

Frötuna herding path

Herding path, GPS-guided walk, Delldén's spring

A shady woodland path that goes through forest and marshland past abandoned crofts. Step back in time to a world where forest crofts and herding stations were still in use. In the past, this route was used every day by local inhabitants and women tending to and from the herding stations. Take a short detour to visit Delldén's spring, a curative spring named after Isac Delldén, a well-known 19th century healer. The path ends at Aspen, a small peaceful lake surrounded by idyllic summer house

Fact box Herding paths

The herding path was an important route to and from the village. The route was used regularly by farm workers and herding maids transporting dairy products such as butter and cheese, or during the hay harvest. They went barefoot and often hurt their feet on the path.

Every year, the farmers would move their livestock to summer pastures in order to leave their fields free for growing crops for winter storage. Girls began training as herding maids as early as 12 years old. The herding station was often managed by the herdsman's daughter or a farm maid. Their duties included looking out for bears. Sometimes there would be a junior maid to help with the various duties.

Herding maids worked hard all day milking, churning butter and making fresh cheeses. Groups of local lads would often come by on Saturday nights to court the maids. These evenings often ended with a dance on the green pasture.

The buildings at the herding station were small, simple, low wooden huts. All herding stations had basic livestock shelters and barns.

(Material from Ljustorp Local Heritage Society.)

History

You are passing a croft called Flärk-torpet. It is named after the nearby lake Flärken. The croft was built in the 1850s. It was used until the 1940s when its last owner, Anders Vågberg, moved away. The plot measured 180 x 320 metres. Today you can see building foundations, basements, boundary cairns and traces of surrounding fields.

If you start at car park 2, you will also pass the remains of two other crofts, Smäcktorpet and Norbergstorpet. Norbergstorpet was used between 1850 and 1940 before they were abandoned.

We know that in the 18th century, the land where the Västra Frötuna herding stations is located was communally owned by the villagers. For this reason, it was natural for all the farmers in



View from the picnic area beside peaceful lake Flärken

Photo: Lena Liljemarm

Frötuna to build their herding stations there. In its heyday, there were as many as nine herding stations here. By 1892 only one herding station remained here, since many of the villagers had moved their livestock to their own forest plots.

Trivia

At the beginning of the trail you will pass Delldén's spring, a curative spring. It was used by Isac Delldén, a well-known 19th century healer who lived on a croft in the region. According to tradition, a curative spring must have its outlet towards the north. Delldén's spring meets this criterion. The water is only for external use. It contains iron and sulphur compounds, which are said to alleviate skin complaints. Delldén and his spring were famous, and legend has it that people flocked to him for treatment. Delldén's medicine chest is on display at the local heritage centre in Ljustorp.

Route description

The description starts from car park 1, and the trail starts at the car park.

Follow the path until you reach the sign marked Delldéns källa.

1. A short detour of 25 metres will take you to Doctor Delldén's spring. After the spring, you will pass a clearing with fantastic views of the valley.
2. You will come to a fork in the trail where a path leads up from car park 2 in Hamre. Take the left fork to go to Aspen and the herding stations.
3. Here the trail turns off to the right. Straight ahead there is another car park.
4. Here you can see the remains of Flärk-torpet croft.
5. If you take the right turning, you will come to a picnic area after about 75 m.
6. Picnic area and view of Flärken lake. Immediately after the picnic area you will pass a marshy swamp.
7. Sign with information about Frötuna herding stations
8. End of trail, or start of trail in you start from Aspen.
9. You will find a beautiful picnic area beside the Aspen lake.

Road directions

From the E4 motorway take the exit towards Bergforsen. Drive along road 331 for just over 4 km.

After the railway bridge turn left towards Ljustorp. Drive along road 681.

After about 8 km, turn left at the sign marked "Vandringsstig". Drive along the gravel road for 1.3 km.

Alternative starting point in Hamre: Take turning towards Hamre after driving 9 km on the 681, then drive for 1.2 km until the road ends.

Alternative starting point 2 from Aspen: Turn left towards Aspen about 2 km after the exit on road 681.

Starting point



4 km E4
23 km Sundsvall

4 km E4
35 km Härnösand

www.ljustorpsvandring.se



- Beside one of the starting points
- Blue 40 min. Herding path 1.5 hrs easy
- Blue 2.3 km. Herding path 3.6 easy
- Up to 210 m.a.s.l. ascent 135 m.
- Ancient remain
- Panoramic view

GPS-guided walk

For information about sights along the way, see the walk description.

The trail is marked in yellow with paint and plastic bands.

	Latitude	Longitude
Car park 1	N62 36.105	E17 20.414
Car park 2	N62 36.501	E17 19.547
WP 1 POI	N62 36.237	E17 20.073
WP 2	N62 36.087	E17 19.624
WP 3	N62 35.988	E17 19.602
Car park 4	N62 35.969	E17 19.613
WP 4 POI	N62 35.727	E17 19.014
WP 5	N62 35.661	E17 18.499
WP 6 POI	N62 35.676	E17 18.420
WP 7 POI	N62 35.418	E17 18.213
WP 8	N62 35.243	E17 17.910
WP 9 POI	N62 35.236	E17 17.802
Car park 4	N62 35.245	E17 17.837

WP = waypoint

POI = point of interest

GPS coordinates stated in WGS 84, lat/long

For more information about geocaching, see www.upplevljustorp.se. To register: www.geocaching.com