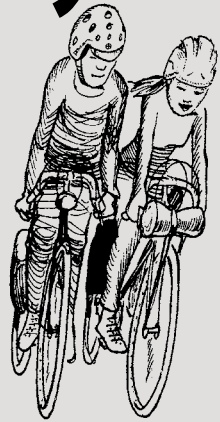


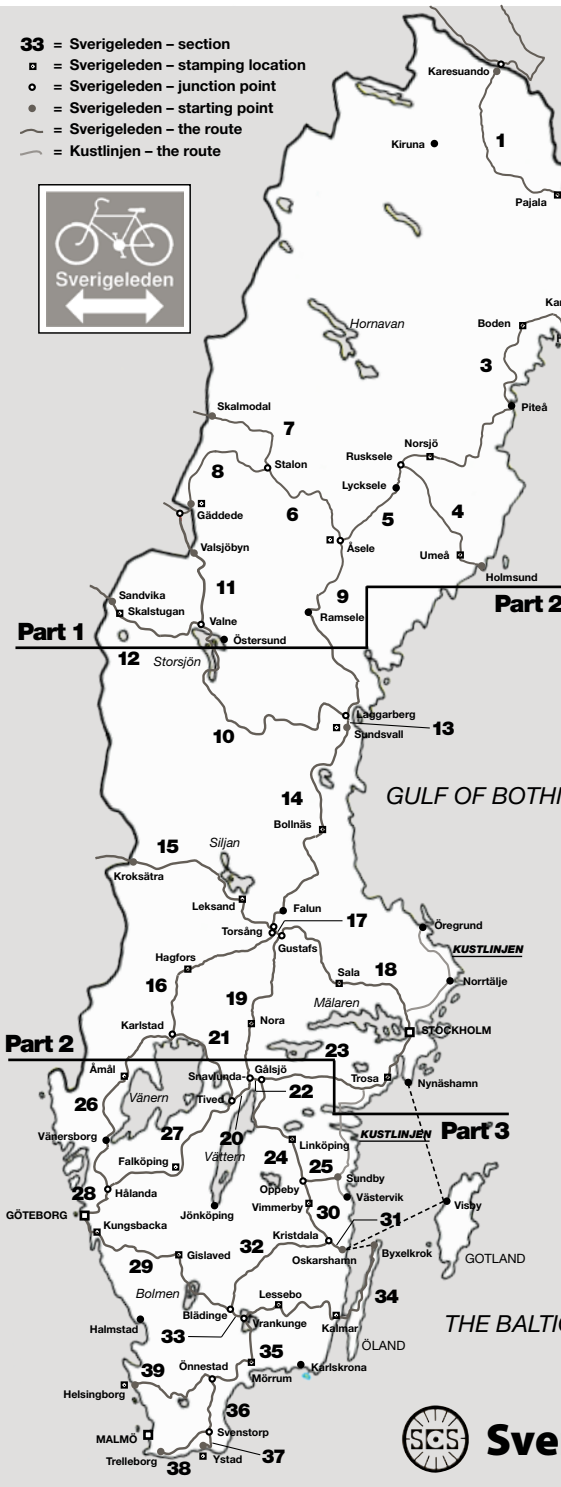
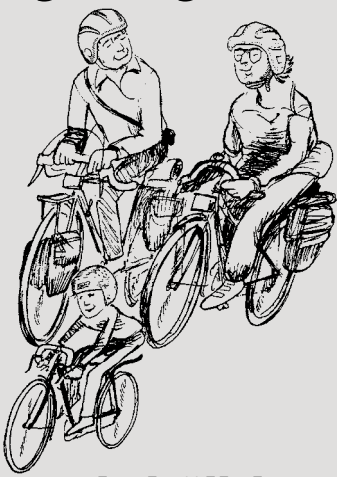
- 33 = Sverigeleden – section
- = Sverigeleden – stamping location
- = Sverigeleden – junction point
- = Sverigeleden – starting point
- = Sverigeleden – the route
- = Kustlinjen – the route

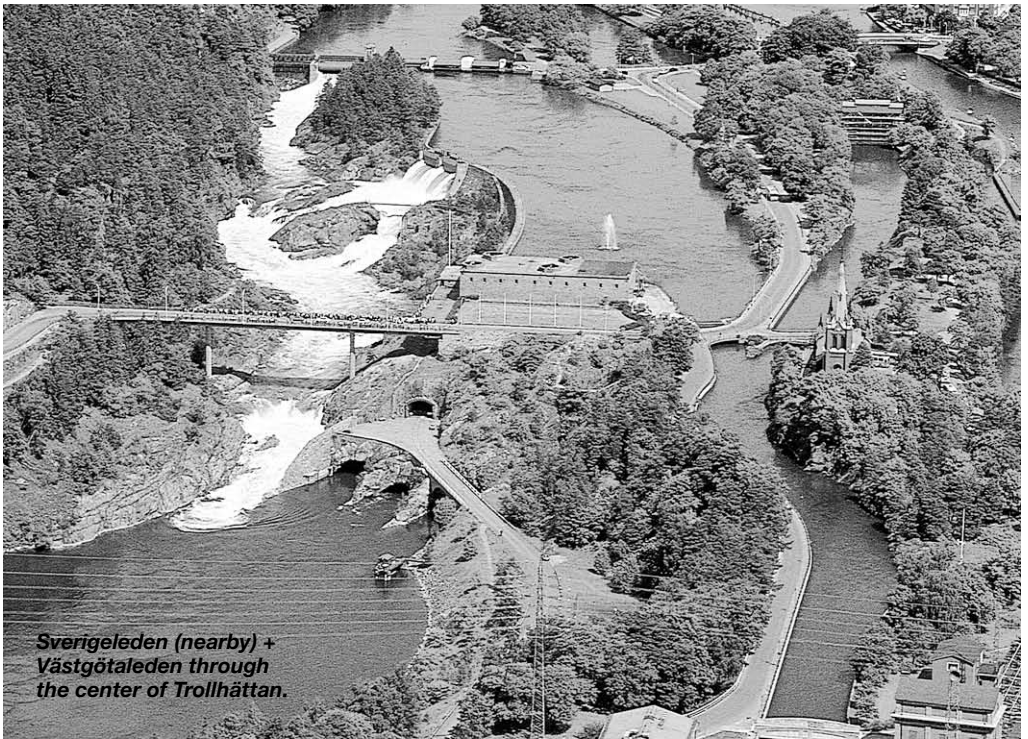


# SVERIGE -LEDEN by bike



*"Discover Sweden  
along Sverigeleden"*





*Sverigeleden (nearby) +  
Västgötaleden through  
the center of Trollhättan.*

# Sweden – a country for cycle tourists

**Sverigeleden** takes the bicycle tourist from rugged coastal areas, through rich farmlands, by beautiful rivers and lakes to green forests and up to breathtaking mountain scenery.

**Sverigeleden** takes the cyclist to villages and cities, historical places, ruins, castles and manor houses, runestones from the viking era, lakes and canals, well kept churches, industrial monuments, quaint fishing hamlets and so on.

Sweden's untouched nature is probably its greatest asset. The north of the country is famous for its alpine scenery – its remarkable treeless mountain ranges, mighty river valleys and majestic forests and plateaus.

The south is well-known for its wooded pastures, rich farming land and rugged coastline. The country offers such unforgettable views as the beautiful beech woods of Skåne, the unique limestone plains of Öland, the rocky cliffs of Bohuslän and the Stockholm archipelago.

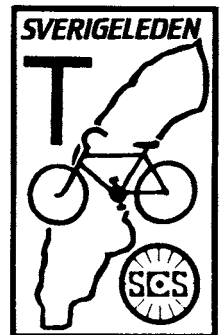
**Sverigeleden** is a network of roads and bicycle tracks, especially suited for cycle touring by foreign and Swedish tourists. It connects with major ferry lines for convenient bicycle transportation. The idea is to ride your bicycle in one direction and return by public transport. Circular trips are possible, also with one leg in Norway.

**Sverigeleden** mainly travels through populated

areas, so it should not be difficult to find food and lodging. We do, however, recommend that you book accommodations in advance during the peak season (July). The track is well signposted and passes nearby many of Sweden's most spectacular sights and points of interest.

**Sverigeleden** should be discovered a bit at a time. The whole route would take months to travel. But if you start with a few days on a particularly interesting part, you will certainly come back for more!

**Sverigeleden** is interesting and full of variety. Still, for many of us, a specific destination adds interest to our tour planning and stimulation on our trip. This is the thought behind the twenty-five stamping locations of the bicycle route – extra encouragement for completing the stages of your trip. At each stamping location you can have your "passport" stamped with a special stamp and to collect all twenty-five stamps you must manage the whole route. There is no time limit for collecting these stamps, but you must retain your passport.



# Sverigeleden's route network

**Sverigeleden** is divided into 39 sections, 15 of which form the main route from Karesuando to Helsingborg. The other sections are alternative routes and are as well signposted as the main route. For touring between Stockholm and southern Sweden, the **Kustlinjen** bicycle tourist route is another alternative (see on the cover map).

Section	Route	Distance (km)
1H	Karesuando (SG)–Karungi	389,2
2A	Karungi–Haparanda (SG)	24,9
3H	Karungi–Rusksele	460,1
4A	Rusksele–Holmsund (SG)	194,6
5H	Rusksele–Lycksele–Åsele	120,1
6A	Åsele–Vilhelmina–Stalon	135,9
7A	Stalon–Dikanäs–Skalmodal (SG)	132,2
8A	Stalon–Klimpfjäll–Gäddede (SG)	175,9
9H	Åsele–Ramsele–Laggarberg	273,5
10A	Laggarberg–Frösön–Valne	370,8
11A	Valne–Hotagen–Valsjöbyn (SG)	115,3
12A	Valne–Åre–Sandvika (SG)	129,0
13H	Laggarberg–Sundsvall	12,8
14H	Sundsvall–Bollnäs–Torsång	365,9
15A	Torsång–Mora–Kroksättra (SG)	252,3
16A	Torsång–Hagfors–Karlstad	250,3
17H	Torsång–Gustafs	7,1
18A	Gustafs–Sala–Stockholm (SG)	299,5
19H	Gustafs–Nora–Snavlunda	220,0
20A	Snavlunda–Askersund–Tived	35,5
21A	Tived–Kristinehamn–Karlstad	137,7
22H	Snavlunda–Gålsjö	15,5
23A	Stockholm–Katrineholm–Gålsjö	303,2
24H	Gålsjö–Linköping–Oppeby	180,7
25A	Oppeby–Överum–Sundby	65,2
26A	Karlstad–Vänersborg–Hålanda	262,0
27A	Tived–Falköping–Hålanda	238,4
28A	Hålanda–Göteborg (SG)	66,8
29A	Göteborg–Gislaved–Blädinge	307,5
30H	Oppeby–Vimmerby–Kristdala	90,4
31A	Kristdala–Oskarshamn	28,2
32H	Kristdala–Virserum–Blädinge	172,8
33H	Blädinge–Torne–Vrankunge	24,9
34A	Vrankunge–Kalmar–Byxelkrok	282,8
35H	Vrankunge–Mörrom–Önnestad	143,2
36A	Önnestad–Tomelilla–Svenstorp	84,8
37A	Svenstorp–Ystad (SG)	13,8
38A	Svenstorp–Trelleborg (SG)	72,5
39H	Önnestad–Helsingborg (SG)	144,6

**H** = Main route  
Karesuando–Helsingborg  
**A** = Alternative route  
**SG** = The Swedish border

From the Norwegian and Finnish borders, it is not far to the Atlantic and the famous sea route Hurtigrutten. Or you can go on to Oslo. These Norwegian and Finnish alternatives have a chapter of their own in the map folder (part 1). These routes have no signposts of course.

The main route measures 2 620 km, the alternative routes in Sweden about 3 980 km and the routes recommended in Norway and Finland about 2 840 km in all.



*Junction point in Torne by the lake Åsnen.*

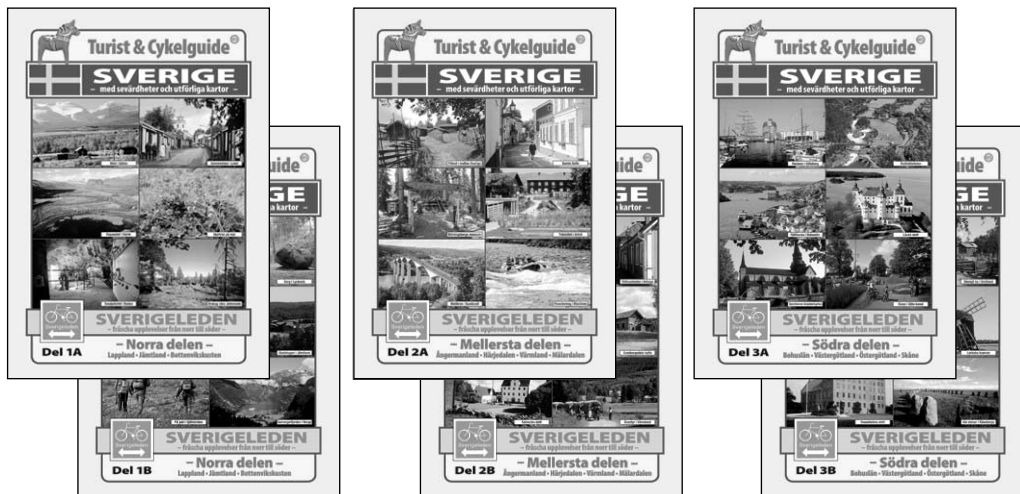
## Signposting of Sverigeleden

The combined forces of SCS (the Swedish Cycling Association), local councils and the roadworks authorities have signposted the route. Both main and alternative routes are clearly marked, even in the cities. About 15 000 light-green signs mark the route.

Special guidance signs have been put up at the 22 junction points, where three sections of Sverigeleden meet, and again where Sverigeleden joins up with regional bicycle tourist routes, such as Dalslandsleden, Kustlinjen, Banvallsleden and Turiststråket – 60 points (see photo above). At the 17 points where Sverigeleden ends at the Norwegian or Finnish border or in a port, special starting point signs have been erected.

As a rule, signs occur at all points where the route changes direction and at some points in between. This means that signposting is a little less dense in the north of Sweden, than in the south and the middle.

# Sverigeleden – map booklets



All the information needed for a successful bicycle tour on Sverigeleden can be found in map booklets of **Turist & Cykelguide Sverige**. The guide have three parts – Part 1 (1A + 1B), Part 2 (2A + 2B) and Part 3 (3A + 3B) – see above and on the cover map. Many colour photos + 50–60 full scaled maps (size A4, weight about 600 grams each). There are also 54 city maps and the area around Stockholm and Gothenburg in scale 1:100 000.

The thousand points of interest take a considerable space. Each part ends with a chapter with tourist service (public transports, accommodations and other tourist information) and supplementary maps.

The full scaled maps have clear distance information along Sverigeleden, information on paved and gravel roads, special bicycle roads, the stamping locations, section numbers, signed junction points and of course the exact location of all tourist sights.

**Turist & Cykelguide Sverige** is available from SCS (price SEK 270 each part + postage) and you can also find it in some well-stocked booksellers and map shops (approximate price SEK 350 each part).

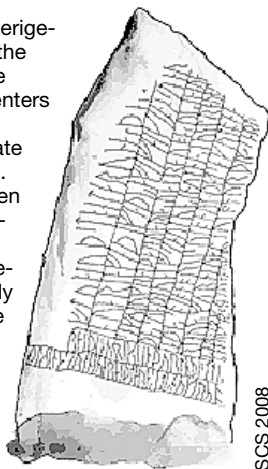
Note, however, that the booklets are only in Swedish with a key to the map signs in English and German.

## Roads and traffic

The roads chosen for Sverigeleden are lightly trafficked and of sound quality. 99 % of the road length is paved and even the gravel roads are fine. SCS have been careful to choose scenic routes, so that the cycle tourist can really take in the beauty of the landscape.

On the other hand, Sverigeleden's city routes take the tourist to the heart of the cultural and historical centers of Sweden. Most of the cities also have a separate car-free bicycle path net.

In general, Sverigeleden is easily cycled. A steepness indicator (graded 1–5) is given in the guide-books. However, it is only in the alpine area, on the roads through Jämtland and in the Sundsvall region that it is really hilly. This is of course richly compensated for by the magnificent views.



SCS 2008



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