

Gruvrundan

Quick Facts

Distance to Sunne: 37 km

Gruvrundan: Trail length: 10 km Hiking Time: 4,5 hours

Peckererundan: Trail length: 3 km Vandringstid: 1 hour

How to Get There

Mangen is located about 35 kilometres north-west of Sunne. The closest village is Uddheden/Gräsmark, about 15 kilometres east of Mangen. Drive south from Sunne on road E45, and in Rottneros you turn towards Ski Sunne and Gräsmark. After about 21 kilometres, you will reach the crossing at Trötvik where you want to drive towards Arvika/Charlottenberg. After another 9 kilometres, turn towards Mangen, Tiskaretjärn and the hiking trail. Follow the blue signs reading "Gruvrundan" and park at the turning point at the trailhead.



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

About the Area

The trail runs through the old mining area of Mangen, located between the lakes Mången and Trehörningen. The hike combines experiences of nature, culture, and history. The hyperite bedrock fosters a somewhat special and unique flora, with several rare species. The trail stretches mainly through forest.

The best start of Gruvrundan is at the turnaround of Asphöjden. Here you can also find an information board about the trail management. You can choose to hike the full 10 kilometre trail, or a shorter 3 kilometre part. You may also begin your hike from Storgruvan or from closer to Fredros, where you may park at the turning point by the path towards Kattgruvan.

Along Gruvrundan, there are a number of remains from ironworks, concentrators, mines, a transportation line for ore, scrap piles and a soapstone quarry. You will also see remains of stone foundations from buildings, and some iron constructions. Forest Finns, who came to live here in the beginning of the 16th century, most likely contributed with manpower when it came to fire-setting and ore mining, and they also supplied the mines with wood for fire-setting in the mines.

Please refrain from building fires along the trail, as water is scarce in most places.

**The Village Association of Finnskogen wishes you
a pleasant hike along Gruvrundan through the Finn forest!**

Gruvrundan

Welcome to the Mining area of Mangen! The mining operation took place here from the 16th century until the beginning of the 20th century. Today, you can view a large number of historical remains and old mining holes. To view these, hike along the 10 kilometres of Gruvrundan. Below, you can read a description of the trail if hiked counter-clockwise.

If you do not want to undertake a 4-5 hour hike, you can choose the shorter trail Peckererundan, which is just less than 3 kilometres. It takes you past Karlsviken, Peckerud, and Källargruvan, and then back again past Gruvfogdetorp. It is also possible to choose between 3 km or 10 km when you hike Källargruvan, so be attentive! There are orange markings and arrow signs for you to follow.

The Long Gruvrundan, Counter-Clockwise

If you begin your hike at the parking space at **Asphöjden** and walk north towards Karlsviken, you will follow a part of where the old cable railway used to run. Right in the beginning of the trail, you will pass by a suspended transportation basket. This is one of the many baskets that were used to transport ore from Storgruvan and then 1000 meters to the concentrator in Karlsviken.

When you reach **Karlsviken** you will find, apart from industrial remains, an information board and a picnic table. Here you can also see the large rock that Peckerudsgutten, according to legend, tipped over in the stream to use as a stepping stone when he was bringing a cow back from the forest. The stone is close to 3 meters long and has a mass of around a half cubic meter.

At **Pickerud**, you can see the fields with the cultivation mounds, as the path runs right across it. The house foundation is right above the path. The person who lived here was called Nils Olsson, usually referred to as Peckerudsgutten. He was born in 1826 and died in 1896. He was known for his incredible strength. When the people of Värmland travelled to Bergslagen to work they used horses to pull their carriages. But since Peckerudsgutten did not own a horse, he pulled his carriage by himself. The carriage was often loaded with 2 ½ ship pounds (425 kg). He was able to carry a barrel of herring under one arm.

On one of his visits to Stockholm, some thugs got too close and he warned them, but they refused to back off. He threw one punch at them, causing one of them to fall down and die. Nils was arrested but King Karl XV promised that he would go free as long as long he left the city and stayed in his home town area with the people who knew him. Peckerudsgutten was extremely large and was said to have had 54 in shoe size. The local community centre has a pair of his old shoes on display.

After another kilometer, you will reach **Källargruvan**. There are many old scrap piles here, and inside a fence there is a 10 meter deep shaft with water at the bottom. On the southern edge there is a cave-like quarry with walls in beautiful shades of turquoise. There is also a covered picnic table.

Directly after the mine, you can choose to go left (short Gruvrundan, 3 km) and back to the parking spot at Asphöjden via Gruvfogdetorp, where the last building on the right side is an outhouse. Or go right and head out on the long Gruvrundan (10 km).

To hike the long Gruvrundan, turn right from Källargruvan and head downhill towards the gravel road (Fredrosvägen). Follow the trail to reach one of the many bays of lake Mången. Here you will find the remains of **Kattgruvan**, which are comprised of rock piles and a number of water-filled mining shafts. The path then turns uphill again, and you pass across the gravel road again as you head towards Lomtjärnstorp. After a couple of hundred metres after crossing the gravel road, you take a left and follow the old dirt road and orange markings to **Lomtjärnstorp**. Once there, the path turns 90 degrees to the right, between the cottage remains at the beginning of the new road. After hiking a bit further still, you will pass the remains of a soapstone quarry, which is a type of bedrock that is unusual for this area. You will walk up a hill where you may take a break at a picnic table.

You continue along the trail and end up on the same dirt road that you left at Lomtjärnstorp, which you will now follow to the right. Right before you reach the fields of Stavtorpet, the trail makes a left turn. **Stavtorp** is a farm from the 17th century, but all of the old buildings burned down in 2006. The place remained empty for ten years, until a new owner started building in 2016. After rounding the fields, you will cross the road down to Storgruvan. Now the trail runs across logs and rocks for a while, and after a section of marsh with wooden walkways you will reach the turnaround at **Aborrtjärn**. You cross the turnaround point and walk up a very steep hill up to the remains of **Aborrtjärn mill**. The remains that you see are scrap piles and water-filled mining shafts. There is copper and pyrite in the bedrock here. Below, you can glimpse the surface of the pond Aborrtjärn.

Now you are close to **Tiskaretjärn forest**. Right where it begins, you have a lovely view to the left. Now eastbound, the trail winds its way down through the large forest. Tiskaretjärn forest is the largest forest that has been voluntarily preserved by the Swedish church. After the storm in 1969, many large, thick trees fell in the forest. A decision was made not to process the timber, but instead to preserve the 31 acre forest as a protected biotope area. Here you can run into both capercaillie and hazel grouse, as well as three-toed woodpeckers. On the ground there are, among other plants, blue anemone, creeping lady's-tresses, and baneberry. Many of the firs around here have an impressive girth. In the forest you can see remains from the homestead **Gruvbråten**.

After hiking for about a kilometer through the beautiful forest, you will reach **Storgruvan**. There are many scrap piles here, as well as remains from the massive construction that was used to transport ore prior to the 20th century. There is a large opening to a mine here, supported by beams. You are advised not to enter the mine, since it's prone to collapse at times, causing loud rumbles. Beyond the opening is a tunnel that stretches more than 70 meters into the ground. Next to Storgruvan, you can find a picnic table and an information board. There is a parking lot, so you may travel here by car. As you leave Storgruvan in Mängen, the trail makes a steep incline up onto the "roof" of the mine, where you will pass a green hill with lots of vegetation.

Once you have passed the top of the hill, you will eventually reach **Asphöjdsgruvan**, a smaller mine with copper and pyrite, as well as the remains of the farm **Gruvberga**. The forest in this area has an enchanted atmosphere. The trail now connects to the road from Gruvfogdetorp and Peckererundan. At the remains of the farm **Asphöjden**, right by the parking lot, you will find the rare lung lichen growing on the trunks of seven maple trees. At Asphöjden there is also, apart from the remains of the building itself and some old garden plants, a collapsed cellar which was once used to store alcohol. Slightly further north is the foundation of the inn that used to house the mining workers of Storgruvan. Later on this hotel was used as a dance hall, until it was finally torn down in 1920.

A restoration of the area is under way in 2016-19. The trail between Gruvrundan and Ängenleden is called Tiskaretjärnsleden, and it is now restored.

