

# Explore Sweden's Newest Cycling Adventure: The Lelångenleden Trail

**Introducing the Lelångenleden, a new regional cycling route stretching 180 km from Uddevalla by the sea, through the lakes of Dalsland, and up to the forests of Årjäng in Värmland. This trail offers a diverse cycling experience suitable for all levels, featuring gravel roads, dense forests, and charming rural towns with cultural and natural attractions.**

The Lelångenleden trail, recognised by [the Swedish Transport Administration](#), follows the historic Lelångenbanan railway line for much of its length, providing cyclists with a unique blend of history and nature. The route offers a diverse cycling experience, with roughly half its path consisting of hard-packed gravel roads with minimal traffic, making it both accessible and enjoyable.

## A Collaborative Effort for Tourism and Recreation

This project was brought to life through the collaboration of four municipalities and two regions: Årjäng in Värmland, and Bengtsfors, Färgelanda, and Uddevalla in Västra Götaland. Key partners include [Visit Värmland](#), [Visit Dalsland](#), [Region Värmland](#), the Swedish Transport Administration, and the [West Sweden Tourist Board](#). The trail aims to boost regional tourism, positioning Sweden as a premier destination for cycling enthusiasts.

Linus Kron, CEO of Väst kuststiftelsen, emphasised the trail's significance: "Lelångenleden is an important link between Västra Götaland and Värmland, opening new opportunities for cycling enthusiasts to explore and enjoy their holiday here."

## A Route for Everyone

The Lelångenleden is divided into four stages, making it adaptable for both long journeys and shorter day trips. Cyclists can enjoy a variety of activities along the way, from visiting museums and enjoying local cafés to swimming, canoeing, and staying in cosy hotels or campsites. The trail is well-marked and due to be fully signposted by the end of summer 2024.

## Practical Information

- **Length:** 180 km, divided into 4 stages
- **Surface:** Approximately 50% gravel, 50% asphalt on low-traffic roads and cycle paths
- **Timing:** Flexible start and finish points with numerous options for day trips or extended cycling vacations
- **Safety:** Cyclists are advised to wear helmets, respect traffic rules, and prepare for varying weather conditions. Packing water, snacks, and a repair kit is recommended.

## Beautiful Stops along the way

- **Bjursjön swimming area:** There are numerous lakes along the Lelångenleden where you can go swimming, and one of the finest is situated just north of Uddevalla. The Bjursjön swimming area features a sandy beach, a jetty, and restroom facilities.
- **Bäckefors Bruk:** Bäckefors is a charming locality in Sweden's Dalsland province, renowned for its rich industrial heritage. Near Bäckefors there is a small brewery called Brukskällan, which brews artisan beer and hosts fun pub evenings.
- **Läxsjöns Camping & Friluftsgård:** This is the perfect place to spend the night, especially for families cycling with children. The camping site offers many different activities including mini golfing or canoeing.
- **Värviks Church:** Beautifully situated on a small island in Västra Silen, this church is a great spot to stop and stay for a short time.
- **Gustavfors Alcatraz Aktivitetscenter:** Cycle over the bridge to Alcatraz Aktivitetscenter, where you can enjoy a fika, savour homemade pizza, or stay at the hostel. Alcatraz is also the ideal spot to hire canoes and paddle for a few hours along the Dalsland Lake system.

The Lelångenleden is more than just a cycle path; it's a journey through some of Sweden's most beautiful landscapes, offering an experience that combines adventure, relaxation, and discovery. Whether you're a seasoned cyclist or a family looking for a fun day out, the Lelångenleden has something for everyone.

- **For more information** about great stops along the route, visit [Vastsverige.com - Lelångenleden](#).
- **Website**, with all the details about the four stages of the trail, and a map: <https://www.westswedentrails.com/en/delled/lelangenleden>
- **Press images:** [Click here](#)

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Additional assets available online:  [Photos \(1\)](#)

<https://stage.mediaroom.com/visitsweden/2024-07-23-Explore-Swedens-Newest-Cycling-Adventure-The-Lelangenleden-Trail>