

Ängenleden

Quick Facts

Distance to Sunne: 30 kilometres. **Trail length:** 17 kilometres. **Hiking time:** 7 hours.

About Ängen

The trail passes through areas where the first forest Finns built their cottages from the late 16th century to the late 19th century. Many remains of these early settlements can be found, such as house foundations, cairns, and trapping pits. The Ängen trail passes many of these remains.

Rokkmakkstugan (the Rokkmakk cottage) is the starting point of Ängenleden. The trail is 17 kilometres long and stretches around the lake Ängsjön, and is intended for nature and culture experiences. It mainly goes through woodland, and passes by the highest viewpoints around the lake. There are benches and tables placed at some of the more beautiful places. Parts of the trail are more difficult, so you should look at the contour lines on the map to prepare.

Along the trail, the gravel road is sometimes close or even crosses the trail, so you can easily choose a different starting point or adjust the length of your hike.

If you want to fish in the lake, a permit is required. You can buy the permit online at www.ifiske.se. There is an overnight cottage on an island in the lake, which you can book for a small fee at the same web page. You reach the cottage by boat that you borrow by the dock.

How to Get There

Drive south from Sunne on road E45. In Rottneros, turn right towards Rottneros and continue towards Gräsmark. In Västerrottna, turn left at the sign that says "Ängen 9 km". When you get closer to the lake, follow the blue signs towards "Rokkmakkstugan, Ängen" to get to the starting point.

To find GPS coordinates for the destination, search for "Rokkmakkstugan".

More about the Trail

At **Rokkmakkstugan**, you will find a parking area, as well as an outhouse and a dustbin. There are picnic tables and a place to barbecue. The cottage is sometimes open and sells waffles, sandwiches, and more – mostly during ski season and winter holidays, but also during some evenings in the summer. For opening hours, contact Sunne InfoPoint at turist@sunne.se.

The ruin of **Hagtorpet** cottage is only about a 100 metres from Rokkmakkstugan. It was last inhabited around the beginning of the 20th century. You can see the remains of the main building, the outbuildings, and collections of rocks that were cleared out of cultivation areas.

You will next pass the mine of southern Ängen. The only visible remains are two waterlogged pits and slag heaps. From here, your hike continues steeply uphill along an old pitched road. In the early summer, you can find the rare St. Olaf's candlestick (*Moneses uniflora*) blooming here.

Now you will emerge at **Hittamakk**, at 390 metres above sea level. In the 1940s, there used to be a ski slope here. The old road was used to reach pastures and haymaking land. Your hike carries on steeply up and down hills, through both wooded and more open areas.

Strandhöjden is 385 metres above sea level and is an ideal picnic place with its beautiful view of lake Ängsjön. There are tables and benches there.

The cottage **Alma** is a privately owned summer house. The surrounding area is protected due to its high natural values. Badgers sometimes nest in the old root cellar. There is a great stone wall around the property and upon a time, the man who built it was awarded a medal for his impressive work.

The old arched stone bridge **Putrale** and parts of the old **Church Road** remain from the 15th century Finn settlements. This is also where you can find the first trapping pit in a system of twelve such pits. If you continue along the trail, you will pass several more trapping pits in the system. Once you have passed them all, you will find a sign about a charcoal kiln ruin 150 meters from the trail.

The natural forest of Flisåsberget is a forest that has been set aside for free growth. A hundred years ago, the area was used for pastures, and since then the forest has been allowed to grow freely. No forestry has been conducted here in modern times.

At **Bergsättern**, you will find ruins of houses and root cellars. There are also remains of a stone road. A bit further on, the trail crosses the gravel road from Västerrottna. You can find an information sign and a map here, and a picnic table with a roof next to the **old mill ruin** and mill pond. The path continues over a bridge crossing the Ängsälven river, towards Gräshöjden.

At northern Gräshöjden, you can find the remains from the eight farms that were located here in the 19th century. The trail cuts across the old properties and past the only farm that still remains and is still inhabited. By the remains of an old root cellar, closer to the gravel road leading up to the house, is a picnic table.

Simonstorp. Here you can follow the old stone covered dirt road up to the house ruins and the remains of the old root cellar. Here and there you can see cultivation cairns. This was one of the very first Finn settlements in the area. There is a picnic table at the top, where you might listen to both greenhorn and grey-headed woodpecker. Badgers use the root cellar here as well.

A few hundred meters after the picnic table and inside the forest, the trail makes a right and straight ahead you can follow a trail that goes over into Mangskog, or to Märrtjärn. Along that trail are the remains from old **peat cultivations**.

At **Storsättern** you will pass by distinctive remains of a charcoal pile and a charcoal ground.

The trail now follows trafficked roads a few hundred meters and passes the cottage **Tjärn**, which is now a vacation home. Around here, you can hear the mating calls of the wood grouse in the spring and early summer. There is also a population of Swedish Whitebeam that grows independently. Swedish Whitebeam grows in several places around Ängsjön, most likely spread out by birds. After the trail has passed the cottage Tjärn, the trail makes a left and in the forest it passes between a charcoal pile and a rather distinctive charcoal ground.

At the other end of the **Märrtjärnet** pond, you can take a break under a **wind cover** with a beautiful view of the pond. In late summer you may find the unique plant Dutchman's pipe (*Monotropa hypopitys*) here. On the top after the wind cover there is a trail marked "P 200 m" that goes down to a trafficked road, where there is parking and an information board.

At **Höri** there are remains from earlier cultivations. From the picnic table you have a magnificent view in several directions.

Around **Västra Höri**, which is a deserted farm that still holds a barn and lodge, there are several house ruins. The property is reserved for nature preservation and is run by the Swedish Forest Agency. In the spring you will find a great number of Lilies of the Valley here. At the property boundary, you can find an old stone wall and interesting water holes. You can find a bench and some old leaf trees here, and you can take a break in the old barn next to the bench.

At the foot of a long hill, the road separates from the trail out to **Hackhem**, where there are remains from houses and cultivations. Here you are close to the lake Ängsjön, and you have the option of following a smaller dirt road that leads to a bigger gravel road. After following the dirt road for about a kilometer, you will find the dock where you can borrow a boat and travel across to Kullerholmen and the overnight cabin. You are welcome to stay here if you have pre-booked the cabin on www.ifiske.se. On the way back to the main road, the trail follows an old stone road for several stretches. You will reach the main road at Grindstugan.

Kittelkullen. Here you will find the remains of a soldier's cottage that belonged to the Ängen village. Around 1850, seven sons of the village were enlisted as foot soldiers. You can take a break at a covered picnic table, and admire the Butterfly orchids that grow here.

The trail then passes several of the holes in a trapping pit system. On the hill there are four pits that also functioned as trenches during World War II. From here, the trail continues on the old stone road. Here is also a **cold well** that is marked with a sign. The well has been cleared and supplied with a lid in recent years. In a cold well, water is automatically refilled from the ground water and it should always be cold and clear. In the past, cold wells were often used since they were safe from drying out and always supplied their users with cold water.

When you follow the stone road along the trail, you will pass board-covered footbridge across a bog, which is connected to the west end of Ängsjön. Pretty soon you will reach a turnaround where there is an information board and parking. This turnaround is sometimes used for logging and at those times it is not suitable for parking. Pay attention to notices about this.

Turn right and follow the gravel path for about 100 meters and then follow the trail back into the forest again. Here you will find the remains of **Grindstugan**. It is said that the ruins are the remains of a hill cottage. One winter in the beginning of the 20th century, five people lived in this small space. Three of them came from another cottage by the Norra Ängen mine, but the roof of their cottage had caved in from large amounts of snow. If you want to take a break here, you will find a bench by the ruin.

After another distance the trails goes out into **Kolhusbacken**, which runs along an old wagon road. In the 1930s, this was the only road to and from Ängen. South of the road, you can see two large boulders with feltspar.

200 meters before you reach the gravel road, you will reach **the old mine of Norra Ängen**. Mining was done here from 1835 to 1857. A new attempt was made in 1914, but was cancelled due to the war. The trail runs across the mine itself with its waste piles and water-filled mining holes. There is a covered picnic table here, and up on the slope there is also a **wind shelter**.

Now you follow the gravel road for one kilometer, past pastures, houses and meadows. Cows usually graze in the pastures. After that, the trail makes a right and after about 500 meters you will reach Rokkmakkstugan, which has a stunning view of Ängsjön.

Building fires along the trail is not advisable, due to the long distance to water in most places. Please use the dedicated barbecue pits at the picnic areas.

Fishing and Kullerholmen

Ängsjön has good water quality and is home to a relic species of char (*Salvelinus umbla*). You can fish here in the summer as well as the winter, but you need a fishing license. You can buy the fishing license online at www.ifiske.se. Please note that there may be periods when fishing is banned.

In order not bring in foreign organisms that may contaminate this unique water (for example, with crayfish plague), avoid using fishing gear that has recently been used in other waters.

Ängens fishing association has a few rowing boats by the dock at Kullerholmen, which you may borrow for fishing or transportation out to Kullerholmen. The association gratefully accepts donations to keep this service going. You may leave your contribution in the money box by the boats.

**Rokkmakk recreational association wishes you
a pleasant hike along Ängenleden!**



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