

HIKING TRAILS



140 KM

Experience southern Öland

Hiking trails through the World Heritage



MAP SYMBOLS

-  current trail
-  other trails
-  visitors attraction
-  nature reserve
-  birdwatching area
-  wildlife area
-  bathing place
-  barbecue area
-  car park
-  resting area
-  seating
-  toilets
-  wind shelter

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Hiking is like a balm for both body and soul. To leave everyday stress behind for a moment of hiking, whether it is long or short, whether it is in areas you are familiar with or in new terrain, provides an immediate energy boost and peace of mind while your muscles work.

When you also add the landscape of southern Öland to the equation, an unbeatable combination

emerges for all the senses. Presented within this brochure, are the hiking trails that are looked after by Mörbylånga municipality with additional tips about trails looked after by the County Administrative Board and non-profit associations.

When hiking, it is important to keep in mind that you are a guest in nature or on someone's land. A prerequisite for keeping our land open is that it is respected and used with care.



WORLD HERITAGE

The agricultural landscape of southern Öland

Southern Öland offers a unique and exceptionally beautiful landscape. Imagine watching the sunrise over the wetlands on the shores of the Baltic Sea on a summer morning, the night's magnificent starry sky over Stora alvaret ("the great alvar") or a colourful sunset over the fertile Mörbylångadalen (Mörbylånge valley) and Kalmarsund (Kalmar strait).

A world heritage site tells the story of earth and man in a very unique way. There are just over 1,100 world heritage sites in the world, 15 in Sweden, one of which is on Öland. UNESCO, the United Nations Educational, Scientific and Cultural Organization, is responsible for the World Heritage List. At its core, the World Heritage Site is a major peace project, the following lines can be read in UNESCO's statutes:

"Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed."

In 2000, the agricultural landscape of southern Öland was inscribed on the UNESCO World Heritage List as a living cultural landscape. The story of the farmers' work for many generations is the basis of the World Heritage designation. Southern Öland has an abundance of ancient monuments

and stone walls to testify to the long history of the agricultural landscape. The world heritage of the agricultural landscape of southern Öland includes the villages, fields, Stora alvaret and the wetlands. Today, farmers continue to cultivate the land and their animals graze Stora alvaret and the wetlands.

With 14 parishes and 87 villages, the agricultural landscape of southern Öland is one of the largest World Heritage sites in Sweden. A tip is to hike, bike or discover the agricultural landscape from horseback.

Wherever you go on southern Öland, you will see grazing animals and active farms. It is the farmers, who today cultivate the land and let their animals graze both Stora alvaret and the wetlands, that ensure that our agricultural landscape can be passed on to future generations. You can also contribute to this valuable work. By visiting the World Heritage and enjoying food and drink from southern Öland, you become part of the constantly ongoing interaction between man and nature. Read more at sodraoland.com

Welcome to our fantastic agricultural landscape on southern Öland which is unique, beautiful and valuable!



Stile

Stiles are placed along the trails. A stile is a type of ladder, over a fence or wall, made so that people can get over but not livestock.





SIGNATURE TRAIL ÖLAND: MÖRBYLÅNGALEDEN

Öland's Tourist Office (Färjestaden) • Station Linné (Skogsby)
Mörbylånga • Kastlösa • Seby läge • Ottenby vandrarhem

Thanks to its unusual agricultural landscape, all of southern Öland has been a UNESCO World Heritage Site since 2000. The island's geographical location, the limestone bedrock and the mild climate have, along with human impact, created these conditions. The trail Mörbylångaleden runs through this barren and beautiful World Heritage Site – one of Sweden's 12 signature trails designated by the Swedish Tourist Association.

Distinguishing for the 12 signature trails is the beautiful nature and that they are characteristic of their part of the country. Together, the 12 trails provide a broad picture of the hiking options and nature in Sweden.

The Öland soil was cultivated as early as the Stone Age, like now, agriculture and animal husbandry were conducted side by side. The trail Mörbylångaleden runs through this

landscape with pastures, villages, wetlands and arable land. The trail starts at Öland's Tourist Office in Färjestaden and continues all the way down to southernmost cape of Öland.

Mörbylångaleden is divided into five stages which are presented on the following pages. There is of course the option to walk a section of any stage. There is parking and public transport at close proximity at the start and finish of most of the stages. For a current timetable visit kalmarlanstrafik.se. It is also possible to book a trip via närtrafiken.

For those of you who want to do a longer hike in day stages, there is accommodation along the trail, or wind shelters for those of you who are more adventurous.

Welcome to Signature trail Öland!



Eketorps borg
Eketorp's fortress



STF'S 12 SIGNATURE TRAILS



- 1 Kungsleden Abisko
- 2 Kungsleden Hemavan
- 3 Höga kusten
- 4 Jämtlandstriangeln
- 5 Siljan
- 6 Värmland
- 7 Tiveden
- 8 Norra Sörmland
- 9 Södra Bohuslän
- 10 Omberg
- 11 Öland
- 12 Österlen

TRAIL MARKING:
RED ARROWS



SIGNATURE TRAIL ÖLAND: MÖRBYLÅNGALEDEN STAGE 1

Öland's Tourist Office (Färjestaden) • Station Linné (Skogsby)

TRAIL DESCRIPTION

At this stage, you will initially experience Kalmar-sund, Ölandsbron and the area surrounding Färjestaden. Rural line villages, the leafy Mittlandsskogen, arable land, meadows and the outskirts of the alvar contribute to varied views.

Stage 1 is easily traversed, with many asphalt and gravel roads. At the stone walls near the end of the stage, you pass a couple of stiles. Car parks and bus stops are available near both start and finish.

At the start of the stage at Öland's Tourist Office, the hike initially follows asphalt roads to, when approaching Björnhovda, gradually switch to a gravel road. A landscaped pond south of Kåtorp is suitable for a moment of rest.

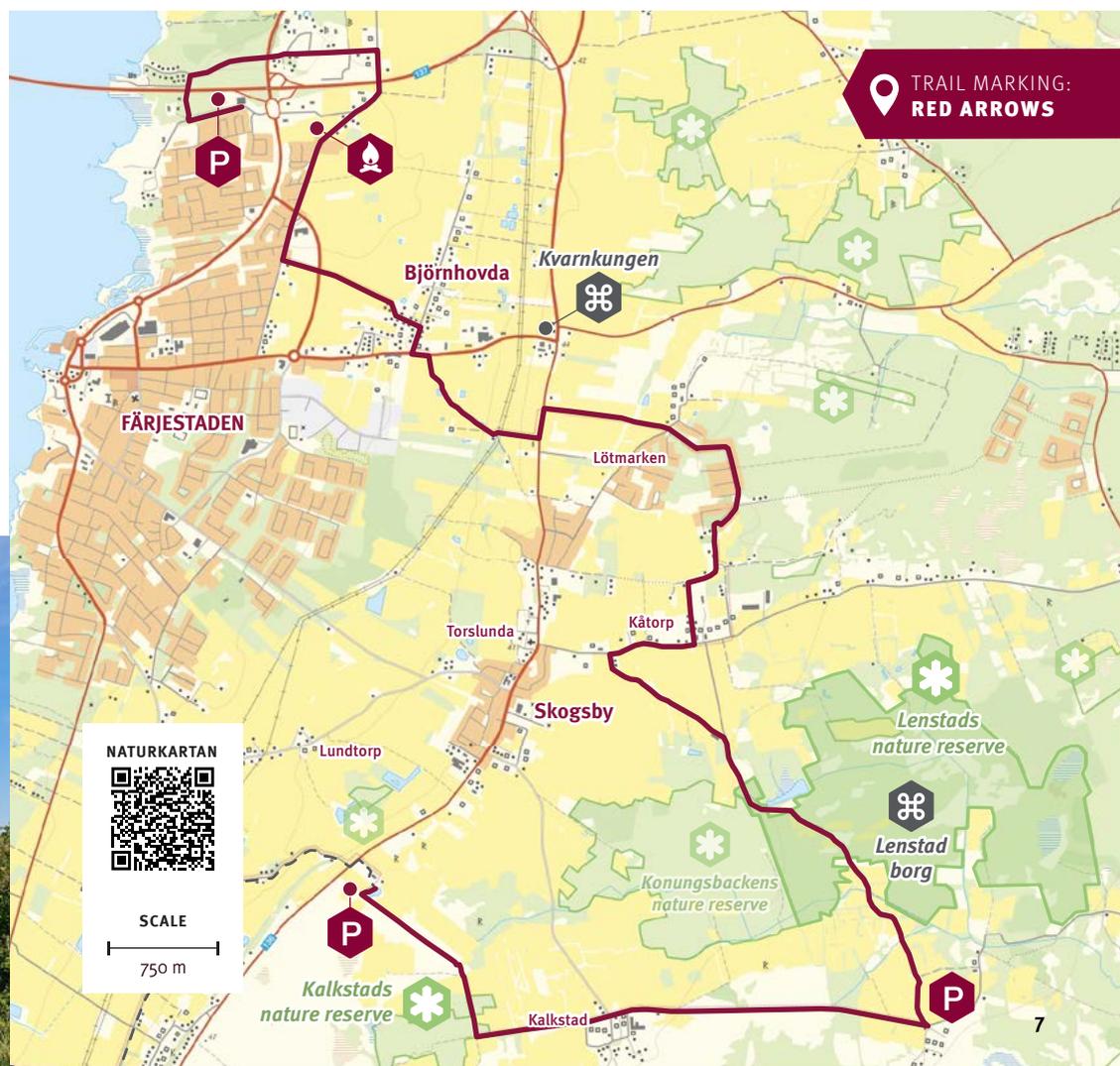
At the passage through Mittlandsskogen, between Kåtorp and Lenstad, you can make a detour to the ancient castle Lenstad fortress. Here, you also pass the nature reserves Konungsbacken and Lenstad. Continue past the rural, idyllic villages of Lenstad and Kalkstad and the alvar begins to present itself. You then head to the internationally renowned research station Station Linné, in varied terrain, through the Kalkstad nature reserve.

Mittlandsskogen

Here, the tall oak forest dominates together with large hazel groves. The forest gives a light and airy impression. This is part of Sweden's last large deciduous forest area and the reserve in Kalkstad is part of the southernmost spur of Öland's Mittlandsskog. This environment is the most diverse of all forest environments and there are a large number of unusual animals, plants and fungi. Many of the special phenomena that characterize a natural forest are found here in Kalkstad, for example, different tree species of different ages and sizes, dead and dying trees as well as hollow trees.



Great violet





SIGNATURE TRAIL ÖLAND: MÖRBYLÅGALEDEN STAGE 2

Station Linné (Skogsby) • Mörbylånga

TRAIL DESCRIPTION

Accompanied by fantastic views, this stage takes you along the coast to Mörbylånga. You pass through the leafy, bird-rich Vicklebyskogen and continue along Kalmarsund past Haga Park. You follow the beautiful, steep dune south past Klevabadet. After another leafy forest area and a few slopes, you can glimpse Mörbylånga.

Stage 2 consists mostly of gravel roads and paths. There are also several footbridges and stiles. Along the trail, there are many resting and bathing places. Feel free to bring binoculars to study different bird species along the coast. Parking is available at Station Linné, Karlevistenen, Beijershamn, Klevabadet and in Mörbylånga.

The stage starts at Station Linné and finds its way down to the western coastline via the runestone Karelvistenen. Barely two kilometres south of

Karlevistenen is the resting area Karlevi Mo, with toilet, wind shelter and barbecue area.

Continue through the leafy, bird-rich deciduous forest in Beijershamn nature reserve. Then follow the paved road past Haga Park's bathing place. After the bathing place, the trail continues south along paths and cottage areas by the beautiful steep sand cliff and you reach the next bathing place – Klevabadet.

Then continue south along the shore, round the pond and further over the wooden footbridge through a section with alder forest and after several small slopes, Mörbylånga can be glimpsed. Close to the village is the resting area Bruksrasten. The stage goal is located at the bathing place Balken by Mörbylånga harbour.



 Beijershamn



Karlevistenen

Karlevistenen is considered one of the most remarkable rune stones in Sweden. It stands in a field, very close to the beach next to Kalmarsund. The stone is a moving block of grey quartz porphyry from the area west of Oskarshamn. The runestone was erected after the Danish chief Sibbe Foldarsson (Sibbe the Wise).



 Karlevistenen



SIGNATURE TRAIL ÖLAND: MÖRBYLÅNGALEDEN STAGE 3

Mörbylånga • Kastlösa

TRAIL DESCRIPTION

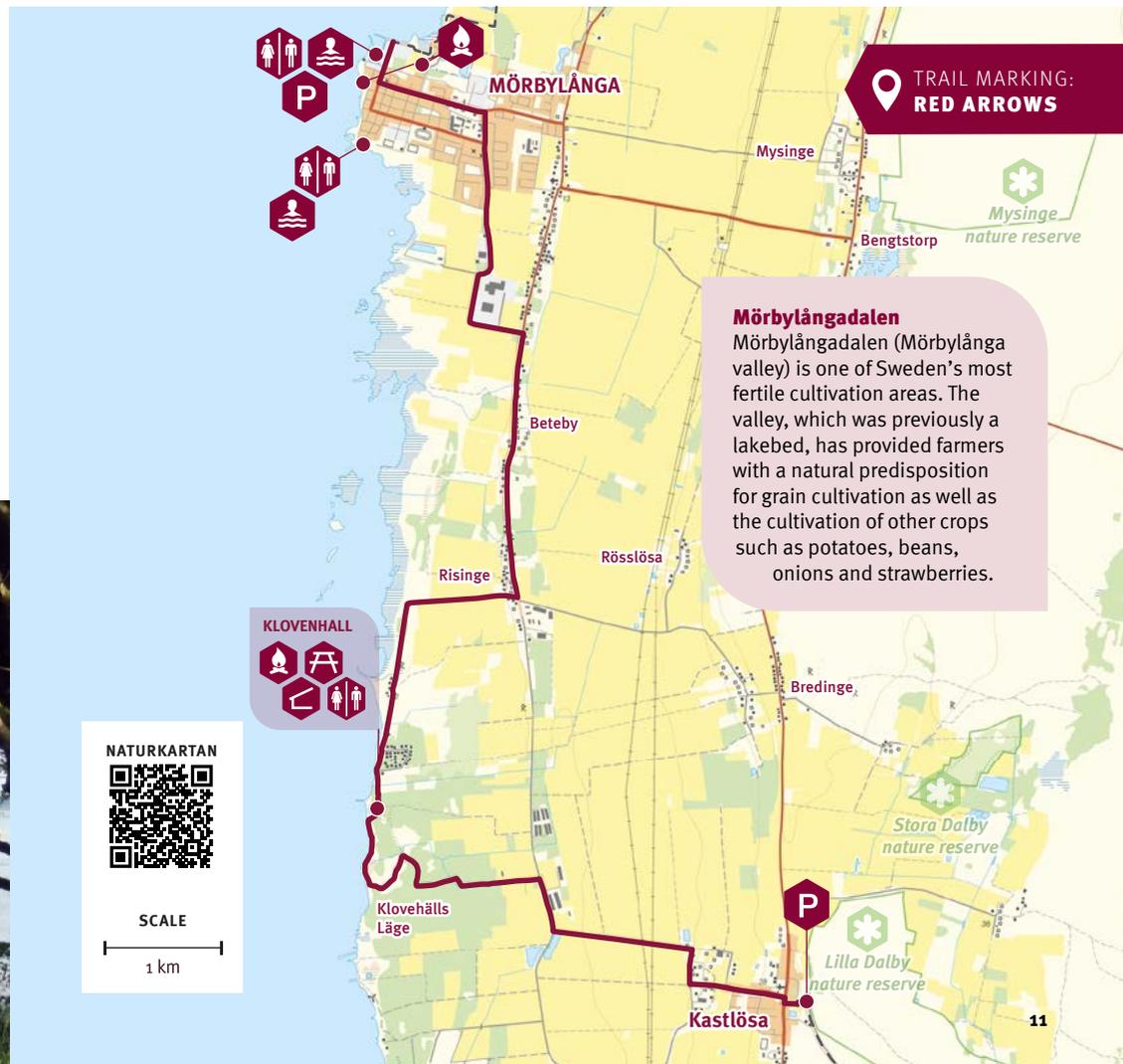
The stage largely follows Mörbylångadalen's fertile agricultural landscape and coast to then lead you out on the alvar. You mostly follow paved roads and shorter distances with gravel roads. On the coast, there is Klovenhall's resting area with an unparalleled view of Kalmarsund.

The stage starts at Balken bathing place at Mörbylånga port, close to parking and bus station. After a hike through Mörbylånga to Risinge village, the trail returns to the island's western coastline and Risingehamn. Here a wonderful view of Kalmarsund and its lakes emerges. To the south along the coast, you pass a cottage area and soon you arrive at Klovenhall resting area, right next to the beach. The resting area has a toilet, wind shelter and barbecue area.

The hiking trail then continues south along the beach. After about 500 meters, it turns off to the east and goes through a forest area further towards Kastlösa. In Kastlösa, road 136 is crossed where there is a bus stop and you reach the stage goal on the other side of the road. Parking is available at the start and finish of the stage.

Mörbylånga

Charles XIV John confirmed with a royal letter in 1820 that the town of Mörbylånga was founded. It emerged as a trading place for the farmers on southern Öland. The town received a major boost when a new port was built at the end of the 19th century, the sugar factory (now closed) was established in 1907 and the railway came into being in 1910.



TRAIL MARKING:
RED ARROWS

Mörbylångadalen
Mörbylångadalen (Mörbylånga valley) is one of Sweden's most fertile cultivation areas. The valley, which was previously a lakebed, has provided farmers with a natural predisposition for grain cultivation as well as the cultivation of other crops such as potatoes, beans, onions and strawberries.

NATURKARTAN
[QR CODE]
SCALE
1 km





SIGNATURE TRAIL ÖLAND: MÖRBYLÅNGALEDEN STAGE 4

Kastlösa • Seby läge

TRAIL DESCRIPTION

Stage 4 largely follows a section where the Öland railway ran until 1961. Between Kastlösa and Skärlov, it is suitable even for bicycle and pram. South of Skärlov and up to Mellby, the trail is more uneven underfoot, with several stiles, remains of railway sleepers and wear and tear of animals, weather and wind.

The stage starts at the back of the old Kastlösa school, where parking is available. Follow the old railway bank straight east to the car park at Penåsa. There are seats, accessibility adapted toilet and information boards.

The trail continues on the old railway bank through a forest area and you will soon reach Penåsa resting area which is well embedded in greenery. There are toilets, barbecue areas and wind shelters. Then the vast expanses of the alvar open up again with an amazing view.

After just over 8 km of hiking from Kastlösa, you reach Skärlov's resting area. The hiking trail then

turns south and passes the old station building in Skärlov. After a short passage on the alley, the trail continues again on the old embankment. Here are three works of art placed in the open landscape, the so-called Skulpturleden (the sculpture trail).

Mörbylångaleden continues further south on the straight railway bank and you will eventually reach Seby resting area at the height of Segerstad/Seby. Thereafter, the trail turns east towards Seby läge via the beautiful road through Gammalsby sjömarker. There is parking, toilet and information board as well as a simple bathing place.

Skulpturleden

Skulpturleden starts at Skärlov's old station and follows Stage 4 of Mörbylångaleden for 4 km south towards Mellby. The trail consists of three works of art placed along the old embankment. Here, nature and culture interact to provide an ever-changing experience. The works of art along skulpturleden:

Oxe (Ox) by Anders Lundgren, Mörbylånga, limestone from Öland

Passage by Kåre Holgersson, Bergkvara, concrete

Dukat bord (Set table) by Christer Jansson, Eriksöre, oak chairs, limestone from Öland and bronze pumpkins



Skulpturleden
Sculpture trail

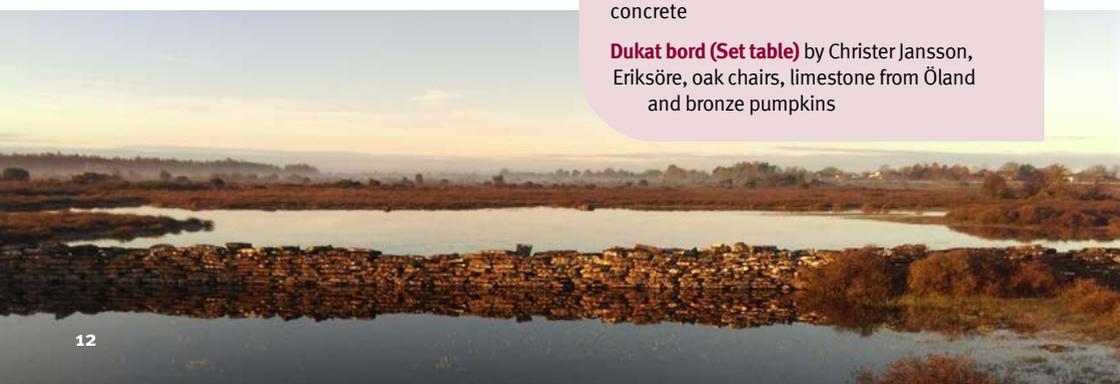


TRAIL MARKING:
RED ARROWS

Öland's railway

The southern section of the railway on Öland was opened in 1910. The track system of a total of 96 km consisted of main tracks and connecting tracks at the ports of Borgholm, Färjestaden and Mörbylånga.

The track became a lifeline for the whole of southern Öland and above all for agriculture and beet transports. Södra Ölands Järnväg remained as a company until 1928 when it merged with Borgholm – Böda Järnväg and then became Ölands Järnväg. The railway on Öland was closed on 30 September 1961.





SIGNATURE TRAIL ÖLAND: MÖRBYLÅNGALEDEN STAGE 5

Seby läge • Ottenby Vandrarhem

TRAIL DESCRIPTION

The final stage of Mörbylångaleden runs alternately over wetlands and along village streets, on the old embankment and through line villages. This stage was walked by H.R.H. Crown Princess Victoria during her Öland landscape walk 2018.

From Seby läge you go south over the unique wetlands, accompanied by exuberant birdlife, to Gräsgård harbour, after which you walk west towards the country road.

After crossing the road, continue on the picturesque village street through Gammalsby which soon leads into the next village, Mellstaby. After the villages, an irrigation dam is passed and the trail continues on the old railway embankment, which here is intermittently joint with the cycle trail – Ölandsleden. After a section of forest, the trail turns west and follows along the field for almost 300 meters. Then pass over the wooden bridge and cross diagonally over the alvar to a stile,

and continue to Eketorps borg. There is a resting area with wind shelter, barbecue area and toilet.

Pass Eketorps borg's car park and connect to the cycle path along the old embankment to Enetri. There you cross road 925 and follow the village street with beautiful views of the wetlands and the Baltic Sea. The last stretch to Ottenby hostel continues on the road 925 through the elongated, beautiful Näsby line-village which is divided by Charles X's wall.

From the hostel, you can walk via the County Administrative Board's hiking trail through Ottenby grove and down to the southern cape of Öland and Långe Jan – Sweden's tallest lighthouse.

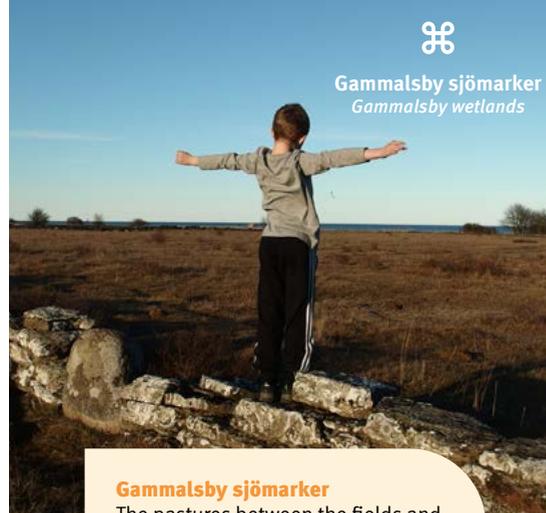
Parking is available at the start and finish of the trail, as well as at Eketorps borg.

Eketorps borg

Eketorps borg fortress is the only fully investigated and reconstructed ancient fortress in Sweden. The fortress was in use both during the Iron Age and medieval times. Read more at eketorpsborg.se




Eketorps borg
Eketorp's fortress




Gammalsby sjömarker
Gammalsby wetlands




Långe Jan
Tall-Jan

Gammalsby sjömarker

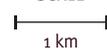
The pastures between the fields and the shoreline are called sjömarker (wetlands). Öland slopes slightly to the east so most of the wetlands are on the east side of the island. The open and grazed lands are important for nesting and resting birds. From Seby läge and Gräsgård harbour, you can easily reach Gammalsby sjömarker. Feel free to bring binoculars. Respect the bird protection that applies at certain parts of the year.



NATURKARTAN



SCALE



 TRAIL MARKING:
RED ARROWS



13 KM

STORA ALVARLEDEN

Karlevi • Frössslunda • Resmovägen

TRAIL DESCRIPTION

The trail follows an old road over the alvar. It is not maintained but goes across existing land, which means that the road is of a basic standard. After snowmelt or heavy rain, some parts may be boggy.

The trail is marked with stone cairns of limestone and has been fitted with bicycle stiles at walls and fences over which the bicycle can be led.

In Karlevi, by road 136, a blue and white bicycle and hiking trail sign shows the way out onto the alvar. Here is a small lawn with space for a few cars.

Along the trail is the stone setting Präströr and shortly after you will arrive at Mittmuren, a stone wall that extends from the northern to the southern part of Stora alvaret.

From Källarbacken, just west of Frössslunda, the trail largely runs on limestone surfaces. At the large stone gateposts, the trail splits and the hiking trail continues south towards Örnkulleleden. You can continue southwest by bike and will soon reach Resmo-Stenåsavägen.

Källarbacken

Källarbacken is located just west of Frössslunda village. During the first part of the 19th century, the Öland farmers began to grow potatoes. The rapidly expanding cultivation led to the need for cool, frost-free and dark storage spaces. Each farm in the village had its own storage cellar here.

Frössslundamossen

South of Frössslunda village lies Frössslundamossen, which is a shallow lake with a water depth of just over one meter. The bog is a high-class birdwatching area. Frössslundabäcken, which flows through the area and leads out into the Baltic Sea, is seen as one of Öland's key watercourses. The stream is of great importance for the varied wetlands and is a significant spawning ground for sea trout and pike.



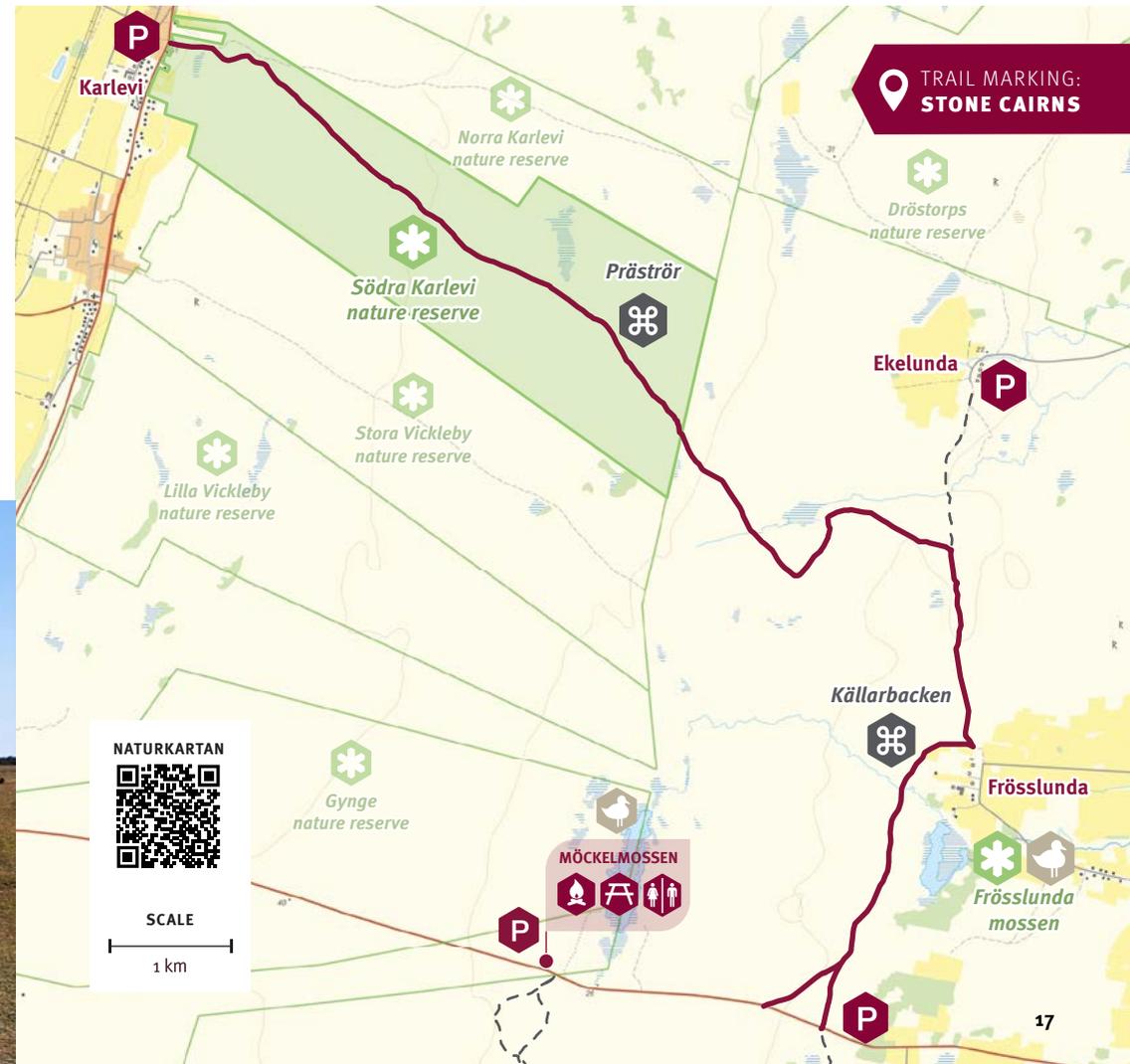
Pasque Flower



Präströr



Källarbacken





NUNNEDALEN

Hiking loop

TRAIL DESCRIPTION

Nunnedalen (valley of nuns) is located just south of Vickleby and is a well-visited excursion destination in the spring. The hiking trail runs through a narrow strip of deciduous forest on the edge of the western plateau. In the spring, the ground is covered with blue, white and yellow anemones.

Spring onions and several species of fumewort also grow here, just to name a few from the diverse flora. The ivy spreads over a large area and winds its way up many of the tall oak and ash trunks. Here is a small altar where gatherings and weddings sometimes take place. Along the plateau's crest runs Landborgsleden and along its foot stretches Paradisstigen, with a total length of

4 km. This is probably a very old route between the churches in Resmo and Vickleby. Two car parks are located along road 136 adjacent to the area. There are two barbecue areas along the lower trail. Nunnedalen is looked after in collaboration with Resmo hembygdsförening.

Windmills

On Öland, there are today just over 300 windmills preserved. At most, there were over 2,000. The vast majority of the mills on Öland today are so-called post mills from the end of the 18th century or the beginning of the 19th century. The term post mill is explained by the fact that the mill housing rests on a large post. When the wings, before grinding, are turned towards the wind, the entire mill housing is rotated around a fixed post. Scandinavia's largest post mill – Kvamkungen – stands in Björnhovda next to road 136.

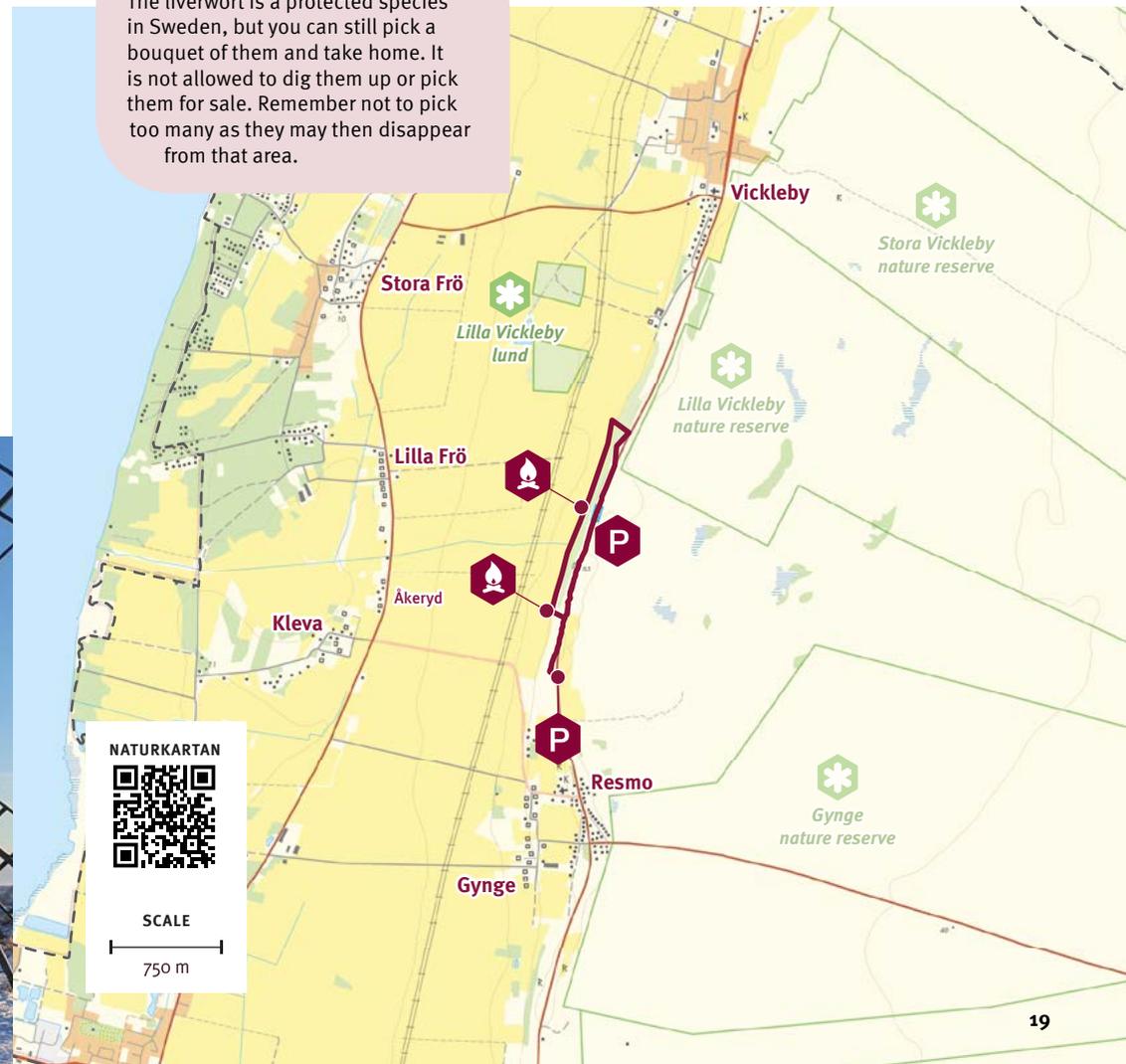


Hollowroot



Liverwort

The liverwort is a protected species in Sweden, but you can still pick a bouquet of them and take home. It is not allowed to dig them up or pick them for sale. Remember not to pick too many as they may then disappear from that area.



NATURKARTAN



SCALE

750 m



EKELUNDALEDEN

Connecting trail Ekelunda • Stora alvarleden

TRAIL DESCRIPTION

Ekelundaleden (the Ekelunda trail) is a cycle-friendly hiking trail that connects to Stora alvarleden in the south. Here you are treated to the diverse alvar landscape with its rich flora and fauna. The trail runs on an old road between Ekelunda and Frösslunda villages and is therefore of a basic standard. South of Ekelunda village, there may be periodic collections of water and at those times wellington boots can be good to have. Grazing animals can be found in the area for large parts of the year.

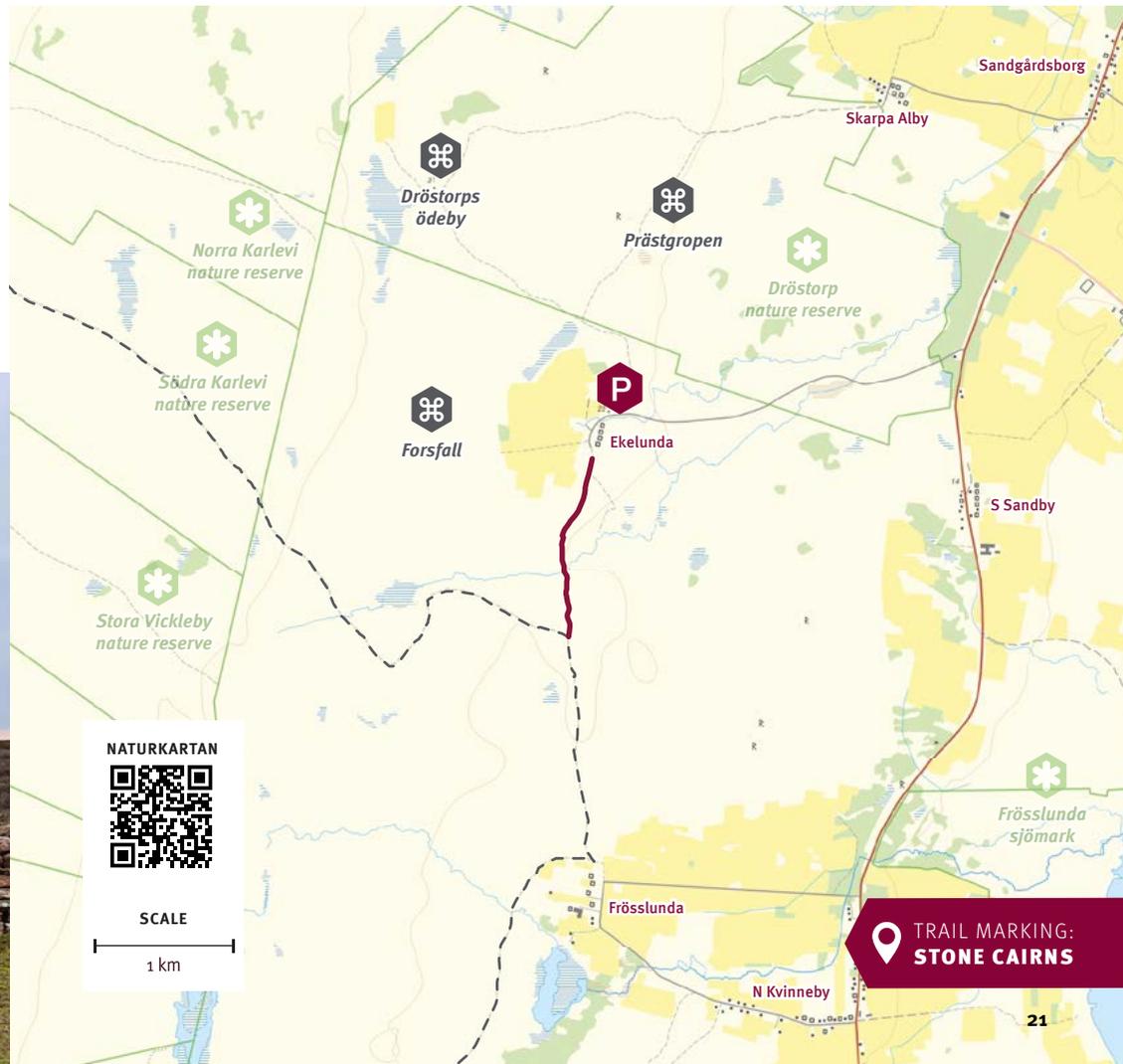
The trail starts at the car park northeast of Ekelunda village to proceed south where you

pass two of the farm's barns and then continues out on the alvar. At the car park, you can detour across a stile northward to the nature reserve Drörestorp with Drörestorps ödeby and on to the village Skarpa Alby.

At the end, Ekelundaleden connects to Stora alvarleden, which takes you on to Frösslunda village and Resmovägen in the south or west to Karlevi (see Stora alvarleden).

Ekelunda village

Ekelunda village is a typical Öland line village located in the northern part of Stora alvaret. The name Ekelunda suggests that there was an oak forest on the alvar at the time the village got its name perhaps more than 1,000 years ago. The heyday of the area was during the Bronze and Iron Ages and along the trail, grave and treasure findings have been made from this time. Today there is an active agriculture in the village.





ÖRNKULLELEDEN

Resmovägen • Gösslundaleden

TRAIL DESCRIPTION

Örnkulleleden (the eagle hill trail) can be reached from the car park along Resmovägen, just west of Ebbelunda. During the hike, the small lake Kritmossen is passed with the remains of a 115 meter long dam wall which had the task of retaining water from the bog. According to the records, there must have been a "skvaltkvarn" (a type of water-powered mill for grinding grain), but no traces of this remain. The large stone foundations next to it are believed to be leftover stocks of limestone slabs, so-called "palmar". The trail crosses the stone bridge/dam wall and continues through a small forest grove and further through a demolished stone wall. After this you can see Örnkullen, take aim at this. From Örnkullen there is a sweeping view of the

landscape and the place invites you to rest for a while. Next to the trail, you can see several small, demolished "stone houses" that in the past were used as shepherd's huts. There are also several smaller rocky areas and an overgrown burial mound on the small ridge. After a few hundred meters you reach Gösslundaleden.

Stora alvaret

Did you know that Stora alvaret is the world's largest connected alvar? It is the farmers' grazing animals that, together with the thin soils and limestone bedrock, have created the conditions for the special plant and animal life that exists here.



TRAIL MARKING:
STONE CAIRNS

NATURKARTAN



SCALE





BÅRBY KÄLLA

Hiking loop



1.8 KM
/ 6 KM

TRAIL DESCRIPTION

For the geologically interested or for those of you who just want to enjoy the beautiful landscape, the plants, the birdsong and the tranquillity, this loop has a lot to offer.

It has the shape of an eight, where you can choose to walk either the shorter loop of 1.8 km or the longer one of 6 km.

The loop follows small ridges and plateaus alternating with lower sections on the limestone slab. The lower parts can be waterlogged after snowmelt and rainy seasons and therefore the trail is preferable during the summer or other dry periods. A fence must be passed to reach the relatively easy paths.

You start from the car park at Möckelmossen, on the south side of road 940, between Resmo and Stenåsa. In the car park, there is a toilet

and information boards. Dogs should not be brought as there are grazing animals in the area. A recommendation is to walk the loop counter-clockwise from the car park, ie. go west, which also applies from the four-lane junction and on towards the source. To reach Bårby spring, you need to choose the longer loop, where there is also the possibility of a detour to the mythical kartmuren.

Great natural values

The area has several of the alvar's unique environments such as dry and wet meadows, gravel alvar, sun-turning heaths, limestone ledges and plenty of rocky terrain and karst alvar. Along the trail there is a great wealth of the alvar's unique plants, lichens and mosses. Near Bårby källa are the remains of an old shepherd's hut.

Kartmuren

Kartmuren (the map wall) was built around 1900. The site has been used by cartographers for various measurements. The wall stands in the middle of Öland's Stora alvar and is about 30 meters long.



Mittmuren
The middle wall



Kartmuren
The map wall



TRAIL MARKING:
STONE CAIRNS

NATURKARTAN

SCALE
1 km





GÖSSLUNDALEDEN

Hiking loop

7,1 KM

TRAIL DESCRIPTION

Gösslundaleden is an easy hiking loop with mostly low-growing vegetation. You follow the limestone cairns and pass five stiles. After snowmelt and heavy rain, some areas may be waterlogged and wellington boots are preferred.

Start from the car park at the entrance to Gösslunda village, along road 939, and walk the loop counter-clockwise. The trail passes through a narrow curtain of juniper bushes and over a stile, after which two burial mounds can be glimpsed. After passing the first burial mound, you will reach Rörkällan. Here is a stone table suitable for a moment of rest.

Further past the next burial mound, you reach a ridge that takes you to a moving block where the

trail splits. Here you can continue on Örnkulleleden north or continue on Gösslundaleden.

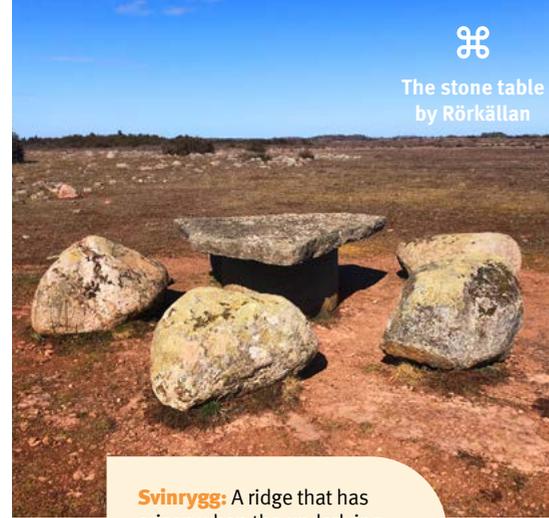
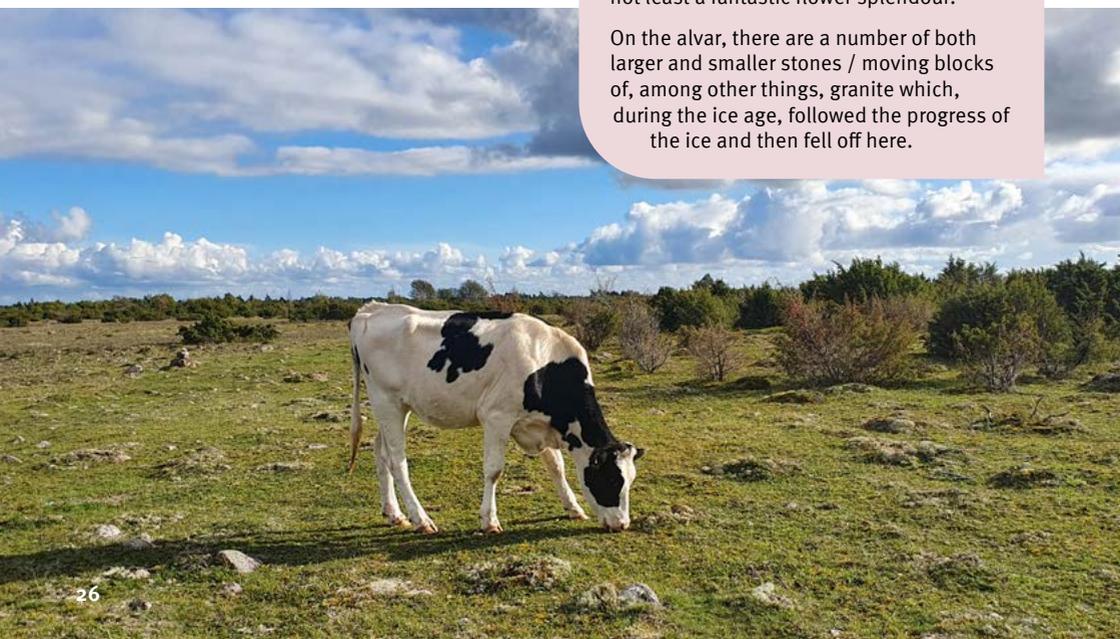
Further on the trail, you come to a "svinrygg" – a ridge that takes you to mittmuren. Then a large slab alvar opens, where the limestone slabs appear. The trail continues on the eastern side of mittmuren, where you can see so-called karst cracks in the limestone slab.

On the way back to the car park, in early summer, you pass a flowery meadow.

Unique nature

The trail shows much of the unique nature of the alvar. Here is a larger slab-alvar with karst, a so-called "svinrygg", a spring, and not least a fantastic flower splendour.

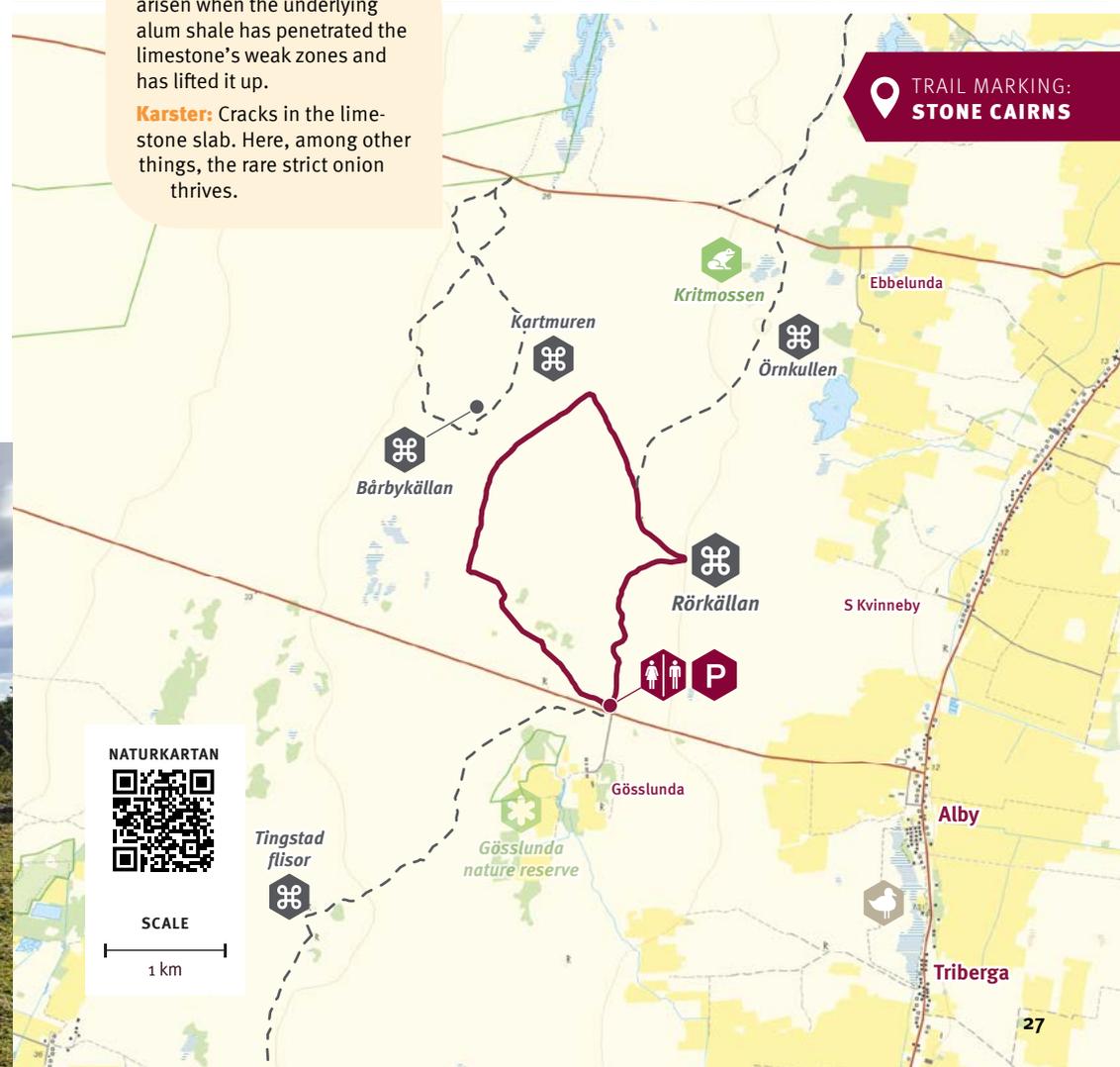
On the alvar, there are a number of both larger and smaller stones / moving blocks of, among other things, granite which, during the ice age, followed the progress of the ice and then fell off here.



The stone table by Rörkällan



Svinrygg: A ridge that has arisen when the underlying alum shale has penetrated the limestone's weak zones and has lifted it up.
Karster: Cracks in the limestone slab. Here, among other things, the rare strict onion thrives.



TRAIL MARKING: STONE CAIRNS



GÖSSLUNDA – TINGSTAD FLISOR

TRAIL DESCRIPTION

Gösslunda-Tingstad flisor start from the car park which is located opposite the entrance to Gösslunda village and extends south over Stora alvaret. The trail runs next to the Gösslunda nature reserve.

You traverse across the alvar landscape, on paths and slabs. Here you will find many signs that man has lived in this area for thousands of years. House foundations, long stone walls, which are old fences to keep the animals in place, and tombs from the Bronze and Iron Ages are located next to the trail.

At the car park, cross the road and pass the stile. Follow the trail parallel to the road to the next stile and then continue on the small ridge in a southwesterly direction until you reach an orange-marked trail to the nature reserve.

To continue towards Tingstad flisor, follow the limestone cairns and cross the large limestone slab, which after heavy rain can be flooded. After passing

a small footbridge where the water usually runs high after the snow melts, you reach a dry ridge.

Then follow the dry ridge with many moving blocks to the southwest. At mittmuren, pass the two stiles and continue over the ridge and further over the gravel alvar, towards the forest grove. Follow the cairns through the juniper bushes to an old beach embankment with a large burial ground placed on top. Here stands one of Tingstad flisor. A little south you will find a stile that will take you to the second flisa that stands just over 50 meters south of the stone wall. Here is a seat where you can rest your legs before continuing your hike either back to Gösslunda or further south to Penåsa (see Penåsa – Tingstad flisor).

Burial ground and cairns

On an old beach embankment that was formed after the Ice Age is a prehistoric burial ground hosting around 70 visible stone formations, as well as the remains of two larger cairns.



Tingstad flisor
Tingstad standing stones

Tingstad flisor

Tingstad flisor are two 3-meter high limestone standing stones out on Öland's Stora alvar. The mythical stones may have been used extensively for a long time: court site, Iron Age tombs, sundials and landmarks for walkers.



TRAIL MARKING:
STONE CAIRNS





PENÅSA – TINGSTAD FLISOR

TRAIL DESCRIPTION

The trail goes through coniferous and deciduous groves as well as over the alvar, both on paths and limestone slabs. On the hike, you get to experience the wildlife of Stora alvaret. Depending on recent rainfall, the trail may be soggy at times. The markings are initially in the form of three-coloured (white-blue-orange) posts to after 2 km switch to white posts.

The trail starts at Penåsa car park which you reach from Kastlösa village. There are seats, toilet and information boards. From the car park, cross the plain to the north, cross the bridge over Lunda canal and turn southeast at the burial ground. The trail then goes through coniferous and deciduous groves to arrive at the alvar-lake Rosamossen. The trail is often soggy underfoot here.

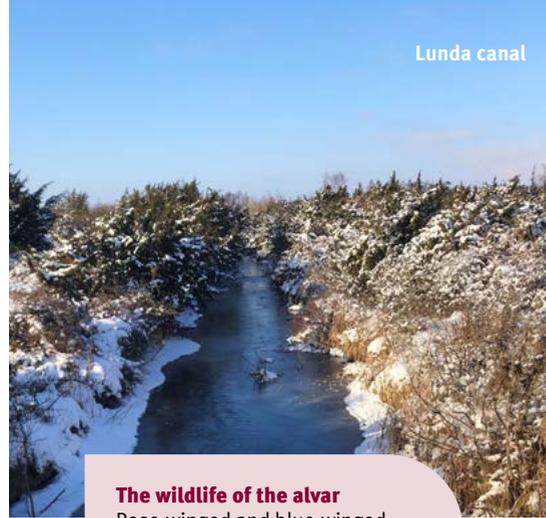
After just over 2 km, turn north. The trail is marked from here with white posts. Pass a stile

and a section of juniper bushes and shrubby cinquefoil, after which you come out on the open alvar. Thereafter, you reach a ridge, Grönåsbacken, and here you see the cultivated land that belongs to the village Lunda in the west. Field anemones grow next to the stile and here you can hear the song larks singing intensely during the summer. At the end of the trail, you reach the southern stone of Tingstad flisor. Here is seating where you can enjoy your packed lunch. The northern stone stands on the other side of the stone wall and is reached by crossing the stile. From here you can continue to Gösslunda (see Gösslunda – Tingstad chips).



Rose-winged grasshopper

Lunda canal



The wildlife of the alvar

Rose-winged and blue-winged grasshoppers live here. The rose-winged grasshopper flies with a loud hum and shows its pink shimmering wings. On the alvar, you can hear birds such as golden plover, wheatear and whinchat. In summer, the song lark is a constant companion on the hike. With a little luck, you can also see the elegant montagu's harrier come sailing in search of voles, mice or small birds.



TRAIL MARKING:
WHITE POSTS

NATURKARTAN

SCALE
0,5 km





7,2 KM

MILLERSTEN

Hiking loop

TRAIL DESCRIPTION

The trail takes you through coniferous and deciduous forest areas, over the alvar with limestone slabs and finally onto a gravel road along an old railway embankment. On the alvar, you can hear birds such as golden plover, wheatear and whinchat. Here, with a little luck, you can also see the elegant montagu's harrier sailing in search of voles, mice or small birds.

You start the hike at Penåsa car park which is reached from Kastlösa village. There are seating, toilets and information boards. From the car park, cross the town to the north and follow the three-coloured (white-blue-orange) posts. This section of the trail is joint with Penåsa – Tingstad flisor. Pass the bridge over Lunda canal and turn off to the southeast at the burial ground. The trail then goes through coniferous and deciduous groves to arrive at the alvar-lake Rosamossen.

After just over 2 km, the trails splits, here you follow the blue posts towards Millersten in a southeasterly direction. Soon you will enter the

open alvar which in early summer shows a great flower splendor. Then Mittmuren is reached and the trail turns south and passes a section with juniper bushes, shrubby cinquefoil and a small watercourse where it, at times, can be boggy. Then you reach Millersten. The trail continues 800 meters in a southerly direction, past a plateau and thereafter along the old railway bank west for just under 3 km, back towards Penåsa car park.

Millerstenen

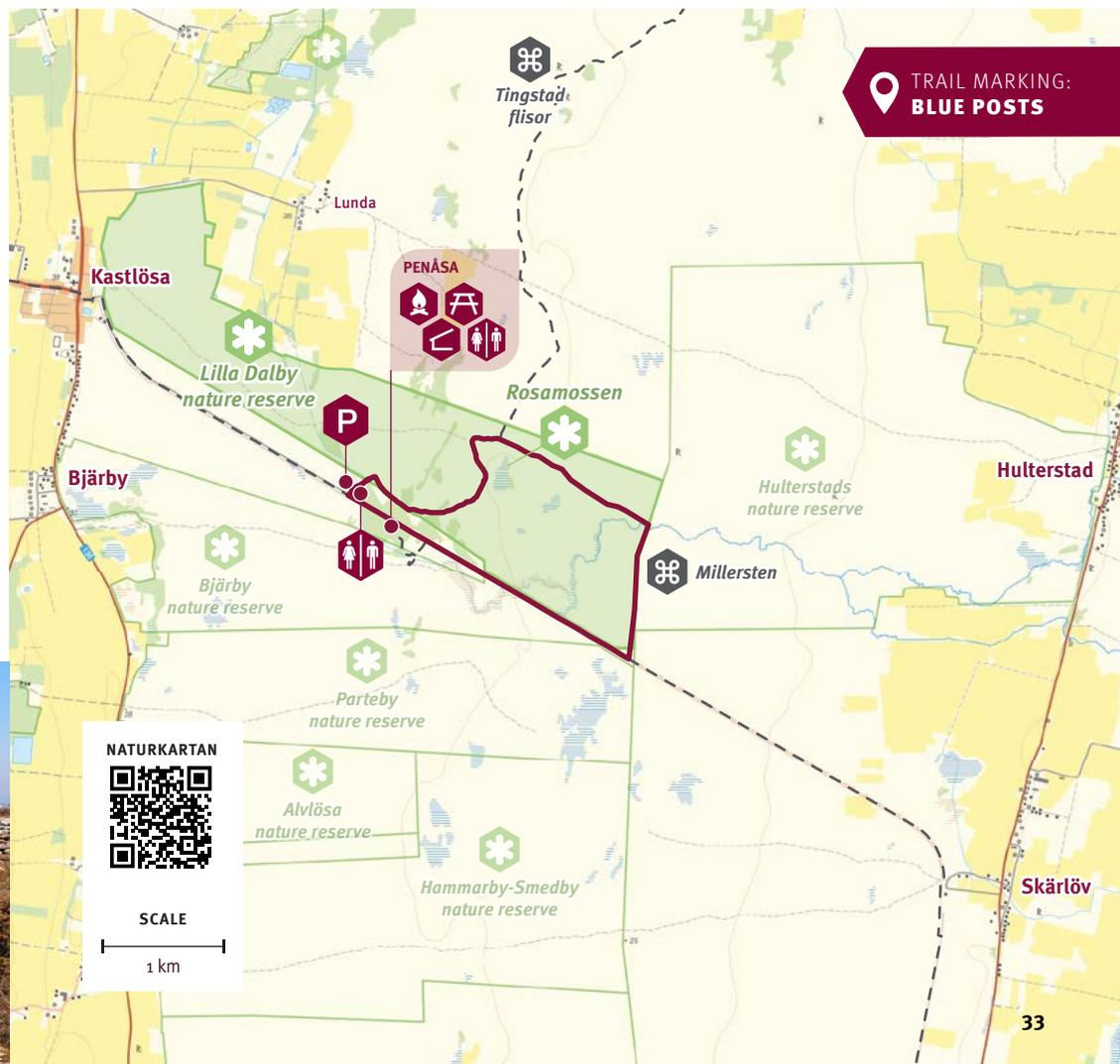
Millerstenen is a large granite moving block in the middle of the alvar. Millersten, which roughly means "the stone in the middle", is located in the almost 40 km long stone wall, Mittmuren.

Mittmuren

Mittmuren is a 40 km long stone wall that runs in a north-south direction over Stora alvaret. This is probably one of the first stone walls laid when the crown's lands were divided in the early 1800s. The wall can also be seen when you hike the trails Stora alvarleden, Göslundaleden and Bårby Källa.



Millerstenen
"The stone in the middle"



Mittmuren
The middle wall



PENÅSA ÖDEBY

Hiking loop



2 KM

TRAIL DESCRIPTION

From Penåsa resting area, you can walk an inspiring loop into the Bjärby nature reserve to Penåsa ödeby (a deserted village). The path is narrow with some shallow tree roots. A stone wall, stiles and bridges must be passed. By the forest, there are wetlands and the alvar. This is an excellent loop to see beautiful nature and culture.

From the car park at Penåsa, follow the railway bank to Penåsa resting area. Go through the resting area and follow the blue arrows over the wall and through the forest to Penåsabäcken (Penåsa stream). Continue along the stream to the east and you will soon reach a small wooden bridge. On the other side of the bridge, you will find the deserted village. On the way back you pass the stream, climb over a stile to the north and out onto the old embankment. At the embankment, turn west back to the car park.

Penåsa ödeby

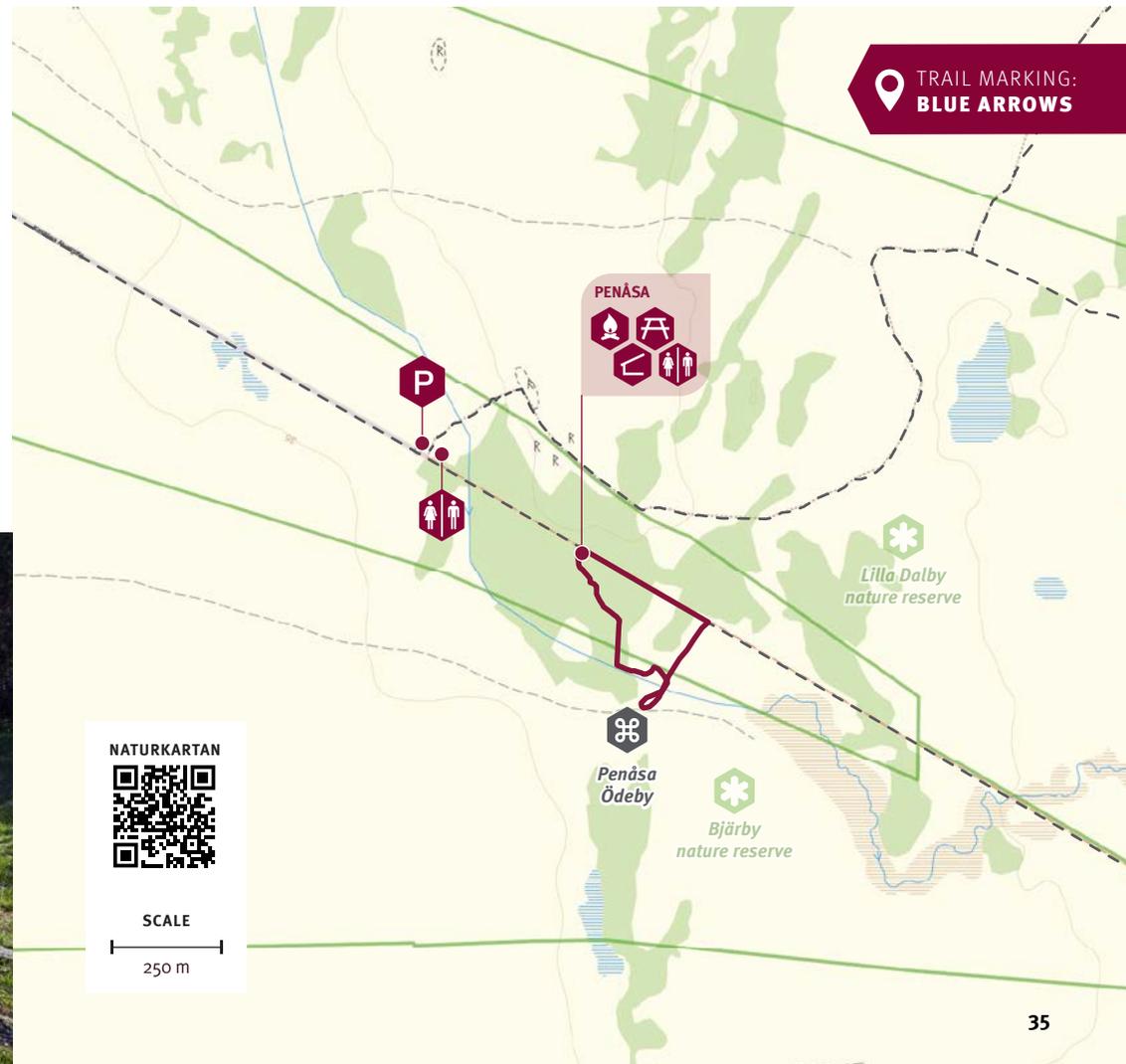
The village emerged as "nyhemman" (agricultural property) in 1779. It consisted of two small farms. The stone walls that we see today around the village are the first to be built out here on the alvar. Today, the foundation of one residential building remains, which consisted of one room and a large kitchen. There are also fruit trees, berry bushes and the remains of a stone cellar and a well. Where the forest grows today, you can see traces of cultivated land and cultivation cairns. The houses built on the alvar at this time consisted mostly of limestone, as the supply of this building material was unlimited. Only the door of the house consisted of wood. The roof was often covered with straw or seaweed. In 1844, the village ceased as homesteads and the farms were sold to the villagers of Bjärby and Kastlösa.



Penåsa resting area



Penåsa ödeby
Penåsa deserted village



TRAIL MARKING:
BLUE ARROWS

NATURKARTAN

SCALE
250 m



1,6 KM

EKETORPSLEDEN

Hiking loop

TRAIL DESCRIPTION

The Eketorp trail runs through the pastures west of Eketorps borg, with start and finish at the settlement that stands by the road between the entrance building and the fortress. The trail is marked with cairns and runs mainly over the flat limestone slab, and is therefore relatively easy to walk. A stile needs to be passed to get out on the hiking trail.

The trail is easy to get to and by the entrance building, there is parking and toilets (summer-time). Just north of the fortress, there is a resting

area with a wind shelter and a barbecue area. In summer, the alvar is grazed by animals.

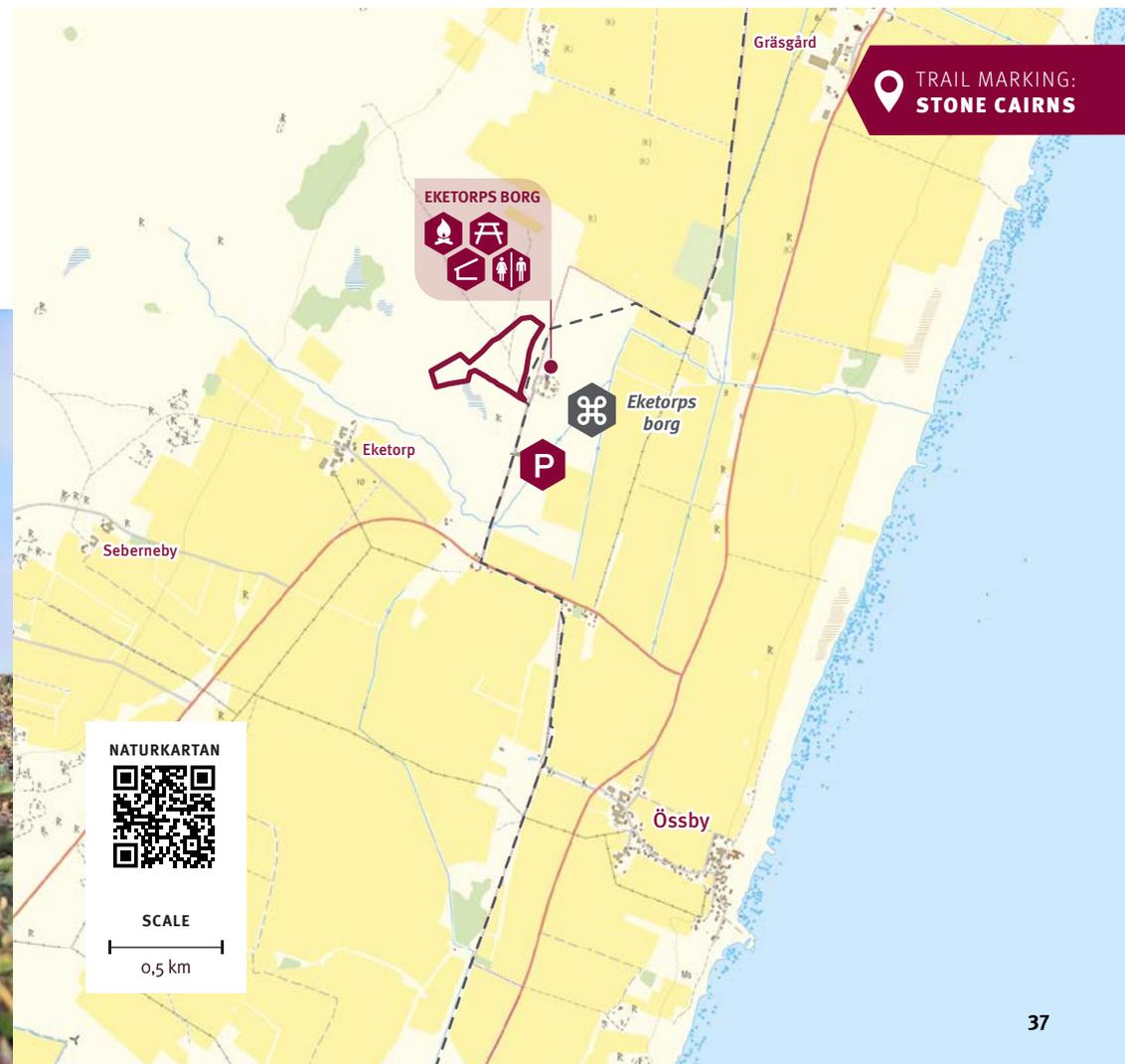
One of the larger cracks in the bedrock of southern Öland runs nearby Eketorp. The crack is filled with sediment and is probably heavily waterlogged, which may have been decisive for the fortress being placed right here during the early Iron Age. The alvar at Eketorp is open, with slabs and a very thin layer of soil. Here you can find plants such as lichens, mosses and stone crop.

Eketorps borg

Eketorps borg fortress is the only fully investigated and reconstructed ancient fortress in Sweden. The fortress was in use both during the Iron Age and medieval times. Read more at eketorpsborg.se



Eketorps borg
Eketorp's fortress





OTHER TRAILS

The County Administrative Board's trails

In most of the nature reserves, there are trails laid out by the County Administrative Board in Kalmar County. More information about these are available via the County Administrative Board or on Naturkartan. Here is a selection:

BEIJERSHAMN

This well-visited birdwatching area on the west coast of Öland, just south of Färjestaden, offers, among other things, hiking trails, resting areas and bird towers. The hiking trail consists of a 5.5 km long loop on foot bridges and gravel paths that take you through this unique area. Remember not to stray from the trail as the birdlife here is sensitive. There are also information available about the birds that can be seen in the area.

OTTENBY – ÖLAND'S SOUTHERN CAPE

Expansive meadows, rolling waves and deep greenery. Here on the southern cape of Öland is one of the country's foremost birdwatching areas and the tallest lighthouse in Sweden, Långe Jan. Öland's southern cape has several hiking trails to choose from for you who want to experience this distinctive and beautiful place.

MÖCKELMOSSEN

A hub in the middle of the alvar with a resting area, information and parking. From Möckelmossen's car park there is a footbridge that takes you out towards the bog, which is the largest lake on the alvar.

South of the car park is the hiking trail Bårby källa. Möckelmossen is an obvious excursion destination.

FRÖSSLUNDA SJÖMARKER

The pastures that lie between the fields and the shoreline are called sjömarker (wetlands). Since Öland slopes slightly to the east, most of these wetlands are situated along the east side of the island. Starting from the car park by a beautiful stone arch bridge north of the village Norra Kvinneby, you can walk through Frösslunda sjömarker. The trail is 3.3 km long and marked with orange painted posts. Large parts of the hike follow Frösslundabäcken.

Mittlandsleden and Gråborg

The 50-km-long Mittlandsleden offers a scenic hike. Discover exciting ancient monuments, beautiful village environments and interesting plants and insects. From Gråborg, two sections of Mittlandsleden can be enjoyed. Gråborg-Jordtorpsåsen and Gråborg-Ismantorps borg. These are looked after in collaboration between the County Administrative Board and the two Öland municipalities.

Starting from Borg's village and Gråborg, there are also several hiking trails for shorter excursions. Borg's village and these trails are looked after by The Royal Swedish Academy of Letters.

You can find Mittlandsleden on naturkartan.se

Bergstigen and Kalkbrottsleden

Bergstigen is a barely 5 km long cultural heritage and nature trail through varied and beautiful environments, characterized by the 300-year-old stone industry in Degerhamn. The trail winds past lime kilns, loading docks, large slag heaps and other powerful remains from the stone industry, which today are enclosed in and have become part of nature. The trail passes, among other places, Södra bruket, which is a very well-preserved manufacturing environment from the early 19th century. There is an exhibition area and a geological garden. The hiking trail continues along the beach and up to Albrunna on the edge of Stora alvaret.

There are several resting areas along the trail, one of which has a barbecue area. Bergstigen is looked after by Södra Möckleby Hembygdsförening.

From Albrunna, the Kalkbrottsleden continues, which is divided into loops of different lengths.

The trail crosses expansive alvar fields and passes an old beautiful limestone quarry, and on to the large stone quarry which until recently was still in operation and is now slowly beginning to fill with water.

At the small limestone quarry, there is a wind shelter and a barbecue area. Kalkbrottsleden is looked after by Degerhamns boat club.

More info: hembygd.se/sodra-mockleby

Literary trails

THE ANNA RYDSTEDT-TRAIL

The just over 1-km-long trail, which is maintained by the Anna Rydstedt society, takes you on a cultural walk from Ventlinge church down to Kalmarsund. There is information material about the trail at the start at Ventlinge church. Scattered along the trail there are posts with poetry and sculptures related to the Öland author. At Kalmarsund, the

path turns north to Maren, where there is a resting area with many of Anna Rydstedt's short poems.

More info: annarydstedt.se

THE MARGIT FRIBERG-TRAIL

Margit Friberg's literary path begins at Smedby parish cottage (opposite Smedby church) and ends in Gåsesten harbour. Take the folder "Vandra med Margit Friberg som guide" in the mailbox outside the parish cottage (only in Swedish). It contains a map of the trail and texts by Margit Friberg that can be read at six places marked on the map. Follow the road from the parish cottage to the west, cross the southbound road and continue on the gravel road on the other side. The trail continues west for a while and then turns south and follows the water to Gåsesten. The 2.5 km long trail is looked after by Margit Friberg society.

More info: margitfribergsallskapet.se

Station Linné

Three fantastic hiking trails are starting from Station Linné, just south of Skogsby. The trails of 2, 3 and 6.5 km, take you through a historic landscape, greatly diverse deciduous forests and the unique Stora alvaret. Weather-proof maps with instructions can be found in the cupboard at the west end of the station, near the information boards.

More info: stationlinne.se





ALLEMANSRÄTTEN

Do not disturb, do not destroy

Our Swedish nature is open to everyone. Allemansrätten (The right of public access) gives us unique access to nature, but that includes both rights and obligations. Remember to show consideration for animals, nature and your fellow human beings.

THINGS TO CONSIDER:

- » **Do not enter someone else's plot, planting or cultivated land.**
- » **Close the gate if you are walking through a pasture.**
- » **Take care of nature and avoid cycling and riding on wet ground that is easily damaged.**
- » **Don't litter!**
All littering is prohibited. Broken glass, cans, plastic, disposable grills and other debris can harm people, animals and nature. Keep in mind that those who come after you want the same amazing experience of unspoilt, beautiful nature as you.

» Bring the dog

Feel free to bring the dog out into nature, but to protect wild mammals and birds, you must have full control of your dog, which usually means a leash. During the period 1 March to 20 August, this is extra important, as this is the time when the animals usually have their young. In most nature reserves, mandatory leashing applies and in some of these it may even be the case that dogs are not allowed at all. More information about dogs in nature can be found at the Swedish Environmental Protection Agency and regulations for various nature reserves in Mörbylånge municipality can be found at the County Administrative Board in Kalmar County.

» Camping and lighting a fire

Feel free to camp for a few days in nature, but make sure not to disturb your surroundings. Lighting a campfire is a wonderful element in outdoor life, but the right of public access does not give an obvious right to make a fire, only an opportunity to light a fire under safe conditions at your own risk. Feel free to use our prepared barbecue areas and keep an eye on any fire bans on Mörbylånge municipality's website!

More info: www.swedishepa.se

Any tips?

Do not hesitate to contact us if you find any problems with a trail or want to share any ideas for improvement.

CONTACT US

Mörbylånge municipality
0485-470 00
servicecenter@morbylanga.se



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MAPS: © LANTMÄTERIET GEODATASAMVERKAN

NATURKARTAN – YOUR GUIDE TO NATURE

Naturkartan is your guide to Mörbylånga municipality's outdoor life.

Here you will find, among other things, hiking trails in Ottenby, nature reserves on the alvar, bathing places in Färjestaden, exercise trails in Mörbylånga and a lot of other exciting and beautiful places to visit.

Go to naturkartan.se/morbylanga or download the app to take part in the fantastic outdoor life. With the map function, you can, for example, see exactly where on the hiking trail you are, or where the nearest resting area is.



Mörbylånga
kommun



Världsarvet Södra Öland

