

OUR OUTDOOR RECREATIONAL AREAS



STAFFED RECREATIONAL AREAS WITH CAFÉS AND BARBECUE FACILITIES

1. FJÄLLNORA

Fjällnora Park east of Uppsala is surrounded by lakes, steep wooded outcrops and extensive areas of forest. It's beautiful lakes make Fjällnora a popular place for swimming. There are three beaches to choose from: a large public beach including jetty adapted for people with disability, a naturist beach and a dog-friendly beach. You can also hire a rowing boat or a canoe and fish in the public lakes.

This area has many hiking and skiing trails, such as Upplandsleden (the Uppland Trail), which runs through the park. In winter a track is ploughed on Lake Trehörningen for ice skating. Skates and skis can be hired. You can take your own picnic basket to the shelters and the charcoal-burner's hut, and there are several barbecue sites with supplies of wood in the recreational area. There is a café right in the centre of the area for those wanting to buy snacks and refreshments. If you want to stay a little longer, you can use a camping site or hire a cabin.



Fjällnora. Photo: Anders Olander



Hammarskog. Photo: Joakim Jansson

2. HAMMARSKOG

Hammarskog Park is located alongside Dalbyviken (Dalby Bay), southwest of Uppsala, in the rolling, verdant Lake Mälaren countryside which offers wide views across reed beds, fields, pastures, slopes with oak copses and dense forests. This park has a beach and jetty and you can hire a rowing boat and fish here.

There is an extensive network of hiking trails at Hammarskog. Forstigen and Lätta stigen ('the easy trail') are accessible for prams and wheelchairs. In winter, a skating track is ploughed in Dalby Bay, extending to Skarholmen and Vikingsalingan. Skiing trails are groomed within the area all the way in to Kung Björns hög (King Björn's Mound) in the village of Håga (9 km). Another popular activity is sledging in the grounds of Hammarskog House.

There are several picnic sites with barbecue facilities to choose from at the park. You can eat traditional country manor fare and home-baked buns at Hammarskog House, which is a beautiful white mansion.

3. SUNNERSTAÅSEN – SUNNERSTA RIDGE

Sunnerstaåsen Park is located to the south of Uppsala, close to where the Fyrisån River meets Lake Mälaren. This park is a popular area for taking strolls, and the Sunnerstastugan cottage and café is a natural starting point for all sorts of activities. There are trails for walking and jogging, barbecue sites, skiing trails and ski slopes with a ski lift.

From Sunnersta, you can walk along Upplandsleden eastward toward Fjällnora, a walk that is 25 kilometres long. The area offers a nature and culture walk (2 ½ kilometres) starting and ending at Sunnerstastugan. The small adventure park at Mulleriket and the sledge slopes are particularly popular with children.



Sunnerstaåsen. Photo: Joakim Jansson

4. ULVA KVARN – ULVA MILL

At Ulva Kvarn (Ulva Mill) you can experience both nature and culture. It has a handicrafts centre where various kinds of professional craftsmen work. The stream was used to power the mill from the early 14th century until 1963. The present mill building dates back to 1759.

If you wish to enjoy the beautiful countryside, you can stroll round the park and along the Fyrisån River, or why not stop off with your own picnic basket at the barbecue site on the headland? Ulva Mill also offers a café and restaurant.

If you want to travel by water, you can paddle a canoe along the river between Vattholma and Uppsala, which passes Ulva Mill.



Ulva kvarn. Photo: Agneta Säfsten

OTHER RECREATIONAL AREAS

5. BJÖRKLINGE

Björklinge Park is located 20 kilometres north of Uppsala. It is also called 'Sandviksbadet' and 'Långsjöbadet'. The park has an area for swimming with jetties, plus sites for barbecuing and camping. In wintertime, a track is ploughed on the frozen lake for the pleasure of all long-distance skaters. There is an illuminated 5 kilometre exercise trail in relatively hilly terrain. In winter-time, it is groomed for cross-country skiing.

Wintertime also offers the potential for downhill skiing plus access to a T-bar lift. The surroundings around the beach are also ideal for short woodland walks.

6. KRONPARKEN – THE CROWN PARK

Kronparken is home to the largest pine tree in Sweden, which is 30 metres tall and has a total trunk volume of 21 cubic metres. Like many of the other wide pine trees in this forest, it is around 350 years old.

This mature forest is partly the result of centuries of grazing animals that have kept down competing vegetation. The municipality continues to use grazing to preserve this unique area of pine forest. Information boards in the park show the history of the forest and its plant and animal life.

7. STABBY BACKE

Stabby backe /Stabbyskogen (Stabby Forest) is one of Uppsala's green oases. You can see traces from the inland ice sheet here, as well as remains from prehistoric times, an old vicarage and a diverse and beautiful countryside. The main paths and one barbecue site are easily accessible for people with disability. Joggers will appreciate the illuminated exercise trail that passes through the area.

Stabby backe is also a good starting point for long walks. If you continue westward, under the Bärbyleden Highway, you can get to Librobäck Ravine, Berthåga Cemetery and Svinskin Forest.

8. STORSKOGEN – THE GREAT FOREST

Storskogen is located between Jälla and Storvreta. The terrain is mainly characterised by a coniferous forest strewn with glacial boulders, which creates a fairytale landscape. Enormous boulders were deposited here by the inland ice sheet 10,000 years ago.

There are hiking trails and a couple of exercise trails. For example the Jällaleden trail is 7 kilometres long. There are picnic sites with barbecue facilities along the trail. Walking between Storvreta and Jälla takes around 2–3 hours.



9. TUNÅSEN – TUN RIDGE

Tunåsen, with an elevation of 30 metres at Gamla (old) Uppsala, is a part of Uppsala Ridge, one of Sweden's longest eskers. It was formed about 10,000 years ago when the inland ice sheet melted. The top of this ridge offers one of the best views in Uppsala. To the south, you can see the skyline of Uppsala, with the Castle and Cathedral. To the northeast there is a wonderful view of the Royal Mounds and Old Uppsala Church.

The plant life on the ridge bears witness to long-term grazing, perhaps for more than a thousand years. It is a dry meadow landscape characterised by heathland and there are few similar landscapes in the rest of Uppland.

10. VEDYXASKOGEN – VEDYXA FOREST

Vedyxaskogen is a recreational area east of Uppsala. It consists of hilly coniferous forests surrounded by a cultural landscape, with marked hiking trails and bridleways and a good road leading up to a wildlife pond, a popular spot for excursions.

There is a picnic site adjacent to the pond, offering barbecue facilities and tables designed for disabled visitors. From this picnic site, you can view the pond while spotting birds such as goldeneye, teal, mallard, crane and heron. If you're lucky, you might even see a moose grazing in the reeds.

11. VÅRDSÄTRA SKOG – VÅRDSÄTRA FOREST

There are many different kinds of landscape in the 80 hectares of Vårdsätra Forest, from bare rock to alder tree marshes and leafy groves. Almost all of Sweden's native tree species grow here. There are historic paths that people have used since the mid-17th century. Vårdsätra Forest is part of a continuous 'chain of green spaces', running from Ekoln in the south to Svandammen in the north.

You will find information about local flora and fauna as well as places of cultural interest if you follow the 4 ½ kilometre path in Vårdsätra Forest with its red markings.

12. ÅRIKE FYRIS

The countryside along the Fyrisån River, from the Kungsängleden road in the north to Flottsund in the south, is called Åriket (river realm). It consists of the river, the ridge and surrounding forest as well as fields, meadows and pastures. It is easy to get to Årike Fyris on foot or by bike – or why not paddle gently down the river in a canoe?

Many birds thrive in the wetlands of Kungsängen. In the thickets along the river, you will hear several warblers, and many of Sweden's most common species of ducks like to feed and nest round the open water at Övre Föret. If you're lucky, you might even see an osprey or a marsh harrier.



NATURE RESERVES: LARGE AREAS PERFECT FOR WALKS



Hågadalen-Nåsten. Foto: Agneta Säfsten

13. HÅGADALEN-NÅSTEN

The Hågadalen-Nåsten nature reserve covers more than 17 square kilometres of land and is comparatively free from building encroachment and other kinds of exploitation. The boundaries of the reserve enclose cultivated landscapes with fields, pastures and groves as well as a large forested area of outcrops, bare rock, bogs and fens.

An extensive network of trails and tracks run through the forest and open landscape. Hikers, skiers and horse riders all have their own trails and paths here. The main roads are convenient for wheelchair users and prams. This is a vast area, so visitors easily get a genuine sense of wilderness.

14. NORRA LUNSEN

Norra Lunsen is a genuine deep forest right on the edge of town. This important nature reserve covers an area of 13 square kilometres and consists of woodland and marshland of great natural beauty. The large stretches of wild forest are key habitats for many species of bird and insect.

There are several marked hiking and ski trails at Lunsen. If you decide to hike along Upplandsleden, you can visit Lunsentorpet. Wooden causeways have been laid out so visitors can walk in this forested wetland without getting their feet wet. The longest causeway extends for 120 metres.



Spången över Micksmossen i Norra Lunsen. Foto: L Andersson



Trollskogen. Foto: Agneta Säfsten

15. STADSSKOGEN – THE CITY FOREST

Stadsskogen is situated almost in the heart of Uppsala. This forest is the home of many different species of tree in a varied landscape. Wild berries and mushrooms can be plentiful in the summer and autumn. This is a popular forest as it is criss-crossed by many walking paths, bridleways and cycle trails, as well as illuminated trails for skiing and exercising. Several of these paths are accessible for wheelchairs and prams.

One area, Trollskogen, or 'trolls wood', has been allowed to develop into a natural forest. This means that dead and fallen trees are left in place to the delight of insects and children.

HIKING TRAILS THROUGH UPPSALA

A. LINNÉSTIGARNA – THE LINNAEUS PATHS

Carl Linnaeus was a brilliant teacher. Carl Linnaeus' lessons included guiding his students around the City of Uppsala, where they could personally experience theory in practice. His eight excursions formed an educational whole that helped the students to learn about plants and animals. Seven of these walks started from the city gates of Uppsala and led into the countryside in all directions. The eighth walk was based in Jumkil, which was reached by horse and carriage.

Today, these walks, known as the 'Gottsunda', 'Danmark', 'Vaksala' and 'Jumkil' walks, have marked trails that you can follow in the countryside. Maps will help you find your way along the 'Ultuna', 'Håga', 'Old Uppsala' and 'Husby' walks. Information boards in English, Swedish and for children have been erected as guidance for anyone who would like to be one of Linnaeus' disciples for a day.

B. UPPLANDSLEDEN – THE UPPLAND TRAIL

All in all, the Uppland Trail is 420 kilometres long, running from Lake Mälaren in the south to the Dalälven River in the north. This trail shows the wealth and variety of the natural and cultural/historical environments found in Uppland. You will come across fertile farmland, miles of forests, renowned and quaint industrial villages and historical sites. You will not need any special equipment to walk along the Uppland Trail. The trail is

maintained and clearly marked, and bridges will take you across wetlands and streams.

The first section, from Sunnersta to Fjällnora, is one of the most popular ones. There are picnic sites and barbecue facilities along the trail.

C. GULA STIGEN – THE YELLOW TRAIL

Gula stigen is a hiking trail about 10 kilometres long running from the Studenternas sports stadium via Kronparken, Rosendalsfältet, Ultuna hagar, Gottsundagipen and Vårdsätra Forest to Skarholmen. It was created as a skiing and hiking trail back in the 1930's. What is unique about it is that it runs through an almost continuous green belt in the middle of an urban environment.

The trail's surroundings include broadleaf groves, old pine forest, arable land and pastures. This means that you can enjoy a rich variety of countryside. The terrain is occasionally slightly hilly, with boulders and roots, but there are also easily accessible stretches in the northern part of the trail that are suitable for disabled persons.

D. ÄNDES ÅN – THE RIVER WALKWAY

The Ändes ån river walkway runs along the Fyrisån River from the Haglund Bridge to the Bärbyleden Highway and back. This walkway runs along both banks of the river and is around 5 km long. Ändes ån is easily accessible by bike, wheelchair and pram. Traffic safety is no problem; you only need to cross one main street at Gamla Uppsalagatan.

OUR HIKING TRAILS



There are information boards in English and Swedish along this walk that tell you about the city's history and the river's flora and fauna. There is even a place for meditation just north of Karl-Johansgårdarna.

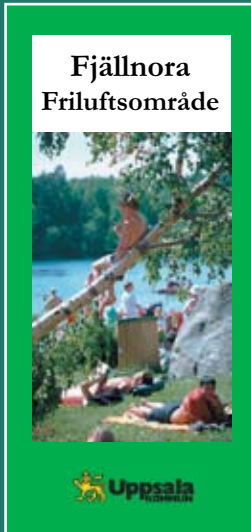
E. ERIKSLEDEN – SAINT ERIC'S TRAIL

The 'Erik Trail', along which the relics of Saint (and King) Eric were once borne in a procession, provides opportunities for meditation, exercise and reflection; a pilgrimage from the hustle and bustle of the city to the tranquillity of the countryside – or vice versa.

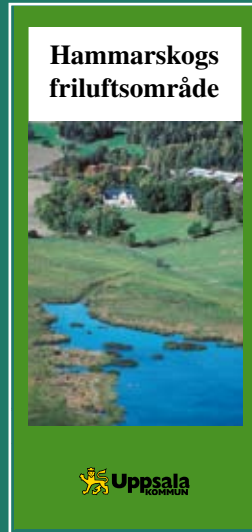
This trail runs from the Cathedral to the Royal Mounds and Old Uppsala Church. Half of this trail up to Tunaberg Church largely follows the Fyrisån River and passes through urban environments, while the other half leads through the countryside along the Röbo and Tun ridges. The entire trail is six kilometres long and is easily accessible by bike, pram and wheelchair. There are also two places for meditation along the trail.

THESE LEAFLETS PROVIDE MORE INFORMATION ABOUT UPPSALA'S RECREATIONAL AREAS

1. FJÄLLNORA



2. HAMMARSKOG



3. SUNNERSTAÅSEN



7. STABBY BACKE



8. STORSKOGEN



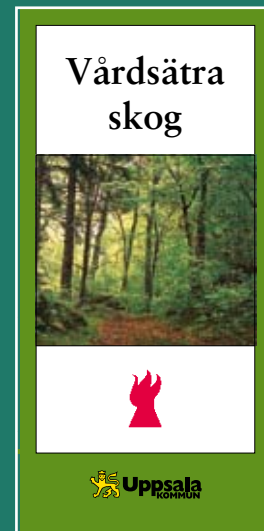
9. TUNÅSEN



10. VEDYXASKOGEN

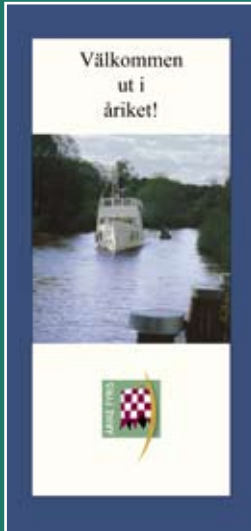


11. VÅRDSÄRA SKOG



UNFOLD THE LEAFLETS TO FIND A MAP AND DIRECTIONS TO OUR RECREATIONAL AREAS ►

12. ÅRIKE FYRIS



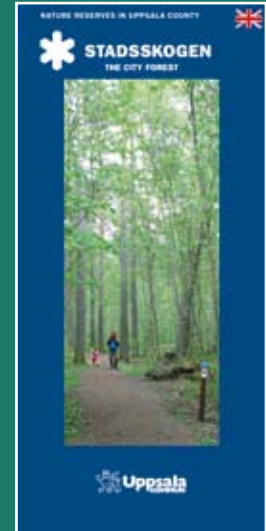
13. HÅGADALEN-NÅSTEN



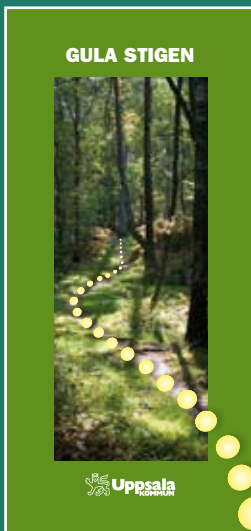
14. NORRA LUNSEN



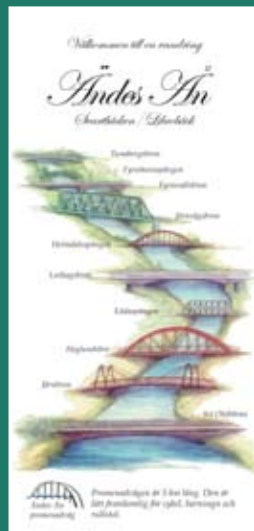
15. STADSSKOGEN



C. GULA STIGEN



D. ÄNDES ÅN



E. ERIKSLEDEN



HOW TO FIND OUR RECREATIONAL AREAS

1. FJÄLLNORA

Highway 282 toward Almunge, exit to Fjällnora, or, alternatively, bus along the same route. During the summer, you can take the Lännakatten museum train, getting off at Selknä. You can use Upplandsleden from Sunnersta if you want to hike to Fjällnora.

2. HAMMARSKOG

Enköpingsvägen, Highway 55, exit to Dalby/Uppsala-Näs, or Vårdsättravägen, exit at Lurbo bro. Then follow the road signs. There is a bus connection from Uppsala.

3. SUNNERSTAÅSEN

Address: Dag Hammarskölds väg 270, almost up to Flottsundsbron; a bus from the city centre stops at the entrance. There are pedestrian and cycle paths along the west bank of the Fyrisån River from the city centre (9 km).

4. ULVA KVARN

Highway 272 (Gysingevägen) and Highway 600 (the old E4) north of town have exits to the recreational area.

5. BJÖRKLINGE

Turn off from Highway 600 (the old E4) eastward by the school and follow Sandbrovägen up to the recreational area.

6. KRONPARKEN

Entrance from Dag Hammarskölds väg by Pollacksbacken. There is a bus connection from Uppsala.

7. STABBY BACKE

This is located in the Luthagen/Rickomberga district, with the entrance from Tiundagatan.

8. STORSKOGEN

Entrance in Storvreta, exit from Skogsvallsvägen; and entrance in Jälla from Highway 288. There is a bus stop at both of these entrances.

9. TUNÅSEN

Entrance from Highway 600 (the old E4) and from Gamla Uppsala. Hiking or cycling along Eriksleden will take you past Tunåsen.

10. VEDYXASKOGEN

Turn off Tycho Hedéns väg eastwards to Stålgatan. Follow Stålgatan to the bus turnaround point and look for the signs: 'Vedyxaskogen', pass under the E4 and pass Stångby to the entrance at Lunda. You can both drive and cycle along this road.

11. VÅRDSÄTRA SKOG

Entrance from Vårdsättravägen and Gottsundagipen. The Gula stigen hiking trail passes through the woods.

12. ÅRIKE FYRIS

There are several entrances, from Kungsängen in the north to Sunnersta in the south. Turn off in the direction of the Fyrisån River and you will find Årike Fyris.

13. HÅGADALEN-NÅSTEN

You can reach the nature reserve from several entrances along Vårdsättravägen and Norbyvägen, as well as from Håga by and Kvarnbo from the north.

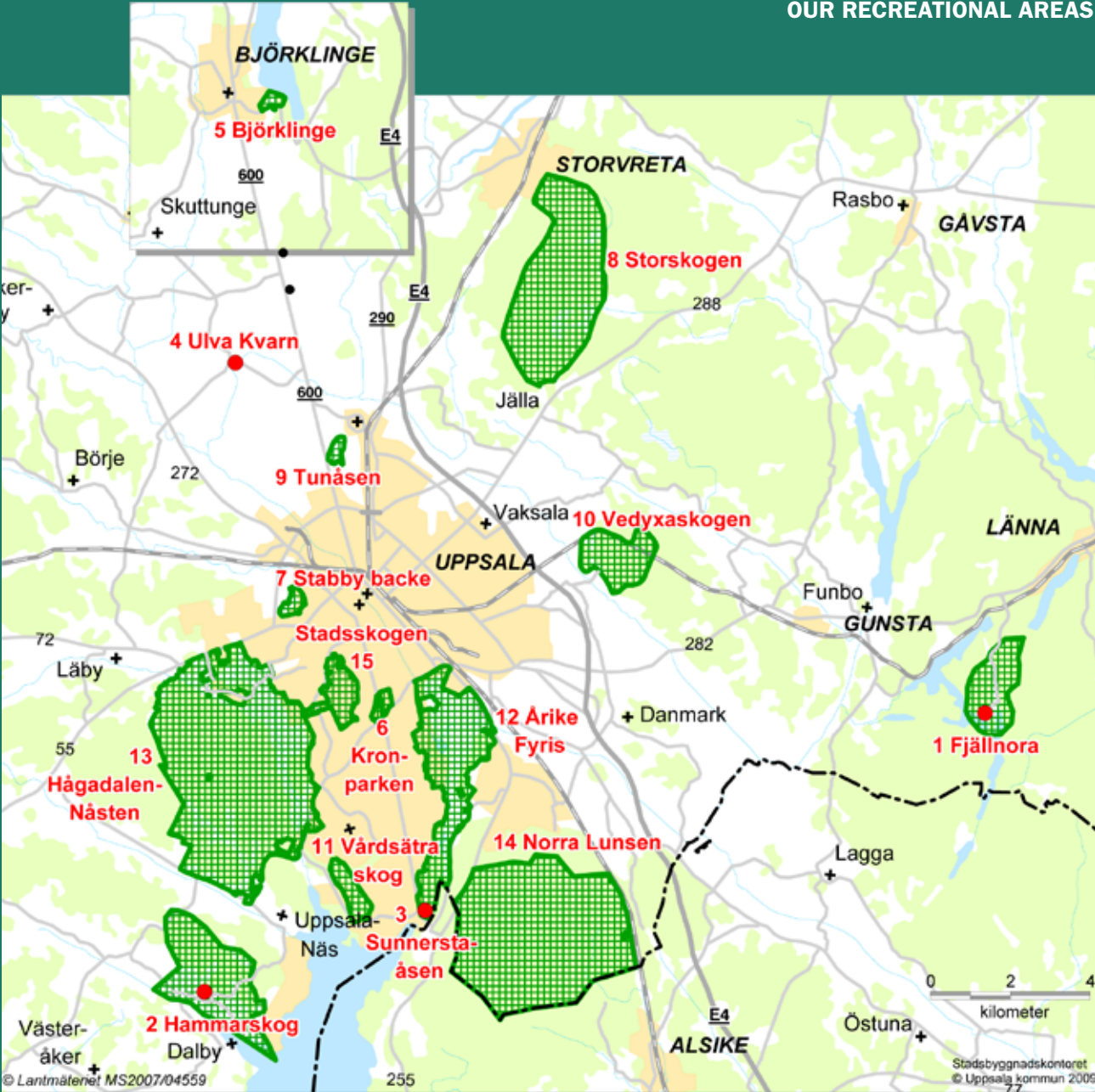
14. NORRA LUNSEN

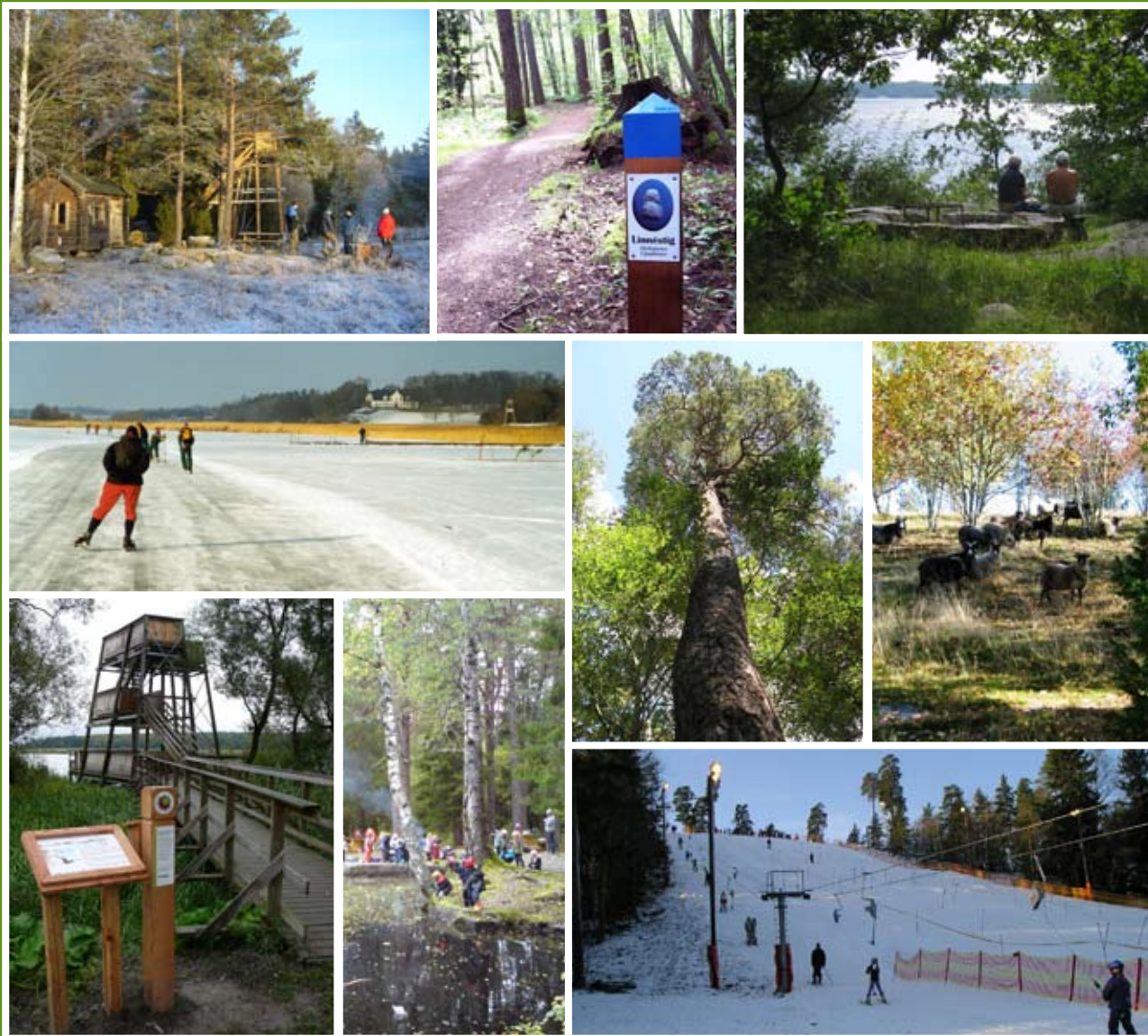
You will find entrances to this nature reserve from the west along Highway 255 (old road to Stockholm), from the east from Östunavägen, and from the north from Sävja toward Stordammen.

15. STADSSKOGEN

Entrances to this nature reserve are along Kåbovägen, Norbyvägen and Rosendalsvägen.

OUR RECREATIONAL AREAS





For more information about all our recreational areas,
go to www.uppsala.se, then click on:
Kultur & fritid / Idrott & friluftsliv / Friluftsliv & naturvård

If you have any questions for the management, please contact:
City of Uppsala
Telephone: +46 (0)18-727 40 00 (switchboard)