



# Footpaths and cycleways



BauerGården  
GÄSTGIVERI & KONFERENS

# Base Camp Bauergården

*We want your nature experience here to be something you remember with a big smile. Whether you hike, cycle or run, are a beginner, just enjoy exercise or are an experienced athlete, you'll find something to suit you. Just choose a level and enjoy yourself to the fullest, and we'll take care of the rest.*

## Our facilities include:

- Changing room and shower
- Cycle wash and storage
- Maintenance room for cycles
- Laundry facilities
- Outdoor gym
- Sauna and beach
- Cycle hire (advance booking required)
- Barbecue area and barbecue picnic hampers



## Instructor and guide

Would you like to hone your trail riding skills, join a peloton, not have to work out the route yourself or go on a guided theme hike? Our instructors and local guides will gladly help you. Contact us on +46 (0)36-540 06 to book.

## Look after nature!

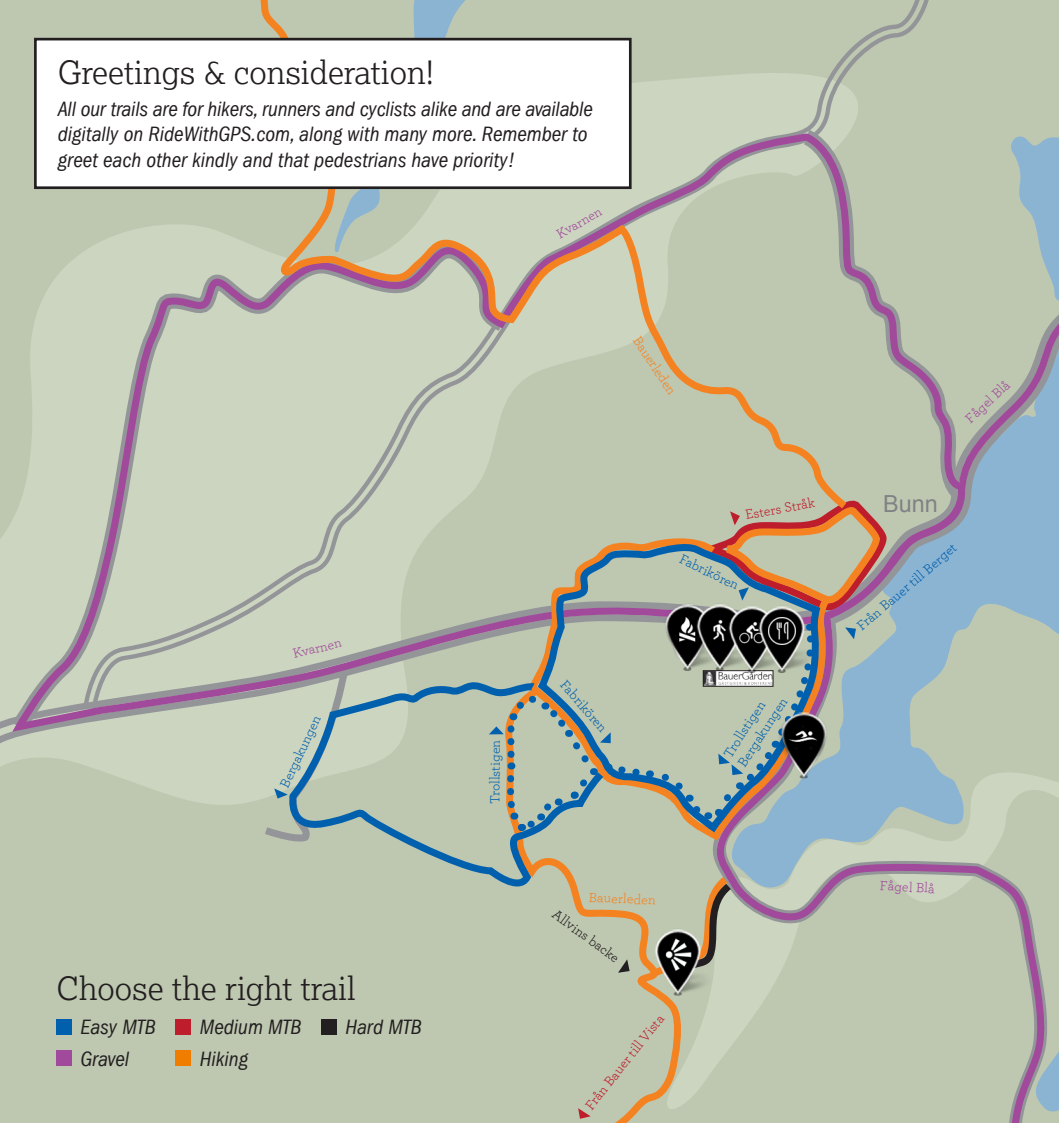
Being able to move freely in nature is a privilege but also entails responsibility, and there are certain things you should keep in mind when hiking, cycling or spending time in nature. If you are unsure, please read about the right of public access or ask us.

# Fabulous cycleways

- Trollstigen trail | 5.7 km MTB, 96 m elevation  
The trail is easy to cycle, but there is one challenge here, and it's hills. The area is hilly, and it's the climbs that are tough.
- Fabrikören trail | 5 km MTB, 97 m elevation  
The trail first takes you past the factory in Bunn and then further into the magical nature from which John Bauer took inspiration for his fabulous illustrations.
- Bergakungen trail | 8 km MTB, 161 m elevation  
Bergakungen follows largely the same trails as Trollstigen at first but then continues on a longer loop. You emerge from the forest out onto highland fields with wonderful views.
- Esters Stråk trail | 2.3 km MTB, 45 m elevation  
Here you'll encounter slopes to climb and a nice descent with the opportunity for speed and fun. A perfect warm-up for the longer trails.
- Kvarnen trail | 14 km GRAVEL, 166 m elevation  
A wonderful and somewhat demanding route with many long hills that, once you reach the top, will reward you with unbeatable views of the lake.
- Fågel Blå trail | 15 km GRAVEL, 135 m elevation  
The route that has it all! Beautiful gravel roads, demanding ascents on a tractor path and asphalt straights. As good for MTB as gravel.
- *Bauer to Vista / 24 km Only the start is marked; see digital trail*
- *Bauer to Berget / 12 km Only the start is marked; see digital trail*

## Greetings & consideration!

All our trails are for hikers, runners and cyclists alike and are available digitally on [RideWithGPS.com](https://www.ridewithgps.com), along with many more. Remember to greet each other kindly and that pedestrians have priority!



# Magical trails

*All our trails are for cyclists, runners and hikers alike, and the direction of travel differs depending on how you make your way along them. Those who are walking or running always have priority and meet cyclists instead of being overtaken by.*

## ■ Fabrikören | 5 km

This trail takes you into the magical nature from which John Bauer took inspiration for his fabulous illustrations and ends just past the factory in Bunn.

## ■ Esters stråk trail | 2,3 km

It is said that Esther and John Bauer's relationship was a bit of a roller coaster and so is this trail. A little uphill, a little downhill with calm stretches on which to catch your breath in between.

## ■ John Bauerleden | 57,7 km

The Bauerleden trail goes between Huskvarna and Gränna and is just around the corner. Perfect for both hiking and cycling. Follow the orange-marked signposts.

## Long distance

If you want to go on a slightly longer ride, we recommend our cycleways Kvarnen and Fågel Blå. Both run along a mix of gravel and asphalt roads and offer beautiful surroundings. On our website, we have suggestions for more trails and interesting places to visit in the local area!

# MTB trails near Bunn

*The Bauer forest is full of magical trails, but if you want to ride on prepared tracks, we are lucky to have some of Småland's best MTB trails nearby. Make it a full day and cycle there and back or take the car.*

## GBOK MTB | Gränna

Just a warm-up away (about 10 km) is the home of Grännabygden OK, up on Grännaberget cliff. There are several marked trails with different levels of difficulty: single track, flow trail, pump track and a jump zone, cycle wash and water station. You can cycle there on a combination of paths and roads or take the fastest route, which runs on asphalt; see the website for directions.

## Vistabanan trail | Kaxholmen

Vistabanan trail is one of Sweden's oldest competition trails and is only 15 km away. The trail has a wonderful flow with banked turns, single track and small jumps and is suitable for both new and experienced cyclists. You can cycle there on Bauerleden trail or take the asphalt road past Ölmostad and Skärstad.

## IKHP | Huskvarna

Several championships have been held at IK Hakarpspojarna's arena on Huskvarnaberget. In addition to the tough European Championship course from 2016, there are several trails with different levels of difficulty, as well as downhill courses and a lift. You can cycle all the way to IKHP by following Bauerleden trail south for about 30 km, but we recommend taking the car as the trail is long and tough.



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