



Bike trail map - Tranås on two wheels

Experience the everlasting landscapes with wide spread woods, beautiful meadows and the crystal clear lakes of Tranås. Stop for a picnic, enjoy the nature and fresh air. The bike paths mainly consist of calm gravel or asphalt roads. The trails are not marked so the only way to follow them is with a map and these instructions.

The Gripenberg Trail 29km (18mi)

Bike through the cultural historical forests and country side with views over the beautiful Säby valley.

Follow Storgatan/Säbyvägen, turn on to Hjälmärvägen and continue into Katarpsvägen. Bike alongside Svartån (the Black River), cross road 32 and then take the first road to the left which passes Sathälla. On this road you have an beautiful view over Säbydalen (The Säby Valley). At the end of the road take a right and follow road 133 past Gripenbergs castle and turn right at the old barn at the sign Farsbo, Slottsboden (The castle shed). Continue over the railway crossing towards Farsbo, take a left at the Restad sign, take a right at the Göberga farm and continue towards Repkullen where you take a right again. You will soon arrive at the lake Ävlängen where you have the chance to take a swim. Continue to the crossing at Häggarp where you take a right towards Tranås. Follow the paved road and turn left at the sign that says Angaryd, you will pass the lake Trollsjön, it also offers great waters for swimming. Follow Grännavägen towards centrum and you will be back in Tranås.

1. Säby Church

Säby church is one of the counties most beautiful middle age churches introduced in the 12th century. There is a altarpiece with a pieta picture and the pulpit is decorated with 14 sculptures from the 17th century.

2. Gripenberg Castle

The castle is privately owned and not open for public viewing but you can stop at distance and view it. The castle was built between 1163 and 1666 as a hunting castle for field marshal Carl-Gustav Wrangel. The architect is believed to be Nicodemus Tessin the older.

3. The Castle Shed

Farm shop in a beautiful environment next to Gripenberg Castle. In the shop, you can find farm inspired furnishing, gifts, cloths, shoes, boots, jewelry and scarfs.

4. ICA Nära Gripenberg

This grocery store is open both on weekdays and weekends and it is the perfect place to purchase your picnic.

5. Studio Guld tackan (Studio Bullion)

Farm shop and studio, it has lambskin and sheepskin as its specialty. Here you will find crafts, cloths and furnishing made of skin products. All the products are produced in the studio on the farm.

6. Estabans Farm Shop

At Estabans you will find chocolate, delicacy and tastes from around the globe, or why not try the honey from the local bee plantation

7. Lake Ävlängen

At the Lake Ävlängen there is a rest area for the walking trail Holavedsleden. This is a great place to take a swim or picnic.

8. Lake Trollsjön

Trollsjön is a small but inviting lake which offers great opportunities to go for a swim. It is located at the outskirts of Tranås.

nue on the old way 32 and after 3,5km (2mi) you will find Nissagölen where you can go for a swim. From here you will have 4,5km (3mi) left to Tranås.

1. Lake Strännasjön

Strännasjön is a great place to go for a swim, at the beach you also have the possibility to have a BBQ.

2. Mårdsmålens Market Garden & Café Pelargonen

Here you will find Mårdsmålens Market Garden with a great selection of different plants. You will also find Café Pelargonen, it is a perfect place to have lunch or a fika.

3. Trollstenen - The Troll Rock

Trollstenen (The Troll Rock) is a massive rock that is balanced on three other rocks. The forest surrounding the rock is a magical place and if you are lucky you might just see a troll.

4. Holavedens Virgin Forest

This is the Jönköping regions first nature reserve, it was founded in 1935. The forest mainly consists of pine trees that are between 200-250 years old. The forest used to be a sanctuary for outlaws. They used to hide in the terrain and ambush travelers and tradesmen. The impervious forest earned the nick name "Hells Gate".

5. The town of Sommen

In Sommen you can find a beach, pizzeria and a convenient store. Lövgrens Träkonst makes and sells wood crafts, you can find it on Mejerigatan 5

6. Gammelbyn Hultet

Gammelbyn Hultet is a cultural idyll by lake Sommens shore. Here you can find 20 cultural buildings with more than 7000 appliances. There are guides that can tell you about the old farming cultural and the old industrial society's different crafts from 1700 to 1900.

7. The beach of Nissagölen

To the left, seen from Tranås, you will find the beach of Nissagölen.

Trollstensleden 19 km (11mi)

Experience a bike tour through the magical old forest and pass the mystical troll rock. You will travel through Holavedens wild woods, some parts of the trail also run alongside Lake Sommens shore.

Start in the city center and get on Mjölbyvägen, continue on Holavedsvägen under the railway overpass, take a right in the roundabout at Lid/Atteviks. Follow Granitgatan out of the city, after 4 km (2.5 mi) you will arrive at Mårdsmålens Farm shop where you also will find Café Pelargonen. Soon after the farm shop you will find Strännasjön where you can go for a swim. Follow the road, take a right at Fösingstorp, after a couple of hundred meters you will find a sign that directs you to the Troll Stone. Feel free to stop and stroll the area and see the mighty stone. After your visit at the Troll Stone, you'll continue on the road on which you came and soon you will pass the farm Sällarp. Take a right in the four way crossing, and then follow the road to the left when it splits up. Bike under way 32 and on the left you will have Vännerstensgölen. Take a right on to the road that leads you towards Tenbäcken. Here you can either continue over the railway overpass towards Tranås or take a detour to the town of Sommen.

If you want to take a detour, follow the bike path for 2 km (1.25 mi) and you will be in Sommen where you can find a pizzeria and grocery store, and only 2 km (1.25 mi) from Sommen there is a good place to go for a swim.

If you want to go straight to Tranås you continue from the Tenbäcken railway overpass and follow the signs towards Romanås and Hultet. After 1,3km (0.8mi) you will find Gammelbyn Hultet on your left which you can visit in the company of a tour guide. Conti-

Romanäs 7 km (4mi)

Combine a bike ride with a hike in Romanäs nature reserve. The route will take you down road 32, after Skoboviken turn right towards Romanäs. Follow the road (keep right at the sanatorium exit) to a large barn at the Steamboat museum. The information board for the hiking trail can be found at the start of the trail.

1. The Beach of Nissagölen

To the left, seen from Tranås, you will find the beach of Nissagölen.

2. Romanäs Sanatorium

The sanatorium was built in 1905 and was used to 1950. Today they buildings are empty but it is a popular area to take a walk.

3. Romanäs Nature Reserve

The hiking trail through the reserve is about 2 km (1.4 mi) long. It goes along side with lake Sommen and passes meadows and fields. There are beeches place throughout the trail and has a rest area with possibilities for BBQs alongside lake Sommens beach.

4. The steamboat museum

At the you will find interior and parts from the steam boat S/S Carl-Johan, that is currently being restored. You can see a lot of steamboat appliances such as radios, frying pan and steam engines.

Tranås - Hätte - Sandvik - Älmås, there and back! 14 km (9mi)

The trail runs on designated bike roads to Hätte (4 km, 2.5 mi). In Hätte you can enjoy a beach, a restaurant, a café, putt-putt golf, Petrus kayak rentals and a camping site. Continue through the holiday home area and you will reach the reservoir Älmås Askskog (Älmås Ash Forest).

1. Beach Hättebaden

Here is Tranås biggest sand beach with everything from diving towers to bathrooms.

2. Petrus Kajak

Here you have the opportunity to rent a kayak, canoe or smaller boat.

3. The restaurant Sjöökrogen

Here you can enjoy a some food, a coffee or an ice cream.

4. Putt-putt golf

Challenge your friends in a game of putt-putt golf.

5. Älmås askskog (Nature reserve)

Askskogen is a well visited walking area with many different leaf trees. In Askskogen you will find the so called mulm tree, old trees with hollow stems. In the reserve you can find a big ash tree that is completely hollow. You can also find elm, alder, spruce, birch, aspen, oak, pine, willow, mountain ash, rowan and cherry trees.

Tranås through Sveagatan/Majmålavägen - Falla - Mada - Råsvägen/Östra Vägen 21 km (13mi)

The trail takes you on bike paths along Sveagatan, turn on to Majmålavägen and you will be on Bordsjövägen. Follow the road for 5 km (3mi), take a left to Falla Spelt and Bagarbod. After 1 km (0.6mi)

you will arrive and this is great moment to have lunch or a fika. Continue to Uddesbo, Övrabo and past Tokarp. At the three road crossing you can either take a detour to Mada grave field (300 m, 0.2 mi) or continue directly to Tranås. After 2,5 km (1.6 mi) you can take a right to Rås Gård (600 m, 0.4 mi) and Illerns nature reserve/beach. If you prefer not to bike those extra 2,5 km (1.6 mi) you can simply continue straight ahead to Tranås. Once you arrive in Tranås go on Råsvägen down to Östra Vägen and follow the bike path signs towards Tranås Centrum.

Tranås - Källås - Tranås 10 km (6mi)

A shorter trail, after 1,5 km (1mi) on Bordsjövägen turns left towards Källås. After 2km (1.4mi) you will arrive at Råsvägen. Here you can either turn left towards Tranås or continue right ahead towards Rås Gård and Illerns reservoir. Point 3-5 is included in this trail.

1. Falla Spelt and Bagarbod

A farming shop that serves both lunch and fika.

2. Mada grave field

Mada grave field was initiated 400-600 a.d. With a beautiful surrounding nature it holds 14 relics of antiquity, including a cairn, four tridents and four stone circles. The most impressive relic is the biggest trident in south east corner, its sides are 22 m long and has central stone that is 1 m tall.

3. Rås Gård

Rås Gård is a farm owned by Tranås kommun (Tranås municipality). The structures were built in the later part of the 19th century.

4. Illerns beach

The water in lake Illern has great quality and is a perfect place to go for a swim

5. Illerns nature reserve

Take a walk in Illerns nature reserve. In this area you will find easy trails with marks from the ice age. Expertise pine, green fields, lingon- and blue-berry rise in great quantities around lake Illern. The trails are marked and are between 3-10km (2-6mi) long.

Adelöv - Brahälla 8 km (3.7mi)

Combined biking and hiking in Brahälla. The trail takes you from Adelöv past Krydderi Krokus, crossing road 133 and continues to Hullaryd. After 1 km (0,6mi) turn left at the sign of the castle ruins 2km (1.2mi), follow the road to the parking lot. From here you have 1,7km (1mi) to walk on trails and footbridges to the old castle ruins. Once you arrive you will get a beautiful view of lake Noen.

1. Adelöv Church

Adelöv church was built in 1833 in new classic style as a simple hall church with barrel vaults

2. Krydderi Krokus

Krydderi Krokus is a farmers shop with homemade spices and teas. You can also buy different types of coffee, delicacy's and souvenirs. Whilst you stop by you can also take the chance to enjoy a fika or a lunch.

3. Brahälla

Brahälla was constructed in 1680 by Per Brahe. The castle ruins are located in a beautiful nature with an amazing view over lake Noen. The ruins were restored in 2010 and the trails and paths were also enhanced.

Gripenberg - Linderåsrunderan 14,5 km (9mi)

Bike through a beautiful landscape and pass through Gripenberg and Linderås. Start in Gripenberg, follow Ädalavägen and take the bike path over Svartån, turn right at Ädala and follow Göbergavägen for 2km (1.2mi). Take a right in Göberga and follow the road for 4,5km (2.7mi) past Fjätarp and Gaddarp to lake Vippersjö. Continue left, towards Linderås for 3km (1.8mi), take a left on Lindängsvägen. Keep right after 1km (0.6mi) and continue towards Ädala 2km (1.4mi), from here you continue towards Gripenberg through the same bike path as you used in the beginning of the trail.

1. ICA Nära Gripenberg

This grocery store is open both on weekdays and weekends and it is the perfect place to purchase your picnic.

2. Estabans Farm Shop

At Estabans you will find chocolate, delicacy and tastes from around the globe, or why not try the honey from the local bee plantation

3. Studio Guldtacken (Studio Bullion)

Farm shop and studio lambskin and sheepskin as its speciality. Here you will find crafts, cloths and furnishing made of skin products. All the products are produced in the studio on the farm.

4. Linderås Church

Linderås church was completed in 1793 and was restored in 1931. The stands were made bigger and the interior was repainted. In 1965 and 1970 some additional interior enhancements were made.

Adelöv - Duvebo - Äpplehult - Nostorp - Adelöv 17 km (10mi)

The trail will take you through the beautiful landscape around Adelöv. Start the trail at Adelöv church and continue north to Duvebo for 6km (3.7mi). Take a right in Duvebo and continue for 2km (1.2mi) before you take a right, continue past Äpplehult, keep right and continue south for 3,5km (2mi). In Falla you take a right and continue south for another 3km (1.8mi). Take a right on road 133 and continue 400m (0.3mi) before you take a right towards Adelöv. After 2,5km (1.6mi) you will be back at Adelövs church again.

1. Adelöv Church

Adelöv church was built in 1833 in new classic style as a simple hall church with barrel vaults.

2. Hemma på Hult

In beautiful nature, you will find Hemma på Hult, a farm from the 18th century with activities for both children and adults. A farmers café with design products, parking spots for RV's and caravans, guided tours for biking and hiking.

3. Beach Tärenäs

Go for a swim in lake Noen whilst watching the fantastic views over the Brahälla castle ruins.



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