



Bergslagsleden

Ramundeboda – Gråmon 23 km

STAGE

15



Örebro County

Ramundeboda

Ramundeboda is along E 20, 4 kilometers south of Laxå. Swimming area in Borasjön. Parking. Interesting monastery ruins. Available lodging in connection to Ramundeboda Socken cabin during the hiking season. Coffee served. Open May-Aug. Information and booking: +46 584-600 35.

Gråmon

The stage goal is secluded from the built up area. The only lodging available is in the wind shelter. Springs nearby.

Bomberget, 2.5 km north of Gråmon offers overnight lodging for smaller groups. Directions found on the trail.

For information: +46 584-520 36. Gråmon is 3 km in along the road between Bosjön and Mosshult, with an exit from the main road (Askersund-Tived), at the Fagertärnsvägens connection.

Rest Area Kråksjön

A rest area with shelter, fire ring and toilet is found next to Kråksjön about 11 km south of Ramundeboda. No drinking water, but the lake water is clean enough to use for cooking after being boiled. It is of great help to the management if you take your rubbish with you when you leave the rest area.

KEY TO SYMBOLS

- The Bergslag Trail (Bergslagsleden)
-  Rest area with shelter
-  Springs
-  Stage start/finish
-  Nature reserve

0 1 km 2 km 3 km 4 km 5 km
Scale 1:67 500

Sevärdheter i anslutning till leden

1. Ramundeboda

On the north shore of Borasjön, bordering Närke and Västergötland, Ramundeboda was founded in the 1400s. It was also called St. Antonii Monastery at Tiveden.

The mission of the Brothers of Tiveden was to serve travelers and provide food for the spirit and body. The Reformation shut the monastery down in 1529. The monastery was then a restaurant, which was open through to the 1860s.

On the site of the monastery, there are only some foundation remains and a cellar vault. The industry patron Anton von Boij is buried in the cemetery. In one of the timber houses coffee is served.

2. Kolviksåsen

One kilometer south of where the trail leaves E20, it goes over Kolviksåsen. From high up on the mountain crown there is a view to the east with Borasjön in the foreground.

3. Långsmon

Six kilometers south of Ramundeboda, the trail passes near the properties and the extensive fields of Långsmon. Just east of the point where the trail passes the turn, there is a spring.

4. Altarstenen

Just north of the rest area at Kråksjön the path follows a stretch of ridge southward for more than 3 km. On the ridge's most northerly part, just next to the trail, there is a boulder called Altarstenen, the "altar stone". Stories say that monks stopped and prayed here during their wanderings from Ramundeboda and Olshammar.

5. Kråksjön

South of the rest area the path follows the ridge along Kråksjön's coast. A good deal of the ridge is made into a dam, which was built in order to regulate the water level of the lake. Different factories and power

stations down in Laxå had, and still have, interests in the regulating of the water.

6. Kråksjöåsen

South of Kråksjön, the path follows along the crest of an untouched ridge. This part of the ridge is protected as a nature reserve. The pines that grow here are typical for this type of area. They are not chopped down and haven't been for decades.

This entire stretch follows the boundary between Västergötland and Närke, and also the old border between the kingdoms of Svea and Göta.

7. Grytsjön

For several kilometers just north of stage goal Gråmon, the trail passes by the big forest lake Grytsjön. It is one of the sources for Närkes Svartå and drains into Mälaren.

Uden and Vättern drained Grässjön, which the trail passes several km to the north, early on, but since the need for water-power along Laxån was great, a stream was dug from the east part of the lake to Western Laxsjön.

The stream, Grässjöbäcken, passes the path just east of the lake. Kojemossen bog, west of Grässjön, still drains westward towards Uden and Vättern.

This stage of the trail really takes a trip across borders, both province borders and watersheds. Several of the small bays of Grytsjön have stony or sandy beaches that are suitable for swimming and are near the path.

Munkastigen

Stage 15 follows, in principle, a path called the Munkastigen (Monk Path). This hiking path is recreated in order to honor the hiking trail that the monks at Ramundeboda used when, via Ols-

hammar and Vättern, they journeyed to other monasteries in more civilized areas.

The exact path that the monks took has been hard to locate and there are many opinions as to the correct route. Many of the old paths have been taken over by the modern highway system. The dry and easily traveled ridge along Kråksjön, however, was more than likely used by the monks. Special stage description of this stretch is available.

Important to know

- Make fires only where designated fire rings/circles are present.
- Make sure that your fire is completely out before you continue hiking.
- Refrain from starting fires during the dry periods of summer when risk of forest fire is high.
- Do not break off limbs or branches from living trees.
- You may pitch tents along the trail, but preferably near the rest areas and not more than one night in the same place.
- Do not stray from the trail when near built-up areas, cultivated fields or planted forests.
- Do not litter.
- If hiking with a dog, be aware that you must always have the dog on a lead/leash in the forests/fields during the period from March 1 - August 20.
- So as to avoid conflicting with moose hunting season, you shouldn't use the trail during the most intensive hunting period - the second week in October and several weeks forward.

Facts about the Bergslag Trail (Bergslagsleden)

The Bergslag Trail is a 280 km hiking trail passing through the entire county of Örebro. It is divided into 17 stages. The agency responsible for the trail is Regionförbundet Örebro. The Bergslag Trail is identified by orange markings on trees or on posts. At road crossings or when the trail branches, directional arrows with the Bergslag Trail symbol appear. The Bergslag Trail forms part of European walking route E1, which extends from southern Italy to the Swedish mountains. (www.stfturist.se)

Bus Connections

There is daily service to Ramundeboda on the Laxå-Finnerödja line. No bus service to Gråmon. Bus schedule information: +46 771-22 40 00, www.lanstrafiken.se.

Suggested Reading (Swedish)

Esbjörnsson, Estrid, Värt att se i Örebro Län; *Lindstén Carl Anders*, Sevårt i Södra Kilsbergen; *Hellström, Lena*, Utsikt från Bergslagsleden.

For further information

Laxå Tourism Office, +46 584-109 20, www.laxa.se. Örebro County Regional Devel-

opment Council, +46 (0)19-602 63 00, www.regionorebro.se.

Home page for outdoor life

At www.regionorebro.se you can find a collection of information on nature and outdoor life in the Örebro region. It contains current information on places to stay along the Bergslag Trail. You can download pages on trail stages and get suggestions for other activities. The home page also has information on fishing opportunities, canoe rentals and links to activity organisers.