

THE HIGH COAST TRAIL



Hiking guide



HÖGA KUSTEN

THE HIGH COAST OF SWEDEN

Established 10,000 years ago



Overview

THE HIGH COAST TRAIL
13 SECTIONS | 128,6 KM

WELCOME TO THE HIGH COAST WORLD HERITAGE SITE!

THE 130-KM LONG High Coast Trail stretches through the entire World Heritage Site that shares its name, starting in Hornöberget in the south and ending in Örnsköldsvik in the north. The trail is divided into 13 sections that are a unique mix of coast and forest with exciting areas rich in flora and fauna along the way. There are numerous activities, side trails and unique nature experiences for you to enjoy: deep forests, high till-capped mountains, rocky shorelines, mountaintop viewpoints, cobble fields, sandy swimming beaches and nature reserves. At times you will find yourself up to 250 metres above sea level. Nowhere else in Sweden can you hike at these heights so close to the sea!

REGARDLESS IF YOU ARE a beginner or an experienced hiker, there will be sections perfect for you along the trail. We want you to have a fantastic time on the High Coast Trail – take your time and enjoy yourself, you are about to experience some of the World Heritage Site's absolute highlights.



THE HIGH COAST TRAIL

The High Coast Trail has been divided into 13 sections so that each section has at least one option to stay overnight under a roof – though accommodation ranges from basic cabins to serviced hostels and hotels. There are also simple wind shelters and huts along the way for hikers to use. It doesn't cost anything to stay in these, they can't be booked in advance and you can't refuse other hikers who would like to stay as well. Camping with tents is permitted almost everywhere along the trail, as long as you don't disturb the surroundings. Be aware, however, that once you are in the Skuleskogen National Park, tenting is only permitted in designated areas.

The trail is easy to follow thanks to the numerous orange markers on trees and posts. In addition, there are metal signposts with High Coast Trail symbols where trails cross or fork.

All the sections are well maintained so unless you are unlucky you won't need to get your feet wet at all. Despite this, we still recommend wearing hiking boots or similar sturdy footwear on the trail. Cycling is permitted, but in Skuleskogen National Park you are only allowed to cycle along the coastal trail that passes Näskebodarna.

At times, it can be difficult to find drinking water, especially in the peak of summer, so plan carefully using your trail map as a guide, it has water sources clearly marked. The quality of available water can also vary somewhat. There are some grocery stores along the way so you can plan ahead where you can replenish your supplies.

WHICH SECTIONS SUIT ME AND HOW LONG WILL THEY TAKE?

The trail sections have been graded according to their difficulty level, so you can easily find a hiking route that suits you. You can also see approximately how long it takes to hike each section.

If you want to go on a hike in the area but don't have time to hike the entire trail, sections 8-10 might be a suitable option. This stretch starts at Skuleberget and takes you through Skuleskogen National Park to Köpmanholmen. From there, you can take a bus back to Skuleberget via Örnsköldsvik.

ABOUT THE HIGH COAST

The region known as the High Coast of Sweden, between Härnösand and Örnsköldsvik, boasts the world's highest coastline and illustrates the unique consequences of land uplift after each Ice Age. The uniqueness of the area led to the High Coast becoming a UNESCO World Heritage Site at the turn of the millennium. The world record has been measured at the top of Skuleberget, where the ancient coastline is presently a total of 286 metres above sea level, and it's still rising. The High Coast is rebounding at a rate of 8mm annually. The area is 1400 km², of which 800 km² is in the Baltic Sea and includes an archipelago with 70 islands. In 2006, the Kvarken Archipelago in Finland was incorporated into the World Heritage Site.





THINGS TO THINK ABOUT WHEN VISITING THE HIGH COAST TRAIL

The Right of Public Access gives visitors to the Swedish countryside the right to roam freely. But with this freedom comes responsibility. “Don’t disturb, don’t destroy” is the key concept to follow. Please think of the following when you are on the High Coast Trail:

- Don’t walk over gardens or cultivated land.
- Respect animal and bird life, leave nests and young in peace.
- Close all gates behind you when hiking through grazing land.
- You can swim anywhere other than by houses or where specifically forbidden.
- No littering.
- Only light campfires in designated places. Put your fire out with care! Avoid lighting campfires when the fire risk is high.
- Dogs are welcome along the trail but must be kept on a leash when hiking.
- You must have a fishing licence for fishing in lakes and watercourses (streams and rivers). No fishing licence is required for fishing in the sea.

In Skuleskogen National Park you need to follow specific rules and regulations that have been put in place to protect the park’s flora and fauna. You may:

- *not* light campfires anywhere other than in designated campfire sites from May 1 – September 30. You may only burn wood that is supplied or that you have carried in with you.
- only tent at designated sites and for a maximum of three nights at the same site during the period May 1 – September 30.
- only travel by foot in the national park.
- *not* cycle, with the exception of the coastal trail between the South Entrance and the North Entrance.
- fish in the sea but not in the rivers and lakes.
- have your dog with you but it must be on a leash at all times.



HOW TO GET TO THE HIGH COAST TRAIL

The High Coast Trail can be hiked in both directions, which means there are two starting points: Hornöberget and Örnköldsvik. At the start in Hornöberget there is a large car park where you can leave your car free of charge while you are out hiking. You can also get here using public transport. Take bus route 50, which goes between Härnösand and Örnköldsvik and use the stop Hornöberget E4 – it is about 400 metres from the start of the first section of the High Coast Trail. This bus also stops in Ullånger, Docksta, Skule E4 by Skuleberget and Skule Entré V E4 which is right by the West Entrance to the Skuleskogen National Park. Route 421 between Köpmanholmen and Örnköldsvik is also popular among hikers. The start in Örnköldsvik is at Statsträdgården - you can easily get here by bus or train. The Y-bus route 100 stops at Hornöberget, Ullånger and Docksta.

In addition to the car park at Hornöberget, there is free parking at almost every section start including the three entrances to the national park. If you want to start your hike in Örnköldsvik, there is paid parking available by the travel centre.



Bus and train timetables are available at www.dintur.se

PACK *smart*

Hiking doesn't require a lot of special equipment, but there are a few things worth thinking about that will help make your experience as enjoyable as possible.

First of all, think about what kind of person you are and what non-essential items you think you won't be able to do without. And then convince yourself that you will be able to cope without them! Hiking is all about being present, living in the here and now, and taking the time to soak in your surroundings. Once you get in the zone, the only things of importance are having comfortable clothing and shoes, that your pack is comfortable to carry, and that you have something to eat and drink when you need to replenish your energy reserves. However, a camera/smart phone is always good to have along so you can document your adventure.



FIND YOUR WAY

Map, compass, waterproof map case, head torch and GPS.



FOR & DOCUMENTATION SPARE TIME

A pen, notebook and a good book.

STAYING OVERNIGHT

Tent, sleeping mat, a small sit pad, sleeping bag, pillow, head torch with extra batteries and a lantern for your tent.



HELPFUL HINTS!

Go walking with your backpack on before you start hiking so you can see how it feels. Side pockets big enough for a water bottle, snacks and your camera are good to have, so you don't have to ask your hiking companions for assistance every time you need to get something.

CARRYING YOUR LOAD

A backpack has to be comfortable to carry, preferably fitted to its wearer so that it sits well. If you are out on a daytrip or will be sleeping in hostels or hotels, you shouldn't need to pack more than 30 litres of gear. If you are out for the weekend and need to take a tent, sleeping bag and sleeping mat, you should be able to fit everything into a 50-litre pack. Your backpack, sleeping bag and tent shouldn't weight more than 3 kg together, and food and clothing will be added to this. Distribute the weight evenly by placing heavy items against the back. It's a good idea to take a rain cover for your pack, pack bags and hiking poles.



FOR UNDESIRED VISITORS

*Mosquito net/mosquito hat,
bug spray, tick remover.*

EATING & COOKING

Water bottle, camping kitchen (burner and pots), fuel, lighter/matches, knife, cup, cutlery, little wisp, pot handle, washing up liquid, dish brush, freeze-dried food, multi tool, coffee/tea, salt and pepper, energy snacks (e.g. dried fruit and nuts), rubbish bag.



HYGIENE & FIRST AID

First aid kit, toothbrush and toothpaste, plasters for blisters, paracetamol, toilet bag, fast-drying towel, toilet paper, soap, sunscreen.

FOOTWEAR & SOCKS

Worn-in outdoor training shoes or running shoes are great for daytrips with lighter backpacks. It can be a good idea to use waterproof shoes with Gore-Tex, for example, on wet days. If you are going to hike long stretches and have a heavy backpack, light hiking boots are recommended as they give you more stability and better ankle support. Many hikers prefer

to wear two pairs of socks – a thin inner sock and a somewhat thicker outer wool sock – this helps prevent blisters. Sports socks that are shaped to the foot and don't fall down are preferable.

HELPFUL HINTS!

*Tape your heels
with surgery tape
before you start
– this helps prevent
blisters.*

A STITCH IN TIME...

Needle and thread, duct tape, multitool, steel wire, strong thin cord that can double as a tent guy rope, patches for tent and any inflatable mats.

FOR WHEN YOU REACH CIVILISATION

Wallet, phone, sunglasses, binoculars, waterproof pack bag for electronic devices.

CLOTHING

Applying the layering principle is a good idea. Your base layer should keep you warm and wick away moisture from the skin (wool or synthetic), the mid layer should wick any moisture further away but keep warmth in (wool or fleece), and the outer layer should protect you from wind and rain as well as keep you warm. Garments to pack might include a long-sleeved base-layer top, a short-sleeved base-layer top, long johns, underwear (briefs, sports bra), woollen socks (thin + thicker), hiking trousers, warm sweater (fleece or wool), airy shirt in functional fabric, hat and/or buff, windproof gloves, rain gear (jacket and pants), waterproof pack bags for underwear, swimming gear.



LEGEND *symbols*



Section start and section finish



Main trail



Side trail



Room



Cabin with beds



Camping and tent site



Cabin without beds



Wind shelter



Picnic area



Chairlift



Viewpoint



Drinking water



Grocery store



Sightseeing point



Passenger boat



Eco-toilet



Car park



Swimming



Campfire site



Fishing



Tourist information



Bird watching tower



Restaurant/caf 



HORNÖBERGET – LÖVVIK

DISTANCE: 9,8 km

DEGREE OF DIFFICULTY: Demanding

TIME REQUIRED: 5–6 hours

ACCOMMODATION: Hotel Höga Kusten, Björkuddens Hotel, Lövviks B&B and Lövviks Guest marina

SIDE TRAIL: Hornöberget

TRANSPORT: Bus stop Hornöberget/Hornöberget E4

ENJOY THE GATEWAY TO THE HIGH COAST WITH ITS ASTOUNDING VIEWS OVER THE MOUTH OF THE ÄNGERMANÄLVEN RIVER

The High Coast Trail starts at Hornöberget on the northern side of the bridge Högakustenbron. Take the time to admire the amazing view over the river's mouth and the bridge, which is often referred to as the Gateway to the High Coast. The 1,867-metre long bridge was the seventh longest suspension bridge in the world when it was opened on December 1, 1997.

There are restaurants and hotels located here - Hotell Höga Kusten and Björkuddens Hotell & Restaurang are both situated right by the start of the trail.

There is an information board at the start by Hotell Höga Kusten's car park, so take a look before you set off. You can also park your car here free of charge while you are out hiking. In the hotel you'll find a restaurant, and a tourist information centre that is open during the summer.

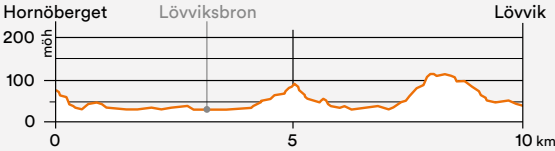
The High Coast Trail follows the old coastal road from Hornöberget to Nyadal. Cross the bridge Lövviksbron over Svartnorasundet and on past Svartnoranäset.

At the end of the section at Lövvik's guest marina, Sör-Lövvik, there is an unmanned service house with an internet connection for both hikers and boaties. The building has two separate bedrooms with three beds in each, a kitchen with an electric stove, fridge and some cooking equipment, plus a toilet, showers, drinking water, rubbish disposal and sauna. Book in advance if you can. If you haven't booked but there are spare beds, follow the written instructions.

During the peak season – from mid June to mid August – it is possible to stock up on provisions at Lövviks Restaurang & Livs. There is also Bed and Breakfast accommodation in Lövvik.



START POSITION 62.803564, 17.951671 | END POSITION 62.800139, 18.071766





LÖVVIK – FJÄRDBOTTEN

DISTANCE: 9,6 km

DEGREE OF DIFFICULTY: Intermediate

TID ATT GÅ: 5–6 hours

ACCOMMODATION: Fjärdbotten, cabin at Valkallen

SIDE TRAIL: : Peak of Valkallen, 800 m from main trail,
Rödhällorna, 500 m from main trail

TRANSPORT: Bus stop Lövvik (KRF)

GO IN THE FOOTSTEPS OF THE RUSSIANS AND FISH FROM ÅNGERMANLAND'S RED NORDINGRÅ GRANITE COASTLINE

About two kilometres from the start of this section you will see a 800-metre side trail leading to the summit of Valkallen – well worth the effort. Once at the top you will be awarded with one of the High Coast's most amazing views. There are ropes to help you along the steepest section of the climb near the top.

Valkallen is the old site of a hilltop beacon. A huge bonfire could be lit to warn local inhabitants of enemy invasion. The last time beacons in the region were lit, most probably including the one here on Valkallen, was in 1721 when the Russians invaded the Ångermanland coast. On the evening of May 31, 1721, the village of Sör-Lövvik was burnt to the ground. Norr-Lövvik was left untouched.



There is a small cottage open to visitors on top of Valkallen and an eco-toilet. And then there is the view! From the top of the mountain, at 240 metres above sea level, a 360-degree view spreads out before you over the mouth of the Ångermanälven river, the bridge Höga Kustenbron and the island of Storön.

Further along the trail you come to Halsviken, which is a beautiful picnic spot with a wind shelter, barbeque site and eco toilet. Drinking water is available too. This is a good place to pitch your tent. In times gone by, this was the site of a timber mill. Its remains are still visible today.

The High Coast Trail continues on northwards along the Grönsviksfjärden inlet. Here is a picnic area with a wind shelter and campfire site. Drinking water is available. Don't miss the short side trail to Rödhällorna, where you can clearly see the red Nordingrå granite that is typical of the

Would you like to see the continued development of the High Coast Trail?

The High Coast Trail Association was formed in 2015 and works alongside relevant governing bodies to coordinate and develop the maintenance of the trail, whose popularity is steadily growing. Members are local councils, tourism businesses, private people and other non-profit associations.

Become a member and support the work being done on the trail

Bankgiro 391-6111 | Swish 123 269 53 28

Private people/associations: : SEK 100

Businesses: SEK 500

region. Rödhällorna is a great place to try your luck at fishing too. The end of the section is at Fjärdbotten summer grazing farm on the point by Häggnäset. It consists of three log cabins each with two bunks plus a larger building of about 35m² with a long table and benches. There is also a campfire site, eco-toilet and a guest marina with 15 moorings. In total, about 25 people can stay overnight here. In addition, there is plenty of space for tents. The cabins are always open, but there is no booking system. Close by there are two reliable fresh water springs.

Take note that you can't drive all the way here, there is space for about 3-4 cars by the road about 900 metres away. You can access the area by boat, and there is room for 15 boats to moor at the guest pier. The closest services are in Lövvik (*section 1*) or Lappudden (*section 4*).





FJÄRDBOTTEN – GAVIK

DISTANCE: 12,8 km

DEGREE OF DIFFICULTY: Demanding

TIME REQUIRED: 5–6 hours

ACCOMMODATION: Hörsång, Lidnipan

SIDE TRAILS: Hörsångs Havsbad och Camping, 800 m from the main trail

ENJOY GREAT SWIMMING BEACHES, FISHING AND 50-YEAR-OLD VISITOR BOOKS

The third section starts after a short hike northwards from Fjärdbotten with a side trail to Hörsångs havsbad och camping. This swimming beach is at the top of the Grönsviksfjärden inlet and if you are in the mood for a dip then don't miss this jewel with its lovely shallow sandy beach. There is also a guest marina here.

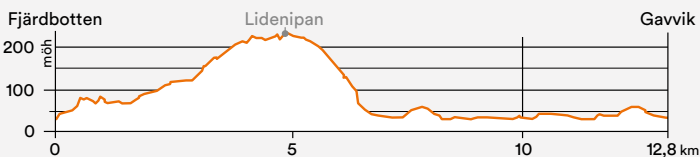
For those who like to fish, we recommend going to Skiringen, 2,5 km from the main trail. Fishing licences are sold by the Skiringen's Road and Fish Preservation Association.

Further north you will find Lidnipan with amazing views making it a popular place to visit. The cottage at the top is owned and cared for by the village associations in Östanö and Ramsta, among other villages, and is open for hikers to spend the night here. There are no bunks, but there is room for 5–6 people to sleep on the floor. The cottage has a single room equipped with a table, chairs, open fireplace and some cooking equipment. There is no drinking water, but there is an eco-toilet. The cabin was built in 1952. Make sure you read the visitor books that date back over 50 years.

Note that this is the last chance to spend the night under a roof on this section. The next cabin suitable for sleeping in is at Lappudden, about 15 kilometres further on. The section finishes in Gavik; there are no services available for hikers here but it is an idyllic little village undiscovered by the crowds. There is a small car park at the end of the road in Norr-Gavik but no other services are available here.



START POSITION 62.815868, 18.156154 | END POSITION 62.888985, 18.210834





GAVIK – LAPPUDDEN

DISTANCE: 11,5 km

DEGREE OF DIFFICULTY: Easy

TIME REQUIRED: 3 hours

ACCOMMODATION: Lappudden

SIDE TRAILS: Älgaberget, 200 meters from the main trail. Old hill fort on Rödklitten, 700 metres from the main trail

AN EASY HIKE WITH SIDE TRAILS THROUGH BEAUTIFUL NATURE

The majority of this section from Gavik in Nora to Lappudden in Nordingrå is along country lanes. At the start of the section, after Svartviken and heading towards Brattnäset, there is a side trail to Älgaberget. A few hundred metres from the main trail you will find a wind shelter and a campfire site.

Rydtjärnen is a little fishing lake about four hectares in size. It has a healthy stock of trout and is restocked annually. A fishing licence is required. For more information, please contact Mädan Fishing Association.

Just north of Mädan, about 700 metres from the trail up on the mountain Rödklitten is an old hill fort with a spectacular view over the Gaviksfjärden inlet. This place has significant historical importance.

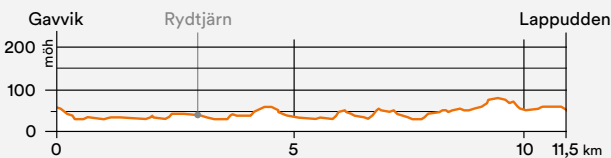
During the Iron Age, mountains like this one with steep sides were used as havens of refuge in times of unrest as it was easier to defend people from up high. Still today you can see the remains of the fort's protective walls, the path to the top goes past them. Rödklitten, which is named as a place to visit in the World Heritage Site, is also interesting from a botanical perspective, as it is a so-called sydväxtberg – a mountain with a localised climate on its south-facing slopes leading to particularly rich flora.

The section ends in Lappudden, which is beautifully situated on the outermost point of a peninsular in Lake Vågsfjärden. Lappudden was originally a Sami settlement but is now run by AGMA Forntid & Äventyr as a recreation centre. A wide variety of services are available here. In addition to accommodation and a sauna, there are canoes, kayaks, rowboats and bicycles that can be rented. They also offer full-board packages for hikers.

Lake Vågsfjärden offers a clear illustration of the land uplift in the area. “Fjärd” means “sea inlet” in Swedish, and as recently as 150 years ago, the lake was connected to the sea. Life in the water still speaks of ancient times – even though the surface is now a metre above sea level, crustaceans that should belong in the brackish water of the Baltic Sea still thrive here.



START POSITION 62.888985, 18.210834 | END POSITION 62.931267, 18.256249





LAPPUDDEN – ULLÅNGER

DISTANCE: 15 km

DEGREE OF DIFFICULTY: Demanding

TIME REQUIRED: 5–6 hours

ACCOMMODATION: Ullångers Hotell & Restaurang

SIDE TRAILS: Kiörningsberget, 500 meters from the main trail. Central Nordingrå, 200 metres from the main trail

TRANSPORT: Bus stop Nordingrå Vallen (KRF)

EXPERIENCE A WONDERFUL MIX OF ART, CULTURE AND VILLAGE LIFE IN THE HEART OF THE HIGH COAST

Nordingrå is often called the “Heart of the High Coast”. With its 52 villages, undulating landscape and proximity to the sea, this region reflects the essence of the High Coast in condensed form. A wide variety of services are available here.

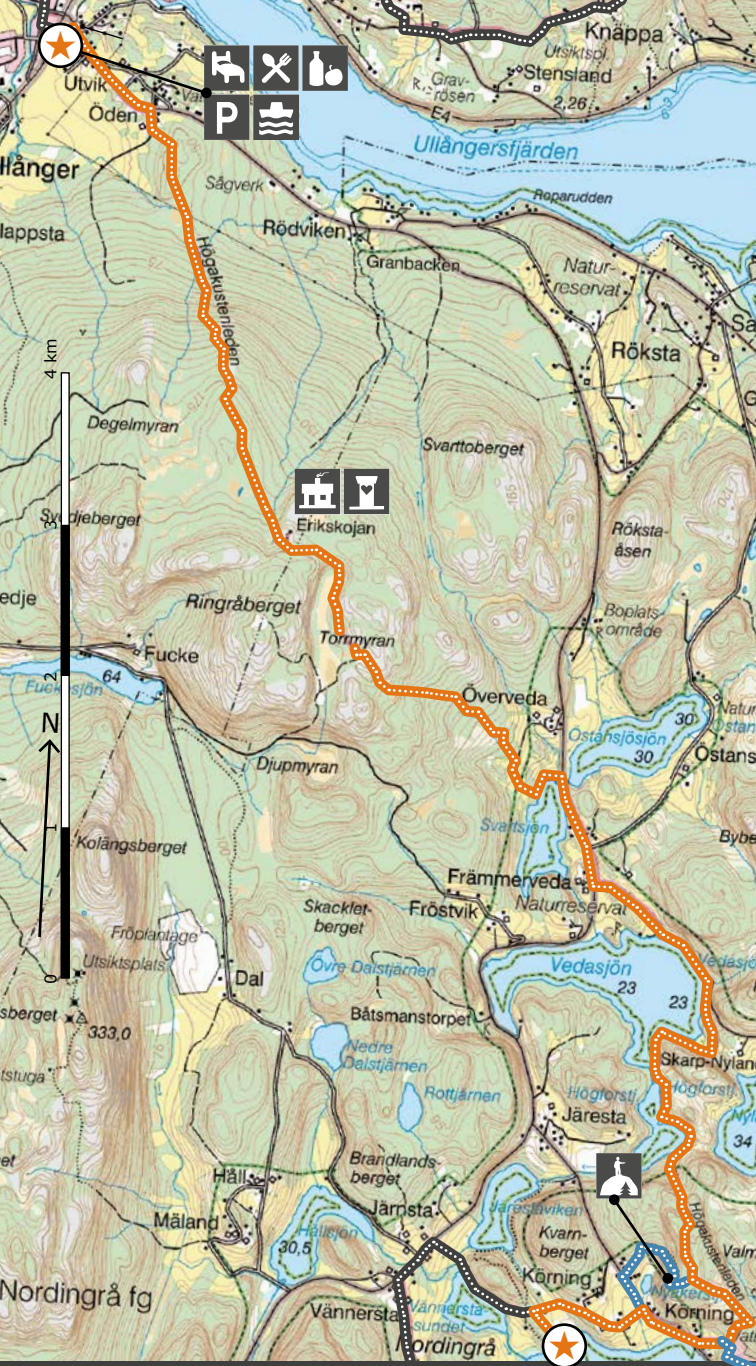
A short side trail will take you up to Kiörningsberget, giving you a fantastic view of Kiörning village and Lake Vågsfjärden. Benches and a campfire site are at the top.

Another side trail takes you into central Nordingrå. There are plenty of services available here, such as a grocery store, bus connections and a number of activities. Don't miss the old church ruins and the well-preserved church stables situated on the shore of Lake Vågsfjärden.

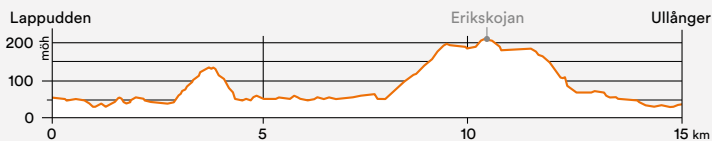
Erikskojan can be found about six kilometres towards Ullånger. It is a log cabin of about ten square metres, equipped with a wood stove, table and two bunks you can sleep on. There are log benches and an eco-toilet outside the cabin.

A large mound of stones can be found on the summit of the close-by Ringråberget. The boundary lines of six villages meet here and this also marks the border between the Nordingrå and Ullånger parishes.

The section ends in Ullånger where you can find a wide selection of services. There is a grocery store, café, specialist shops and handicrafts. Ullånger is a hub for bus routes and there is free commuter parking here. You will also find Ullångers Hotell & Restaurang and Caesars Pizzeria & Restaurang, both of which offer meals and accommodation. During the summer, you can take a passenger boat from Ullånger to the island of Ulvön with Höga Kusten ferries.



START POSITION 62.931267, 18.256249 | END POSITION 63.009318, 18.187316





ULLÅNGER – SKOVED

DISTANCE: 10,5 km

DEGREE OF DIFFICULTY: Intermediate

TIME REQUIRED: 4–5 hours

ACCOMMODATION: Docksta Vandrarhem & Camping, Mäjasjöns summer grazing farm

SIDE TRAIL: Fäberget, 1,5 km to the summit

TRANSPORT: Bus stop Ullånger

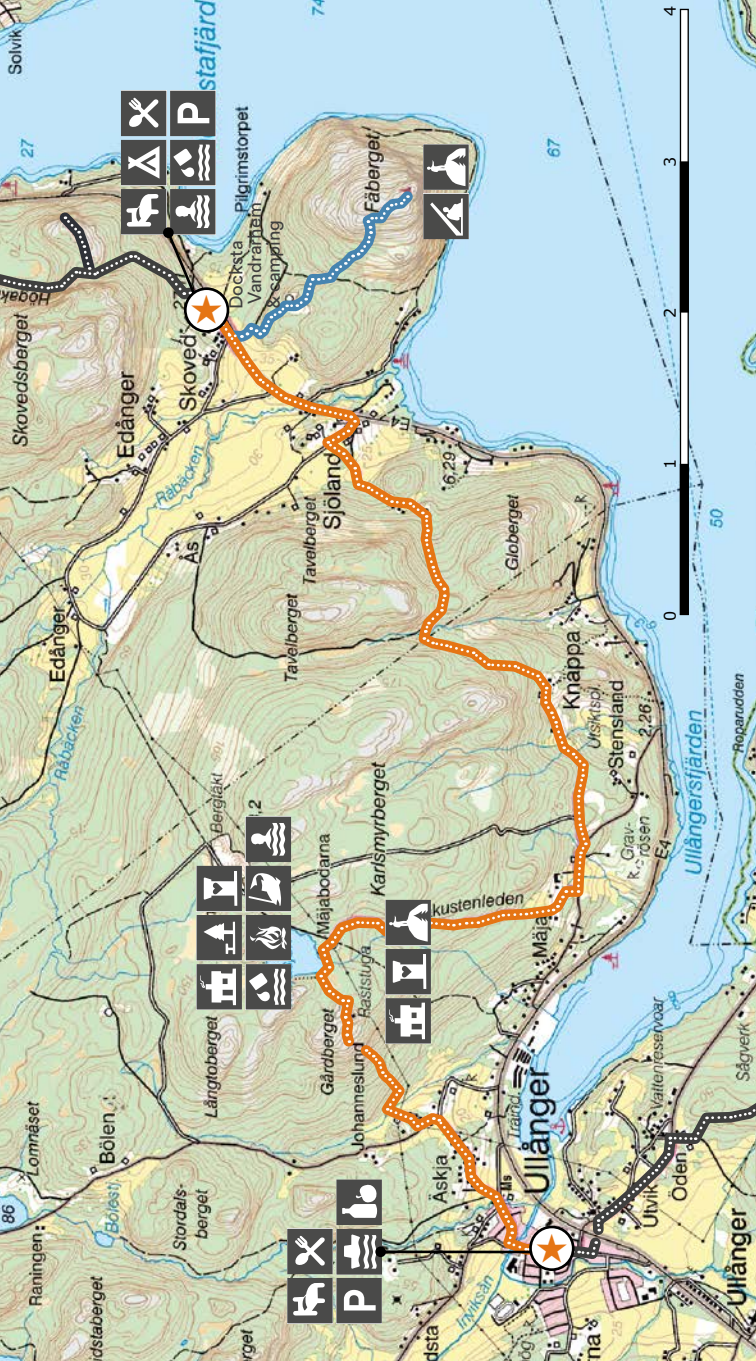
MAGNIFICENT VIEWS AND ACCOMMODATION OPTIONS IN THE FOOTSTEPS OF KARL XI AND CARL VON LINNÉ

Gårdberget, known locally as “Äskjaberget”, is about two kilometres along the trail from the centre of Ullånger. There is a cabin on top of the mountain that is looked after by Ullånger’s local folklore society. Its distinct silhouette can be seen from far away. The cabin is open to hikers. There is a sofa bed and eco-toilet but no drinking water.

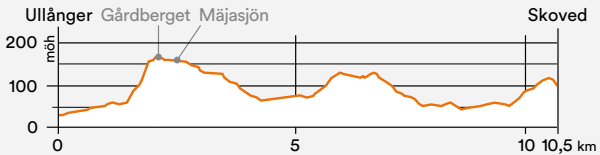
Mäjasjön summer grazing farm is about 500 metres from Gårdberget. There is a cabin here as well as an unfurnished store house and both are open to hikers needing a place to spend the night. It isn’t really a farm, more of a kind of local history museum. The ten or so buildings have been relocated here from different places in the area, and they have been carefully rebuilt and renovated. There is road access, fresh water in the summer and an eco-toilet.

The trail follows the old coast road between Mäja and Docksta. King Karl XI travelled along this road in 1694, as did Carl von Linné on his Lapland journey in 1732 and King Adolf Fredrik in 1752. At the end of the section in Skoved there is a side trail to the top of Fäberget. The approximately 1.5 kilometres to the summit is definitely worth the effort. You will be rewarded with a magnificent view over the Ullångersfjärden inlet from a height of 200 metres. There is a wind shelter with a campfire site and room for 2-3 people to spend the night. No drinking water but suitable for pitching a tent.

The section ends at the Docksta Vandrarhem & Camping in Skoved, which is a three-star camping ground and hostel with a wide range of services. There is a grocery store, cafe, pool and the dance venue Kustladan. The amenities’ building has a kitchen, common room, laundry and sauna. Accommodation includes the camping ground, cabins and a hostel.



START POSITION 63.009318, 18.187316 | END POSITION 63.029217, 18.307517





SKOVED – SKULEBERGET

DISTANCE: 6,8 km

DEGREE OF DIFFICULTY: Intermediate

TIME REQUIRED: 1–2 hours

ACCOMMODATION: Villa Orrbacken, Docksta Hotell, Friluftsbyn, Jacobs Stugor, Dockstabaren, Skuleberget Havscamping,

SIDE TRAILS: Höga Kusten chairlift, Södra Bergsstigen path (Höga Kusten-stigen), Via Ferrata, Visitor Centre Naturum, Vibyggerå Old Church, Norrgällsta, approx 1,5 km

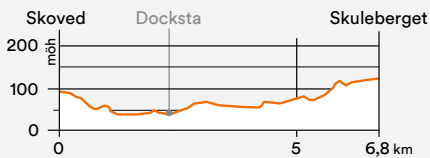
TRANSPORT: Bus stop Skoved (KRF)

BE CAPTIVATED BY THE LEGENDARY SKULEBERGET WITH ACTIVITIES FOR THE WHOLE FAMILY – YOU WON'T WANT TO HURRY FROM HERE!

A few kilometres along the trail from the section start in Skoved is a short side trail to a viewpoint overlooking the Dockstafjärden inlet. Further along the trail, just before Docksta, you will pass the Vibyggerå Old Church. It is a white stone church from the Middle Ages and it's well worth a visit. The church's exterior is from the 14th century but its interior dates back to the 18th century.

Docksta has most services you might need. Grocery store, hardware store, petrol station, restaurants and accommodation. If you want to stay, check out Docksta Hotell with its lovely rooms overlooking the water or Villa





Orrbacken, which is 500 metres from Docksta towards Värns. Dockstabaren is primarily a restaurant but it does rent out rooms and cabins. During the summer there are also passenger boats to the island of Ulvön with the Höga Kusten ferries.

Directly north of Docksta is a side trail in to Norrgällsta, about 1.5 kilometres from the main trail. There are several accommodation alternatives here – Jacobs Stugor and FriluftsByn, which in addition to accommodation also organises a number of different events in the area. From FriluftsByn you can walk the 2.5 km along the trail Södra Bergsstigen up to the summit of Skuleberget. If you'd rather take it easy you can take a chairlift up to the top, the base of the chairlift is only 500 metres from FriluftsByn.

At the summit, which is 295 metres above sea level, there is a restaurant named Toppstugan. It's a great place to enjoy lunch and we suggest you finish with a classic Swedish waffle. Enjoy your meal as you gaze out over the panoramic views of the World Heritage Site. On the mountain you will see signs of the high coastline after the Ice Age – in fact, Skuleberget has the world's highest coastline at 286 metres above sea level.

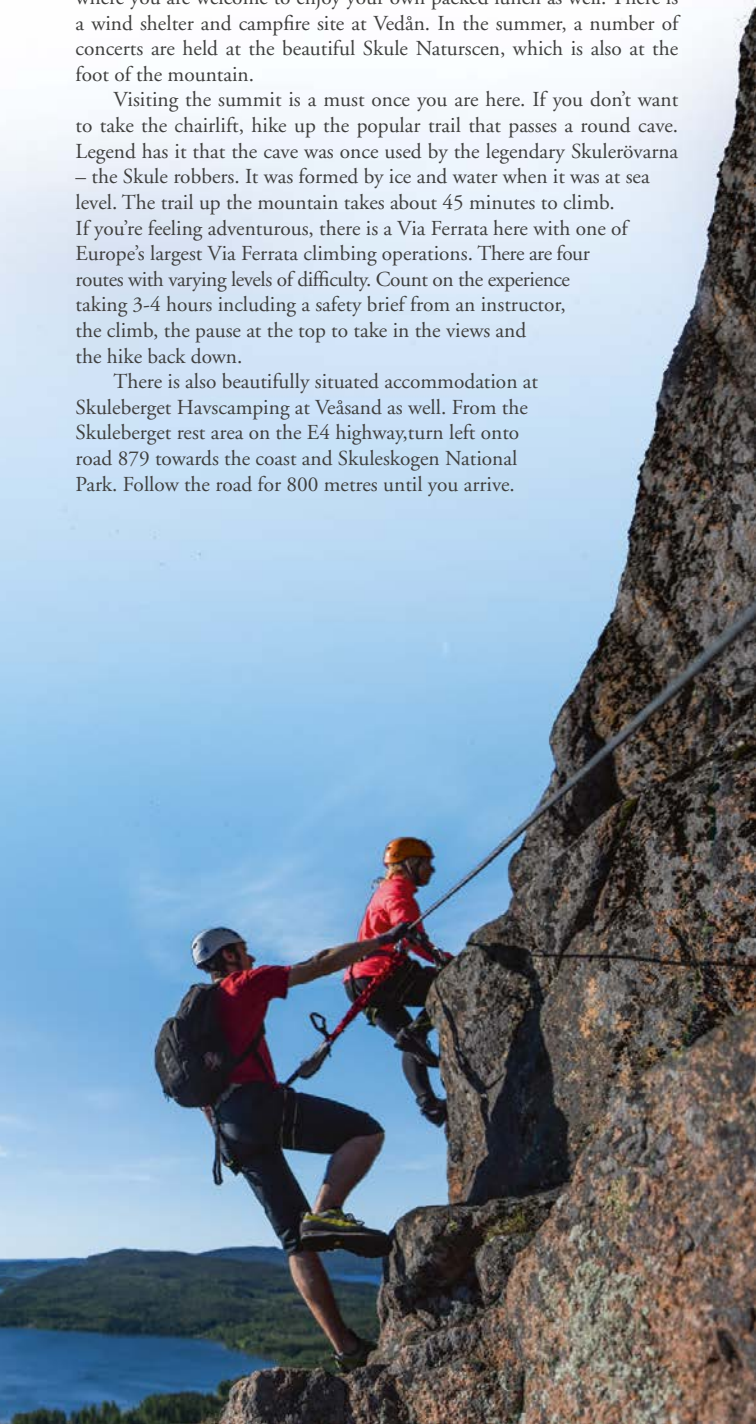
Skuleberget has fascinated people throughout the ages. Carl von Linné wrote about his experiences here when he was travelling to Lapland in 1732. The mountain is one of the 12 official places to visit in the World Heritage Site and it has been a nature reserve since 1969. At the foot of the mountain you will find the visitor centre Naturum. Check out their exhi-



bitions on the World Heritage Site and the personnel love to tell you all about the nature in the region. Naturum also has a restaurant – Gastrocafé Skuleberget – and toilets are available here too. There are tables outside where you are welcome to enjoy your own packed lunch as well. There is a wind shelter and campfire site at Vedån. In the summer, a number of concerts are held at the beautiful Skule Naturscen, which is also at the foot of the mountain.

Visiting the summit is a must once you are here. If you don't want to take the chairlift, hike up the popular trail that passes a round cave. Legend has it that the cave was once used by the legendary Skulerövarna – the Skule robbers. It was formed by ice and water when it was at sea level. The trail up the mountain takes about 45 minutes to climb. If you're feeling adventurous, there is a Via Ferrata here with one of Europe's largest Via Ferrata climbing operations. There are four routes with varying levels of difficulty. Count on the experience taking 3-4 hours including a safety brief from an instructor, the climb, the pause at the top to take in the views and the hike back down.

There is also beautifully situated accommodation at Skuleberget Havscamping at Veåsand as well. From the Skuleberget rest area on the E4 highway, turn left onto road 879 towards the coast and Skuleskogen National Park. Follow the road for 800 metres until you arrive.





SKULEBERGET – ENTRÉ SYD

DISTANCE: 9,7 km

DEGREE OF DIFFICULTY: Intermediate

TIME REQUIRED: 5–6 hours

ACCOMMODATION: Skuleskogens Pensionat

SIDE TRAIL: Dalsjöfallet, 1,9 km from the main trail

TRANSPORT: Bus stop Skuleberget E4 and Docksta Busstation

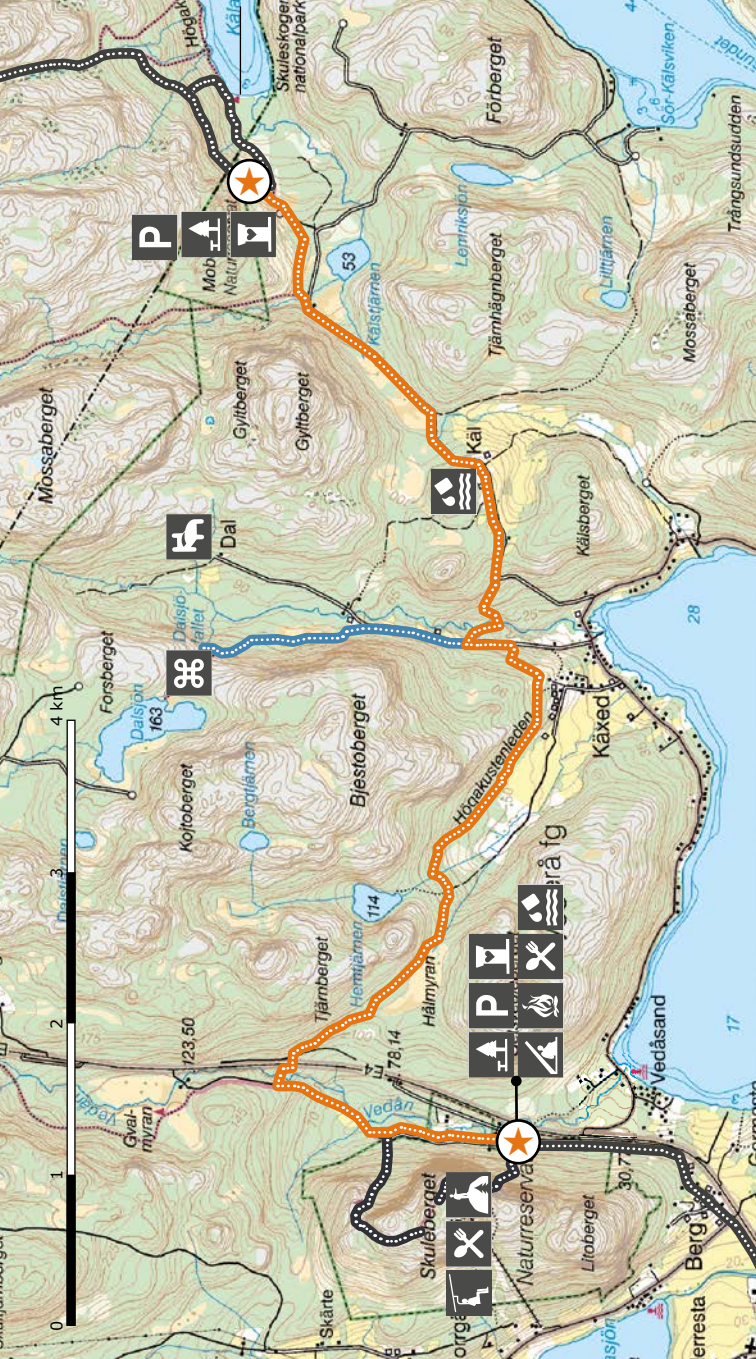
MAGNIFICENT VIEWS AND UNIQUE ACCOMMODATION WILL MAKE YOU FEEL AT HOME IN THE NATIONAL PARK

On the way from Skuleberget, heading towards Skuleskogen National Park's south entrance and close to Käxed, there is a side trail to Dalsjöfallet, 1.9 km from the main trail. Highly recommended! This spectacular waterfall is especially impressive in the spring and autumn when the water levels are high. The trail is also of botanical significance as you will find southern species such as maple, arrow wood and blue anemone growing side by side with alpine blue-sow-thistle.

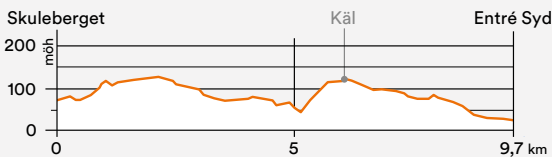
From here you are close to Dal, where Skuleskogen's Pensionat offers food and accommodation in a unique environment in their beautifully renovated Ångermanland homestead.

From the end of the section at the South Entrance of the national park you have a magnificent view over the Baltic Sea.

There are plenty of parking spaces as well as good information on the national park. There is also seating protected from the weather, and benches and tables as well as an eco-toilet. There is no accommodation at the South Entrance, we recommend you continue hiking into the national park and stay overnight in one of the cabins in there. Once in the park, you are only permitted to pitch your tent in designated places, tenting is not allowed anywhere else. For more information on where camping is permitted, please refer to the maps. Good maps of the national park are available from Naturum.



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SKULESKOGENS NATIONALPARK

DISTANCE: 6,9 km

DEGREE OF DIFFICULTY: Demanding

TIME REQUIRED: 5–6 hours

ACCOMMODATION: Cabin by Tärnättvattnen, Näskebodarna, Tärnättholmarna

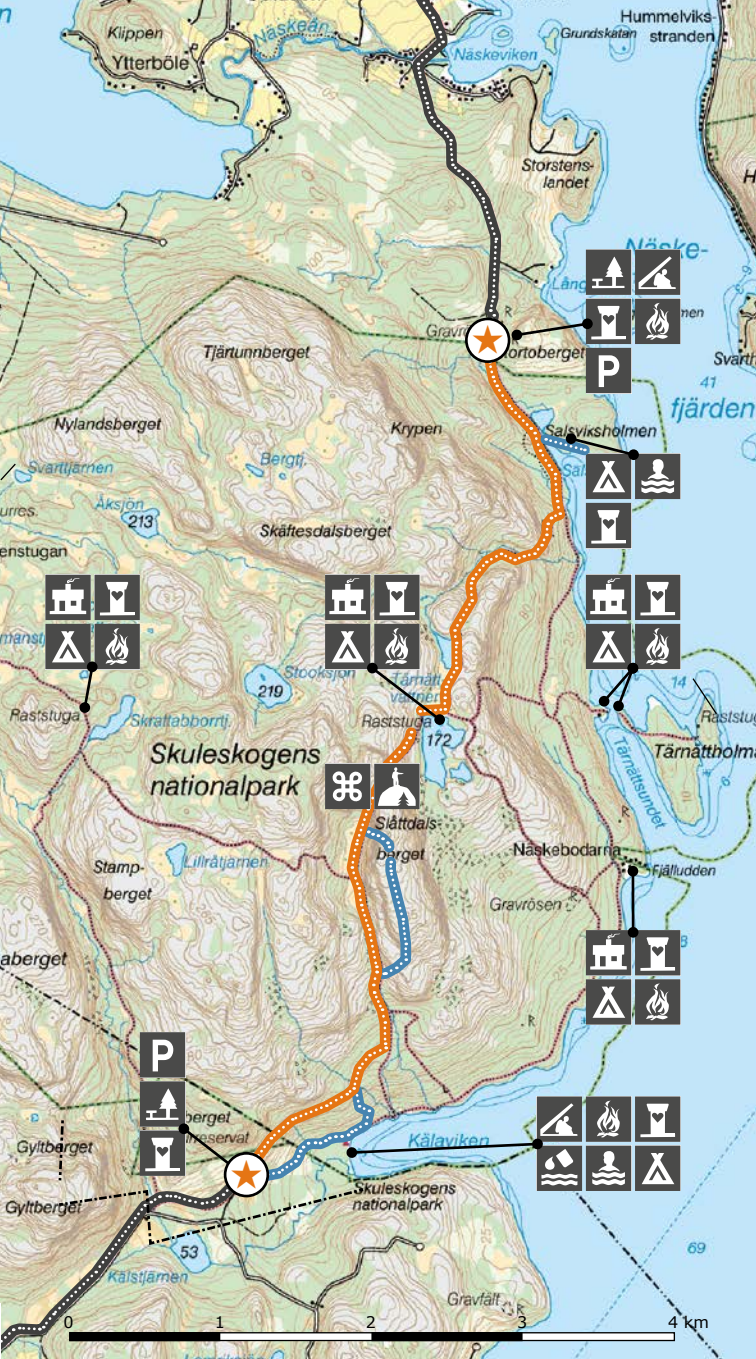
SIDE TRAILS: Kälsviken, Slåttdalsskrevan Canyon and Slåttdalsberget

IN THE MAGICAL WORLD OF SKULESKOGEN FOREST, ONLY YOUR IMAGINATION CAN LIMIT YOUR EXPERIENCES

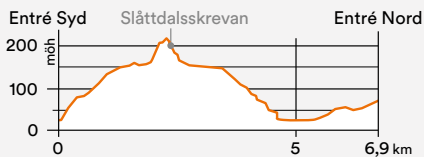
This section of the High Coast Trail passes right through the national park, starting at the South Entrance and ending at the North Entrance. For thousands of years, the Skuleskogen forest has been silently rising out of the sea. The result is a breathtakingly dramatic combination of deep ancient forests, enchanting small lakes, sparkling blue sea, deep crevasses, high mountains and endless views. In brief: Skuleskogen leaves no one untouched!

This section has relatively demanding hiking with some steep climbs and descents. In the park there is a system of marked side trails covering over 25 km that all link back to the High Coast Trail. You can spend several days in here enjoying the absence of roads and power lines that otherwise disturb the experience of undisturbed nature. Less than a kilometre





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in you will find Kälsviken with its large, lovely sandy beach. There are two wind shelters here, campfire sites with wood supplied and an eco-toilet. Camping is permitted here. Fresh water can be taken from the stream on the north side of the bay, about 400 metres from the wind shelter.

One of Skuleskogen's most famous sights is the deep crevasse known as Slåttdalsskrevan Canyon, which is about halfway along this section. The crevasse is about 210 metres long, 7 metres wide and 40 metres deep with sheer vertical walls.

Further along the trail is Tärnättvattnen – two small lakes separated by a marsh. Between the lakes is a cabin suitable for staying overnight, it is open for hikers and has four bunks and a wood stove. There is also a campfire site and an eco-toilet.

Cabins open for hikers along the trail:

- **Näskebodarna:** Summer grazing farm with privately owned cabins. About 100 metres south of the clearing is a cabin for hikers with four bunks, a wood stove and an eco-toilet. Tenting is permitted here. Water can be taken from the stream.



- **Tärnättholmarna:** A spacious cabin with room for six, wood stove, eco-toilet, campfire site and benches and table. Tenting is allowed here. Water can be taken from the stream on the mainland about 400 metres northwest of the cabin. On the outer islet is a simple hut with a wood stove and eco-toilet.
- **By Tärnättsundet** on the mainland is a cabin with a wood stove and room for four to sleep. Drinking water can be taken from the stream.

At the end of the section and the North Entrance, there are benches, a table, eco-toilet, campfire site, rubbish bins and an information sign about the national park. For further information and a detailed map of Skuleskogen National Park, contact Naturum Höga Kusten. Brochures are available at the park's three entrances between May and October.





ENTRÉ NORD – KÖPMANHOLMEN

DISTANCE: 7 km

DEGREE OF DIFFICULTY: Easy

TIME REQUIRED: 1–2 hours

ACCOMMODATION: Havsporten Restaurant & Hostel

SIDE TRAILS: Näske Lax (Put and take-fishing lake), Herrgårds-parken, High Coast Art Valley, Kajen/Kläppa, islands Trysunda and Ulvön, from 50 minuter – 2 hours by boat each way, depending on which route you take

A MIX OF NATURE AND CULTURE FOR THE WHOLE FAMILY PLUS A TASTE OF ARCHIPELAGO LIFE

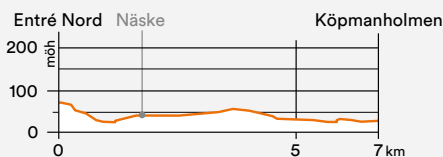
This section primarily follows country lanes that run between Skule-skogen National Park and Köpmanholmen. There are bus connections to and from Köpmanholmen as well as ferries out to Ulvön, the island known as the jewel of the Baltic.

From the North Entrance, follow the trail along the country lane to the small village of Näske, where you will find a pretty little harbour for small boats, a wind shelter and a toilet. Continue along the road all the way to the end of the section in Köpmanholmen, an old industrial village that was built up around Forssbolagets paper factory, later known as NCB. The factory has long been closed, and the buildings pulled down. The area has been cleaned up and today there are only a





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few small industrial businesses remaining. the trail passes through the village and the services it offers, including a grocery store and a kiosk. Take the time to make a stop and breath in the amazing aromas at Örtagården herb garden by the entrance to the church Brukskyrkan, which is well cared for and open to visitors around the clock in the summer. Here you will also find art by the internationally known sculptor and potter Hans Hedberg, who was born in Köpmanholmen in 1917 but spent a large part of his life living in Biot in France. Hedberg is pri-



marily known for his gigantic ceramic eggs and pieces of fruit. For a period he worked together with Marc Chagall and spent time with Picasso, Léger and Matisse. Herrgårdsparken is located by Åfjärden's southern beach, a nature and art park with sculptures, flowers and beautiful picnic spots. While you are there, enjoy a wonderful nature experience with many exciting and surprising details lining the walking paths. The park is easily accessed and open around the clock, all year round. It is popular among both walkers and runners. Close by is the local Industrial Museum where you can learn about what it was like to live here in Köpmanholmen during the industrial era at the start of the 1900s. You can stop for a coffee and something to eat at Sveas Café.

From Köpmanholmen, by the grocery store, there is a side trail towards the harbour (Kläppa). Here you will find Havsporten Restaurant & Hostel that serves delicious food and offers hostel accommodation. From here you can take passenger ferries out to the islands Trysunda and Ulvön, two ancient fishing villages that will give you a strong sense of the history of the area. Accommodation is available on both of these islands, and Ulvön has a good selection of places where you can eat and drink as well. For an up-to-date timetable, visit www.mfulvon.se





KÖPMANHOLMEN – SANDLÅGAN

DISTANCE: 12,7 km

DEGREE OF DIFFICULTY: Demanding

TIME REQUIRED: 5–6 hours

ACCOMMODATION: Balesudden Nature Reserve with Balesberget and Lake Balesjärnen, approx. 2 km respectively 700 m from the main trail

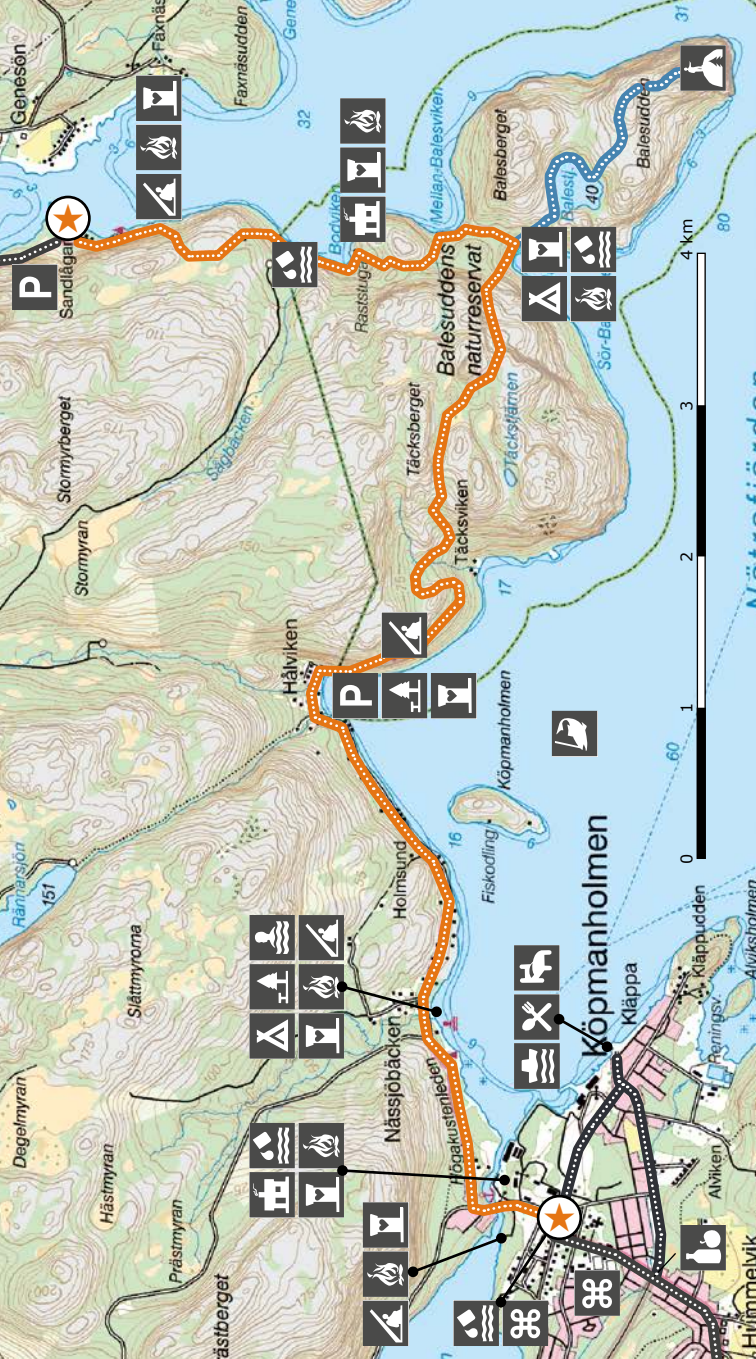
TRANSPORT: Bus stop Köpmanholmen C

HÄR BLANDAS VACKRA VYER MED BADMÖJLIGHETER I SÅVÄL TJÄRN SOM LÅNGGRUND SANDSTRAND

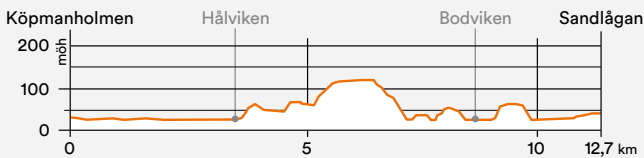
This section follows the well-used trail through the Balesudden Nature Reserve. It covers undulating terrain through deep spruce forests and over open mountain plateaus more than 150 metres above sea level.

By Köpmanholmen's harbour at the start of the section you will find a cabin with a campfire site, toilet and shower where you are welcome to spend the night. You can also pitch your tent here. Drinking water is available in the harbour. Köpmanholmens havsbad is about one kilometre from the harbour – it's a wonderful sandy beach with a wind shelter, barbeque area, table and benches. Next to the beach is a wind shelter designed and built by architecture students from all over Scandinavia through the project Arknat, an architecture festival where architecture students make wind shelters for everyone to use. If you continue on eastwards, you will come to Hålviken. There is a parking lot at the end of the road here, with an information board, benches and table as well as an eco-toilet. From here the trail goes in to Balesudden Nature Reserve. About 300 metres from the car park you will find a wind shelter with a view over Köpmanholmen.

With its 923 hectares, Balesudden is a relatively large nature reserve. It was established in 1985 and six kilometres of the High Coast Trail go through the reserve. The scenery here might remind you a little of Skuleskogen Forest: undulating terrain with deep forests making way for open smooth rocky plateaus more than 150 metres above sea level. Once in the reserve you will come across a side trail of about two kilometres that will take you up to the viewpoint on Balesberget. From here you can see a large part of the High Coast's archipelago, from Skagsudde in the north to the islands of Ulvön in the south.



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The trail here passes Lake Balestjärnen. This lake is special in a number of ways, including its location and its extremely clear water. It is situated in a basin surrounded by acidic rocks, Nordingrå granite, but the water is still almost alkaline. The explanation behind this is most likely that the area is rich in fossilised mussel shells from a time long since passed and they have raised the pH value of the water. The lake is good for swimming, and if you happen to have a waterproof camera, take the chance to take some fantastic underwater photos in the crystal clear water.

Right next to the main trail, about 500 metres west of Sör-Balesviken, you will find some amazing caves and “witches kettles”, that were formed by the sea’s waves thousands of years ago. There is a campfire site and an eco-toilet at Sör-Balesviken. There is also space to pitch a tent here. From Sör-Balesviken, the trail continues on to Bodviken where there is a cabin with eight bunks, a table and chairs as well as a wood stove and an eco-toilet. You can also pitch a tent here. Drinking water can be taken from the stream that runs into the bay.

The trail continues on about one kilometre to the end of the section in Sandlågan, where you will find a lovely shallow bay perfect for swimming. Due to the depth of the bay, only smaller boats and kayaks can access the coast here. Moor your vessel on the beach. About 500 metres south of the car park, where there is room for five or six cars, there is a wind shelter with a campfire site, table and eco-toilet. An information sign has been placed at the car park.







SANDLÅGAN – SVEDJEHOLMEN

DISTANCE: 11,6 km

DEGREE OF DIFFICULTY: Intermediate

TIME REQUIRED: 3–4 hours

SIDE TRAILS: Nyängets havsbad beach and Genesmon's Archaeological Outdoor Museum, about 4 km from the main trail

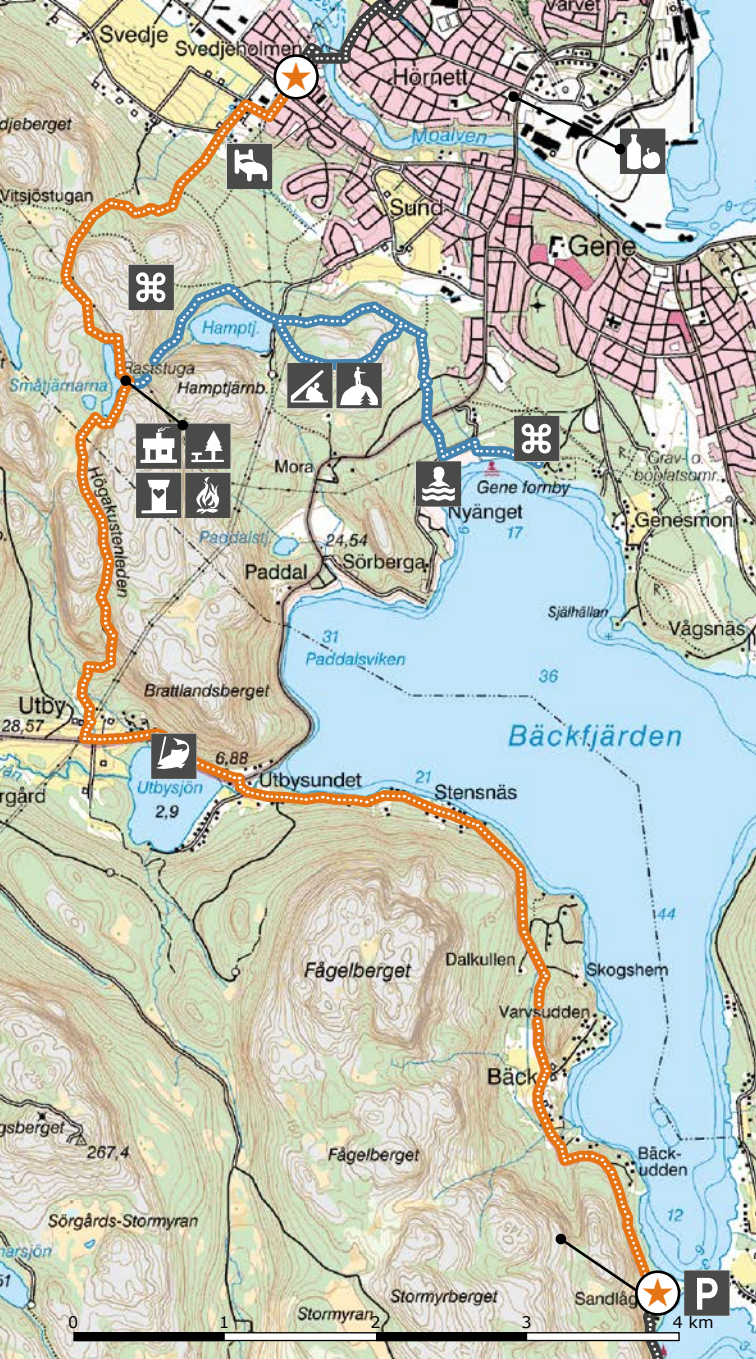
PRISTINE SWIMMING BEACH AND A VISIT TO AN IRON AGE VILLAGE

The trail follows the country lane along the Bäckfjärden inlet from the car park in Sandlågan past the village of Bäck and on to Utby. The last few kilometres to Utby are along an asphalt road. In Utby, turn off from the sealed road and continue along a forestry road almost all the way to the little lakes called Småtjärnarna. About 300 metres south of the lakes, the trail turns off towards Småtjärnsstugan, a log cabin with two bunks, a wood stove, and table and benches. There is no access to water here.

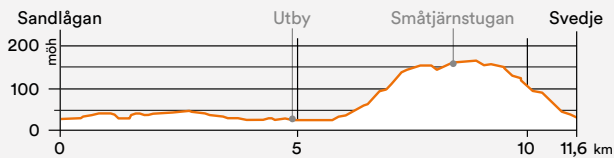
From Småtjärnsstugan, you can take a side trail via the beach at Nyängets havsbad – a shallow swimming beach that is very popular and that has a kiosk open in the summer – to Genesmon's Archaeological Outdoor Museum. Excavations were carried out here from 1977 to 1989 and remnants of both dwellings and graves were found here dating back to the early Roman Iron Age – 100–600 AD. This discovery was a sensation as it debunked the theory that there were no permanent settlements in northern Sweden before the Viking Age.

The museum is open during parts of the summer and there are guided tours available. At other times you are welcome to look around independently. Signposts show the way around and information boards tell you about this fascinating period of history.

The High Coast Trail continues on from the lakes Småtjärnarna over the mountain Vitsjömassivet and on down to the end of the section in Svedje. Once in Svedje, follow the trail along the public road to Svedjeholmen where you will find accommodation. The trail continues on through the township down to the river Moälven.



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SVEDJEHOLMEN – ÖRNSKÖLDSVIK

DISTANCE: 4,7 km

DEGREE OF DIFFICULTY: Easy

TIME REQUIRED: 1–2 hours

ACCOMMODATION: Numerous hotels and hostels are available

SIDE TRAILS: Varvsberget, Paradiset (Spa & Wellbeing), Örnsköldsvik Museum and Art Hall

TRANSPORT: Bus stop Svedjeholmen plus other bus and train connections to and from central Örnsköldsvik

AN EASY HIKE IN TO ÖRNSKÖLDSVIK VIA THE CITY'S FOREMOST LANDMARKS

If you are approaching from the south, this is your last section on the High Coast Trail. You will pass through Hörnsjön Nature Reserve, which rounds off the hike nicely before you leave Örnsköldsvik by bus or train.

At the beginning of the section, you will walk over a lock bridge over the river Moälven. It's safe to cross, despite a sign saying to do so at your own risk. Once you have walked through the suburb Hörnätt you will come to Hörnsjön Nature Reserve. This is a beautiful area, situated less than a kilometre from downtown Örnsköldsvik. The trail partly follows paths and partly follows the illuminated skiing track.

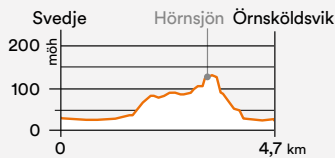
There are several wind shelters with campfire sites around Lake Hörnsjön. From here, there is a short side trail up to the top of Varvsberget where you will find a restaurant with fantastic views over Örnsköldsvik and the surrounding area. From the top you can then follow the road back to the trail.

The last part of the trail follows the railway line before going under it and then past Örnsköldsvik's famous ski jumping hill. From here the trail continues along city streets to the end of this section at the park Stadsträdgården, with views of the harbour cranes in the inner harbour. When the travel centre is open, it can be a good idea to go in for a visit.

Örnsköldsvik has all the services you need: transport, a large range of shops, restaurants, cafés and accommodation. Examples of accommodation include the First Hotel Statt, Elite Plaza Hotel and Vindarnas Hus Hostel. Why not visit Paradiset Spa and Wellness Centre after your long hike here? Getting to and from Örnsköldsvik by bus or train is simple as the public transport system in the region is well developed.



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THE HIGH COAST TOURISM SERVICE

are happy to answer your questions

We are passionate about helping more people explore our region and take part in the activities we have on offer. We also want to put a good word in for the High Coast's genuine products, warm people and wealth of services and activities. You can get in contact with our tourism services in the following ways:

INFOPOINTS:

40 places of interest, accommodation sites and shops offer tourist information as a part of their activities – and all their staff are more than willing to answer your questions on the area.

HIGH COAST TOURIST CENTRE, HORNÖBERGET:

This is where you will get personal advice from our lovely destination sales reps. The tourist centre is open all summer from the end of May until September.

MOBILE TOURIST SERVICE:

During the summer we can be found at various events and places throughout the destination.

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 Region
Västernorrland

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