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# 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 theWest Sweden Tourist Board. The trail aims to boost regional tourism, positioning Sweden as a premier destination for cycling enthusiasts.

Linus Kron, CEO of Västkuststiftelsen, 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.
- **Vårviks 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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