



Bergslagsleden

STAGE

16

Gråmon – Tivedstorp 14 km

Gråmon

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

Tivedstorp

Tivedstorp is 5 km south of the highway between Askersund and Tiveds Church. Facilities include restaurant, coffee shop, handicraft shop and chapel. Tivedstorp is open daily May-Sep. Open Wed.-Sun. from Oct.-Apr.

Self-catered lodging in small cabins. 50 beds, tent area, shower and changing rooms in connection with overnight facilities. Information and booking: +46 584-205 25, www.tivedstorp-hb.com.

Rest Area Bosjön

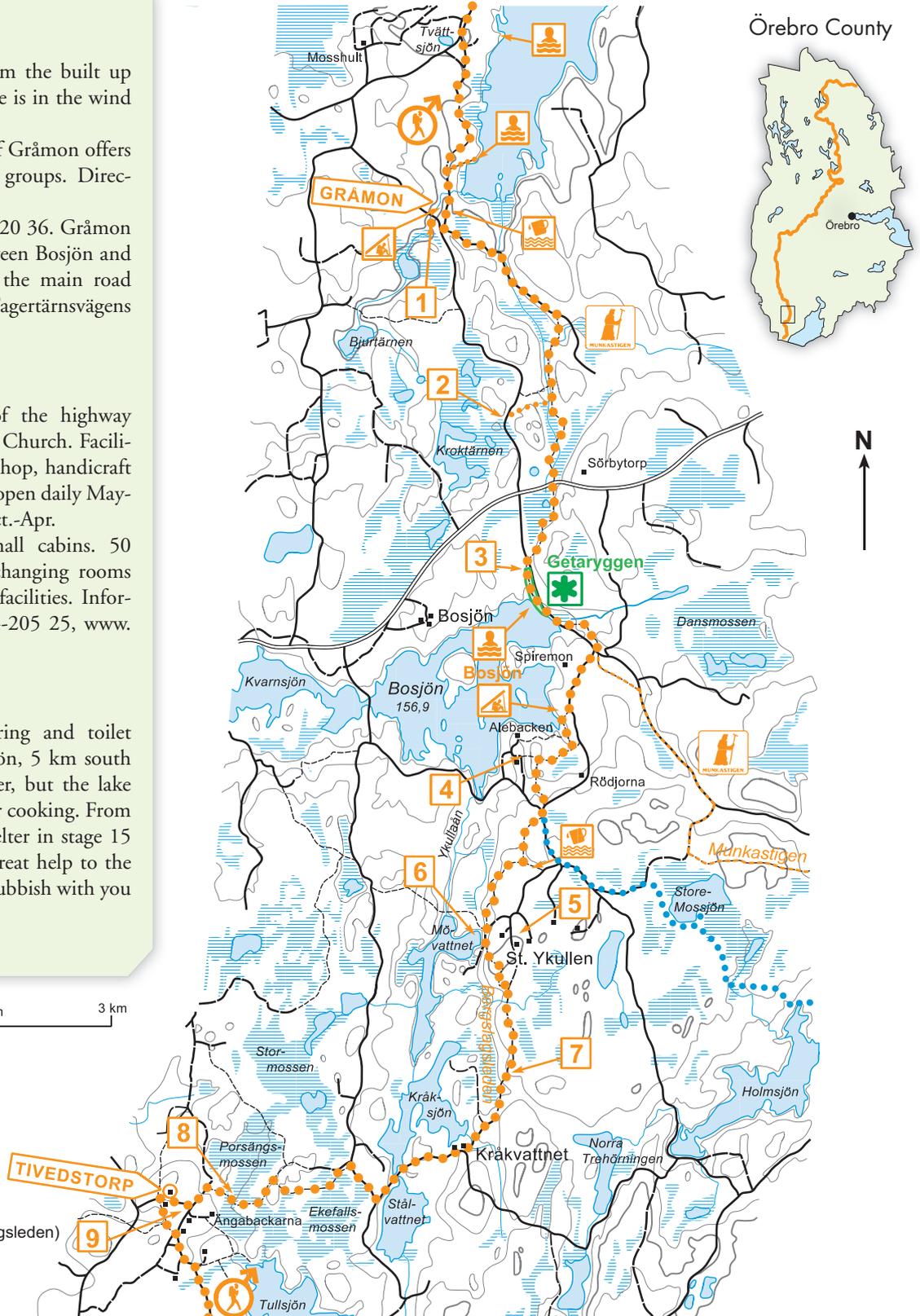
Rest area with shelter, fire ring and toilet next to a bay of the lake Bosjön, 5 km south of Gråmon. No drinking water, but the lake water is clean enough to use for cooking. From this shelter (Bosjön) to the shelter in stage 15 (Kråksjön) is 14 km. It is of great help to the management if you take your rubbish with you when you leave the rest area.



KEY TO SYMBOLS

- The Bergslag Trail (Bergslagsleden)
- Looping/returning trail
- Part of looping trail
- Other marked trail or path

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|--|------------------------|--|----------------|
| | Rest area with shelter | | Lodging |
| | Springs | | Nature reserve |
| | Stage start/finish | | Ruins/Relics |



What to See Along the Way

1. Gråmon

Gråmon is the name of an old croft next to Grytsjön of which all that remains are foundation blocks. At or nearby Gråmon, it is thought that the monks rested during their journeys between Ramundeboda and Olshammar, which, because of its proximity to Vättern, was a starting off point for longer trips.

The hiking monks are honored with the hiking trail Munkastigen (Monk Path), which follows the path that they are believed to have taken.

2. Giant burrow

Two kilometers south of Gråmon is a 400 m dead end path that takes you to one of the finest giant burrows in Tiveden. The burrow was discovered in the 1960s when a fir tree growing in the middle was chopped down.

3. Getaryggen

At Bosjön, the trail leads up to the crest of a ridge called Getaryggen. Like all boulder ridges, an ice river along the side of inland ice created it.

Unlike lower-lying ridges, this one was formed above the ocean surface and has therefore not been broken down by the waves. It has thus held on to much of its sharp crest and steep sides that it was created with.

Getaryggen has been a nature reserve since 1957.

4. Alebacken

South of the rest area the trail goes near Alebacken. Forest grazing has, from the mid-1900s, occurred throughout Sweden. Forest pastureland had a very different character and was more open than today's forests.

5. Ykullen village

The trail goes around the village of Ykullen, on the outskirts of the planted fields, giving glimpses of the buildings, which are up on higher levels. Ykullen is a typical (though large for Tiveden) agricultural village. Its roots date back to Finnish colonization of the 1600s, after the king reduced taxes in the

Tiveden forests. The village is characterized by the fact that it is high upon the slopes in a frost-free area. Many of the buildings in Ykullen are rather old, among them a forge and some barns on the outskirts of the village.

6. Mövattnet

Passing west of Ykullen, one can see a lake far beneath the trail. Looking down at the lake, there appear to be small islands in a circular pattern.

Like many other larger lakes in Tiveden, Mövattnet Lake is dammed to create a reservoir to provide waterpower further down the system. When a forest lake is dammed, it is normal that the peat on swampy shores and bottoms flows up and creates floating islands where even trees can grow. What are seen out in the center of Mövattnet Lake are such floating islands.

7. Gateposts

Between Ykullen and Kråkvattnet, the trail goes through a coniferous forest on an old horse cart road. The road crosses several forests that belonged to estates in both villages.

Every border was lined with fences to close in the animals. There is nothing left of the fences, but the attentive hiker can find stone gateposts and fence hooks that are imbedded in trees along the way.

8. Porsängsmossen

These parts of Tiveden were at one time relatively crowded. When people were coming to the village, they approached on paths through the difficult terrain. These paths, so called church paths, are very old and have been maintained and improved with, for example, footbridges over the bogs.

Over Porsängsmossen, east of Tivedstorp, the trail follows one of these old church paths.

Under and to the side of the new footbridge are the remains of the old footbridges. These old footbridges were made with tree trunks that were completely submerged in the bog so that they would not rot upon contact with the air.

9. Tivedstorp

Tivedstorp is one of the many typical Finnish-settled agricultural villages in Tiveden. Around 1960 the village got its first navigable road. North of the village, where the trail meets a road, is the Tivedstorp mission house. It was built in 1880, but is very well preserved, both out- and inside.

Tiveden looping trail

The area has a 12 km long looping trail. The easiest start is just east of Getaryggen. See special stage route Munkastigen södra.

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

No bus service to either Gråmon or Tivedstorp. The nearest bus stop is Olshammar, which has connections to Askersund. 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, Sevärt i Tiveden;
Lidman, Hans, Munkakliv, *Hellström, Lena*, Utsikt från Bergslagsleden.

For further information

Laxå Tourism Office, +46 584-109 20, www.laxa.se. Askersunds Tourism Office,

+46 583-810 88, www.askersund.se. Örebro County Regional Development 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.