

# Trails and nature

## Long – 1700 characters

All roads lead to Rome, so the saying goes. But why hike all that way when you can stay at Lake Revsund? There are more than 700 lakes and 27 nature reserves in Bräcke municipality. The area boasts some of the most fertile forests in the country and its appearance is described as being like a mosaic pattern. As early as 5000 years ago, the nature served as a food basket for the people in the area. Ancient relics such as trapping pits and rock carvings reveal a bygone age.

A trip to **Forsaleden** is almost compulsory when you travel around these areas. This seven-kilometre trail leads you to a lagoon where natural water chutes flow over the rocks, making it a popular spot for a swim during the summer. Walking the trail is easy as it's made up of bedrock almost all the way. Half way to the lagoon there's an old mountain pasture surrounded by a particularly unusual forest of ferns that are one and a half metres tall. Due to the cold current that comes from Sjölsjön lake, it's not only ferns that like it here, other species have also existed since the Stone Age.

**Gimåleden** trail is a beautiful path for the more adventurous. It is 60 kilometres long and passes through hilly forest terrain. You can see both cultural and natural points of interest along the trail and those who like fishing can try their luck in Gimån river. Or why not go for a cooling dip after a long day of hiking? Set up camp at the wind shelter next to Revsundssjön lake, or in some other spot that takes your fancy.

The 580-kilometre-long **St Olavsleden trail**, which starts in Selånger just outside Sundsvall and ends in Trondheim, passes by Lake Revsund. If you're not ready for an entire pilgrimage, you can choose to walk one section of the trail, based on what you feel up to. One of our tips is to go by train to Gällö, hike via Åventyrsberget mountain into the forest and onwards to Pilgrimstad, from where you can take the train back to Gällö.

## Medium – 920 characters

Would you like to walk in 5000-year-old footsteps? The forests of Lake Revsund are some of the most fertile in the country and contain species that are not otherwise too common in Jämtland. As early as 5000 years ago, the nature served as a food basket for the people in the area. Ancient relics such as trapping pits and rock carvings reveal a bygone age.



Visit **Forsaleden** and see the unusual nature of the area. Walk the seven-kilometre trail and take a dip in the popular lagoon, with its crystal-clear water and natural water chutes. If you fancy some adventure, you can take on **Gimåleden trail** which is sixty kilometres long. If you like recreational fishing, don't forget your fishing rod. Set up camp by Revsundssjön lake and make yourself at home in the midst of nature.

If you're interested in pilgrimages, the 580-kilometre **St Olavsleden trail** passes through the Revsund area. If you're not ready to hike the entire trail from Selånger outside Sundsvall to Trondheim, you can also walk one section of the trail and return by train.

### **Short – 500 characters**

Nothing compares to the nature of Lake Revsund. The fertile soil provided food for humans as long as 5000 years ago. Experience forests and the land by hiking one of the many trails in the area. Forsaleden trail is best if you want a moderate adventure with a dip in the crystal-clear lagoon. Gimåleden trail is for visitors wanting a longer adventure for a weekend. St Olavsleden trail, which passes through the area, is for those who fancy a taste of the pilgrim trail that stretches from Selånger outside Sundsvall to Trondheim.