Experience the pilgrim route St. Olav’s Way by bike, from Östersund to Trondheim, 7 days

Program

Background
Viking king Olav Haraldson went ashore in Selånger and then crossed Medelpad and Jämtland on his journey back to Norway. He reached Stiklestad but there he died in battle on July 29th 1030. He was canonised a year after his death and his image can be seen in the church of Frösön. He is buried in the Nidaros Cathedral in Trondheim, which early became an important destination for Christian pilgrims.
The route St. Olavsleden stretches 564 km from the Gulf of Bothnia to the Atlantic Ocean. The Swedish-Norwegian part of the trail begins in Selånger outside Sundsvall and runs through a varied landscape of large forests, river valleys, agricultural grounds and mountains until it reaches the blue fiord by the ocean.

Day 1, Östersund – Alsen ca. 54 km
At Jamtli in Östersund you check in, receive your pilgrim pass and leave your luggage with us for further transport to Wången, today’s final destination. You will get your packed lunch and your journey along St. Olavsleden can begin. You cross the bridge to Frösön where you will pass the medieval Frösö church. The trail continues towards Rödön and to Glösa with its 5,000-year-old rock engravings of elks. Today’s final destination is Wången, a national equestrian center. Here you will have dinner at the Wången inn and comfortably spend the night.

Day 2, Alsen – Åre ca. 66 km
After breakfast and with your packed lunch prepared you are ready to set off toward today’s destination, Åre. The trail takes you through the villages of Kluk, Bleckäsen and Semlan where there used to be copper works. The ride continues to Järpen, the main town of the municipality of Åre. Continue west through the agricultural landscape past the village of Såå and you will soon reach Åre, an alpine hiking and skiing resort with many restaurants, hotels and shops. Round off the day with dinner and a good night’s sleep.
Day 3, Åre – Medstugan ca. 54 km
Today's bike ride continues west from Åre following the old road to Duved. After Forsa the valley opens up and you can see a fortress by the river. After a short distance on the E14 you continue on Skalstugevägen which takes you to your final destination of the day, Medstugan, one of Sweden's largest private properties. In the late 19th century Medstugan included a mill, a brewery and a dairy and this is where you will have dinner and spend the night.

Day 4, Medstugan – Stiklestad ca. 58 km
This day you will be heading for Stiklestad. The first part of the trail runs along the lake Medstugusjön, it then continues past Skalstugan before it takes you across the border to Norway along Karl Johansvägen (Karl Johan’s road). After the bridge across the river Kvernabro the route follows a country lane to the village of Vuku where you will find the beautiful Vuku church dating from 1655. Upon arrival in Stiklestad you will be well received at Stiklestad hotel where you will have dinner and be accommodated for the night.

Day 5, Stiklestad – Markabygda ca. 45 km
Today's starting point is Stiklestad church and cultural center, from there you will ride through a cultural landscape with hamlets and farm land. The route will take you passed Munkeby gård, nearby you will find the ruins of Munkeby monastery from 1180. Before continuing take the opportunity to try the beer and cheese produced locally by the monks from the nearby monastery. The bike ride continues in pleasant terrain mostly on gravel roads as you pass the lake Tomtvatnet before reaching Markabygda where you have dinner and spend the night in simple accommodation.

Day 6, Markabygda – Ersgard ca. 40 km
After a good night’s sleep and breakfast the bike ride continues mainly on graveled road through “marka” the Norwegian expression for country path. The path will take you passed the lake Ausetvatnet to Borås gård and further to Volhaugen before descending to Vaernes and finally reaching the idyllic Ersgard. Today’s trail ends up at Ersgard farm, with its own handicraft store and the opportunity to take a cold swim in the river nearby. Dinner is served in the nice pilgrim hostel at Ersgard. There are showers and indoor accommodation in old-fashioned double rooms.
**Day 7, Ersgard – Trondheim, Nidaros ca. 55 km**

When the time comes to leave Ersgard we guarantee that you will want to come back. Your pilgrimage continues along gravel roads south of the village of Hommelvik. You will see and hear the river Homla and follow it for a while before taking the route along the Trondheimsfjord. At Saksvikskorsen, a cross once stood where pilgrims would stop when they got their first sight of Nidaros. Here you can gaze out over the fiord and the city. The last few kilometers go right through the heart of Trondheim until you finally reach the goal of your journey – the Nidaros Cathedral, where Saint Olav’s remains are buried. In Nidaros you will receive your well-deserved pilgrimage diploma.

**Practical information**

You will cycle along St. Olavsleden mainly on gravel roads, large paths and small asphalt roads. You set your own pace and decide where and when to take your breaks and have your packed lunch so that you can enjoy the sites and the scenery along the route. We will transport your luggage from day to day, which means you only have to carry what you need for the day (packed lunch, thermos/water bottle, repair-kit and extra clothing). For this route we recommend you use either a cyclocross bike or a hard tail cross country bike. You can either bring your own or rent a bike when making your reservation (price approximately 500 Sek/day). In certain places along the trail you can choose different routes depending on the terrain you prefer.

**This is included**

- Simple, shared accommodation (varies between pilgrim shelters, hostels, camp site cabins and hotels)
- Breakfast, day 2-7
- Dinners, day 1-6
- Packed lunch, day 2-7
- Luggage transport (one piece of luggage per person)

**Route information**

**What you need to bring along**

- Sleeping bag (if you prefer, it is possible to rent bed linen at some of the accommodation)
- Thermos/water bottle (for packed lunch)
- Backpack/bike bag
- Repair kit for flat tires (can be supplied by the bike rental store)
- Rain wear
- Personal clothing and equipment (toiletries, camera, etc.)
- Mobile telephone
- We recommend that you double-check your insurance before you leave.
- First-aid kit

**Price per person from 9900 SEK**

Please note that we need a minimum of 8 participants per group. This will be arranged on request.

For booking and information contact the organizer [www.aktivut.se](http://www.aktivut.se), mail: [info@aktivut.se](mailto:info@aktivut.se)