

Textual commentary to the map on the previous page.

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|---|---|
| 1 Hamptjärnsberget  | 24 Lake Tavel sjön  |
| 2 Tjälamark  | 25 Lappmarksvägen, road from 1745 |
| 3 Tjälamarksberget | 26 Hemberget  |
| 4 Tjälamarksbäcken (Lillbäcken) | 27 Dragtjärnen, Dragtjärnsberget |
| 5 Heden | 28 Great variety of tall herbs between the Kassjövägen road and Vallberget |
| 6 Kullabäcken | 29 Strandvallar |
| 7 Högklinten | 30 Stortavelsjön, originally Stortaveltjänn  |
| 8 Kullavägen/Lappmarksvägen | 31 Lilltavelsjön, originally Lilltaveltjänn |
| 9 Kulla (the Kulla inn used to be located here) | 32 Kodräparhölje |
| 10 Rättberget  | 33 Vallberget  |
| 11 Lake Piparbölesjön | 34 Vallbergsgrottan cave  |
| 12 Salomonsbesök | 35 Tavel sjöberget, cave  |
| 13 Vindelälvsåsen | 37 Torrberget  |
| 14 Tombolo – gravel ridge linking an island to the mainland | D Approach to Vännforsen  |
| 17 Lake Hissjön  | 38 Långforsen in the Vindelälven river; recreation area with hiking trails |
| 18 Axelmyrberget – good example of how the sea has ground the rock into various shapes | 39 Selet with a path to the outlook tower at Selsknösen  |
| 19 Offerstensberget | 40 Vännforsens nature reserve  |
| 20 Lillsjöberget | 41 Rönnbäck  |
| 21 Haddingen  | |
| 22 Krogberget  | |
| 23 Hadden  | |

Umeå
REGIONEN

More information:

Tourist Centre: 090 – 16 16 16
Umeå Fritid: 090 – 16 16 00
Internet: www.umea.se
www.visitumea.se



Fine fishing in several lakes
along Tavel sjöleden

The Tourist Centre or Umeå Fritid can tell
you where you can buy a fishing licence.

Production: Umeå Fritid • Photo and design: Bengt-Åke Jonasson • 2013 • www



Photo from Stortavelsjön



Tavel sjöleden

A 39 kilometre hiking trail between the
Regiment in Umeå and V. Vännfors via
Tavel sjöberget and Torrberget.



Tavelsjöleden

will allow you to experience nature in all its varied splendour – sandy heaths with pine trees, brooks and lakes, unusual plants, caves and high hills with fantastic views.

The highest crest of Tavelsjöberget **35** is 284 metres above sea level – one of the highest spots in Umeå municipality. Keep a look out and have your camera at the ready when you look over the Tavelsjön lake – you just might see the Tavelsjö monster!

Visit the **outlook tower on Vallberget 33**, a hill that is good for rock climbing too! The cave Vallbergsgrottan is located close by.

The trail is marked out, making it easy for you to find your way. There are picnic areas where you can stop to have a snack. You can have a swim in the Hissjön lake **17** or the Tavelsjön lake by Sundlingska gården, Sand. **C**

Fantastic view over Tavelsjön from Tavelsjöberget!



Hamptjärnsberget – Hamptjärnsstugan **1**

Tavelsjöleden passes by the Hamptjärnsberget hill. Here there are three windbreaks/huts with an open fireplace. Hut no 2 has a ramp for wheelchairs. In the winter there are prepared skiing tracks. Hamptjärnsstugan can be rented and is open on Sundays for a period in the autumn and on Sundays throughout the skiing season. Information: Friluftsförbundet 090-12 14 20, Tourist Centre 090-16 16 16.

Sundlingska gården at Sand **C**

Refreshments both summer and winter. Swimming. Mini-golf. Boat rental service. Fishing licences. Windbreak. Information: Tourist Centre 090-16 16 16.

Torrbergsstugan **37**

Windbreak. Picnic area. Refreshments during snowmobile season. Skiing tracks. Torrbergsstugan can be rented for group accommodation. Information: 090-16 16 00.

Långforsen – recreation area **38**

Tavelsjöleden links up with the Vindelälvsleden trail at Vännfors. Långforsen is one of the longest rapids along the Vindelälven river. Along a stretch of 3 kilometres, the water falls almost 16 metres. There are fine picnic areas located here.

Vännforsens nature reserve **40**

Located by the Vindelälven river, this is pretty Norrland countryside in all its untamed beauty.

