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St. Olavsleden

A Pilgrims Path in northern Scandinavia

Updates 2021



Vildmarksbiblioteket

Accommodations and services

The information about accommodations in the book is outdated, mentioned on page 34 and listed on page 216–223. Instead, see the website www.stolavsleden.com to find updated information about accommodations along the St. Olav's Way, from Sundsvall to Trondheim.

Pilgrim Centres

In Selånger, the starting point of St. Olav's Way, there is a new pilgrim centre that opened in June 2018.

Distances

Several distances has changed, either because the trail has been moved or because some sections has been remeasured. See the last page of this update document, for a full list of distances.

The distances listed on the updated page 47 overrules distances noted at the beginning of each track section – pages 50, 56, 59 etc. Make sure to change them in your book.

Some other changes

There are changes on the following pages:

Page 52

The first two sections on the page has been updated to:

The track runs north from the ruins of Selånger Old Church, next to the new pilgrim centre which was inaugurated in June 2018. Here pilgrims and other visitors can get to know the history of St. Olav and the trail between Sweden and Norway. The center is housed in a hundred-year-old barn and serves as a starting point with exhibitions and a café.

Continue up through the village of Kungsnäs, in the Middle Ages the central place of Medelpad and the place of a Statedemesne ('kungsgård'). After 300 metres turn left up at the Selånger Church currently in use, built in 1781 in beautiful setting high up on the hill with wide views over the Selångerdalen valley and Sundsvall.

Page 117

The second section on the page has been updated to:

From the church, St Olavsleden continues up to Rödövågen and the village of Trusta. Follow the markings north through the village of Häste and on past Fålatjärnen. The route eventually leads to the Vikeränget where there is a St. Olav spring with benches and a pilgrim stamp - a lovely place for a moment's rest.

Page 132

The track section 15 is between Mörsil and Hålland (not Hållandsgården).

Page 137

The track section 16 is between Hålland (not Hållandsgården) and Åre.

Page 140

New route, Björnänge to Åre:

The road through Björnänge leads up onto the E14 highway – bikers should follow it for just over one kilometre before turning left to Åre Old Church. Directions and markings lead down to Åre Old Church (Åre gamla kyrka).

Page 147

New route, Tännforsen to Stalltjärnstugan:

After visiting Tännforsen you return to Skalstugevägen. In the last curve you can turn off to the right and follow a path through the forest to avoid 2 km of tarmac. The walk then continues along the road and you will soon pass Bodsjöedet with brilliant views over Lake Tännsjön

Page 190

New stop point for track section 26: Værnes (instead of Ersgard).

Page 196

New start and stop points for track section 27: Værnes – Nyhus

From Mælen bru the hike continues westbound along the River Stjørdalselva.

Page 202

New starpoint for track section 28: Nyhus (not Folden) – Vikhammer

Page 216

Accommodation list is outdated as mentioned above. Accommodation, maps, other information and the latest news about St. Olavsleden: www.stolavsleden.com

Overview: 29 sections of the St. Olavsleden Route (updated)

No.	Section	Distance (km)	Page
1	Selånger – Matfors	17,5	50
2	Matfors – Stöde	26,5	56
3	Stöde – Fränsta	27	59
4	Fränsta – Borgsjö	17,5	65
5	Borgsjö – Länsgränsen	20,5	70
6	Länsgränsen – Bräcke	20,5	76
7	Bräcke – Gällö	27	81
8	Gällö – Pilgrimstad	18	87
9	Pilgrimstad – Brunflo	22,5	94
10	Brunflo – Östersund	15,5	101
11	Östersund – Rödön	19,5	108
12	Rödön – Nälden	18	115
13	Nälden – Alsen	19	122
14	Alsen – Mörsil	26	127
15	Mörsil – Hålland	19	132
16	Hålland – Åre	23	137
17	Åre – Tännforsen	22	142
18	Tännforsen – Medstugan	23	147
19	Medstugan – Skalstugan	10,5	153
20	Skalstugan – Sul	21	158
21	Sul – Vuku	27,5	168
22	Vuku – Stiklestad	12	172
23	Stiklestad – Munkeby	20	178
24	Munkeby – Markabygda	20,5	183
25	Markabygda – Borås	20	187
26	Borås – Værnes	19	190
27	Værnes – Nyhus	21	196
28	Nyhus – Vikhammer	15	202
29	Vikhammer – Nidaros/Trondheim	15,5	206