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**Hikingprogram 4 or 7 days grouptours**

**Hikingprogram 4 days**

Day 1 **the Kroppefjäll** nature reserve

Distance: 11.3 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 South side. 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 2 **Yttre Bodane,** the Vänern coast with panoramic views over plenty isles.

Distance: 9 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 3 **Snäcke**, the peaks of the Sörknattens nature reserve/"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 4 **Åsensbruk** walk from the HikingLodge / Upperud / Kvarnkasen / Skottland

Distance: 15.6 km

Duration: 4 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.

**Hikingprogram 7 days**

Day 1 **Dals Ed**, city walk and visit to the moose park

Distance: 10 km

Duration: 5 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.). Ed is located between the lakes Lilla Le and Stora Le. Today we do a city walk through Ed. Ed is built around Lilla Le and the nice thing is that there are nature reserves between all the residential areas, so that you actually walk from nature reserve to nature reserve. During the walk we pass the moose park <https://dalslandsmooseranch.se/> that we are going to visit. The chances of seeing moose in the wild are smal. But if you are in Sweden, you must of course also have met the King of the Forest.

Day 2 **the Kroppefjäll** nature reserve

Distance: 11.4 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 South side. 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 3 **Yttre Bodane,** the Vänern coast with panoramic views over plenty isles.

Distance: 9 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 4 **Bengtsfors** around the Bengtsbrohöljen

Distance: 11.3 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 enthusiastics(sailors and motor boats). After the locks we continue our trail

on a car-free gravel path along the lake back to Bengtsfors.

Day 5 **Snäcke**, the peaks of the Sörknattens nature reserve/"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

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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 6 **Åsensbruk** walk from the HikingLodge / Upperud / Kvarnkasen / Skottland

Distance: 15.6 km

Duration: 4 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 7 Return back home.

**Evening meal**

We prepare dinner together. We can use the grill area and of course with cold weather we can make a campfire. We are going to eat at least one evening at Skålleruds Gård (also costs 150 crowns excl. drinks) and in consultation with you we can also eat an evening at the Brasserie in Håverud (rates of a restaurant and therefore more expensive).