

The Pilgrim path

DALS LAND

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 6,5–7,5 hours

START & FINISH Högelund–Edsleskog

MARKINGS Orange markings on trees, blue crossing signs at roads

GOVERNING BODY Bengtsfors and Åmåls Municipalities

HOW TO GET HERE & PARKING

Start of section Högelund From Håverud: Drive along Brudfjällsvägen towards Dals Långed, after about 9 km follow the sign for Tisselskogs kyrka (church). From Dals Långed: Drive on road 2236 towards Åmål, after about 6 km follow the sign for Tisselskogs kyrka.

From road E45/Tösse: turn off towards Dals Långed, after about 21 km follow the sign for Tisselskogs kyrka. From Tisselskogs kyrka follow the sign for Högelund. After about 3 km there is a small car park and an information sign.

ACCOMMODATION & FOOD

Edsleskogs Wårdshus Hotel and hiking centre, which is next to the end of the section in Edsleskog. Offers hiking packages and accommodation edsleskogswårdshus.se

Other companies that offer various types of **hiking packages along the Pilgrim path** are:

Dalslandsresor dalslandsresor.se

Upperud 9:9 upperud.se

Skålleruds Gård skalleruds-gard.com

CAMP SITES ON THE SECTION

Tansjön Wind shelter and campfire site, about 11.5 km from the start of the section.

Koppungstjärnet Wind shelter and campfire site, about 17 km from the start of the section.

Högheden Wind shelter and campfire site, about 2.5 km from the end of the section.

DRINKING WATER

Drinking the water in the lakes that you pass is generally considered to be okay. Some good advice however is this - do not drink from stationary bodies of water. Unsure? - boil the water!



NOTE! Cycling is prohibited on this section

RED - MEDIUM HIKING

Varying terrain with some obstacles, wet sections and some variations in elevation.

MORE INFORMATION

dalsland.com

vandringssland.se

DESCRIPTION PATH SEGMENT 5 21 KM



Högelund–Edsleskog

The last section of the Pilgrim path between Högelund and Edsleskog also offers some powerful countryside experiences. Ancient forests, lakes and long ridges largely characterize the countryside. Three campsites are strategically placed at lakes and viewing points along this section. The end of the section, and the end of the Pilgrim path as a whole, is at the ruins of the old church in Edsleskog. During the Middle Ages, the church had its own saint and indulgence rights and was therefore a very important destination for pilgrims.

From Högelund, the trail continues in wild and hilly country. Just after the start, you come to the Rumpesjön Nature Reserve and a real fairytale forest - some of the pine trees around Rumpesjön are over 200 years old!

Via Ragnerud the trail then continues past Järpestolen up towards the small village of Värnebo - a steep challenge, but when you reach the top you are rewarded with some fantastic views. After Värnebo the trail follows a short stretch of road before it turns down towards the stretch between the lakes of Flat and Tansjön. Here, about 11.5 km from the start of the section, is the section's first campsite, which is right on the shore of Lake Tansjön.

Then there are a few kilometres of hiking on a path and a road, prior to a new steep climb up towards Dalen. Just after Dalen you come to Koppungstjärnet campsite. The trail then continues up towards Högheden campsite, which is only about 1.6 km from Koppungstjärnet. Up on Högheden you can enjoy a breathtaking view of mountains, forests, lakes and the small town of Edsleskog.

Finally, the trail descends to the final destination of Edsleskog, where the church ruins testify to a church of gigantic dimensions, which during the Middle Ages even had its own saint, Saint Nikolai: who was the priest Nils who was murdered in Edsleskog at the end of the 12th century. It is also said that a spring rose at the place where he suffered a martyr's death: St. Nikolai's Spring - which is still there today.

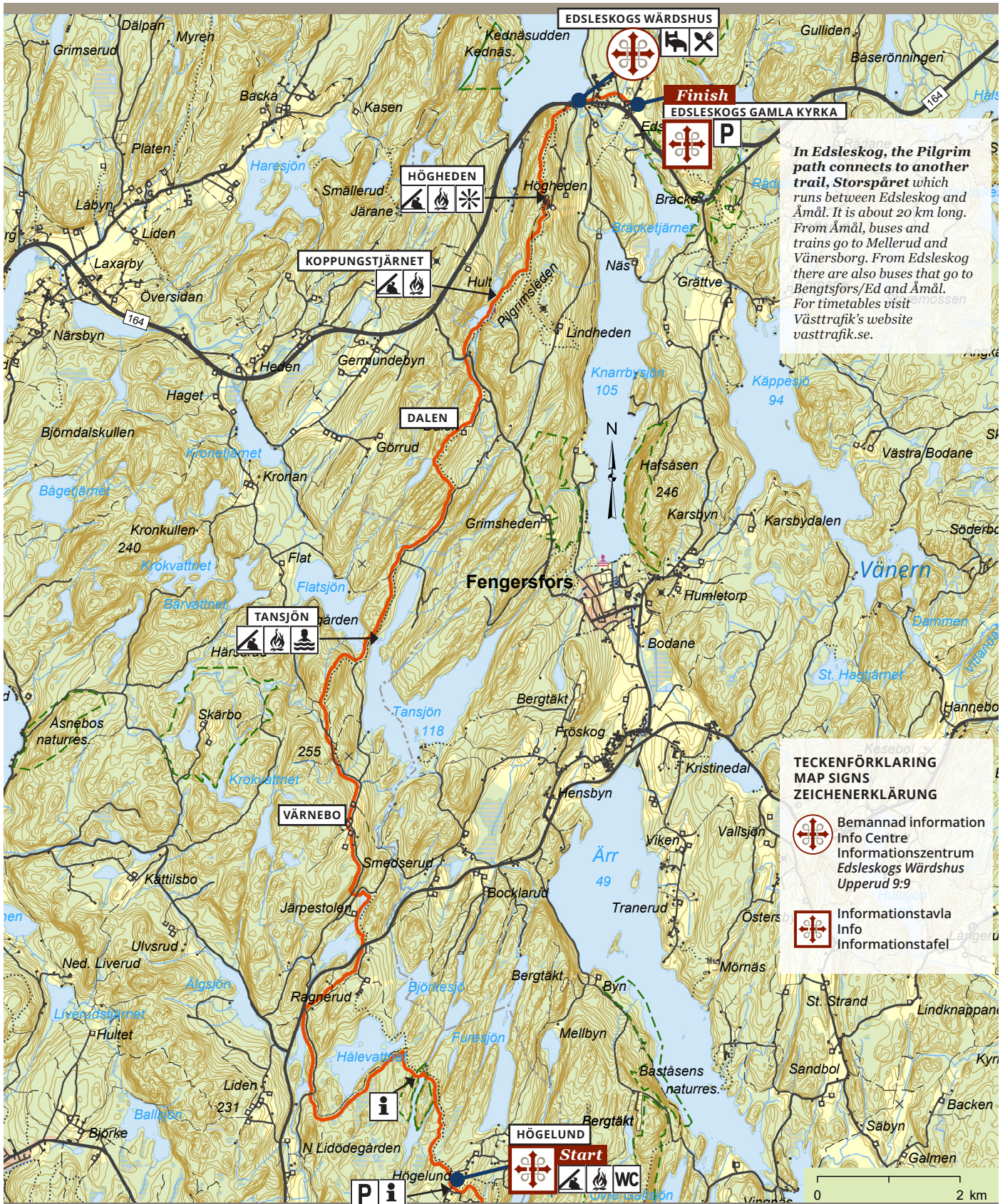
Also here is Edsleskog's Wårdshus, which is a hotel and hiking centre, and it welcomes hikers.





The Pilgrim path DALSLAND

PATH SEGMENT 5 21 KM HÖGELUND-EDSLESKOG



In Edsleskog, the Pilgrim path connects to another trail, Storspåret which runs between Edsleskog and Ämål. It is about 20 km long. From Ämål, buses and trains go to Mellerud and Vänersborg. From Edsleskog there are also buses that go to Bengtsfors/Ed and Ämål. For timetables visit Västtrafik's website vasttrafik.se.

**TECKENFÖRKLARING
MAP SIGNS
ZEICHENERKLÄRUNG**

Bemannad information Info Centre Informationszentrum Edsleskogs Wårdshus Upperud 9:9

Informationstavla Info Informationstafel

KARTAB, ÄMÅL 2018



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

