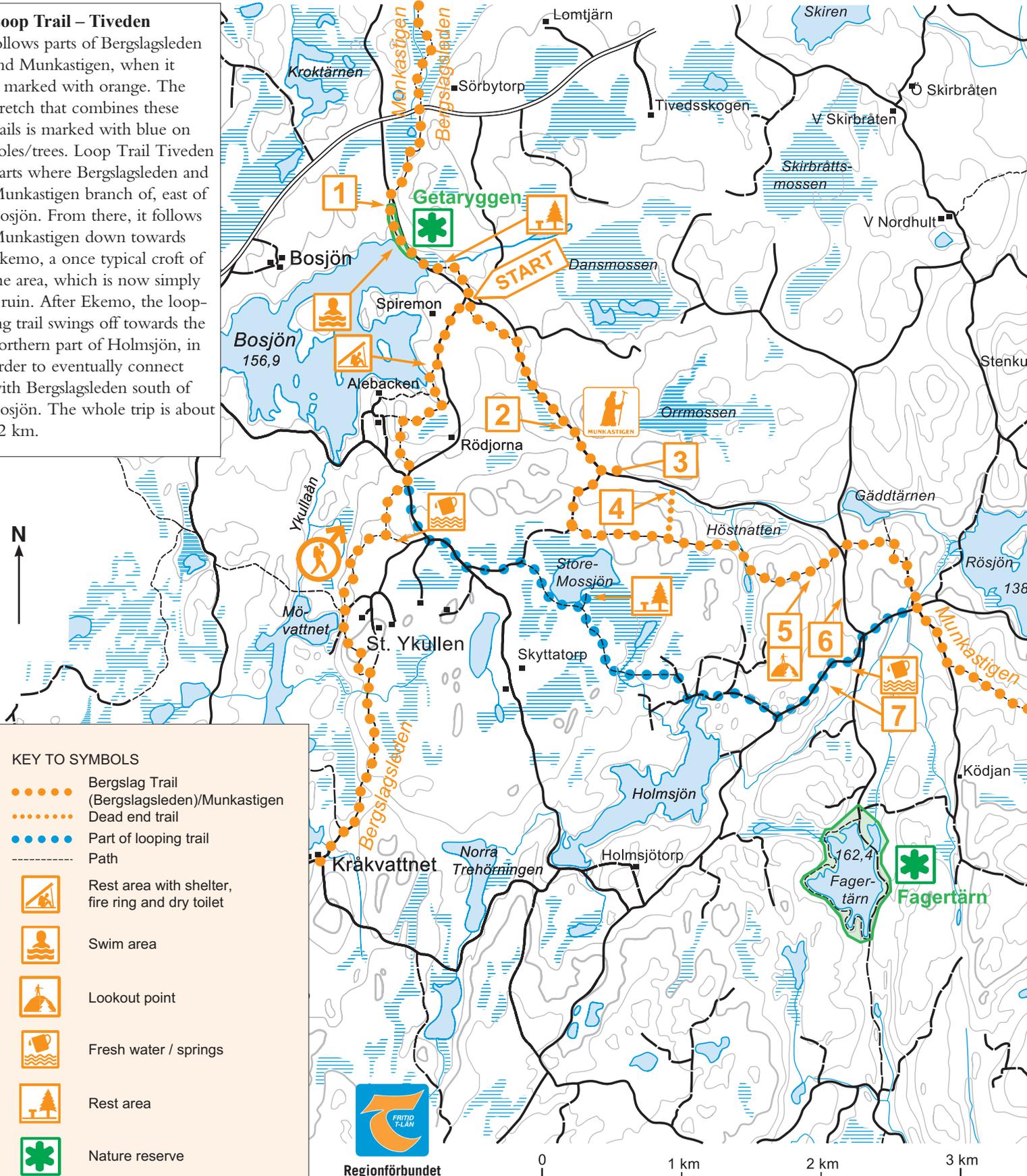


# Loop Trail Tiveden 12 km



## Loop Trail – Tiveden

follows parts of Bergslagsleden and Munkastigen, when it is marked with orange. The stretch that combines these trails is marked with blue on poles/trees. Loop Trail Tiveden starts where Bergslagsleden and Munkastigen branch off, east of Bosjön. From there, it follows Munkastigen down towards Ekemo, a once typical croft of the area, which is now simply a ruin. After Ekemo, the looping trail swings off towards the northern part of Holmsjön, in order to eventually connect with Bergslagsleden south of Bosjön. The whole trip is about 12 km.



### KEY TO SYMBOLS

- Bergslag Trail (Bergslagsleden)/Munkastigen
- Dead end trail
- Part of looping trail
- Path
- Rest area with shelter, fire ring and dry toilet
- Swim area
- Lookout point
- Fresh water / springs
- Rest area
- Nature reserve



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0 1 km 2 km 3 km

SCALE 1:40 000

Provided by ON-Kartor, Karlskoga 2005

For additional information, see reverse.

# Loop Trail Tiveden

Several researchers suggest that Tiveden has received its name from the Nordic god Ti or Tyr, and that the whole name means Ti's Forest, or The God's Forest.

The wild-forested area of Tiveden is the border between Svealand and Götaland, a landscape with high mountains, deep cliff crevices, small lakes and large fractured rocks. Its enchanting nature has always both tempted and frightened people. There are many reports of brownie, goblin, gnome and evil sprite sightings.

Tiveden rests on granite bedrock. When the earth's crust burst 250 million years ago, Vättern's enormous depression and bedrock took the pattern that it has today. In the path-

way of crushed rock, lakes and bogs were created. Inland ice that melted 11,000 years ago has also left its mark. Ice broke loose, carrying huge stones with it, leaving them spread out all over the landscape, though most ended up in cracks and crevasses.

## Munkastigen

The old paths and pilgrim trails often went from one monastery to another. To travel between Ramundeboda and Vadstena or Alvastra kloster, one walked along Munkastigen to Olshammar on Vättern, where the journey could continue by boat.

## Places of Interest

### 1. 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.

### 2. Munk Spring or Karl Stubben's Spring

The spring lies just by the route and it can be assumed that it was once used often. Today it is insignificant and is usually dry during arid summers.

### 3. Läppapuss

About 50 m east of where the trail heads up towards Mosshult is a small pond with the romantic name Läppapuss ("Lips-kiss"). On maps from the 1600s, it was called Lappus. For that reason, the name is probably a mutation from the Finnish name. East of the pond is a section with massive boulders with formed caves underneath them.

### 4. Vargaklämman ("Wolf trap")

A system of paths and caves that were formed in cracks in the mountain and under huge boulders. There are several entrances and exits. The total length of the paths is said to be about 20 m. Across the passage, a wolf net made of boar bristle and horsehair was stretched. Ages ago, wolves were a problem for people of Tiveden, so they drove the wolves into the grotto and killed them. Vargaklämman is immediately next to and south of the road Fagertärnsvägen.

### 5. Torremon

Beautiful view to the southeast. Down the hill next to the road to Aspa is a sign pointing to a cave called "Johannes's Chamber."

### 6. Johannes's Chamber

When cholera struck Tiveden in 1834, a man named Johannes made his escape to this cave. 2 km further south along the trail, is Fagertärn, home of the red water lily.

### 7. Ekemon

The former abode is now in ruins.

## Service

### Store Mossjön Rest Area

The rest area by Store Mossjön is situated on a mountain shelf on the south side of the lake. There are several benches here for those who wish to eat their lunch while experiencing the lake view. Make sure you take your trash with you when you leave.

### Bosjön Rest Area

Rest area with shelter, fire ring and toilet. Next to an inlet of Bosjön, 5 km south of Gråmon. No drinking water, but the lake water can be used for cooking after being boiled.

### Springs north of St. Ykullen and Ekemon

It is generally recommended that spring water be boiled before drinking.

## 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 leash in the forests during Mar 1 - Aug 20.
- To not conflict with moose hunting season, you shouldn't use the trail during the heaviest hunting period - the second week in October and several weeks after.

## Information

For information on the loop trail or to leave comments, contact Fritid T-län, +46 19-17 44 95, [www.fritid.t.se](http://www.fritid.t.se). You may also contact the Askersund Tourist Office, +46 583-810 88, [www.askersund.se](http://www.askersund.se).