

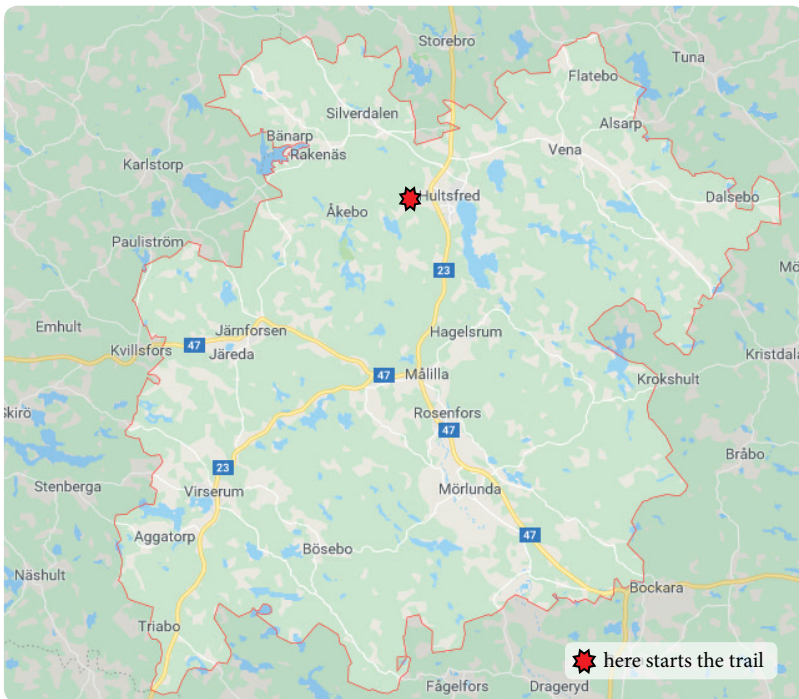


Hammarsjöleden

Hultsfred • 11 km • 3-4 hours

The hiking trail starts in Hultsfred – in the Kalvkätte garden, to be exact. From there it leads to the Lake Hammarsjön recreation area, an ideal spot for a day out. The trail passes through forests and alongside lakes, through nature reserves and wetlands, past cultivation cairns on fairly flat land and along broader paths and roads.

Another three hiking trails begin at the Hammarsjön recreation area. One goes around the lake for 10 km and two to Björnnäset – one of these is 2 km long and the other 4 km. If you want to experience something special, you should try out Hammarsjön's nature spa with its sauna and hot tub. Here, the energy used comes from wood burning and candle light, no electricity as far as the eye can see. You can make a booking at the Culture and Leisure Office or at Hultsfred Tourist Information. There's also a nature campsite and cabins for those who want to stay overnight!



Welcome to enjoy nature!

Thanks to the right of public access, everyone can move freely in the Swedish countryside. Read more at www.naturvardsverket.se/allemanratten

- Good things to bring with you on a day trip are water, plasters, map, mobile, an extra sweater and spare socks.
- Dogs must be kept on a leash in the wild from 1st March to 20th August.
- The moose hunt takes place in mid-October.
- Take a bag with you for rubbish & food scraps
- Make sure you know about any fire bans in force during the summer. Under normal circumstances, you may light a fire, but not on rocks or stones and make sure to put it out properly before you leave.



Here you will find more hiking trails!
www.visithultsfred.se

Good to know!

- At Kalvkätte garden there is parking and during the summer months there is also a toilet and a standpipe
- At Lilla Hammarsjön there is a small wind shelter and a barbecue.
- At Åkebosjön there is a table with bench seats and bathing opportunities.
- At Stora Hammarsjön you'll find parking, an outdoor pool, a wind shelter, a barbecue, nature camping, swimming area, hot tub and sauna.



What you'll find along the Hammarsjön trail

1. Kalvkätte garden

A thriving, lush oasis, filled with wonderful fragrances and colourful visual experiences. Something for all the senses. The garden is run by a non-profit association.

2. Dam / Mill

Below the spring, you can see the foundations of a mill. This was the second last water-powered facility in Hagadalsbäcken, the stream that flows from Lilla Hammarsjön some 70 metres down to Lake Hulingen. At several places along the creek there are steep slopes on both sides where dams were relatively easy to construct. And because of this, you will find the remains of several dam constructions supporting small water-powered grain mills and sawmills along the creek, even with its rather modest water flow – you'll find an example below (4. "Kyrkemo").

3. Hammarsebo Sawmill

The building remained into the 1930s. The sawing season was probably quite short and mainly during the spring at the time of the spring flood when the water supply in Hagadalsbäcken was sufficient for operating the sawmill. The sawmill's dam construction for the storage of water was, however, quite ingenious. The terrain was such that it was quite easy to also build an upper dam and thus almost double the stored water volume. The embankment between the two dams has probably served as a road once upon a time. It may well have been part of the old Kungsvägen (Kingsway) – an important link between Kalmar and Stockholm..

4. Kyrkemo

Here, the Swedish Environmental Protection Agency, the municipality and the landowner have tried to recreate the old cultural landscape. In the far part of the meadow is an attraction in the form of an embankment. One side comprises a long and up to two-metre high and carefully erected vertical stone wall. Downstream on the eastern side of the creek, some building remains are visible. These are probably what is left of a small watermill that required neither any great height or extensive flow.

5. Lilla Hammarsjön

Lilla Hammarsjön Lake is 166 metres above sea level and is nutrient-poor and very shallow with an average depth of less than a metre. More than 100 years ago, the lake was lowered 1-1.5 metres and on the eastern side you can still see an embankment along the lake that was the old beach. There's a wind shelter with seating here.

6. Ekebo

Where the forest opens out into fields, on the left, after the lilac tree, you'll see a mound with a pile of stones and a small notice board. These are the remains of the Ekebo croft belonging to the Kallersebo Squadron. Hussars have previously lived here since at least the middle of the 1700s. The cottage was demolished around 1930.

7. The Kallersebo village

The village was already in existence in the 17th Century. In a listing of dwellings dating from the middle of the 19th Century, six properties are recorded. As in many other small villages, local agriculture has been discontinued and the farmers' dwellings have become holiday homes.

8. Stormossen

South of Lilla Hammarsjön there is a large wetland complex with different types of vegetation. It is located in an area with ample opportunities for berry and mushroom picking. To get to Stormossen, at Kallersebo you can leave the trail for 800 metres.

9. Stora Åkebosjön

The trail continues on the left as you follow the road down. Veer off to the right after about a hundred metres and you will come down to one of the arms of Stora Åkebosjön, another shallow, nutrient-poor lake, typical for this wild landscape. This is a suitable spot for a rest. About one km north, on the eastern side of the lake, you'll find the Stensryd Nature Reserve.

10. Björnåset nature reserve

The final section of the trail goes through the reserve. Fairly hilly terrain with sparse old pine forest.

11. Stora Hammarsjön

This is where the Hammarsjö Trail ends and a nice cool swim awaits you. If you want to keep on hiking, there are more trails from here.

