails, campfire pits, nature reserves, fishing rules etc. The app is free but only in Swedish but uses international signs that may help you. Download on Google Play or App Store. Choose Värmland and Kristinehamn.



Scan the QR-code  
to go to  
Naturkartan!

### THANKS TO LANDOWNERS

The hiking trails exist thanks to generous landowners. As a hiker you pay them back by showing due respect and care for private homes, private areas, grazing lands and parks.

### HELP US - BE OUR EYES!

If you find anything that is faulty or broken along the trails you hike we are grateful if you report it. That way we can all help to maintain the trails. Please contact the Tourist Centre (+46 550 881 87, tourist@kristinehamn.se).

visitvarmland.com/kristinehamn/en  
facebook.com/visitkristinehamn  
@visitkristinehamn

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**Production:** Turismenheten, Kristinehamns kommun  
**Print:** December 2021



- Trains
- Buses
- Parking
- Café
- Restaurant
- WC
- Outdoor toilet
- Rest area
- Wind shelter
- Campfire pit
- Water
- Bird tower
- Suitable for wheelchair
- Can be used by pram
- Information
- Hotel
- Bed & Breakfast

Hiking trail  
 Lake Vänern biking trail



Photo: John Persson



# 1 THE IRON TRAIL

30 km - one way

The Iron Trail is a quality assured Värmland trail and takes you through historical terrain between Hytte and the guest marina in Kristinehamn. You can choose to hike shorter sections or the whole way. The trail is marked and can be hiked without a map, but we do recommend a map for more details and an easier hike.

## QUALITY ASSURED VÄRMLAND TRAIL

The Iron Trail (Järnleden) is one of many quality assured trails in Värmland. It fills listed requirements such as maintenance, information in English, Swedish and German, easy to follow trail markings and contracts with landowners.

### Gradings:

**Easy:** The trail goes on land that is generally flat or with gentle rises only. Trail surface is even, without steps or rocky areas. Footbridges are passable with prams.

**Moderate:** Good accessibility. All or parts of the walk are on nature trails. Gradients are not a problem for a person with normal fitness.

**Difficult:** Limited accessibility due to steep sections and higher gradients that require good fitness.

## SECTIONS

### Hytte - Bergsjötorp

**Medium** 5 km, 1.5-2 hours

This is an easy trail with gravel and forest paths. It takes you along the old freight route of the iron, along the canal of Norsbäcken (built 1630). The canal runs into Lake Bergsjön and the trail follows the lake. The hill at Varrvikshöjden requires some energy but after that the terrain flattens out again. At Bergsjötorpet you pass some magnificent old oak trees. You can combine this section with northbound Järnsjöleden 2 which starts at Hytte, see page 10-11.

### Bergsjötorp - Niklasdamm

**Medium** 5 km, 1.5-2 hours

From Bergsjötorp the trail starts with a forest path. After a few kilometers you reach a rest area by a lake. It has wind shelter, a campfire pit, a flat area for a tent and a nearby outdoor toilet. You then pass a 200 m long footbridge at Bromossen and the remains of an old charcoal burner's hut. The trail continues along a gravel road and then turns into an old park, past a pond and into what once was an old English garden. At Niklasdamm there's a café (open in summer) and a geranium museum. The manor house is a private home, please show respect. Fresh water all year.





Foto: Tomas Hermann

### Niklasdamm - Älvbron

**Medium 4 km, 1.5-2 hours**

The trail starts along a gravel road which turns into a path that is also used for riding. You pass fields and woodlands and finally reach the river of Varnan. Sit on one of the benches to enjoy the rippling water. In case of rainy weather this part can be wet. If wet follow instead the gravel road until Älvbron where there is a rest area with benches and a table. Right next to the old stone bridge of Älvbron you can see stone remnants from an old iron mill.

### Älvbron - Gustafsvik

**Medium (up to the ancient fort - difficult) 9 km, 3-4 hours**

The trail continues through a wonderful forest. You'll pass a quarry where there is an outdoor toilet before you reach a smaller hill. The trail climbs up and the reward is remnants of an ancient fort from the Iron Age. Take a break and enjoy the view. Continue under E18 and head toward Gustafsviks herrgårdspark. Felling of trees along this section has been performed in 2021.

### Gustafsvik – Kristinehamn guest marina

**Easy 7 km, 1.5-2 hours**

Easy part along a combined trail for cycling and hiking. You have a view of Varnumsviken which is a part of Lake Vänern and an important bird sanctuary. You also pass the unique chapel of Östervik (open in summer). The animal farm next to it has a café which is open on weekdays all year round. In the small area of trees just before the rural area starts there is a rest area. Continue to the area of Marieberg, an old hospital rebuilt into apartments and a business park. The art museum, Kristinehamns konstmuseum, is located here. They have a restaurant and café open all year round. Close by is a bed & breakfast and a hotel.

The trail leaves the lake and continues through the harbour area and ends at the guest marina where



Foto: Tomas Hermann

a replica of an old sailing ship, Christine af Bro, is moored. This type of boat was used to ship iron across the lake and further out into the world. Summertime both young and old can enjoy a trip on the ship. The guest marina offers motor home parking, miniature golf, showers, and toilets (for a fee) and a Thai restaurant.

### HOW TO GET THERE

There is bus service on RV26 that can take you to a stop close to the starting points Hytte, Bergsjötorp and Älvbron. Hiking south you can get off the trail and catch a bus from Bergsjötorpet, Niklasdamm or Älvbron. You can also use a taxi.

Or start from Kristinehamn and hike north. At Älvbron, Niklasdamm, Bergsjötorpet and Hytte you can take the bus or a taxi back to town.

### Bus 400 from Kristinehamn to the Iron Trail:

the bus starts at Kristinehamns resecentrum (bus- and train station) bus stops are Spjutbäcken, Hedbotten, Sjöändan or Södra Nässundet.

### Bus 400 from the Iron Trail to Kristinehamn:

bus stops Spjutbäcken, Hedbotten, Sjöändan or Södra Nässundet to Kristinehamns resecentrum (bus- and train).

**Payment** with credit card or an app: varmlandstrafik.se

**Your own car:** park at any of the parking spots

**Taxi:** Sverigetaxi +46 (0) 550 - 150 45

### DISTANCES FROM THE BUS STOP

**Södra Nässundet - Hytte:** Walk back along RV26, take right, follow signs. (200 m)

**Sjöändan - Bergsjötorpet:** Cross the RV26. Follow the signs. (1,4 km)

**Hedbotten - Niklasdamm:** Cross the RV26. Follow the paved road and signs for Niklasdams café. (3,3 km)

**Spjutbäcken - Älvbron:** Cross the RV26. Walk along gravel road and follow signs. (1 km)

### BY CAR

**From Karlskoga:** E18 direction Oslo. Turn north onto RV26 direction Filipstad.

**From Karlstad:** E18 direction Stockholm. Turn north onto RV26 direction Filipstad.

**From Filipstad:** RV26 direction Kristinehamn.

**From Mariestad:** RV26 direction Kristinehamn. Continue RV26 direction Filipstad.

**From RV26 there are signs marked with Järnleden and a hiking symbol to Bergsjötorpet and Hytte.**

### HISTORY

The trail follows the old freight trail used to carry iron from the northern parts of Värmland and Bergslagen down to the harbour in Kristinehamn. Many sections of the trail follow the historic route and have been used since the 17th century. Workers used horses or oxen and carts or sledges to haul the iron across the countryside. The iron built the town of Kristinehamn when the king Gustav Vasa realized that he could use the short cut to Gothenburg that Lake Vänern offered. From the 18th century the town was the export centre for iron from Bergslagen. This lasted for over 100 years.

### VARIED LANDSCAPE

The trail passes through a varied landscape past lakes and bogs, through woodland, grazing pastures and along old gravel pathways. You'll pass through forests with pine trees and deciduous forests, both old and young, remnants of iron mills, charcoal huts, an ancient fort and a manor house and chapel – still existing. You'll see birds, butterflies, deer, squirrels and probably signs of beaver, fox, moose, and other animals. You are allowed to pick flowers, berries, and mushrooms along the way.

### SERVICE

Along the trail there are benches, rest areas and outdoor toilets. The most equipped rest area is by the little lake Ljustjärnen. It has wind shelter, benches, campfire pit and a spot to pitch a tent. Close by is an outdoor toilet. Fresh water can be found at Niklasdamm Café (outdoors), Gustafsviks herrgårdspark and at the guest marina.

### GOOD TO KNOW

There are nearly 800 signposts (orange stripe), arrows and signs with information along the trail. Orange markings can also be found on trees and lamp posts (rural areas). We recommend hiking boots and to always carry food and water with you. Sometimes the grass is high, but you can still see and follow the trail. Grass is cut once or twice per year and other maintenance is performed before May 15 – September 15 (eg the main season).

If you want a hike that lasts more than one day you can combine your hike on the Iron Trail with Järnsjöleden that connects to the Iron Trail at Hytte. Read more on pages 10-11.

### MOOSE HUNTING

The traditional moose hunting season in Värmland starts on October 8.

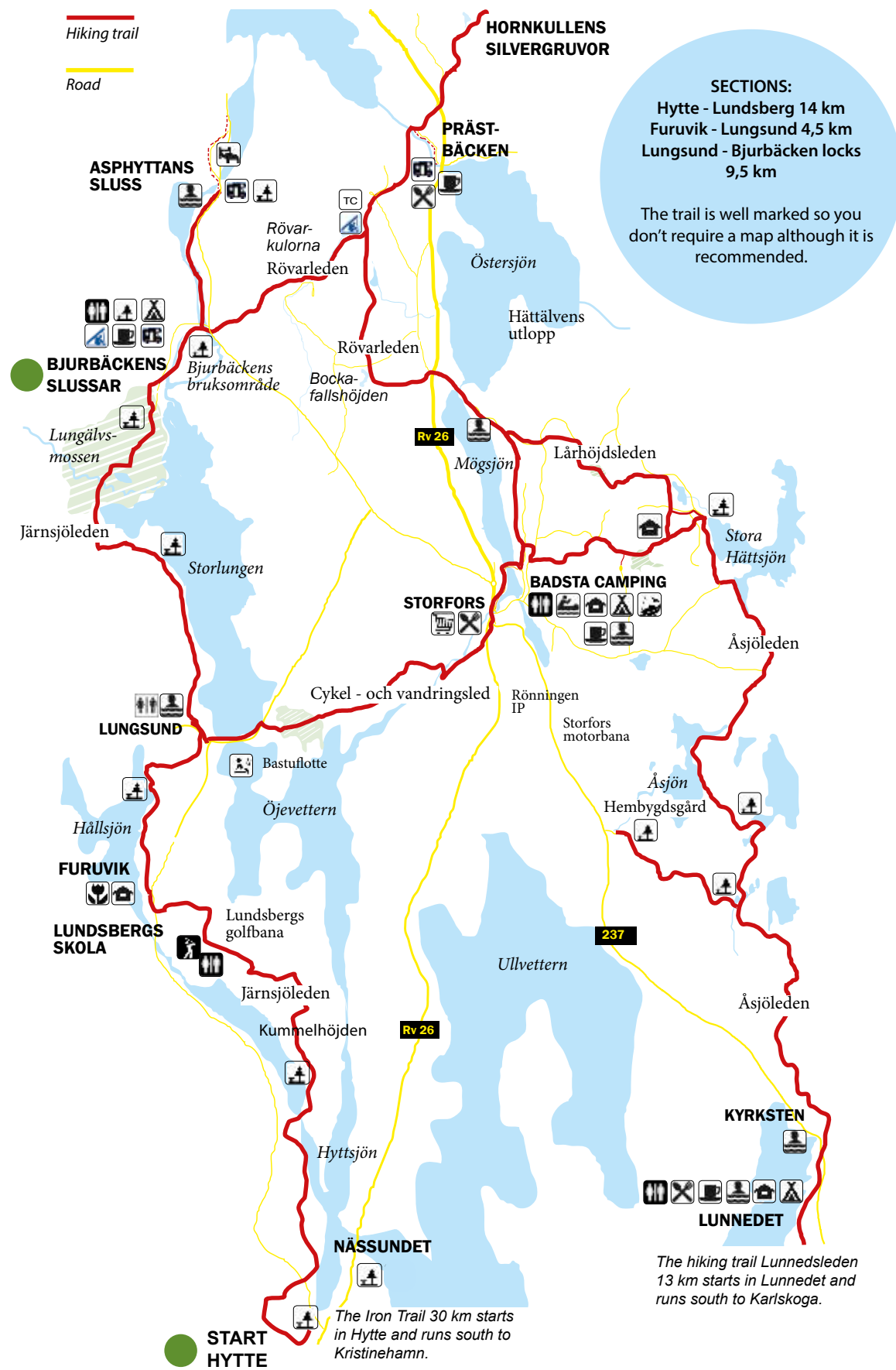
### BE AWARE

The hiking trail is mainly a trail for hikers. But you might encounter horses and need to show respect for the riders. Any form of all-terrain vehicle (ATV) is prohibited. The trail exists thanks to kind landowners. You thank them by showing respect for private areas and private houses as well as grazing pastures and parks. Littering is prohibited. For more information ask your local Tourist Centre or hire a guide.



Foto: John Persson





## 2 JÄRNSJÖLEDEN

28 km - one way

The Iron Trail connects with Järnsjöleden which starts at Hytte and Bjurbäcken locks. If you want a longer hike this is a good combination with a total of 58 km. If you wish to continue even further you can connect with Rövarleden, Lärhöjdsleden, Åsjöleden and end it all with Lunnedsleden.

From Hytte the trail has the same start as the Iron Trail, after passing a red house the trails divide and you continue by following the signs for Järnsjöleden. It is clearly marked. After 4 km you cross a paved road and arrive at Hyttsjön. The trail continues toward lake Matlängen, turns into the forest, and then reaches the lakeside and a bench to rest your legs. Continue toward Kummelhöjden where there is a perfect rest area. Take a break before you continue up onto the small hill that has a beautiful view of the lake. Enjoy good viewpoints and benches to sit down for a while.

The trail then passes through a nice and very old forest, along a golf course and then follows a gravel road toward Furuviik for 900 meters. Along the way you'll have a nice view of the boarding school Lundsberg

(one of few boarding schools in Sweden). During summer you can visit the school and use the bathing jetty by the lake.

When you've passed Furuviik the trail takes you into more old forest and to a beautiful rest area by the water. Even if this isn't a designated bathing site you can still take a swim if you want to. The trail continues a few kilometers into the forest and then passes close by Lungsund camp site (if you need a toilet, it's only a few hundred meters from the trail).

For a few kilometers you'll enjoy a nice view of the fields and the lake Storlungan. The trail follows alongside the water, and you arrive at yet another rest area where you can take a swim. After a while the trail leaves the water and takes you up a hill to a nice view of the lake below. At the foot of the hill the trail follows a gravel road to the unique and wonderful Lungälvs-mossen. A 2 km long footbridge takes you through the bog and the forest, you'll pass the river Ljungälven and small ponds. After the bog you soon arrive at the locks of Bjurbäcken and that is the end of the trail.





Foto: Kristinehamns fotoklubb



## 3-5 VISNUMS-KILS TRAILS

3 x 5,6 km - round loops

There are three trails at Visnums-Kil: Prästöleden, Nötöleden och Arskagsleden. All of them are in the nature reserve Nötön-Årsviken. You'll find peace and quiet, beautiful countryside, grazing animals, sea eagles and woodpeckers. The area is renowned for its old oaks, open fields and lake views.

which is a wonderful part of the lake, with a labyrinth of small islands and reed areas.

### SERVICE

There are rest areas along all the trails. Also wind shelter and outdoor toilets. Firewood is provided at Linsöstugan, Österöstugan, Hästudden and Arskagsudden. Trash bins are located at the car park. Littering is prohibited.

### THE TRAILS

#### 3. Prästöleden 5,6 km

Prästöleden lies at the northern end of the reserve. There is a small cottage called Linsöstugan 700 meters from the car park. You can stay a night and it is equipped with an outdoor toilet, campfire pit, table and benches. If you stop, please leave the place in the same condition you would wish to find it in. The trail continues to a lookout tower with a nice view of Kilsviken. The last part of the trail is full of stones, take it easy. A rest area can be found at Prästöudden and has a nice view. Please observe that the red cottage by the rest area is private property.

#### 4. Nötöleden 5,5 km

Nötöleden is in the middle of the reserve. After 1,6 km you arrive at Hästudden which has a rest area with a campfire pit, benches and table, outdoor toilet, and a wonderful view of Lake Vänern. The cottage Österöstugan can be used and has a fireplace, outdoor toilet, table and benches. The farm on Västra Nötön is private property, please show respect.

#### 5. Arskagsleden 5,6 km

Arskagsleden is in the southern part of the reserve. Sandholmsudden has a rest area with benches and table in an opening in the forest. From Arskagsudden you have a nice view of Lake Vänern. The rest area has wind shelter, campfire pit, outdoor toilet, benches and table. To the south you see Årsviken

### GOOD TO KNOW

The trails are marked with signposts with orange stripes and orange markings on trees. A large part of the trails run through grazing pastures, please show respect. Signs provide information about the grazing cattle. Please do not bring dogs into this area as cattle can be disturbed by them.

### QUALITY ASSURED VÄRMLANDSLED

The trails are quality assured trails in Värmland. They comply to the requirements of maintenance, information in English, Swedish and German, easy to follow trail markings and contracts with landowners.

### MOOSE HUNTING

The traditional moose hunting season in Värmland starts on October 8.

### HOW TO GET THERE

**From Kristinehamn:** RV26 direction south to Mariestad. At Nybble turn right (west). For Prästön/Linsön take a left at the church (Visnums-Kils kyrka), follow signs. For Nötön and Arskagen take a right at the church and then a left turn after about 3 km, follow signs.

**From Mariestad:** RV26 direction north to Kristinehamn. Take a left turn (west) at Nybble, then follow the directions above. Park your car at the designated parking lots.

**Taxi:** Sverigetaxi, + 46 (0) 550-150 45



VÄNERN

DYRÖN

Höga holmarna

Västra ön

Östra ön

Brännebotten

Rudbottnen

Bird Sanctuary

© Lantmäteriet

500 m

## 6 DYRÖNS NATURE RESERVE

2,7 km - one way

A nice hike through forests and old pastures with a magnificent view of Lake Vänern. You'll see dramatic rocks, a lot of birds and traces of farming from the 16th century.

### ANIMALS AND PLANTS

The reserve is two km<sup>2</sup> land and two km<sup>2</sup> water. The area has a varied landscape, a secluded location and un-touched shores which makes it important for plants and animals. You may find blue anemone, bluebells, and viper grass. The bird song can at times be very loud and some unusual species can be seen

here; rare woodpecker, long-tailed tit, marsh tit and hawfinch. You can also hear northern lapwing, wood sandpiper and eurasian teal. The area is sometimes used for hunting.

### GOOD TO KNOW

You reach Dyrön from both land and sea. The trail takes you through grazing pastures and we ask you not to bring a dog.

The trail is marked with signposts. At the end of the trail is a rest area with benches and table and a wonderful view of the lake.

Foto: Bettina Johansson

Foto: Bettina Johansson

Foto: Lars Fredriksson



## 7 JACQUELINES PATH

2,5 km - round loop

This trail takes you through the forest and along small roads in the housing area next to the lake. A visit to the southernmost viewpoint is recommended. It has a breathtaking view of the lake, which is the largest lake in the European Union.

The path starts at the café close to the Picasso sculpture. It passes a grave from the Bronze Age and continues into the forest.

The path is new and not yet well trodden. When you reach the road, you may choose a longer or shorter loop.

### SERVICE

The path is open all year; maintenance is performed before May–September (eg the main season). There are rest areas along the path, by the water. Campfire pit and toilets at the start/end of trail at the foot of the Picasso sculpture.

### MARKINGS

The trail is marked with signposts with orange stripes. Accessible by wheelchairs and prams along the roads, not in the forest nor on the path to the southernmost viewpoint.

Foto: Bettina Johansson



## 8 VÅLÖN, KALVÖN, SIBBERÖN

4 km - one way

Hike on the islands of Lake Vänern. There is a hiking trail from the largest island in Kristinehamn, Vålön, to the islands of Kalvön and Sibberön (both are nature reserves). The islands are connected by footbridges. Many shores and smooth rocks provide for nice dips in the water.

A great way to explore the archipelago of Kristinehamn. You have good chances of seeing white-tailed sea eagles, blueberries and chantarelles (in season). You need to bring your own food and drink. Choose a spot with a view and enjoy the luxury of slapping waves and the wind in your hair. It is allowed to fish with a rod (free of charge), maybe you can catch your dinner somewhere on Lakholsuddarna.

### HOW TO GET THERE

The islands are reached by boat. Summertime there are tour boats. Find timetables online or at the Tourist Centre.

You can also reach the islands with a kayak or canoe. You can rent them at Stadshotellet, Vänerkajak or Herrgårdscampingen.

### SERVICE

The islands have boat jetties, campfire pits, benches and tables, wind shelters and outdoor toilets. On Sibberön there's a small cottage where you can spend a night. You may pitch a tent on certain designated areas, please see map. Firewood is provided at the campfire pits and in the cottage.







## 9 SANNALEDEN

6 km - round loop

This trail runs between the campsite, Kristinehamns Herrgårdscamping, and the guest marina. Parts of the trail follows the lakeside, and it is easy to continue onto the waterfront walkway along Vålösundet toward the Picasso sculpture.

### TYPE OF TERRAIN

Between Kristinehamn Arena and the campsite there's a special type of forest with birches, goat willow, alder, and bird cherry. This is a well visited environment for songbirds. Dead trees and stumps are also vital for the birds. The rare woodpecker is known to breed here.

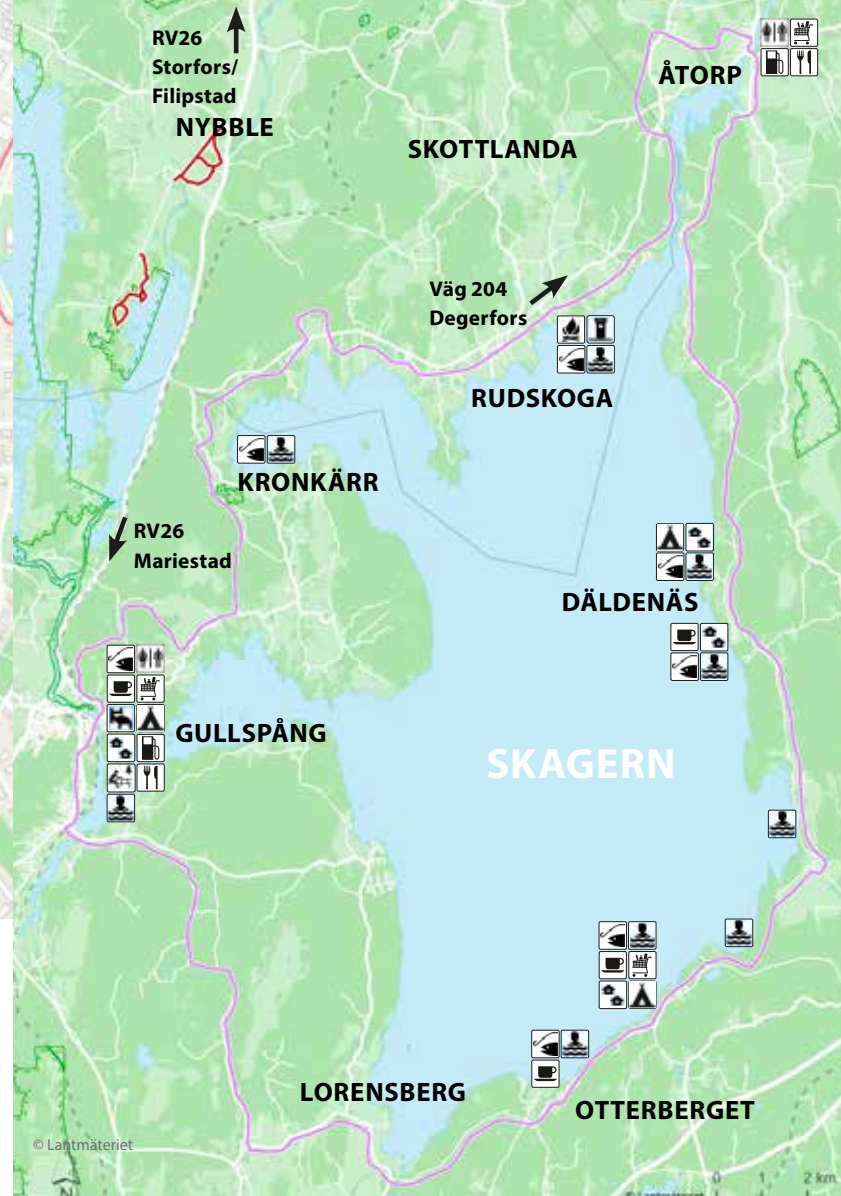
### BIRD LIFE

In May and June there is much to see and hear in this area, especially if you are a bird watcher. Close to the arena you'll see breeding seagulls and along the trail

by the water the bird song can be almost overwhelming! And the nightingale sings higher than any of the others. The reeds are also full of birds, one of which is the great reed warbler. None of these species are very common in Kristinehamn.

At one point the trail meets the water and this is a good place to take a rest and enjoy the view of Varnumsviken. During spring and autumn, you might see tufted duck fly by on their way north/south. On the buoys you often see great cormorants and the great black-backed gull.

If you want a longer hike, continue onto the waterfront walkway along Vålösundet. This walking path ends at the Picasso Sculpture and is 4,5 km. Close to the sculpture there is a marked path with several viewpoints, see page 15.



## 10 SKAGERN RUNT

100 km - round loop

You can ride, cycle or hike round Lake Skagern. The trail is marked with a horseshoe, boot and pilgrim signs for the combined riding and hiking trail. The trail for cycling is a separate one. The trail runs along pathways, small gravel roads and sometimes on paved roads and you'll see varied terrain with forests, open fields, red cottages, lake views and beaches.

### SERVICE

The riding and hiking trail is open from June 1st to

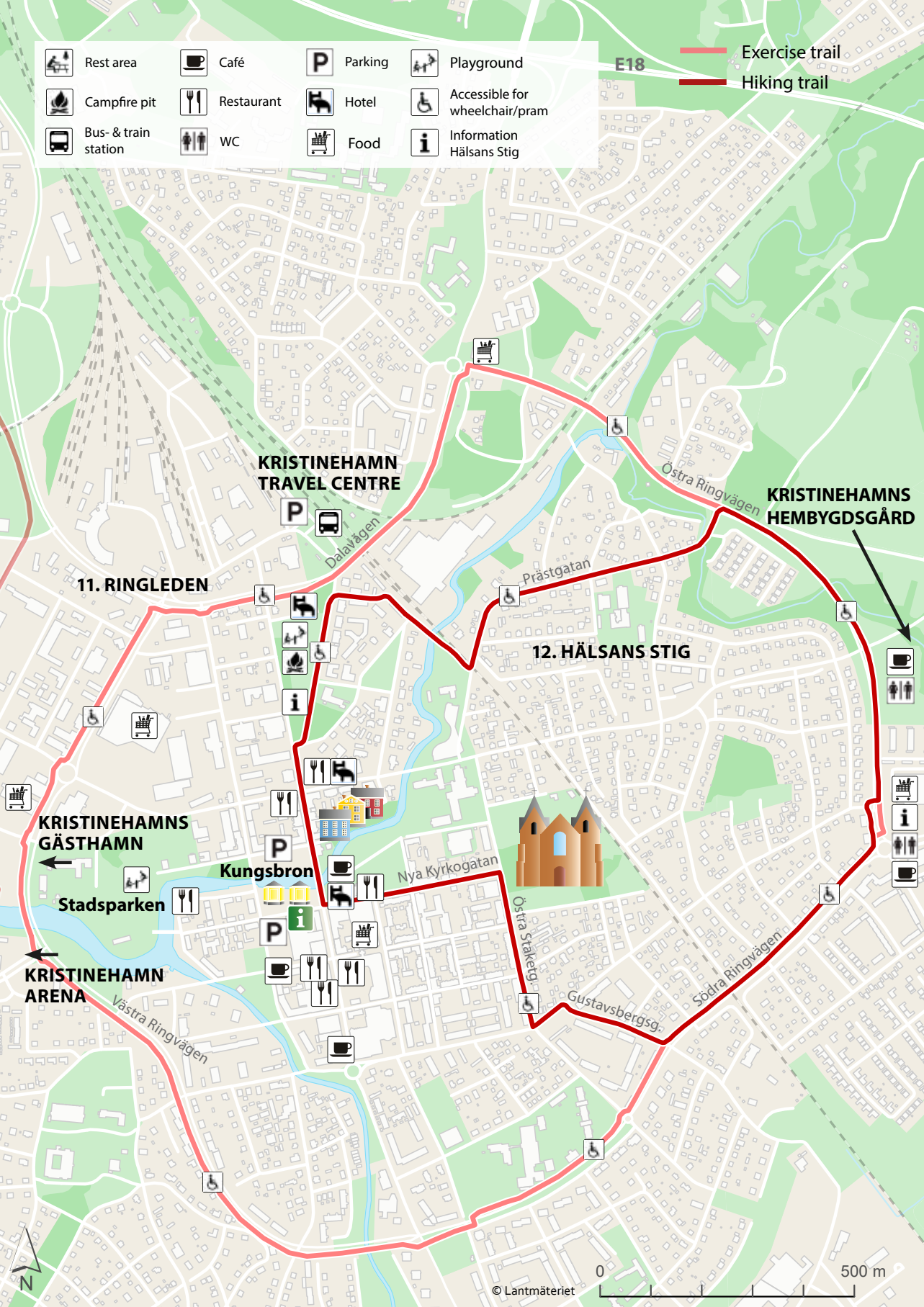
September 30th, and the cycling trail is open all year. The trail is marked with blue and white signposts. A detailed map of the lake Skagern can be bought at the Tourist Centre in Kristinehamn.

### GOOD TO KNOW

The trail is mostly flat and easy to hike, ride and cycle. There are only a few small hills and rest areas are located all along the trail. Lodgings can also be found close by, even for horses.







## 11 RINGLEDEN

5,3 km - round loop

A path on paved roads around the town centre, accessible by both wheelchair and pram and lit by street lighting.

The path follows the streets Östra, Södra and Västra Ringvägen and Dalavägen. Follow the yellow markings.

### WHAT SO SEE ALONG THE WAY

At the guest marina you might see the replica of an old sail ship from the 17th century, Bojorten Christine af Bro. Kristinehamns hembygdsgård, the folk museum, is close to the path and a good place to stop for coffee is Norrgårdens café in the museum. Make sure to admire the old wooden buildings, they have all been moved here from the town centre.

## 12 HÄLSANS STIG

4 km - round loop

Walking path in the central parts of Kristinehamn. It passes by many beautiful buildings along the way. Accessible for all and lit by street lighting.

### HISTORY

These walking paths started to be established in 1995 by an Irish organisation (Slína Sláinte). The purpose is to encourage people of all ages to walk. The Swedish organisation is called HjärtLung.

### WHAT TO SEE ALONG THE WAY

You will pass interesting buildings like Frödinggården, the church of Kristinehamn, the folk museum - Kristinehamns hembygdsgård, and the old stone bridge called Kungsbron.



## 13 SÄTTRASTUGAN

1-3 km

Sättrastugan is a small cottage surrounded by exercise tracks and hill biking trails. Wind shelters and campfire pits are available and in winter you can go cross country skiing and use the toboggan slope. The cottage is run by Friluftsrådet and from January to March they sell waffles and coffee.

Separate mountain bike trail is described by Biking Värmland or in the app Naturkartan.

### HOW TO GET HERE

Sättrastugan is located 4 km east of the city centre. With car you take E18 towards Karlskoga. At Myggbo take a right turn. Address: Sättrastugvägen.

### RENT SÄTTRASTUGAN

You can rent Sättrastugan, call Friluftsrådet +46-70-714 79 57.





## 14 BJÖRKVALLEN

3,7 km (10 km)

Two exercise trails of 2,7 km and 3,7 km start from the sports fields of Björkvalle. The 2,7 km trail is lit from darkness until 23.00. There's also a trail of 10 km.

Jogging trails of 3 and 6 km can also be found on the old military area of A9. You can also reach the 10 km trail from the military area, follow orange markings. An outdoor gym and an 18-hole discgolf course are located right by the water tower.

### RESTRICTIONS

It is prohibited to cycle and ride on these jogging trails. There are separate mountain bike trails, described by Biking Värmland or the app Naturkartan.

## 16 RUDSKOGA

1,2 km - round loop

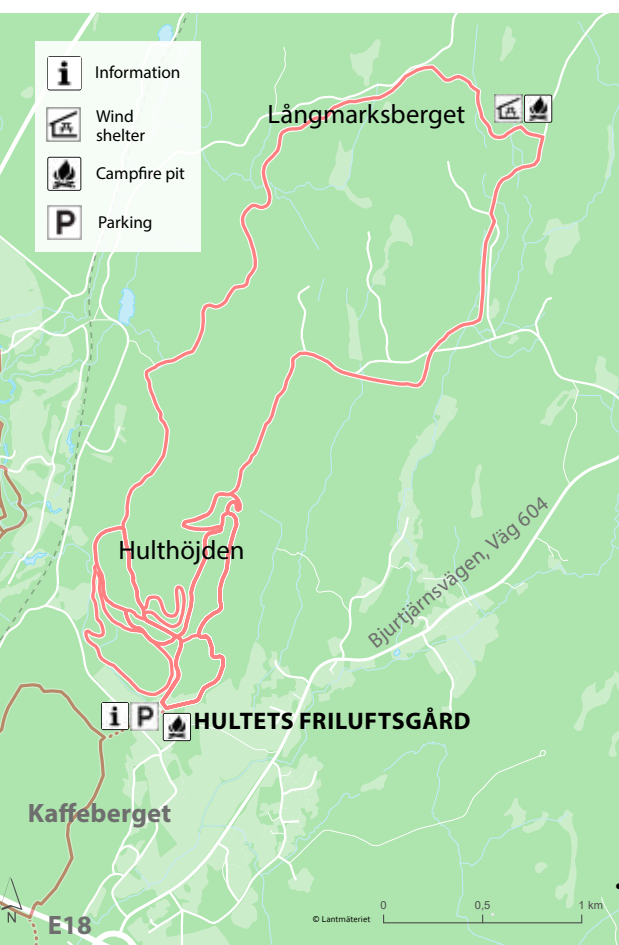
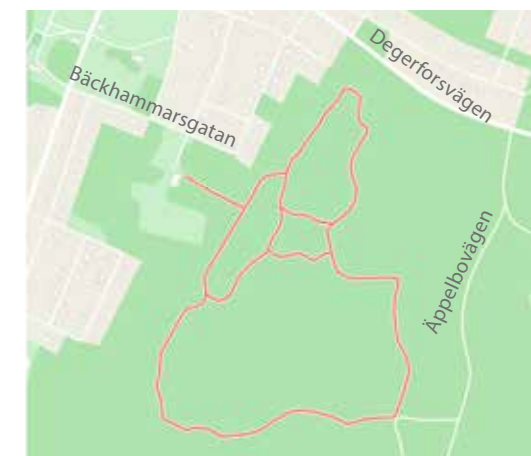
Sjötorp (Rudskoga) has a 1,2 km exercise trail. Cross country skiing track in the winter (real or artificial snow). The trail is lit.



## 17 BJÖRNEBORG

2,5 km - round loop

Björneborg has a 2,5 km exercise trail in connection to the lit trail. Cross country skiing track when there is snow.



## 15 HULTET

10 km - round loop

Hultet is owned and run by the orienteering club of Kristinehamn. The area has exercise trails that are lit (1,5-5 km) and longer trails of 1,5-10 km that are not lit. During winter the trails are turned into cross country skiing tracks 1-10 km long and a lit trail of 5 km. Tracks with artificial snow 1-3 km as soon as the weather is cold enough. Toboggan slope and campfire pit.

### SERVICE

Changing rooms, sauna and parking.

### RESTRICTIONS

It is prohibited to cycle and ride on the trails. There are separate mountain bike trails described by Biking Värmland or the app Naturkartan.

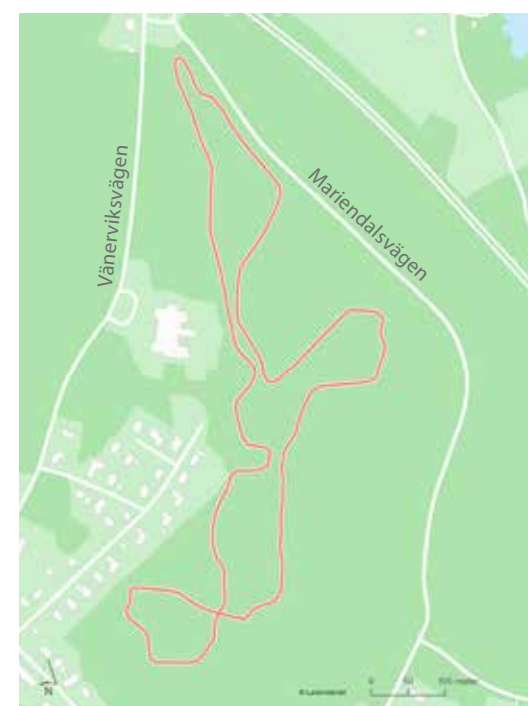
### CONNECTING TRAILS

There is a connecting trail between Hultets Friluftsgård and the trail called Kaffeberget. From Kaffeberget it's possible to connect to Kvarndammen and Varnans Bäckdal, see page 27.

## 18 ÖLME

2,5 km - round loop

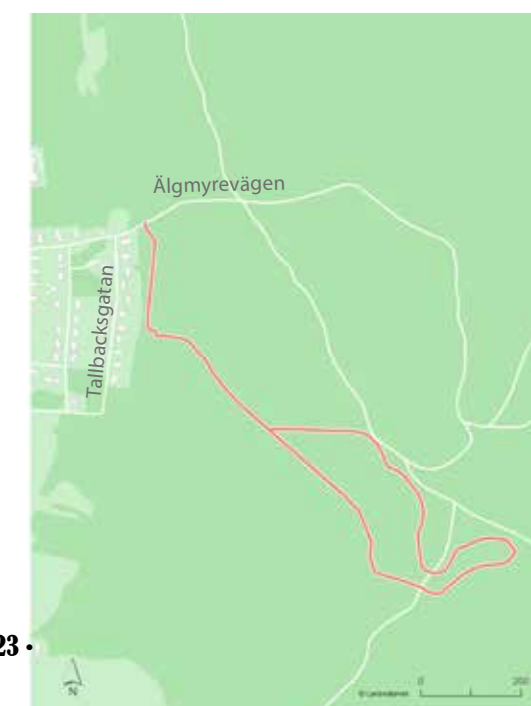
This exercise trail is lit and is 2,5 km. Cross country skiing track when there is snow.



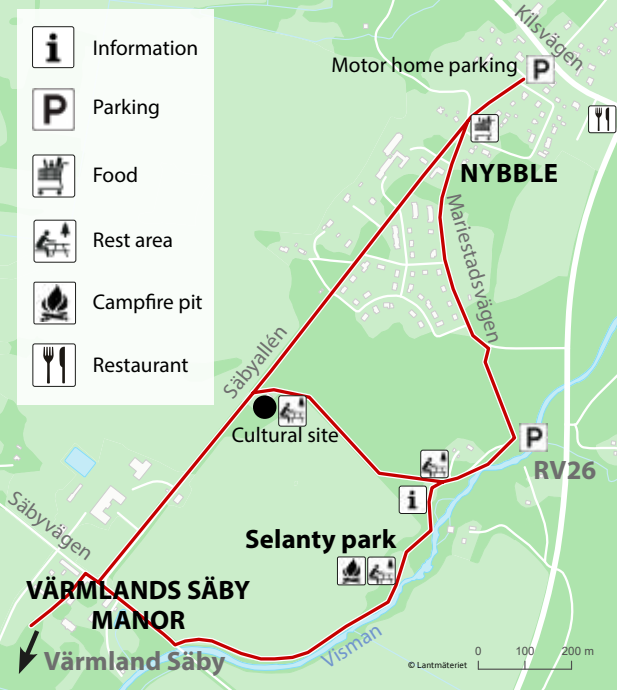
## 19 BÄCKHAMMAR

2,2 km

2,2 km lit exercise trail. Start at the scout cottage. Cross country skiing track when there is snow.







## 20 SELANTY NATURSTIG

3 km - round loop

Selanty path is a narrow pathway that goes along the river Visman, from the park called Selanty to Värmlands Säby in the south.

### HISTORY

In the 18th century there was a small park here called Solitude (Selanty in the local dialect). There is a saying that there was a small temple, pathways, and a cave here. Today, nothing of this is left. But an organisation has started to renovate the park. The path from Selanty passes Värmlands Säby manor house from the 18th century and during summer the park is open to stroll in. Along the driveway are old oak trees and a low stone wall. The building called "Rian" is of cultural importance and was built 1760 to dry grain. To minimize the risk of fire the buildings were built with stone and the fires were outside. The heat was channelled into the building.



## 21 VÄRMLANDS SÄBY

5,5 km - round loop

Värmlands Säby lies on land of great cultural heritage. One thousand years ago this area was owned by the monastery of Riseberga. This nature reserve has an abundance of plants, magnificent old oak trees and rich bird life. In the northern part of the reserve there is a 5 km long trail.

### VARIED LANDSCAPE

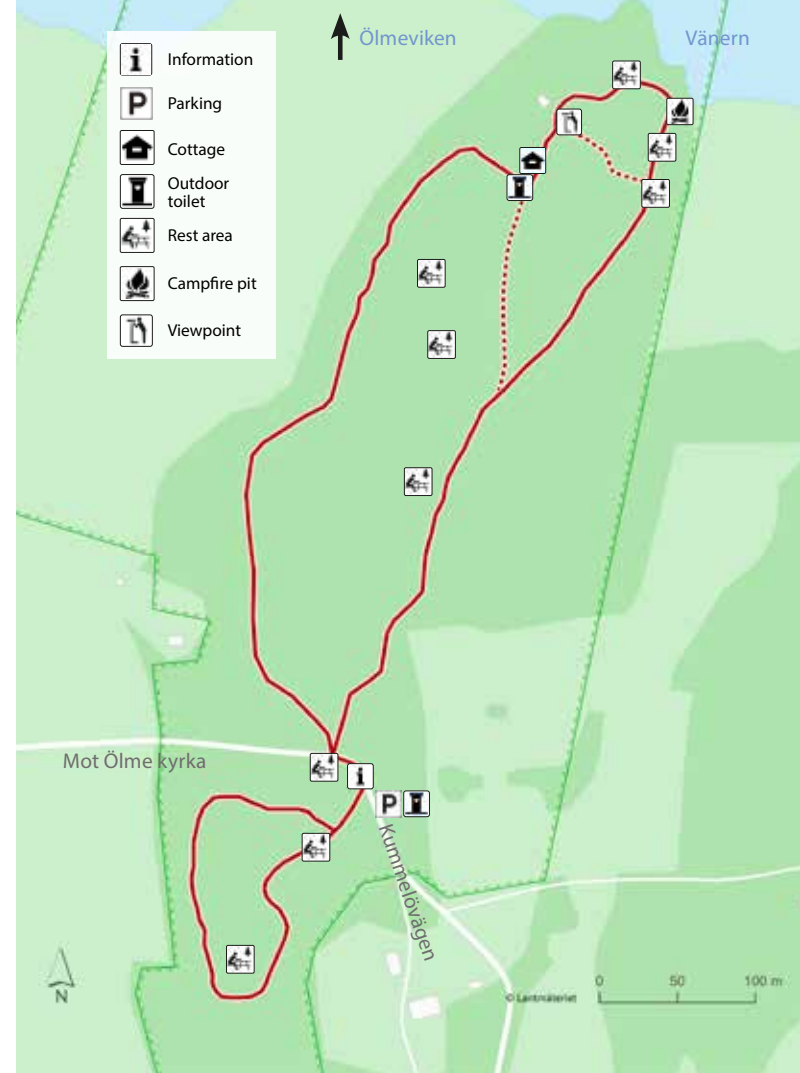
Värmlands Säby has a variety of vegetation; temperate deciduous forest, pastures, waterlogged wooded terrain, meadows and wet meadows. The area is of national importance and is included in the Natura 2000-project (European Union). It is also classified as a wetland of international importance.

### GOOD TO KNOW

The trail passes through grazing pastures, and we ask you not to bring a dog. The area is used for hunting.

### SERVICE

There are information signs at the car park and entrance of the reserve. Rest areas along the trail. Enjoy the view of Kolstrandsviken (Vänern) from Sandholmen.



## 22 KUMMELÖN

1,5 km - round loop

The nature reserve of Kummelön is located 10 km west of Kristinehamn, about 4 km south of Ölme kyrka (church). This is a popular site to visit, especially in spring and early summer when the whole area is in bloom with blue and white anemone.

There are two round loops that connect: 1,1 km and 0,45 km. Take a break on the rock by the water and enjoy the wonderful view of Ölmeviken, Vänern.

### HISTORY

The reserve was created in 1970 to protect nature and keep it open for the public. No new buildings are allowed to be built and it is prohibited to cut down the old oak trees.

### BIRDS, INSECTS AND PLANTS

The reserve has a rich vegetation with blue and white anemone in the spring. The old oak trees are unusual and are the home of many endangered plants and insects. The area has rich birdlife, and you might get to see a white-tailed sea eagle.

### SERVICE

Bring your own food and drink and make a picnic at one of the rest areas. There is a campfire pit by the cottage, which has a wonderful view of the lake. Firewood can be found inside the cottage.

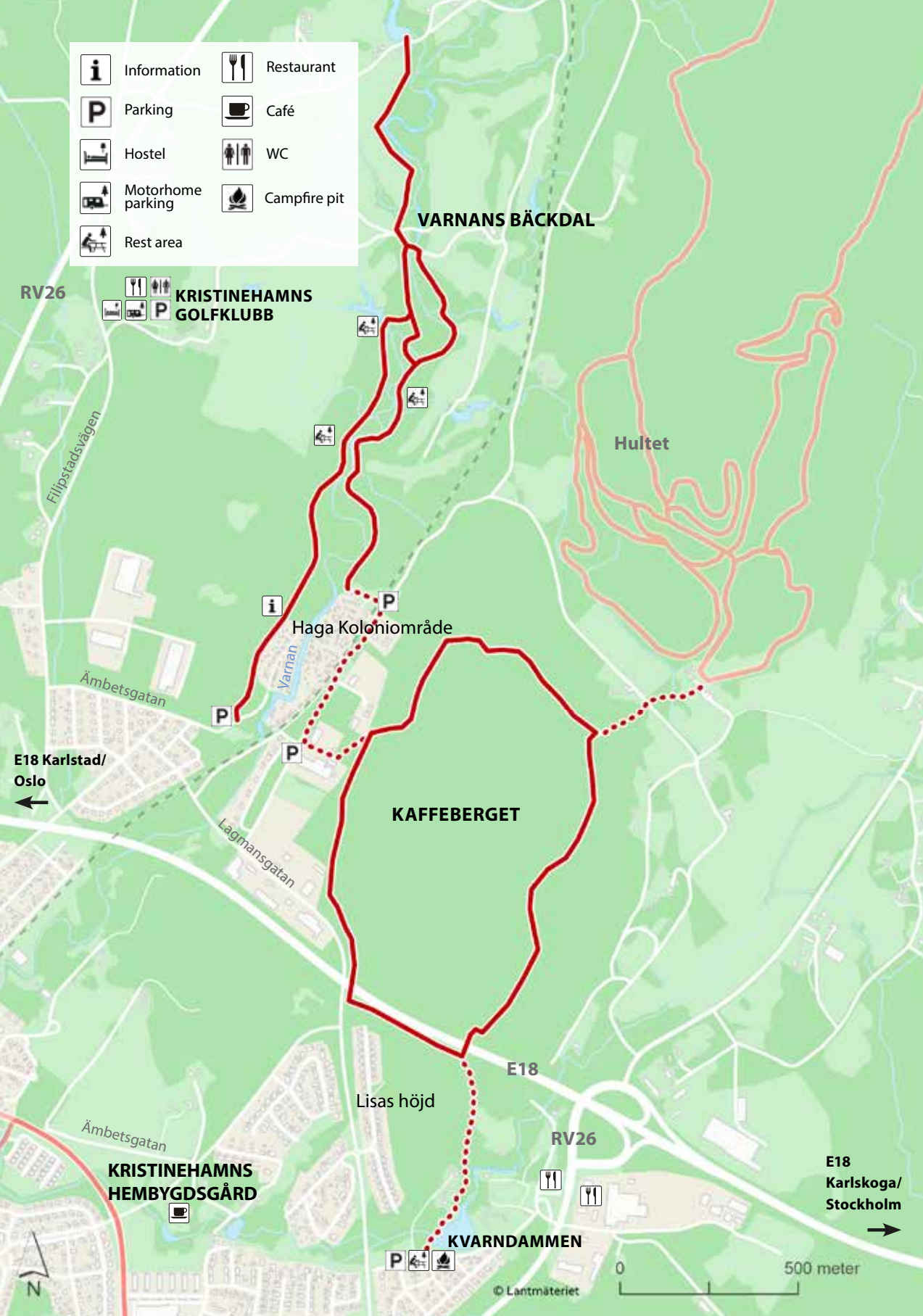


Foto: Lone Lagerkvist



Foto: Lars-Peter Jansson





Kaffeberget  
Foto: Lars-Peter Jansson

## 23 KAFFEBERGET

3,4 km - round loop

The trail around Kaffeberget connects with several other trails. Just hike around the hill or combine with other trails.

### VEGETATION

High firs and pine trees grow around an old rock with old and gnarled pine trees. This forest is kept almost untended and has a nice untouched feel. Lots of animals and plants thrive here, and you can also find fungi of all sorts (in season).

### CONNECT TO OTHER TRAILS

The trail at Kaffeberget connects with Kvarndammen, Hultets friluftsområde, Haga and Varnans Bäckdal.

## 24 VARNANS BÄCKDAL

3 km - one way

The area around the small river of Varnan is mostly untouched and has a special vegetation with many rare plants and animals. The river is of both biological and cultural importance.

### MARKINGS

The ravine has marked paths that are about 3 km on both sides of the river Varnan.

### HOW TO GET HERE

You can walk from the town centre or take the car to the allotment area.







**250**  
Islands

**135,7**  
Km of trails

**15**  
Nature  
reserves

## Viewpoints

@visitkristinehamn

[visitvarmland.com/kristinehamn/en](http://visitvarmland.com/kristinehamn/en) #visitkristinehamn #lovekristinehamn



**Värmlands Säby**

Photo: Lars-Peter Jansson



**Fyrudden, Jacqueline's path**

Photo: John Persson



**Ljustjärnen, The Iron Trail**

Photo: Bettina Johansson



**Selanty trail**

Photo: Nybble Intresseförening

*"I took a walk  
in the woods  
and came out taller  
than the trees"*

- Henry David Thoreau



**Kristinehamns kyrka, Hälsans Stig**

Photo: Helena Schön



**Sannaleden**

Photo: Linnéa Palmqvist



**Linsön, Prästöleden**

Photo: Bengt Salander



**Kalvön**

Photo: Linnéa Filipsson