



Press Release 10 January 2017

## Find your way in the wilderness of Central Sweden

*Central Sweden is a fantastic destination if you want to experience the rough, expansive natural beauty of Scandinavia. At the place where North and South meet each other, there is a lot to discover: endless forests that are home to the bear, wolf and moose; crystal clear lakes that entice you to jump in; waterfalls, rapids, old woodland paths and hiking trails. It is difficult to find all those details yourself, generally only maps are available on location. When you also want to know what trail to walk, how long it will take you and what you will see. This recently published guide 'Walking in Central Sweden' with 22 hiking trails, takes you to the most beautiful sights and natural areas in Gästrikland, Hälsingland and Västmanland.*

### About Central Sweden

The best of both worlds: that's what you find when you retreat into the countryside of Central Sweden. This is where North and South meet each other, and where big game such as bear, lynx, wolf and moose roam around on the outskirts of the civilized world. The colder, northern climate meets the milder, southern weather. Here you will find plants from both colder and warmer regions. The flat South with its agricultural character, flows into a sloping, rougher woodland area, where you can experience real peace, space and tranquillity

Walking in Central Sweden gives you the opportunity to enjoy the wilderness and its inhabitants, not too far away from civilization. An hour's drive takes you from a city of 150,000 inhabitants - and all related facilities - to the peace of the wilderness, where you might just come face to face with a moose. Here, you can walk across agricultural land to a bird sanctuary and walk from a charming fishing village along a solitary coast to a private beach. Discover the small coastal islands, or visit the dense forests where Finnish nomads settled in the 17<sup>th</sup> century. Walk in the footsteps of silver and iron seekers or discover the natural habitat of the Scandinavian bear by foot. Explore the green heart of the city of Gävle. Walk past crystal clear lakes and rivers, or even take a dip.

Walking in Central Sweden provides a combination of everything beautiful that Sweden has to offer. A blend of nature and culture, of quiet and 'busy', of city and wilderness, of north and south, from big Swedish game to a visit to a cultural and industrial heritage that has been added to the UNESCO World Heritage list.

### Over One Day Walks

The price of the guide (ISBN 9789078194293) is £14,95. You can view and download a sample walk on [www.walkingincentralsweden.co.uk](http://www.walkingincentralsweden.co.uk). The One Day Walks walking guides distinguish themselves from other series by the fact that we produce them completely ourselves. Slowly but surely the imprint is working on a series of guides that we ourselves have tried and tested. This is the only way to ensure the directions are accurate, say the authors and publishers. 'Walking in Central Sweden' was realized in cooperation with the Gävleborg and Västmanland Region.

Earlier Swedish guides:

Walking in Värmland (2009, 2<sup>nd</sup> edition 2012), Walking in in Västernorrland (2011), Walking in Dalsland (2013), Walking in Dalarna (2014), Walking in Skåne (2016).

---

### NOTE TO THE EDITORS (not for publication):

For more information about the guide please feel free to contact Paul van Bodengraven, One Day Walks, tel. 06 - 33 68 82 44, [paul@onedaywalks.com](mailto:paul@onedaywalks.com). Images (photos, cover) are available on request.