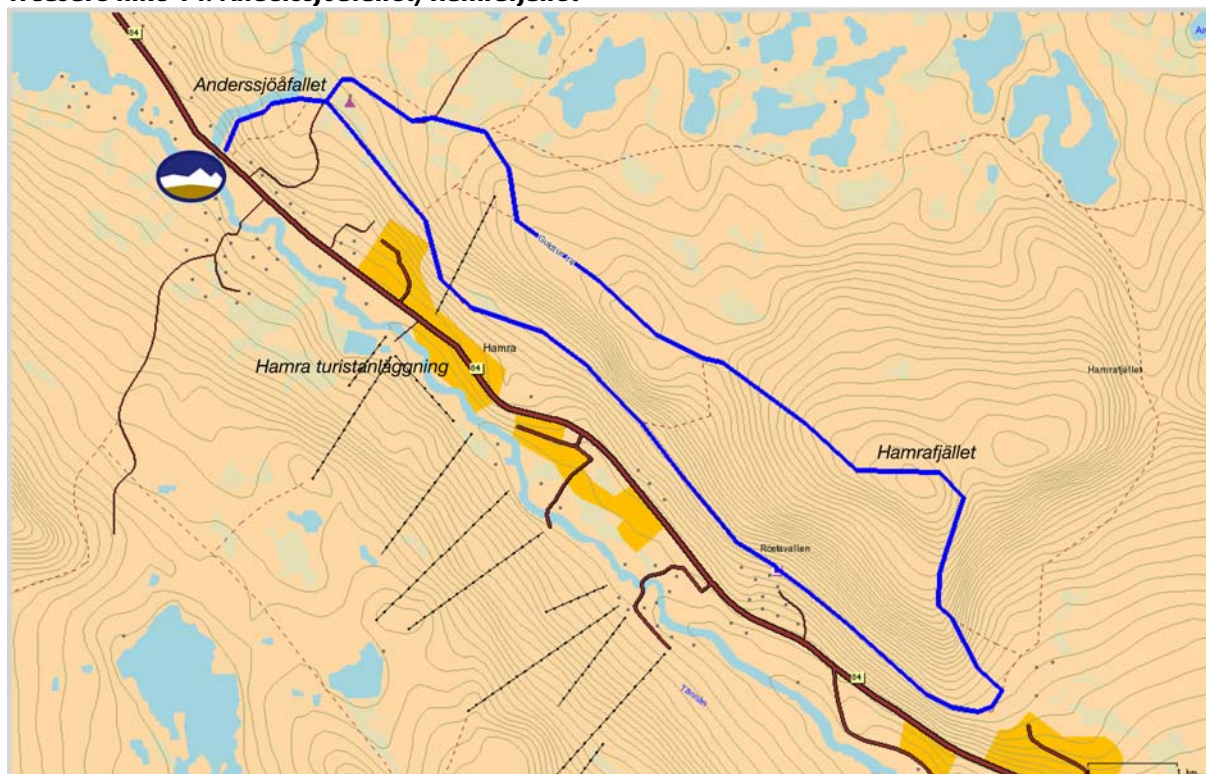


Treasure hike 14: Anderssjöåfallet/Hamrafjället



A scenic hike, easily walked but steep downhill from the summit of Mount Hamrafjället. The trail has footbridges across wet sections and can easily be done in light hiking boots.

Follow the steps along the waterfall Andersåfallet, after 120 steps you will reach the peak of the river and the top of the waterfall. The steps continue up along the less steep currents and after another 180 steps you will reach relatively flat ground. The orange-marked path leads up on a plateau at 875 metres and a ski bridge across the River Andersån on your left. The path leads to the right to take you up on Mount Hamrafjället.

The trail runs across bogs, in parts with footbridges and once you arrive at Hamrafjället there are two options. If you choose left, you will follow Hamrafjällsleden up onto the bare mountain. The trail forks after less than 1 km and choose the right trail to reach the summit of Mount Hamrafjället at 1,138 metres. The spectacular views include the nature reserve Hamrafjället, the Härjedalen mountains and well into Norway. In the valley the River Tännån meanders, in the southeast rises the beautiful Mount Röd fjället and beyond Vättafjället, the often snow-covered Storvigeln; often popular grazing ground for musk-ox in the summer. Mount Hamrafjället is famous for the rich flora with some 400 species recorded; many of them are rare orchids. Lapland Marsh-orchid, common wintergreen, Coralroot orchid, frog orchid, Oeder's lousewort, purple saxifrage, Mezereon, two-flowered violet and snow gentian are but some examples. In addition to the flora, the birdlife here is also fascinating.

From the summit, the trail leads to the right and quite steeply downhill. A bit further down runs the Iron Age trail - Järnåldersturen - marked with red elks on grey boards, showing that people lived on the slopes of Mount Hamrafjället as early as 2,000 years ago. The culture of the Iron Age people is described and also the lives of the mountain farmers up here. There are clear signs of Iron Age graves and at the top of the trail are two trapping pits, which form part of an extensive network of pits stretching across the entire valley of the River Tännån between the Hamrafjället and Rutfjället mountains. The trail is 2 km long.



Follow the orange-marked Sydbrantstigen westbound. It runs in the birch forest with glens with views over Tännäsdalen; a sheltered and peaceful walk along Hamrafjället. The Röstavallen café may be open to serve refreshments. Sydbrantsstigen will take you back to the carpark at Anderssjöåfallet.