

Sundsbergsleden

Quick Facts

Distance to Sunne town centre: 2 km. **Trail length:** 6 km. **Hiking time:** 2,5 hours.

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. At the cottage Skogsbacken, you can find the poisonous mezerion, which blooms with beautiful magenta flowers in early spring. 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

For the best experience, Sundsbergsleden should be hiked clockwise. It takes you down into ravines and up to lookout points. At the furthest point from the beginning of the trail, you will come to a small pond. There is a nice picnic area here, and in the spring you will be able to hear the loud mating croaks from the many toads who gather here.

There might be some damp passages along the trail, so wearing a solid pair of boots is recommended. The forest is made up of pine trees and some of the more common deciduous trees, including oak. Sundsbergsleden and the surrounding recreational area are very popular and well liked among the people of Sunne.

**Sunne municipality wishes you
a pleasant hike along Sundsbergsleden!**



SUNDSBERGSLEDEN

