

## WHY CYCLING?

Cycling is an excellent way to cover a larger area during your visit, and to get to places you otherwise wouldn't have reached on foot or by car. There are many hidden gems in the national park, waiting to be explored.

## WHAT KIND OF BICYCLE?

A mountain bike or gravel bike is preferable on the suggested loops, especially if you want to cycle on trails or be more flexible with your route. If you stay on the larger roads a normal city bike is also fine.

## SUSTAINABLE RECREATION

Söderåsen national park has high natural values and is a popular destination with many visitors. To preserve these values, it is important that the disturbance on nature from outdoor recreation is kept at a minimum. By staying on the roads and trails where cycling is allowed, you're contributing to a sustainable use of nature areas. It is not allowed to cycle on the marked hiking trails or outside the roads and trails. If you're looking for designated mountain bike trails or would like to cycle in more challenging terrain, there are several mountainbike trails in Klåveröd nature area, bordering to the national park. Bring a bag for your trash and be gentle with nature.

## CYCLING ETIQUETTE

There are many people who would like to discover Söderåsen. To ensure that everyone will have an enjoyable visit, it is important to show respect to other visitors, regardless if they're on foot, with or without baby stroller or on horseback. Slow down in time and keep an eye out, especially where the view is limited. Remember that bicycles are quiet, and others might not hear you approaching them. Make this clear by using your bell or voice. Especially horses are easily startled by sudden movements and sounds.

## PARKING AND FIKA SPOTS

Park your car in Röstånga, Skärålid, Kopparhatten, Härsnäs, Liagården or Kvärk. The parking in Skärålid can be full during weekends, so pick another one if you're able to. You can get to both Kopparhatten and Hjortsprånget by bike! At Liagården, Nackarpsdalen (Röstånga) and Skärålid there are designated fireplaces. You'll find other nice spots for lunch or a fika break at the Härsnäs ponds, Kvärk, Kopparhatten and the Odensjön lake.



SÖDERÅSENS  
NATIONALPARK



# CYCLING



## CREATE YOUR OWN ROUTE

Pick one of the suggested loops, put something together yourself from the numbered segments below, or make up something completely new. The choice is yours! There are many options for modifying your route in and outside the national park, and many places to visit. Remember that there are significant changes in elevation in the area. None of the routes are marked in the field as such, so bring the map.

## SEGMENTS

1 ... 2	7,2 alt. 10,1 km	4 ... 1	0,8 km
2 ... 3	5,4 km	5 ... 6	2,6 km
3 ... 4	4,7 km	6 ... 7	2,5 km
3 ... 6	3,5 km	7 ... 5	3,3 km
4 ... 5	1,7 km	7 ... 1	5,6 km

## OUR SUGGESTIONS

*THE LONG LOOP* - 27-30 km (via lake Odensjön, Härnäs, Skärålid, Kopparhatten and Kvärk)

All in one! A challenging ride all around the national park. Start and finish in Röstånga to complete the day with a dip in lake Odensjön (D), if the weather allows...

7 6 5 4 1 2 3 6 D alt 7 1 2 3 6 D

*MELLANRUNDAN* - 13 km (via Liagården and Härsnäs)

Make a detour to Härsnäsdammarna (C) or Hjortsprånget (B) for a fika break. Park at Härsnäs or Liagården. At Liagården (A) there are several wind shelters and fireplaces.

5 4 3 6 A B C

*SJÖRUNDAN* - 9 km (via lake Odensjön and the Härsnäs ponds)

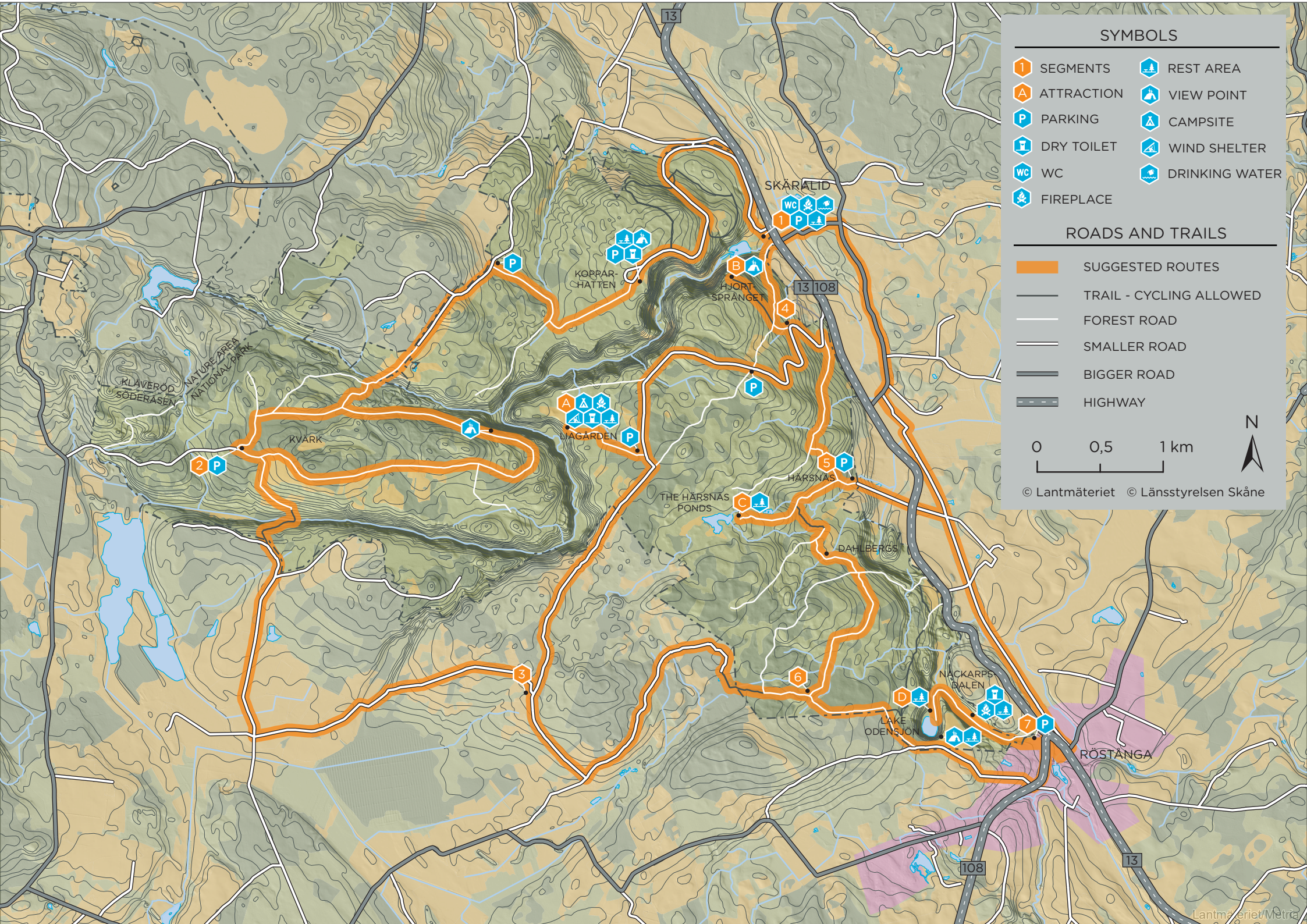
A shorter ride among deciduous forest and fields. Stop at the Härsnäs ponds for a fika break (C). If you start and finish in Röstånga you can complete the day with a dip in lake Odensjön.

7 6 5 C D

*SKÄRALIDSDALEN RUNT* - 18 km / 21 km (via Skärålid, Kopparhatten, Kvärk and Liagården)

A beautiful but challenging ride with significant changes in elevation. Make a detour to Hjortsprånget (B) for a grand view of the rift valley, if Kopparhatten wasn't enough. Decide if you want to do the loop around Kvärk or not (3 km difference).

1 2 3 4 A B

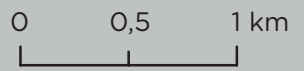


**SYMBOLS**

- |            |                |
|------------|----------------|
| SEGMENTS   | REST AREA      |
| ATTRACTION | VIEW POINT     |
| PARKING    | CAMPSITE       |
| DRY TOILET | WIND SHELTER   |
| WC         | DRINKING WATER |
| FIREPLACE  |                |

**ROADS AND TRAILS**

- |                         |  |
|-------------------------|--|
| SUGGESTED ROUTES        |  |
| TRAIL - CYCLING ALLOWED |  |
| FOREST ROAD             |  |
| SMALLER ROAD            |  |
| BIGGER ROAD             |  |
| HIGHWAY                 |  |



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