

Skogsbacksstigen

Quick Facts

Distance to Sunne town centre: 2 km. **Trail length:** 4,1 km. **Hiking time:** 1 hour.

Please note! This trail is also used for mountain biking.

How to Get There

From road E45, turn towards hotel Selma Spa and Sundsberg recreational area. Drive past the hotel and park as far into the lot as you can get. The trail starts at the information board, about 300 meters south of the parking lot. Follow the orange trail markings. **Alternate starting point:** Walk from Kolsnäs along the footpath, towards and through the walking tunnel underneath the E45 road. When you emerge from the tunnel, there is an information board straight ahead. Follow the orange trail markings from there.

For directions from a departure point of your choosing: Go to www.hitta.se and search for "Selma SPA, Sundsberg, Sunne".

About the Area

Sundsberg recreational area borders the hotel Selma Spa and the road E45. In addition to the marked trails Sundsbergsleden and Skogsbacksstigen, there are several unmarked trails. There is also a system of illuminated trails, up to 6 kilometers. At Sundsberg, you can find four areas with protected biotopes, where no regular forestry is allowed. The forest is allowed to grow and fall under free development. This also means that the trees that fell in the storm of 2014 have not been removed, limiting access in certain areas. There are several picnic areas with barbecue spots, as well as benches when you want to take a break.

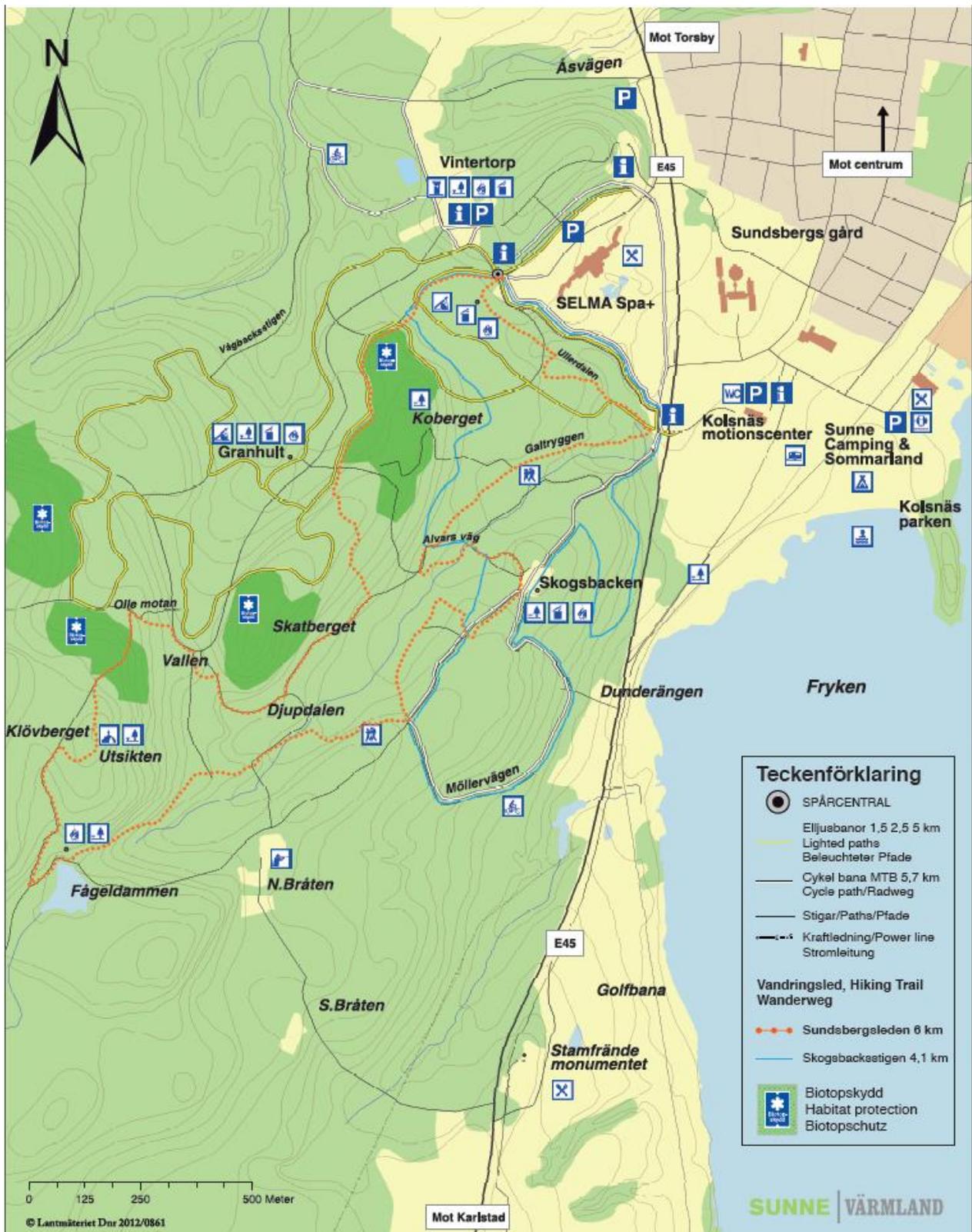
In spite of the proximity to civilisation, this trail gives you a taste of wilderness and solitude. The bedrock is rich in lime, giving the area an interesting and varied flora. In the spring, the hills are covered in blue anemones. The wildlife at Sundberget is abundant with, among others, deer, badger and moose, and also birds such as three-toed woodpecker, greenhorn, grey-headed woodpecker, hazelhen.

Trail Description

Skogsbacksstigen is a fairly broad path that runs along old carriage ways. It winds along through the western parts of the Sundsberg area. You will pass through a plantation of young leaf trees. Please make sure that you close all gates that you pass through. By the cottage Skogsbacken, you will find a spot for barbecuing. In the same place, you can see the poisonous mezereon, which blooms with beautiful magenta flowers in early spring. During your hike, you will see different kinds of nature and flora; for example, the lesser butterfly orchid.

A mountain bike trail runs parallel with Skogsbacksstigen for some time. It is marked with white paint, and you should be extra careful in these areas. The trail marked with blue has recently also become a mountain bike trail.

Sunne municipality wishes you a pleasant hike along Skogsbacksstigen!



Skogsbacksstigen is marked with a blue line on this map.