

## FREEDOM TO ROAM

The Swedish Right of Public Access gives everyone the right to roam freely in nature. With this right comes a responsibility to show consideration for landowners, flora, fauna and other visitors.

- You are allowed to pick wild berries, flowers and mushrooms, but not to break twigs from living trees and bushes.
- Take care of plants and animals.
- You are allowed to walk across private property to access fishing waters.
- You are allowed to camp temporarily without the landowner's permission, provided you do not cause disturbance. Don't leave any rubbish and be careful if you light a fire. You should primarily use the fire places provided. In the nature reserves, lighting fires is only allowed in designated areas.
- From 1 March to 20 August, dogs are not allowed to run loose in areas where there is game.
- In protected natural areas, special rules apply, which can be read on site or at [www.lansstyrelsen.se](http://www.lansstyrelsen.se)

For more information about the Swedish Right of Public Access, visit

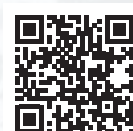
[naturvardsverket.se/allemansratten](http://naturvardsverket.se/allemansratten)



## HIKING ON BOGS

Why not rent a pair of snowshoes to experience an unforgettable walk on one of the many beautiful bogs here in the region? Snowshoes and a guide can be rented at Hestra Guesthouse, which is also happy to recommend beautiful routes for you to explore.

## HESTRA GUESTHOUSE



## HIKE WITH A GUIDE

Whether you're a beginner or an experienced hiker, there's always something new to discover in nature. Join a guided tour and explore the unique wildlife, plant life, and history of the Isaberg region – and learn how to cook over an open fire.



## NATUR- OCH KULTURSTIG NISSAN

In the area around Nissan in the town of Gislaved, you'll find plenty of fascinating sites of natural and cultural interest. A walk along the nature and culture trail Natur- och kulturstig Nissan is a great way to experience and find out more. Along the trail you'll find signs with information about the local flora, fauna and industrial and cultural history. You'll walk past several old industrial buildings and the Gislaved industrial museum, while enjoying beautiful views along the river. On the route is a barbecue area next to the Nissan. The nature and culture trail is marked with posts displaying the trail's specific logo.

### 5 NORTHERN ROUTE

Length: 3 km

Marking: Posts marked with the letter G

Difficulty: Uneven terrain

### 6 SOUTHERN ROUTE

Length: 3,6 km

Marking: Posts marked with the letter G

Difficulty: Relatively easy terrain

### 7 NISSANLEDEN

Length: 8 km

Marking: Arrow markings

Difficulty: Relatively easy terrain

Nissanleden is a walking path between Smålandsstenar and Skeppshult. The path follows the beautiful, meandering course of the river Nissan, and you'll find many beautiful places to admire along the way. A stone's throw from the path is one of the municipality's most impressive historic sites where you can admire Iron Age stone circles. Along the path is a picnic/camping area where the route passes Svenshult.



### 8 ANDERSTORPS STORMOSSE

Length: 3,5 km

Marking: Unmarked

Difficulty: Easy/intermediate

Anderstorps Stormosse is a nature reserve with rich birdlife, covering an area of almost 2,000 hectares. If you're lucky, you might see common cranes or black grouse performing their mating ritual. From the village of Henja, a gravel path for pedestrians and cyclists extends north to Ekenäs. This path is about 3.5 km long. Why not hire a pair of snowshoes and explore the flora and fauna in the bog? The nature reserve also has a birdwatching tower, picnic/camping areas, fire places and a wind shelter.



### 9 DRAVEN RUNT

Length: 9 km

Marking: Marked in orange

Difficulty: Easy/intermediate

The Draven nature reserve, situated about 10 km north of lake Bolmen, is one of Sweden's most interesting bird areas. The lake has been restored to its former state as a shallow lake subject to flooding, amid historic landscape. It now provides an important breeding ground for a wide variety of birds. There is a beautiful hiking trail around lake Draven with viewpoints, a birdwatching tower, a wind shelter, a fire place and a sleeping hut.



## MORE THINGS TO DO

Isaberg region has a rich cultural environment and versatile countryside, resulting in a wide range of leisure and outdoor activities all year

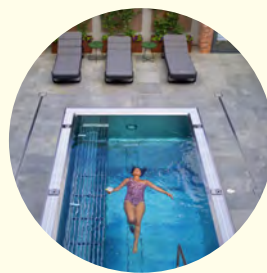


### CANOING

Paddle a canoe and live a wonderful outdoor life along Nissan, one of Småland's most beautiful rivers. The Isaberg region also offers many beautiful paddle lakes such as Majsjön, Fegen and Bolmen.

### SPA

At Hestravikens Riverside Spa guests can relax in the nature-inspired Spa complex, which enjoys a unique location by the Nissan River. Enjoy three hot outdoor pools and a sauna area that hangs out over the Nissan.



### MOUNTAINBIKE

Isaberg, the largest MTB area in southern Sweden, offers 25 marked trails, downhill and flow trails as well as Scandinavian's largest pump track. A true cycling paradise.

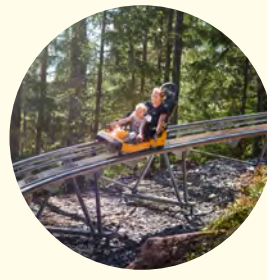
### BIRDWATCHING

Birdwatching is a fantastic way to get out into nature. In our part of Småland, you will find some of Sweden's best places for birdwatching, such as Draven and Store Mosse.



### FISHING

With its 388 lakes and streams, the Isaberg region offers fantastic fishing opportunities all year round for both sport and recreational fishermen.



### ADVENTURE ACTIVITIES

The Isaberg region offers many exciting adventure activities. Here you can try go-karting, tobogganing and zipline in one of Isaberg's high ropes courses.



### GLAMPING

Find peace and recharge your batteries in the forest. Happie camp offers a magical experience hidden in the wild. Stay in a tastefully decorated tent right by a forest lake, without a human in sight.

### WINTER SPORTS

In winter you can enjoy southern Sweden's largest ski resort, Isaberg Mountain Resort, a ski destination with 11 slopes. At the mountain there is accommodation, restaurants, ski rental, ski shop and ski school. Everything you need for a successful ski holiday.



### SMÅLAND FLAVOURS

In the Isaberg region, you can buy locally produced goods directly from the farms in Småland. Here you can buy bottled milk, just like in the old days. Buy vegetables directly from the grower and eggs from free-range hens or enjoy hand-made soaps or a cup of tea in self-designed ceramics.



## HIKING AREA ISABERG - DAY HIKES

The Isaberg area offers a variety of hiking trails, making it a great starting point for those who prefer comfortable accommodations and day hikes. Here, you will find several loop trails of varying lengths and characteristics.

For those looking for longer hikes, we recommend Gislavedsleden, particularly the section between Isaberg and Gislaved, which is about 25 km. From Gislaved, you can take a bus back to Hestra/Isaberg. Another enjoyable full-day hike is Järnbärlleden, which runs between Isaberg and Gnosjö, spanning approximately 20 km. From Gnosjö, you can also take a bus back to Hestra/Isaberg.

### ETTÖ GOLFBANELED

Length: 6 km

Marking: Yellow

Difficulty: Intermediate, hilly terrain. Hikers and cyclists partly share the route.

This hiking trail offers a huge variety of different environments, wonderful nature and fascinating cultural environments. You'll walk from Isaberg, a hill consisting of primary rock, to the Ettö nature reserve. Ettö has an open, fertile delta landscape including fields, beaches and meadows. The hiking trail goes through fields where cows graze in the summer. The nature reserve mainly consists of open meadowland with birch and juniper trees. The area north of Svartvik features a mixture of broadleaf and coniferous forests. The trail takes you across the river Nissan on a beautiful suspension bridge and towards Isaberg golf course. The old Nissafors ironworks and a waterfall are situated here. If you don't want to walk the whole stretch, you can join the trail at Ettö nature reserve.

### JÄTTSTIGEN

Length: 2,8 km

Marking: Yellow/white

Difficulty: Difficult, hilly terrain. Hikers and cyclists partly share the route.

Jättstigen is Isaberg's most challenging hiking route – 2.8 km long with a 160-meter elevation gain. The terrain is tough and will get your heart pumping, but the reward is well worth the effort.

Climb the new staircase, Jättetrappan, with its 500 steps, leading you through a rocky crevice all the way to the top, where a spectacular view awaits.

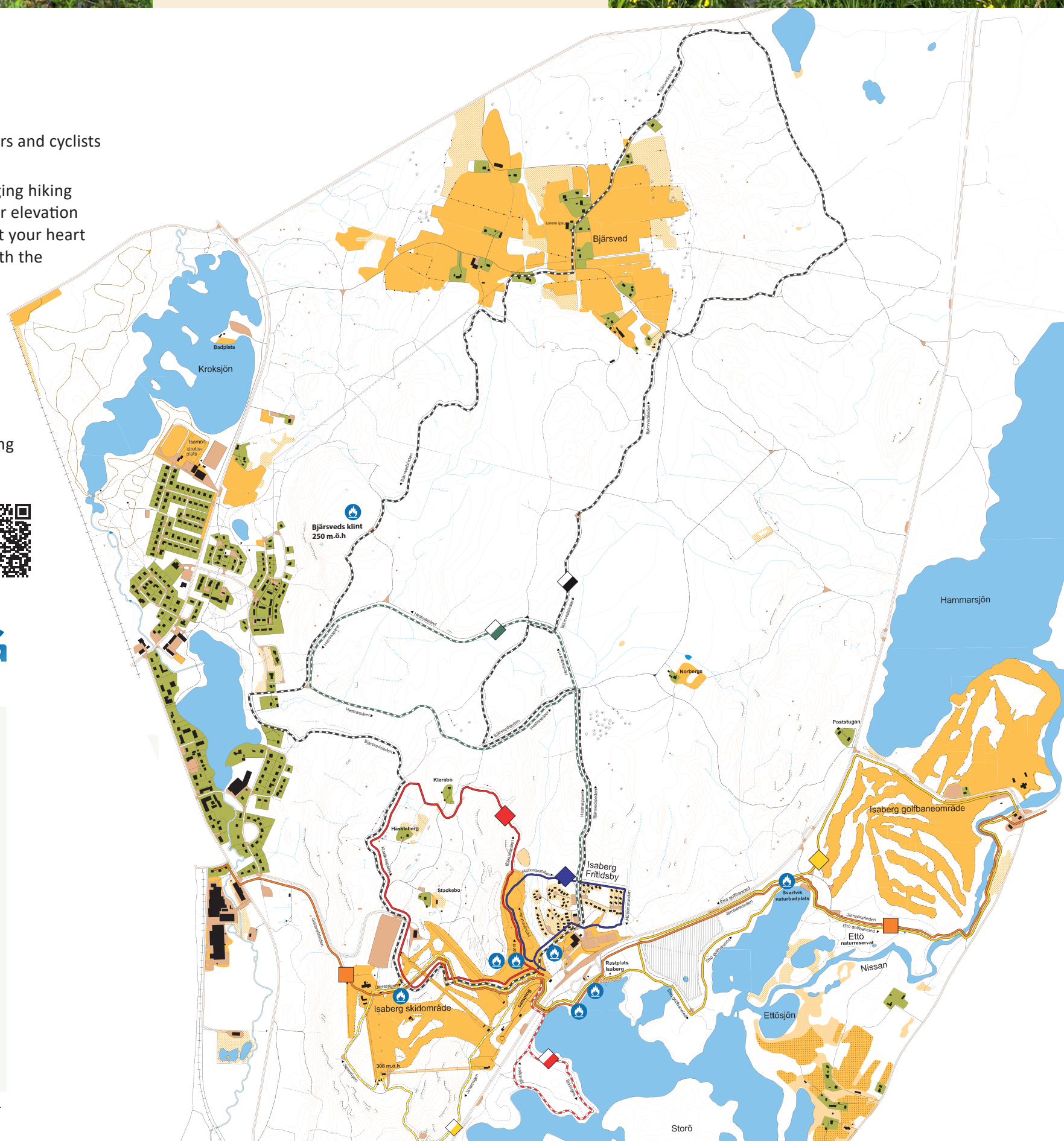
Along the way, you'll encounter the giant Berg and pass several fascinating spots.

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Trail information refers to:	Length   Metres of elevation   Ease of access   Puts
Stugbyrundan	1,5 km   30 hm   Intermediate   Low
Sjöstigen	2 km   20 hm   Intermediate   Low
Jättstigen	2,8 km   155 hm   Difficult   High
Klarospåret	3 km   110 hm   Difficult   High
Hestraapåret	5,5 km   160 hm   Easy   High
Ettö golfbaneled	6 km   60 hm   Intermediate   Low
Bjärsvedsleden	12,5 km   280 hm   Intermediate   Low
Järnbärlleden	21 km   310 hm   Intermediate
Gislavedsleden	100 km   Intermediate   Low

OBS! Routes marked in orange are not circular routes.



# HIKING

MAP AND INFORMATION  
ISABERG REGION,  
GISLAVED MUNICIPALITY





### 1 SMÅLANDSLEDEN (GISLAVEDSLEDEN)

Peaceful silence, enchanting forests, and mirror-like lakes. When hiking along Gislavedsleden, you get to experience the Småland landscape up close. Here, you will encounter lingonberry bushes, red cottages with white trims, and blooming pastures. The trail stretches from Isaberg in the north to Fegen in the south, passing through two nature reserves and several fascinating cultural environments. The 100-kilometer-long trail is divided into different sections, each with its own unique character.

**Length:** 100 Km  
**Marking:** Orange  
**Ground surface:** woodland path, gravel path, asphalt road  
**Difficulty:** Easy/intermediate  
**Connections:** Gislavedsleden is part of the larger Smålandsleden trail. In the south, it connects to Hallandsleden, and in the north, to Höglandsleden via Järnbärarleden.



### HIKING AND WILD CAMPING

If you want to camp in the wild and sleep under the stars, there are four camping areas with wind shelters and fire places along Gislavedsleden. You can choose to hike the whole trail, which is about 100 km long and takes 4–6 days, or just part of the trail. Below you can see the different stretches of the trail and the distances between camping areas.

### Isaberg/Hestra - Hägnalian 14 km

The stage begins at Isaberg, an ancient bedrock hill rising 310 meters above sea level. From the top, the nature reserve offers breathtaking panoramic views. The northern part of the stage is dominated by mystical coniferous forests, while the southern part features the characteristic Småland rural landscape. Along the way, you pass through the small villages of Stenhestra, Dämbo, and Slätteryd. The stage ends at the Hägnalian campsite.

- Tips along the way**
- The view from Isaberg.
  - Isaberg Tower.
  - Isaberg/Hestra: bus and train station, accommodation, grocery store.
  - A detour to the Jättegrygan (Giant's Kettle) at Ångaberget.

**Hägnalian - Leabo Sand 29 km**  
 This stage is the longest and perhaps the most beautiful of the trail. In the central and southern parts of the route, you hike through a lake system surrounded by an enchanting forest landscape. Along the way, you pass Skrivaregårdssjön, Våthultsån, Majsjön, Gällesjön, Assbrunnen, Harsjön, and Sävsjön. The stage ends at the Leabo Sand campsite.

- Tips along the way**
- Drinking water is available in Näs, on the gable of a house about 100 meters from the trail.
  - Connection trail (5 km) to Gislaved town: bus stop, accommodation, grocery stores, restaurants.
  - Arnåsholm: bus stop, accommodation.
  - Swimming spots: Leabo Sand and Båraryd Kyrkesjön.
  - At Våthultsström, there is a power plant that was put into operation in 1919. The elevation drop between Skrivaregårdssjön and Majsjön is just over 10 meters.

THINGS TO SEE ALONG THE ROUTE!  
 Scan the code!



**Leabo Sand - Boberg 14 km**  
 The first part of this stage passes through a lake-rich area, offering many scenic views. After passing Föresjön, the forest becomes denser. In Knavrabo, Gislavedsleden connects to Knavraboleden, a three-kilometer nature trail featuring a viewpoint, a shelter, and old mill ruins. The stage ends at the Boberg campsite, located in the northern part of the Fegen Nature Reserve. This reserve is often referred to as Sweden's southernmost wilderness.

- Tips along the way**
- Drinking water is available at the Förshult farm just before Hällabäck.
  - Outside Hällabäck, the trail follows a section of the now largely decommissioned Västra Centralbanan railway between Landeryd and Falköping.
  - Knavraboleden nature trail.

**Boberg - Grävlingabackarna 15 km**  
 During this stage, you will be hiking through the Fegen Nature Reserve. The reserve includes both Lake Fegen and its surrounding forests. Coniferous forests enclose the lake, but in a few places along the trail, there are beech woodlands that are stunningly beautiful in early summer. We recommend a stop at Sandvik, a hidden gem on the eastern shore of Lake Fegen. The stage ends at the Grävlingabacka campsite. In St. Hålsgrytte, there is an unmarked 5 km gravel road leading to the town of Burseryd, where you can find a bus stop if you wish to start or end your hike there.

- Tips along the way**
- Burseryd: Bus stop, grocery store.
  - Recommended detours: Klockebo Mill and Rosendalsstugan, a 1700s crofter's cottage.
  - Drinking water: Available in Sandvik at the northern gable of the Sockenstugan.
  - Stone church in Sandvik.
  - Summer café and handicraft exhibition at the Sockenstugan in Sandvik.
  - Sandvik's swimming area.

**Grävlingabackarna – Fegen 12 km**  
 During this stage, you continue your hike through the Fegen Nature Reserve. You will pass through several villages with beautiful views of Lake Fegen. In Finnäs, we recommend a detour to the scenic Finnäsåsen—an esker that extends about 1 km into Lake Fegen. The stage ends in the village of Fegen, where you will find a bus station, canoe rental, and a hostel.

- Tips along the way**
- Finnäsåsen
  - Fegen: Bus stop, accommodation, drinking water.

### HIKE BETWEEN ACCOMMODATIONS ALONG GISLAVEDSLEDEN

Hiking between accommodations is a comfortable adventure, allowing you to walk with a light pack without the need to carry campsite gear. Along Gislavedsleden, you will find several charming and authentic lodging options.

Scan the code and read more about hiking between accommodations!



### 2 TUSKEBO PROMENADSTIG

**Length:** 5,5 km  
**Marking:** White  
**Difficulty:** Easy/intermediate. Please note: Unfortunately, this path does not provide adequate access for prams and mobility aids. The Tuskebo walking path extends along lake Tuskebo through fascinating historic and cultural surroundings. The path starts at Pålbo about 5 km southwest of Gislaved. It takes you through two parishes: Våthult and Villstad. Many historic finds show that people have lived in this area since ancient times. These include Iron Age graves near Nissastigen as well as a stone axe and a dugout canoe near Tuskebo farmhouse. Along the route you'll pass several places where people have lived and worked in the past, including a timber cottage and an exceptionally well-preserved potash kiln. There are many signs along the trail with information about people who have lived in the area, such as Cajsa, who walked 80 km to work at the matchstick factory in Jönköping as the sole breadwinner for her family.

Scan the code to read more about hiking!



## HIKING MAP, ISABERG REGION