

# STÖMNELEDEN – THE SILENT TRAIL 17 KM



**Level of difficulty:** advanced   
**Trail marks:** orange   
**Recommended footwear:** boots  
**Updated:** 2025-10-21

**Terrain:** lakes and tarns, view, coniferous forest dominates but there are some areas with noble hardwoods, cultural history, shorter stages on gravel roads, two nature reserves.



## Summary

Let nature be the only sound you hear! Silence cannot be taken for granted these days and perhaps you long for a quiet, peaceful place. Stömneleden – The Silent Trail offers long stages where you can stroll in solitude and just absorb impressions from the surroundings. Take your time and relax!

This beautiful hiking trail of 17 km takes you from the Stömne Nature Reserve to Gängene in the Glaskogen Nature Reserve. There is a lot to discover for anyone interested in nature and photography. The trail passes by several tarns and lakes and from the hilltop Hammarklätten there is a nice view. If you look closely you can see remains from a prehistoric hillfort on the summit.

The terrain is hilly and has a variety of habitats. Besides pine, spruce and juniper you can see oak, maple, linden, ash tree, hazel, rowan and many interesting plants and birds.

The trail is graded as difficult. On a few steep spots you might want to use your hands for support and also there is a dam crossing without railing, so be cautious when crossing! See more details in the description.

The path is marked with orange colour on trees or posts. A PDF map is available for download. From Gängene it is possible to continue on other Glaskogen trails and from Stömne it connects to the Pilgrimsleden Västra Värmland.

The mobile coverage is better on the eastern half than on the western one.

## PLEASE NOTE!

Directly north of the Stömne Nature Reserve the Stömneleden passes through a grazing pen for bulls. They are only there for three days at the end of June and direction signs will show a temporary rerouting. From parking you follow the Pilgrimsleden east and north about 1,1 km and then take off west on the gravel road to Finserud, see map. The 400 m uphill climb on the gravel road takes you passed the brick house Stömnegården and once up the hill you continue into the forest on the Stömneleden again, where you see the regular trail marks.

## Suggested starting point

Stömne Nature Reserve, 59,420768° N, 12,761832° E (WGS84). Take off from road 175 at the sign "Naturreservat" and follow the gravel road about 300 m. Information board, dry toilet and parking area for 4-5 cars.

Bus connection 103 Arvika-Stömne. For time tables see varmlandstrafik.se.

☞ **From the parking space, follow the signs to Ekshagen and the picnic table. At the end of the grassy area you see the first orange trail marks.**

An alternative start is Gängene, the Glaskogen Nature Reserve, 59,431841° N, 12, 555764° E (WGS84). Information board and parking for around 3-4 cars.



Stömne Nature Reserve  
in spring time

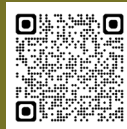


Winter view from  
Hammarklätten



Path along Lake Stömnesjön

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## Description from east to west

### Stömne Nature Reserve – Hammarklätten, 3,1 km

Along this stage there are areas of noble hardwoods. From the parking area you walk through Ekhagen (The Oak Grove) in the reserve, and further through a cattle pen with leaf trees up the hill. The trail follows the ridge 1 km and bends to the east through a habitat protection area and reaches the creek, connecting Lake Hammartjärnet to Lake Glafs fjorden. After 500 m the trail bends off from the creek and exits to a gravel road, which you follow 300 m. You take off on a forest path towards Hammarklätten. With a short detour of 200 m you can see the view from the hilltop where there used to be a prehistoric hillfort.

### Hammarklätten – Stömnesjön, 2 km

From Hammarklätten a descent leads to Hammartjärnen, which despite its name ("tarn") is a lake. It is only 7 m deep and at the eastern bay there is a small public beach. Unless you wish to swim, you head west along Hammartjärnen and then cross its inflow on a wooden bridge. After a passage through forest you cross a logging road. Adding another short forest passage you reach the next logging road, which takes you to Lake Stömnesjön. North of the logging road you see the tarn Djuptjärn.

### Stömnesjön – the dam at Notflagan, 4,8 km

The path follows the shoreline of the beautiful lakes Stömnesjön and Holmsjön for 3 km. At Stömnesjön there are two wind shelters that can be used if unoccupied, but they are not maintained by the municipality. The trail reaches the hill Kaptenshöjden, where you see the tarns Tångtjärnen and Argustjärnen between the trees. A westwards descent takes you to a dam crossing between Notflagan and Tångtjärnen. The lack of railing and its height of 2 m above the water, are mainly the reasons this trail is graded ADVANCED. The width of the dam is about one meter, but walk carefully and pay attention.

### The dam at Notflagan – Slöjtjärnen, 2,3 km

West of the dam the terrain is coniferous. At Sätern the trail passes on the hilltop, next to Hällsjöbotten. The descent is a little steep but there are trees to hold on to. The trail continues on a logging road 1 km and then crosses a gravel road where cars may occur. You arrive at the tarn Slöjtjärnen.

### Slöjtjärnen – Åltjärnen, 3 km

The path follows the shore line of Slöjtjärnen for 300 m. Towards the end, the sideways slope is a bit steep towards the water, so pay attention to roots and rocks here. After 1 km, mostly through pine forest, you pass a small wetland with tall thin spruces and then enter the Glaskogen Nature Reserve, even though no signs indicate it. Heather and ferns grow abundantly and pine dominates. You will pass the mire Abborrmossen south of the trail and soon you see the tarn Åltjärnen. North of the trail is the mire Åltjärnsmossen.

### Åltjärnen – Gängene, 1,8 km

For about 500 m the trail follows along the peaceful and absolutely beautiful Åltjärnen. Make time for a stop, either by the cliffs on the shore or further at the north bay with a small sand beach. After 500 m on a gravel road, you take off west on a forest path and walk the last 800 m to Gängene. As a worthy finish to your nature experience you see lindens growing on the slope next to the information board. There is also a picnic table.



Path along Slöjtjärnen



Dam crossing,  
west of Kaptenshöjden



Åltjärnen

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## Elevation profile for Stömneleden

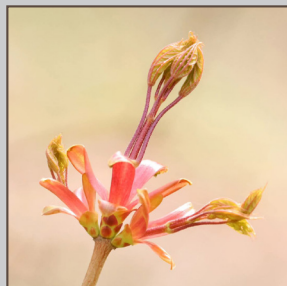
The profile shows the start at the Stömne Nature Reserve to the right and Gängene to the left. For an interactive map, where you can see the height for different places, visit [www.naturkartan.se](http://www.naturkartan.se). Enlarge the map view by clicking on the green framed symbol shown to the right. Then click on the blue circled symbol to open the tool. Move the cursor across the height profile to see the corresponding position on the map.



## Impressions from the trail



Treecreeper



Maple in bloom



Wood anemones



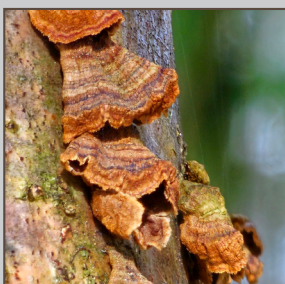
Blackberries



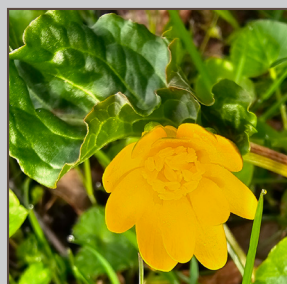
Chaffinch



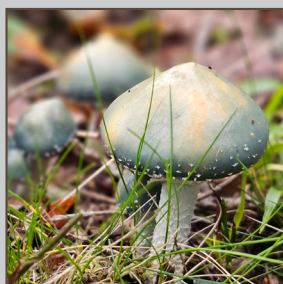
Ostrich ferns



Bracket fungus



Lesser celandine



Blue-green stropharia





Pines nearby Slöjtjärnen



The mire Abbormossen

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## Norway Maple *Acer platanoides*

One of our hardiest deciduous trees, found as far north as southern Norrland. It prefers deep, nutrient-rich, and well-drained soil. The maple grows to about 25 meters in height and rarely lives longer than 150 years. Historically, its wood has been used for string instruments, rake handles, and household utensils; today it is used for musical instruments, furniture, veneer, and parquet flooring. The tree is appreciated for its beautiful autumn colors and is valued as an avenue and ornamental tree.



## Linden *Tilia* spp.

The linden tree arrived in Sweden 7,500 years ago. It prefers nutrient-rich, well-drained soil and can reach a height of 20–25 meters. The linden is mostly found in the southern and central parts of the country. Its wood has been used for carvings and sculptures, such as church sculptures and some of the carvings on the royal ship Vasa. The tree's inner bark has a tough, thin layer that was traditionally used for making mats, baskets, and ropes. Its lifespan is estimated to be between 500 and 900 years.



## Hazel *Corylus avellana*

This shrub grows to a height of 3–8 meters. Sometimes it grows more like a tree and can reach up to 10 meters. Its lifespan is around 60–70 years. Hazel thrives along forest edges and in light oak woods, and it flowers very early in the spring, before the leaves emerge. It is common up to the Bergslagen region. Hazel nuts are a favorite food for squirrels, nutcrackers, jays, and voles. The leaves enrich the soil, providing good nourishment for spring flowers such as wood anemones.



## Oak *Quercus robur*

The oak arrived in Sweden 9,000 years ago and is a tree that supports a great number of other species. This is because oaks can grow very large and live for a very long time. They provide many different habitats, especially for sawflies and butterflies. The oak is an important host for nearly 900 species, and another 900 species make use of it in various ways. An oak can live up to 1,000 years. In Sweden, it reaches about 25 meters in height, but in warmer climates it can grow as tall as 40 meters.



## Ash tree *Fraxinus excelsior*

The ash tree arrived in Sweden about 8,000 years ago and is one of the most nutrient-demanding tree species. It occurs naturally as far north as Värmland and Gästrikland. The ash is important for fungi, beetles, and lichens, and it thrives in deep, well-drained, humus-rich soil. In Sweden, it can live up to 250 years, but in warmer countries up to 500 years. It can reach a height of 35 meters. The ash tree is associated with Yggdrasil, the world tree of Norse mythology.

