

Grinnbergsstigen

Quick Facts

Distance to Sunne: 28 km. **Trail length:** 8-10 km. **Hiking time:** 3,5-4 hours.

How to Get There

Hedås – Grinnberget is located about 28 kilometres north-west of Sunne. Travel north on road E45 from Sunne. After 3 kilometres, turn left towards Gräsmark. Drive for 17 kilometres, pass through Uddheden/Gräsmark and continue for another 6 kilometres toward Torsby. At Hedås camping by Grässjön, you will find parking and an information board.

To get directions from a starting point of your choosing, go to www.hitta.se and search for Hedås. Follow the directions, but continue onto the campsite at Grässjön for parking.



About the Trail

Grinnbergsstigen travels through dry moorland, where you may find and pick lingonberries and blueberries. There are many kinds of birds in the area, as well as big mammals like moose and deer.

Along the trail, you can see how the landscape was shaped by the ice river. The turning point of the trail is at the top of Grinnberget. At 289 metres above sea level, you can enjoy a wonderful view of Rottnadalen. Here, the ground is a bit damper and the vegetation richer. During the return hike, the trail markings top at Grinnemo and here you can choose between taking the same way back, following the gravel road around the lake (10 kilometres), or taking the asphalt road (8 kilometres).

Camping

At the lake shore, you will find a jetty, a place for barbecue, and outdoor changing rooms. Nearby Hedås camping has service buildings with toilets and showers. You will also find football fields and lit exercise trails close to the lake.

Hedås Bygdeförening wishes you a pleasant hike!

