

NORRA GUNNARSKOGSLEDEN 41 KM



Difficulty: average

Markings: orange

Recommended footwear: boots

Terrain: mixed forest, views, cultural history, waterways

Version: 2024-08-23

Summary

Norra and Södra Gunnarskogsleden were the first in Värmland to be certified as combination trails for hiking and biking (MTB). Both trails start at Larstomta in Stommen, opposite of the Gunnarskog Local Heritage Centre. Larstomta provides accommodation and motorhome pitches.

Norra Gunnarskogsleden is 41 km. You hike clockwise and bike counter clockwise (the other way around for Södra Gunnarskogsleden), to spot each other more easily. The first stage is from A to B (13 km) followed by a circular stage (14,5 km) in the north. If you choose to walk only the circular stage you can park at Lafallhöjden where there is space for 4-5 cars.

The trail is marked with orange on trees or posts. A map is available for download in a separate PDF. Mobile coverage can vary throughout the trail.

Suggested starting points

For the full trail, 41 km: parking for around 10 cars and information sign at Larstomta, WGS84 lat 59.814122, long 12.577178.

For the circular trail, 14,5 km: Lafallhöjden WGS84: lat 59.930636, long 12.596333, parking for 4-5 cars.

Description from south to north

Larstomta - the Ryggestaberget view tower, 3,6 km

From Larstomta to Timmeråsen the trail goes through flat farming land. At Timmeråsen you start ascending - 100 meters of elevation spread over 1 km, through mixed forest. On the hill Bräckeberget, pine is predominant and the view is stunning. Even more so when you reach the Ryggestaberget view tower after another 600 m. To your west is Lake Bergsjön and to your south Lake Gunnern. Measuring 20 m the tower is the highest in Arvika and stands at 192 masl. There is a resting area, but a year-round fire ban applies, due to the tower.

The Ryggestaberget view tower - the passage across road 869, 6,4 km

A clear path winds through spruce and pine to the tarn Mörttjärnet. At this point the Norra and Södra trails take different directions. Right on the shore there is a spacious wind shelter and resting area with wood supply.

A mossy forest road leads to the old croft Söråsen and further on to a small gravel road. Two kilometers later your altitude is about 70 meters higher and you reach the croft ruin Södra Heden, where a path enters the forest.

Coniferous forest surrounds the trail to the old croft Södra Höjden. In rainy periods it can be partly wet here, but nothing a good set of boots cannot handle. Soon you cross the creek Järperudsälven on a wooden walking bridge. The path crosses



View from Bräckeberget, heading up to Ryggestaberget.



The Ryggestaberget view tower and rest area at 192 masl.



View from the tower towards south west, over Lake Bergsjön.

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a farm field before you exit to the asphalt road 869.

Passage across road 869 - circular stage, 3,2 km

A short passage across road 869 (100 meters) takes you to a gravel road north. One kilometer on the gravel road, followed by one kilometer on a path through coniferous forest places you at the old croft Nolby. A woman called Rut Nygren lived here until 1990, with neither electricity nor phone and carrying water from her well, 50 m outside the house.

Only 200 meters north is the next old croft Fresketäppa, where Kajsa Frid was the last inhabitant in the 1940's. There is a nice resting area with bench table and you can enter the house which has been maintained by the locals. From Fresketäppan to the circular stage it is around 700 meters.

Circular stage, 14,5 km

As a hiker you go clockwise along the circular stage. Bikers go counter-clockwise, so that you spot each other more easily. After 1 km through mixed forest you reach a gravel road which continues for another 1,2 km before reaching the southern tip of Lake Gränsjön. Take a break at the wind shelter here and enjoy the lake view!

The trail follows the lake side for about 300 meters and then takes off up the hill. This part is a bit narrow and rocky with grass on the sides, but once up the hill you have a beautiful view over the lake. One km later you get to a gravel road along the lake, which takes off north to the croft ruin Solbergsliden after 1,5 km.

The altitude increases 120 meters in just one kilometer, so take a moment to enjoy the view and catch your breath. Heather and coniferous forest surrounds you till you cross a gravel road and reach the croft ruins of Övre Lafallhöjden, followed by Lafallhöjden. This is a Natura 2000-area defined as "highland hay meadow" and in summer you find lots of different species. Cattle graze the fields after the hay has been taken care of in July. Lafallhöjden was supposedly an old Finn croft and here is an unmanned accommodation hut, resting area and dry toilet. In summertime you can fill water from the tap on the west side of the main house. Another hiking trail, Kyrkstensleden starts at Lafallhöjden as a connection to the Finnvägen trail.

Norra Gunnarskogsleden takes off south and after crossing the gravel road again you follow a forest path 1,2 km to the croft ruin Lövåsen where you can get a glimpse of Lake Stor-Treen in the east.

Closer to the lake the terrain turns hilly and you see more pine and heather. After 2 km you pass through the croft ruins of Stranna. Shortly thereafter there is a resting area with a bench table, with a stunning view of Stor-Treen.

A pleasant walk of about 1,5 km through pine and heather takes you to a timber road, leading back to the starting point of the circular trail after 900 meters.



At Mörttjärn the trails Norra and Södra take different directions.



Wind shelter on the west side of Lake Gränsjön.



Part of the trail on the eastern shore of Lake Gränsjön.

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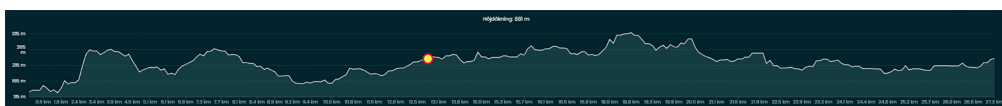
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Elevation profile for Norra Gunnarskogsleden

The start at Larstomta is to the left below. The yellow-red dot shows the start of the circular stage, going clockwise. For an interactive map, where you can see the altitude of different places, look up www.naturkartan.se. Enlarge the view by clicking the green-framed symbol shown to the right. Then click the symbol marked by a blue circle. Move the cursor across the elevation profile to see the corresponding map position.



Stone built enclosure at Solbergliden, north of Gränsjön.



Övre Lafallhöjden, west of Lafallhöjden.

Facts about the Natura 2000-area Lafallhöjden

The farm of Lafallhöjden was active till the 1960s, when the owner ended up in an elderly home. He was convinced of returning, to get back to work, so when the farms nearby were planted with forest, Lafallhöjden remained untouched. Unfortunately he never returned to his farm, but the Gunnarskog Local Heritage Centre later bought the estate and kept the land open with help from the County Administrative Board.

”Highland hay meadow” is today something unique and the area is classified as a Natura 2000 area. In summer there are lots of plant species. Simple accommodation, water tap, resting area and a dry toilet is available.



Rest area at Lake Stor-Treen, about 100 m off the trail.