



Hike and bike in Aneby

# Around Ralången

25km

A trip around Ralången offers a variety of nature and cultural experiences. The bicycle route is about 25 kilometres long, but considering all that a tour of Ralången has to offer, you need to allow plenty of time. The trip traverses paved roads except for the stretch between Gåseryd and Marbäck church.



ANEBY  
KOMMUN

Aneby Touristoffice

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This is where the bicycle tour around Ralängen begins. For the most part you will proceed on small, public roads with a low or moderate amount of traffic. We urge you to be careful in traffic anyway. Don't forget your bicycle helmet!

## 1. Stalpet

The Stalpet waterfall is the highest waterfall in southern Sweden. Falling from a height of 19 metres, the water cascades into a kettle-shaped cavity with two large rock cauldrons. Downstream from Stalpet, the Svartån river runs through a deep rocky ravine and then out into Lake Ralängen.

At Stalpet there is a café that is open during the summer and local handicrafts are on sale. Tel. +46 (0)380-419 45.

*Take the road bridge over the ravine towards Tranås.*

## 2. Katrineholm Castle ruins

The castle was erected in the 18th century and demolished at the end of the 19th century.

## 3. Hyllingen Nature Reserve

Lake Hyllingen, with its surrounding wetlands, is very important as a rest area for migratory birds such as whooper swans, shovelers and marsh and hen harriers. During breeding season you can sometimes see species such as ducks, coots, Eurasian curlews and great crested grebes. To study birds within the reserve, visitors can use the bird observation tower on the lake's eastern shore. On a still summer evening you are also sure to hear the rare grasshopper warbler, which breeds in the area.

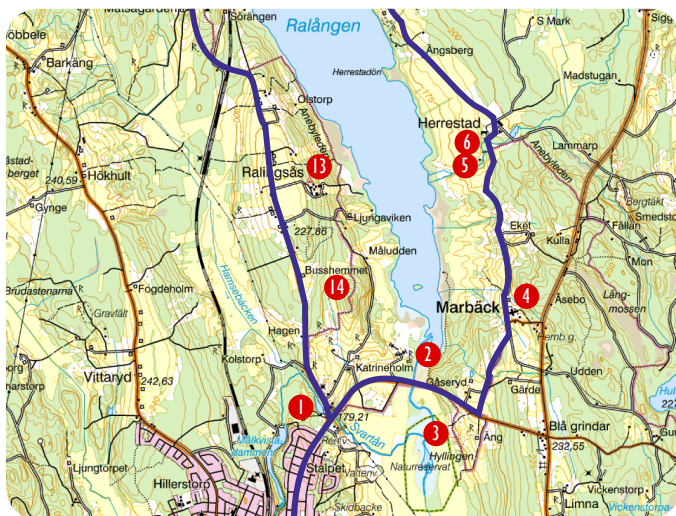
*Turn left at the sign for Herrestad. Then follow the road along Ralängen all the way to Frinnaryd.*

## 4. Marbäck Church

Marbäck Church was erected during the 13th century.

## 5. Herrestads Mill

Herrestad Mill is a water wheel mill. The oldest parts are from the 18th century, and the building's interior is still very



well preserved. Herrestadsberget, southeast of Herrestad, is an excellent vantage point.

## 6. Herrestads Manor

Herrestad Manor was built in 1894. The manor dates back to the Middle Ages when it was under the jurisdiction of the Alvastra monastery. At Herrestad there is an old warehouse that at one time served as a granary. Its purpose was to provide assistance in case of crop failure and in general to help the needy within the estate's area.

## 7. Hästeryd Meadows

Hästeryd Meadows is an area of about 15 hectares with hundred-year-old oaks and occasional linden trees. In a smaller area there are also beech and larch trees. The area consists of old grazing land that slopes down towards Lake Ralängen. The region has abundant and varied flora, including variegated Solomon's seal, alpine bistort, milkwort, rock rose and greater butterfly orchids. West of the Hästeryd farm there is also a large burial ground.

*Turn left towards Frinnaryd at the crossroads with signs for Frinnaryd/ Aneby/ Sunbult/ Tranås.*

## 8. Frinnaryds Church

The oldest parts are probably from the late 12th century.

## 9. Frinnaryd

At the square in Frinnaryd you can see a statue of Oskar Jarén (1877-1954), a local photographer who for 40 years documented the Frinnaryd community and its environs with his simple box camera. He left a collection of 2,000 glass photographic plates and 1,000 modern negatives, most of which are stored at the county museum in Jönköping. The statue was dedicated in 1997. It is life-size, but might appear to be very small. That is because Jarén was only 1.4 metres (55 inches) tall. The statue was executed in bronze by one of Sweden's foremost sculptors, Thomas Qvarsebo. Qvarsebo is perhaps best known for having created the bust of former Prime Minister Olof Palme that stands in the Parliament building in Stockholm. Continue the tour under the railway viaduct through Frinnaryd and for about two kilometres.

*Turn left at the sign for Nohynäs. Then follow this road back to Stalpet.*

## 10. Munkakvarn

Next to the Noån river two mills and a saw were constructed at the turn of the previous century. In 1923 a power plant with two turbines generating a total of 150 horsepower was also built. The power station made use of the 11 metre drop in the river to supply the mills and the saw with electrical power. The mill machinery was driven by a transmission belt from a shaft. The facility is well



preserved and unaltered. However, the first mill facility dates back to the 13th century. In the 14th century the mill was donated to the Vadstena monastery.

### 11. Nobynäs Säteri

The history of the Nobynäs manor involves not just agriculture and forestry. It also served as a school of household management and a hospital. Nobynäs now operates as a bed & breakfast. There is also a great deal to see here, including plastic and Bakelite collections and the Friesian horses raised on the farm. For showings and B&B reservations, call +46 (0)140-200 88.

### 12. Stierngranats Museum and Pyramid

The museum, which also contains a curiosa cabinet from 1926, is a rarity. The founder was a nobleman, Malte Liewen Stierngranat, born in 1871 on the Nobynäs estate. He succeeded in realising many of his dreams at the beginning of the previous century. Among other things, he built his own railway station as well as his own museum, a castle and a pyramid to serve as a tomb. The museum area also encompasses a school museum

and a railway museum. Malte and his family now are interred in the pyramid, which is secluded in the former castle's woods.

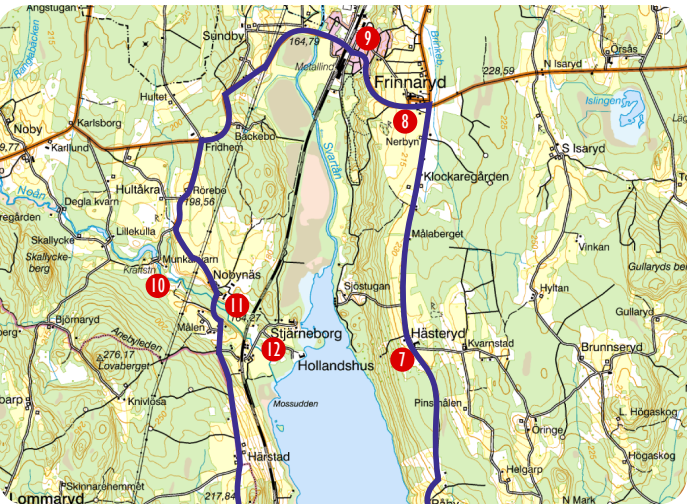
### 13. Ralingsås

Ralingsås is a very elongated village located on a ridge along Lake Ralängen with panoramic views in all directions. Long valleys were formed as a result of fractures in the bedrock hundreds of

millions of years ago when there were earthquakes here. In the area several prehistoric remains have been found, including stone axes, which indicates that the site was occupied very early.

### 14. Katrineholmsberget

Katrineholmsberget overlooking Bredestadalen. In the area there are also burial grounds and stone-settings.



## Ralången

Lake Ralången, part of the Svartån water system, is situated 162.5 m above sea level, has a surface area of 5.37 km<sup>2</sup> and reaches a depth of 5.0 m. Along with a nearby bird lake called Hyllingen, Ralången is of national importance as a resting area for waterfowl, particularly wild ducks, whooper swans, mergansers and wading birds. Otters also occur in the area. Among the breeding waterfowl, water rails have been observed. For fishing enthusiasts, Ralången offers opportunities to catch pike, tench, bleak, bream, minnow, rudd, roach, burbot, ruffe, perch and pike-perch. In addition signal crayfish are present in the lake.

