



## Package 1 - Mountain and sea

The hikes included in package 1 are presented [below](#). You can choose one day hike per day, i.e. a total of six hikes for the whole week. (The hikes are available from September 11th to 16th.) There are 2–3 day hikes to choose from every day. Choose the day hike that suits you best.

You'll get information about what day hike will take place on what day of the week well in advance before your arrival. Extras such as lunch, guides and transports are selected at the next stage of the booking process. Read more about this [here](#).

You can choose not to hike on one of the days, and take a day off or join a full day bus outing instead.

# Hike 1

Choose:

1:1 a. The Kullaleden Trail from central Helsingborg to Höganäs



*©Familjen Helsingborg*

We'll hike along the coast on the Kullaleden Trail between central Helsingborg and central Höganäs. The trail is a high quality hiking trail, and is Leading Quality Trail certified. The hike, with its parks, castles, quaint little fishing villages, beaches and panoramic views of Öresund, offers extraordinary natural and cultural experiences.

Difficulty: Blue

Distance: 20 km

Duration: 6 h

Cost: No

***Available extras***

Guide: 4,200 SEK per group of 25 people maximum

Lunch: Restaurant lunch at 100 SEK

***Or***



## 1:1 b. Panoramic views and parks along Helsingborg's coastal strip, and Sofiero Castle



*©Anna Alexander Olsson*

This round-trip hike begins at medieval watchtower Kärnan. We'll walk on the internationally certified Kullaleden Trail, passing the Slottshagen, Öresundsparken and Vikingsbergsparken Parks. Up on the edge of Helsingborg's plateau, we'll have fantastic views of Öresund and Denmark. Passing through the precious leafy wood Pålsjö Skog, we'll see Pålsjö Mill, Pålsjö Castle and Villa Thalassa. At the end of the wood, we'll reach Sofiero Castle, which has been a summer residence for the Swedish royal family. You can take lunch or "fika" in one of Europe's most beautiful parks. There is a brief introduction on the castle stairs at around 12.00 noon, 1.00 p.m. and 1.30 p.m. On the way back, we'll follow the promenade to Helsingborg and the Dunker Culture House.

Difficulty: Blue

Distance: 11 km

Time spent: 6 hours

Cost: 115 SEK per person, including entrance fee to Sofiero Castle

Possible extras

Guide: 4,200 SEK (per group of no more than 25 people)

Lunch: Restaurant lunch at 100 SEK per person

*Or*

**1:1 c. From palace to palace – two splendid Baroque gardens**



Starting from Fredensborg west of Helsingør in Denmark, with the Baroque Fredensborg Palace from 1722 the tour concludes in Hillerød, home of the largest Renaissance Castle in Scandinavia, Frederiksborg Castle, built 1600-1620. Both palace gardens have recently been brought back to the original appearances and are today splendid examples of Baroque gardens. The tour from one palace to the next brings us on the edge of the beautiful Esrum Lake, passes an idyllic village and enters Grib Forest, the oldest and one of the biggest forests in Denmark. Walking alongside the babbling water of Følstrup Stream we'll have the historical ponds in full view.

Difficulty: Blue

Distance: 19 km

Duration: 6 h

Cost: 410 SEK per person, including guide and transports to and within Denmark

Other: Guide included; it is not possible to choose this hike without a guide

***Available extras***

Lunch: Lunch box at 100 SEK



## Hike 2

Choose:

1:2 a. Where sea meets land on the Bjärehalvön Peninsula



*©Gunnar Magnusson*

The area through which we'll be hiking is made up of both sand and shingle beaches, as well as flat pasturelands covered in heather or junipers, with little pools and marshes scattered here and there. The coastal stretch has a rich flora and fauna. The Bronze Age grave Dagshög, located right next to the trail, is Skåne's biggest burial mound, and its species-rich flora tells the story of a long tradition of pasturage, perhaps going back as far as the grave itself; 3,000 years. Along the whole coast, we'll see traces of the intense stone industry operations that were run here at the end of the 19th century and the beginning of the 20th. It is said that the stone paving on the Kongens Nytorv Square in Copenhagen is from the Bjärehalvön Peninsula. Along the beach strip are several small harbours. Gryteskär was one of Bjäre's most important harbours during the Middle Ages and up until the end of the 19th century. At Stora Hult's beach, we'll get an insight into what the old farming landscape of the Bjärehalvön Peninsula looked like. There is a beautiful bird protection area right next to Gryteskär, between Lervik and Ranarp.

Difficulty: Red

Distance: 20 km

Duration: 4 h

Cost: No

**Available extras**

Guide: 3,670 SEK per group of 25 people maximum

Lunch: Lunch box at 100 SEK

**Or**

**1:2 b. Among Snapphane rebels and highwaymen**



*@Gunnar Magnusson*

We will follow paths and little roads through woods, bogs and farmland. From the Brammarp campsite to Lya, the terrain is largely flat and easy to hike through. Then, the Hallandsåsen Ridge starts to slope downwards, and by Kungsberget, it starts to get steep. Be careful! In the olden days, the area was feared as a place frequented by both Snapphane rebels and highwaymen, and nobody could feel safe when travelling across the ridge. The trail takes us straight through the great Älemosse Bog that also has drier sections of bush vegetation dominated by junipers. We'll carry on hiking through Lya heather heath – the only large heather heath area with a high biological and culture historical value that remains in Skåne today. The landscape changes character, opening up into a more vibrant, agricultural landscape with more buildings, and the traces of times gone by become more evident. Up here is the province border between Halland and Skåne, and we have a magnificent view across the Laholmsbukten Bay, far into Halland. The hike takes us past Finsbo flax dryer – used a hundred years ago when the fields were blue with flax flowers.

Difficulty: Black

Distance: 12 km

Duration: 2,5 h



Cost: No

**Available extras**

Guide: 2,605 SEK per group of 25 people maximum

Lunch: Restaurant lunch at 115 SEK

## Hike 3

Choose:

**1:3 a. The Skåneleden Trail – hiking along the sea**



The sea is our constant companion, and we really get to enjoy the beautiful views throughout the hike. We'll follow the Skåneleden Trail along beautiful coastal roads, imposing sand dunes with plenty of pleasant bays for bathing, and through idyllic little villages filled with cultural history and quaint marinas for smaller boats. The hike goes along long stretches of beautiful beach moors with a rich bird life, also boasting beautiful thrift, Japanese rose and juniper vegetation.

Difficulty: Red

Distance: 24 km

Duration: 6 h

Cost: No

**Available extras**

Guide: 4,200 SEK per group of 25 people maximum

Lunch: Lunch box at 100 SEK

*Or*

### 1:3 b. Panorama Öresund



*Photo: Thomas H Johnsson*

Panorama Öresund is a very fitting name for this hike. We'll feel the proximity of the sea throughout, and can experience the old town of Landskrona, dating back to the 15th century, and Borstahusen's genuine fishing village from the 18th century. Halfway, we'll reach the hike's real highlight; Panorama Öresund and its magnificent view of Ven, Copenhagen and Elsinore in the west, and Landskrona and Helsingborg on the Swedish side. We'll no doubt be able to glimpse the Öresundsbron Bridge to the south as well. We'll pass rolling landscapes and discover yet another fishing village in Ålabodarna.

Difficulty: Red

Distance: 14 km

Duration: 3.5 h

Cost: No

**Available extras**

Guide: 3,670 SEK per group of 25 people maximum



## Hike 4

Choose:

1:4 a. Earth, wind and water



© Britt Marie Andersson

This hike has a lot of highlights. Amongst other things, we can visit different caves at Josefinelust, some of which have been partially inhabited since the Stone Age. The Nimis driftwood palace is another highlight, located in the "independent state" of Ladonia, declared by controversial artist Lars Vilks. (Nimis can only be visited with a guide, and requires good physical fitness.) We'll also visit Håkull, Kullaberg's highest point with a magnificent view all the way towards Copenhagen. The landscape is varied and challenging. Through beech forests, past forest lakes, up high mountains and down along the coastal strip. We'll end the hike in the picturesque fishing village of Arild.

Difficulty: Black

Distance: 12,5 km

Duration: 6.5 h

Cost: No

### **Available extras**

Guide: 4,200 SEK per group of 25 people maximum

Lunch: Lunch box at 100 SEK

*Or*

**1:4 b. Wonderful, wild, wondrous Kullaberg**



We'll start our hike in the picturesque village of Mölle, and continue on towards Ransvik, where the rumour of the "sinful Mölle" was created in the early 20th century – men and women bathed together, wearing stripy bathing suits. Through birch and juniper woods, over hills and cliffs with breathtaking views of Öresund, we'll approach Kullen's Lighthouse at the top of Kullaberg. This has been a lighthouse site since the 13th century, and the famous astronomer Tycho Brahe was the lighthouse keeper in the 16th century. Now, it is Sweden's brightest lighthouse. Traces from the early Stone Age have been found in caves at Kullaberg. The natural stony beaches and caves have also been used by fishermen and smugglers. We'll continue our hike through tall broadleaf woods with fantastic views of the Skälderviken Bay down over the mountain, and finish in Mölle.

Difficulty: Black

Distance: 10 km

Duration: 4 h

Cost: No

***Available extras***

Guide: 3,670 SEK per group of 25 people maximum

Lunch: Restaurant lunch at 100 SEK



## Hike 5

Choose:

1:5 a. Walk together @ Hovdala – The hunt for Gullspira



*@In Phokus by Funke*

The trail begins at the much spoken about Hovdala Castle, dating back to the Middle Ages. The hunt for Gullspira seeks the wild and inaccessible. We'll hike through hilly and wild terrain in the north, and through little hazel woodlands and sheep pastures in the south. This hike, that may include elks, sheep, goats, bats and sea eagles, passes Scandinavia's biggest tree house, Trinta Lycka, a circular old pig enclosure made of stone, and many of the area's fantastic lookouts.

Difficulty: Black

Distance: 21 km

Duration: 6 h

Cost: No

**Available extras**

Guide: 4,200 SEK per group of 20 people maximum

Lunch: Restaurant lunch at 100 SEK

*Or*

**1:5 b. The Wanås Trail**



*@skane.com@sypol.com*

On a tarmacked road, we'll hike through the unique nature of Göinge. Along the way, we'll pass forestry sites and farmland, and we'll get an insight into current society as well as the society of the past through the typical buildings that we see. When we reach Hanaskog, we'll visit Kviinge Church, built at the beginning of the 13th century. There are many treasures here, among them Anna Krabbegård's bridal crown, which has adorned the head of many a Göinge girl heading down the aisle. From Hanaskog, we'll hike through open farmland past the Almaån River, a well-known fishing water. In the village of Vanås, we'll find the Wanås Estate and Wanås Art, where nature and history meet high quality art. Wanås Art produces, presents and acts as an intermediary for contemporary art, serving those in the know as well as those who are less practised. Since 1987, international, contemporary art, especially site-specific installations, is shown here.

Difficulty: Green

Distance: 14 km

Duration: 3 h

Cost: No

Other: After the hike, you can visit Wanås Art and its exhibitions, entrance costs 150 SEK incl. 30 min Guide Introduction.

**Available extras**

Guide: 3,140 SEK per group of 25 people maximum



Lunch: Restaurant lunch at 110 SEK

*Or*

**1:5 c. The Swedish wilderness – from black gold to blue lakes**



This day hike goes along the Skåneleden Trail, with opportunities for brief detours to say hello to trolls and visit the sites of bloody Snapphane battles. The start of the hike goes through a fascinating landscape, scattered with great boulders. This area is riddled with trolls, and people say there is a troll living in every hillside and in every boulder. We're in Stenriket (Stone Country), a geographic name given to the important Swedish stone industry. Now, there are only a small number of quarries left, but the diabase – the black gold – is still of the highest quality. We'll travel along little paths and gravel roads, through ancient woods and charming, cultural landscapes, leading us to Strömsborg's Spinning Mill, a prizewinning destination and working life museum. We'll take a break here, take a guided tour, and have a look at the restored mill wheel. We'll carry on towards the Osbysjön Lake, which marks the end of today's hike. On the way there, we can take a detour to Hönjarum's Redoubt, the site of bloody Snapphane battles in which Danes and Swedes fought during the 17th century.

Difficulty: Red

Distance: 17 km

Duration: 5.5-6 h

Cost: 50 SEK per person, including entry to and guided tour of Strömsborg's Spinning Mill

***Available extras***

Guide: 4,200 SEK per group of 25 people maximum



Lunch: Lunch box at 100 SEK

## Hike 6

Choose:

**1:6 a. Bjeveröd – Ekeröd, forest hiking at its best!**



Here, we'll find our way through a wooded rambling area on paths and plank footbridges. We'll get up close and personal with lush river environments, bogs, cultural landscapes and grand forests. We'll walk through Fulltofta rambling area. At the beautiful Kvesarumån River, we may see salmon trout and European brook lamprey. When we pass the Hanakällan Spring, clear, cool water appears from below ground. We'll ramble past Hjällen, the remains of a volcano, where the beech forest is particularly rich in species. We'll cross the unsteady Sjömossen Bog on plank footbridges, and follow gravel roads through a rich forest landscape for the last section of the hike. The hike begins or ends at the Ekerödsrasten rest stop, where there is access to good services.

Difficulty: Red

Distance: 12 km

Duration: 3 h

Cost: No

*Available extras*

Guide: 3,140 SEK per group of 25 people maximum

Lunch: Lunch box at 100 SEK



*Or*

**1:6 b. From the Middle Ages to today in Sweden's smallest national park**



*@Mats Hagwall*

Sweden's smallest national park, Dalby Söderskog, is currently a flowering, leafy hall, where the forest has been left to its own devices. But alongside nearby nature reserves, the area has been at man's service for over a thousand years. During the hike, starting at Dalby Church and its ruined abbey, we'll delve into the historical landscape, hearing stories of monks, hunting parks, and changes to the cultural landscape. We'll walk through the national park, eventually reaching Skrylle, Lund's nature and outdoor centre, via pastures and woods. Here, we can visit Skrylle's visitor centre and learn more about the area's nature. After lunch, you can continue the day with further rambles at one of Skrylle's hiking trails, all of varying distance.

Difficulty: Green

Distance: 5,5 km

Duration: 1.5 h

Cost: No

***Available extras***

Guide: 2,075 SEK per group of 25 people maximum

Lunch: Restaurant lunch at 100 SEK