

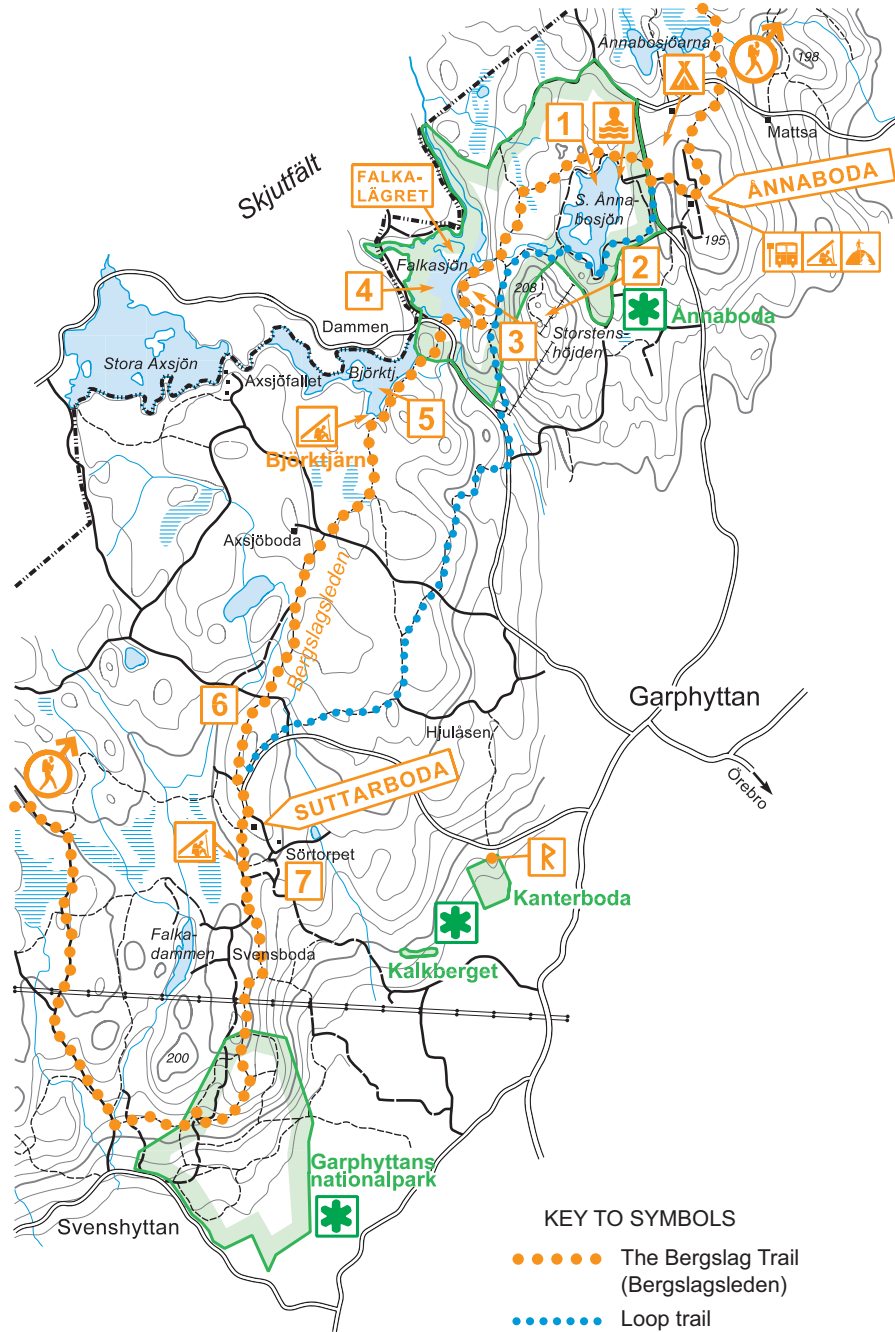


Bergslagsleden

STAGE

10

Ånnaboda – Suttarboda 7 km

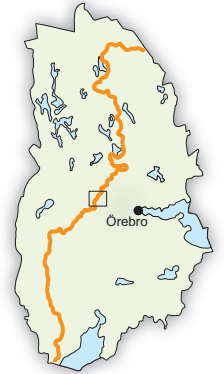


0 1 km 2 km 3 km
Scale 1: 50 000

KEY TO SYMBOLS

- The Bergslag Trail (Bergslagsleden)
- Loop trail
- Looping/returning trail
- Other marked trail or path
- - - - Shooting range
- Rest area with shelter
- Stage start/finish
- Nature reserve
- Ruins/Relics

Örebro County



Ånnaboda

Kilsbergen Conference and Lodge in Ånnaboda is on the main road 3 km north of Garphyttan. Restaurant, café, changing rooms, showers, lodging (please book) in rooms, cabins or camping. Fresh air bathing nearby. Information and booking: +46 19-29 55 00.

Suttarboda

Around Suttarboda is an open landscape, kept so by grazing animals. The shelter can be used for sleeping. This is the former site of Suttarboda estate, but today the facility provides lodging for youngsters, driven by Örebro municipality.

Rest Area Björktjärn

Rest area with shelter, fire ring and toilet, near the southern point of Björktjärn Lake, middle of stage 10. No drinking water, but the lake water is so clean that it can be used for cooking once boiled. The shore nearest the shelter is stony, but can be used for swimming. It is of great help to the management if you take your rubbish with you when you leave the rest area.

Loop trail – Suttarboda

This 12 km loop trail starts at Suttarboda. The loop trail is marked in blue on trees and poles, except for those parts that follow the Bergslag Trail. The trail is rather uneven in many places.

What to See Along the Way

1. South Ännabosjön

South Ännabosjön is a typical woodland lake with dark, but clean water. The lake is a setting for the activities that take place by the Ännaboda outdoor estate, such as swimming and sport fishing. Around the lake is an asphalt walking-path that is wheelchair accessible.

2. Storstenshöjden

Just 1 km from Ännaboda, the trail passes Storstenshöjden, one of the highest points of Kilsbergen. There are facilities here for downhill skiing. The mountain is named for the large stone that sits atop it (*stor* = large, *sten* = stone).

3. Falkaberget

After 2 km, the path goes over the steep Falkaberget. To the west, the mountain drops 40 m straight down to Falkasjön. Great view over Kilsbergen. There are many fables and tall tales about the mountain.

4. Falkasjön

Just south of Falkaberget, the trail crosses the long, high dam that is built over Falkasjön's outlet. Here one sees how the dam has raised the lake level by several meters. Water was earlier channeled through the wooden pipe down to a small power station, 500 m towards Garphyttan.

Long before the power station, Falkasjön and the other lakes upstream played a role in the distribution of water to the extensive industry workings in Garphyttan.

The mid-1500s saw the first smelt house. The lake, through at least 8 different waterfalls, drove a silver forge, a blacksmith's forge and a pumping system.

Garphyttan is the only one of the old smelting centers along Kilsbergen where

old traditions have been kept alive. Today, Haldex Garphyttan Wire AB is a modern business of significant size.

Regulation of the waters in and around Falkasjön continues today, though the water is mainly needed to assist in cooling and processing.

5. Björktjärn

The trail takes a long stretch along Björktjärn's shore. The first part passes along a high bank. This bank was built over the lake's old outlet. Damming, thought to have been done in connection to the creation of power, forced the water from the lake to use a new outlet and dump into Falkasjön.

In this way, even Björktjärn water could be utilized for power. Now, Björktjärn is regulated heavily for industry use in Garphyttan. The water level can vary several meters during the year.

6. Suttarboda grounds

Before reaching Suttarboda the trail passes grounds rich with leafy trees. The forest here grows on old hayfields, or on arable parcels that belonged to the once extensive agricultural compound at Suttarbodahöjden. On several spots along the trail, there are stone cairns, so-called "growing cairns", stacked up. The stones were collected and stacked to ease harvesting in the fields.

The thriving herb and grass flora says that long ago the area, for a long period of time, was not forest. Harvesting of natural meadows has been of great importance to crofts and farms in the mountains and has commonly utilized much larger areas than the arable fields. Within the area there are several croft ruins that are marked with informative plaques.

7. Södertorpet

Södertorpet is a typical Kilsberg croft from the beginning of the 1800s. The house has been restored to how it was originally. When people lived here, they worked the fields, raised animals and worked with charcoal and timber. The Närke Forest Fellows takes care of the property. In the area there are remains and ruins of other Kilberg crofts. There is a simple croft map that shows these ruins. In the book *Kilsbergstorp*, 300 deserted crofts are described, from Pershyttan down south to Lekhyttan.

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

Ännaboda has regular, daily bus connections to Örebro. Suttarboda is reached by bus only via the regular service to Garphyttan (3 km away, see map). 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 Norra Kilsbergen; *Hellström, Lena*, Utsikt från Bergslagsleden.

For further information

Örebrokompaniet, +46 19-21 21 21, www.visitorebro.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.