

Styggsbergsstigen - Västra Råtjärnsstigen - Fiskestigen

Quick Facts

Distance to Sunne: 21 km **Trail length:** 7 km **Hiking time:** 3,5 hours.

How to Get There

Take road E45 north from Sunne. Pass the village of Uddheden and continue towards Torsby. After 300 meters, turn right towards Gräsmarksgården and the lake shore. Park by the shore, and follow the gravel roads with signs and orange markings to the trail.

To get directions from a starting point of your choosing, go to www.hitta.se and search for "Lillsjövägen, Gräsmark".



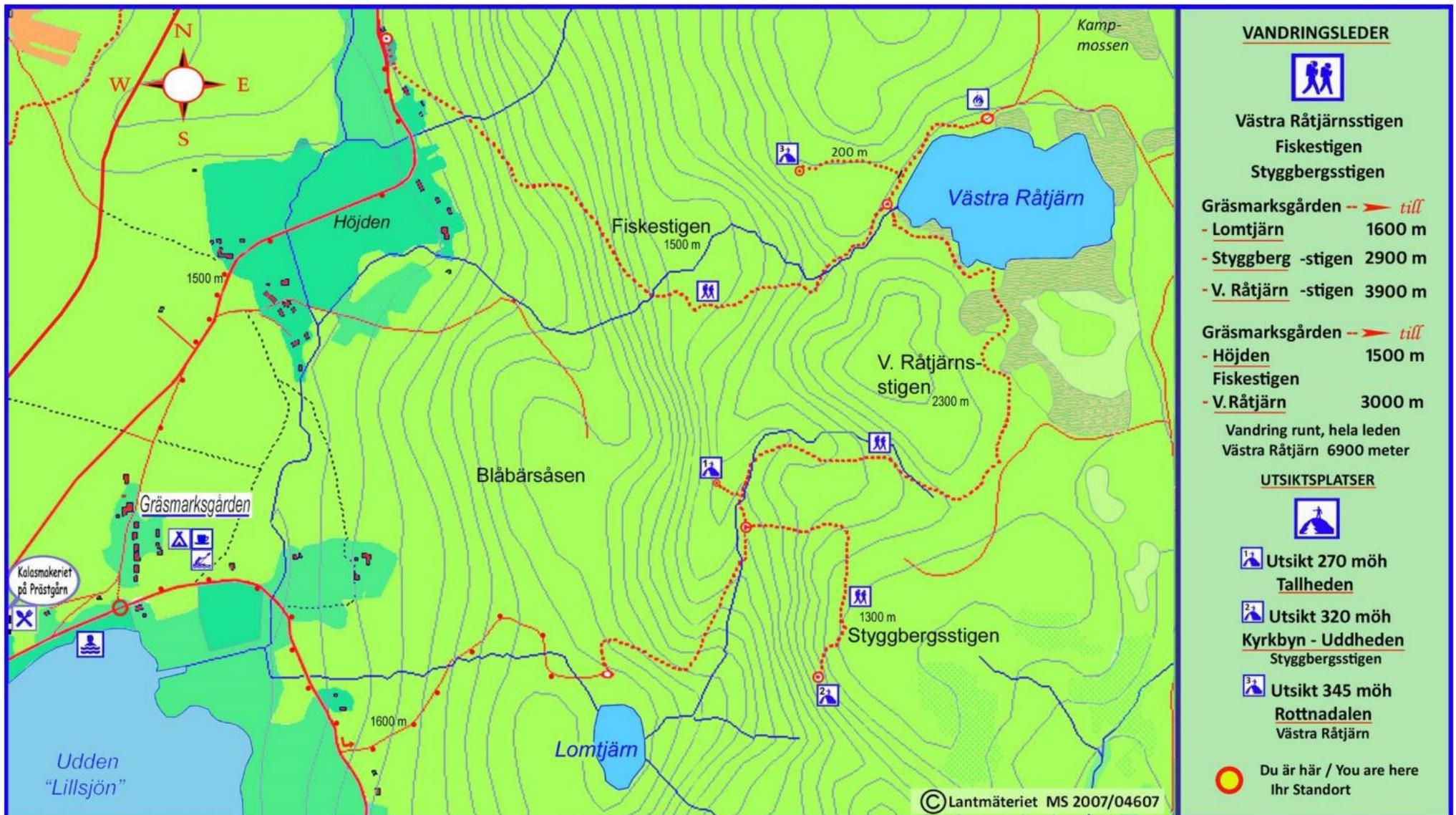
About the Area

The hilltops in the area are typical for hyperite hills (bedrock rich in lime) that have been shaped by the last massive ice age. The nutritious moraine has set in the steep verges beneath these hilltops. The bedrock here is quite similar to the nearby natural reserve Gettjärnskäppen. The flora is very diverse and the forest grows tall, all thanks to the lime in the bedrock. A small gravel road leads to a parking lot by Lomtjärn, but you drive here on your own risk as the road is not maintained.

About the Trails

You follow an old carriage way that follows along a brook ravine with interesting nature. If you want to, you can take a detour to Styggeberget where there is a viewpoint that overlooks the village. The path there is very steep, however. The trail continues up to the southern shore of Västra Råtjärn, which you will follow for a while. Further on, you can choose to turn left and follow along Fiskestigen, or continue along the shore to a barbecue spot further on. Here you will also find a parking lot. If you choose to follow a path up to a viewpoint here, you will be rewarded with a beautiful view of the Rottnadalen valley, seen from 270 metres above sea level. It's not a long detour, but well worth the effort. After returning down to Fiskestigen you head west from Västra Råtjärn alongside the brook, which cascades down between the boulders as you descend. The brook flows from here down to Höjden. From Höjden, you follow the gravel road back down to Gräsmarksgården and the parking lot by the sea shore.

If you want to avoid the damper part of the trails, you can take the gravel road around Västra Råtjärn as you head back. This will add a kilometre to your hike, but in return your feet are guaranteed to be dry. Styggebergsstigen runs mostly to the highest points of the area, through very steep terrain. The difficulty of the trail varies, so you are recommended to study the contour lines on the map carefully before heading out. High boots or rubber boots are recommended to keep your feet dry.



Föreningen Utveckling Gräsmark och Gräsmarksgården önskar dig välkommen ut i naturen till en trevlig vandring!