

Treasure hike 20 Kärringsjön Handskinnvålen



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Take the orange-marked summer trail running from Lake Kärringsjön towards Skedbrostugan. Please mind where you place your feet. The thin woods with its harsh beauty and many dry old trees with wolf moss (*Letharia vulpina*) give the area its character. The lichen requires old wood to thrive and is **extremely poisonous**. The name stems from the lichen being used to kill wolves.

At first the walk leads slightly uphill and after 2 km, turn right following the sign to an outlook point. Follow the path uphill to an altitude of 900 m and the fabulous views over Rogen, into Norway and over the mountains of Dalecarlia and Härjedalen.

Continue to the summit of Handskinnvålen at 999 m. Here you can clearly see how the Rogen moraine has been shaped by the inland ice.



ALTERNATIVE: Skedbrostugan and back

Rating: Red, ca 24 or 30 km in slightly hilly alpine terrain, total climb ca 60 metres if you refrain from climbing the summit. The trail runs in woods with surrounding peaks.

Continue the trail to Skedbrostugan, on Kungsleden. Here you can stay the night, and also stock some basic supplies (check opening hours).

The next lap is to the summit of Mount Skedbrofjället, situated on the border between Sweden and Norway. The summit reaches 1,148 metres with stunning views.

Return the same way or walk around Bustvålen and Rogen back to Lake Käringsjön; a 17.5 km long route instead of the straight route's 12 km. Follow Kungsleden southbound for about 4 km, and turn left on to the summer trail to Rogen/Rödviken, running along the southern edge of Bustvålen.

After just over 5 km on the summer trail you will reach Rödviken in Rogen. After a break, continue the summer trail along Rogen for 3 km, and then turn left to Lake Käringsjön. The last 5 km run in the characteristic Rogen lake systems. Considering the harsh nature here there are only a few species of flora, but you will see rich groups of the heath-spotted orchid (*Dactylorhiza maculata*).

The Siberian tit lives here all year round and in rich numbers throughout the area. The redstart also belongs here just like the osprey who likes plenty of water. This also means plenty of mosquitoes, so make sure you are equipped if in peak season.

The last km is rocky but you are near the finish!