


MARIESTAD

Gamla Ekudden - Sandviken

Walk through two nature reserves

A beautiful walk from central Mariestad along the banks of Lake Vänern through two nature reserves. The path is marked orange and for the most part follows Biosfärsleden (the Biosphere trail). It follows tracks, walking and cycle paths and gravel roads and though it is easy walking, is not suitable for prams or walking frames.

From the centre

From central Mariestad the trail over Hamnbron bridge in the guest harbour begins. Follow the orange marked signs along the walking and cycle paths past Ekudden boat harbour, and on to the gravel road past Tegelängen and into Gamla Ekudden Nature Reserve.

Tegelängen

Tegelängen is a wetland with bird hides and the chance to see everything from Sandpipers to Curlews. In the 1700s and for a further 100 years there was a brickyard here that provided bricks, many for Mariestad's Cathedral. The remains of the building are still visible. The clay has become wetland, partly vegetated with swamp forest. Tegelängen has become a popular spot for nesting and migrating waders – and for ornithologists.

Gamla Ekudden

The walk continues through Gamla Ekudden Nature Reserve and past Ekudden Campsite. In the area you will see trees such as oak, willow, wild cherry, aspen and pine. The old knotty oaks are what give the headland its name. In the warmer seasons cows graze in the area. That is why there are stiles to climb and dogs must be kept on the lead. The cows are friendly but can be curious.



Gamla Ekuddens Nature Reserve

Bäcken

The path continues through Ekudden Campsite and follows the shore over rocks formed in the ice age as well as beaches. At the campsite there are cabins of varying sizes and a supplies shop open in the summer. Walk past the swimming area and on to Bäcken a seasonal Café, mini-golf and a little bathing spot.

Golf course

The path continues along the shore of Lake Vänern all the way to Mariestad golf course. Sometimes you catch a glimpse the lake through the trees and long stretches run right beside the lake. The Mariestad Golf Club park offers 4-bed cabins, and stands for caravans and mobile homes with views over the water. There is also a restaurant, Sandvikens Bistro, with a weekday lunch menu and weekend menu on Saturdays and Sundays.



Sandviken beach

Sandviken

At this point Sandviken Nature Reserve takes over providing lovely bathing. The area comprises mostly sand, and as a result of the effect of inland ice, today you can see both flying sand dunes and beach ridges. If you pass by the large sandy beach, a little further on is a dog beach for pets who love to swim.

If you want to continue your walk, the Biosphere trail takes you via Lugnäsberget and Kinnekulle all the way to Lidköping and Källandsö. Otherwise take the same route back to the centre.

**Check the opening times
before you set off!**

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

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Walk through two Nature Reserves



- 1 Hamnbron
- 2 Gamla Ekuddens naturreservat
- 3 Ekudden Camping
- 4 Sommargården Bäckén
- 5 Mariestads Golfklubb
- 6 Sandvikens badplats och naturreservat

