



# Tiveden®

**Welcome!**

**Your guide to Sweden's closest wilderness**





# Greatest possible quiet

In the heart of Sweden, midway between Göteborg and Stockholm, lies the forest kingdom of Tiveden. Just a stone's throw from crowds, noise and stress, ultimate peace and quiet makes itself felt in one of Sweden's southernmost virgin forest areas.

In Tiveden, adventure awaits those searching for enchantingly beautiful nature characterised by mighty boulders, deep mossy valleys and steep and rocky mountain ridges. Hike, cycle or ride wherever you want, roam between the many lakes, visitor attractions and favourite little haunts. You never run out of new things to discover. Welcome!

# Here beautiful nature is the law

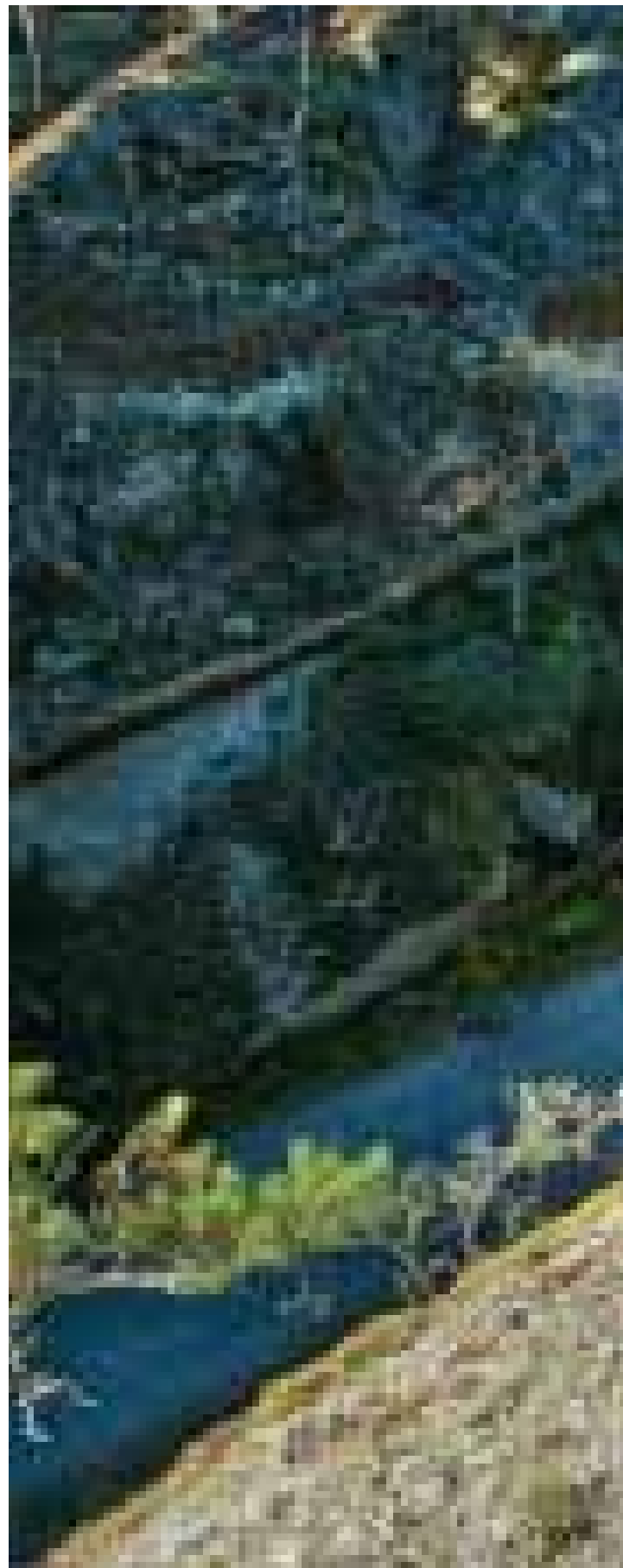
Tiveden is one of the most beautiful national parks in Sweden. Much of it is inaccessible and without trails but it is also endlessly inviting. Here the forest has been left to grow without any human influence for a very long time. Paths that have been in use since time immemorial meander amidst wonderfully soft moss, clear lakes and enchanting views.

In the beginning it was the ice cap that gave the landscape its fairytale aspect. It broke loose blocks of stone and moved them, strewing them over the hillsides where they lie today. Enormous collections of rocks formed in many valleys, such as that at Stenkälla, for example. The biggest loose rock in Tiveden, the Junker Jägare boulder, is 15 metres high.

But Tiveden offers much more than that. Several protected conservation areas, spread out over the whole of this forest region (see visitors' map), contribute to the rich experience of nature.



Fagertärn's unique red water lilies attract people from near and far when they are in bloom.





Stigmanspasset in Tiveden national park.  
A known haunt of robbers and photographers!

## Ancient forest and beautiful laakes

Here are some more protected areas in Tiveden that are well worth a visit:

**Lillängen nature park** by Lake Teen. Here blue and white wood anemones, cowslips and lilies of the valley spring up below leafy lime and oak trees.

**Vargavidderna nature reserve** offers extensive bogs, old rocky forests and beautiful Lake Gryten with its many rocks protruding from the water.

**Högsåsen nature reserve** is known for its beautiful hills and pastures full of flowers. The area has a number of viewpoints, including Högsåseberg, Medicintallen, Roparkorset and Kvarnfallen.

**Kråksjöåsen nature reserve** has maintained its sharp "goat's back" shape since time immemorial.

**In Rockebro nature reserve** the ice cap has created an exciting and remarkable landscape of crests, hillocks and hollows. The area is home to a number of rare species of both plants and animals.

**Getaryggen nature reserve** is part of high, narrow Bosjöåsen, a boulder ridge with a highly distinctive profile.

**In Utnäset nature reserve** you can enjoy northern Vättern's archipelago from land: small islands, deep inlets, steep mountainsides and ancient pine forests.

**Hulta hagar nature reserve** is mainly composed of grazed fields and imposing groves of hazel, large aspen and hardwood trees such as oak, ash and lime.

**Bölets ängar nature reserve** with old hay-fields that are kept open through pasturage and haymaking.

**Lindberga conservation area** is located in a beautiful undulating agricultural district surrounded by pine forest.





# Surrounded by adventure

In Tiveden adventure is always just around the corner. Whether you prefer to go and do your own thing in the wilderness or experience the fun of being together with others in a group, you can have your fill of enjoyment. Explore Sweden's southernmost wilderness on foot, by bike or on horseback.

Tiveden's riding trails – 300 km through enchanting natural surroundings – link the villages of Finnerödja, Gårdsjö, Udenäs, Granvik and Tived. Along the way there are places to stay or eat, stabling facilities and other types of services.

In Tiveden there are plenty of hiking trails through undulating and varied terrain. A small selection: **Bergslagsleden** (the Bergslag Trail) offers four stages – all equally fascinating and magnificent. **Munkastigen** (Monks' Trail) is a 40 km long hiking trail, divided into two stages between Ramundeboda and Olshammar. Also, within Tiveden national park there are many fine hiking trails, as there are in Högsåsen and Granvik too.

Explore Tiveden on two wheels. There are lots of bike-friendly gravel tracks snaking through the countryside, and the "flagship" of cycle routes, the Sverigeleden (Sweden trail) asses through this area.





## Crystal-clear lakes and delightful places to swim

Tiveden is just the spot for crystal-clear lakes and delightful places to swim. Vättern's unique freshwater archipelago with its rough-hewn rocks, smooth granite slabs and southing pine forests is well worth a visit. Two other delights are Vitsand's child-friendly beaches and Tivedsbadet on the north shore of Lake Unden. Here you can enjoy one of the longest and most beautiful inland sandy beaches in Sweden.

And why not experience the tranquillity, gliding along almost silently in a canoe or kayak? Tiveden offers a wealth of options. Take along your own canoe or hire one. Buy a complete package, a day excursion or a trip lasting several days – just choose what suits you best. For those who are fond of fishing, there are some fine spots with pike, perch, whitefish and char, for example. Naturally there are several places in Tiveden where you can buy fishing permits and hire boats.





Setting crayfish pots in Uden.



# Endless things to explore

Adventures, things to see and visitor attractions come in quick succession on any outing in Tiveden. There are also lots of options for those who want to stay overnight out in the wild. When it's time to still those pangs of hunger, there is something available for all tastes in the area.



**Pioneering spirit, myths and legends.** Tiveden has an exciting history, characterised by a pioneering spirit but also by outlaws, myths and legends. The name Tiveden is believed to come from the Old Norse god Tyr or Tiw and the word "ved", meaning "forest".

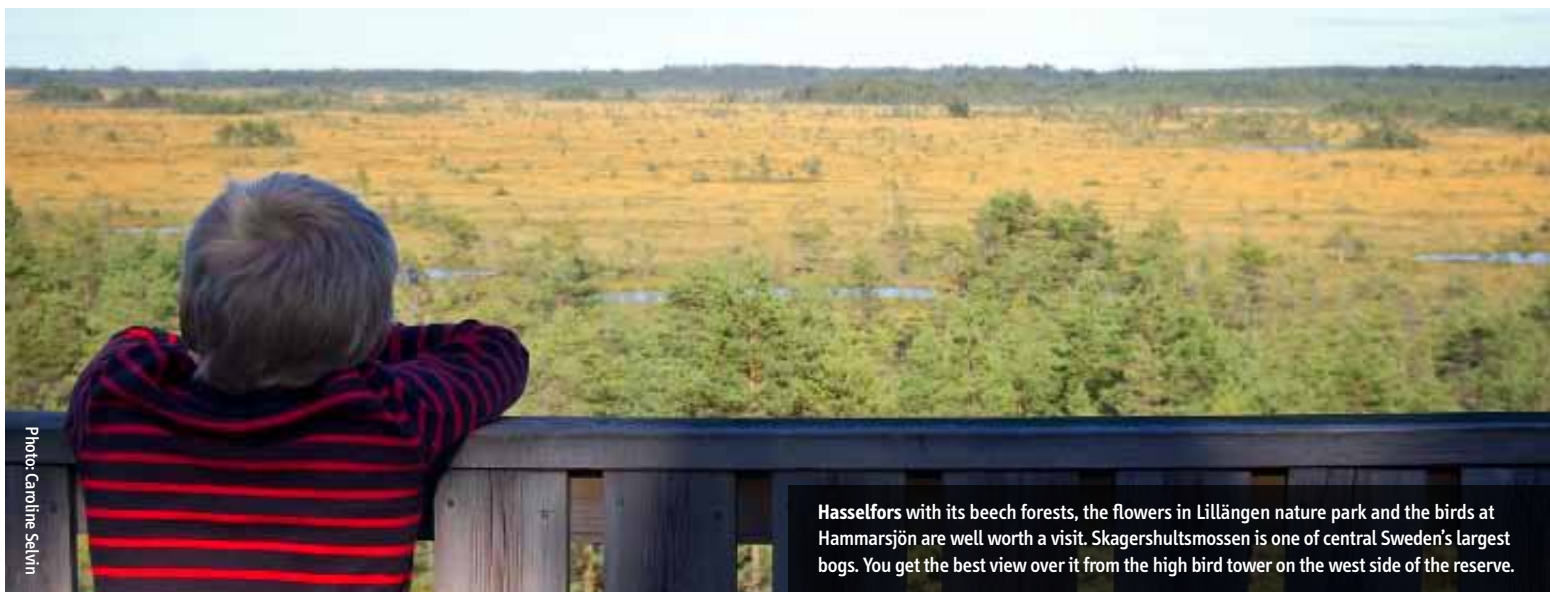


Photo: Caroline Selvin

**Hasselfors** with its beech forests, the flowers in Lällängen nature park and the birds at Hammarsjön are well worth a visit. Skagershultsmossen is one of central Sweden's largest bogs. You get the best view over it from the high bird tower on the west side of the reserve.



**Dancing around the maypole.** The folk museum in Finnerödja buzzes with activity. A moped rally, heritage days, open-air church services, market days and traditional midsummer celebrations are just some of the things on the programme.

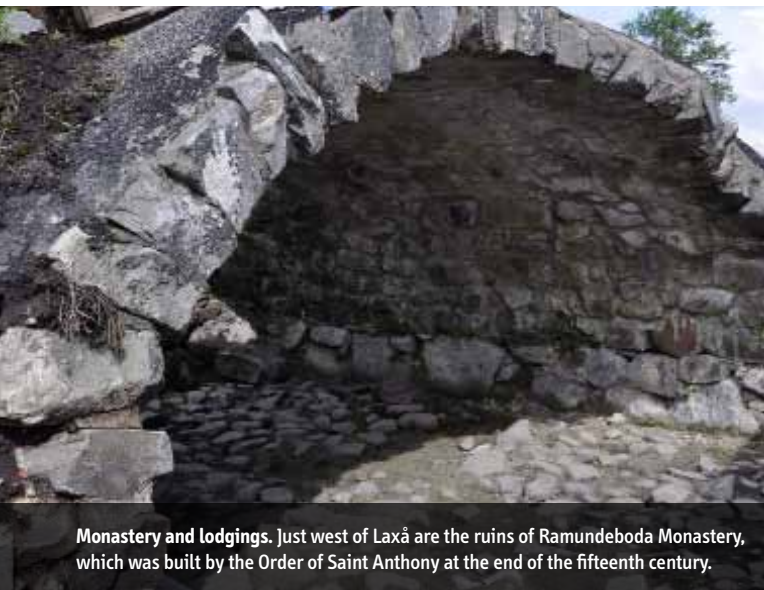


**Stay in the manor house or in a charcoal-burner's hut.** Are you looking for relaxation and comfort, or something exciting and different? In Tiveden there is accommodation available at the manor house, in a charcoal-burner's hut out in the wilderness or on a camp site in picturesque surroundings.





**Traditions.** Tiveden has a trading history stretching right back to the time of Gustav Vasa. This is especially noticeable from the many markets in the district. That's where you can really get to know about Swedish culture and crafts. In Tivedstorp, in the centre of Tiveden, the cultural environment of the seventeenth century is well preserved, with wooden fences, hayfields and turf roofs.



**Monastery and lodgings.** Just west of Laxå are the ruins of Ramundeboda Monastery, which was built by the Order of Saint Anthony at the end of the fifteenth century.



**Traditional Porla.** Near to Laxå lies the idyllic spa resort of Porla, dating back to the seventeenth century. Even today you can still drink from the spring at Porla.



**Out in the open air.** Högsåsen is a nature reserve just east of Gårdsjö that has plenty to offer whatever the season. This is a district with traditions dating back four hundred years, and it offers fantastic views.







# Ideas can grow freely here

Tiveden's unique natural environment and rich cultural landscape form a basis for building for the future. Here there is plenty of scope to create a small-scale life and sustainable existence in cooperation with others and in harmony with nature. Tiveden is a good option for those seeking a new lifestyle where home and food supply are closely interwoven, where old knowledge meets the new.

Tiveden's dramatic landscape is an inspiring setting for artists, craftsmen and entrepreneurs who want to try out new things.

**tiveden.se** has links that will be useful to those who want to know more about what it is like to live, work or start a company in the community of the future in Tiveden.



# Begin your visit at *tiveden.se*

Tiveden offers a wealth of activities and things to see, as well as favourite little haunts for those wanting peace and quiet or those looking for excitement. Start by visiting our website [www.tiveden.se](http://www.tiveden.se) where you can easily find information on visitor attractions, places to swim, historic or cultural environments or Tiveden national park. For those who want to get even more out of their visit, Tiveden can offer several package solutions. You can choose, for example, from hiking, riding and canoeing packages.

Unfold the map here too. This will give you more tips and information on what Tiveden can offer. You are of course always welcome to contact any of our tourist offices.



## **Tourist information Tiveden**

Street address: Tived School in Sannerud  
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Website: [www.tiveden.se](http://www.tiveden.se)

## **Laxå tourist office**

Street address: Bowlinghallen, Revirvägen 18, Laxå  
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Email: [turistbyra@laxa.se](mailto:turistbyra@laxa.se)  
Website: [www.laxa.se](http://www.laxa.se)

## **Askersund tourist & events office**

Street address: Väderkvarnsgatan 18, Askersund  
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Website: [www.askersund.se](http://www.askersund.se)

## **Hova tourist office**

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Website: [www.gullspang.info](http://www.gullspang.info)

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## **Töreboda tourist office**

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