

# Your guide to WALKING TRAILS IN THE BOTHNIAN BAY



## Welcome to the Bothnian Bay

There are plenty of paths and trails along the Bothnian Bay coastline and in the archipelago. Adventure and tranquillity are waiting for you just around the corner; enjoy exploring and experiencing the area as you wander.

This flyer lists coastal paths and trails for both beginners and more experienced hikers. We hope it will inspire you to visit our fantastic coast and archipelago.

### ARCHIPELAGO NATURE

The Bothnian Bay is the world's northernmost brackish water archipelago and home to a rich and unique flora and fauna. Its landscape was shaped by the ice caps that once covered the area, and the land uplift that has occurred ever since. The sea level varies by up to two metres, and ice can cover the sea for months each winter.

Countless plants grow here, including several species that are unique to the Bothnian Bay. The marine wildlife includes grey seal, ringed seal and plenty of seabirds.

You're free to fish in the Bothnian Bay using hand-held tackle - chances are high you'll catch something in these waters! In the inner sounds, you'll stumble across perch, pike and roach; further out in the archipelago, you might catch grayling or whitefish.



Photo: Visit Skellefteå



Photo: Visit Skellefteå

### ARCHIPELAGO CULTURE

As the mainland and islands emerged from the sea, people settled in these areas. Travelling by ship, building lighthouses and helping vessels navigate are part of the local culture. People have been catching herring, vendace and salmon, here for years; in days gone by, they also hunted seal on the spring ice. All of this has shaped the cultural landscape of the archipelago. The labyrinths are most spectacular, as are the fishing settlements and archipelago chapels.

## Hiking in the Bothnian Bay archipelago

All trails in the area are relatively easily accessible, without major elevation gains or losses. Some run along bicycle or gravel roads, others are well-trodden paths through the forest.


On certain stretches, you can take a pram or wheelchair, these are marked with. 



Photo: Helena Holm

## HAPARANDA

### 1 REIKKOLA-VÄLIVAARA NATURE RESERVE – 3.5 KM

The song of the hazel grouse joins the drumming of a black woodpecker as a woodcock flaps across the forest. Between the spruce trees, cobblestone fields are overgrown by stunning lichen. Meander through the forest to the coastal meadows – all within walking distance of the centre of Haparanda. Well-marked nature trail with info signs and numbered posts with accompanying info brochure. [Read more](#)



Photo: Camilla Carlsson

### 2 TORNE-FURÖ – 3 KM

This landscape was shaped by the sea, the wind and the sand. Here, you'll find fine sandy beaches, cobblestone fields, old-growth forest with gnarled Scots pines, and a rich birdlife. The trail is an easy forest hike and loops around the entire island, along the beach. [Read more](#)

### 3 SESKARÖ – 3 KM

Beaches, woodland ponds and forest. The rare Siberian primrose blooms here in June. In autumn, sea buckthorn berries, rich in vitamin C, are ripe for the picking. Enjoy the twitter of woodland birds, and the honking of geese and chirping of redshank on the beach. Well-marked nature trail with accompanying info brochure. There are multiple trails on Seskarö: Trailorado and the Temmilahki loop. [Read more](#)

### 4 HAPARANDA SANDSKÄR – 6 KM

The fishing settlement Kumpula, an 18th-century chapel, cultural remains, gnarled Scots pines in old-growth forest, coastal meadows and magical aspen forest. Butterfly orchids and twinflowers bloom as barnacle geese honk. This national park hosts almost all species of archipelago wildlife and many of the plants native to the Bothnian Bay. From Kumpula to Nordudden, well-marked nature trail with numbered posts and accompanying info brochure. [Read more](#)

## KALIX

### 5 SKRIDFINNAR TRAIL – 82 KM

Part of the trail follows age-old routes, through forests, across bogs and along lakes and small streams – the habitat of beavers. You'll run into plenty of ancient remains here: a Viking burial mound, charcoal hearths, tar-burning pits, and the old Kalix copperworks, with its foundry and mine pit from the mid-17th century. The trail runs from the coast at Bredviken up to the wetlands of lake Räkjtjärn, in the Kalix River's catchment area. Well-signposted. Boardwalks, bridges and rest areas. [Read more](#)

### 6 NORDANSKÄR – 2 KM

A health resort was built here in 1886, with a church and visitor accommodation. People came here to enjoy hot baths, mud baths and massages, or in hopes of curing ailments like rheumatism. Selma Lagerlöf was one of the spa's most prominent visitors. Today, only the foundations remain. An easy walk; signs along the path take you right back into history. [Read more](#)

### 7 HEALTH TRAIL – 5.2 KM

The health trail in the centre of Kalix is a lovely loop, part of which runs along the Kalix River estuary. Diverse nature and gorgeous waterfront views. Signposts every kilometre. [Read more](#)

### 8 GETSKÄR/RENSKÄR AND LIKSKÄR – 3 KM/2 KM

A vibrant part of the archipelago with cobblestone fields, old-growth forest, labyrinths and fishing settlements. Feast on wild redcurrants in summer while the ruddy turnstone chatters. Paths criss-cross both of the larger islands in the nature reserve, Getskär/Renskär and Likskär. On the latter, a path runs from the fishing settlement up to a day beacon, which guided sailors. [Read more](#)



Photo: Per Pettersson

## LULEÅ

### 9 JÄMTÖN/RÖRBÄCK – 4 KM

Bog orchids bloom in May; in June, it's the Fairy slippers turn. These and other orchids grow along the nature trail south of Yttre Krokräsket. The cobblestone fields on Bläsberget hill makes for an excellent viewpoint over the archipelago. The path is marked by signposts, but there is no signage on the shingle field. [Read more](#)



Photo: Helena Holm

### 10 GAMMELSTADSVIKEN – 6 KM/8 KM

Land uplift has turned this former sea bay and sailors' approach route to Gammelstad into a freshwater lake, popular among birds. Different trails lead to bird towers – excellent spots to observe the avian population, especially in spring. Hiking into the reserve from the Hägnan recreation area, you pass where the harbour was once situated. Trails, barbecue sites, bird towers and info signs. More or less disability-friendly. [Read more](#)

### 11 HERTSÖ TRAIL – 6 KM/8 KM

Toads wade through Lillträsket while black grouse dominate the bogs. Try your hand at fishing in Hertsöträsk lake! Robins and thrushes chirp among the branches of the old-growth forest with its fungi, lichens and rare orchids. A nature trail with info signs runs through the entire Ormberget-Hertsölandet nature reserve. The car park and the first bothy at Hertsöträsk lake are connected by a wheelchair ramp. [Read more](#)



Photo: Elin Aunes

### 12 SMÅSKÄR – 6 KM

This looping trail takes in primeval forest, cobblestone fields, woodland ponds, bays, fishermen's cabins and archipelago chapels. The area combines nature with traces of human activity, like the fishing settlements and the archipelago's oldest chapel, in Kyrk bay. Tip: pick blueberries, lingonberries and chanterrelles! Well-marked, gentle trail with info signs. Loops around the island – you can make a detour to go swimming. [Read more](#)

### 13 KLUNTARNA – 2 KM/6 KM

Kluntarna is a typical archipelago island: old-growth forest, cliffs, sandy beaches, woodland ponds, and a fishing settlement with red boathouses. Loop past labyrinths and other archaeological remains, the surprisingly human Kluntgubben, and red-throated divers swimming in ponds. Clamber up the lookout tower to be rewarded with a gorgeous view! Two marked trails. A wheelchair/pram ramp runs along part of the path. [Read more](#)

### 14 SOLANDER TRAIL – 220 KM

The Solander trail meanders along the coast and its hinterland, passing through the municipalities of both Luleå and Piteå. More information under Piteå. [Read more](#)

### 15 HEMBERG TRAIL – 3-6 KM

The path up Ersnäs Hemberg treats you to ever-shifting nature and views from the top. The mountain, which is 95 m high, still features traces of human activity – mining, quarrying and logging. You can make a detour along the pilgrim's path, with signs that offer existential food for thought. Numbered info signs add to the experience. [Read more](#)

## PITEÅ

### 16 SOLANDER TRAIL – 220 KM

The Solander trail meanders along the coast and its hinterland, passing through the municipalities of both Luleå and Piteå. The stretch through Luleå takes in mountains, forests, bogs, woodland ponds, farmland and traditional summer pastures. You pass multiple villages along the coast. The Piteå part of the trail passes interesting ancient remains in the hills of Jävre, like burial cairns and labyrinths. The trail runs along the Pite River, past countless villages. You can hike it section by section, from Luleå Airport to the seaside village of Jävre in Piteå. [Read more](#)

### 16 BORGARUDDEN – 3 KM

From the Borgarudden campsite with its lovely shallow-water beaches, a marked path takes you to the majestic, 300-year-old Fyrtallen, "the Lighthouse Pine". Once upon a time, it served as a landmark for sailors. The twin-topped tree was made a natural monument in 1986. The trail begins and ends at the campsite. [Read more](#)

### 17 VARGÖN AND KOSKÄRET – 2 KM/10 KM

Coastal beaches, bogs, and ancient forests of spruce and pine. You'll pass former shifting sand dunes, now overgrown by trees. If you're interested, keep an eye out for rare mushrooms on dead or decaying trees, or any of the countless species of birds. From Koskäret, with its lovely beach on the west side of the island, there are paths to Höjersudden, Laxskäret and Per-Stålviken in the east. Koskäret features a shelter, jetty, beach, fireplaces and sauna. [Read more](#)

### 18 FINGERMANHOLMEN – 1-3 KM

Right outside Piteå, in the inner sound, there's a small island that was home to a steam sawmill at the dawn of the 20th century. The island is actually a ridge, made of sand and gravel deposited by the Pite River during the Ice Age. Fingermanholmen bears clear traces of past human activity: the sawmill, gravel quarries, charcoal piles and tar-burning pits. Paths criss-cross its beautiful nature. There is a jetty, beach, sauna, fireplace and dry toilet. [Read more](#)

### 19 GLÄNTAN AND SANDÄNGESSTRANDEN – 3.2 KM/3.5 KM/5.5 KM

Gläntan is the favourite spot of many who live in Piteå. Here, land uplift, the sea and the wind created silken sand dunes. The tidal flats are perfect for strolling and swimming. These dunes are home to fascinating plants – including a subspecies of field wormwood that only grows in the Bothnian Bay. There is a wheelchair/pram ramp to the area. A marked hiking trail starts at Gläntan. Along the trail, 19 visitor spots tell you more about the nature and history of Sandängesstranden. [Read more](#)



Photo: Peder Ljungqvist

### 20 STOR-RÄBBEN – 4 KM

Stor-Räbben's nature and culture trail takes a few hours to walk, but lets you discover gorgeous sites that are emblematic of the archipelago. It loops the island, taking in a fishing settlement, day beacon, labyrinths, heath, old-growth forest and shifting sand dunes. You can still feel the presence of the fishermen and seal hunters of yore. The water level has been carved into the rocky eastern cape many times since 1750. Looping nature and culture trail with numbered posts and accompanying info brochure. [Read more](#)

### 21 STENSKÄR – 1.2 KM

Stenskar is a sandy esker that once rose from the sea. With its heath, sandy beaches, pine forests, fishing settlement, labyrinths and other remains, the island is the perfect hunting ground for the parasitic jaeger. A wheelchair ramp runs from the jetty to a barbecue site and sauna. Paths lead to swimming sites. While there are signs to guide you, there are no marked trails. [Read more](#)

### 22 ARCHAEOLOGIST'S PATH – 2 KM/1.5 KM

Hike in the footsteps of your forefathers. It is believed that Jävre was home to one of Norrbotten's oldest settlements, 3,000 years ago. Norrbotten's Museum has marked out a path to connect archaeological sites with scenic viewpoints and rest areas. There are many historical remains here, and a "liggande höna" rock formation on Sandholmsberget. The path (part of the Solander trail) consists of two loops and a detour up Högberget hill. [Read more](#)

## SKELLEFTEÅ

### 23 STRÖVARSTIGEN PITE-RÖNNSKÄR – 3.4 KM

An island with a lot to offer – a Heidenstam lighthouse, fishing settlement and 18th-century chapel. You'll encounter cobblestone fields, sandy soil and old-growth forest, and sense echoes of the fishers who used to dwell here. The path runs from the harbour through ancient spruce forest, past bogs and ponds, before finishing at a nice beach on the western shore. [Read more](#)

### 24 RENHOLMEN – 1.3 KM

There was a steam sawmill here in the early 1900s. Wandering among the historical remains, you are transported back to a long-gone industrial era. History comes alive again in Herman Fahlgren's black-and-white photographs; office buildings and manors rise from crumbling foundations; living and breathing people re-emerge from the past. You hike along forest paths and an old dirt road, through a lightly rolling landscape. [Read more](#)

### 25 FURUÖGRUND TRAIL – 10 KM

This man-made trail past Furuögrund, from Byske Havsbud to Kolvikén, offers views over the archipelago and wide-open sea. You'll pass swimming beaches and a gazebo-like mareograph. This tide gauge has been measuring the rise and fall of the tide ever since 1917. Boardwalk path with rest areas and wind shelters. [Read more](#)

### 26 GRYSUND TRAIL – 9 KM

Scenic hike through the forest, along an exciting boardwalk across Grytsundet and past wetlands and woodland lakes. The stretch between Boviken and Bjässviken is particularly enchanting, with a lovely view. The trail starts in the hamlet of Boviken. Signs tell you more about the history of the region. [Read more](#)

### 27 RISBÖLE SHIELING TRAIL – 9 KM

Forest, sounds, sandy beaches and echoes of life in the summer pastures. The trail arcs around Bäckfjärden, from Bäckån to the shieling at Risböle. You can read more about the shieling here, the cabin that shepherds stayed in when they accompanied their cattle to the foresty summer pastures. Halfway along the trail, there's a rest area at Storsand beach. [Read more](#)

### 28 BJURÖKLUBB – 0.3 KM/2.4 KM/6.2 KM

Once an island, now part of the mainland. 50 metres above sea level, a rocky promontory juts out into the Bothnian Bay. There's a lighthouse, fishing settlement, chapel and cultural remains from the past. Make your way through old-growth forest and across ponds, shifting sand dunes, shingle fields and cliffs. Fornstigen, the Gärdviken trail and Bjuröklubb trail all take you to memorable spots. Some stretches by the lighthouse are accessible to wheelchair users. [Read more](#)



Photo: Lisa Lundstedt

## THE RIGHT TO ACCESS AND COMMON SENSE, DO NOT DISTURB, DO NOT DESTROY

The Swedish right of public access is a fantastic opportunity for us all to enjoy nature. But don't forget...

... show consideration for plant, animal and bird life.

... observe local rules, prohibited access and codes of conduct. Go to [skyddadnatur.naturvardsverket.se](https://skyddadnatur.naturvardsverket.se) for further information.

... if you take your dog into a protected area, keep it on a leash.

... leave ancient remains, boulders and stones undisturbed; do not make cairns in the in the cobblestone fields.

... only light camp fires where permitted; remember the fire hazard – carefully put out your fire when you leave.

... respect residents and other visitors.

... common areas are there for everyone; show consideration by leaving the place clean and tidy.

... take your rubbish with you.

Read more on the website of the Environmental Protection Agency.

[The Right of Public Access is great](#)

## LINKS TO MORE INFORMATION

[haparandatornio.com](https://haparandatornio.com)

[heartoflapland.com](https://heartoflapland.com)

[visitpitea.se](https://visitpitea.se)

[kalix.se/turism](https://kalix.se/turism)

[lulea.se/skargard](https://lulea.se/skargard)

[visitskelleftea.se](https://visitskelleftea.se)

[Hiking trails in the Bothnian Bay archipelago](#)