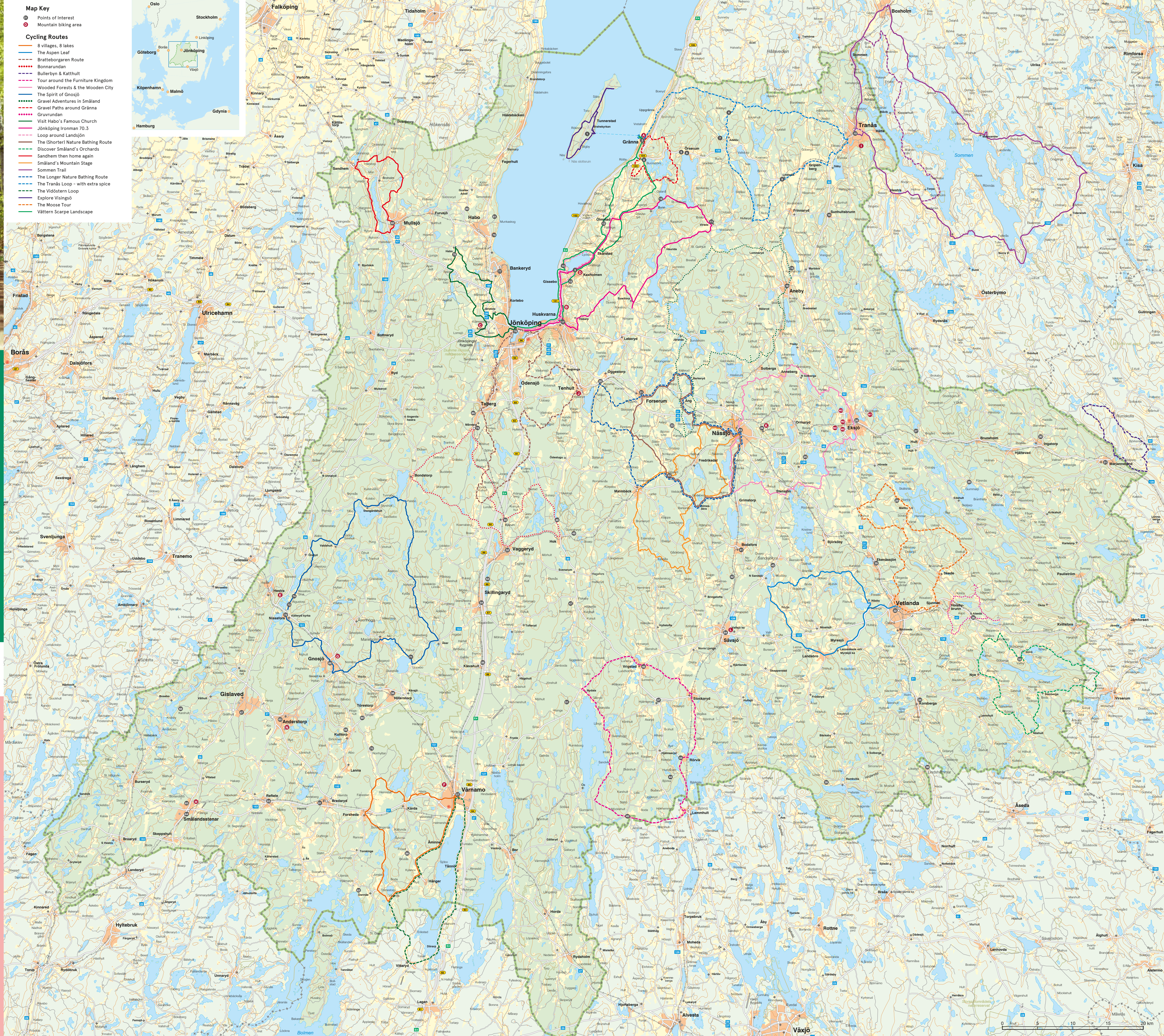




Bike map Northern Småland



- Map Key**
- Points of Interest
 - Mountain biking area
- Cycling Routes**
- 8 villages & lakes
 - The Aspen Leaf
 - Bratteborgaren Route
 - Bonnarundan
 - Bullerbyn & Katthult
 - Tour around the Furniture Kingdom
 - Wooded Forests & the Wooden City
 - The Spirit of Gnosjö
 - Gravel Adventures in Småland
 - Gravel Paths around Gräna
 - Sonnen Trail
 - Gruvrundan
 - Visit Håbo's Famous Church
 - Jönköping Ironman 70.3
 - Loop around Landsjön
 - The (Shorter) Nature Bathing Route
 - Discover Småland's Orchards
 - Sandhem then home again
 - Småland's Mountain Stage
 - Sonnen Trail
 - The Longer Nature Bathing Route
 - The Tranås Loop - with extra spice
 - The Vidöstern Loop
 - Explore Visingsö
 - The Moose Tour
 - Vättern Scarpe Landscape



Contact info
visitsmaland.se
info@smalandsturism.se

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 Photography by: Christopher Lanaway, The Common Wanderer, Alexander Cederquist
 Svensson, Robert Brolin, Anna Hillams.



Points of Interest

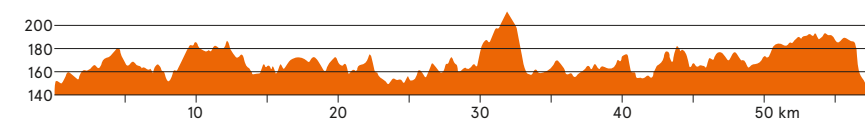
- See current opening hours on each website
- Accommodation/cafes/restaurants, Visingsö
 - Accommodation/cafes/restaurants, Gräna
 - Grattigår
 - Hemma på Hult Camping, Glamping & Cottages
 - Örsrumstornen Guesthouse
 - Sandensladden Hotel
 - Krydderi Krokus (Spice Store)
 - Ravelsmark Farm Store & Cafe
 - Lindarna Cafe
 - Accommodation/cafes/restaurants, Tranås
 - Wiredaholm Hotel & Golf Course
 - Bauergården Hotel
 - Flättinge Farm Store
 - Vistakulle Farm Store
 - Rudensdams Farm Store
 - Sunhults Guesthouse
 - Accommodation/cafes/restaurants, Huskvarna
 - Thronos Bakery
 - Stalpet Waterfall
 - Rommeljö Café
 - Swedish Kitchen
 - Topperyd Bed & Breakfast
 - Accommodation/cafes/restaurants, Nässjö
 - Lowhult Camping & Cottages
 - Hotel Ullinge
 - Accommodation/cafes/restaurants, Gnosjö
 - Movänta Camping & Cottages
 - Mycklafors Camping
 - Norby Ångar Farm Store & Cafe
 - Kalkbäckers Cafe, Ingatorp
 - Accommodation/cafes/restaurants, Mariannelund
 - Accommodation/cafes/restaurants, Vätlanda
 - Walby Säteri Restaurant
 - Vänhems Cafe & Hotel
 - Medelgräns Cafe
 - Levanders Cafe
 - Algyrd Bakery
 - Kaffetorget
 - Årstava Cafe Serrig
 - Ramosa Adventure Village
 - Sandjö Restaurant
 - Kulturgatan Bodafors Art Museum
 - Forsca Mill
 - Suzis Cafe
 - Hälsöbodarna Cafe
 - Smedjans Cafe
 - Vrigstad Hotel
 - Yvninga Resort
 - Hooks Manor
 - Leva Cafe
 - Cafe Timpan
 - Ribi Bakery
 - Götaströms Hotel
 - Accommodation/cafes/restaurants, Burseryd
 - Byarums Homestead
 - Hotel Småland
 - Accommodation/cafes/restaurants, Värnamo
 - Haga Hotel
 - Björnsbo Forest & Lake Hideaways
 - Agdesa Farm Cafe
 - Bredaryds Restaurant & Hotel
 - Dannäs Waffle Cafe
 - Reflete Hotel
 - Smålandstornar Hotel
 - Gösta Bakery
 - Hotel Åsan
 - Accommodation/cafes/restaurants, Gislaved
 - Åskebo Brew House
 - Cafes & restaurants, Gnosjö
 - High Chapel Camping
 - Flatenbadet Camping
 - Hestraviken
 - Isaberg Mountain Resort
 - Hestra Guesthouse
 - Hotel Taberg
 - Accommodation/cafes/restaurants, Hyltebruk
 - Mamma Carinas Guesthouse
 - Vågrykans Cafe
 - Håbo Camping & Cottages
 - Kvarps Dairy Farm
 - Lustfyllt
 - Accommodation/cafes/restaurants, Mjölby
 - Algyrd Bakery
 - Accommodation/cafes/restaurants, Värnamo
 - Håbo Camping & Cottages
 - Tabergstoppen
 - Enets Marmelader



8 villages, 8 lakes

A moderate route through fantastic landscapes typical of Småland. You'll cycle along winding roads as you pass by picturesque villages, meadows filled with dandelions, deep forests, and open landscapes. In Åminne, there are ruins and you'll find waffles in Dannäs. The church in Torskinge is worth the detour. The next destination is Nästa (a town called "next"), before the route ends in Värnamo.

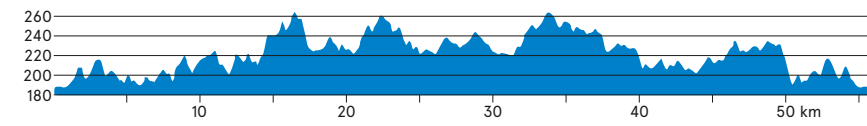
57,6 km
6,4%



The Aspen Leaf

A country road with glittering lakes around every bend. We can promise views over Flögen and glimpses of Stensjön and Naglarpsjön. You'll come so close to the lake Prinsasjön that you can dip your toes in. Don't forget to pack extra snacks for energy. You'll need it!

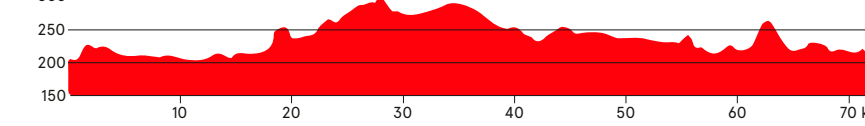
55,8 km
7,2%



The Farmers Route

This route is a classic for local road cyclists. The landscape varies dramatically from open farmland to deep woods, and there are very few cars on the undulating roads. In summer, we recommend stopping at the heritage building in Byarum for fika as the traditional cakes they serve there are magical. For those looking for a longer day in the saddle, you can extend your ride to Bratteborgs Gärd (farm).

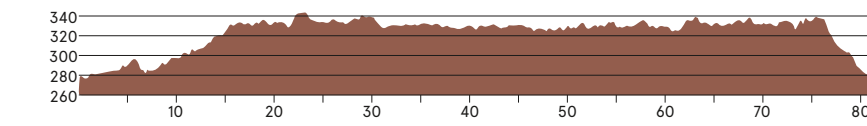
72,7 km
5,6%



Bratteborgaren Route

A classic biking route without much climbing or traffic - though, you can detour to the top of Taberg if you want some extra vertical metres. The views from there are hard to beat! Further along the road, you can take a dip or Lovsjön. Or wait until the end to jump into Vättern.

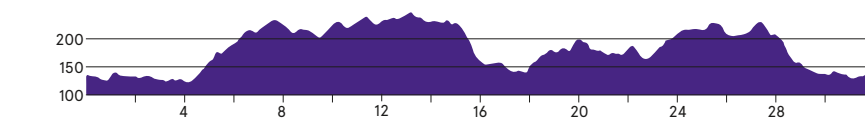
83,2 km
10,0%



Bullerbyn & Katthult

This route possibly offers the scenery most typical of Småland. It explores landscapes characteristic of fairy tales and fantasy - and tests your leg muscles. You'll journey up several challenging climbs, including the hills into Hamphorva and Bullerbyn (both of which sting!). Don't miss Norrgården, Sörgården or Mellängården - or Näs, for that matter, where the Swedish classic "The Auction in Backhorva" was filmed.

32,8 km
8,2%



Mountain Biking

Gräna MTB Trails **A**

IKHP **B**

Hallby **C**

Vista Mountain **D**

Isaberg **E**

Borgen, Värnamo **F**

Töllstorp **G**

Smålandsstenar **H**

Tranås, Örsbäcken **I**

Tenhult, Högalund **J**

Nässjö, Lövhult **K**

Sävsjö **L**

Högefälle MTB-park **M1**

Eksjö, övriga spår **M2**

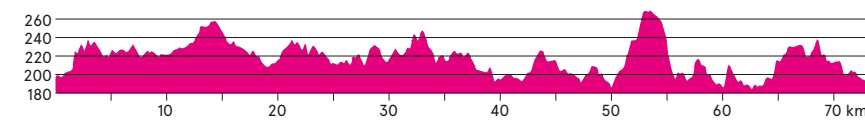
Anderstorp MTB **N**

- Trail markings
- Obstacle Course
- Pump track
- Bike Wash
- Chair Lift

Tour around the Furniture Kingdom

This route takes you through Småland's Furniture Kingdom. Some demanding climbs are offset by stunning downhill trails through forests, fields, and fine stretches along sparkling lakes. In Lamhult, you can check out designer furniture. You should load up on cinnamon buns and juice at the 50km mark because the route's steepest hill is just down the road.

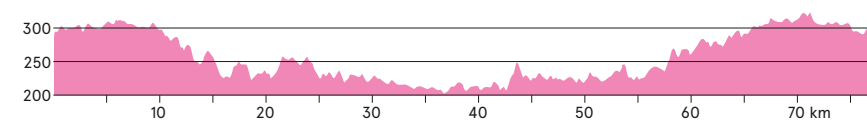
73,3 km
7,6%



Wooded Forests & the Wooden City

Journey along a well maintained gravel path to the quaint city of Eksjö. Since it's the halfway mark, we recommend grabbing lunch or fika at one of the city's pubs. It's also worth taking a walk around the famed wooden city, before riding on to Stensjön, Ånhult and Spexhult, towards your final destination, Nässjö.

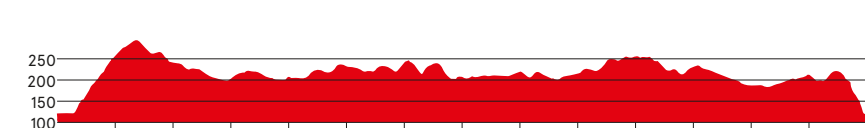
76,8 km
7,1%



Gravel Paths around Gräna

On this route, you'll hit the wall immediately! The epic Skarpabacken is demanding but, once you're done, you'll get to enjoy winding dirt roads high above Gräna. You can swim in Bunnäs before you head back towards town. Be sure to stop at Ravelsmark Cafe or The Coffee Cottage (Kaffestugan) on Gräna Mountain.

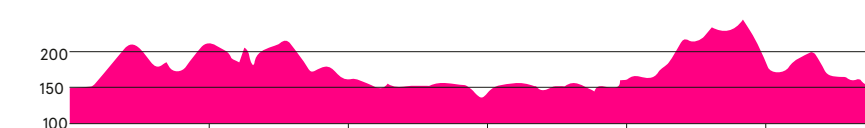
28,3 km
11,4%



The Mine Route

This route passes through the Sunnerskog, Ädelors, and Kleva mines (all in the district of Alseda). The landscape is hilly, with beautiful meadows, deep forests, and the rushing Emån River. There are plenty of culturally significant places along the route. Take a break at Holsbys historic well, the Alseda church, and the ancient burial grounds at Repperda.

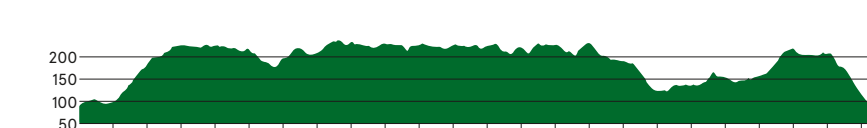
29,3 km
4,5%



Visit Habo's Famous Church

The perfect evening bike route. A classic route with a scenic stop at the Habo Church. The first half is predominantly uphill, so you'll enjoy stunning views overlooking Jönköping as you roll home.

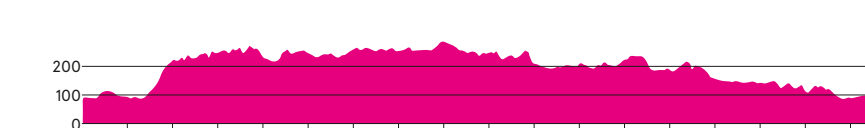
48 km
8,8%



Jönköping Ironman 70.3

Every July, Jönköping hosts more than 2000 athletes from around the world for the Ironman 70.3. The swimming and running legs take place around the lovely Munksjön, but the biking leg is the one that's really worth writing home about. It is world-class. In just a few minutes, you find yourself out in the countryside winding past red cottages, lakes, and cheering crowds. Though you may need to imagine the crowds if you're not an Ironman.

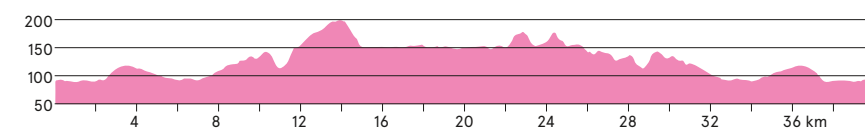
90,4 km
6,4%



Loop around Landsjön

Another classic biking route in the Jönköping region. Follow one of Sweden's most beautiful bike paths as it takes you past the sandy beaches along Vättern. Continue on towards Kaxholmen and Äppledalen, you'll uncover epic country roads passing by vineyards and apple orchards. Ask Ingo at Gårdsrosteriet (The Farm Roastery) about his amazing coffee.

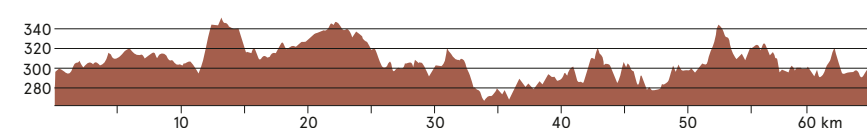
39,9 km
7,8%



The (Shorter) Nature Bathing Route

A must-do outing with rolling hills, minimal traffic, and fantastic natural scenery for anyone looking to burn some serious energy! You'll find deep forests, open meadows, and red cottages sitting on farmland. Älgärd Bakery has amazing coffee and baked goods (fika) for visitors - it's well worth a stop. Be sure to take (or buy) a packed lunch though! After Älgärd, you won't find any more food stops.

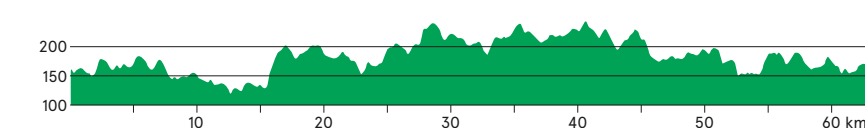
64,5 km
9,0%



Discover Småland's Orchards

This route has spectacular nature, demanding hills, and incredible views. A great route for recreational cyclists that blends gravel and asphalt with magical landscapes. It's important not to forget about your energy levels! In Stenberga, you can stop for a delicious cup of coffee and an ice cream, before the ride continues through the picturesque villages Näshult and Nye.

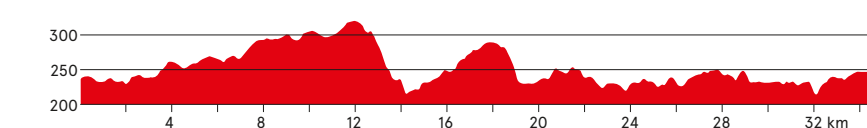
64,3 km
10,1%



Sandhem then home again

A relatively easy cycling route with forest, meadows, and lakes following you the entire way. Bring your swimsuit along because there are plenty of swimming spots to choose from - and even more cafes! Leave time for a walk in Ryfors to take in its charming atmosphere.

35,6 km
7,0%



Bike Rentals

Sportson Jönköping
Sölsåvägen 22, Jönköping
+46 (0)36-15 00 64
www.sportson.se/butik/jonkoping

Rentbike
Hagedalavägen 10a, Växjö
+46 (0)735-63 61 58
www.rentbike.se

Isaberg Mountain Resort
Hestra
+46 (0)370-33 93 00
www.isaberg.com

Cykelsmedjan
Norra Storgatan 25, Eksjö
+46 (0)383-142 10
www.cykelsmedjan.com

Visingsö Cykeluthyrning
Hamnen, Visingsö
+46 (0)721-73 50 00
www.leklandetvisingso.se/hyra-cykel

Cykla i Filmlandskapet
Mariannelund
+46 (0)702-61 02 40
www.cyklaifilmlandskapet-smaland.se

EMventure
Emhult 7, 574 55 Kvillefors
+46 (0)383-162 22
www.emventure.se

Hestra Guesthouse
Hestra
+46 (0)703-81 51 18
www.hestraguesthouse.se

Hestralviken Hotell och restaurang
Hestra
+46 (0)370-33 68 00
www.hestralkviken.se
(only Hotel guests)

Guides

Abloc
Across all of Småland
+46 (0)707-55 54 12
www.abloc.se

Cycling Jönköping
Jönköping and surrounds
+46 (0)705-19 01 53
www.cyclingjonkoping.com

GI Multi
Isaberg and surrounds
+46 (0)703-81 51 18
www.gimulti.se

Elna Dahlstrand
Jönköping and surrounds
+46 (0)702-51 18 32
www.cykelycka.se

Trail Sensei
Gräna
+46 (0)703-68 08 08
www.trailsensei.se

Eskepad Adventure
Across all of Småland
+46 (0)768-66 55 10
www.eskepadadventure.se

Wikan
Sävsjö and surrounds
Kristina Wikström
+46 (0)706-65 30 21

Isaberg Mountain Resort Hestra
+46 (0)370-33 93 00
www.isaberg.com

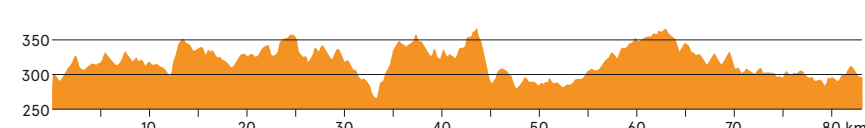
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Isaberg and surrounds
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www.trailtmtb.com

Cykla i Filmlandskapet Småland
Marlångelund Bullerbyn Katthult
+46 (0)702-40240
www.cyklaifilmlandskapetsmaland.se

Småland's Mountain Stage

This is as close as we come to a Tour de France mountain stage in Småland. Pack extra food for energy and plenty to drink. This route will lead you through deep forests then straight up Tomtabacken, the highest point in southern Sweden. At the top, you'll be rewarded with some lactic acid in your legs and outstanding views. It's the perfect spot for a coffee break (BYO coffee!).

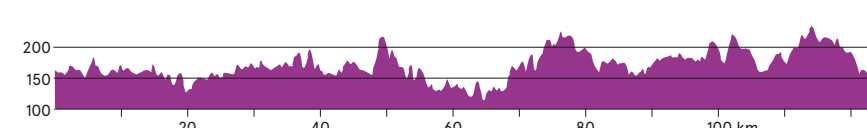
83,1 km
9,8%



Sommen Trail

This classic route starts in Tranås and heads north towards Boxholm. There, you'll head back south as you alternate between open fields and deep forests. Further down the road, scattered lakes start to appear. You can half the distance by jumping on the ferry at Torpön.

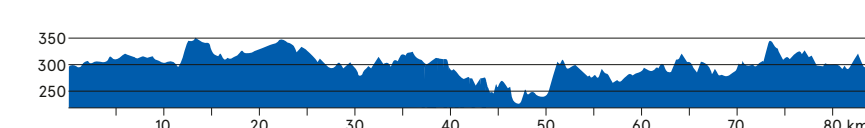
122,8 km
8,6%



The Longer Nature Bathing Route

With rolling hills, minimal traffic, and fantastic scenery, you'll get your fill of Småland's spectacular nature on this route. You'll find deep forests, open meadows, and red cottages sitting on farmland. Älgärd Bakery has amazing coffee and baked goods (fika) for visitors - it's well worth a stop. And you can cut your ride short on this route if you need to hurry home.

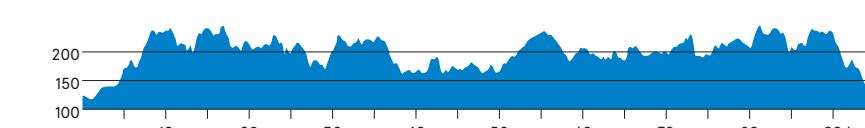
85,5 km
9,0%



The Tranås Loop - with extra spice

Head north from Gräna, through meandering canola fields with views of Brahehus on the nearby ridgeline. After climbing for a while, you'll follow winding roads through Tranås, Gripenberg, Linderås, and Hullaryd before you find yourself at the Krydderi Krokus in Adelöv, where you can sift through hundreds of spices. There's a cafe onsite too! When you continue, your uphill efforts will be rewarded with a fantastic descent.

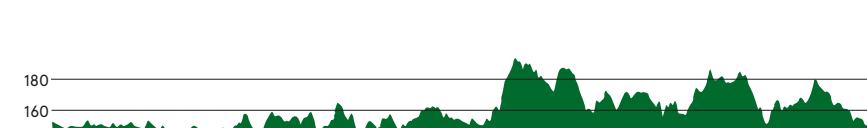
97,9 km
8,1%



The Vidöstern Loop

An easy but lengthy route. The bike path heads south alongside Lake Vidöstern towards a lovely swimming spot at the lake's southern tip. When you continue on, keep an eye out for Vittaryd's beautiful whitewashed church before you hit a winding ridge that takes you further into the forest. Between Hånger och Värnamo, you'll cycle on an old, abandoned railway track.

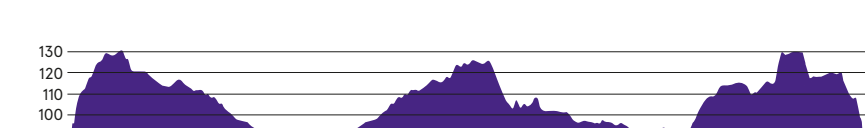
60,1 km
5,7%



Explore Visingsö

This route is for anyone who appreciates gravel paths, farm shops, cafes, and paradisaic scenery. It starts with a ferry ride from Gräna to Visingsö. You can bring your bike on the ferry or rent one on the island (be sure to pre-order). The route is fairly easy and can be shortened at various places. Don't forget to take a fika break - and to stop for a swim. Be sure to bring a map too, since there is so much to discover!

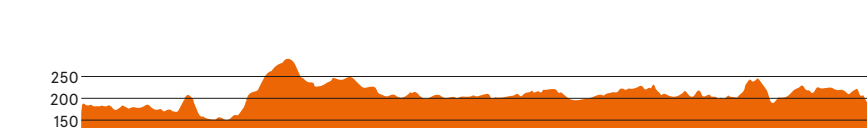
20,7 km
5,5%



The Moose Tour

If you want to see moose on your ride, this is the path to choose! From Vetlanda, you'll quickly come to some idyllic countryside where you can put your legs to the test on demanding uphill. In Ekekill, the route heads north and you'll start to spot moose towers at every turn. If the weather allows, you can take a dip in Solgensjö.

65,1 km
7,5%



Vättern Scarpe Landscape

This countryside route winds past apple orchards along beautiful, (almost) car-free roads in the area known as Småland's Tuscany. Explore the organic farming area of Östra Vätterbranterna as you head towards the delightful town of Gräna, where you'll find coffee, ice cream, and Sweden's most famous hard candy - Polkagris. On the way home, take in the sights: open fields, dairy farms, and countless small red cottages.

85,5 km
8,0%

