

# River cliff walks

## Esker, herding path and GPS-guided walk

If you have limited time but still want to explore the Mjällån valley, we recommend the following routes: the Höglandsbodarna herding path, a river cliff walk and a detour to "Värsta gettryggen" ("humpback esker"). These routes will give you a taste of all the Mjällån valley's distinctive attractions. You will see a lot of the distinctive local geological and natural features and impressive views from high river cliffs. One of the branch paths is a section of the Höglandsbodarna herding path. Because there is no longer a bridge, it is not possible to cross the river. The site of the old herding station starts at the top of road 331 and stretches about 1 km south. Today the site is occupied by new houses. There is a geocache along the route.

### Fact box The geology of the Mjällån valley

During the final part of the last ice age, about 10,000 years ago, the flow of water through the Mjällån river valley was significantly higher than today. There are two reasons for this.

One reason is that the river known today as Faxälven originated as a glacial river running through what is now the Mjällån river valley. The other is that the glacial river was much larger than Faxälven is today because it was fed by the melting inland ice. This explains the disproportionately large quantities of sedimentation along the valley today.

The prehistoric glacial river transported vast amounts of debris in blocks and smaller fragments. This debris was deposited across the entire width of the sea bay in multiple layers. As the land continued to rise, the Mjällån river began carving into the underlying layers of sediment.

This is how its river cliffs were formed. When a running waterway flows through a wide valley at a slight inclination, it develops a winding course. This process is known as meandering. Over a few years, the meanders become progressively tighter. Eventually the river takes a shortcut and runs in a straight course over the meander. The meander becomes cut off from the river and forms an oxbow lake. The word for this type of lake in local dialect is "Surå".

The loose sediment is very prone to erosion. Even very small tributaries running towards the trunk waterway carve out deep ravines. When two parallel tributaries run close together, a flat area forms between them with a ravine on either side. This area is called a ridge. In some places, the sides of the ridge erode away until only a narrow strip is left with a steep ravine on either side. This is known as an esker.

(These facts are taken from *Geology of the Mjällån valley* by Lennart Vessberg.)

### Things to see and do

One of the Mjällån valley's most beautiful paths in a short walk. Here you can see river cliffs, ridges, eskers and old river beds. Because of its hilly terrain, the area has been spared from timber felling.

### Cultural history

One of the branch paths is a section of the old herding path. The path was used for herding livestock and transporting dairy products between Högländ and the local herding stations. At a point where the path dips, you can see the remains of a hay barn, a reminder of earlier times when storing hay was a natural part of daily life.

### Natural sights

The Mjällån valley's distinctive geology and the fact that the river is an unregulated waterway are two factors that have contributed to the area's unique and beautiful natural environment. The valley is home to many rare plant and animal species.

The rare dune tiger beetle lives on the banks of Mjällån. Certain bird species find a safe haven on the steep cliffs. For example, sand martins burrow almost a metre into the loose earth of the cliffs to build their nests. The Mjällån valley also has excellent fishing waters. Just remember to buy a fishing licence.

### Route description

1. At the first junction in the path, the left route leads to Värsta gettryggen (an esker) and the right route leads to an interesting insect habitat and the herding path.
2. After walking up the slope, you can either turn left onto the Höglandsbodarna herding path or continue straight ahead to view an interesting insect habitat. Warning: Do not walk on the edges of the cliffs, since they may have an overhang that could collapse. Take care. Do not put yourself and others at risk.
3. Here the path leads along one of the Mjällån valley's characteristic eskers



View from a cliff edge towards Mjällån river.

Photo: Lena Liljemark

4. When the road forks, take the left path which leads along an old river furrow.
5. Sand bank providing a habitat for the dune tiger beetle.
6. Remains of old hay barn. Here you can take the black path back to the esker. It is unfortunately downdriven by squats.
7. Today the Höglandsbodarna herding path ends here where the river begins.
8. Here the path leads along a narrow esker.
9. The path is cut off here by the edge of another cliff. Two cliffs have converged, making it impossible to access the old panoramic spot with a view over the river. Do not walk on the narrow esker, as it could collapse.

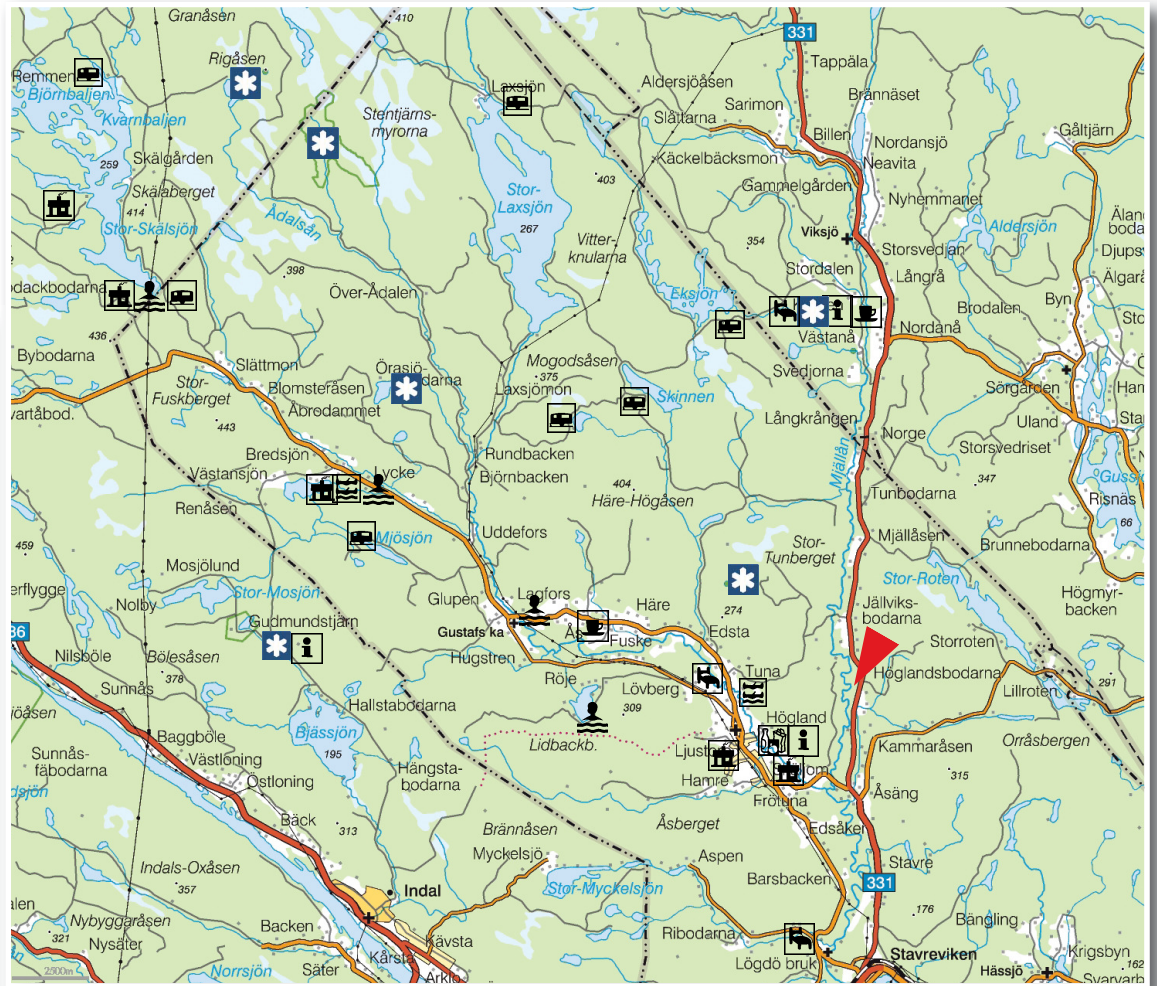
## Road directions

From the E4 motorway take the exit towards Bergedorsen. Drive along road 331 for 14.3 km (about 12 minutes).

Turn right onto the gravel road at the sign marked ?. Park by the side of the road.

Take care not to block the gravel road when you park, since it is used by the land owner and other people.

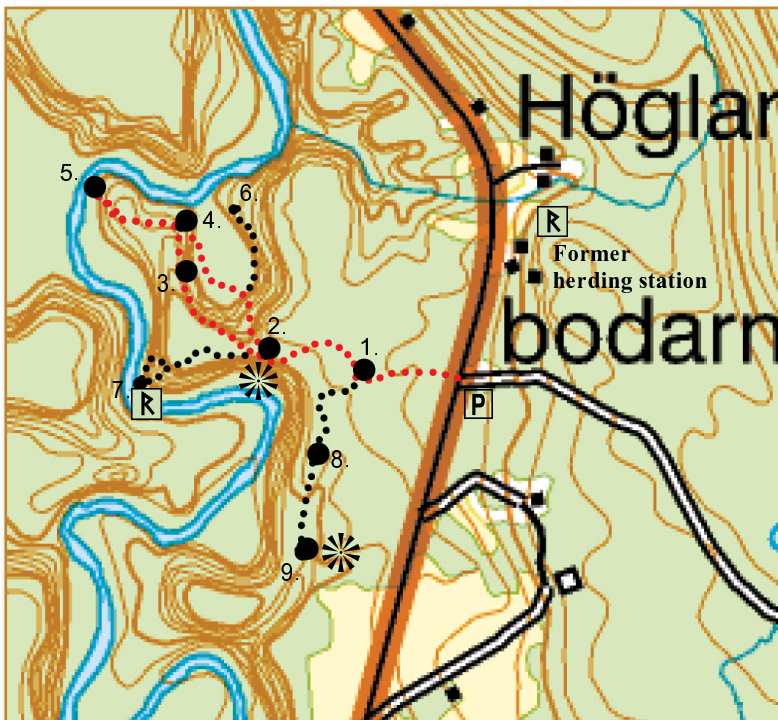
Starting point



4 km E4  
23 km Sundsvall

4 km E4  
35 km Härnösand

[www.ljustorpsvandring.se](http://www.ljustorpsvandring.se)



- After the forest road at the starting point
- Red about 60 min + branch road 60 min
- Red road 1.9 km + branch road 1.5 km
- Up to 100 m.a.s.l., ascent 106 metres
- Please note: The path is hilly with steep stretches.
- Ancient remains
- 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 38.298	E17 24.721
WP 1	N62 38.294	E17 24.466
WP 2 POI	N62 38.322	E17 24.332
WP 3 POI	N62 38.391	E17 24.158
WP 4	N62 38.451	E17 24.141
WP 5 POI	N62 38.499	E17 23.976
WP 6	N62 38.465	E17 24.272
WP 7 POI	N62 38.303	E17 24.057
WP 8	N62 38.230	E17 24.388
WP 9 POI	N62 38.150	E17 24.359

WP = waypoint

POI = point of interest

GPS coordinates stated in WGS 84, lat/long

For more information about geocaching, see [www.upplevljustorp.se](http://www.upplevljustorp.se). To register: [www.geocaching.com](http://www.geocaching.com)