

## **About Sjuhärad and the Bike Trail**

### **About Sjuhärad**

Sjuhärad is a beautiful inland area with natural scenery that includes more than 100 lakes hidden in hilly forests, beautiful gardens and cultivated fields. The region has been renowned for its textile industry and its market stalls for many years. It is also home to Sweden's only preserved stave church, Hedareds stavkyrka. In the Middle Ages, Sjuhäradsbygden was Sweden's southernmost border with Denmark, which was defended by a range of forts, now in ruins.

### **About the Sjuhärad Circular Bike Trail**

In August 2010 Sjuhärad prepared a pre-study on behalf of Kommunalförbundet for a collaboration relating to cycle routes in Sjuhärad. In the autumn of 2011, a group was formed that included representatives from the tourist organisations and technical agencies in the municipalities of Borås, Ulricehamn, Tranemo and Svenljunga. This group has subsequently worked on completing the Sjuhärad Circular Bike Trail. It is already in place, covering 150 kilometres through a variety of landscapes, nature and standards.

120 kilometres of the trail's total 150 km are completely car-free. 24 km consists of quiet, minor country roads and 6 km is on Country Road no. 156.

The Sjuhärad Circular Trail is, together with sections of the Kattegattleden and one section of the South East Sweden Bike Route, part of the pilot project for national signage of cycle routes. The aim is for the routes to be regarded as continuous, regardless of which municipality you are cycling through.

The Sjuhärad Circular Trail opened at the end of May 2013 Download the pdf version of the map/brochure

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