

Fryksdalsleden in Sunne municipality

Quick Facts

| | | |
|-----------------|-----------------------------|------------------------------|
| Fryksdalsleden: | Total length: 110 km | Hiking time: 7 days |
| Sunne - Lysvik: | Stage length: 29 km | Hiking time: 12 hours |

How to Get There

You may begin your hike of Fryksdalsleden at several different starting points. If you start out in Kil, Torsby, Sunne, or Lysvik, you can easily return by public transportation. In Kil, you can begin from Apertin or from Kil's railway station. In Sunne, the trail goes by the church, and in Torsby the church is also a good starting point. Fryksdalsleden is a pilgrim trail, which can be hiked in its entirety in six or seven days.

About Fryksdalsleden

Fryksdalsleden is very old, known as a trade and pilgrim trail all the way back to the 12th century. However, objects and other remains of settlements from the Stone Age tell us that people were walking these paths as long as 8-10,000 years ago. A pilgrim trail is a road that leads to a holy place. It is often not one single trail, but several parallel ones. In the case of Fryksdalsleden, it is believed that the town of Kil was a junction for several trails that led its travellers north and eventually to the grave of Saint Olof in Nidaros, Norway. Today, the modern pilgrim can obtain a pilgrim card to stamp at selected places along Fryksdalsleden, in order to receive a diploma for the completed pilgrimage.

Fryksdalsleden offers you a hike beyond the ordinary. It is relatively easy to walk, so your mind has ample opportunity to wander and reflect while your feet easily travel across the roads by the lakes. When walking day after day towards a distant goal, it is natural to slip into a meditative state of mind.

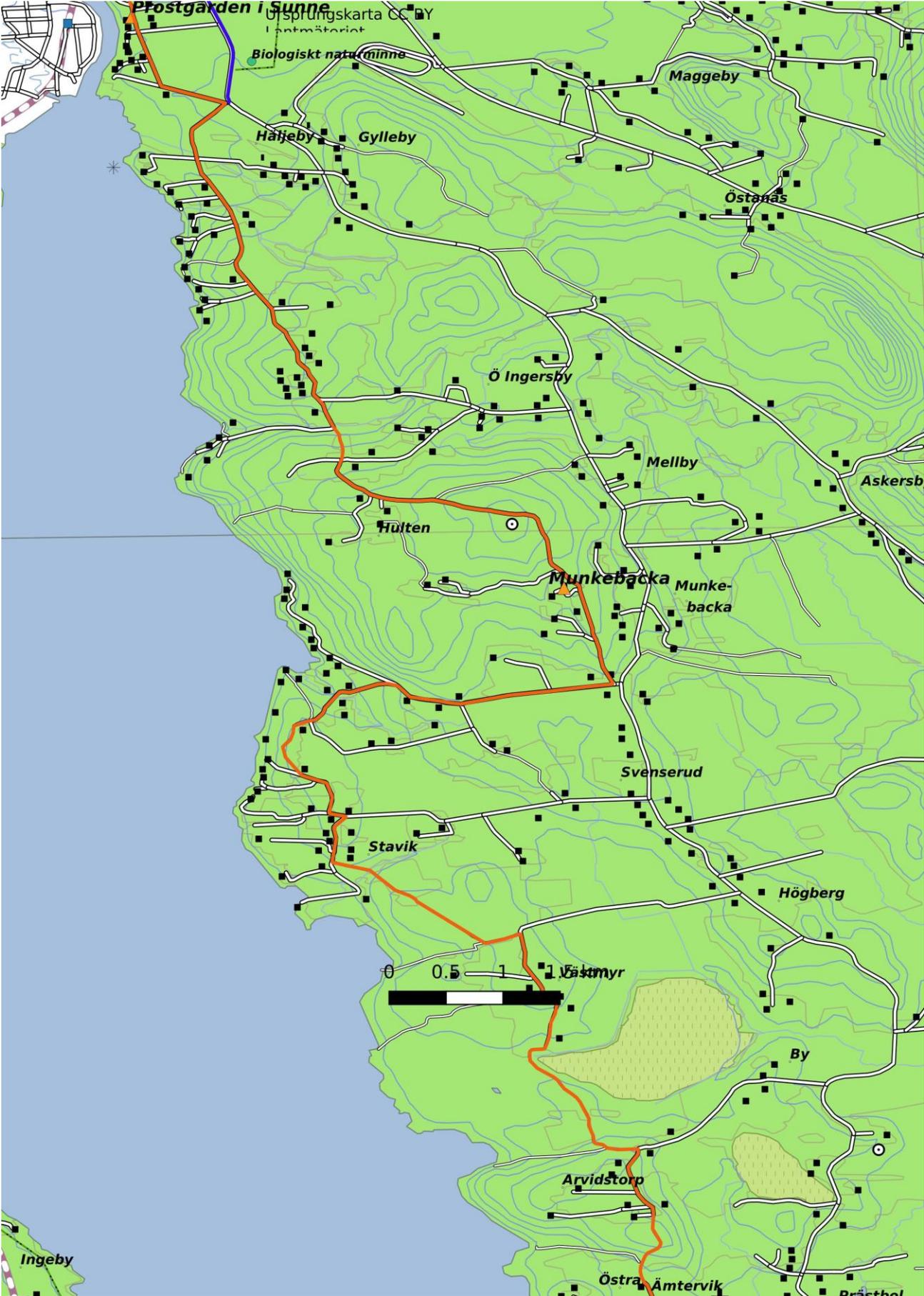
Fryksdalsleden reaches along the eastern shores of lake Fryken. If you choose to walk the entire trail, you begin from Kil in the south and pass into Sunne municipality at Prästhamna. From there, the way alternates between short stretches of asphalt road (since that was where the old trail was), and forest trails and dirt roads. From the church in Östra Ämtervik, you travel mostly on springy forest trails. After that, you switch to smaller gravel roads through farmland, where you have a beautiful view over the rolling fields down to lake Fryken.

In Sunne, there are several options for accommodation. There are two bed & breakfasts close to the trail, one just before Sunne church and the other about five kilometres north of Sunne. Why not spend a day in idyllic Sunne before continuing on your way north.

After you pass the town of Sunne, the trail travels closer to the lake and you mostly walk on dirt roads. Along the way, you will pass everything from quaint summer cottages to impressive graves from the Stone Age. After a while, you will see winding forest paths again, but there are also stretches where you will have to follow the asphalt road. In the village of Lysvik, you will find accommodation, a train station, grocery store, and a popular ice cream café that is open during the summer months.

Between Lysvik and Torsby, you will pass by Bada manor where you can pre order both food and board. It is a nice place to stay an extra day and explore a shorter hiking trail in the area. Once you reach Torsby, you will find shops, accommodation, and a train station. The railway Fryksdalsbanan is an experience in itself; when famous children's author Astrid Lindgren travelled here, she was inspired to write *The Brothers Lionheart*. When Fryksdalsbanan was later threatened to be dismantled in the 1970s, Astrid Lindgren herself wrote to Åke Carlvik in Sunne to urge that it would be preserved.

You can find maps and more information in Swedish at the homepage www.fryksdalsleden.se.



Fryksdalsleden, Östra Ämtervik – Sunne



Fryksdalsleden, Sunne – Ivarsbjörke



Fryksdalsleden, Ivarsbjörke – Lysvik



Fryksdalsleden, Lysvik – Bada