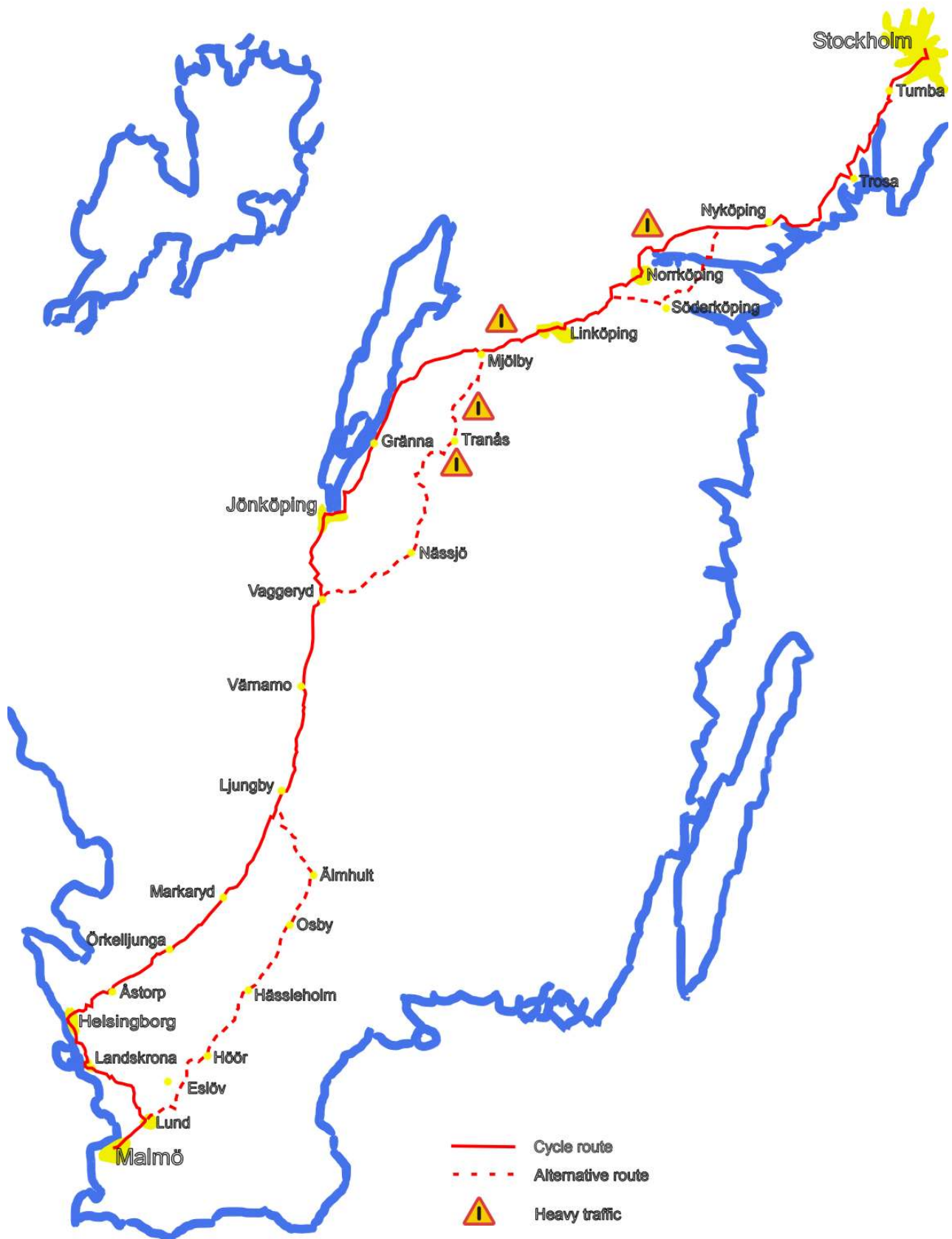




Climate-friendly bicycle holiday, with excellent conditions for biking. You can go from Malmö in the south to Sweden's capital on roads with very moderate traffic and tons of experiences along the way. The only part of the route that is hilly is the area around Jönköping, but the views are worth it!

Cycle from Skåne to Stockholm

The Swedish Society for Nature Conservation is a nonprofit environmental organisation with the power to bring about change. We work to spread knowledge, identify environmental threats, propose solutions and influence politicians and public authorities, both nationally and internationally. In addition, we are behind the world's toughest environmental label, *Bra Miljöval* – Good Environmental Choice. We have some 200,000 members organised in county and local branches throughout the country. Visit www.naturskyddsforeningen.se for more information and to see how you can make a contribution.





Riding long distances on a bicycle is a wonderful experience. The route from Skåne to Stockholm offers a broad range of landscapes and many attractions.

The entire distance from Malmö to Stockholm is a little over 700 km by bike. You can do this in two weeks at a pleasant pace or in ten days if you pedal a little longer every day.

Route 1 used to be the trunk road between Helsingborg and Stockholm. This stretch is now served by a high-speed motorway, but most of the old Route 1 is still intact. It is a wide road with little traffic and few steep hills, making it an ideal route for long-distance cycling.

Alternative 1 (main choice)

If you follow old Route 1 and our directions, you can ride on cycle tracks and roads with moderate traffic practically the whole way. You will pass by a fairly steady stream of towns on your route and you can ride almost a third of the distance on designated cycle tracks. Another third goes along roads with such low-volume traffic that if you are two or more, you can often cycle next to each other without a problem.

It is only 15 km of the whole distance that has heavy traffic (see map). However, if you cycle these distances in the middle of the day, you can avoid some of the worst traffic.

The author of this booklet, Tomas Björnsson, is an active member of the Lund section of SSNC. He and his wife have taken many bike holidays over the past 30 years, in Sweden and other parts of Europe. Tomas views cycling as a hands-on way of combatting climate change.

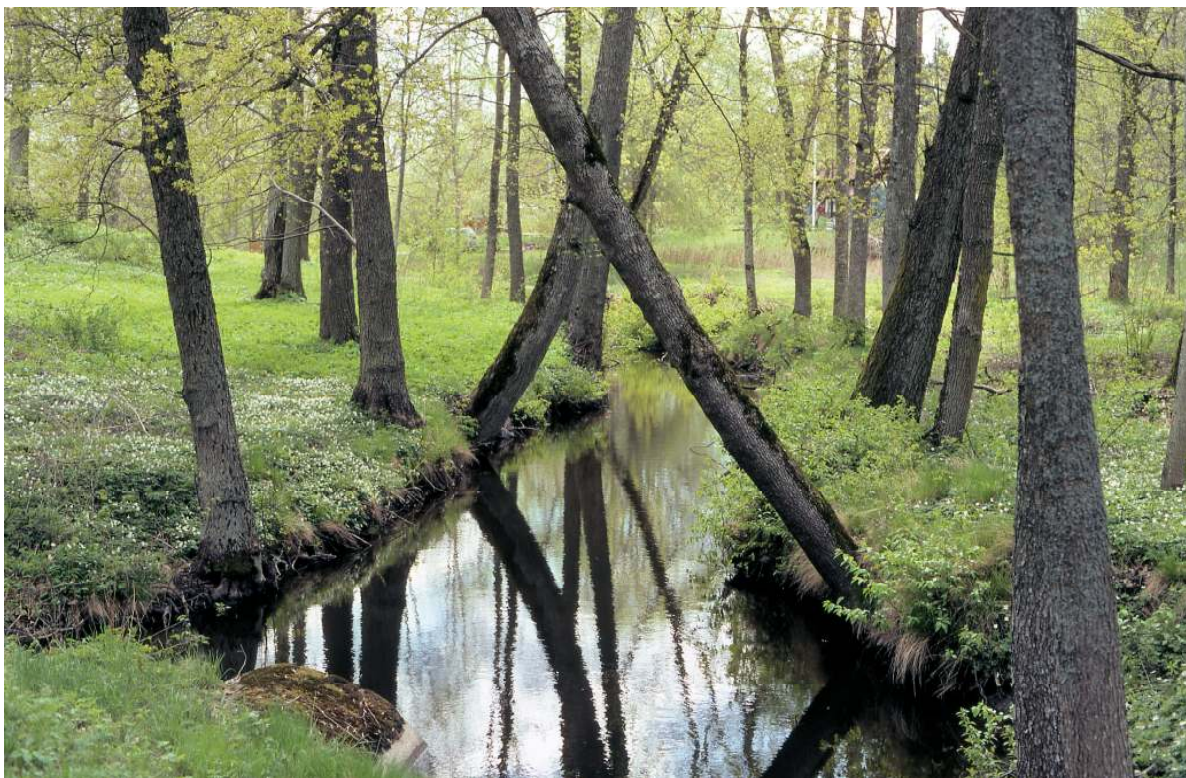


Other alternatives

There are three alternative routes. You can cycle from Malmö/Lund via Eslöv to Höör and then take small roads along the western side of the railway up to Hässleholm. From there you would continue via Stoby and Osby to Älmhult and then north-west to Ljungby.

With either of the above alternatives, you ascend the hills of Småland gradually. The towns of Jönköping and Huskvarna, on the other hand, are in a valley, which automatically means steep hills. If you want to avoid some of them, an alternative is to go from Vaggeryd via Hok to Nässjö. From there you would cycle north via Aneby, Gripenberg, Tranås, Sommen and Boxholm. Then, from Strålsnäs, there is a nice gravel road east of the railway that takes you into Mjölby.

After Linköping and Norsholm, a third alternative is to continue alongside Göta Canal to Söderköping. From there, you would cycle north via Östra Husby and a ferry over Bråviken bay to Nyköping.



Long-distance cycling provides a multitude of experiences such as beautiful forest scenery.



Malmö – Lund 20 km

Begin at the intersection of Kaptensgatan and Kungsgatan in Malmö, near Södertull, just south of the canal. A signposted cycle track leads you all the way to Lund, via Arlov and Åkarp. In Lund the signs show you how to get to *Stortorget* square.



Cycle route between Malmö and Lund.

Lund – Landskrona 37 km

Cycle to the west from Stortorget square. After the railway continue northwest on *Fjelievägen*. After a short distance you will see signs for Kävlinge. There is a cycle track pretty much the whole way.



Abandoned rail corridors offer pleasant cycling.

Continue north past the railway station in Kävlinge. After a short distance a cycle track begins, along the abandoned railway to Dösjebro and Kvärlöv, where the route continues on a country road via Saxtorp. From Häljarp, there is a cycle track to Landskrona.

Landskrona – Helsingborg 25 km

In Landskrona, ride first past the Citadel and along the shore to Borstahusen. When you get to the small harbour turn east and ride past the golf course to the old road to Helsingborg, where there is a signposted cycle route almost the whole way to Helsingborg.



The coastal route, past Ålabodarna, is also a possibility, but entails many hills and gravel roads. At the north end there is only a narrow path, where you have to get off and walk.

Helsingborg – Åstorp 25 km

From Knutpunkten you can ride up the hills on the street *Långvinkelsgatan*. They are steep but short. At the top you will ride past Fredriksdal, along the street *Vasatorpsvägen*, and eastward, over the motorway. Then you cycle small roads past Kropp Church and Rosendal Castle. Here the road goes under the motorway, after which you have to cycle east for 1 km on a busy road but with a shoulder. Just before the motorway intersection you take a left (to the north), bringing you along small roads to Åstorp.



The route past Rosendal Castle is beautiful.

Åstorp – Örkelljunga 28 km

Now you're about to start following old Route 1 in earnest. Cycle north from the roundabout, towards Östra Ljungby, where you can either cycle on the abandoned railway just south of the town to Stidsvig, or, if you are in a hurry, take *Byvägen* in Östra Ljungby and get back on to the country road.

Otherwise, continue until the abandoned railway ends. Take the small gravel road west of the industrial area and continue along the railway (gravel road) again. This will take you to a golf course west of Eket.



Ride through Eket on old Route 1 through the centre of the village and continue under a major road. Just east of the intersection, there is a cycle route along the railway again, leading to the centre of Örkelljunga.

Örkelljunga – Markaryd 31 km

From Örkelljunga you will go 15 km along an abandoned railway (gravel road) via Åsljunga to Skånes-Fagerhult, where you take a right (to the east) up a hill to old Route 1 to Markaryd. Along this stretch, Route 1 is wide and has moderate traffic.



The abandoned rail corridor at Åsljunga passes through beautiful woods, blocking out noisy traffic.

Markaryd – Ljungby 51 km

Cycle north via Timsfors on old Route 1. One km after passing under the motorway, take a left towards *Gräsholma*. This small road goes to western Strömsnäsbruk. Continue north to Traryd.



Old Route 1 follows the river "Lagan".

From Traryd, Route 1 is wide and has moderate traffic. Three km north of the roundabout in Traryd, take a right and cycle north along an even older country road than Route 1. After a few km you will be back on Route 1, which is wide and has fairly little traffic up to Hamneda. After a few more km to the north, turn right at Bäck and follow the pretty small road north, to

Kånna. From Kånna the abandoned railway is asphalted up to the town of Ljungby.



A runestone from the Viking Age in Hamneda.

Ljungby – Värnamo 45 km

From the centre of town cycle east along Norra Järnvägsgränd and onto the bridge over Lagan River. Follow the river to the north on a small road along its eastern side up to the town of Lagan. From there you can return to Route 1, signposted for Värnamo.



Toftaholm has an old country road that dates back to before Route 1. Stop and enjoy the landscape.

A few km north of Toftaholm continue straight ahead on the old road until you come to Tännö. The entire stretch from Ljungby to Tännö is made up of roads with less traffic than 500 vehicles a day. Cycle through Tännö. About a km north of Tännö a cycle track to Värnamo begins. When you get to Värnamo take a left on the first street after the viaduct under the railway. This will take you past Apladalen to the town centre.

Värnamo – Vaggeryd 39 km

Cycle north from the centre of Värnamo along the road *Jönköpingsvägen*. Here, Route 1 is narrow and has some traffic for the first 5 km, up to Hörle. Just before Skillingaryd, there is a cycle track that takes you to Vaggeryd. When you get to Vaggeryd, ride on the western side of the railway.



Vaggeryd – Jönköping 40 km

Cycle from the station, on *Storgatan*, to the north. Pass over the main road and continue north on the bike lane, via *Torsbovägen*. This leads you to a cycle track to Byarum.



Large sections of the road from Värnamo past Vaggeryd are lined with pine trees. The cycling here is flat and easy.

When you've cycled through Byarum take a left just before the railway intersection and continue towards Bratteborg. Before the railway in Bratteborg take a left and cycle north towards Månsarp and Taberg. From Taberg there is a cycle track all the way to the centre of Jönköping. You will notice a big difference in altitude from the Småland highlands, 200 m over the sea, to the shores of Lake Vättern, just 90 m.

Jönköping – Gränna 38 km

From the railway station (*Resecentrum*) in Jönköping, ride along the shore to the east and then follow the road to Huskvarna on a cycle track that passes over the motorway. From there continue north on a cycle track towards Kaxholmen. After 5 km, when the country road veers to the right, you should cycle straight ahead instead, towards Vista kulle. Taking this other road lets you avoid the steep hill.



There are magnificent views of Lake Vättern along the way, such as this from a cafe just north of Huskvarna.

From Kaxholmen there is a cycle track to Skärstad. Continue on the country road via Ölmstad to Gränna.



There's lots to do and see in Gränna, a good place to make a longer stop. There is also a ferry to Visingsö.

Gränna – Mjölby 60 km

Ride north on Route 1 to Ödeshög. This stretch can have a fair amount of traffic in summer, but the speeds are not usually very high.



Another splendid view of Lake Vättern.

From Ödeshög, you continue east on Route 1. After 4 km the road widens and there is a shoulder. From Väderstad to Mjölby the traffic is slightly heavier.

Mjölby – Linköping 34 km

Cycle to the east under the railway and follow the signposted cycle route to Mantorp. East of Mantorp the traffic on Route 1 is fairly heavy for a few km. Turn right towards Sjögestad, where a cycle track south of the railway, towards Vikingstad, begins. From here, there is a cycle route all the way to Linköping.

Linköping – Norrköping 48 km

From the centre of Linköping there is a signposted cycle route to Tallboda. From there, take the wide country road to Linghem and cycle under the railway and through the town. East of Linghem, continue until



you are past Gistad. One km east of Gistad there is a road to Lillkyrka. Cycle past it. Just after that intersection, take a left onto an older country road that goes parallel with the new one. Continue to Norsholm, where you will ride into town and over Göta Canal.



Göta Canal at Norsholm, a lively place during the summer, with frequent openings of the bridge.

Continue on the country road to Kimstad and take the road northeast of the church, which has a fair amount of traffic. After the motorway the road widens. A cycle track to Norrköping begins at Borg Church.

Norrköping – Nyköping 66 km

From the railway station, cycle west, following the cycle route along the road *Gamla Stockholmsvägen*, which continues to Åby, where you will follow the old road to Nyköping until you reach Route 1 again by Bråviken bay. There is a fairly busy 5 km stretch here before you turn off up the steep hill towards Strömsfors and the conditions get much calmer. From Stavsjö to Norrköping, Route 1 is wide again.



Busy traffic but pretty views, Bråviken bay.

Nyköping – Trosa 49 km

Take the signposted cycle track towards Sjösa. Continue on *Trosavägen*. For the last stretch to Trosa, the track is signposted.

Trosa – Tumba 50 km

Cycle north from the centre of Trosa, following *Näckrosleden*. The first 5 km are a cycle track. When it ends continue on the country road for just under a km and turn right towards Södertälje. After 7 km, at Valåker, take a right and cycle on an older country road. When it ends, take a right towards the island of Mörkö. Cycle north on the road through Mörkö and when it ends get on the ferry and then follow the road via Eldtomta. Before you get to Vårsta you have to ride through heavy traffic for 1 km, but then there is a cycle track to Tumba.



Scenic road from Mörkö to Tumba.

Tumba – Stockholm 29 km

From Tumba you can ride on cycle tracks and neighbourhood streets via Älvsjö to the centre of Stockholm. An especially pleasant route goes via Alby and Glömsta on the road *Gamla Stockholmsvägen*.



When you see Ericsson Globe, you're almost there!

Status check. The route from Helsingborg to just past Norrköping was test-ridden in 2011. Alternative routes Malmö-Hässleholm-Ljungby and Vaggeryd-Nässjö-Tranås were test-ridden in 2009. Route reviewed using maps and satellite images in 2013.



Practical tips

Safety Choose roads with less traffic. If you have to ride on a road that is often busy, do it in the morning but after commuter traffic. Use a bicycle helmet and wear a reflective vest. A rear-view mirror is practical, since it lets you see heavy vehicles in time to stop and let them go by.



Equipment Use waterproof bike bags if you can. Mount some on your front wheel using a low rider. Keep your packing as low as possible to increase your bike's stability.

A multi-speed bike makes things easier, especially up hills. It's easier to ride uphill slowly than to get off and walk.

Repairs Bring a spare inner tube and tools to take off the tyre. Don't forget a good pump! A cone spanner that exactly fits the hub of your wheel is also a good idea. If you fix a puncture, make sure you get rid of the pebble or thorn that may have caused it.

Packing It's a good idea to keep your packing under 15 kg (including the bags). On warm summer days, the only shoes you need are a pair of sandals. When it rains, it's still often warm enough to ride without socks. Bring wool socks for cold weather, though. Good raingear is a necessity.

Distances When planning your trip, expect to do 10 km an hour, including short breaks, and include a longer break in the middle of the day. A beginner can do 40-50 km in one day, while those with more experience can do 70-80 km or more.

Food Outside the more urban areas, sometimes there aren't many supermarkets or places to eat. Bring food with you just in case.

Tourist office telephone numbers:

Malmö	040-341200	
Lund	046-355040	
Landskrona	0418-473000	
Helsingborg	042-104350	
Åstorp	042-64300	Mon-Fri
Örkelljunga	0435-55158	Mon-Fri
Markaryd	0433-72034	May-Oct
Ljungby	0372-789220	
Värnamo	0370-18899	Mon-Fri
Vaggeryd	0370-678150	Skillingaryd, Mon-Sat
Jönköping	036-105050	
Gränna	036-103860	
Mjölby	0142-85003	Skänninge
Linköping	013-1900070	
Norrköping	011-155000	
Nyköping	0155-248200	
Trosa	0156-52222	
Stockholm	08-50828508	

Opening hours are for the summer months.

Food/accommodation available in all places above

Taking bikes on trains and buses:

Skånetrafiken (southern Sweden)	www.skanetrafiken.se 0771-777777
Krösatågen	http://www.krosatagen.se/
Länstrafiken (in the Småland region)	Jönköping 0771-444333 Halland 0771-331030 Kalmar 010-2121000 Kronoberg 0771-767076
Västtrafik (western Sweden)	vasttrafik.se/ 0771-41 43 00
Tåg i Bergslagen (Bergslagen region)	http://www.tagibergslagen.se/ 0771-444111
Stockholm – SL	www.sl.se 08-600 10 00

Maps: National Land Survey (*Lantmäteriet*) maps on a scale of 1:100,000 are useful for finding your way everywhere. If you're only going to use our directions, a key map is enough.

Join the Swedish Society for Nature Conservation

Tel: 08-702 65 77 or read more at

<http://www.naturskyddsforeningen.se/in-english>

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