

# The Pilgrim path

## DALSAND

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** 3–4 hours

**START & FINISH** Holms church,  
Mellerud–Upperud

**MARKINGS** Orange markings on trees,  
blue crossing signs at roads

**GOVERNING BODY** Melleruds Municipality

### HOW TO GET HERE & PARKING

*Holm's church*

From road E45, turn off towards Sunnanå, about 1 km north of Mellerud. Follow the road for about 1.5 km.

*Tip!* Take the train to Mellerud station 1.4 km south of Holm's church.

### ACCOMMODATION & FOOD

*Upperud 9:9 hotel and hiking centre*

upperud.se

*Håveruds hotell* haverudshotell.com

*Visitor restaurang o stugby* thevisitor.se

*STF Vandrarhem* svenskaturistforeningen.se

*Håveruds Camping* hafrestromsif.se

*Håveruds Rökeri & Brasseri* 0530-351 31

### OTHER NEARBY

*Dalslands konstmuseum*

dalslandsmuseum.se

*Kanalmuseet i Håverud* kanalmuseet.se

*Dalsland Center* dalslandcenter.se



**NOTE!** Cycling is prohibited  
this section

### BLUE - EASY HIKING

Gravel road and/or path with small variations in Elevation. There may be some wet sections

### MORE INFORMATION

[dalsland.com](http://dalsland.com)

[vandringssland.se](http://vandringssland.se)

### DESCRIPTION PATH SEGMENT 3 15 KM



## Holms kyrka, Mellerud–Upperud

The third section of the Pilgrim path is about 15 km long and runs between Holm's church (in Mellerud) and Upperud. This section offers easy hiking. It includes, among other things, some well-known bird-spotting areas, Svankila Nature Reserve and Dalsland Art Museum. The end of this section is the hiking centre, Upperud 9:9, which is right next to the Dalsland Canal and the Upperud locks. You can also visit the famous aqueduct in Håverud.

The starting point for the section, Holm's church, was built in the first half of the 13th century. In the past, the church was called St. Olaf's because it was dedicated to the Norwegian Saint Olaf, who is buried in the cathedral in Nidaros.

Shortly after the start of the section, the trail passes the wetlands called Bergs mader (Berg's Marshes) and a little later Lake Gösjön. Both places are known for their rich bird life. At the marshes there is an information board and a bird watching site right next to the trail. At Lake Gösjön you can take a small detour and observe the bird life from a bird tower.

About 3 km after passing road E45, the trail comes up to the edge of Svankila naturreservat (Nature Reserve) and then carries on through the southern part of the reserve. There are no marked trails in the reserve, but if you want to see more, the beautiful northern headland in Svane fjorden is quite easily accessible. The trail then continues north along Hjärterudssundet. (Hjärterud's Sound) The trail passes the Dalsland Art Museum, a few hundred metres before the end of the section. You can look at the art and exhibitions and enjoy the view from the museum café.

At the end of the section at Upperud 9:9 there is a hotel with a hiking centre, and during the peak season a café and restaurant are also open there. You can obtain information here and rest your tired feet. Just to the north, the trail crosses the Upperud locks, which are part of the Dalsland Canal. If you want to take another detour, the famous aqueduct in Håverud is only 2.5 km away. There is a large selection of accommodation, food and various types of tourist sites to visit in the Upperud/Håverud area.



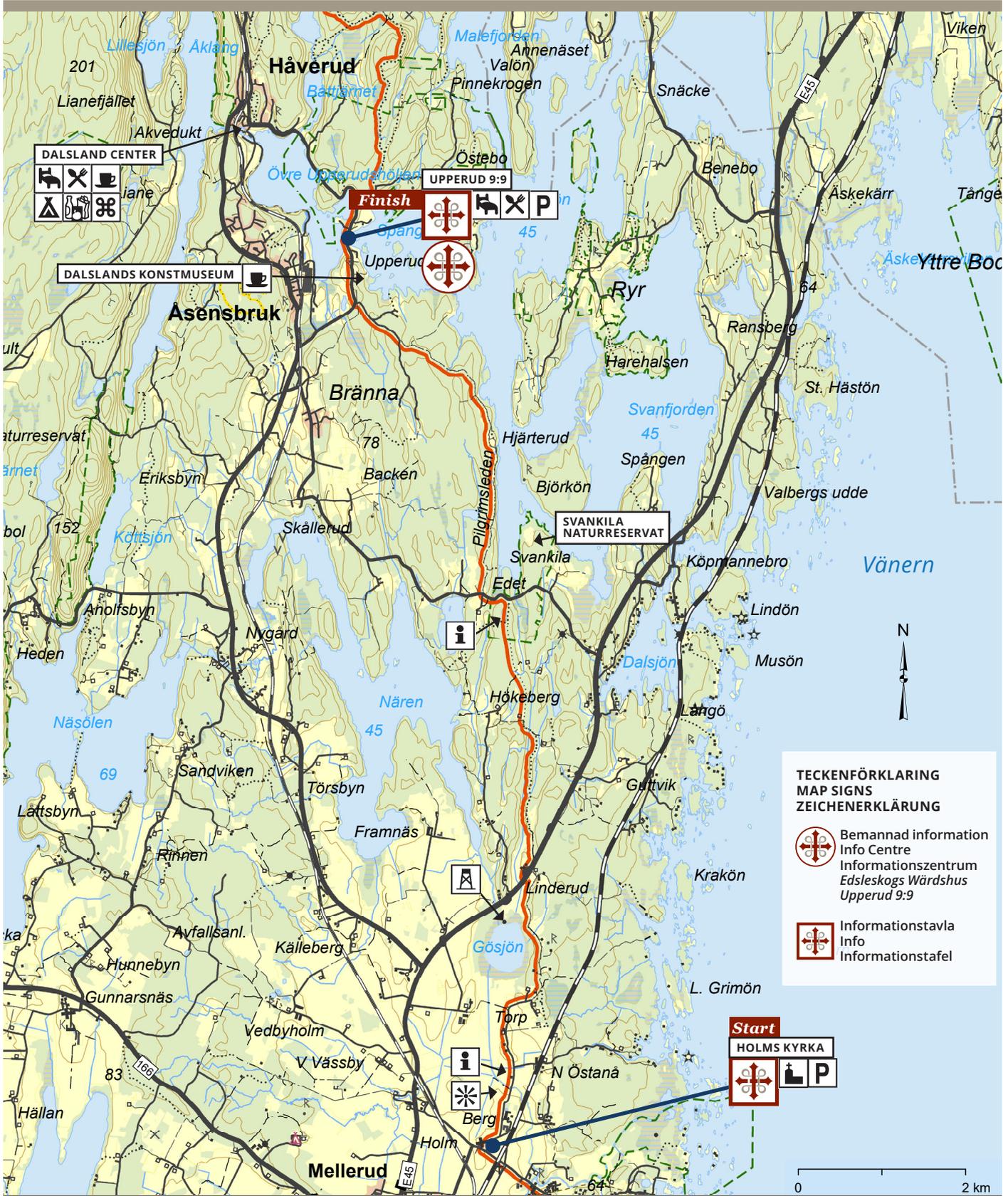


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pilgrimisverige.se

# The Pilgrim path DALSLAND

PATH SEGMENT 3 15 KM HOLMS KYRKA, MELLERUD-UPPERUD



KARTAB, ÅMÅL 2018



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

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