



## Hikingprogram individual 5 or 10 days

Day 1 Edsleskog, Baljåsen and Björndalsberget

Distance: 8,4 km

Time: 3 hours

Gravity: 2

Today we climb Baljåsen: the highest and only mountain in Dalsland (301 meters). There are several marked hiking trails here and we walk two loops. There are tough climbs in it because in addition to Baljåsen we also climb Björndalsberget. Björn means bear, but you will not encounter them in Dalsland, you have to be in central and Northern Sweden for that. At the top of Baljåsen you get a nice view over Dalsland. Now you know what to expect on the other walking days.

Day 2 **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 small. But if you are in Sweden, you must of course also have met the King of the Forest.

Day 3 **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 4 **Yttre Bodane**, the Vänern coast with panoramic views over plenty isles.

Distance: 9 km

Duration: 2.5 km

Gravity: 2

Combination with an extensive picnic (bring your own) and bathing. Today we have an easy walk with some steep climbs. This area in the middle of the archipelago you hop from one peninsula to the other, which are connected by club paths. A swampy area where the flora and fauna are abundant. Because of the many locations for swimming, you can spend a whole day there.

Day 5 Bengtsfors, around Bengtsbrohöljen

Distance: 11.3 km

Duration: 3.5 hours



Gravity: 2

Just like Ed, Bengtsfors is a true paradise for active outdoor sports enthusiasts (hiking, mountain biking, canoeing, cross-country skiing, etc. etc.). In addition, Bengtsfors is also located on the canal and therefore has a lock complex. With Camp Dalsland, Bengtsfors is also the hotspot for sports (canoeing, mountain biking, running and swimming), for which various events are organised. Once we leave Bengtsfors, the route follows a car-free gravel path along the Dalslands Canal, which we cross at a rapid. Then a lock follows and we go uphill over narrow, ascending forest paths. After some climbing you can see the village Bengtsfors in the distance. We walk and climb into the nature reserve Höljerudsforsarna, from where you have a nice view of Nedre Höljen further south. After the descent we arrive back in Bengtsfors.

Day 6            **Snäcke**, the peaks of the Sörknattens nature reserve / " 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** walk from the HikingLodge / Upperud / Kvarnkasen / Skottland

Distance:        15.6 km

Duration:        4 hours

Gravity:          2

Today we walk from 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 in turn connected to the large Vänern. After walking a bit on a quiet dirt road, we take the well-known Pilgrims path. A few boardwalks lead us to a shelter with a grill area for backpackers. A great location for lunch and a moment to swim. We continue the Pilgrimsleden and after a first simple rock plateau we get a difficult climb to a second rock plateau "Skålasnatten" from where we have a beautiful view over Dalsland. We descend and via Upperud we walk back to the HikingLodge.

Day 8            **Tisselskog/Högelund** hiking through "Ronjaland and Pilgrimleden

Distance:        20 km

Duration:        5-6 hours

Gravity:          3

This walk partly takes you through the fictional Ronjaland. The latest children's book by writer Astrid Lindgren has been made into a film and shot here. During this hike, the many landscapes alternate. Forests, lakes, rocky plateaus, beautiful views, small hamlets. The way back takes you over the Pilgrimsleden with occasionally technically difficult parts and at the end there is a lookout tower that offers you a fantastic view of the area. On a clear day you can see Kinnenkullen mountain, which lies on a peninsula above the town of Lidköping.

Day 9            **Fröskog** – Bläsenrundan – the Blue Lagoon – Fengersfors

Distance:        8

Duration:        3 hours

Gravity:          2



We start at the church in Fröskog and this route also partly leads through the fictitious Ronjaland. You walk through a quarry where at one point a steep path leads up to the Blue Lagoon of Dalsland. This is the back of a quarry and the water is azure blue. Back down again a path leads through the forest where you pass two caves and again a zigzag climb goes up where you have a fantastic view over Lake Ärr and its surroundings. Of course we turn left towards Fengersfors which is an artists village with several exhibitions, a boutique and the cafe Not Quite which has a delicious kitchen

Day 10 return back home.

### **Supper**

For dinner you can use **the grill area and the outdoor kitchen**. In case of bad weather, a choice can be made from the **restaurants** in the area.