



MARIESTAD

45 km
round tour

Cycle Lilla Oxtrampen

Scenic winding roads with relatively little vehicle traffic take you on a beautiful round tour. You cycle along the shores of Lake Vänern towards Kinnekulle plateau mountain. Lilla Oxtrampen is a well-known cycle tour among the local cycle enthusiasts, and is part of Stora Oxtrampen which has been nominated as Sweden's most beautiful exercise trail.

Towards Åsenvägen

From central Mariestad you follow the red and white cycle signs for the Biosfärleden (Biosphere trail) toward Lidköping. On the way you pass such places as Rödjan and Sjöängen. During the spring planting season, we recommend a detour to Lisa's trädgård (Lisa's garden) in Karlsberg. You will find ecologically grown plants and perennials of all kinds here.

At Åsen's farm you cycle through a beautiful avenue of white-beam trees. When the trees flower in the spring and when the berries shine bright in the autumn, the avenue is a fantastic sight to experience from the saddle of your bicycle.



Åsen avenue toward Björsäter

Choice of roads

Arriving in Björsäter you have cycled about 10 km. Here you can choose the direction of your cycle tour. Our directions follow the Biosphere trail past Årnäs, so take a right at the crossing in Björsäter. After 4 km there is an open field on the left where hundred-year-old oaks stand. Soon you arrive at a bathing spot on the right where you can take a break.

Årnäs

In Årnäs there are medieval castle ruins – Aranäs, strategically set on a headland east of the main building of Årnäs manor. During excavation it was established that the castle was built in the 1100s. This is where Jan Guillou's fictional character Arn grew up. Leave your bike for a minute and take a walk along the castle ruins. Årnäs Manor is privately owned so show consideration. Årnäs is also known for its glassworks. Its heyday was between 1802 and 1960. Shortly after Årnäs, the Biosphere trail continues west towards Kinnekulle and Lidköping, while you continue straight on to Österäng.

Österäng och Bredsäter

After 4.5 km you come to Österäng. Continue through the village, toward Mariestad. Pass Åskekärr and onward to Bredsäter and the unique church. Bredsäter's church was built in 1666 and is a shingle wood church. Earlier there was a 'stave' church here. Preserved from the old church are 38 paintings on boards, eight of which can be viewed inside the church.



Bredsäter church

Lugnås

Now 2.5 km takes you to the parish of Lugnås. After you have passed the school, take a left at the crossing and continue the cycle tour back past Björsäter, Åsen and on to Mariestad. If alternatively you choose to go right, you will soon arrive at a mini-store and pizzeria on the left. If you are not afraid of a detour up to Lugnås mountain, you can pass under the E20, on walking and cycle paths, and follow the signs to Qvarnstensgruvan. Europe's only millstone mine open to visitors.

Björsäter

Björsäter is a linear village lying along a ridge. The church originates from the middle ages but its appearance was transformed in the 1700s and 1800s. Now take the same road back to Mariestad.

Check the opening times
before you set off!

More information available
on: www.turism.mariestad.se



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Cycle Lilla Oxtrampen

