

Hikingprogram

From two to six people; in consultation ten to twelve people

Weekly program from Saturday to Saturday with extension from day 7

Arrival on Saturday at 3 p.m.

Departure on Saturday at 10 a.m.

Day 1 **Håverud** the Dalsland canal and the PilgrimPath

Distance: 17 km

Time: 5 hours

Gravity: 2 (partly single trail with technical parts)

Håverud is home to the famous aqueduct with its lock complex. A channel system was needed to interconnect the areas and make metal and timber trade possible. Only 12 kilometers of digging and blowing up granite produced a 250-kilometer canal system with 33 locks from Värmland to the large Vänern lake. The construction of the aqueduct was realized between 1864 and 1868 by Nils Ericson. Several locks and a narrow passage - the aqueduct - lead boats over the waterfalls and rapids from Håverud to calmer waters. Håverud is a tourist hotspot. At the aqueduct there is a brasserie and salmon smokery and the Dalsland Center where you will find a glass factory combined with an exhibition space and a tourist office. Your hike start at the HikingLodge and you walk to the famous Pilgrim Path, which you follow clockwise to Håverud. From here you hike into hilly landscape on single-lane trails and quiet roads where you pass banks of lakes where you can have a good picnic.

Day 2 **Tösse** the coast with panoramic views in the Skärgård reserve

Distance: 7.1 km

Duration: 2 hours

Gravity: 1 (smuggling paths, sandy roads)

Combine: perfect to combine with swimming at one of the idyllic beaches and a visit to the charming town of Åmål.

The hamlet of Tösse is located on Vänern, Sweden's largest inland lake. This part is characterized by the coast with views over dozens of islands and rocks of the Skärgård nature reserve. Idyllic beaches, with small scaffoldings and picnic areas are connected in a forest area by hiking trails. The way back is characterized by a flat agricultural landscape where we walk on quiet sandy roads. This hike can easily be combined with a visit to the charming town of Åmål, which is located 10 kilometers to the north from Tösse.

Day 3 **Ed**, the hills and lakes in the north of Ed and the Brudslöjan (= bridal veil)

Distance: 13.2 or 22 km

Duration: 4 hours or 7 hours

Gravity: 2

The area around Ed is a true paradise for the active outdoor athlete (hiking, mountain biking, canoeing, cross-country skiing etc. etc.). Dals Ed is located between the lakes Lilla Le and Stora Le and you walk over forest paths, cart tracks and sandy roads through green slopes with scenic landscapes and forests where with a bit of luck you will also find moose deer. On the way back you will pass the waterfall Brudslöjan (= bridal veil) that actually falls down like a bridal veil. It is recommended to extend this walk with the circular hike around the town of Ed. With this circular hike you literally walk from one nature reserve into the other; in short: an enjoyable day.

Day 4 **Bengtstors**, along the Ärtingen lake

Distance: 11.3 km

Duration: 3.5 hours

Gravity: 2

Just like Ed, Bengtstors is a true paradise for the active outdoor athlete (hiking, mountain biking, canoeing, cross-country skiing etc. etc.). In addition, Bengtstors is also on the canal and therefore it has got a lock complex. With Camp Dalsland, Bengtstors is also the hotspot for the athlete (canoeing, mountain biking, running and swimming) for which multiple events are organized. Furthermore, Bengtstors is a cozy tourist village where you can relax on a terrace. The start of the hike is tough because we go up a slope with a steep climb. Forests, scenic landscapes and open fields characterize this hike where you often have beautiful views.

Day 5 **Tisselskog**, the Pilgrim Path at Högelund

Distance: 13.2 km

Duration: 4 hours

Gravity: 2

Combined with a visit to the more than 300 prehistoric petroglyphs in nearby Högsbyn.

It is already quite an experience to get to Tisselskog by car where the hike will start. A sloping, narrow asphalt road with 21% rising slopes where driving with trailers is forbidden! That of course says enough. After this experience, we will start with the hike from the church in Tisselskog. Part of the trail is on the Pilgrims Path (which also runs near the HikingLodge). Cart tracks, forest paths and sandy roads are your trails today, allowing you to pick plenty of blueberries and mushrooms from August until autumn. Halfway you will pass the hamlet of Högelund which is with a scenic tower and benches a great picnic area.

Day 6 **Snäcke**, the peaks of the Sörknattens nature reserve / "and hiking over the back of a dragon"

Distance: 14 km

Duration: 5 hours

Gravity: 3 (7 km technical route)

With nice clear weather you forget the difficulty of the trail. Fourteen kilometers and a duration of five hours already indicate that the hike today will not be easy. In Sweden people also speak of "en vandring på drakens rygg" = an hike over the back of a dragon. Indeed, as soon as we reach the top after solid climbing, the trail is like walking on the back of a dragon; very technical so. But the view is overwhelming: on the west side you will see the high mountains of Norway and on the east side the Swedish lake area with a view over the great Vänern. Whatever you go up climbing, you must of course go down stairs too. When you are finally down you are happy that the way back to your car is a quiet flat sandy road. In the summertime you can have a break afterwards in the Kiosk where freshly baked waffles with jam are served.

Day 7 **Åsensbruk / Edsleskog**, extension or return trip back home with your own transport.

Extension day 7 **Edsleskog**, along the Knarrbysjön

Distance: 16 km (+ 3 km)

Duration: 5 hours

Gravity: 2

Today we are in the highest area of Dalsland. We do not climb the highest mountain, but we do hike along one of the few ski slopes in Dalsland. The start of the trail is characterized by narrow paths with sturdy climbing. The higher you go up, the better the view will be. Once on the "ski slope" you will see that this is modest skiing with one lift and a height difference – top/down - of about 140 meters. The road then leads over quiet paved roads where you can make an extra 3 km loop (marked) at Linheden. At Vårdshuset Edsleskog (Dutch owners) you will find more information about other hikingtrails in the area.

Day 8 **Högsäter**, the Kroppefjäll nature reserve

Distance: 12.4 km

Duration: 5 hours

Gravity: 3 (wet surface)

The Kroppefjäll is not actually a mountain landscape but a higher plateau, formed by the glaciers in the ice ages. On the east side, the Kroppefjäll runs steeply down to the area along the large Vänermeer. On clear days you can see the big Vänerlake from this side. From the town of Dals Rostock you can enter the east side of this nature reserve; at the OK Stuga starts several marked hikingtrails. But today we are entering the area from the west side. The "Carls path or Karoliner path" also runs through this naturreserve. We will cross these path later on this week. It is a swampy area with a swampy surface that makes the hike tough today. Because of this substrate there is a wealth of flowers and plants. The wolf is also found in this nature reserve and there is a chance that you will spot some moosedeer.

Day 9 **Bengtsfors** around the Bengtsbrohöljen

Distance: 10.8 km

Duration 3.5 hours

Gravity: 2

As soon as we leave Bengtsfors, we go on narrow, ascending forest paths. After some climbing you will see the village of Bengtsfors in the distance. We walk and climb into the nature reserve Höljerudsforsarna from where you have a beautiful view over the more southerly situated Nedre Höljen. After the descent we arrive at the canal with its locks and rapids. The canal with its locks is popular with watersports enthusiasts (sailors and motor boats). After the locks we continue our trail on a car-free gravel path along the lake back to Bengtsfors.

Day 10 and 11

Optional two-day canoe trip; read more about this on

<https://www.vastsverige.com/en/bengtsfors/produkter/silverlake-camp-kanot/?site=716>

And otherwise the following hikes:

Day 10 **Järbo**, in the footsteps of Carl XII / Kroppefjäll reserve

Distance: 11.4 km

Duration: 4 hours

Gravity: 2

Combination: with a swim in one of the many lakes / picnic (bring your own) at the Karoliner Stugan. Today we step in the footsteps of Carl XII, the king of Sweden from 1682 to 1718. Carl - Gustav XVI is currently the king of Sweden. In the past there has been many wars about 'owning' Norway, Denmark and the German district Lübeck. In 1718 Carl was shot dead in the battle with the Danes about Norway. The history says that the path we hike today - "Karlsväg" and "Karolinerväg" - Carl and his 17,000 soldiers also marched there. We start on a quiet paved road, after which we take the Karlsväg or Karolinerväg. The Karoliner Stugan is a great location for a picnic and possibly a swim in the lake. Many times we walk on bat paths to cross 'swamp areas'. We also walk through the Kroppefjällreserve, a large higher plateau where the moose deer and wolf also feel at home.

Day 11 **Yttre Bodane**, the Vänern coast with panoramic views over plenty isles and rock formations.

Distance: 8.4 km

Duration: 2.5 km

Gravity: 1

Combination with an extensive picnic (bring your own) and swimming.

Today we have a short walk on flat paths and roads. Despite the short length and the light (flat) trail, you can make a whole lovely day of it. This area in the middle of the coast with plenty isles, will hop you from one peninsula to the other connected by bat paths. A swampy area where the flora and fauna are present. Because of the many locations where you can swim, you can take a whole day off.

Day 12 **Åsensbruk** walk from the HikingLodge / Upperud / Kvarnkasen / Skottland

Distance: 12 km

Duration: 3.5 hours

Gravity: 2

Today the hike starts at the HikingLodge. Where the asphalt ends, we take the cart track to Upperud to walk towards Kvarnkasen via a narrow footpath. You have a view of inland lakes that are again connected to the large Vänern. After a short walk on a quiet dirt road, we take the well-known Pilgrimspath where we hike back by England and Skottland to Upperud and finally the HikingLodge.

Day 13 **Torrskog**, the waterfall of Bergerudscreek

Distance: 13.8 km

Duration: 5 hours

Gravity: 3 (wet surface)

This day you will be in the northern part of the province of Dalsland. It is a remoted area and therefore unspoilt. With its many streams, lakes and the large lake, it is a water-rich area that makes the subsoil wet. All these streams come together in the Bergerudsbeek that flows into a large waterfall that just falls 20 meters down. Due to the swampy surface, the trail is tough and waterproof shoes are a recommendation. In this water-rich area you can of course take your swimming gear for a swim or a foot bath in one of the streams or lakes.

Day 14 return back home with your own transport.