

# Sweden



## Eastern Småland and Öland Hiking Trails



Discover Eastern Småland's and Öland's beautiful hiking trails with historical characteristics. Here, near the coast and sea, you will find hiking trails for the family as well as for the experienced hiker.

Hike along *Mörbylångaleden* on Öland and enjoy the Alvaret, and southern Öland for culture and history. Or enjoy staying on the mainland and hike in the footsteps of Nils Dacke - a rebellion fomenter. There are many variations. With the correct equipment you can transform yourself into a hiker and be fascinated by everything Eastern Småland and Öland have to offer. There are many places along the trails where you can rest and pitch camp for the night. This folder presents the best hiking trails.

## ÖLAND

### - Mörbylångaleden on southern Öland

Hike along *Mörbylångaleden* on Öland and enjoy the Alvaret, and southern Öland for culture and history. Starting point: Träffpunkt Öland at the bridge abutment. Follow the west side down to Mörbylånga, over to Kastlösa, cross Alvaret, and follow eastern Öland right down to the wall, Karl den X Mur, at the foot of the village Näsby. The 79-km hiking trail consists of four stages that take you through unique nature. Overnight accommodations, places to eat and bathrooms are found along the entire trail.

### - Borg to Borg

The trail is about 35 km long and goes from Gråborg to Ismanstorp, taking you through the beautiful forest Mittlandsskogen with its unique culture and flora. The route and sights are indicated on each map page which are readily available.

**Information:** [Ölands Turist AB](#), phone +46 (0)485-56 06 00

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## KALMAR

### - Vasastigen

A nature and cultural experience in an authentic Kalmar setting that goes south and is approx. 8 km long, passing the fishing village of Stensö, the Vasa Monument and Bastion "St. Erik."

**Information:** [Kalmar Tourist Office](#), phone +46 (0)480-41 77 00

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## NYBRO

### - Dackeleden

*Dackeleden* is named after the famous Nils Dacke who led a revolt against Gustav Vasa in the 1540s when farmers in Småland protested against the king's policies in the country. *Dackeleden* starts by the lake Mosjön and is 84 km long. The trail has many rest stops and passes interesting areas of modern or historical character, for example,

Svartbäcksmåla, an outdoor recreation area with a range of activities, or Flerohopp where an ironworks was built in 1725. There are also many interesting buildings along the river Ljungbyån.

### - Glasbruksleden

A 26-km experience through the centuries.

### -Grönmoleden

The 7-km trail represents a typical piece of Småland. Several coordinated geological processes have created this landscape - processes that go on constantly and create anew. The trail starts at Joelskogen in Nybro. You will find a rest stop with a grill area at Svartbäcksmåla.

**Information:** [Nybro Tourist Office](#), phone +46 (0)481-450 85

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## TORSÅS

### - Torsårsleden

The 144-km hiking trail *Torsårsleden* takes you in a complete circle; therefore, you can start hiking at any spot and enjoy the rest stops and overnight accommodations along the trail. Explore the cave Dackegrottan, swim in the lake Iglasjön or why not try moving the 35-ton rock Vippstenen! The trail is divided into 11 stages.

Along the coast, *Torsårsleden* connects with *Kalmarsundsleden* in the north. Here you will find one of the few remaining breeding grounds in the Nordic countries for the Eastern Great Cormorant. Be on the lookout for seals!

In the south, *Blekingeleden* merges in Bröms - the old border between Denmark and Sweden. The Danes built the house Brömsehus during the 14th century.

A suggestion: Make your overnight stay a little different - stay on the lighthouse island Garpen, outside Bergkvara. You can rest in the lighthouse keeper's old accommodations and fall asleep to the surging sea.

**Information:** [Torsås Tourist Office](#), phone +46 (0)486-204 37

## VÄSTERVIK

### - Tjustleden

A hiking trail through Västervik Municipality that connects to the hiking trails *Ostkustleden* in the south and *Östgötaleden* in the north. *Tjustleden* is divided into 9 stages, each are up to 22 km long. You can start in the community of Mörtfors, 1 km to the south.

### - Gränsöleden

A 12-km hiking trail that extends around the entire Gränsö nature reserve. Gränsö is a peninsula, 5 km from the center of Västervik. The trail has timbered wind shelters which can be used for short rest stops or overnight stays. Portions of *Gränsöleden* go along small roads that are accessible to baby carriages and wheel chairs. The southern part of Gränsö has a 2.5-km wooded nature trail.

### - Loftaleden

A 20-km hiking trail through a landscape rich with nature and cultural history. The trail starts and ends at the church Lofta Kyrka.

There are also a number of shorter hiking trails in the surrounding areas of Västervik.

**Information:** [Västervik Tourist Office](#), phone +46 (0)490-889 00

## MÖNSTERÅS

### - Mönsteråsleden - walk from the river Alsterån to the river Emån

Hike through woods and moss covered ground, through villages and cultural landscapes, past rivers, lakes and hills. The hiking trail runs through Småland's landscape. *Mönsteråsleden* is 60 km long. The trail starts in the south at Hornsö and continues to Blomstermåla and Mönsterås where it then turns off towards Fliseryd. The trail ends first at Försjön and from there goes in a northerly direction and connects to *Ostkustleden*.

*Mönsteråsleden* runs along a mix of small roads, mill roads, paths and unbeaten terrain. The trail is clearly marked with red rings around trees and posts. A number of rest stops are found along the trail.

**Information:** [Mönsterås Tourist Office](#), phone +46 (0)499-178 00

## EMMABODA

### Emmaboda

- Hiking in Vilhelm Moberg's Emigrant District

The 110-km trail goes through three municipalities: Emmaboda, Lessebo and Tingsryd. Suitable starting points are at one of the youth hostels Ljuder, Moshult or Korrö. The monument of Vilhelm Moberg is at the spot where the famous writer's childhood home once stood, just north of Moshultamåla. An excellent trail map with guiding is available.

### - Stampaleden

The trail is approx. 9 km and offers hiking in a historical setting in Lyckebyån's valley. Lyckebyån, which runs through three parishes, has played an important role in the area. The waterfalls were previously used for mills, forges and stamping mills. There are many sights along the trail.

**Information:** [Emmaboda Tourist Office](#), phone +46 (0)471-181 17

## HÖGSBY

### Högsbyleden

Högsbyleden goes through the municipality, from Hornsö to Bockara, beginning at Hornsö and ending at Gösjön. The hiking trail is 80 km and divided into 6 stages. It goes through areas with cultural traditions and wilderness nature. A beautiful and interesting hiking trail through a real Smålandish landscape.

Stage 1: Hornsö - Arbåga 18 km  
 Stage 2: Arbåga - Aboda Klint 15 km  
 Stage 3: Aboda - Strömsholm 11 km  
 Stage 4: Strömsholm - Sjöbo 10 km  
 Stage 5: Sjöbo - Lilla Klobo 14 km  
 Stage 6: Lilla Klobo - Skruvshult 18 km.

Hiking trails begin at Skälsbäck's school, which can be a pleasant experience for those interested in culture.

A walk around the lakes surrounding Aboda Klint proves you really are in the wilderness.

**Information:** [Högsby Tourist Office](#), phone +46 (0)491-291 64

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## OSKARSHAMN

### - Ostkustleden

The 160-km hiking trail around Oskarshamn Municipality is divided into 8 stages. Each stage is approx. 20 km. Cabins for overnight stays are found at the end of each stage and are open year-round. The trail has everything from pleasant areas of groves to barren and sparse archipelago settings.

### - Village of Stensjö

Here you will go far back in time. Experience the old cultural landscape around the undivided village with buildings from the 18th and 19th centuries. The group of red houses is located in a light open setting with small winding gravel roads and kilometers of stone fences. The enclosed pastures have sheep, cows and pigs. Three walking paths wind through the beautiful surroundings.

### - A walk in Bråbygden

The walk along the beautiful cultural trail provides a fantastic nature experience as well as insight into the life of the farmers and the riches of the farmland.

[www.brabygden.org](http://www.brabygden.org)

### The Krokshults hiking trail

In the area around Krokshult, the farming landscape of old is still in evidence, and is now seen as a unique area of historical interest. Along the Krokshultsbygden hiking trail you come across hayfields, meadows, farmland and Bronze Age grave-fields. The hiking trail is 18 kilometres long and divided into three stages.

**Information:** [Oskarshamn Tourist Office](#), phone +46 (0)491-881 88

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## VIMMERBY

### - Sevedeleden

The trail goes in a circle and is divided into three stages: Mariannelund-Övrakulla, 16 km, Övrakulla-Mossebo, 26 km, and Mossebo-Mariannelund, 8 km. The trail continues from this circle to connecting trails in the west (Mariannelund) to *Höglandsleden*, in the southeast to *Lönnebergaleden* and *Ostkustleden* (Mossebo-Lönneberga 18 km) and in the north to *Östgötaleden* (Södra Kvill-Södra Vi - Östgötagränsen 35 km). You will find cabins for overnight stays, wind shelters and rest areas along the trail.

Free maps are available for the different stages with information about, overnight accommodations. Over 70 sights are marked. You will pass many natural ancient monuments along the trail: the oak tree Kvill - one of Europe's largest trees, interesting remains from the Ice Age, Mossebo - an old 12th century manor, Pelarne's old wooden church from the 12th century, and the film location in the Emil films.

### - Djursdalarundan

Approx. 7 km, offering rich nature experiences as well as a medieval village.

**Information:** [Vimmerby Tourist Office](#), phone +46 (0)492-310 10

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## HULTSFRED

### - Lönnebergaleden

Lönnebergaleden runs between *Ostkustleden* and *Sevedeleden* through Hultsfred Municipality. The trail is approx. 55 km and is marked with orange paint. Wind shelters, toilets and fresh water are found along the trail. You will hike along old "church roads," pass parks and some monuments. The hiking trail runs along a working agricultural landscape and wooded areas surrounded by lakes. Along the trail you will find protected silver birch trees and reine saat. Maps of the hiking trail are available at the tourist office. Wind shelters are also indicated on the map. It is best to begin in Strömserum, Vena, Visböle or at Vandrarhemmet (youth hostel) in Lönneberga.

### - Virserumsleden

Virserum is the starting point for *Virserumsleden* - a 12-km trail that goes around the lakes Hjorten and Virserumssjön. *Hjortenleden* is a 3-km detour from *Virserumsleden*. There is a holiday village, camping, a museum and a park along the trails.

**Information:** [Hultsfred Tourist Office](#), phone +46 (0)495-160 62

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## Tourist offices

### Borgholm Tourist- and Traveloffice

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### Kalmar Tourist Information Office/ Kalmarturism AB

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### Oskarshamn Tourist Information Office

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