

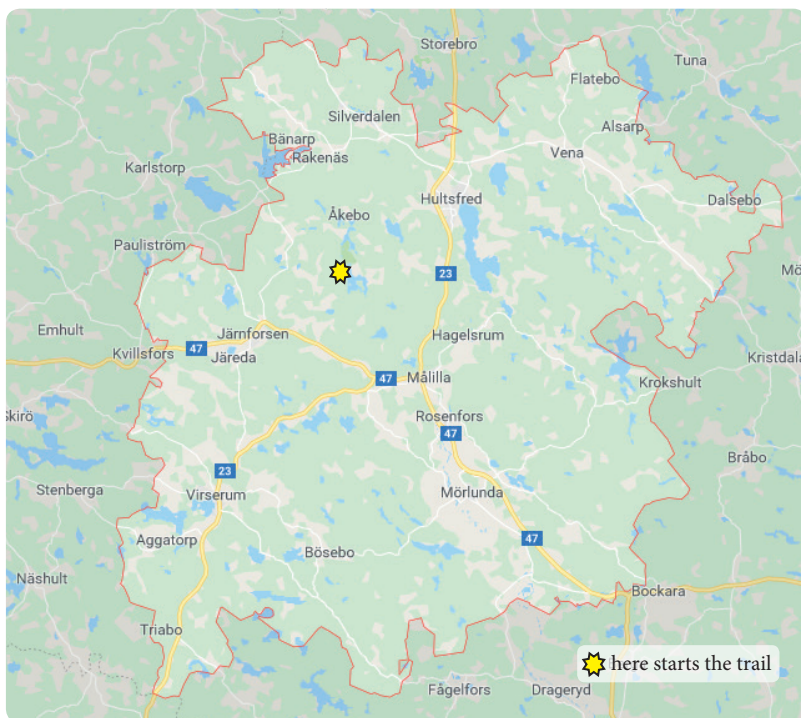


Hammarsjön runt

Hultsfred • 10 km • 3-4 hours

The trail goes around Stora Hammarsjön and makes an ideal one-day excursion. For the most part, a narrow path takes you around the lake on fairly even ground through the forest - and there are a few climbs. Here and there, a footbridge takes you over mossy ground and marshy spots and you can see the water almost all the time. Some wind shelters with seating have been erected along the way.

Another three hiking trails begin at the Hammarsjön recreation area. If you want to experience something special, you should try out Hammarsjön's nature spa with its sauna and hot tub. Here, the energy used comes from wood burning and candle light, no electricity as far as the eye can see. You can make a booking at the Culture and Leisure Office or at Hultsfred Tourist Information. There's also a nature campsite and cabins for those who want to stay overnight!



Welcome to enjoy nature!

Thanks to the right of public access, everyone can move freely in the Swedish countryside. Read more at www.naturvardsverket.se/allemansratten

- Good things to bring with you on a day trip are water, plasters, map, mobile, an extra sweater and spare socks.
- Dogs must be kept on a leash in the wild from 1st March to 20th August.
- The moose hunt takes place in mid-October.
- Take a bag with you for rubbish & food scraps
- Make sure you know about any fire bans in force during the summer. Under normal circumstances, you may light a fire, but not on rocks or stones and make sure to put it out properly before you leave.



Here you will find more hiking trails!
www.visithultsfred.se

Good to know!

- At Stora Hammarsjön you'll find parking, an outdoor pool, a wind shelter, a barbecue, nature camping, swimming area, hot tub and sauna
- Around the lake there are 2 smaller wind shelters and a disability-friendly jetty with a wind shelter and barbecues.



What can you find around Hammarsjön?

1. Rullstenås (Pebble Ridge)

You start your hike by climbing up onto a ridge. Rullstensås, a sand-and-gravel ridge is a long spine of rounded stones, gravel and sand that has been sorted according to size and deposited by the inland glaciers when they began to melt.

2. Hammaråsen och Sjöåsen

A summer idyll right on the beach. Down here, you will find two family cabins that are available for rent through the tourist information centre. There are three more family cabins in the Hammarsjön area, as well as four overnight cabins and a nature camping area.

3. Wind shelter with seating

Here's a place you can take a break and sit down and enjoy the tranquillity!

4. Disability-friendly jetty

A larger jetty, several wind shelters with seats and fishing opportunities.

5. Wind shelter with seating

Here's a place you can take a break and sit down and enjoy the tranquillity!

6. Ferns

Safsa - Scandinavia's largest fern - grows here. It can reach a height of 1.5 metres.

7. A bench to sit on

If you make your way down to the cliff, you'll find a bench hiding there for you to take a break and listen to the water lapping beside you!

8. View

Once you get to the top, you'll realise the steep climb was well worth the effort. Stay a while and enjoy the view of the lake. From here you can also see the bathing spot on the other side.

9. Lime station

Liming of Stora Hammarsjön has been continually carried out since 1984. Among other things, a lime dosing unit was positioned at the inlet to the lake. It was taken out of service in 2000.

10. Stora Hammarsjön

Here, the bathing area offers you the opportunity of cooling off in the lake.

