

KYRKSTENSLEDEN 5,9 KM



Difficulty: average

Markings: orange

Recommended shoes: boots

Terrain: mixed forest, views, cultural history

Updated: 2024-01-29

Summary

Hiking trail of 5,9 km starting at the Finn croft Lafallhöjden with its unique floral meadows in Fredros. The trail connects Norra Gunnarskogsleden with Finnvägen in the north east at Lövhöjden. You follow an old carriage trail through mixed forest, past old crofts and the glacial erratic rock Kyrkstenen, which gave the trail its name. About 2 km north of Lafallhöjden you can make a short detour of 300 m off the trail to Lake Ämten, where there is a wind shelter with a beautiful view by the lake side.

Orange markings on trees or posts. A PDF map is available for download under Documents.

There is normally phone coverage throughout the trail.

Suggested starting point

Lafallhöjden, Fredros: WGS84, 59.93056, 12.595825

Parking space for 4-5 cars.

Description from south to north

From Lafallhöjden the trail starts out straight north along an old carriage road, which turns into a path as it crosses a cutting area with blue berry and lingonberry bushes. The first croft on your right is Bröta (private property). A gravel road takes you passed Nysäteren (private property) to another gravel road (east west direction). The trail continues to the east, but if you want to make a stop at the beautiful lake Ämten, you go 300 m west to the wind shelter by the lake. There is a sign to show you the way.

Once back on the trail and going east, you turn north after 400 m and follow a gravel road up a steep hill. After 300 m you reach Surängen, an abandoned croft. This is where you head east on a forest path.

The terrain is now mixed forest, which turns into a wider carriage way. After 450 m you reach a stack of big rocks, where you turn north. The terrain is spruce forest and green moss. As the older forest is replaced by young, you find Kyrkstenen, a glacial erratic block, about 4 m high. Around 1900 a preacher called Kronberg is supposed to have held ceremonies for the locals here, which also meant that some called the rock "Kronstenen", the "Kron Rock". Kronberg belonged to the parish of Abborrsjön further north and was also the village teacher.



The Lafallhöjden Finn croft.



Root cellar at Lafallhöjden.



Kyrkstenen

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Halfway across the young forest area you pass a small creek with a duck board passage. Going north through mixed forest, you reach a gravel road again and follow it 400 m to a t-junction. The trail continues to the east, but there are signs to show that you can go off the trail to see two old mining areas, the Jägmästargruvan (400 m off the trail) and the Bockgruvan (2,5 km off the trail).

Following the trail you take the gravel road to the east and uphill. Reaching the top of the hill, there is a nice view to the south where you can see a glimpse of Lake Treen.

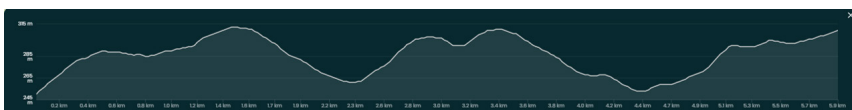
From here you continue north on a forest path. First there is a cutting area but later old spruce forest and green moss surface. The soft uphill climb reveals you are getting close to Lövhöjden, where the hiking trail Finnvägen connects. If you wish to see the abandoned croft of Lövhöjden (private property), follow Finnvägen 150 m north after the trails' junction.

Comments:

If you prefer a circular trail, it is possible to walk back to Lafallhöjden by heading south east on the Finnvägen trail down to Fredros (3 km) and then follow the car road (gravel road to Bortan) east. It is 5 km from Fredros to Lafallhöjden. Please note that there are no hiking trail marks between Fredros and Lafallhöjden along the car road, so make sure to check your map.

Elevation profile for Kyrkstensleden

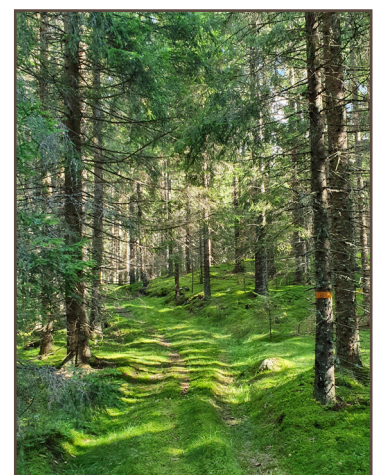
The profile shows the southern part of the trail to the left and the north to the right. For an interactive map, where you can see the altitude for different locations, look up the trail at www.naturkartan.se. Enlarge the map view by clicking the green framed symbol shown to the right. Then click the circled symbol. Move the cursor across the elevation profile to see the corresponding position on the map.



Wind shelter at Ämten, 300 m off the trail.



View over Treen from Lövhöjden.



Carriage trail up to Lövhöjden.