

Visit MITTSKÅNE

• CYKLA OCH VANDRA •





NATURUPPLEVELSER
Wildlife & nature

Skåneleden, orange prickar
Ettapp med **"Nord till syd-leden"**
Från Tjörnarpssjön i norr, till Silverdalen, Ullstorp, Vaxsjön, över Sjunnerup, Bjevevöd, ner till Hörby Ringsjöstrand och Rövarekulan i söder.

Ettapp med "Ås till Ås-leden"
Vandringsled från vulkanen "Allarps Bjåk" (norr om Höör) till Kvesarumsån (vid Hörby), Fulltofta Naturcentrum, Fulltofta.

The Skåneleden Trail, orange marking, consists of over 1 000 kilometers through the beautiful countryside of Skåne.

skaneleden.se

Pilgrimsleden, blå prickar

Sankt Olofsleden sträcker sig mellan Lund i väst och Simrishamn i öst. Pilgrimsleden går genom de södra delarna av MittSkåne förbi bland annat Harlösa kyrka, naturreservatet Borstbäcken och Hjularöds slott där julkalendern Mysteriet på Greveholm spelades in. The Pilgrim trail Sankt Olofsleden goes west to east between Lund and Simrishamn. The trail passes through the southern parts of MittSkåne where you will see the church in Harlösa, the nature reserve Borstbäcken and the castle Hjularöd.

Sankta Magnhilds väg sträcker sig mellan Klippan i norr och Sankt Olof på Österlen. I Höör passerar du Skånes mittpunkt. På vägen möter du också Sankta Magnhild. Skånes enda helgon, och följer genom natursköna skogsområden i hennes spår förbi hennes källa och Fulltofta kyrka. I Harlösa ansluter Sankt Olofsleden.

The Pilgrim trail Sankta Magnhilds väg goes north to south between Klippan and Sankt Olof on Österlen. In Höör, you reach the centre of Skåne. On the way you will also meet Sankta Magnhild, the only saint of Skåne. You follow her tracks through beautiful woodlands to a sacred spring and the church in Fulltofta.

pilgrimsvagen.se

1 Frostavallen Strövmråde

Vid Frostavallen finns det fem vandringsleder mellan ca 3 och 10 km. Pilgrimsleden och Skåneleden passerar området. På vintern kan man åka skidskor på Dogstorpsjön, på sommaren kan man plocka svamp i området. The Scanian Landscape Foundation offers five hiking trails, the shortest is 3 km and the longest 10 km. Pilgrimsleden and Skåneleden pass through the area. During the winter you can go ice skating at Lake Dogstorp and during the summer you can pick mushrooms in the area. skanskalandskap.se/frostavallen

2 Fulltofta Naturcentrum

Mitt i Fulltofta strövmråde finns Fulltofta Naturcentrum där du kan pausa efter vandrigen. Café, utställning, lekplats, grillplats och konferensmöjligheter erbjuds genom Stiftelsen Skånska Landskap.

In the middle of Fulltofta hiking area is Fulltofta Nature & Visitor Centre situated, where you can have a break after your hike. Café, exhibition, playground, barbecue area and conference opportunities are offered through The Scanian Landscape Foundation.

VÄLKOMMEN TILL MITTSKÅNE

Welcome to MittSkåne



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Cykelledden Skåne

Cykelledden Skåne är den regionala cykelleden som ska markeras upp och invigas **den 2023**. Den ska gå som ett stort kryss genom Skåne. Dellederna är Ängelholm – Kristianstad, Kristianstad – Lomma och Ystad – Båstad. De två senare är på ungefär 15 och 26 mil och möts i MittSkåne mellan Hörby och Hörby. På dessa tre delleder får du uppleva det mesta av vad Skåne har att erbjuda. Du möter kust och land, hav och sjö, skog och slätt, myllar av människor och fridfullt enskildhet. Kombinera med de lokala turförslagen nedan för att upptäcka ännu mer.

Cykelledden Skåne is the regional cycle route that is scheduled to be signposted and officially opened in summer 2023, marking a large cross through the Region of Skåne. The route is divided into the following sections: Ängelholm–Kristianstad, Kristianstad–Lomma and Ystad–Båstad. The latter two measure approximately 150 km and 260 km, respectively, and meet in Central Skåne between Hörb and Hörby. These three sections of the route introduce you to most of the delights Skåne has to offer. For example, they will take you along coastlines and open country, past lakes and sea, through woodland and meadows, to places packed with people and to areas of tranquil solitude. Combine a ride along the different sections with the local routes described below to experience even more.



Stora Ringsjöleden på 188 km är kanske vårstigen för dig som vill cykla långt och länge. Den är också för dig som vill uppleva hela MittSkåne i dagsetapper och bo på olika ställen. Du börjar exempelvis vid Eslövs tågstation och cyklar mot Ringsjön. Njut av en fantastisk utsikt över vattnet, Skånes pärla. Innan du tillbakä via Stehag förbi Trollenäs slott genom Mölleriket. Efter Tjörnarp börjar backarna men de är väl värda vyerna. Här finns flera chanser till bad innan du är högst uppe på åsen. Här uppe hittar du en Bike point vid Lina & Evas lanthandel.

När det börjar bli lite varmt är det till Örneköp. På mindre vägar tar du dig nedåt mot Vombsjöånkan förbi Hjularöds slott. Vid Bligejö ser du ut över hela slätten. Efter en brant backe ner når du Kävlingeån som du korsar över innan du följer den hela vägen till slottsträsen Svenstorp, Örtofta och Ellinge. Här finns även Bike point när du Bränneriets gård. Strax därefter är du tillbaka i Eslöv. Turen knyter samman härliga boenden och spännande matställen och sist men inte minst många chanser att uppleva enskildhet, lugn och landsbygd. Tåget går direkt till denna tur i Eslöv, Örtofta, Stehag, Höör och Tjörnarp. *Stora Ringsjöleden (The Great Ringsjö Route) covers 188 km and is simply perfect for everyone who loves to ride long distances. It is also ideal for everyone keen to discover wonderful Central Skåne and to stay at various places*

there. For example, you can start at Eslöv train station and ride towards Ringsjön lake. Enjoy a fantastic view over the water – the Pearl of Skåne – before continuing on via Stehag, past Trollenäs Castle and through Mölleriket (Kingdom of the Mills). The hills start after Tjörnarp, but the views are well worth the effort. You will come across plenty of opportunities to take a swim before you reach the top of the ridge, where you will find a Bike Point at Lina & Eva's lanthandel (country store). It is then time to head for a run downhill again when you reach Örneköp. Following small roads, you make your way towards the wonderful area of Vombsjöånkan, passing Hjularöd Castle en route. At Bligejö, you can look out over a vast stretch of countryside. After another steep descent, you will reach Kävlingeån, which you need to cross before following it all the way to a trio of castles: Svenstorp, Örtofta and Ellinge. There is another Bike Point at Bränneriets gård (farm). Immediately after that, you will arrive back in Eslöv. The route is dotted with great places to spend the night and wonderful places to eat. There is also no shortage of opportunities to enjoy peace, quiet, tranquility and rural idyll. There are direct trains to this trip in Eslöv, Örtofta, Stehag, Höör and Tjörnarp.



Lilla Ringsjöleden på 51 km låter dig möta Ringsjön och allt vad den är. Här finns flera boenden, spa och god mat. Ljupåck gärna Ringsjöns alla sidor med en båttur eller ett dopp. Börjar du i Höör rullar du söderut mot Sätöfta. På små vägar tar du dig fram mellan villor, stugor och storkbon. Med en kort avsticake kan du cykla ner mellan Östra och Västra Ringsjön för att besöka Bosarpsjöster Slott och trädgårdscafé. En annan avsticake kan gå till Fulltofta Naturcentrum och café. En Bike point finns i Höör på Stiftsgården Åkersberg, här går det utmärkt att bo, äta och besöka spa. Tåget går direkt till denna tur i Höör och Stehag.

Lilla Ringsjöleden (The Lesser Ringsjö Route) covers 51 km and introduces you to Ringsjön lake and all its delights. There are a number of great places to stay here, as well as a spa and restaurants serving delicious meals. Take a boat trip to visit all sides of the lake, or treat yourself to a refreshing dip in the water. If you start in Höör, the route will lead you south towards Sätöfta. Following minor roads, you make your way past villas, cabins and stork's nests. If you make a short detour, you can cycle down between Östra and Västra Ringsjön (the east and west lakes) to visit Bosarpsjöster castle and gardens. Another detour will take you to Fulltofta Nature Centre and café. There is a Bike Point at Stiftsgården Åkersberg farm in Höör, where you can spend the night, enjoy a good meal and visit the spa. There are direct trains to this trip in Hörör and Stehag.

Fyra sjöar på 80 km är för dig som vill svalka dig med jämna mellanrum. Med början i Höör passerar du Tjörnarpssjön, Kvesarumsjön, Bosarpsjön och sist men störst Ringsjön. Och svalka dig kan du behöva efter många härliga backar upp och ner. Från Linderöd susar du fram på den gamla banvallen hela vägen in i Hörby. Turen passerar flera boende i tätorterna i Frostavallen och in till Ringsjön. Matställen hittar du i Tjörnarp och Fulltofta. Tåget går direkt till denna tur i Höör och Tjörnarp.

Toppen measures 91 km and the route passes the highest peak in Central Skåne. Hardly surprisingly, this is a route primarily for cyclists who live for the climbs. From Hörby, the route winds its way onto Linderödsåsen ridge, following the old railway line, before continuing along minor roads to the Bike Point at Lina & Eva's lanthandel (country store). You will soon find yourself at the impressive altitude of 185 metres above sea level (m.a.s.l.) The highest peak in the region (212 m.a.s.l.) is immediately north of Öneköp. After that, it's all downhill to Öved monastery. You will then have to tackle a few more hills along the ridge above the Vombsjöånkan area, which leads you past Hjularöd Castle and Bligejö's burial mound before you come to the lowest point on the tour: Ringsjön lake, 56 m.a.s.l. Apart from the built-up area in Hörby, you will find places to eat and to spend the night near Öneköp. There is also a café and grocery store in Harlösa. A short detour will take you easily to Ellsefarm. You can find great places to eat and to stay near Ringsjön lake. If you would like to go there by train, the trip is a little longer and follows the Cykelledden Skåne cycle route from Eslöv or Höör.

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INFOPOINTS ESlÖVS KOMMUN
Antikvariat Källarenantikvariat-kallaren.com
Bränneriets Gärdbrannerietsgard.se
Eslövs Bowlingestovsbowling.se
Eslövs kommuneslov.se
Eslövs Leksaksmuseumeslovleksaksmuseum.se
Gamlegårds Hembyggsmuseumgamlegardsmuseum.se
Hotell Stenssonhotellstensson.se
Medborgarhusetmedborgarhuset.se
Slottcafé & Galleri Borgstugancafeborgstugan.se
Smedjan i Getingesmedjig.se

INFOPOINTS HÖRBY KOMMUN
Fulltofta Naturcentrumfulltoftanaturcentrum.se
Hälsboden Naturligtvisfacebook.com/hatsobodennaturligtvis
Hörby Kommunlinoacheva.se
Lina & Evas Lanthandelringsjostaden.se
Hörby.sehoby.se
Örneköps Lanthandelornekops-landhandel.se

INFOPOINTS HÖÖRS KOMMUN
Backgården Kurs & konferensbackgardenen.se
Bosjökloster Slottbosjokloster.se
Elisefarm Golf Clubelisefarm.se
Grottnv Vandrarnes och Campinggrottnv.se
Höörs Gästgärvaregårdhoorsgastis.se
Höör.sehoor.se
Jägersbo Campingjagersbocamping.se
Skånes Djurparkskanesdjurpark.se
Stiftsgården Åkersbergakersberg.se
Ullstorps Stugorullstorp.se

Fyra sjöar (Four lakes) in just 80 km are ideal for everyone who likes to take a dip at regular intervals. Starting in Höör, you will pass Tjörnarpssjön, Kvesarumsjön and Bosarpsjön lakes, finishing at the biggest lake on this route: Ringsjön. You may actually need to take a refreshing swim or two, because you will encounter more than a few hills on the way. From Linderöd, you can speed along the old railway route all the way to Hörby. The route passes several places to stay in the built-up areas, in Frostavallen and on to Ringsjön lake. There are great places to eat in Tjörnarp and Fulltofta. There are direct trains to this trip in Eslöv and Tjörnarp.



Linderödsåsen på 52 km börjar i Hörby och tar dig upp, upp, upp för den gamla banvallen till Linderöd. Här svänger du av mot Kihult där du hittar Bike point Lina & Evas lanthandel. Sedan planar det ut ett tagg tills du når Öneköp med lanthandel, bageri och matservering. Sedan går det mest nerför hela vägen tillbaka till Höör. En liten avsticake till Östra Sallerup och 1600-talsparken är väl värt. Vill du ta dig hit med tåg gör du turen lite längre och börjar i Höör.

The Linderödsåsen route covers 52 km. It starts in Hörby and takes you up, up, up along the old railway line to Linderöd. Here, you turn towards Kihult, where you will find a Bike Point at Lina & Eva's lanthandel (country store). From there, the ride levels off for a while until you come to Öneköp with its country store, bakery and eatery. After that, it is pretty much downhill all the way back to Hörby. A short detour to Östra Sallerup and the seventeenth century park is well worth the effort. If you would like to go there by train, the trip is a little longer and starts in Höör.

Mölleriket är 59 km lång och tar dig nära vattnet och landsbygden. Med början i Höör cyklar du uppför i Frostavallens strövmråde förbi Dagstorpsjön där du kan bada. Från Hallaröd rullar du neråt till Rönneå utanför Billinge. Sedan bär det av uppåt igen till Trollehöms slott. Strax kommer du till Västra Strö, nära Trollenäs slott med den ikoniska silhuetten på tegel. Du cyklar sedan vidare förbi Bosarps jär genom lövsbogen på en slingrande väg in i Stehag. Förutom i Höörs tätort finns längs turen flera boenden, café, livsmedelsbutik och badmöjligheter. Tåget går direkt till Höör och Stehag.

Mölleriket (Kingdom of the Mills) covers 59 km and brings you close to the water and the countryside. Starting in Höör, you cycle up through Frostavallen rambling area, past Dagstorpsjön lake, where you can stop for a swim. From Hallaröd, the road runs down to Rönneå river outside Billinge. It then climbs up once more to Trollehölm Castle. You will immediately come to the village of Västra Strö, close to Trollenäs Castle, which road is famed for its iconic silhouette. The route then takes you on past Bosarps jär, through deciduous woods and along a winding trail to Stehag. In addition to the built-up area around Höör, the route passes several places to stay, cafés, grocery stores and places to swim. There are direct trains to Höör and Stehag.



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Orups strövmråde På Orupsberg finns en 3 km lång svartmarkerad bana för mountainbike. Här cyklar du i vackra natur och moter spännande spår av äldre tidr. Det finns gravhögar och övergivna gårdstomter gömda i grönskan. Högst upp på kronen trönar Orups gamla sanatorium. MTB-banan är möjlig genom ett samarbete mellan föreningen Frosta Multisport, markägaren och Höörs kommun.

At Orupsberget, there is a 3 km-long, black signposted track for mountain-bikers. The trail leads you through beautiful countryside with interesting features from ages past. There are burial mounds and overgrown farm plots hidden in the greenery. And when you reach the peak, you will encounter the wonderful sight of Orup's old sanatorium. The MTB track has been made possible by a working relationship between the Frosta Multisport association, the landowner and the Municipality of Höör.

Fyra slott är 59 km och presenterar en kvartett av skånska slott. Du börjar i Eslöv. De vackra och varierande slotten du möter är Ellinge, Örtofta och Svenstorp nästan direkt efter varandra. Du korsar Kävlingeån och kanske skymtas Viderups slott. Efter en ordentlig stigning passerar fjärde slottet vid Löberöd. Nu cyklar du ända fram till Ringsjön för att få en smak av Skånes pärla. Sedan rullar du in till Eslöv igen. Förutom i Eslövs tätort finns Bike point vid Bränneriets gård där det serveras fantastisk mat. En avsticake tar dig enkelt till Elisefarm eller boende och mat vid Ringsjön. Tåget går direkt till denna tur i Eslöv och Örtofta.

Four castles is a 59 km route which, as the name suggests, presents a quartet of fine Skåne castles. The route starts in Eslöv and leads you to the beautiful, different castles in Ellinge, Örtofta and Svenstorp one after the other. You then cross Kävlingeån river, where you may catch a glimpse of Viderup Castle. After a demanding climb, you will come to the fourth castle at Löberöd before continuing along your way to Ringsjön lake and a taste of the "Pearl of Skåne". It is then time to head for Eslöv again. In addition to the built-up area in Eslöv, there is a Bike Point at Bränneriets gård (farm), which serves truly delicious meals. A quick detour will take you easily to Elisefarm, or to places to stay and eat near Ringsjön lake. There are direct trains to this trip in Eslöv and Örtofta.



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Toppen är 91 km lång och turen passerar nära MittSkånes högsta topp. Detta är inte så överraskande en tur för den som tycker om backar. Från Hörby kitarför cyklisten uppåt på Linderödsåsen längs den gamla banvallen och vidare på små vägar till Bike point Lina & Evas lanthandel. Snart har du nått en högsta punkt på 185 m.ö.h. Högsta toppen på 212 m.ö.h. ligger strax norr om Öneköp. Sedan bär det av neråt mot Öveds klöster. Några backar till innet det blir längs höjden ovanför Vombsjöånken som tar dig förbi Hjularöds slott och Bligejö innan du är en lägsta punkt vid Ringsjön på 56 m.ö.h. Förutom i Hörby tätort finns mat och boende nära Öneköp. I Harlösa finns café och livsmedelsbutik. En kort avsticake tar dig enkelt till Elisefarm. Vid Ringsjön kan du både bo och äta gott. Vill du ta dig hit med tåg gör du turen lite längre och följer Cykelledden Skåne från Eslöv eller Höör.

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Orups strövmråde På Orupsberg finns en 3 km lång svartmarkerad bana för mountainbike. Här cyklar du i vackra natur och moter spännande spår av äldre tidr. Det finns gravhögar och övergivna gårdstomter gömda i grönskan. Högst upp på kronen trönar Orups gamla sanatorium. MTB-banan är möjlig genom ett samarbete mellan föreningen Frosta Multisport, markägaren och Höörs kommun.

At Orupsberget, there is a 3 km-long, black signposted track for mountain-bikers. The trail leads you through beautiful countryside with interesting features from ages past. There are burial mounds and overgrown farm plots hidden in the greenery. And when