

The Pilgrim path

DALSBLAND

Vänersborg-Edsleskog 100 km

PATH SEGMENTS

- 1 Vänersborg-Sikhalls camping 19 km
- 2 Sikhalls camping-Holms kyrka/Mellerud 29 km
- 3 Holms Kyrka/Mellerud-Upperud 15 km
- 4 Upperud-Högelund 16 km**
- 5 Högelund-Edsleskog 21 km

Walk in the footsteps of the pilgrims and become one with the Dalsland countryside! The Pilgrim path in Dalsland is an approved Saint Olaf's trail, which is part of a network of trails on the way to Saint Olaf's grave in Nidaros (Trondheim). Enjoy an experience-filled hiking trail that winds its way through the countryside from south to north. The trail starts in Vänersborg and continues via Holm's church in Mellerud on to the important pilgrim site of Edsleskog in Åmål Municipality. You can hike almost 110km if you want! The southern part of the trail is easy to walk as it mostly runs along small country roads, whereas further north it follows small paths and occasionally offers tougher stretches in hilly terrain. The trail is suitable both for one day trips and trips of several days with overnight stays.

SECTION TIME 6,5-7,5 hours

START & FINISH Upperud-Högelund

MARKINGS Orange markings on trees, blue crossing signs at roads

GOVERNING BODY Melleruds and Bengtsfors Municipalities

HOW TO GET HERE & PARKING

Start point Upperud 9:9

From road E45, north of Mellerud, turn off towards Åsensbruk/Håverud. After 8.7 km turn right towards Upperud. Upperud 9:9 will be on your left-hand side after 1.7 km

ACCOMMODATION & FOOD

The following companies offer various types of hiking packages with accommodation, food, transport etc.:

Dalslandsresor dalslandsresor.se

Upperud 9:9 upperud.se

Skålleruds Gård skalleruds-gard.com

Edsleskogs Wårdshus edsleskogswardshus.se

CAMP SITES ON THE SECTION

Livarbosjön Wind shelter, toilet and campfire site, about 5 km from the start of the section.

Flat Wind shelter and campfire site, about 10 km from the start of the section.

Högelund Wind shelter, toilet and campfire site, at the end of the section (not at the lake!)

Södra Kvarnetjärnet Rest area situated 2.5 km from the end of the section.

DRINKING WATER

Drinking the water in the lakes that you pass is generally considered to be okay. Some good advice however is this - do not drink from stationary bodies of water. Unsure? - boil the water!



NOTE! Cycling is prohibited on this section

RED - MEDIUM HIKING

Varying terrain with some obstacles, wet sections and some variations in elevation.

MORE INFORMATION

dalsland.com

vandringssland.se

DESCRIPTION PATH SEGMENT 4 16 KM



Upperud-Högelund

Straight out into the primeval forest of Dalsland! After Upperud, the Pilgrim Trail changes character and becomes a true wilderness trail. The hiker will experience fascinating countryside with various types of woodland and many lakes where you can swim. The trail mostly follows small paths and occasionally offers tougher stretches in very hilly terrain. The reward is the very best viewing points in the area. As it is about 46 km to the end of the section in Edsleskog you should plan and pack for an overnight stay in a tent or wind shelter.

Shortly after the start of the section, you cross the Dalsland Canal at the Upperud locks, the trail then goes straight north into the Forsbo Nature Reserve. The area is known for its large variety of fauna and flora, and in the reserve there are over 80 red-listed plant species. The first few kilometres are uphill, until you get to Skalåsknatten. From the top there is a magnificent view out over the forest and the water, and in good weather you can see all the way to Kinnekulle on the other side of lake Vänern.

Then the trail descends steeply to the lakes Svalsjön and Livarebosjön. Right on the shore of Livarebosjön there is a very nice campsite with a wind shelter, a campfire site and a toilet. The trail then continues in hilly terrain and in varying types of woodland. You pass the lakes with the imaginative names of Flat and Djup (Deep). At Lake Flat (a short distance from the trail) there is another campsite with nice spots for swimming. The stretch along the mountain crest above Lake Djup offers a magnificent view. By Lake Djup there is also the rest area, Södra Kvarnetjärnet, where you can see the remains of an old water mill.

The end of the section is the small village of Högelund. There is a campsite here with an overnight shelter for four people. If the shelter is occupied, it is of course totally okay to set up your own tents in and around the campsite. Keep in mind that this campsite is not near water and it is also not possible to replenish drinking water. Plan for that!



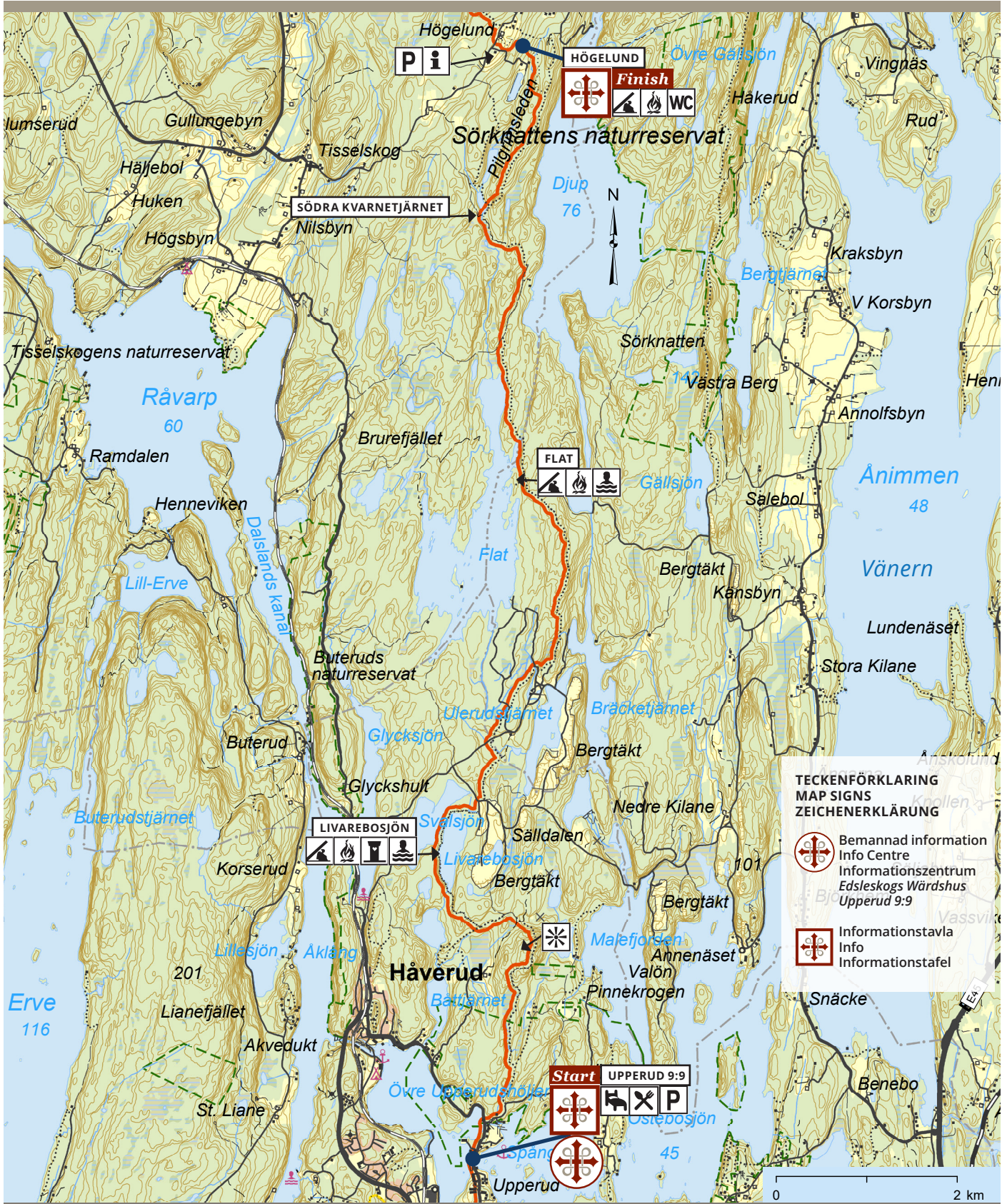


PILGRIM
I SVERIGE

pilgrimisverige.se

The Pilgrim path DALSLAND

PATH SEGMENT 4 16 KM UPPERUD-HÖGELUND



KARTAB, ÅMÅL 2018



THE 5 DETAILED SECTION MAPS of the trail can be found at dalsland.com you can download or print them via the QR code and the link below.
<http://bit.ly/pilgrimdalsland>

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