

## Back-Kajsa's Road

### Quick Facts

**Distance to Sunne:** 10 km

**Trail length:** 3 km

**Hiking time:** 1,5 hour

### How to Get There

From Sunne, drive toward Munkfors. After about a kilometre from the town centre, turn right at the brown sign reading "Mårbacka". Continue for 9 kilometres to the memorial estate. Utilise the parking lot there. Cross the road and follow the sign to the beginning of the trail.

### About the Trail

Come and hike where a Nobel Prize winner strolled as a young girl. Back-Kajsa's Road loops past the remains of the cottage Backarna, where Selma Lagerlöf's nurse Back-Kajsa once lived. During the year of her childhood when Selma could not walk, the kind nurse would carry Selma on her back.

The trail takes you up past stream ravines, fir and pine trees, and up to the highest point on Norra Åsberget, called Kajsaåsen. This is an ideal place to take a break and enjoy a picnic. If you have not brought your own basket, you can buy one from the café at the memorial estate when they are open. Enjoy the stunning view here before you begin your descent, which alternates between wooden steps and on rocky paths.

On your way back, you will pass a rocky mountain section with a great deal of hazel below it. There are signs along the way with information about plants and wildlife. Because the bedrock is rich in lime, the flora is interesting. There are several rare species of legume plants and occasional orchids. The lynx sometimes rests in this area, and you may see deer, moose, and forest birds along your hike.

### Map of Back-Kajsas's Road

