



EXPLORE GRÄSMARK

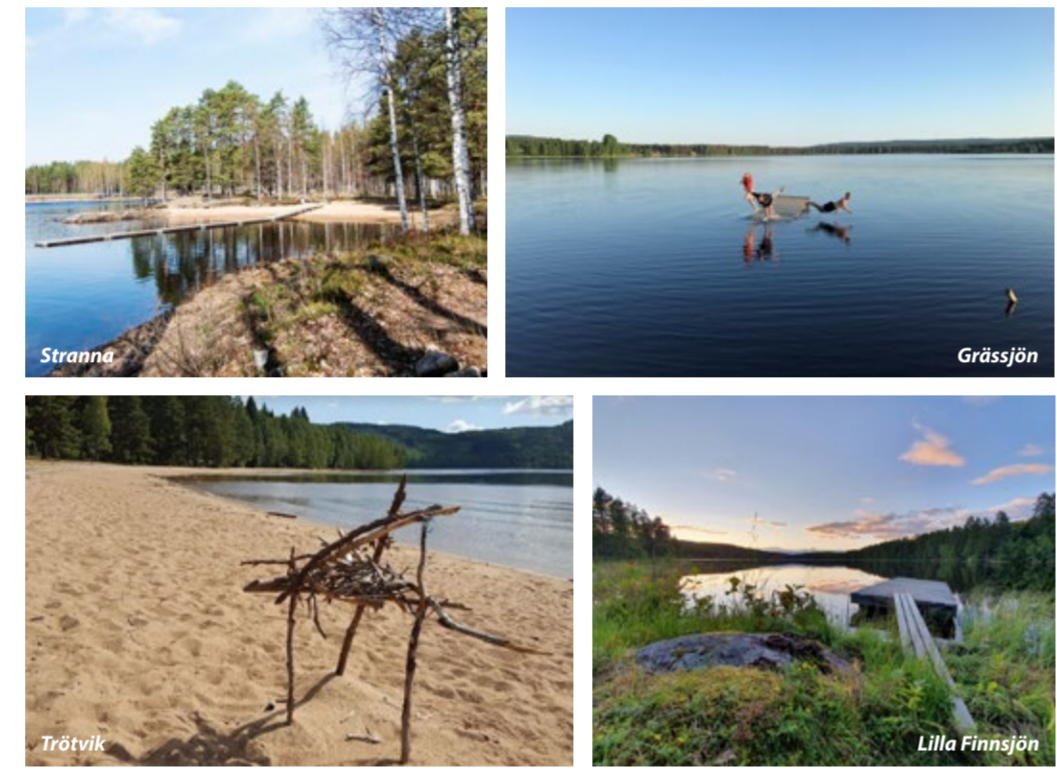
A vivid countryside with breathtaking nature!



Bathing areas

There are a number of attractive bathing areas in Gräsmark, all with their own character. A selection of these are listed below. It is also easy to find your own private bathing cove by many of the lakes.

- Stranna, Kymmen** – Attractive south-facing 40-metre long bay, with sandy/gravel bed. Grass, sandy beach and rocks. Jetty, tables, barbecue area, log shelter, swings and boules court. Outdoor toilets.
- Lilla Finnsjön** – There is a bathing spot at the southern end of the Lilla Finnsjön forest lake, as well as Holmsjön, around 2 km from Bygdegården (the community centre), in the direction of Bredsjön.
- Grässjön** – Attractive, idyllically situated 200-metre long sandy beach, close to the campsite. Easily accessible from the small car park along the road towards Torsby.
- Lillsjön/Udden** – Beautifully situated, south-facing bathing area in the church village. 100-metre long beach with grassy area, and sandy bed. Jetty and benches. WC.
- Trötvik, Rottnen** – Popular 700-metre long, south-facing sandy beach. Shallow shoreline with sandy bed. Outdoor toilet.
- Borrsjön** – Forest lake with narrow sandy shores close to the gravel road. Shallow shoreline, often with warm surface water. Lifebelts. Barbecue area. Parking for 4-5 cars.
- Ångsjön** – Enchanting forest lake with jetty, changing room and tables. Two bathing spots, including one with an accessibility-adapted jetty. Outdoor toilet.
- Västerrottna, Rottnen** – Attractive bathing area with jetty, table, barbecue area and changing room. Shallow areas of shoreline, with sandy/gravel bed. Outdoor toilet.



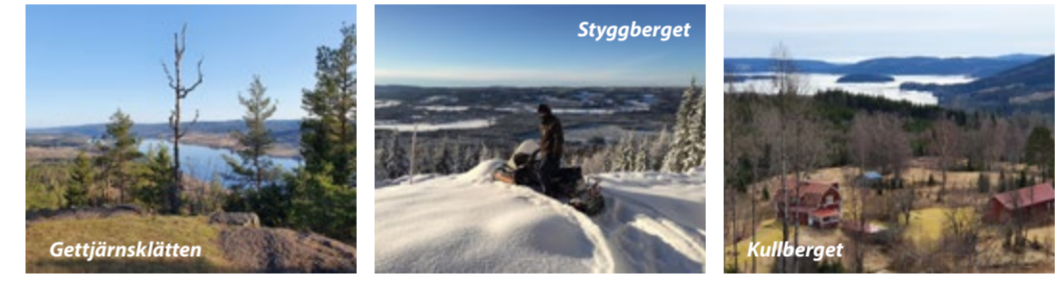
Fishing

There are a wide range of fishing opportunities, e.g. river fishing, trolling and put and take fishing (inplanted rainbow trout). Common types of fish include perch, pike and brown trout. All fishing areas require a fishing permit. There is no charge for children under the age of 16 years (except put and take fishing). Fishing with hand-gear only. For more information, please see [grasmark.com](http://grasmark.com)

- Rottnen, Kymmen and Norra Gräsmark fishing conservation area** – Around 50 waters with varied fishing. Fishing permits available at Ica Nära Rottnahallen and at [fiskekort.se/fiskevardsomrade/fiskeigrasmark](http://fiskekort.se/fiskevardsomrade/fiskeigrasmark)
- Haklamp** – Put and take fishing. Small lake north of lake Kymmen.
- Torptjärn** – Put and take fishing. Small lake north-west of lake Grässjön.
- Hundtjärnet** – Put and take fishing.
- Västerrottnabygdens fishing conservation area** – Fishing permit, see [grasmark.com/att-gora/fiske-i-grasmark/](http://grasmark.com/att-gora/fiske-i-grasmark/)
- Ångens fish conservation area** – Lake Ångsjön, Arctic char fishing. Accessibility-adapted jetty. Ice fishing. Boat and overnight cabin on an island in lake Ångsjön can be booked when buying a fishing permit. Additional small lakes with perch, pike and roach, see [ifiske.se](http://ifiske.se) for list and fishing permits. A boat can be borrowed at Rötjärn.
- Mangen-Treen fishing conservation area** – Part of Gräsmark. Wheelchair-accessible jetty at Lilla Tiskaretjärn. For fishing permits see [ifiske.se](http://ifiske.se)
- Bogens fishing conservation area** – Part of Gräsmark. Fishing permits can be purchased at Tvällens Vårdshus.
- Lugnet Lodge in Västerrottna** – Put and take fishing. Private fishing waters. Fishing permits sold on site.

Scenic vantage points

**18 Gettjärnsklätten** is located 10 km south of Uddheden, on the eastern side of lake Rottnen, and offers sweeping views across Rottnadalen. The hike up through the nature reserve is steep in places, but the reward is worth the effort. The walk up to **19 Styggberget** (east of Uddheden) is also challenging in places, but the views over the church and lake Lillsjön are breathtaking. From **20 Grinnberget** there is a magnificent view over lake Grässjön. The route up includes small gravel paths through beautiful areas of pine trees. The final stretch leading to the vantage point consists of small paths that are steep in places. Located at Timbonäs is **21 Kullberget**, which provides magical views over lake Kymmen. It is especially beautiful during the spring, when the ground is carpeted with blue anemones. Most of the vantage points are reached by following signed hiking paths. Beautiful views can also be experienced from the car or after only a short walk – for example, at the Kalvhöjden nature reserve.



Hiking trails

Some of Värmland's finest hiking trails are to be found in Gräsmark. Gruvrundan, Tiskaretjärnsleden and Ängenleden are among the best hiking trails in Värmland.

Värmland hiking trails

- Gruvrundan**  
Gruvrundan offers varied, mid-difficulty hiking through an old mining area. From 1564 until the early 1900s, copper and iron ore were mined here. Interesting remains can be found at several sites along the trail, including a cable-driven transport system, a boiler, building foundations and mounds of skarn. Gruvrundan features a rich and distinctive flora due to the hypersthenic bedrock.  
**Length:** 10 km, around 4.5 hours. An alternative is the 3 km long Peckererundan, which leads to the processing plant and the furnace in Karlsvik. The hike takes around 1 hour.  
**Directions:** Signed posted from road 885, between Gräsmark and Charlottenberg. There is an information board on site.
- Tiskaretjärnsleden**  
Tiskaretjärnsleden passes the two nature reserves Tiskaretjärn and Kalvhöjden. Hiking through ancient woodlands and across open ground with a rich flora. The nature reserves are managed in the traditional manner, with scything, and grazing by old breeds of cows and sheep. Tiskaretjärnsleden links Gruvrundan together with Ängenleden. There are several rest stops along the way.  
**Length:** 13 km, around 4 hours. Note that Tiskaretjärnsleden is an one-way trail. Shorter trails are also available at Kalvhöjden (Ambiastorpslingan) and at Tiskaretjärn (Tischasslingan) of around 4.5 km. Please be respectful of those living and working at the nature reserves, and keep to the trails.  
**Directions:** Same starting point as for Gruvrundan.
- Ängenleden**  
Ängenleden passes around lake Ångsjön, providing spectacular views and varied natural surroundings. From the early 1600s, the surrounding forests were home to 'Forest Finns'. Various remains are still visible, including cultivation cairns, building foundations and trapping pits. It is possible to start at different places, such as at Rokkmakkstugan. Rest stops and information boards are located at various places. The Ängenleden trail as a whole is classed as difficult, but the network of paths makes it possible to walk for shorter distances. Below Rokkmakkstugan there is a bathing area, as well as the opportunity to borrow a boat when buying a fishing permit. There is a cabin for overnight stays on the island of Kullerholmen.



Other hiking trails

- Timbonäs and Långnäs**  
imbonäs-Långnäs Byalag clears and marks out old trails left by the Forest Finns. **31 The Forest Finn cultural trail** begins at the Kvarna cottage and passes the old Forest Finn settlement at Kammesmark, where a 'star stone' featuring several engraved pentagons was found, which is believed to be around 400 years old. Here there is also a stone-built pen that was built to provide night shelter for livestock. At Abborrtjärnet there is a stone from a tar kiln and the ruins of a mill, and at the end of the path, by Kullen, there is an old drying house for grain. Kullen is a private home, so please show consideration. **Length:** Around 8 km with varying degrees of difficulty, around 4 hours.
- A relatively short stretch runs from **32 Lusketorp**, starting at Magnus Jansson Knox's tar kiln alongside Byvägen. Via Nererstöga, with its still-intact earth cellar with a stone column, passing the ruins of Överstöga, you reach Månstorp, which was one of the first 'own-home' houses in Timbonäs. It was built using the remains of the old smokehouse. The trail continues past abandoned cars and glacial erratic boulders to the farm at Backen. The remains of the buildings can still be seen, and there was once a shop here. Having passed 'När Jens', where the long grass grows around the building foundations, and where the cellar still remains, you reach the forest road – turn right to get to Byvägen. **Length:** Around 3.5 km, 2 hours of easy hiking.

Maps showing several walking routes are displayed by Byalaget's **33 Kvarna** cabin and at **34 Simonstorp**.

**Finnsjön**  
The trail begins at **35 Finnsjöns bygdegård**. It then passes through the Finnsjön village, up towards Gärdvallen, past Kymmen and on to Holmsjön, before turning back to the starting point past the house at Gropa. Somewhat steep to begin with, and varies between paths and tracks. **Length:** Approx. 6-7 km.

- Uddheden – Gräsmarksdeltat**  
A easy hiking trail of around 4.8 km has been cleared along the delta of the Rottnan river. Gräsmarksdeltat is one of Värmland's biggest subglacial-stream deltas. Historical information is presented along the trail. The trail begins at the southern end of Rottnavallen, and passes through a pasture that is sometimes used by grazing animals. A somewhat shorter variant begins where this trail meets a narrow road that starts shortly before the old sawmill, along the road towards Gettjärn and Sunne. There is also a small car park here. There is a rest stop close to the end of the trail.

Sights to see

**22 Gräsmarks kyrka** is a church with origins dating back to the 1600s. With its lakeside location by lake Lillsjön (Udden) and its beautiful interior, this is a popular site for weddings. The painting on the ceiling depicting the final day of judgement is by the renowned church artist Erik Jonaeus, and attracts visitors from near and far. During the summer, there is a roadside café at **23 Hembygdsgården**. The buildings are examples of the farm buildings characteristic of both the Forest Finns and the Swedish countryside. Some of the buildings contain historical tools and utensils. In summertime, the Sunday dances are popular events, and the annual convention of accordian players always attracts many visitors. Midsummer is also celebrated here in accordance with old Swedish traditions, and like the atmospheric Christmas market it is an appreciated annual event.

Those who are interested in Forest Finn culture will find much to discover. The traditions of the Forest Finns endured in the northern Finnskogen. In **24 Långnäs** and **25 Timbonäs** the names of many farms, lakes, and mires are reminiscent of the migrant's origins in Finland. Of the three main buildings characteristic of the Forest Finns – the drying house, the smoke sauna and the smokehouse – both a drying house and sauna can be found in Timbonäs. Hembygdsgården is home to Gräsmark's only remaining smokehouse.

Nature reserves

- Tiskaretjärn**  
Atikullen ('hill of destiny'), with its rich flora, forms part of this reserve. The name comes from the Finnish word Athio, which means fate or destiny. As far as possible, the reserve is managed in accordance with old traditions. The management of land using scythes and grazing animals, among other things, is essential to the conservation of those plants, animals and insects that are presently endangered. Among the plant species found at Tiskaretjärn are field gentians, greater yellow-rattles, hayrattles and alpine bistorts. The domesticated animals in the reserve such as the cows and sheep are representatives of endangered breeds. The area is part of the EU network for nature protection areas, Natura 2000.

Kalvhöjden

The bedrock consists of dark shale, which makes the soil rich in nutrients. Together with different moisture levels, this creates good conditions for a rich and varied flora. More than 150 different species of plants have been noted in the reserve.



Discover the waterways

For those with canoes, kayaks or boats, the area's waterways are exciting to explore. Launch ramps are available at lake Rottnen and lake Kymmen. Boats can be borrowed in conjunction with purchases of fishing permits at lake Ångsjön and **37 Rötjärn**, and boats can also be hired from **59 the Tvällens fritidstugor** holiday village. For more alternatives, see [grasmark.com](http://grasmark.com)

The Rottnan forest river is a nice route for canoes that opens into lake Rottnen. It is possible to start at different **38** places, according to how far you want to paddle. Canoes can be hired at **57 Naturcamping Lagom** close to lake Lillsjön. A canoe package can also be purchased via Vildmark i Värmland. For those who wish to stay overnight, there are options to set up tents or sleep in log shelters by several of the lakes.

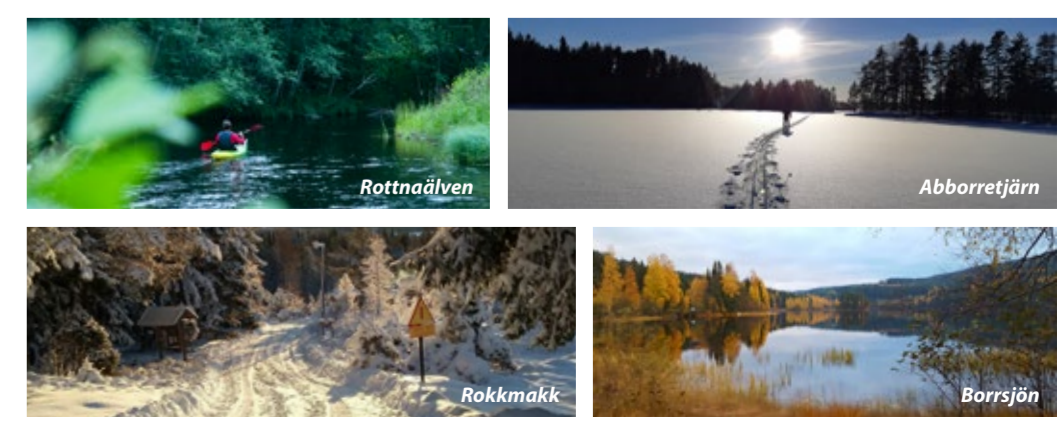
Winter sports

There are cross-country skiing tracks with electric lighting in **39 Uddheden** passing along the river at Rottnan, and at **40 Hedås**. Both tracks are around 2.5 km in length. In winters with sufficient snow-cover, tracks of varying lengths pass close to Rokkmakkstugan in Ången. When conditions allow, tracks for skiing and ice skating are also prepared on lake Ångsjön. Close to Rokkmakkstugan there is also a popular slope for sledging. Here, visitors have launched themselves down the slope for generations, before warming themselves in front of the open fireplace, with hot chocolate and waffles. You can also bring your own food, or have a barbecue at the log hut.

For those who prefer downhill skiing, Sunne Skicenter is not far away. Moreover, Hovfjället and Branäs in northern Värmland usually have runs that are open even in mild winters. Also, for those who enjoy skiing all-year-round, the popular ski tunnel at Torsby Skidunnel & Sportcenter is a great alternative.

For longer visits

Visitors enjoying longer stays are offered a range of activities by local clubs and associations. For those interested in shooting, Gräsmarks skytteförening has a modern shooting range, and organises activities and competitions for young people and adults. Gräsmarks Gymnastik och Idrottsförening (GOIF) has children's football teams and athletics training at **41 Rottnavallen** during the summer, which also has a tennis court, a riding course, and a clubhouse with a gym. Brandsbols skidklubb (BSK) arranges skiing training for children and young people. Gräsmark also has several organisations that arrange a wide range of activities, including hikes, boules, dances, traditional Walpurgis celebrations, harvest days, fishing competitions, cafés and much more. Gräsmark's website [grasmark.com](http://grasmark.com) lists local businesses and organisations, as well as the latest information about events.

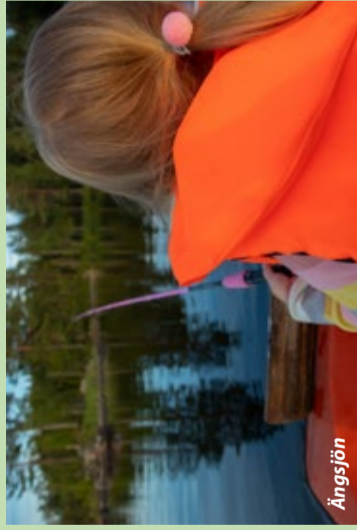




Västerrottna



Sunday dance at Hembiggatälven



Angsjön



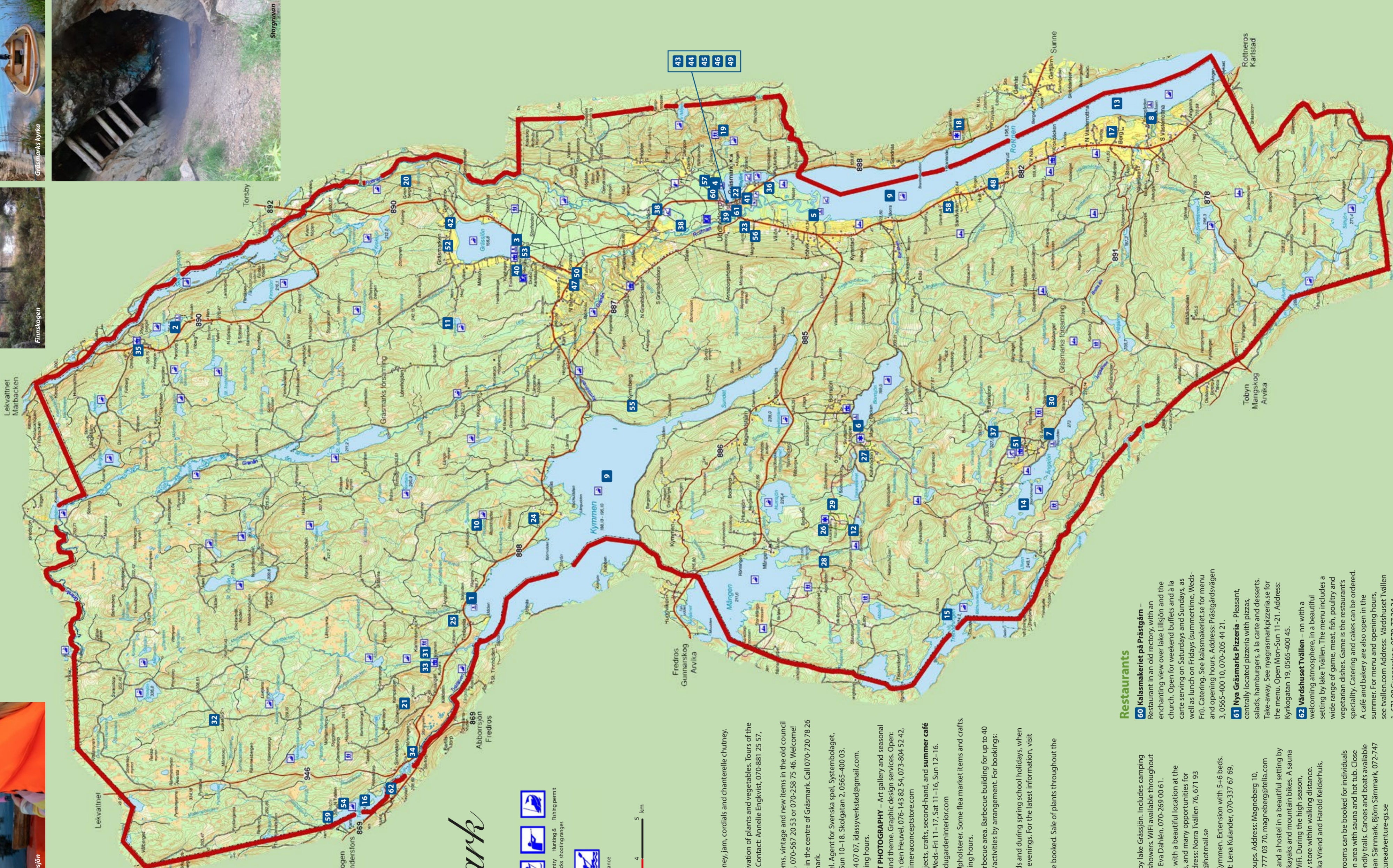
Finnsskogen



Gräsmarks kyrka



Skoggruvan



# Gräsmark



## Local businesses to visit

- 42 Grinnemo Hallon & Honung** – Sells locally produced honey, jam, cordials and chanterelle chutney. Contact: Ivar Myrill, 073-076 50 22, grinnemohh@gmail.com
- 43 Grobo köksträdgård och byghantverk** – Organic cultivation of plants and vegetables. Tours of the kitchen garden can be booked. Plant sales during the spring. Contact: Annelie Engkvist, 070-981 25 57, grobo.se
- 44 Gräsmark Kuriosa och Loppis** – Buys and sells retro items, vintage and new items in the old council building. For opening hours, contact: Sture and Selja Östlund, 070-567 20 53 or 070-258 75 46. Welcome!
- 45 Här & Kaffe** – Hairdressers, ice-cream café and gift store in the centre of Gräsmark. Call 070-720 78 26 for appointments. Find us on Facebook! Här och Kaffe i Gräsmark.
- 46 Ica Nära Rottmahallen** – Grocery store. Petrol and diesel. Agent for Svenska spel, Systembolaget, DHL, DB Schenker and PostNord. Open: Mon-Fri 09-20, Sat-Sun 10-18. Skolgatan 2, 0565-400 03.
- 47 Idas Snylverkstad** – Sewing services at Forsnäs 13, 070-774 07 07, idassyverkstad@gmail.com. Step inside if we're open - otherwise call to find out our opening hours.
- 48 Jimena Concept store / Mark Van Den Heuvel FINE ART PHOTOGRAPHY** – Art gallery and seasonal store for original design and sustainable fashion with a Vämländ theme. Graphic design services. Open: Saturdays 12-16 (May-Sept). Contact: Jimena Lau and Mark van den Heuvel, 076-143 82 54, 073-804 52 42, hej@jimenaconceptstore.com, info@markvandenuvel.net, jimenaconceptstore.com
- 49 Ladugården Hantverk och Interiör** – Interior design objects, crafts, second-hand, and summer café with ice-cream. Open: Thurs-Fri 11-17, Sat 11-16. Jun-Aug: Weds-Fri 11-17, Sat 11-16, Sun 12-16. Kyrkogatan 6, 070-508 89 09, ladugarden6@hotmail.com, ladugardeninterior.com
- 50 Lotta's ting och tapetseri** – Forsnäs 13, 076-824 11 55. Upholsterer. Some flea market items and crafts. Step inside if we're open - otherwise call to find out our opening hours.
- 51 Lugnet Lodge** – Put and take fishing. Log shelter with barbecue area. Barbecue building for up to 40 people. Can be hired by companies and individuals. Catering/activities by arrangement. For bookings: Ove Berglund, 070-585 62 90.
- 51 Rokkmarkstugan** – Open during the winter, at weekends and during spring school holidays, when Rokkmarkstugan Ången on Facebook.
- 52 Örtagården Rusticana** – Tours of the herb garden can be booked. Sale of plants throughout the growing season. Contact: Birgittha Hedin, 070-664 72 92.

## Accommodation

- 53 Hedås Bygdeförenings camping** – Beautifully situated by lake Grässjön. Includes camping site plus one cabin for rent. Service building with toilets and showers. WiFi available throughout the campsite. Address: Hedås 114, 686 98 Gräsmark. Contact: Eva Dahllén, 070-269 00 61.
- 54 Gården Tvällen** – One of the area's oldest farm buildings, with a beautiful location at the northern end of the lake Tvällen. Five newly renovated cabins, and many opportunities for swimming, fishing and hiking along old Forest Finn trails. Address: Norra Tvällen 76, 671 93 Gunnarskog. Contact: Anders Lidberg, 076-777 30 48, tvallen@hotmail.se
- 55 Kynsbergs Herrgård** – Peaceful, scenic setting by lake Kymmern. Extension with 5+6 beds. Access to boat. Address: Kynsberg, 686 98 Gräsmark. Contact: Lena Kullander, 070-337 67 69, 070-321 88 99, kynsberg@hotmail.com
- 56 Magnebergs Turisthotell** – B&B and self-catering for groups. Address: Magneberg 10, 686 98 Gräsmark. Contact: Kjell Johansson, 0565-403 70, 076-777 03 70, magneberg@tella.com
- 57 Naturcamping Lagom** – Spacious camping sites, cabins and a hostel in a beautiful setting by lake Lillsjön. Good surroundings for hiking. Rental of canoes, kayaks and mountain bikes. A sauna is also available for booking. Service building and play area. WiFi. During the high season, Lagom Café is open for coffee, lunch and ice-cream. Grocery store within walking distance. Address: Uddhedesängen 30, 686 98 Gräsmark. Contact: Mariska Friend and Harold Kelderhuis, 0565-400 95, info@naturcampinglagom.com
- 58 Nature Adventure** – With a view over lake Rottnen, nine rooms can be booked for individuals or groups. Access to kitchen, all-purpose room and a relaxation area with sauna and hot tub. Close proximity to swimming and fishing, hiking trails and cycle-friendly trails. Canoes and boats available for hire. Address: Sandviken 47, 686 98 Gräsmark. Contact: Johan Särmark, Björn Särmark, 072-747 78 89, 070-634 26 12, johan@natureadventure-gs.se, info@natureadventure-gs.se
- 59 Tvällens fritidsstugor** – Cabin village in a scenic setting by the Tvällen lake, with good opportunities for fishing, hunting and experiencing nature. Eleven year-round cabins featuring shower, WC, electric cooker and stove. Address: Norra Tvällen 58, 670 35 Gunnarskog. Contact: Marcus Olsson, 073-838 04 35, tvallensfritidsstugor@yahoo.com

## Restaurants

- 60 Kalasmakeriet på Prästgåm** – Restaurant in an old rectory, with an enchanting view over lake Lillsjön and a church. Open for weekend buffets and à la carte serving on Saturdays and Sundays, as well as lunch on Fridays (summertime, Wed-Fri). Catering. See kalasmakeriet.se for menu and opening hours. Address: Prästgårdsvägen 3, 0565-400 10, 070-205 44 21.
- 61 Nya Gräsmarks Pizzeria** – Pleasant, centrally located pizzeria with pizzas, salads, hamburgers, à la carte and desserts. Take-away. See nyagrasmarkpizzeria.se for the menu. Open Mon-Sun 11-21. Address: Kyrkogatan 19, 0565-400 45.
- 62 Vårdshuset Tvällen** – nn with a welcoming atmosphere, in a beautiful setting by lake Tvällen. The menu includes a wide range of game, meat, fish, poultry and vegetarian dishes. Game is the restaurant's speciality. Catering and cakes can be ordered. A café and bakery are also open in the summer. For menu and opening hours, see tvallen.com Address: Vårdshuset Tvällen 1, 671 98 Gunnarskog, 0570-77 30 24.

With reservation for changes.