

**T**he green hillsides towards lake Rottnen and lake Grässjön gave name to the whole district Gräsmarken which in the olden days was pasture land for the larger estates in Sunne.

What used to be outlying land is nowadays a friendly countryside with a flourishing culture and small farms surrounding the lakes like pearls on a string.

The valleys are covered with dense spruce forests, still full of an air of ancient mystery.

Anyone seeking nature experiences will find a diversity of places worth visiting. For adventure or just for peaceful contemplating.

The hilly landscape offers spectacular views, and there are several marked trails with varying difficulties.

A numerous amount of small lakes provides the opportunities for swimming, fishing or canoeing.

It is easy to find your very own beach or camping site.

***Welcome to find your own gem in beautiful Gräsmark!***



# GRÄSMARK

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**From around year 1630** Forest Finns whose ancestors came from Savolax in Mid-Finland started to inhabit the waste forests in Gräsmark. In only a few decades the smoke from burning woodland could be seen all around lake Kymmen. They brought the slash and burn technique and in the lukewarm ashes they planted their special kind of rye. From one seed only if other circumstances were right, they could get as much as 100 grains.

The Finns kept their culture and language for several hundred years. The remains of their settlements can still be seen in ex Kalvhöjden and Tiskaretjärn, places that are now nature reserves with the meadows maintained with traditional methods. Other traces of the Forest Finns can be found in Timbonäs where two of their typical buildings, a ria – a smoke house for drying rye, and a bastu - a sauna heated with burning wood, and also a spectacular stone with magical carvings, can be found. In Gräsmark you can visit a typical smoke house at the folk museum. One Forest Finn that became quite famous was Lars Jönsson Lumiainen, Lomjansguten (1816 –1875). The music he created and performed on his violin still magnetizes an audience up until this very day.

There might have been some suspicion between the Swedes and the Finns in the early days, but when it was time to build a new church their efforts were united. Perhaps it was also working in the small mines and industries that helped the unification of the two groups. In Mangen there was mining from the 16th century. Along the trail "Gruvrundan" plenty remains are still to be seen. At Högfors there was once a forge, a saw mill, a pulp mill and several flour mills. All the mills and mines were closed down around the year 1900.

The church from 1738 is still a very popular wedding church with its beautiful location and its stunning paintings in the ceiling made by Erik Jonaeus (1733 – 1805) picturing among all, the ultimate judgment.

During the last decades of the 1800's destitution spread in Gräsmark. The poverty and starvation forced many to seek their income in the waste forests in Norrland, but many sold their possessions and emigrated to the U.S.A.

## Welcome to **GRÄSMARK**



**A vivid countryside with  
breathtaking nature!**



Utveckling Gräsmark  
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## Activities

- Trekking
- Paddling
- Swimming
- Fishing
- Skiing
- Riding



## Restaurants

- Kalasmakeriet på Prästgårn
- Nya Gräsmarks Pizzeria
- Vårdshuset Tvällen

## Summer cafes

- Hembygdsgården
- Hår och kaffe
- Ladugården Hantverk & Interiör
- Naturcamping Lagom

## Grocery store

- ICA Nära Rottnahallen



## Places of interest

- The church
- The folk museum
- The Mines in Mangen
- Rokkmakksstugan
- Nature Reserve Kalvhöjden
- Nature Reserve Tiskaretjärn



## Living

- Gården Tvällen
- Hedås Bygdeförenings camping
- Magneberg Turisthotell
- Nature Adventure
- Naturcamping Lagom
- Treens Camping
- Tvällens fritidsstugor (Cottages)

