

SÖDRA GUNNARSKOGSLEDEN 24 KM



Difficulty: average
Markings: orange
Recommended footwear: boots

Terrain: mixed forest, pine forest, mire, views,
cultural history, waterways
Version: 2024-10-29

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.

Södra Gunnarskogsleden is a circular trail of 23,6 km. Hikers go counterclockwise and bikers clockwise (opposite directions of Norra!), to spot each other more easily on the paths.

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, but least coverage along the north eastern part of the trail.

Suggested starting point

Larstomta, WGS84 lat 59.814122, long 12.577178.

Description of counterclockwise direction

Larstomta - Svartviken, 2 km

The hiking trail starts off south and passes the Gunnarskog Local Heritage Centre, where you can see the Skramlestenen, one of about 20 runestones found in Sweden, with an inscription in Old Norse. Asphalt is replaced by gravel from the Järven school road and on to Lake Gunnern and the wind shelter of Svartviken, situated beautifully on the shore. The excavation site of Skramlestenen was on the western side of the same headland, but it is not marked.

Svartviken - Gårdsåstjärnet, 5,5 km

After about 300 m along the shore of Gunnern, a wide path leads into the forest and passes by the erratic block Rövarstenen (Robbers Rock). After crossing the creek Gårdsåsälven you cross the paved country road 873 and continue along a gravel road through the neighbourhood another 500 m. A path enters the spruce forest and some agricultural areas before reaching the tarn Gårdsåstjärnet and a resting area.

Gårdsåstjärnet - Savtjärnet, 4,8 km

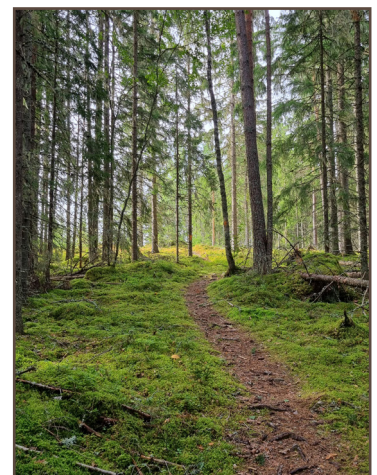
An uphill climb of about 80 moh takes you north through the forest along Kulleberget. Some 300 m north along a logging road (continuing on this road 1 km and making a left turn leads you straight to the tarn Savtjärnet if you want a short cut) you take off on a path to the north east and the tarn Kroktjärnet. Going north west, crossing a logging road you will climb up to Storeberget. The descent leads back to the gravel road to Savtjärnet, where there is a bench table next to the shore.



The wind shelter at Svartviken, shore of lake Gunnern.



Rövarstenen (Robbers Rock) at Näsberget.



Path between Stora Årbotten and the tarn Gårdsåstjärnet.

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Savtjärnet - Stora Korstjärnet, 4 km

The gravel road continues west along the shore of Savtjärnet and then north. You follow along the edge of a field and then a forest path, which takes you to the remains of the croft Blixttorpet. Further west some American black spruces grow, planted by a land owner in the 1960's. In the small creek next to them you can sometimes see signs of beavers.

Rockier terrain and pine forest follows and occasionally the path is wide and needle covered. Rounding the tarn Stora Korstjärnet you cross a mire, partially on duck boards. On the north shore of the tarn, there are two coal burners' huts built in modern times. It is allowed to stay one night if available, during the summer months.

Stora Korstjärnet - Mörttjärnet, 3 km

West of Stora Korstjärnet you cross a gravel road (pay attention to traffic) and continue uphill through pine forest to the tarn Mörttjärnet, where there is a spacious windshelter with a fire place. This is where Södra meets Norra Gunnarskogsleden.

Mörttjärnet - Larstomta, 4,7 km

From Mörttjärnet there is about one kilometer uphill to the view tower of Rygstaberget. Here is another resting area, but with a permanent fire ban, due to the tower safety. With its' 20 m, it is the highest view tower of Arvika at 192 MASL. The view is magnificent. To the west you see lake Bergsjön and to the south lake Gunnern.

The descent from Bräckeberget also offers a beautiful view. Below in Timmeråsen, you cross an asphalt road and the last stage to Larstomta is a flat walk through farmland and finally a residential area.



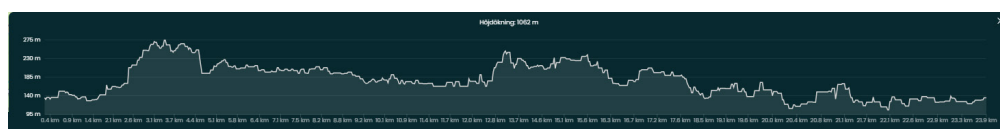
Dry branches with cones from an American black spruce.



Norra and Södra connect at the tarn Mörttjärn.

Elevation profile for Södra Gunnarskogsleden

Please observe that counterclockwise direction is shown from left to right, with Larstomta as start and finish. For an interactive map, where you can see the height of different positions, look up www.naturkartan.se. Enlarge the map view by clicking the green-framed symbol top right. Then click the circled symbol, bottom right. Move the cursor above the elevation profile to see the corresponding position on the map.



Pine forest south of Stora Korstjärnet.

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Skramlestenen

The rune stone was found on the isthmus of lake Gunnern, during an archeological excavation at Skramle in 1993. It is dated to the 600-700s. The inscription is very rare, called Old Norse runes. Only around 20 stones of this type have been found in all of Sweden.



View of lake Bergsjön south west of the tower.

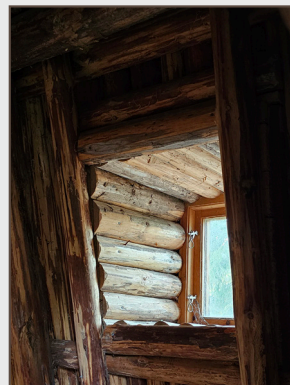
Skramle is believed to have been the oldest farm of Gunnarskog. It was deserted during the Black Death and was never again reestablished. At the excavation in 1990-1998 other items were found, such as knives, whetstones, pottery sherds, arrowheads, nails, etc. The find has become a scientific project of national significance.

One possible interpretation of the inscription could be "OTHAWIN RISTADE, JAG KÄNNER TILL FARA" (Othawin carved, I know of danger). The stone is displayed at the Local Heritage Centre of Gunnarskog.



The Ryggstaberget view tower and resting area at 192 MASL.

The coal burners' sheds at Stora Korstjärnet



The two coal burners' sheds are available for one night's stay during the summer months. Each cabin has two wooden bunks and a smaller bench. Wintertime the sheds are locked.



View from Bräckeberget.