



GPS COORDINATES WALK 7 - SÖDERHAMN - A DECORATED FARMHOUSE AND A BIRD SANCTUARY

1 Erik-Anders Gård	N 61 16.352 • E 16 59.634	5 Watchtower	N 61 16.390 • E 17 02.685
2 Grassy path right	N 61 16.386 • E 16 59.607	6 Junction with a signpost	N 61 16.374 • E 17 03.958
3 Signposts	N 61 16.561 • E 17 00.482	7 Asphalt road	N 61 16.505 • E 17 04.146
4 Intersection of paths	N 61 16.522 • E 17 01.627	8 First asphalt road left	N 61 16.781 • E 17 02.760

DISTANCE:	10.1 km
TIME:	3 hours
DIFFICULTY:	1
LOWEST POINT:	12m, HIGHEST POINT: 51m
TOTAL CLIMB:	39m
MAP:	Terrängkartan 659 Söderhamn

SÖDERHAMN

A decorated farmhouse and a bird sanctuary

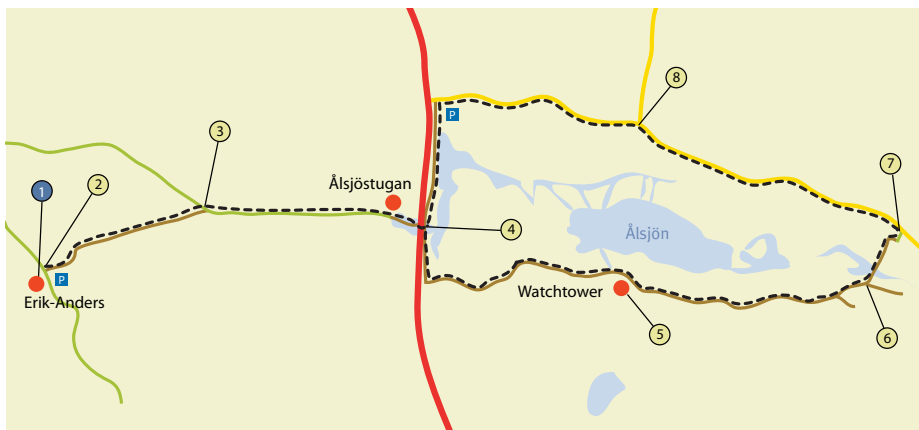


GETTING THERE

This trail starts at the Hälsingegård Erik-Anders, in a village just outside Söderhamn. From the E4 take the exit in the direction of Falun (road 50). Drive 3.2 km in the direction of Falun, then take the exit Erik-Anders/Söderala. After 1.2 km turn left and follow the signs for Erik-Anders. Park your car in the car park on the left hand side of the road, just in front of the Hälsingegård Erik-Anders.

WHY?

The 19th century was an economically very prosperous time in Hälsingland. The money that flooded in was mainly put into extending and refurbishing the homes on the farms (gården). UNESCO put seven of these farms jointly on the World Heritage list, under the name 'Hälsingegården'. This walk starts at one of these seven farms. At the Erik-Anders Gård, you can look inside, drink coffee and visit the information centre, and learn more about the lavishly decorated interiors of these houses. Then you can continue across the open fields in the direction of the Ålsjön nature reserve, a lake with reed beds and islets where more than 200 species of bird have been reported. On the banks of the lake there is a watchtower, complete with books about birds and a heater. You walk on narrow paths and duckboard over the reed land. Up ahead you will walk past and over the water again. Amazingly enough it is precisely here – right next to the E4 – that you see the most birds. From there you take the same route back to the Erik-Anders Gård.



THE WALK

With your back to the Erik-Anders Gård (**GPS1**) turn left onto a gravel road. After 75 metres you will arrive at the entrance to the car park on the right hand side of the road. Left of that entrance, go onto a narrow grassy path (**GPS2**).

Walk between the trees and shrubs and follow the narrow path for 175 metres until you come to the boundary of a field. Turn left here and follow the edge of the field, past shrubs. After 30 metres, follow the edge of the field to the right. A little further you walk to the right of a ditch. Where the ditch ends, walk straight ahead, still past shrubs and trees. You will arrive at a gravel road with signposts (**GPS3**).

Turn right here. Follow the gravel road for a good 600 metres. Then walk past a stone building; immediately after you will reach the Ålsjöstugan. Walk straight ahead here onto the narrow path. Cross a bridge over a stream. Shortly after that, cross the duckboard through the tunnel under the motorway. You arrive at an intersection of paths (**GPS4**).

Turn right here in the direction of 'Sand'. Follow the narrow forest path and up ahead walk over a duckboard, through a swing gate. The path bends to the left and passes through the outskirts of the forest. It swerves a little further into the forest until you arrive at an intersection of the paths. Turn left here. Shortly up ahead, at a Y-junction, take the path to the right. Follow the path along the outskirts of the nature reserve. You walk intermittently over a narrow path and a duckboard. You pass an information board. Up ahead you will arrive at a watchtower (**GPS5**).

Follow the path. Cross the wooden bridge over a stream, then keep to the left at the intersection, in the direction of 'Sand'. At the signpost, ignore the path to the right. You arrive at a junction with a signpost (**GPS6**).

Turn left here, onto a path for snow scooters, which narrows up ahead. Follow the path straight ahead, past cattle fences. The path bends to the right with the fencing. You will arrive at a gravel road near a house. Turn left here and after 50 metres you reach an asphalt road **(GPS7)**.

Turn left here. Follow the road for 1.4 km and then take the first asphalt road left **(GPS8)**.

After approximately 1 km, just before the E4, turn left onto a car park. Walk straight ahead parallel to the E4, along the fence, in the direction of the Ålsjöstugan. Follow the path, mainly duckboard, along the water. After a bridge you come to an intersection of paths **(GPS4)**.

Turn right here, in the direction of Ålsjöstugan. Again, the duckboard takes you through the tunnel under the E4. Follow the narrow path straight ahead until you reach the Ålsjöstugan again. Walk straight ahead, keeping to a narrow gravel road. After 600 metres, just after a slight bend to the right, you see the signposts **(GPS3)** that give you directions to the Erik-Anders Gård.

Turn left here and follow the narrow path along the edge of the field, past trees and bushes. Up ahead, you walk along the ditch again. Follow the path along the edge of the field, with a bend to the left. After 30 metres, turn right onto the narrow path that takes you back to the gravel road **(GPS2)**.

Turn left and after 75 metres you will arrive back at the Erik-Anders Gård **(GPS1)**.

