



Bohusleden

THE COMPLETE GUIDE



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Contents

- 01** Overview

- 02** Key Data

- 03** Introduction

- 04** Stage-by-Stage Guide

- 05** Recommended Itinerary

- 06** Planning the Route

- 07** Towns, Villages and Overnight Stops

- 08** Getting to the Start

- 09** Getting Home from the Finish

- 10** Which Direction Should You Walk?

- 11** Accommodation Along the Route

- 12** Camping and Wild Camping

- 13** Food, Water and Resupply

- 14** Navigation and Waymarking

- 15** Terrain, Conditions and Difficulty in Practice

- 16** Weather and Best Time to Walk

- 17** Safety Notes

- 18** Gear Recommendations

- 19** Budget and Costs

- 20** Luggage Transfer, Guided Tours and Support Services

- 21** Shorter Hikes and Best Sections

- 22** Highlights and Points of Interest

- 23** Common Mistakes and Planning Tips

- 24** Final Advice

Overview

Bohusleden: Western Sweden's 350 km Forest Thru-Hike

Bohusleden is a 350 km point-to-point hiking trail through Bohuslan in western [Sweden](#), running from Alvsaker on the Halland border to Stromstad near Norway. It is usually walked in 17-21 days across 27 official stages. The difficulty is moderate: the south is accessible and gentle, while the northern stages are wilder, hillier and more self-sufficient. It suits hikers who want long forest walking, lakes, shelters and wild camping rather than alpine terrain.

Route Overview

The trail runs roughly south to north through the interior of Bohuslan in Vastra Gotaland, starting at Alvsaker where it meets the [Hallandsleden](#) and finishing at Stromstad on the coast near the Norwegian border. It passes close to Gothenburg, Molndal, Kungälv and other towns in the southern half, making stages 1-18 easier to join, leave or walk as day hikes. From stage 19 to 27 the route enters Bohuslan's largest continuous wilderness, with more forest, lakes, upland terrain and longer gaps between services. If you want a more coastal option in the same region, compare it with the [Bohus Coast Trail](#).

History of the Bohusleden

The Bohusleden was initiated by brothers Erik and Folke Heder, who were active in the outdoor association Friluftsförbundet and helped develop the route through Bohuslan. Since the mid-2000s it has also formed part of the North Sea Trail, or Nordsjøleden: a wider network of waymarked paths around the North Sea, linking routes in Norway, Sweden, Denmark, Germany, the Netherlands and Britain.

Notable highlights

- **Björnerodspiggen (222 m):** The highest point in Bohuslan and the high point of the Bohusleden. The summit has a Bronze Age burial cairn and a lookout tower, with views that can reach across the Norwegian border in clear weather.
- **Algafallet:** Bohuslan's highest waterfall, with a roughly 46 m drop on the Norwegian border near stage 23. It is most dramatic in spring or autumn after heavy rain, when the flow is stronger.
- **Svartedalen:** A wilderness nature reserve of conifer forest, lakes and old croft remains in the central section. It is one of the most atmospheric forest stretches on the route.
- **Kynnefjäll:** A forested upland plateau in the north, with conifer woods and many lakes. The trail climbs to its high point at Vaktarekullen here.
- **Bohus Fortress:** A ruined medieval fortress above the Gota river at Kungälv, reached at the end of stage 6 via Vattlefjäll nature reserve.
- **Gunnebo House:** An 18th-century neoclassical country house and gardens near the southern end of the trail, close to stage 2 outside Molndal.

Challenges to expect

Navigation is straightforward on orange paint marks, but the northern stages demand more self-sufficiency than the sections near Gothenburg and Kungälv. Expect narrow forest paths, boardwalks over bog, open moorland, lakeshores and short road sections. Elevations are low and there is no technical terrain, but wet ground, insects, variable shelter availability and longer resupply gaps can make the wilderness section feel harder. For another long Swedish forest trail, see the [Bergslagsleden](#).

Key Data

Country	Sweden
Distance	350 km
Duration	17-21 days
Difficulty	Moderate
Trail type	Point to point
Highest point	222 m
Terrain & landscape	Forest, Moorland, Heath, Lakeshore, Farmland
Trail surface	Dirt, Boardwalk, Gravel, Paved
Accommodation	Shelters, Wild Camping Spots, B&Bs, Hostels, Huts
Average daytime temp.	16°C
Chance of rainfall	Medium
Estimated cost	\$
Optimal season	Spring, Summer, Autumn
Accessibility	Family Friendly, Pet Friendly
Facilities	Water Sources, Campsites, Shelters, Picnic Areas
Permits & fees	No permits or fees

Introduction

Bohusleden is Sweden's inland forest-and-lake route through Bohuslän, running from the Halland border near Lindome and Älvsåker to Strömstad close to Norway. It suits walkers who want a long, low-altitude journey of woods, lakeshores, granite ridges and simple nights outside rather than alpine drama.

The southern stages stay close to Gothenburg, Kungälv and other useful transport points, making the route easy to sample or build up in sections. Further north, the trail becomes quieter and more committing, especially from around Svarteborg towards Kynnefjäll, Nornäs and Krokstrand.

This is a practical backpacking trail: orange paint waymarks, no technical ground, but plenty of wet forest path, bog, spänger boardwalks and long gaps between services. Free vindskydd shelters and allemansrätten make overnighting straightforward, but a tent remains essential for the more remote stages.

The rewards are understated and very Swedish: lakeside camps, conifer forest, Svartedalen, the Kynnefjäll plateau, Älgafallet on the Norway border river, and Björnerödspiggen, the 222 m high point of Bohuslän. Expect mosquitoes and midges in high summer, and check current stage information, shelter condition and transport before committing to a schedule.

This guide covers stages, itinerary length, accommodation, food resupply, transport, terrain and the common planning mistakes on Bohusleden.

Stage-by-Stage Guide

Distances are approximate stage lengths. Bohusleden is waymarked with orange paint, but the southern end and individual stages can be re-routed, so check the current official stage notes before relying on an old map or GPX file. Shelters are first-come-first-served and are not a substitute for carrying a tent, especially from about stage 18 northwards.

Stage 1: Blåvättnerna to Stensjön — 19 km

The opening stage starts at Blåvättnerna, by the Halland border near Älvsåker, and heads north towards the Mölndal area. It is a proper forest-and-lake introduction rather than an urban approach, with typical Bohusleden underfoot: woodland paths, gravel tracks, rocky ground and potentially wet sections after rain.

Stensjön is a useful first endpoint because it sits close to Mölndal and the southern Gothenburg transport network. Gunnebo House and gardens are near Stensjön, making this one of the easier stages to combine with accommodation or a shorter day if starting from Lindome rather than the marked trailhead.

- **Food and water:** Do not assume supplies at Blåvättnerna itself. Lindome is the practical southern gateway before starting; water on trail should be treated unless using a known safe supply.
- **Accommodation:** Built accommodation is more realistic around Mölndal/Gothenburg than at the remote trailhead. Wild camping is possible where it complies with allemansrätten, but avoid private gardens, cultivated land and sensitive sites.
- **Transport and access:** Lindome is the main rail access point for the southern start; the marked trailhead lies farther south at Blåvättnerna/Älvsåker. Exact local connections and any transfer to the trailhead should be checked before travelling.
- **Navigation and warnings:** The start wording varies between Lindome, Älvsåker and Blåvättnerna; navigate to the actual orange-marked trailhead rather than relying only on the town name. Expect wet ground after rain and slippery granite slabs.

Stage 2: Stensjön to Skatås — 8 km

This is one of the shortest official stages and is well suited to a half-day, late start or easy section-walk. The walking remains low-level and non-technical, with forest paths and recreational terrain on the approach to Skatås, one of Gothenburg's main outdoor areas.

Because the distance is short, many thru-hikers combine it with stage 1 or stage 3. For a slower itinerary, it is a useful chance to sort kit, resupply and adjust footwear before the longer forest stages begin.

- **Food and water:** Services are far more likely in the surrounding Gothenburg/Mölndal area than directly on the forest path. Carry enough water for the stage; treat natural water.
- **Accommodation:** Gothenburg, Mölndal and nearby urban areas give the best choice of built accommodation in this part of the route. Camping should follow local restrictions and allemansrätten.
- **Transport and access:** This is one of the easiest stages to reach by public transport compared with the northern route. Current local connections should be checked before travelling.

- **Navigation and warnings:** Urban-edge paths can have many junctions, so follow the orange blazes carefully rather than assuming every broad track is Bohusleden.

Stage 3: Skatås to Kåsjön — 10 km

Stage 3 continues through the wooded country east of Gothenburg, moving between popular outdoor areas and lake country. It is short enough for most walkers to complete comfortably, but still has typical Bohusleden surfaces: forest trail, gravel track, roots, rock and damp patches.

Kåsjön gives the stage a clear lakeside objective. In warm weather this area can be busy with local day-walkers, so do not rely on having a quiet shelter or camping spot late in the day.

- **Food and water:** Carry food from Gothenburg/Skatås or arrange supplies before starting. Lake water and streams should be treated.
- **Accommodation:** Built accommodation is still within reach of the Gothenburg area, but exact options near Kåsjön should be checked before travelling. A tent remains useful even this early.
- **Transport and access:** Southern public transport access is generally good, but specific stops for Kåsjön should be checked before travelling.
- **Navigation and warnings:** Watch for multiple local paths around recreational areas. Mosquitoes and midges can be irritating in high summer near lakes and still water.

Stage 4: Kåsjön to Jonsered — 8 km

Another short stage, this section links Kåsjön with Jonsered and is among the more convenient parts of Bohusleden for day-walkers. The terrain is not technical, but short Swedish forest stages can still be slower than their distance suggests when the ground is rocky, rooty or wet.

Jonsered is one of the important access points on the early route. It is a practical place to pause, finish a weekend section or connect back towards Gothenburg.

- **Food and water:** Plan to start with the food needed for the day. Any resupply in or around Jonsered should be checked before travelling.
- **Accommodation:** Built accommodation is more accessible here than on the northern stages, although not every stage-end has hiker-specific lodging directly on the path.
- **Transport and access:** Jonsered is a known rail/bus access point on the southern half of Bohusleden. Check live public transport times before committing to a tight connection.
- **Navigation and warnings:** The main risk is complacency: short distance, frequent paths and urban-edge woodland can make missed blazes more likely.

Stage 5: Jonsered to Angereds kyrka — 12 km

Stage 5 leaves Jonsered and continues through the accessible southern section towards Angereds kyrka. It remains a moderate walking day, with no alpine or technical terrain, but the surface can still alternate between forest path, gravel and wet ground.

This is still close enough to the Gothenburg region for flexible section-hiking. It also makes a useful transition from the short early stages towards the more regular 12–19 km days that dominate the middle of the trail.

- **Food and water:** Use Jonsered or the wider Gothenburg area for supplies rather than expecting food on the path. Carry and treat water as required.
- **Accommodation:** Built accommodation may be within reach in the wider urban area; exact options around Angereds kyrka should be checked before travelling.
- **Transport and access:** Public transport access is generally better here than farther north. Specific stops and weekend services should be checked before travelling.
- **Navigation and warnings:** Expect path junctions, short road or village-edge sections and mixed land use. Keep to the orange waymarks through developed edges and woodland.

Stage 6: Angereds kyrka to Fontin (Kungälv) — 16 km

This stage takes Bohusleden towards Kungälv and Fontin, one of the most useful southern trailheads. The walking is still moderate, but the distance is now long enough to require a normal full-day rhythm for many hikers.

Fontin gives access to Kungälv, and Bohus fästning stands nearby above the Göta River. This is a strong place for a planned stop, resupply or join/leave point before the route turns into quieter forest country.

- **Food and water:** Kungälv is the practical service centre for this stage end. Carry enough food and water to reach Fontin without depending on minor facilities en route.
- **Accommodation:** The southern section near Kungälv has built accommodation within reach, though availability and distance from the trail should be checked before booking.
- **Transport and access:** Kungälv/Fontin is a useful access point compared with the remote northern stages. Current bus connections should be checked before travelling.
- **Navigation and warnings:** Near towns, roads and local paths, stay attentive to orange blazes. Road crossings and short surfaced sections are more likely than in the wilder north.

Stage 7: Fontin (Kungälv) to Grandalen — 16 km

Stage 7 leaves the Kungälv area and begins to feel more committed. The route moves back into forest and lake country, with the central Bohusleden character becoming stronger: conifer woods, low ridges, gravel forest roads and damp hollows.

This is a sensible point to start thinking more like a backpacker than a day-hiker. Services thin out compared with the Gothenburg stages, and shelter or camping planning becomes more important.

- **Food and water:** Stock up before leaving Kungälv/Fontin. Do not assume food at Grandalen; this should be checked before travelling.
- **Accommodation:** Expect outdoor options rather than guaranteed built accommodation at the stage end. Carry a tent in case a wind shelter is full or not suitable.
- **Transport and access:** Road access may be possible in this central section, but it is less straightforward than the early urban stages. This should be checked before travelling.
- **Navigation and warnings:** Forest road junctions and minor paths can be confusing; follow the paint marks and carry offline mapping.

Stage 8: Grandalen to Bottenstugan — 7 km

At only 7 km, this is a short official stage and can be useful as a recovery day, a bad-weather option or part of a combined longer day. The terrain remains low-level forest walking rather than steep mountain ground.

Bottenstugan is a stage endpoint rather than a guaranteed service point. Treat this as a woodland stage where self-sufficiency matters, even though the daily distance is modest.

- **Food and water:** Carry what is needed from the previous resupply point. Water availability can vary on dry ridges in summer, so fill when there is a reliable opportunity and treat natural water.
- **Accommodation:** Do not rely on built accommodation at Bottenstugan. Shelter and camping options should be checked before travelling, and a tent should be carried.
- **Transport and access:** This is not one of the major public transport access stages. Road pick-up or local access should be checked before travelling.
- **Navigation and warnings:** Short stages can still be slow if boardwalks are wet or the path is boggy. Allow extra time after heavy rain.

Stage 9: Bottenstugan to Lysevatten — 12 km

Stage 9 continues through the central forest-and-lake belt. Expect the usual Bohusleden mix of dirt path, gravel forest road, rocky slabs and wetter ground crossed by spänger where provided.

Lysevatten gives another lake-country endpoint. This part of the trail is less about villages and more about managing camping, water and pace through quiet woodland.

- **Food and water:** Carry food for the full day and ideally for the next stage unless a resupply detour has been planned. Treat water from lakes or streams.
- **Accommodation:** Plan around wind shelters and legal wild camping rather than hotels or hostels. Shelter availability is first-come-first-served.
- **Transport and access:** Public transport is limited compared with the Gothenburg/Kungälv stages. This should be checked before travelling.
- **Navigation and warnings:** Wet boardwalks and granite can be slippery. In high summer, insects can be persistent around lakes and boggy ground.

Stage 10: Lysevatten to Hasteröd — 12 km

This is another moderate central stage through inland Bohuslän forest terrain. The walking is not technically hard, but the cumulative effect of uneven ground, damp sections and a loaded pack should not be underestimated.

Hasteröd is a practical stage division rather than a major service hub. For a thru-hike, this stage is best planned as part of a food carry across several woodland days.

- **Food and water:** Do not assume food at Hasteröd. Carry enough supplies to continue if there are no open services nearby; this should be checked before travelling.
- **Accommodation:** Built accommodation should not be assumed at the stage end. Carry a tent and use shelters only as a bonus.

- **Transport and access:** Local road access may exist, but scheduled public transport should be checked before travelling.
- **Navigation and warnings:** The main practical issues are wet ground after rain, slippery rock and maintaining concentration through forest tracks.

Stage 11: Hasteröd to Vassbovik — 19 km

At around 19 km, this is one of the longer official stages and deserves an early start. The terrain remains low-altitude but can be tiring: forest paths, rougher ground, gravel roads and damp stretches slow progress more than the map distance suggests.

Vassbovik brings the route into a section where Ljungskile and Uddevalla are within the broader area, but not necessarily directly on the trail. Any detour for beds, shops or transport should be planned in advance.

- **Food and water:** Carry a full day's food and enough water capacity for dry spells. Natural water should be treated, and summer availability on rocky ground should be checked before travelling.
- **Accommodation:** The wider southern/central section near Uddevalla and Ljungskile has built options within reach, but exact distances from Vassbovik should be checked before booking.
- **Transport and access:** This stage is less convenient than the Gothenburg approaches but still not as remote as the northern wilderness stages. Access should be checked before travelling.
- **Navigation and warnings:** Long distance plus wet footing is the main challenge. Avoid overcommitting late in the day if relying on a specific shelter space.

Stage 12: Vassbovik to Glimmingen — 12 km

Stage 12 is a steadier 12 km day through the same lowland forest-and-lake landscape. It can work as an easier day after the longer Hasteröd to Vassbovik stage.

Glimmingen is not a major town on the route. Treat the endpoint as a trail stage point, not a guaranteed resupply or accommodation stop.

- **Food and water:** Carry food from the previous reliable supply point. Treat natural water and do not rely on every lake outlet or stream being convenient in dry weather.
- **Accommodation:** Plan for shelter or tent camping. Built accommodation near the trail should be checked before travelling.
- **Transport and access:** Public transport and road access are not as straightforward here as in the southern urban stages. This should be checked before travelling.
- **Navigation and warnings:** Boardwalks over wet ground can be uneven or slippery; take care with a heavy pack.

Stage 13: Glimmingen to Bjursjön — 12 km

This stage keeps to the inland Bohusleden pattern of woods, lakes and low rocky ground. It is a moderate day rather than a high-mileage push, but can still be wet and slow in poor conditions.

Bjursjön gives another lakeside stage end. As with many Bohusleden lake stages, the quality of the overnight depends on shelter availability, legal tent sites and insect conditions.

- **Food and water:** Carry meals and snacks for the full day. Treat lake or stream water; check water availability before travelling in dry summer periods.
- **Accommodation:** Expect outdoor overnighing. A wind shelter may not be available, empty or close to where the day naturally ends, so carry a tent.
- **Transport and access:** This is not a key rail access stage. Any road access or pick-up should be checked before travelling.
- **Navigation and warnings:** Lakeside terrain can be muddy, rooty and mosquito-prone in summer. Keep camp well organised against insects.

Stage 14: Bjursjön to Metsjö — 13 km

Stage 14 is a moderate forest day with no technical climbing, but typical uneven Swedish trail underfoot. Forest roads may make some sections faster, while rocky or boggy path can slow the pace.

Metsjö is another quiet stage division. It should be approached with the assumption that self-sufficient camping and food carry are required unless specific arrangements have been made.

- **Food and water:** Carry supplies; do not expect shops at Metsjö. Treat natural water and refill where reliable.
- **Accommodation:** Built accommodation should be checked before travelling. A tent is the dependable option.
- **Transport and access:** Public transport access is limited compared with stages 1–6. This should be checked before travelling.
- **Navigation and warnings:** Keep an eye on orange blazes at forest road junctions. Wet spänger and slick rock are common practical hazards after rain.

Stage 15: Metsjö to Kaserna — 17 km

This is a longer central stage and should be planned as a full walking day. The route continues through forest, lakes and low ridges, with the usual mix of paths, tracks and wet ground.

Kaserna is a stage endpoint rather than a known service centre. By this point on a thru-hike, food strategy becomes increasingly important because the route is moving away from the easiest southern access.

- **Food and water:** Carry sufficient food for this stage and the next unless a resupply has been planned. Water should be treated; dry granite sections can make refills less predictable in summer.
- **Accommodation:** Plan on a tent or wind shelter. Do not rely on finding built accommodation at Kaserna without checking before travelling.
- **Transport and access:** Access is more limited than the early stages. This should be checked before travelling.
- **Navigation and warnings:** A 17 km day over wet or rocky ground can feel substantially harder than the numbers suggest. Start early in poor weather.

Stage 16: Kaserna to Harska — 11 km

Stage 16 is a shorter day, useful for recovery after the 17 km from Metsjö. The terrain remains typical inland Bohusleden: wooded, sometimes wet, and generally non-technical.

Harska is still before the more remote northern stages, but services should not be assumed. This is a good section to keep the itinerary flexible and avoid depending on a single shelter space.

- **Food and water:** Carry supplies from the last confirmed resupply. Treat natural water.
- **Accommodation:** Shelter or wild camping is the most dependable planning model. Built options near Harska should be checked before travelling.
- **Transport and access:** Public transport is not a strong planning assumption here. This should be checked before travelling.
- **Navigation and warnings:** Short distance does not remove the need for offline navigation; forest path junctions and waymark gaps are easiest to miss when walking casually.

Stage 17: Harska to Svarteberg — 9 km

This short stage reaches Svarteberg, an important named point before the route becomes distinctly more remote. It can be used as a shorter day to rest, reorganise food or reposition before the northern half.

Svarteberg marks the practical threshold before stages 18–24, where built accommodation is scarce and public transport is much less useful. Treat it as the last chance to make deliberate changes to the itinerary before committing to more self-sufficient walking.

- **Food and water:** Do not leave Svarteberg without enough supplies for the next remote section unless a resupply plan is certain. Any local food availability should be checked before travelling.
- **Accommodation:** Accommodation at or near Svarteberg should be checked before travelling. After this point, a tent is essential.
- **Transport and access:** This is a sensible join/leave point only if transport has been checked in advance. Northern access becomes sparse after this.
- **Navigation and warnings:** Use the shorter day to deal with wet kit, footwear issues and food packing before the more isolated stages begin.

Stage 18: Svarteberg to Lunden — 11 km

Stage 18 begins the more self-sufficient northern character of Bohusleden. The walking is still moderate in technical terms, but the consequences of poor planning increase because services and transport are limited.

Expect forest, lakes, wet ground and stretches where the trail feels much quieter than the Gothenburg and Kungälv stages. A tent, reliable waterproofing and enough food capacity matter from here.

- **Food and water:** Carry food for multiple days unless a definite resupply or detour has been arranged. Treat natural water and check summer water availability before travelling.
- **Accommodation:** The far northern stages have almost no built accommodation. Plan for wild camping and wind shelters, with a tent as essential backup.

- **Transport and access:** Public transport is sparse and road access is harder to use spontaneously. This should be checked before travelling.
- **Navigation and warnings:** Do not depend only on phone signal. Carry offline mapping and a power plan; boggy ground and boardwalks can slow progress.

Stage 19: Lunden to Vaktarekullen — 14 km

Stage 19 leads onto Kynnefjäll, the forested upland plateau of conifer woods and many lakes. The endpoint, Vaktarekullen, is the high point of Kynnefjäll at 207 m, so this stage has a more upland feel despite the modest altitude.

The plateau can feel exposed compared with the lower forest stages, especially in poor weather. It is not alpine, but wind, rain, wet boardwalks and cooler conditions can make this a more serious day.

- **Food and water:** Carry sufficient supplies for the remote northern stages. Natural water should be treated; check availability in dry periods before travelling.
- **Accommodation:** Plan for shelter or tent camping rather than built accommodation. A wind shelter may be present in the wider route network, but availability should never be assumed.
- **Transport and access:** This is a remote section with sparse access. This should be checked before travelling.
- **Navigation and warnings:** Upland forest and plateau terrain can be disorientating in mist or rain. Follow the orange blazes carefully and keep an offline map to hand.

Stage 20: Vaktarekullen to Flötemarksön — 12 km

This stage continues across the northern upland and lake country. The distance is moderate, but the route's remoteness and wet ground are the main planning considerations.

Flötemarksön is within the self-sufficient part of Bohusleden. There should be no assumption of shops, cafés or built accommodation at the stage end.

- **Food and water:** Carry food from Svarteborg or another planned supply point. Treat natural water and check current water availability before travelling.
- **Accommodation:** Use a tent-first plan. Wind shelters are useful but first-come-first-served and may be occupied.
- **Transport and access:** Public transport is sparse in this part of the trail. Road access or evacuation plans should be checked before travelling.
- **Navigation and warnings:** Boardwalks over boggy ground may be slippery or damaged after harsh weather. Move cautiously with a full pack.

Stage 21: Flötemarksön to Porsås — 14 km

Stage 21 remains in the northern wilderness section, with forest, lakes and wet ground defining the day. The walking is low-altitude but demands steady pacing and good self-management.

Porsås is another remote stage end rather than a reliable service location. The priority is to arrive with enough daylight to find a legal and practical overnight spot.

- **Food and water:** Carry supplies for this and the next stage. Treat all natural water unless using a known safe source.
- **Accommodation:** Built accommodation should not be expected. Carry a tent and do not rely on a shelter being empty.
- **Transport and access:** This is one of the harder parts of Bohusleden to reach without a car. This should be checked before travelling.
- **Navigation and warnings:** Wet feet are likely after rain. Pack socks and camp footwear accordingly, and protect sleeping gear from moisture.

Stage 22: Porsås to Nornäs — 7 km

This short stage reaches Nornäs, one of the named shelter locations associated with the trail. The short distance can be useful for rest, drying kit or positioning before the longer Nornäs to Vassbotten stage.

Despite the modest distance, this is still remote northern walking. Do not treat it like the short Gothenburg-area stages; services and transport remain limited.

- **Food and water:** Carry food onward from previous supplies. Water should be treated, and availability should be checked before travelling in dry weather.
- **Accommodation:** Nornäs is associated with lakeside shelter overnighting, but shelters are first-come-first-served. A tent remains essential.
- **Transport and access:** Public transport is sparse. Any road access or pick-up should be checked before travelling.
- **Navigation and warnings:** A short day can be valuable before stage 23. Avoid using the easy distance as a reason to run down food or fuel too far.

Stage 23: Nornäs to Vassbotten — 14 km

Stage 23 is one of the highlight stages because it reaches Älgafallet, also called Älgåfossen, on the Sweden–Norway border river. The waterfall drops about 46 m and is most dramatic in spring or autumn after heavy rain.

The stage remains a remote forest-and-water day, so the highlight does not remove the need for normal northern-section planning. Wet approaches, slippery rocks and damp boardwalks should be expected in rainy periods.

- **Food and water:** Carry all food needed for the day and onward. Treat natural water; check current water conditions before travelling.
- **Accommodation:** Do not depend on built accommodation at Vassbotten. Tent camping and wind shelters are the realistic planning basis.
- **Transport and access:** This is a remote border-area stage with sparse public transport. This should be checked before travelling.
- **Navigation and warnings:** Take extra care near wet rock around waterfall viewpoints and streams. Stay on the marked route and do not rely on informal paths.

Stage 24: Vassbotten to Håvedalen — 19 km

At around 19 km, stage 24 is a long and committing northern day. It comes after several remote stages, so fatigue, food levels and wet gear can be more important than the distance alone.

The terrain is still low mountain rather than alpine, but expect forest, boggy ground, lakes, boardwalks and rocky ridges. In poor weather, this stage needs an early start and a conservative pace.

- **Food and water:** Carry enough supplies to complete the stage and continue if plans change. Treat natural water and check water availability before travelling in summer.
- **Accommodation:** Built accommodation is very limited in this northern section. A tent is essential; shelters should be treated as optional bonuses.
- **Transport and access:** This is not a stage to rely on spontaneous public transport. Any road access or exit plan should be checked before travelling.
- **Navigation and warnings:** Long distance plus wet ground is the main warning. Keep navigation, headtorch and waterproof layers accessible, even in summer.

Stage 25: Håvedalen to Krokstrand — 11 km

Stage 25 moves towards Krokstrand and begins the approach to the final high-point stage. The distance is moderate, making it a useful chance to recover before the climb over Löveråsfjället and Björnerödspiggen on stage 26.

Krokstrand is a significant named point on the northern route, but it should not be treated as a guaranteed full-service trail town without checking current facilities. Plan food and accommodation before arriving.

- **Food and water:** Carry food for stage 25 and make sure there is enough for stage 26 unless resupply at or near Krokstrand is certain. This should be checked before travelling.
- **Accommodation:** Accommodation at or near Krokstrand should be checked before travelling. A tent remains the safest planning assumption.
- **Transport and access:** Access improves slightly compared with the most isolated stages only if a specific road or transport plan has been arranged. This should be checked before travelling.
- **Navigation and warnings:** Use this shorter day to prepare for the steeper next stage. Dry socks, adequate food and an early start matter more than the headline altitude.

Stage 26: Krokstrand to Högstad — 13 km

Stage 26 is the high-point stage of Bohusleden. The trail climbs steeply over Löveråsfjället to Björnerödspiggen, the highest point of both the route and Bohuslän at 222 m.

Björnerödspiggen has a Bronze Age burial cairn, a wind shelter and a lookout tower, with views deep into Norway in clear weather. Although the altitude is modest, this is one of the more memorable and physically sharper days on the trail.

- **Food and water:** Carry food and sufficient water from Krokstrand. Do not rely on finding a convenient safe water source on the higher ground; summer availability should be checked before travelling.

- **Accommodation:** There is a wind shelter at Björnerödspiggen, but it is first-come-first-served and is on the stage rather than a guaranteed bed at Högstad. Carry a tent.
- **Transport and access:** Högstad is not the final transport hub; onward travel is much easier after reaching Strömstad. Any access at Högstad should be checked before travelling.
- **Navigation and warnings:** The climb via Löveråsfället is steep by Bohusleden standards. In rain, take care on rock, roots and boardwalks, and do not underestimate wind exposure near the lookout.

Stage 27: Högstad to Strömstad — 15 km

The final stage runs from Högstad to Strömstad, ending the inland forest-and-lake route in the northern coastal town close to the Norwegian border. It is a moderate final day, but tired legs after the full traverse can make the distance feel longer.

Strömstad is the clear finishing point and the best place on the northern end for accommodation, food and onward travel. Keep enough time in the day to deal with arrival logistics rather than assuming an immediate connection.

- **Food and water:** Carry enough food and water to reach Strömstad comfortably. Once in town, resupply and meals are far more practical than on the preceding northern stages.
- **Accommodation:** Strömstad has the strongest accommodation options at the finish compared with the remote northern stage ends. Booking ahead is sensible in the main walking season.
- **Transport and access:** Strömstad has onward bus and train services back towards Uddevalla and Gothenburg. Live timetables should be checked before travelling.
- **Navigation and warnings:** Stay with the orange waymarks through the transition from forest paths into the built-up finish. Do not let the final-day mindset lead to skipped water, food or waterproofs.

Recommended Itinerary

The most practical full-route plan is to use the 27 official stages as building blocks rather than treating every official stage as a separate day. Several southern stages are very short and sit close to Gothenburg-area transport, so they combine well; the northern stages are more remote and should usually be kept closer to the official stage lengths unless you are carrying enough food, water capacity and shelter.

Distances below use the official stage distances from the route data. Current waymarking, re-routes, shelter condition, water and transport should be checked before travelling.

Standard itinerary: 21 walking days

This is a steady thru-hike schedule for fit walkers who are happy with some 20 km-plus days but do not want to rush the more remote northern section.

Day	From	To	Approx. distance	Why this stage makes sense	Services/accommodation notes
1	Blåvättnera / Älvsåker	Stensjön	19 km	A full first day from the marked southern trailhead to the Mölndal area.	Lindome is the practical rail gateway for the start. Stensjön is near Gunnebo, with more urban services within reach; check current accommodation and transport before booking.
2	Stensjön	Jonsered	26 km	Combines the short Stensjön-Skatås, Skatås-Kåsjön and Kåsjön-Jonsered stages into one efficient Gothenburg-edge day.	Good bailout potential compared with later sections, especially around Skatås and Jonsered. This is a useful day to travel light if using town accommodation.
3	Jonsered	Angereds kyrka	12 km	A shorter recovery day after the long urban-fringe link.	Still in the better-connected southern part of the trail. Accommodation and transport options should be checked locally before relying on them.
4	Angereds kyrka	Fontin / Kungälv	16 km	A natural stage into the Kungälv area, with Bohus fästning close to this part of the route.	One of the better places to use built accommodation, resupply or public transport before the trail becomes more forested.
5	Fontin / Kungälv	Grandalen	16 km	Leaves the Kungälv area and moves towards the quieter forest stages.	Start shifting to a camping-based plan. Do not assume a bed or shop at the stage end; check options in advance.

Day	From	To	Approx. distance	Why this stage makes sense	Services/accommodation notes
6	Grandalen	Lysevatten	19 km	Combines the short Grandalen–Bottenstugan stage with Bottenstugan–Lysevatten, avoiding a very short walking day.	Central forest section: plan around vindskydd and tent camping, with water availability checked before setting out.
7	Lysevatten	Hasteröd	12 km	A moderate day that keeps the pace sustainable before another longer section.	Outdoor overnighting is the default unless accommodation has been arranged off-route. Carry enough food for gaps between services.
8	Hasteröd	Vassbovik	19 km	One of the longer official stages, but still a sensible single day for a steady itinerary.	Expect forest paths, wet ground after rain and limited services. A tent remains the reliable fallback even where shelters are mapped.
9	Vassbovik	Bjursjön	24 km	Combines two 12 km stages to keep the overall schedule within about three weeks.	A longer day in the central part of the route; check shelter and water points before committing.
10	Bjursjön	Metsjö	13 km	A shorter day after the 24 km push, useful if conditions are wet or boardwalk sections are slow.	Plan for self-sufficient camping or a vindskydd where available. Built accommodation should not be assumed.
11	Metsjö	Kaserna	17 km	Keeps to a solid but manageable official stage.	Food and overnight planning should be settled before leaving any service point; this is no longer the easy Gothenburg-access section.
12	Kaserna	Svarteberg	20 km	Combines Kaserna–Harska and Harska–Svarteberg, making efficient use of two shorter stages.	Svarteberg is an important transition point before the more self-sufficient northern half. Reassess food, fuel, maps, water capacity and shelter before continuing.
13	Svarteberg	Lunden	11 km	A deliberately shorter day at the start of the more remote northern run.	From here northwards, public transport access is sparse and a tent is essential. Do not rely on built accommodation.
14	Lunden	Vaktarekullen	14 km	A focused day onto Kynnefjäll, ending at the high point of the plateau area.	Remote forest-and-lake walking. Carry sufficient food and water capacity, and expect mosquitoes and midges in high summer.

Day	From	To	Approx. distance	Why this stage makes sense	Services/accommodation notes
15	Vaktarekullen	Flötemarksön	12 km	Keeps the Kynnefjäll section controlled rather than over-compressing it.	Self-sufficient camping plan required. Check current wind shelter and water information before setting off.
16	Flötemarksön	Nornäs	21 km	Combines Flötemarksön-Porsås and Porsås-Nornäs; the second official stage is short, so the combination is efficient.	Nornäs is one of the named shelter areas on the route, but all vindskydd are first-come-first-served; carry a tent regardless.
17	Nornäs	Vassbotten	14 km	A single official stage with time for Älgafallet on the Sweden-Norway border river.	Good day to avoid rushing, especially in spring or autumn when the waterfall can be more dramatic after rain. Services remain limited.
18	Vassbotten	Håvedalen	19 km	A longer northern stage that is best left as its own day.	Remote walking with few practical bailout options. Check water and campsite/shelter plans carefully.
19	Håvedalen	Krokstrand	11 km	A shorter day before the final high-point stage.	Use the shorter distance to dry kit, manage food and prepare for the climb over Löveråsfjället to Björnerödspiggen.
20	Krokstrand	Högstad	13 km	The key high-point day over Björnerödspiggen, the highest point of Bohuslän and of the trail.	Björnerödspiggen has a wind shelter and lookout tower, but do not depend on shelter space being available. Carry tent and water.
21	Högstad	Strömstad	15 km	A final moderate stage into the northern finish town.	Strömstad has onward bus and train connections towards Uddevalla and Gothenburg. Check live timetables before fixing travel home.

Slower variant: 27-30 days

A slower schedule follows the 27 official stages one by one, using the stage endpoints in the route data. This suits first-time long-distance walkers, anyone carrying heavier camping gear, and hikers who want more time at places such as Gunnebo, Kungälv, Svartedalen, Kynnefjäll, Älgafallet and Björnerödspiggen.

Add rest or logistics days where services are easiest to reach: the Gothenburg/Mölnadal fringe, Fontin/Kungälv, the areas near Uddevalla or Munkedal, and Strömstad. In the northern section, extra days are less about comfort and more about resilience: wet boardwalks, boggy ground, insects, limited transport and first-come-first-served vindskydd can all slow progress.

Faster variant: 17–18 days

A faster itinerary is possible by combining more of the short southern and central stages, but it is only sensible for strong walkers already comfortable with back-to-back 20–30 km days on forest paths, gravel roads, granite slabs and wet ground. The safest way to save time is in stages 2–10 and 12–17, where several official stages are short and the trail is still generally less remote than the far north.

Do not over-compress stages 18–27 unless conditions, daylight and food planning are firmly under control. The northern half has longer gaps between services, sparse transport access and fewer built accommodation options, so a faster schedule still needs a tent, reliable navigation, enough food and realistic water planning.

Planning the Route

How many days to allow

Most full-route walkers should plan around **17–21 walking days**. The official route is split into **27 stages**, but those stages are often short by thru-hiking standards, especially in the southern half, so they do not have to be treated as 27 separate days.

A relaxed trip with shorter days, weather buffers, rest days and time around places such as Kungälv, Svartedalen, Kynnefjäll or Strömstad can run closer to **three to four weeks**. A faster backpacker can combine many of the shorter stages, but the northern half is not the place to rely on easy bail-outs or last-minute supplies.

Pace	Typical use	Planning implications
27-stage itinerary	Slower walkers, first long-distance hike, shelter-to-shelter style	Comfortable daily distances, but more food-carry days and more nights outdoors
17–21 days	Most steady thru-hikers	Combines short stages, still leaves room for difficult ground and wet conditions
2 weeks or less	Fast, experienced backpackers	Requires long days, efficient resupply planning and confidence in remote sections
Up to ~30 days	Relaxed itinerary with rest days	Easier on the body, but requires more accommodation and food planning

Do not plan the whole trail the same way

Bohusleden changes character as it moves north. The **southern stages from Blåvättnera/Älvsåker through Stensjön, Skatås, Jonsered, Angereds kyrka, Fontin and towards Kungälv** sit much closer to public transport and settlement. They are easy to divide, combine or walk as day hikes.

From roughly **stage 18 onwards**, planning needs to become more conservative. The sections through and beyond **Svarteborg, Kynnefjäll, Vaktarekullen, Nornäs, Krokstrand and Högstad** have longer gaps between services, fewer transport options and far less built accommodation. This is the part of the trail where a tent, reliable food carry and realistic daily distances matter most.

Using the official stages

The 27 official stages are useful planning units because they reflect natural trail sections, common shelter areas and access points. However, several stages are short — for example Stensjön to Skatås, Kåsjön to Jonsered, Grandalen to Bottenstugan and Porsås to Nornäs — so fit walkers often combine them.

In the south, combining stages is usually straightforward because transport and services give more flexibility. In the north, combining stages can make sense on paper but should be judged against terrain, weather, waterlogged ground and the next realistic camping or shelter option.

A practical approach is to sketch the whole route in three blocks:

Route block	Character	Planning priority
Blåvättnera/Älvsåker to Kungälv/Fontin	Well-connected southern approach near Gothenburg and towns	Transport, short stages, easy section hiking
Kungälv/Fontin through Svartedalen towards Svarteberg	More forest, lakes and quieter trail	Shelter/camping plan, food carry, wet-ground pace
Svarteberg to Strömstad	Remote northern stages, Kynnefjäll, border country and final approach to Strömstad	Self-sufficiency, tent, food, water and limited escape options

Accommodation dictates the route more than towns do

Unlike many European long-distance trails, Bohusleden is not primarily planned around villages, guesthouses or booked huts. Much of the route is planned around **vindskydd** — free three-sided wind shelters — and wild camping under **allemansrätten**.

These shelters are first-come-first-served and should not be treated as guaranteed accommodation. Always carry a tent or other full overnight shelter, especially from the central forest sections northwards. In the far northern stages, built accommodation is sparse enough that a tent is essential rather than optional.

In the southern part, hostels, B&Bs, hotels and campsites may be within reach around larger settlements such as Gothenburg, Kungälv, Uddevalla and Munkedal. Availability, opening dates and current prices should be checked before booking.

Food and resupply planning

Food planning is easiest in the south and becomes progressively more important further north. The route passes near several towns and transport points early on, but the northern wilderness stages have longer gaps between dependable services.

Do not assume that every stage endpoint has a shop, café or accommodation. Many endpoints are trail locations rather than service villages. Carry enough food to cover the next known resupply point, plus a margin for bad weather, a missed bus or a slower-than-expected day on boggy ground.

A sensible full-route plan is to resupply opportunistically in the better-served southern half, then carry more deliberately before entering the remoter northern blocks around **Kynnefjäll, Vaktarekullen and Nornäs**.

Water planning

The trail passes many lakes and forested wet areas, but water still needs planning. Dry granite ridges and warm summer weather can make water less convenient than the map suggests, while boggy ground does not automatically mean good drinking water.

Carry enough capacity to bridge dry stretches and treat natural water. Water availability on dry ridges in summer should be checked before travelling, especially if planning long days or relying on a specific shelter site.

Section hiking and shortening the route

Bohusleden works very well as a section hike in the southern half. Access from Gothenburg is straightforward via **Lindome** for the southern gateway and other early-stage points such as **Jonsered**, making short trips and weekend sections practical.

The central and northern stages are harder to break neatly without a car. Public transport becomes sparse, and some stages from roughly **18–24** are difficult to reach except by road. For a shorter trip without a car, the southern stages are the simplest choice; for a wilder section, accept that transport planning may be the limiting factor.

The route can also be shortened by walking only one themed block: the accessible forest-and-lake stages near Gothenburg and Kungälv, the deeper forest around **Svartedalen**, or the northern upland and border-country stages leading towards **Strömstad**. Current bus and train times should be checked with Västtrafik/SJ before fixing an itinerary.

Direction and transport logistics

The route is normally treated as a south-to-north walk from **Blåvättnera/Älvsåker near Lindome** to **Strömstad**. This makes logistical sense because the start is close to Gothenburg, while finishing in Strömstad gives a clear endpoint with onward bus and train connections back towards Uddevalla and Gothenburg.

Lindome is the practical southern gateway by rail, but the marked trailhead is at Blåvättnera/Älvsåker on the Halland border. Check current access and waymarking for the first stage before travelling, as the southern end has seen route changes over time.

Walking northbound also leaves the remotest and most self-sufficient part until later, once daily routines, kit and pace are settled. Southbound is possible, but the early days then begin with the more logistically demanding northern stages.

Navigation and route changes

Bohusleden is marked with **orange paint blazes** on trees, rocks and posts. In normal conditions it is not a technical navigation route, but the length, forest cover, boggy sections and occasional road or village links mean that a map or reliable offline route is still important.

Do not rely only on seeing the next blaze. Carry offline mapping, keep track of stage endpoints and check for current re-routes before setting off. The southern end and individual stages can change over time, and official per-stage information should be checked before travelling.

Weather, ground conditions and timing

The main walking season is roughly **May to September/October**. Late June is often a good compromise between long daylight and manageable insects, though mosquitoes and midges can still be an issue in summer, particularly around lakes, bogs and still forest.

Expect wet feet after rain. Boardwalks, or **spänger**, help across boggy ground, but they do not remove the need for waterproof footwear, quick-drying clothing and realistic pacing. A stage that looks short on distance can still take time when the path is waterlogged.

Winter walking is possible for experienced walkers, but it is a different undertaking: daylight is short, water and shelter conditions can be harder, and the remote northern stages leave little margin for poor planning.

Permits and access

Bohusleden is built around Sweden's outdoor access tradition, **Allemansrätten**, with wild camping and wind shelters forming the backbone of many itineraries. There is no need to plan the route around a reservation-only hut system.

That freedom makes low-cost, flexible walking possible, but it also places more responsibility on the hiker. Camp discreetly, avoid damaging ground or disturbing homes and farmland, and do not depend on a shelter being empty when arriving late.

Towns, Villages and Overnight Stops

Bohusleden is not a hut-to-hut trail. Overnight planning is built around a mix of Swedish wind shelters (vindskydd), tent camping under allemansrätten, and occasional off-trail or near-trail accommodation in the more populated southern half.

The biggest planning divide is around stage 18. South of this, the route stays within reach of Gothenburg, Kungälv, Uddevalla and Munkedal, with more realistic options for public transport, booked accommodation and resupply. North of Svarteborg, especially stages 18–24, the trail becomes much more self-sufficient: carry a tent, enough food, and do not rely on shops or indoor accommodation appearing at the end of each stage.

Route section	Practical overnight style
Lindome / Blåvättnera to Kungälv / Fontin	Best-served part of the trail; useful for day walks, short sections and accommodation-based itineraries.
Kungälv / Fontin through Svartedalen	More forested and quieter; shelters and tent camping become more important, though towns are still not impossibly far away.
Ljungskile / Uddevalla / Munkedal area	Useful for rest, resupply or access, but some places are near rather than directly on the trail. Detours and transport should be checked before travelling.
Svarteborg to Kynnefjäll, Nornäs and Vassbotten	Remote northern walking; tent essential and very limited built accommodation.
Krokstrand, Högstad and Strömstad	Re-entry towards settlements, with Strömstad the practical finish for transport and services.

Lindome

Lindome is the practical southern gateway for most walkers because it has the railway station for access from Gothenburg. The marked southern trailhead is farther south at Blåvättnera / Älvsåker on the Halland border, so Lindome is best understood as the access town rather than the exact start of the orange-marked route.

It is a useful place to arrive, buy last-minute supplies if available, and sort transport to the trailhead. Specific shops, accommodation and local transfers should be checked before travelling.

Public transport is the main reason to use Lindome: trains from Gothenburg Central are frequent, taking about 17 minutes and generally running around every 30 minutes on Västtrafik / Väststågen services. Current times should be checked before relying on a connection.

Blåvättnera / Älvsåker

Blåvättnera, near Älvsåker on the Halland county border, is the southern trailhead for stage 1. This is where the route is signposted towards Stensjön, although many route descriptions still frame the trail as starting at Lindome because of the station.

Do not treat Blåvättnera as a service stop. It is a small lake trailhead rather than a town, so arrive with food, water and a clear plan for the first stage.

For an overnight before starting, Lindome or the wider Gothenburg / Mölndal area is the more practical base. Exact access from Lindome to Blåvättnera / Älvsåker should be checked before travelling, especially if starting early or late in the day.

Stensjön

Stensjön is the end of stage 1 and sits by Mölndal, making it one of the easier early-stage stopping points for walkers who want a short, low-risk start. Gunnebo House and its café are near Stensjön, which can make this a practical pause before continuing into the Gothenburg-side stages.

Accommodation is more realistic here than on the later forest stages because Mölndal and Gothenburg are nearby. Specific hotels, hostels, campsites and food options should be checked before booking.

Stensjön is a good choice for a first overnight if you are easing into the route, testing kit, or linking the opening stage with public transport. It is also a sensible place to stop if starting from the true trailhead rather than from Lindome.

Skatås

Skatås is the end of stage 2 and lies on the Gothenburg side of the route. It is especially useful for section-hikers because the early Bohusleden stages remain close to the city and are among the easiest to join or leave.

For overnight planning, Skatås is more of an access point than a wilderness camp. Booked accommodation is likely to be sought in Gothenburg or nearby urban areas rather than at the trail itself; exact options and onward transport should be checked before travelling.

Food and café options should not be assumed directly at the stage end without checking current opening hours. For a full-route walker, Skatås is a convenient early reset point before the route starts to feel more forested.

Jonsered

Jonsered is reached at the end of stage 4 after the short Kåsjön to Jonsered stage. It is one of the useful early access points named for rail or bus connections, making it practical for day-walkers and for anyone splitting the first week into shorter sections.

As an overnight stop, Jonsered can work if accommodation is available locally or if you use transport to reach accommodation elsewhere. This should be checked before travelling, particularly outside the main summer season.

For thru-hikers, Jonsered is a logical place to reassess pace and supplies before continuing towards Angereds kyrka and Kungälv. It is still in the better-served southern half, so it is a safer place to solve problems than the later Kynnefjäll stages.

Angereds kyrka

Angereds kyrka is the end of stage 5 and the start of stage 6 towards Fontin / Kungälv. It sits within the early, more accessible part of Bohusleden, where public transport and services are generally easier to use than in the north.

It is a practical staging point rather than a major destination. Overnight accommodation, shops and cafés should be checked before relying on them, and many walkers may instead use nearby transport to reach accommodation elsewhere.

Angereds kyrka is useful because it breaks the Gothenburg-side walking into manageable sections. It also sets up the following stage into Fontin, where Kungälv becomes an important practical stop.

Fontin / Kungälv

Fontin, by Kungälv, is one of the most useful southern stops on Bohusleden. Stage 6 ends here and stage 7 continues north towards Grandalen, so it sits at a natural planning point after the Gothenburg-area stages.

Kungälv is one of the main towns within reach of the route, and the southern section near Kungälv has hostels, B&Bs, hotels and campsites within reach. Exact accommodation, food shopping and restaurant opening times should be checked before booking.

This is a sensible place for a booked bed, shower, laundry if available, and a proper resupply before the trail becomes more forested through the central sections. Bohus fästning is nearby, so walkers with spare time may also use Kungälv as a short rest stop rather than simply passing through.

Transport is generally more practical here than in the northern wilderness stages, but live bus connections should still be checked. Do not leave Kungälv without enough food for the next planned stretch, especially if avoiding detours.

Svartedalen Nature Reserve

Svartedalen is not a town or resupply point; it is one of the large forest-and-lake sections that gives Bohusleden its more remote character. It lies in the central part of the trail north of Kungälv and should be planned as an outdoor overnight area rather than an accommodation stop.

Expect to rely on vindskydd shelters where available, plus a tent as backup. Shelters are first-come-first-served, can be full, and their current condition should be checked before travelling where possible.

There should be no assumption of food shops, cafés or indoor accommodation within the reserve itself. Carry enough food and be ready for wet ground, boardwalks and slow forest travel after rain.

Ljungskile

Ljungskile is near the route rather than a guaranteed on-trail stop. It becomes relevant in the middle part of Bohusleden as a possible access, rest or accommodation option for walkers willing to leave the exact trail line.

Because it is described as near the trail, any use of Ljungskile needs more planning than simply ending a stage there. Check the detour, transport links, accommodation and food options before building an

itinerary around it.

For thru-hikers, Ljungskile is most useful as a contingency name on the map: a possible place to reach services if the weather, kit or schedule needs adjusting. Do not rely on it as an automatic stage-end resupply without confirming the practical route in and out.

Uddevalla

Uddevalla is one of the main towns near the southern-to-central part of the trail and is a practical candidate for a rest, resupply or overnight stop. The brief places it near the route rather than directly on every itinerary, so reaching it may involve a detour or transport link.

The wider route section near Uddevalla has hostels, B&Bs, hotels and campsites within reach. Specific accommodation, shops, cafés and bus or train connections should be checked before booking.

Uddevalla is especially useful for walkers who want a proper town stop before the trail trends into the more self-sufficient northern half. If planning to continue towards Svarteborg, Munkedal and Kynnefjäll, this is the sort of place where food and equipment issues are best solved.

Svarteborg

Svarteborg is the end of stage 17 and the start of stage 18. It is an important planning marker because the route north from here becomes much more remote, with longer gaps between services and far fewer built accommodation options.

Treat Svarteborg as the last clear transition point before the self-sufficient northern stages. Any accommodation, shop, café or transport option should be checked before travelling; do not assume there will be a full-service village stop at the stage end.

From Svarteborg onwards, carrying a tent is essential. Food planning should cover multiple stages if not making a confirmed detour to services.

Munkedal

Munkedal is near the route and is one of the named towns in the better-served southern / central corridor before the full northern wilderness character takes over. It can be useful for accommodation, resupply or transport if the detour works with your itinerary.

The route section near Munkedal has hostels, B&Bs, hotels and campsites within reach, but the exact location relative to the trail matters. Check how to get between the trail and Munkedal, and confirm accommodation and shop opening times before relying on it.

For walkers heading north, Munkedal is a sensible place to consider a final major reset before the Kynnefjäll and Nornäs stages. Once committed to the remote northern section, public transport becomes sparse and road access is much less convenient.

Kynnefjäll Plateau

Kynnefjäll is a forested upland plateau in the northern half of Bohusleden, crossed around the stages leading to and beyond Vaktarekullen. It is not a town stop and should be planned as a remote outdoor section.

Expect self-sufficient camping or use of vindskydd shelters where available. A tent should still be carried because shelters are first-come-first-served and there may be no indoor fallback nearby.

There are no reliable service assumptions for food, cafés or accommodation on the plateau itself. Carry enough supplies, plan water carefully in dry weather, and allow for slower progress on boggy ground and boardwalks.

Vaktarekullen

Vaktarekullen is the end of stage 19 and the high point of Kynnefjäll at 207 m. It is a significant trail landmark rather than a service village.

Overnighting here should be treated as a wild-camping or shelter-based plan, depending on what is available and suitable on arrival. The current state of any shelter or camping spot should be checked before travelling where possible, and a tent remains the essential backup.

Do not expect shops, cafés, restaurants or built accommodation at Vaktarekullen. This is part of the remote northern run where self-sufficiency matters more than daily resupply.

Nornäs

Nornäs is reached at the end of stage 22 and starts stage 23 towards Vassbotten. It is one of the named northern stopping points, but it sits within the remote section where built accommodation and services are very limited.

Plan Nornäs as an outdoor overnight stop unless a specific booked option has been arranged in advance. A vindskydd is part of the wider shelter network associated with Bohusleden, but shelters are not bookable and should not be treated as guaranteed private accommodation.

Food and transport options should be checked before travelling, and it is safer to arrive carrying what is needed for the next stage. Nornäs is also the staging point before the stage that reaches Älgafallet on the Sweden-Norway border river, so allow time rather than treating the area as a quick town resupply.

Krokstrand

Krokstrand is the end of stage 25 and the start of stage 26, which climbs towards Björnerödspiggen via Löveråsfjället. It marks the point where the northern end of the trail begins to feel more connected again, but it should still be planned carefully.

Use Krokstrand as a practical staging point before the trail's highest summit. Accommodation, food and transport should be checked before relying on them, as the brief does not support treating it as a full-service trail town.

This is a good place to make sure water, food and weather decisions are in order before stage 26. Björnerödspiggen has a wind shelter and lookout tower, but that does not replace the need for proper overnight kit.

Högstad

Högstad is the end of stage 26 and the start of the final stage to Strömstad. It is a route marker and staging point rather than a destination with clearly established services.

For most walkers, Högstad is best used to position for the last 15 km into Strömstad. If planning to sleep here or nearby, confirm any shelter, camping or accommodation option before travelling.

Do not depend on food shops or public transport at Högstad without checking current details. With Strömstad close in trail terms, many itineraries will simply continue to the finish if daylight, weather and energy allow.

Strömstad

Strömstad is the northern finish of Bohusleden and the main practical endpoint for transport, accommodation and post-hike logistics. The final stage runs from Högstad into Strömstad, bringing the route out of the forest-and-lake interior to a coastal town close to the Norwegian border.

This is the best place at the northern end to book a bed, eat properly, wash kit and organise onward travel. Specific hotels, hostels, campsites, restaurants and shop opening hours should be checked before booking, especially in busy holiday periods or outside the main walking season.

Strömstad has onward bus and train services back towards Uddevalla and Gothenburg. Check live Västtrafik / SJ times before committing to the final day's schedule, particularly if trying to connect through on the same day as finishing.

Getting to the Start

The southern end of Bohusleden is best approached via **Lindome**, the gateway town with the railway station. The marked start of stage 1 is at **Blåvättnera**, a small lake on the Halland county border near **Älvsåker**, so do not assume the station and the actual trailhead are the same place.

Some maps and stage lists describe the start as **Lindome**, while the official stage is **Blåvättnera → Stensjön** and some material labels the trailhead **Älvsåker**. When booking transport, navigating to the first orange waymarks or arranging a lift, use the exact start point rather than only the town name.

By train

The simplest approach is to travel to **Gothenburg Central** and take a local train south to **Lindome**. Lindome is served by **Västtrafik/Västtågen**, with trains from Gothenburg Central taking about **17 minutes** and generally running around **every 30 minutes**.

From Lindome, plan the final transfer to **Blåvättnera / Älvsåker** carefully. The marked trail begins south of the town at the county border, so walkers starting the full route need either a local connection, a taxi, a lift, or a pre-planned walk-in to the trailhead. This should be checked before travelling.

For international or long-distance arrivals, Gothenburg is the practical rail hub. Build in enough time for the local transfer and for locating the correct start of stage 1, especially if arriving late in the day.

By bus

Bus access may be useful for the final approach towards **Älvsåker** or the southern edge of the route, but no fixed bus route should be assumed for the trailhead. Local timetables and stops can change, and the useful stop may not be directly at **Blåvättnera**.

Check current **Västtrafik** journey planning before setting off. If the bus does not get close enough to the start, the most reliable plan is usually train to **Lindome** followed by taxi or another pre-arranged transfer.

By car

Driving to the start is straightforward in principle because the trailhead sits south of Gothenburg near **Lindome / Älvsåker**, but it creates a point-to-point logistics problem. Bohusleden finishes far to the north in **Strömstad**, so leaving a car at the southern end only makes sense if someone can collect it, or if returning from Strömstad to the Gothenburg area after the hike is part of the plan.

Do not rely on long-stay parking at **Blåvättnera** unless it has been checked in advance. Parking rules, access tracks and local restrictions should be checked before travelling.

For section-walkers, using public transport to the southern stages is usually more practical than committing a car to the start. The early route stays relatively close to Gothenburg-area transport compared with the much more remote northern stages.

From the nearest airport

If arriving by air, route first to **Gothenburg**, then continue from **Gothenburg Central** to **Lindome** by train. Airport-to-city transfer options and times should be checked before travelling.

Avoid planning a same-day late arrival straight onto the trail unless the final transfer to **Blåvättnera / Älvsåker** is already arranged. Missing the last convenient connection could leave a difficult taxi or overnight accommodation problem before the hike has properly started.

Where to stay before starting

The most convenient pre-hike base is **Gothenburg**, especially for walkers arriving by long-distance train or air and needing shops, food, fuel planning and an early local train to Lindome. Staying in the city also gives more flexibility if travel is delayed.

Lindome or the wider **Mölnadal** area may be more convenient if the aim is to start early and reduce the morning transfer, but accommodation availability should be checked before booking. The important planning point is proximity not just to Lindome station, but to the actual trailhead at **Blåvättnera / Älvsåker**.

Before the first walking day, make sure the route to the start of stage 1 is clear, current and realistic with a full pack. The southern terminus has been described in different ways — Lindome, Älvsåker and Blåvättnera — so navigation should be set to the marked trailhead rather than only to the nearest town or station.

Getting Home from the Finish

The Bohusleden finishes in Strömstad, a coastal town in northern Bohuslän close to the Norwegian border. Unlike the remote northern stages before it, Strömstad is a practical place to end the walk, with onward bus and train connections back towards Uddevalla and Gothenburg.

Do not leave the homeward journey entirely to chance. Public transport details are timetable-dependent, and the northern part of the route has sparse services compared with the Gothenburg end of the trail. Live train and bus times should be checked before travelling, especially if finishing late in the afternoon or outside the main summer season.

By train

Strömstad is the finish town and the rail departure point for most walkers leaving the trail by public transport. Trains run south from Strömstad towards Uddevalla and Gothenburg, giving the simplest onward link back to the main transport hub used by many walkers at the start of the Bohusleden.

Allow time between reaching Strömstad at the end of stage 27 and any booked onward service. The final stage from Högstad to Strömstad is around 15 km, and tired legs, wet ground or wayfinding pauses can make a fixed same-day connection feel tight.

Check current Västtrafik/SJ times before relying on a specific train. Evening and weekend services may be less convenient than daytime departures, so an overnight stop in Strömstad is often the lower-risk option after a full thru-hike.

By bus

Strömstad also has onward bus services towards Uddevalla and Gothenburg. Buses can be useful if the train timetable does not fit, or if planned engineering works affect rail services.

As with the train, bus times should be checked close to travel. This is particularly important for walkers finishing on a Sunday, public holiday or late in the day, when waiting times and connection options can be more limited.

By car/taxi

If being collected by car, Strömstad is the sensible meeting point rather than Högstad or another rural point on the final stage. The northern stages of the Bohusleden are much less well served than the southern half, and arranging collection from the actual finish town avoids relying on minor-road access near the trail.

Taxis should be booked in advance rather than assumed to be waiting at the trail end. This is especially relevant if cutting the route short at Högstad, Krokstrand, Nornäs or another northern-stage location, where public transport and taxi availability can be limited. This should be checked before travelling.

From the nearest airport

For flights after the hike, the practical approach is to travel first from Strömstad back towards Gothenburg by train or bus, then continue to the airport from there. Exact airport transfer routes and

timings are not fixed trail logistics and should be checked before booking flights.

Avoid booking a tight same-day flight unless the final-stage walking time and public transport connection have both been planned carefully. A delayed finish in Strömstad can quickly make an onward flight stressful.

Where to stay at the finish

Strömstad is the best place to stay after completing the Bohusleden. It gives access to food, accommodation and onward transport after the remote final stretch from Högstad.

Staying overnight is particularly sensible if you arrive late, finish in poor weather, or need to dry gear before travelling. It also removes the pressure to rush the final 15 km stage in order to catch a specific southbound train or bus.

Accommodation availability and prices in Strömstad vary by season, so booking ahead is wise in busy periods. Confirm current prices and check-in arrangements before travelling.

Which Direction Should You Walk?

The Bohusleden is best walked **south to north**, from **Blåvättnera / Älvsåker near Lindome** to **Strömstad**. This follows the official stage numbering, gives the easiest progression in difficulty, and builds naturally from the well-served southern stages into the more remote northern wilderness.

Walking north to south is possible, but it is less convenient for most thru-hikers because the hardest logistics come immediately.

South to north: the standard choice

South to north is the natural direction for a full Bohusleden hike. The route is commonly framed as **Lindome / Älvsåker → Strömstad**, with stage 1 running from **Blåvättnera to Stensjön** and stage 27 finishing at **Strömstad**.

This direction works especially well because the southern end is easy to reach from **Gothenburg**. Lindome has frequent trains from Gothenburg Central, and the early stages pass or approach places such as **Stensjön, Skatås, Jonsered, Angereds kyrka, Fontin and Kungälv**, where transport and services are much easier than in the north.

The practical advantage is that the walk becomes more committing gradually. You can settle into the waymarking, test daily distances, adjust food carries and resolve any kit problems before reaching the more self-sufficient northern stages around **Svarteborg, Kynnefjäll, Nornäs, Krokstrand and Högstad**.

It also gives the route a strong sense of progression. The walk starts in the forests and lakes south and east of Gothenburg, passes through the bigger forest blocks of **Svartedalen**, then becomes wilder towards **Kynnefjäll, Älgafallet, Björnerödspiggen** and the final approach to **Strömstad**.

North to south: possible, but more demanding early on

Starting in **Strömstad** is feasible, as the town has onward bus and train connections back towards **Uddevalla and Gothenburg**. The issue is not the start itself, but what follows: the early days in this direction put you straight into the northern half of the trail, where services are sparse and a tent is essential.

A northbound walker reaches the easier southern transport network at the end of the hike. That can be useful if time is uncertain, because the later stages near **Kungälv, Jonsered, Skatås, Stensjön and Lindome** give more options to leave the trail. However, it removes one of the biggest advantages of the normal direction: using those accessible southern stages as a gentle lead-in.

Reverse walking also means the psychological finish is less distinctive. Ending near **Lindome** is logistically convenient, but it does not have the same natural finale as arriving in **Strömstad** after the remote northern stages.

Climbs, weather and accommodation flow

There is no major climbing reason to choose one direction over the other. Bohusleden is low-altitude and non-technical, with its high point, **Björnerödspiggen at 222 m**, reached on stage 26 in the normal

south-to-north direction. The climb over **Löveråsfjället** is steep by Bohusleden standards, but the route is not a mountain traverse where direction changes the character of the walk dramatically.

Weather is also not a strong directional factor. This is an inland forest-and-lake route rather than a long exposed ridge walk, so planning should focus more on season, wet ground, boardwalks over bog, summer insects and water availability than on prevailing wind direction.

Accommodation and resupply flow strongly favour south to north. The southern half offers more realistic access to towns, hostels, hotels, campsites and public transport, while the northern stages rely much more on **vindskydd** shelters and wild camping under **Allemansrätten**. Walking northwards lets you move from supported hiking into more self-sufficient backpacking, rather than starting with the most committing section.

Direction	Main advantages	Main drawbacks
South to north: Blåvättnera / Älvsåker → Strömstad	Follows official stage order; easy access from Gothenburg via Lindome; southern stages provide a forgiving start; scenery and remoteness build well; strong finish in Strömstad	Requires more self-sufficiency later in the hike
North to south: Strömstad → Blåvättnera / Älvsåker	Starts from a town with public transport; ends near the better-connected Gothenburg area; useful if you want easier exit options late in the trip	Remote northern stages come immediately; harder food and camping logistics at the start; less satisfying finish

Recommendation

Walk **south to north** unless there is a specific transport or scheduling reason to do otherwise. It is the more logical direction for the Bohusleden: easier to start, better for building confidence and food-carry routines, and more rewarding as the trail grows progressively wilder before finishing in **Strömstad**.

Accommodation Along the Route

Bohusleden is not an inn-to-inn trail in the classic sense. Overnight planning is built around a mix of free three-sided wind shelters, wild camping under allemansrätten, and occasional town accommodation where the route passes close to larger settlements.

The southern half is much easier to plan flexibly. Around Lindome, Stensjön, Skatås, Jonsered, Kungälv, Uddevalla and Munkedal, there is enough public transport and nearby settlement to use hotels, hostels, B&Bs or campsites for selected nights, although many are not directly on the trail.

From roughly stage 18 northwards, the character changes. The route crosses more remote forest, lake and upland country around Kynnefjäll, Vaktarekullen, Nornäs and the borderlands before Strömstad, with very limited built accommodation. A tent should be treated as essential for a full thru-hike.

Shelters and wild camping

The defining accommodation on Bohusleden is the Swedish vindskydd: a basic three-sided wind shelter, often at a lake, ridge or forest clearing. These are generally free and first-come-first-served, so they cannot be treated as a guaranteed bed.

Carry a tent even if planning to use shelters most nights. A shelter may already be full, damaged, temporarily closed, occupied by a group, or simply too far from the day's realistic stopping point. A tent also gives much more control in the northern stages, where services are sparse and bad weather can slow progress.

Wild camping is possible under Sweden's right of public access, allemansrätten, provided camping is discreet, short-term and respectful of homes, farmland and sensitive ground. Do not assume that every flat patch near a lake is suitable; wet boggy ground, rocky slabs and dense forest can make finding a good pitch slower than expected.

Town accommodation and stronger service points

The best places to plan indoor nights are at the southern gateway and near larger towns: Lindome, the Gothenburg/Mölnadal area around Stensjön and Skatås, Kungälv/Fontin, and the areas near Uddevalla, Munkedal and Strömstad. These are the most practical points for a shower, laundry, resupply and a weather reset.

Strömstad is the clearest place to book a final night after completing the trail. It is a proper town with onward train and bus connections towards Uddevalla and Gothenburg, so it works well for recovery and onward travel.

In the middle and northern sections, many stage endpoints are not towns in an accommodation sense. Places such as Grandalen, Bottenstugan, Lysevatten, Hasteröd, Vassbovik, Glimmingen, Bjursjön, Metsjö, Kaserna, Harska, Lunden, Vaktarekullen, Flötemarksön, Porsås, Vassbotten, Håvedalen and Högstad should be planned primarily as outdoor overnights unless current local options have been checked before travelling.

Booking ahead and seasonal pressure

Book indoor accommodation ahead where it matters: before arrival in the Gothenburg area, for any planned town nights, and at Strömstad at the end. Summer, weekends and Swedish holiday periods can reduce availability, especially in popular towns and near lakeside recreation areas.

Wind shelters cannot be booked. In good weather and during holiday periods, expect competition at the more attractive lakeside shelters. A late arrival should always include a fallback plan: enough daylight, water and energy to continue to a legal tent pitch if the shelter is occupied.

Luggage transfer, taxis and inn-to-inn itineraries

Bohusleden does not work well as a continuous inn-to-inn walk. The southern stages can be adapted into day walks or short supported sections using public transport and nearby accommodation, but the northern wilderness stages have too few reliable built overnight stops for a hotel-only itinerary.

Taxi transfers may solve selected awkward gaps near larger towns, but they should not be relied on across the remote northern stages without arranging them in advance. This should be checked before travelling.

There is no basis for planning the full route around routine luggage transfer. Walkers attempting the whole Bohusleden should expect to carry camping gear, food for the less-served sections, and enough equipment to stay out in wet forest conditions.

Place	Accommodation level	Best for	Notes
Lindome / Blåvättnera / Älvsåker	Limited	Start logistics	Lindome is the practical southern gateway with rail access; the marked start is farther south at Blåvättnera/Älvsåker. Use this area mainly for access rather than assuming a trailhead bed.
Stensjön / Mölndal area	Good	First indoor night, short-stage planning	Close to the Gothenburg urban area and useful if easing into the trail. Accommodation choice is stronger off-trail than at the exact stage endpoint.
Skatås / Gothenburg area	Good	Urban base, rest, transport	One of the easiest areas for accommodation and public transport. Useful for day-walking the early stages.
Jonsered	Limited	Section-hike access	A useful southern transport point, but not a major accommodation hub. Check current options before building an itinerary around staying here.
Angereds kyrka	Limited	Short southern-stage stop	Best treated as a route point rather than a guaranteed overnight base. Nearby urban transport may help with off-route accommodation.
Fontin / Kungälv	Good	Indoor night, resupply, rest	One of the stronger accommodation and service areas on the route. Also a logical point before the trail becomes more forested towards Svartedalen.

Place	Accommodation level	Best for	Notes
Svartedalen / Grandalen / Bottenstugan / Lysevatten	None to limited	Shelters and tent camping	This central forest-and-lake section is better suited to outdoor overnights. Do not plan on regular built accommodation at stage endpoints.
Hasteröd / Vassbovik / Glimmingen / Bjursjön	None to limited	Self-sufficient camping	Expect basic trail overnights rather than commercial accommodation. Carry a tent and check shelter locations before setting out.
Ljungskile / Uddevalla area	Good nearby	Rest, resupply, route interruption	The trail passes near rather than through some larger service centres. These are useful for off-route accommodation if public transport or transfers line up.
Metsjö / Kaserna / Harska / Svarteberg	Limited	Transition into more remote walking	Accommodation becomes less predictable. Svarteberg is a notable route point, but the surrounding stages still favour camping-based planning.
Munkedal area	Good nearby	Resupply, indoor reset	A practical nearby service area before the more self-sufficient northern stages. Exact access from the trail should be checked before travelling.
Lunden / Vaktarekullen / Flötemarksön / Porsås	None to limited	Remote camping	Part of the more isolated northern half. Plan around tent camping and wind shelters, not fixed beds.
Nornäs	Limited	Shelter-based overnight, northern logistics	A named stage point in the remote north. Useful in trail planning, but not a reliable built-accommodation stop without checking current options.
Vassbotten / Håvedalen / Krokstrand / Högstad	None to limited	Final wilderness stages	Accommodation options are sparse before Strömstad. A tent remains necessary through the final approach.
Strömstad	Good	Finish, recovery, onward travel	Best place to book the final night. Also the strongest northern transport point, with onward bus and train services towards Uddevalla and Gothenburg.

Camping and Wild Camping

Bohusleden is well suited to camping. The route is built around a mix of free wind shelters, lakeside tent spots and wild camping under Sweden's allemansrätten, with conventional campsites and indoor accommodation mainly useful on the southern and middle sections near larger towns.

For a full thru-hike, a tent should be treated as essential. The wind shelters are useful, but they are first-come-first-served and cannot be relied on every night, especially in popular periods or on shorter stages close to Gothenburg and Kungälv.

Wind shelters on Bohusleden

Many stages have simple three-sided wind shelters — vindskydd — often at lakes or ridges. These are free and first-come-first-served, and they are one of the defining features of overnighting on Bohusleden.

Do not plan an itinerary that depends on always sleeping inside a shelter. They can be full, damp, exposed to wind direction, or unavailable due to maintenance. A shelter is best treated as a bonus: carry a tent or tarp, and be prepared to camp nearby where it is legal and low-impact.

Useful known shelter areas include lakeside and ridge sites such as Stora Hassungaredssjön, Nornäs and Björnerödspiggen. Current shelter condition and access should be checked before travelling, especially if a shelter is critical to a planned day.

Where camping works best

Section	Camping reality
Southern stages around Blåvättnera, Stensjön, Skatås, Jonsered, Angereds kyrka and Fontin/Kungälv	Easier access to towns and public transport, but also more settlement, day-walkers and private land. Camp discreetly and choose sites carefully. Conventional campsites, hostels, B&Bs and hotels are more likely to be within reach in this half of the trail.
Central forest and lake sections, including Svartedalen	One of the better parts of the route for a classic Bohusleden camping rhythm: forest, lakes, shelters and fewer urban interruptions. Expect boggy ground after rain and use durable tent sites rather than soft wet margins.
Northern wilderness stages from roughly Svarteborg through Kynnefjäll, Vaktarekullen, Nornäs and onwards	The most self-sufficient part of the trail. Built accommodation is very limited, services are sparse and a tent is essential. Plan food, fuel and water more carefully here than in the south.
Final stages towards Krokstrand, Högstad and Strömstad	Camping remains possible, including around the high ridge section near Björnerödspiggen, but the walk gradually returns towards the finish at Strömstad. Check onward transport and any final-night accommodation before committing to a late finish.

Wild camping and allemansrätten

Wild camping is part of the practical accommodation system on Bohusleden. Sweden's allemansrätten gives broad access to uncultivated land for responsible outdoor recreation, but it is not permission to

camp anywhere without thought.

Keep well away from houses, gardens, farm buildings, cultivated land and working areas. Do not block tracks, pitch on boardwalks, damage vegetation, or occupy a sensitive lakeshore site if it is already under pressure.

Protected areas can have local rules that restrict camping, fires or where tents may be pitched. This should be checked locally for nature reserves and managed areas, including sections such as Svartedalen.

Campsites and paid accommodation

Commercial campsites are not the main accommodation model for Bohusleden, but they can be useful on or near the southern and middle route where the trail passes closer to Gothenburg, Kungälv, Uddevalla and Munkedal. Exact locations, opening periods and prices should be checked before booking.

In the far northern stages, especially roughly stages 18–24, do not assume there will be a campsite, hostel or hotel at the end of the day. This is the section where a shelter-and-tent strategy matters most.

Water for camping

Bohusleden passes many lakes and wet forest areas, but water should still be planned rather than assumed. Some sections cross rocky ridges, upland plateaus and dry granite ground where water can be less convenient in summer.

Carry enough water between reliable sources, especially before a dry ridge camp or a long remote stage. Natural water should be treated before drinking, and current water availability on dry granite sections should be checked in hot weather.

Camp away from the immediate water's edge where possible. Wash and cook back from lakes and streams, and avoid contaminating small or slow-moving water sources.

Fires, stoves and dry-weather restrictions

Do not assume fires are allowed just because a site has a shelter. Use existing fire places only where fires are clearly permitted, and never light a fire on bare granite, peat, boggy ground or fragile forest floor.

In dry periods, local fire bans may apply. These can change quickly in summer, so current fire rules should be checked before travelling and again locally during the hike. A stove is normally the safer and more reliable cooking option, but stove restrictions can also apply during severe fire-risk periods.

Seasonal camping issues

High summer brings mosquitoes and midges, particularly around lakes, bogs and still forest. A tent with reliable insect protection makes a big difference on still evenings.

After rain, expect waterlogged paths, wet tent approaches and muddy sections beside spänger. Choose firm, durable ground rather than widening boggy patches or trampling vegetation around boardwalks.

Winter camping is possible only for experienced walkers. Daylight is short, water can be harder to access and shelters should not be assumed to be easy or comfortable overnight options.

Food, Water and Resupply

Bohusleden is not a hut-to-hut trail with regular meals, shops or staffed overnight stops. Plan it as a self-catered backpacking route, using towns and transport-accessible places for resupply and carrying food between them.

The southern half is much easier to manage, especially around Lindome, Stensjön, Skatås, Jonsered, Angereds kyrka and Fontin/Kungälv. From roughly stage 18 northwards the route becomes far more self-sufficient, with long forest sections, sparse services and stage ends that should not be treated as guaranteed resupply points.

Section	Food availability	Water availability	Notes
Blåvättnera / Lindome to Fontin / Kungälv, stages 1–6	Best-served part of the trail. The route stays close to the Gothenburg urban fringe and towns or transport links such as Lindome, Stensjön, Skatås, Jonsered, Angereds kyrka and Kungälv.	Frequent lakes and settlements, but do not assume every lake or tap is safe or accessible.	Easy to start with a light food carry and resupply often. Check shop and café opening times before relying on them, especially on Sundays and public holidays.
Fontin / Kungälv through Svartedalen to Svarteberg, stages 7–17	Services become less regular. There are settlements and road-access points, but many stage ends are outdoor locations rather than villages with shops.	Many lakes and forest water sources, especially through the lake-and-forest sections, but treatment is sensible.	Carry enough food to cover several stages between known resupply points. Do not assume wind shelters have drinking water, bins or any facilities beyond shelter.
Svarteberg to Håvedalen, stages 18–24	The most self-sufficient part of the route. Food availability is very limited and the northern wilderness stages are hard to join except by car.	Natural water is common in the wider landscape, but dry granite ridges and upland sections can leave longer gaps in summer.	Carry a substantial food buffer through Kynnefjäll and the remote northern stages. Check water availability before committing to exposed or dry sections in warm weather.
Håvedalen to Strömstad, stages 25–27	Do not rely on meaningful resupply until reaching Strömstad unless current local services have been checked.	Lakes, streams and upland sources occur, but treatment remains the safe default.	The final stages include Björnerödspiggen and more remote terrain before the finish. Arrive at Strömstad with onward food and travel needs covered.

Food planning

For the full Bohusleden, the safest approach is to leave each major service area with enough food to reach the next definite resupply point, plus a buffer for delays, closed shops or a shorter walking day. This matters most after Kungälv and becomes essential from Svarteberg northwards.

The official stage ends are not the same as resupply towns. Places such as Grandalen, Bottenstugan, Lysevatten, Hasteröd, Vassbovik, Metsjö, Kaserna, Harska, Lunden, Vaktarekullen, Flötemarksön, Porsås,

Vassbotten, Håvedalen and Högstad should be treated primarily as route points, not as places where food can necessarily be bought.

A practical thru-hike food strategy is:

- use the Gothenburg-area stages for frequent top-ups rather than carrying unnecessary weight;
- make a deliberate resupply before entering the longer forested middle section;
- carry several days of food for the northern stages from roughly Svarteborg onwards;
- keep one emergency meal separate from the normal day's food;
- avoid planning a resupply around a small rural shop without checking current opening hours first.

Cafés, seasonal kiosks and campsite shops may be useful where they exist, but they should be treated as bonuses rather than the basis of the food plan. Rural Swedish opening hours can be short, seasonal and more limited on Sundays and holidays. This should be checked before travelling.

Water planning

Bohusleden passes many lakes, wetlands and forest streams, so water is usually not the main logistical problem. The issue is reliability and safety: not every visible water source is convenient, flowing, clean or suitable for drinking untreated.

Carry a filter, purifier or another treatment method and assume natural water should be treated. This is particularly sensible near farmland, settlements, popular lakeside camps and still water in warm weather.

Do not assume a vindsydd has a tap or maintained drinking-water point. Many shelters are simple three-sided structures, often beside lakes or in forest, and facilities vary. If camping at a shelter, collect and treat water before evening rather than arriving dry after dark.

In hot, dry periods, leave the last reliable source with enough water for the next section, cooking and overnight use if needed. The trail includes rocky ridges, upland plateaus and boardwalked bogs where water may be visible but awkward to collect, poor quality or absent for longer than expected.

How much to carry

On the well-served southern stages, many walkers can carry food for the day and the next morning, then top up frequently. Still carry enough snacks and water to complete the stage if a café or shop is closed.

In the central and northern sections, plan food in multi-day blocks. The stages are not extremely long, but the lack of guaranteed shops means a missed resupply can quickly become a serious problem.

For water, start each stage with enough to walk comfortably to the next reliable source, and increase capacity in summer, on dry granite sections and when camping away from a known water point. Natural water is part of the Bohusleden experience, but treatment and conservative carrying habits make the route much easier to manage.

Navigation and Waymarking

Bohusleden is an officially waymarked trail, marked with **orange paint blazes** on trees, rocks and posts. In normal conditions the route is not technically difficult to navigate: it follows forest paths, gravel roads, boardwalks over wet ground, rocky low ridges and occasional village or road sections rather than exposed mountain terrain.

The main navigation challenge is not complexity, but continuity. Over roughly 340–350 km, markings can be missed, reroutes can happen, and long forest sections give few obvious landmarks once away from roads and settlements.

How easy is it to follow?

The southern stages near **Lindome, Stensjön, Skatås, Jonsered, Angereds kyrka, Fontin and Kungälv** are the easiest places to join, leave and correct mistakes. They pass closer to towns, public transport and other local paths, which is convenient but can also make junctions more confusing.

From roughly **stage 18 northwards**, the trail becomes more committing. Around **Kynnefjäll, Vaktarekullen, Nornäs, Vassbotten, Krokstrand and Högstad**, walkers should expect longer gaps between services, fewer bail-out options and stretches where a missed blaze costs time and energy.

Boardwalks (**spänger**) help across boggy ground, but wet, overgrown or damaged sections can make the onward line less obvious after rain. On granite slabs and open heath, look ahead for the next orange mark before moving on, especially where the tread is faint.

GPX and offline maps

A **GPX track or offline digital route line is strongly recommended**, particularly for a full thru-hike or for the northern stages. Do not rely on paint marks alone for a multi-week walk.

Before setting off, check the current stage information from the official Bohusleden / West Sweden Trails resources, as the southern end and individual **etapper** can be rerouted or rebuilt. This should be checked before travelling.

Download all maps and route data for offline use. Mobile signal should not be treated as a navigation tool on the remoter northern stages, and a power bank is sensible if using a phone for GPS.

Paper maps and backup navigation

A paper map is sensible for the full route, especially north of **Svarteborg** where transport and accommodation options are sparse. No specific map sheet should be assumed without checking current coverage for the exact route.

At minimum, carry:

- an offline GPS map with the Bohusleden route loaded;
- a backup power source;
- a paper overview or detailed printed sections for remote stages;
- the official stage names and endpoints for cross-checking progress;

- enough margin in the day to recover from a missed turn.

Common navigation traps

The most likely mistakes are at path junctions, road crossings and where Bohusleden overlaps or crosses other local trails. This is especially relevant in the well-used southern half near Gothenburg and Kungälv, where there may be several marked recreational routes in the same forest.

Make sure any app or map is showing the **inland Bohusleden** from **Blåvättnerna / Älvsåker / Lindome to Strömstad**, not the coastal **Bohus Coast Trail / Kuststigen**. They are different routes.

In forest, avoid walking for long without seeing an orange blaze. If the marks disappear, stop early, return to the last confirmed marker and re-check the route rather than pushing on through unsigned ground.

Suitability for less experienced navigators

Bohusleden is suitable for walkers with limited navigation experience on the southern day-walkable stages, provided they can follow waymarks and use a basic offline map. The full route is a bigger commitment.

For a complete thru-hike, especially the northern half, hikers should be comfortable using GPS, reading a map, interpreting junctions and making conservative decisions in wet forest, bog and low-visibility conditions. The trail is waymarked, but it should still be treated as a self-sufficient long-distance route rather than a fully serviced walking path.

Terrain, Conditions and Difficulty in Practice

Bohusleden is not difficult because of altitude or technical terrain. It is difficult because it is long, often wet underfoot, and becomes progressively more remote as it moves north away from the Gothenburg and Kungälv area.

The trail is a low-country Swedish forest route: coniferous and mixed woodland, lakeshores, rocky ridges, heath, open moorland, upland plateaus, farmland and occasional village or road sections. The highest point is only 222 m at Björnerödspiggen on stage 26, but the walking is rarely a smooth park path for long.

Path surfaces underfoot

Expect a mix of narrow forest dirt paths, gravel forest roads, granite slabs and wooden boardwalks over boggy or wet ground. The boardwalks — spänger — are a major feature of the route and are especially important in the wetter northern and upland sections.

After rain, sections of forest path can become waterlogged and muddy. Granite slabs and exposed rock are straightforward in dry weather but can feel much slower when wet, particularly with a full backpack.

There are also short road, village and farmland passages. These are useful for access and resupply planning in the southern half, but they do not define the character of the trail; most of the route feels like forest, lake and low upland walking rather than a road walk.

Climbs, descents and exposed ground

There is no alpine terrain, scrambling or technical mountain ground on Bohusleden. Climbs are generally short and repeated rather than long sustained ascents.

The main exception in feel is the far north, where the trail crosses higher, more open ground and low upland plateaus. Kynnefjäll is a key example: the route reaches Vaktarekullen at 207 m on stage 19, and the area is more remote, forested and lake-dotted than the easier southern stages.

Stage 26 includes the steep climb over Löveråsfjället to Björnerödspiggen, the high point of both Bohusleden and Bohuslän. At 222 m this is still modest in absolute height, but it is one of the more memorable climbs on the trail because it comes late in the route and rises to an exposed viewpoint with a lookout tower.

Southern stages versus northern stages

The southern part of Bohusleden, roughly stages 1–18, is the easier half in practical terms. It stays closer to Gothenburg, Mölndal, Jonsered, Kungälv and other access points, so mistakes with food, weather or daily distance are easier to recover from.

The northern stages, roughly stages 18–27, are more committing. Services are more widely spaced, public transport is sparser, and the walking becomes more self-sufficient, with boggy ground, boardwalks, lakes, conifer forest and upland sections playing a bigger role.

This change in character matters more than the height profile. A 12–14 km day in the northern forest can take longer and feel harder than a similar distance near Gothenburg if the ground is wet, the boardwalks are slow, or the pack is heavy with food and camping kit.

Wet ground, bogs and boardwalks

Boggy ground is one of the main terrain considerations on Bohusleden. The trail uses boardwalks across many of the wettest sections, but these do not remove the need for waterproof footwear, care with footing and realistic pace planning.

After prolonged rain, expect muddy approaches to boardwalks and waterlogged forest paths. In dry summer conditions, some ridges and granite sections can instead feel exposed and dry, so water availability on dry granite ridges should be checked before relying on a particular source.

Boardwalks can also slow a group down. Passing other walkers, stepping off to rest, or moving carefully with a heavy pack all take more time than the map distance suggests.

Season and conditions

The normal hiking season is spring, summer and autumn, roughly May to September or October. Late June is often a strong compromise, with long daylight and insects usually more manageable than in the height of summer.

High summer brings mosquitoes and midges, especially around lakes, bogs and sheltered forest camps. An insect head net, repellent and a tent with reliable mesh are practical items rather than luxuries on a full-route walk.

Spring and autumn can make the route more dramatic but wetter underfoot. Älgafallet on stage 23 is at its most impressive in spring or autumn after heavy rain, but the same conditions can also mean slower going on forest tracks, bog edges and boardwalk approaches.

Winter walking is possible only for experienced walkers. Short daylight, cold conditions and more limited access to water and shelter change the nature of the route substantially.

What makes Bohusleden harder than it first appears

The moderate rating is fair, but it assumes good planning. The trail has no technical obstacles, yet several practical factors add up over two to three weeks:

Factor	Practical effect
Long total distance	Fatigue builds even though individual stages are mostly moderate in length.
Wet forest and bog	Progress can be slower than expected after rain.
Boardwalks	Useful but sometimes slow, narrow and awkward with a heavy pack.
Remote northern stages	Food, shelter and exit options require more planning from around stage 18 onwards.
Outdoor sleeping	Reliance on vindskydd and wild camping means a tent should be carried, especially in the north.

Factor	Practical effect
Insects in summer	Camps beside lakes and bogs can be uncomfortable without proper protection.

Navigation and waymarking in practice

Bohusleden is waymarked with orange paint blazes on trees, rocks and posts. In normal conditions this makes the route straightforward to follow, especially in the well-used southern sections.

A map or offline navigation is still sensible. Forest tracks, re-routes, wet weather and tiredness can all make junctions less obvious, and current waymarking and stage changes should be checked before travelling.

Weather and Best Time to Walk

Bohusleden is best planned as a three-season trail. The normal walking window is roughly **May to September**, extending into **October** for well-prepared hikers who are comfortable with colder nights, shorter days and wetter ground.

The route is low-altitude and non-technical, but conditions still matter. Long sections cross forest, bog, boardwalks, granite slabs and open upland plateaus, so rain can quickly make the trail slower, muddier and more slippery than the map distance suggests.

Best months

Period	What to expect	Planning notes
May	Spring conditions, improving daylight, fewer summer insects.	A good early-season option, but expect wet ground in forest and bog sections. Some accommodation and campsite services should be checked before travelling.
June	One of the strongest months for the trail: long daylight and generally manageable insects, especially earlier in the month.	Late June is a popular sweet spot for a full thru-hike, giving long days without the worst of high-summer mosquitoes and midges.
July-August	High summer, warmest and busiest period for outdoor travel.	Expect mosquitoes and midges , especially near lakes, bogs and wind shelters. Carry repellent and a head net if camping. Check water availability on dry granite ridges in summer.
September	Often the best late-season window: cooler walking, fewer insects and autumn colour beginning in the forests.	Nights are colder and daylight is shorter, so daily distances and camp routines need more discipline.
October	Possible for experienced hikers with warmer kit.	Expect short days, cold nights and wetter trail surfaces. Built accommodation and transport details should be checked before travelling, especially outside the southern half.

Rain, bogs and trail surface

Rain is the main weather factor on Bohusleden. Much of the trail is forest path, gravel forest road, granite slab and **spänger** over wet ground; after sustained rain, the boggy sections and low forest paths can become slow and waterlogged.

Boardwalks make many wet areas passable, but they can be slippery when damp. Granite slabs and rocky ridges also need care after rain, particularly with a full pack.

The central and northern stages are where wet ground has the biggest planning impact. From roughly stage 18 northwards, the trail becomes more remote, with longer gaps between services and more reliance on camping or **vindskydd** shelters, so bad weather is harder to escape by simply dropping into a town.

Insects

Mosquitoes and midges are a real summer consideration on this inland forest-and-lake route. They are most noticeable around lakes, bogs, still forest camps and wind shelters in high summer.

For July and August, pack insect repellent, long sleeves for camp, and preferably a head net if sleeping in shelters or cooking outside at dusk. A tent with good mesh is strongly preferable to relying only on open shelters.

Daylight and daily distance

Long daylight is one of the main advantages of walking in June and early summer. It gives more flexibility for wet sections, food stops, swimming or slower progress through boggy ground.

By September and especially October, shorter days make the northern half more committing. Start early, avoid over-ambitious stage combinations and make sure camp is realistic before dark, particularly where the next road or settlement is far away.

Accommodation and services by season

The free **vindskydd** shelters are first-come-first-served and should not be treated as guaranteed accommodation. Carrying a tent is sensible for the whole trail and essential for the remoter northern stages.

Built accommodation is more practical in the southern half near Gothenburg, Kungälv, Uddevalla and Munkedal. Seasonal opening, campsite services and current shelter condition should be checked before travelling, especially outside the main summer period.

Winter walking

Winter is possible only for experienced, self-sufficient hikers. Bohusleden has no alpine terrain, but winter brings short daylight, colder nights, more difficult water management and a greater need to rely on your own shelter and equipment.

The route should not be treated as an easy winter backpacking trail simply because its high point is only 222 m. In the northern stages, remoteness, wet ground, limited services and short days make winter logistics significantly harder than summer walking.

Safety Notes

Bohusleden is not a technical mountain route, but its length, wet ground and increasingly remote northern stages make basic safety planning important. The southern stages near Gothenburg, Kungälv, Uddevalla and Munkedal are comparatively easy to leave by public transport or road access; from roughly stage 18 northwards, especially stages 18–24, options become much thinner and self-sufficiency matters more.

Emergency help and communication

The emergency number in Sweden is **112**. Keep a charged phone accessible, but do not rely on continuous mobile signal on the forested and upland sections, particularly through the more remote northern half.

Carry an offline map or GPS track as well as enough battery capacity for navigation. The orange paint waymarks are the main on-trail guide, but wet weather, forestry work, darkness or fatigue can make markings easier to miss.

Solo walkers should leave an itinerary with someone reliable, including intended overnight stops and any planned exit points. This is especially important before entering the longer gaps between services north of Svarteborg.

Navigation and remoteness

The route is waymarked with orange paint on trees, rocks and posts, but it still crosses long stretches of forest, lakeshore, bog and low ridge where there may be few people around. Do not treat the trail as a park walk once past the better-served southern stages.

Check the next day's stage before setting off: distance, expected terrain, water availability, shelter location, possible road exits and onward transport. Stage re-routes, waymarking changes, open shelters and live bus/train times should be checked before travelling, especially if relying on a specific exit point.

In the northern stages, carry enough food and overnight equipment to cope if progress is slower than planned. A tent is essential for the far northern section, as wind shelters are first-come-first-served and built accommodation is scarce.

Wet ground, boardwalks and slips

Expect boggy sections, waterlogged forest path after rain and long boardwalks over wet ground. Wooden spänger can be slippery, particularly when damp, frosty or covered with needles and leaves.

Use trekking poles if helpful for balance and take care stepping from boardwalks onto mud, roots or granite slabs. Waterproof footwear and dry sleeping layers are more than comfort items on this route; they help prevent cold, blistered and slow-moving days.

Weather exposure, heat and cold

Bohusleden is low-altitude, with a high point of only 222 m at Björnerödspiggen, but exposed moorland, heath, granite ridges and upland plateaus such as Kynnefjäll can still feel harsh in wind and rain.

Weather can also change the difficulty of otherwise moderate stages by making rock, roots and boardwalks slippery.

In summer, plan for heat as well as rain. Some dry granite ridges may have limited water in warm periods, so check water availability before leaving each morning and carry extra where needed.

In spring and autumn, cold rain and short daylight are the main concerns. Winter walking is possible only for experienced hikers, with short days and potentially limited shelter and water access.

Water, lakes and swimming

The trail passes many lakes, but safe drinking water should not be assumed without treatment. Carry a filter, purification method or enough water between reliable sources, and check water availability before committing to remote sections.

Take care around lakeside shelters, wet rock and steep banks, especially in poor light or after rain. If swimming, remember that cold water and tired legs are a poor combination; avoid entering the water alone or far from an easy exit.

Roads, farmland and livestock

Bohusleden includes some short road and village sections. Walk facing traffic where there is no pavement, use reflective detail in poor light, and take extra care on bends and narrow roads.

Where the trail crosses farmland, close gates, keep to the marked line and give livestock space. Dogs should be kept under close control, particularly around animals and near dwellings.

Insects and minor hazards

Mosquitoes and midges can be abundant in high summer, especially near lakes, bogs and still forest. A head net, repellent and long sleeves can make evenings at shelters much more manageable.

Ticks are a sensible consideration on forest and grassy sections. Check skin and clothing at the end of each day, particularly after walking through long grass or camping near woodland edges.

Daily safety checklist

Before setting off each day, check:

- The next stage distance and realistic walking time.
- Current weather, daylight and expected temperature.
- Water availability, especially in warm weather and on dry ridges.
- Shelter or tent-camping options if the planned stop is full or unsuitable.
- Any stage re-routes or waymarking notices.
- Public transport times if using a road, rail or bus exit.
- Phone battery, offline maps and emergency contact plan.

The safest approach is to treat the southern half as accessible but still wet and wooded, and the northern half as a self-supported forest route where delays, poor weather or a missed shelter can have bigger consequences.

Gear Recommendations

Bohusleden is not a mountain route, but it is a long, wet-footed forest-and-lake trail where self-sufficiency matters increasingly after Svarteborg and onto Kynnefjäll. Pack for boggy ground, boardwalks, granite slabs, insects, cool evenings and several nights away from reliable indoor accommodation.

The southern stages near Gothenburg, Kungälv, Uddevalla and Munkedal can be walked with a lighter kit if using public transport and booked accommodation. The northern stages, especially roughly stages 18–24, should be treated as a backpacking route: carry shelter, food, water treatment and enough power to navigate without daily resupply.

Footwear

Waterproof boots are not essential, but footwear must cope with wet forest path, slick granite, boggy sections and long spänger. Trail shoes with good grip work well for many walkers in warm weather, provided wet feet are acceptable and socks can be dried or rotated. Lightweight boots are sensible in spring, autumn, or for hikers carrying a full camping pack.

Avoid smooth-soled urban trainers. Granite slabs and wet boardwalks can be slippery, especially after rain and in shaded forest. Gaiters are useful in the wetter northern sections and on overgrown or boggy paths, but they are not mandatory.

Waterproofs and clothing layers

Carry a reliable waterproof jacket for the full trail, even in summer. Bohusleden passes through long forest and upland sections where getting wet and cold is a bigger issue than altitude. Waterproof trousers are worth carrying for multi-day backpacking, particularly north of Svarteborg or outside high summer.

A warm layer is needed year-round for evenings at vindskydd shelters and lakeside camps. A fleece or light insulated jacket is normally more useful than heavy cold-weather clothing in the main May to September/October season. Add a hat and gloves for spring and autumn trips, and for anyone planning long days into cool evenings.

Quick-drying hiking trousers and synthetic or merino baselayers suit the route better than cotton. Expect damp mornings, wet vegetation and limited drying opportunities during unsettled weather.

Navigation

The route is waymarked with orange paint blazes on trees, rocks and posts, but do not rely on waymarks alone. Carry offline mapping on a phone and have a backup method, especially for the northern stages where transport exits are sparse and wrong turns cost time.

A power bank is strongly recommended for anyone walking multiple days between towns. Keep the phone usable in rain with a waterproof case or dry bag. If using paper maps or printed stage notes, protect them from damp conditions.

Current stage alignments, re-routes, shelter status and public transport links should be checked before travelling.

Water and food carry

There are many lakes along Bohusleden, but that does not remove the need for planning. Carry enough water capacity to cover dry ridges, warm days and camp, and treat natural water before drinking. Water availability on dry granite ridges in summer should be checked before relying on it.

Food carry depends heavily on the section. In the south, the trail stays close enough to towns and transport points for shorter carries and easier resupply. In the remote northern half, plan to carry several days of food where there are long gaps between services and little built accommodation.

A stove is useful for campers and shelter users. Do not assume that every wind shelter has usable facilities or that fires are appropriate or permitted in current conditions; local restrictions and fire risk can change quickly in Sweden.

Camping and sleeping gear

A tent is essential for a full Bohusleden thru-hike. The free three-sided vindskydd shelters are a major part of the route, but they are first-come-first-served and cannot be treated as guaranteed accommodation. A lightweight tent or tarp gives the flexibility needed when shelters are full, unsuitable, or spaced awkwardly for the day's plan.

Choose a sleeping bag and mat suitable for cool, damp nights rather than only warm summer camping. Lakeside camps and open ridges can feel noticeably colder after sunset. A small groundsheet or footprint can help protect gear on wet forest ground.

Under allemansrätten, wild camping is part of the practical appeal of the trail, but low-impact behaviour is essential: keep camps discreet, avoid damage, and leave shelters cleaner than found.

Trekking poles

Trekking poles are optional but useful on Bohusleden. They help with balance on wet boardwalks, boggy ground and slippery granite, and reduce strain when carrying a full pack over repeated low ridges. Fast section hikers with light daypacks may prefer to leave them, but backpackers are likely to use them often.

Insect and sun protection

Mosquitoes and midges can be abundant in high summer, especially near lakes, bogs and still forest. Carry repellent, and consider a head net if camping or using vindskydd shelters in peak insect season. Long sleeves and trousers are often more practical than relying only on repellent.

Sun exposure is not constant because much of the route is forested, but open moorland, lakeshores, granite slabs and upland sections can still be exposed. Carry sunscreen, sunglasses and a cap in late spring and summer.

Gear by hiking style

Hiking style	Gear priorities
Inn-to-inn or accommodation-based walkers	Viable mainly on the better-served southern stages near Gothenburg, Kungälv, Uddevalla and Munkedal. Carry waterproofs, warm layers, offline navigation, basic first aid and enough food and water for the day. Do not plan the remote northern stages this way unless accommodation and transfers are arranged in advance; this should be checked before travelling.
Campers and thru-hikers	Carry a tent, sleeping kit, stove, water treatment, power bank and several days of food for the northern half. Treat vindskydd shelters as useful bonuses, not booked beds. Pack for damp ground, insects and limited drying opportunities.
Fast or section hikers	The southern stages are well suited to lighter day-hiking from public transport points such as Lindome, Jonsered and the Gothenburg/Kungälv area. Keep a rain shell, offline map, headtorch or backup light, water and emergency layer even on short stages. In the north, fast hiking still requires self-sufficiency because exit options are sparse.

Seasonal extras

For late June and midsummer conditions, prioritise insect protection, water capacity and a sleep system that handles cool nights despite long daylight. For spring and autumn, add warmer layers, waterproof trousers and more conservative safety margins for daylight and drying time.

Winter walking is only for experienced hikers with appropriate cold-weather kit. Daylight is short, water and shelter use can be more difficult, and standard three-season packing is not enough.

Budget and Costs

Bohusleden can be one of the cheaper long-distance hikes in Sweden if you are equipped to camp. The route has no hut-booking system and many overnights can be made in free vindskydd shelters or by wild camping under allemansrätten, but the cost rises quickly if you use paid accommodation around Gothenburg, Kungälv, Uddevalla, Munkedal or Strömstad.

The main budget decision is whether to treat the trail as a self-supported camping hike or a mixed camping-and-town itinerary. The southern half gives more chances to spend money on beds, cafés, shops and public transport; the northern stages from roughly stage 18 require more food carrying and fewer paid-service assumptions.

Main cost categories

Cost	What to budget for	Notes
Trail access	Usually low if travelling via public transport	Lindome is the southern gateway station, with frequent trains from Gothenburg Central. From Strömstad there are onward bus and train links towards Uddevalla and Gothenburg. Check current Västtrafik/SJ fares before travelling.
Accommodation	From 0 SEK on shelter or wild-camp nights to paid campsite, hostel, B&B or hotel rates in towns	Free vindskydd shelters are first-come-first-served and should not be treated as guaranteed accommodation. A tent is essential, especially in the northern half.
Food	Supermarket/resupply food plus occasional meals in towns	The trail passes or approaches larger service centres in the southern and middle sections, but the northern stages need longer food carries. Exact food costs depend heavily on diet and resupply choices.
Campsites	Occasional paid nights if using formal campsites	Useful for showers, charging and laundry where available. Prices and opening seasons should be checked before booking.
Local transport and bail-outs	Trains/buses in the south; potentially more expensive or difficult exits in the north	The southern stages are much easier to reach by public transport. Stages 18–24 are harder to access without a car, so budget extra time or taxi contingency if leaving the trail there.
Luggage transfer	Not a normal assumption for this route	Bohusleden is best budgeted as a self-carrying backpacking trail. If bag transfer is essential, this should be checked before travelling.
Guided or self-guided packages	Not necessary for most walkers	The route is waymarked with orange paint and is commonly walked independently. Any commercial package availability and pricing should be checked before travelling.

Budget approach: camping and shelters

The lowest-cost approach is to carry a tent, sleeping kit and stove, then use a mix of wild camping and free vindsydd shelters. On this style of trip, accommodation can be 0 SEK for many nights, with spending concentrated on food, transport and occasional paid campsite or town stops.

This approach fits the character of Bohusleden well, particularly north of Svarteborg where built accommodation is limited. It is not cost-free in practice: allow money for supermarket resupply, stove fuel, public transport, paid showers or laundry where available, and at least one contingency night in a town if weather, insects or fatigue make a reset worthwhile.

Mid-range approach: mostly camping with town breaks

A practical mid-range plan is to camp most nights but book occasional hostels, B&Bs, hotels or campsites near the better-served sections. The obvious places to look for paid accommodation are around the southern and central access points such as Gothenburg/Mölndal, Kungälv, Uddevalla, Munkedal and the finish at Strömstad.

This style costs more but reduces the pressure on battery charging, washing and food carrying. It also gives flexibility around wet spells, boggy ground and high-summer mosquitoes. Current accommodation prices and availability should be checked before booking, especially in summer and at weekends.

Comfortable approach: more paid beds, fewer wild nights

A fully comfortable, bed-based thru-hike is not realistic across the whole Bohusleden because the northern wilderness stages have long gaps between services and very little built accommodation. A comfortable plan normally means combining paid accommodation where it exists with unavoidable camping or shelter nights in the remote sections.

If avoiding wild camping is a priority, plan the route in shorter sections based around the more accessible southern half and the towns near the middle and finish. For the far north, expect either to carry camping gear, arrange private transfers, or redesign the itinerary around road access. This should be checked before travelling.

Food and resupply costs

Food costs are usually more controllable than accommodation costs. A budget walker can rely mostly on supermarket food and trail meals, while a higher-spend itinerary can add cafés, restaurants and extra town stops where the route passes close to services.

The key budgeting issue is not only price but availability. The southern stages near Gothenburg, Kungälv and other towns are easier to resupply; the northern stages need more self-sufficiency and longer carries. Do not assume daily shops once beyond the well-served southern half.

Transport and taxi contingency

Getting to the trail is straightforward at the southern end: Lindome is close to Gothenburg by train, and the marked start is associated with Blåvättnera/Älvsåker near the Halland border. The finish at Strömstad has onward bus and train connections back towards Uddevalla and Gothenburg.

For section-hiking, the southern stages are much cheaper and easier to manage because several points have rail or bus access, including places such as Jonsered. The northern wilderness stages, especially roughly stages 18–24, are harder to reach except by car. If using taxis for access, bail-outs or accommodation transfers, confirm availability and current prices before relying on them.

Practical budgeting advice

Carry a payment card, but do not depend on being able to buy food or services at every stage end. Many official stage endpoints are shelters, lakes, road crossings or small rural places rather than towns with shops.

For a full thru-hike, build the budget around three layers: fixed travel to Lindome and home from Strömstad, daily food, and a contingency fund for paid accommodation or transport. The more nights spent in free shelters or a tent, the cheaper the route becomes — but the more important it is to carry proper camping gear and enough food for the remote northern stages.

Luggage Transfer, Guided Tours and Support Services

Bohusleden is best planned as a self-supported trail, not as a serviced inn-to-inn walking holiday. The southern stages near Gothenburg, Kungälv and other towns are easy to break into day walks, but the northern stages from roughly Svarteborg onwards have long gaps between services and very limited built accommodation.

That matters for luggage and support: a full-route walker should expect to carry overnight gear, food and wet-weather kit. A tent remains essential for the more remote northern half, even if some nights are spent in vindskydd shelters.

Luggage transfer

There is no route-wide luggage-transfer system to rely on for Bohusleden. Do not plan the full trail around daily bag moves between accommodation, especially through Kynnefjäll, Nornäs, Vassbotten, Krokstrand and Högstad.

For short southern sections, luggage support may be possible by arranging taxis or accommodation-to-accommodation transfers privately, particularly where the route passes near towns such as Lindome, Mölndal, Gothenburg, Kungälv, Uddevalla, Munkedal and Strömstad. This should be checked before travelling, and any transfer should be booked before starting the relevant section.

Where a luggage move is possible, keep expectations modest: remote shelter sites, forest road ends and minor trailheads may be hard to serve. A driver may need a clear road-access point rather than a wind shelter or a vague stage end.

Support option	How practical is it on Bohusleden?	Best suited to	Key planning point
Route-wide luggage transfer	Low	Not recommended for a full thru-hike	Plan to carry your own pack
Private taxi bag moves	Sometimes possible in the south and near towns	Short hotel/hostel-based sections	Book ahead and agree exact road pick-up/drop-off points
Accommodation-arranged transfers	Possible only where accommodation is available	Section walkers using fixed lodging	Ask before booking; do not assume it is offered
No-transfer day walking	Very practical on the southern stages	Walkers based in Gothenburg/Kungälv or nearby	Use public transport where available and carry only a day pack

Self-guided walking holidays

Bohusleden suits independent planning more than packaged walking holidays. The easiest self-guided approach is to choose a short run of southern stages, book accommodation in or near accessible towns, and use trains, buses or taxis to reach the trail each day.

A full-route self-guided package is harder to make work because the trail's character changes sharply in the north. From roughly stage 18 onwards, accommodation and public transport become sparse, and the itinerary has to be built around camping, shelters and carrying supplies rather than daily luggage delivery.

If booking any self-guided service, check exactly what is included: accommodation, transfers, maps or GPX files, emergency contact arrangements, meal provision and what happens on remote stages without lodging. Prices, availability and transfer arrangements should be checked when booking.

Guided options

Guided walking is most realistic as a day hike, short break or bespoke private trip rather than a continuous guided trek of the whole Bohusleden. The well-served southern half is the most suitable area for this, especially sections near Gothenburg, Skatås, Jonsered, Kungälv and Svartedalen.

A guided option can be useful for walkers who want an introduction to Swedish forest hiking, allemansrätten, navigation on orange waymarks, or overnighting at vindskydd shelters. Experienced long-distance walkers usually do not need a guide, provided they are comfortable with self-sufficiency, wet ground, insects and remote camping.

For any guided trip, check whether the guide provides transport to and from the trailhead, whether camping equipment is included, and whether the route is Bohusleden itself rather than the coastal Kuststigen/Bohus Coast Trail.

Taxis and local transfers

Taxis are most useful for filling gaps between trailheads, accommodation and public transport, particularly where a stage end is not close to a railway station or bus stop. They are also useful for bail-outs in poor weather or if an injury makes continuing to the next town unrealistic.

They should not be treated as an on-demand safety net in the remote northern stages. Mobile coverage, road access and vehicle availability may vary, so remote transfers should be arranged in advance wherever possible.

When booking a taxi or lift, give the Swedish place name exactly as signposted, including å/ä/ö where relevant. For remote points, agree a road-access location rather than simply naming a shelter or lake.

When support is unnecessary

For the southern stages, support services are often unnecessary. Public transport access around Lindome, Gothenburg, Jonsered and the wider southern section makes day walking straightforward, and walkers can return to a fixed base rather than moving luggage.

For the northern stages, support is less available just when the trail becomes more demanding. The practical solution is usually not more luggage service, but a lighter self-sufficient kit: tent, sleeping system, food capacity, water treatment, insect protection and reliable navigation.

What to book or arrange ahead

- Accommodation for any town-based nights, especially if walking in the main summer season.

- Any private taxi transfer, particularly in the northern half of the route.
- Any luggage move between accommodation providers; do not assume this is available.
- Guided day hikes or bespoke guiding, if wanted.
- Live train and bus times for access points and exit plans; these should be checked before travelling.
- A contingency plan for remote stages where the next practical exit may be a long walk away.

Shorter Hikes and Best Sections

Bohusleden is straightforward to split in the south, where the trail stays close to Gothenburg, Mölndal, Jonsered and Kungälv. North of roughly Svarteborg the route becomes much harder to section-hike by public transport, and the best short trips there usually need a car, taxi, lift or careful local bus planning.

Distances below use the official stage distances in the route summary. Some stage endpoints are minor places rather than transport hubs, so live Västtrafik/SJ times, current re-routes and trailhead access should be checked before travelling.

Best for	Section	Approx. distance	Why choose it	Transport notes
Best easy day walk	Stensjön → Skatås	8 km	The shortest official stage and a low-commitment way to sample the southern Bohusleden near Mölndal and Gothenburg. Gunnebo House and gardens are near Stensjön, making this a good choice if walking time is limited.	Both ends sit in the well-served southern urban area, but exact local connections should be checked before travelling.
Best full day by public transport	Skatås → Jonsered via Kåsjön	18 km	Two short official stages joined into a satisfying day: forest paths, lake country and orange waymarking without the remoteness of the northern trail. It is a practical first test of the route before committing to overnight gear.	Jonsered is a rail/bus point. Access to Skatås is through the Gothenburg local transport area; check current Västtrafik times.
Best beginner weekend	Stensjön → Jonsered	26 km	Three short stages — Stensjön to Skatås, Skatås to Kåsjön and Kåsjön to Jonsered — give a manageable two-day introduction. The distances are forgiving, the route remains close to Gothenburg, and the logistics are easier than in the northern half.	Start and finish are in the better-served southern section; Jonsered has rail/bus connections. Book accommodation or plan camping before setting off.
Best classic weekend section	Jonsered → Fontin (Kungälv)	28 km	A compact two-stage walk from Jonsered to Angereds kyrka and on to Fontin. It finishes near Kungälv, where Bohus fästning is one of the route's major cultural landmarks.	Jonsered is one of the easier access points on the route. Kungälv/Fontin is in the well-served southern half, but onward transport should still be checked in advance.

Best for	Section	Approx. distance	Why choose it	Transport notes
Best 3–5 day forest section	Fontin (Kungälv) → Hasteröd	47 km	Four official stages taking the route north from Fontin through Grandalen, Bottenstugan and Lysevatten to Hasteröd. This is a good step up from the urban fringe, with deeper forest and lake country around the Svartedalen area while still avoiding the hardest northern logistics.	Fontin/Kungälv is the easier end to reach. Hasteröd is a minor stage endpoint, so arrange transport or confirm local options before committing.
Best section for villages and accommodation	Stensjön → Fontin (Kungälv)	54 km	This southern run links several of the route's most practical stopping areas: Mölndal/Gothenburg, Jonsered and Kungälv. It suits walkers who want the Bohusleden experience without relying entirely on wild camping and wind shelters.	This is the easiest part of Bohusleden to plan around public transport and built accommodation, but availability and exact connections should be checked before booking.
Best section for public transport	Blåvättnera/ Älvsåker → Jonsered	45 km on the marked stages	A strong 2–3 day start to the trail, covering the southern gateway stages from the Halland border through Stensjön, Skatås and Kåsjön to Jonsered. It gives a proper point-to-point feel while staying close to Gothenburg.	Lindome is the practical southern gateway station, with frequent trains from Gothenburg Central; the marked trailhead is farther south at Blåvättnera/ Älvsåker. Jonsered has rail/bus connections. Plan the final access to the trailhead carefully.
Best camping and shelter section	Svarteborg → Nornäs	58 km	A more committing northern section over stages 18–22, crossing into the self-sufficient character of Bohusleden. The route reaches Kynnefjäll and Vaktarekullen, with wilder forest, lakes and a stronger reliance on vindskydd and tent camping.	Public transport is sparse in this part of the trail and access is often difficult without a car or arranged pick-up. Carry a tent and enough food; do not rely on a wind shelter being empty.
Best single northern highlight	Nornäs → Vassbotten	14 km	The stage for Älgafallet, Bohuslän's highest waterfall on the Sweden–Norway border river. It is especially worth prioritising in spring or autumn after heavy rain.	This is in the remote northern half. Treat it as a car-assisted or carefully pre-planned day rather than an easy public-transport outing.

Best for	Section	Approx. distance	Why choose it	Transport notes
Best high-point section	Krokstrand → Högstad	13 km	This stage climbs Löveråsfället to Björnerödspiggen, the 222 m high point of both Bohusleden and Bohuslän. The summit has a Bronze Age burial cairn, a wind shelter and a lookout tower with views into Norway in clear weather.	Northern access is limited. Confirm transport before travelling, or plan it as part of a longer backpacking section continuing to Strömstad.

Highlights and Points of Interest

Bohusleden's strongest highlights are inland rather than coastal: forest reserves, lake camps, upland plateaus, border landmarks and a handful of historic stops near the better-served southern stages. The places below are the best candidates for a slower day, a side pause, or an overnight plan built around a shelter or viewpoint.

Highlight	Where on the route	Why it matters for planning
Gunnebo House and Stensjön	Stage 1, near Stensjön	A useful cultural stop early in the route, with an 18th-century country house, gardens and café near the end of the first stage.
Bohus fästning, Kungälv	Around stages 6–7, near Fontin / Kungälv	The major historic landmark of the southern half: a ruined medieval fortress above the Göta River.
Svartedalen nature reserve	Central section after Kungälv	One of the most atmospheric forest sections, with continuous conifer woodland and lakes. Good for hikers wanting a wilder feel before the remote northern stages.
Kynnefjäll and Vaktarekullen	Stage 19, ending at Vaktarekullen	A forested upland plateau with many lakes; Vaktarekullen is the high point of Kynnefjäll at 207 m.
Älgafallet / Älgåfossen	Stage 23, Nornäs → Vassbotten	Bohuslän's highest waterfall, dropping about 46 m on the Sweden–Norway border river. Most impressive in spring or after heavy autumn rain.
Björnerödspiggen	Stage 26, Krokstrand → Högstad	The highest point of both Bohuslän and Bohusleden at 222 m, with a Bronze Age burial cairn, wind shelter and lookout tower.
Lakeside vindskydd shelters	Throughout the trail, including Stora Hassungaredssjön, Nornäs and Björnerödspiggen	A defining part of the route: simple three-sided shelters at lakes and ridges, useful for shaping overnight stops. They are first-come-first-served, so carry a tent.

Gunnebo House and Stensjön

Gunnebo House sits near Stensjön at the end of stage 1, making it one of the easiest places to build in extra time without disrupting the wider itinerary. The 18th-century neoclassical house, gardens and café add a rare formal cultural stop to a trail otherwise dominated by forest, lakes and low ridges.

This is also close to the better-connected southern part of the trail around Mölndal and Gothenburg, so it suits a relaxed first day or a short section walk. Opening arrangements and café hours should be checked before travelling.

Bohus fästning and Kungälv

Around Fontin and Kungälv, Bohusleden passes near Bohus fästning, the ruined medieval fortress above the Göta River. It is the clearest historic landmark on the southern half of the walk and a worthwhile

pause if the itinerary allows time around stages 6–7.

Kungälv is also one of the practical resupply and transport areas on the route, so this is a logical place to slow down before the trail heads into quieter forest country. If visiting the fortress itself, current access and opening times should be checked before travelling.

Svartedalen nature reserve

Svartedalen is one of West Sweden's largest continuous tracts of conifer forest and lakes, and it marks a distinct change in feel after the more accessible southern stages. Expect the Bohusleden character to become more immersive here: forest paths, lake margins, darker woodland and a stronger sense of distance from towns.

This section is a good place to plan an unhurried wild-camp or shelter night, provided normal allemansrätten responsibilities are followed. After rain, wet ground and boardwalk sections can slow progress, so allow time rather than treating the area as simple fast mileage.

Kynnefjäll and Vaktarekullen

Kynnefjäll is a forested upland plateau in the northern half, with conifer woods and many lakes. The trail reaches Vaktarekullen at the end of stage 19; at 207 m it is the high point of Kynnefjäll and one of the more notable upland points before the final approach towards Strömstad.

This is part of the more self-sufficient northern Bohusleden, where services are sparse and built accommodation is limited. It is best treated as a backpacking section, with food, shelter and water planning handled before setting out.

Älgafallet / Älgåfossen

Älgafallet, also known as Älgåfossen, is reached on stage 23 between Nornäs and Vassbotten. It is Bohuslän's highest waterfall, with a drop of about 46 m on the Sweden–Norway border river.

The falls are at their most dramatic in spring or autumn after heavy rain. In a dry summer, the setting remains worthwhile, but expectations should be adjusted and water availability on surrounding dry ridges should be checked as part of the day's planning.

Björnerödspiggen

Björnerödspiggen is the high point of the entire Bohusleden, climbed on stage 26 between Krokstrand and Högstad via the steep Löveråsfjället. At 222 m it is also the highest point in Bohuslän.

The summit has several reasons to linger: a Bronze Age burial cairn, a wind shelter and a lookout tower with views deep into Norway on a clear day. Because this comes late in the route, it is a natural psychological high point before the final stage into Strömstad.

Lakes, shelters and overnight places

The chain of lakeside and ridge-top vindskydd shelters is one of Bohusleden's main pleasures, not just a practical accommodation system. Places such as Stora Hassungaredssjön, Nornäs and Björnerödspiggen give the trail much of its character: simple sleeping platforms, forest edges, still water and low granite country rather than huts or mountain lodges.

These shelters are free and first-come-first-served, so they should be treated as useful options rather than guaranteed beds. A tent remains essential, especially on the northern stages where alternative accommodation is scarce.

Common Mistakes and Planning Tips

Mistake: confusing Bohusleden with the coastal Kuststigen

Bohusleden is the inland forest-and-lake route through Bohuslän, not the Bohus Coast Trail / Kuststigen. Planning for beaches, archipelago transport or coastal town-to-town logistics will give the wrong expectations for terrain, services and overnight stops.

Fix: plan for conifer forest, lakes, bog, granite slabs, gravel forest roads and boardwalks. Use the Bohusleden stage names — Blåvättnera/Älvsåker to Strömstad — and check that any map, GPX or guide is for the orange-waymarked inland trail.

Mistake: assuming the start is directly at Lindome station

Lindome is the practical southern gateway because it has rail access from Gothenburg, but the marked trailhead is at Blåvättnera near Älvsåker on the Halland border. Some descriptions label the start Lindome, Älvsåker or Blåvättnera, which can be confusing when arranging the first day.

Fix: treat Lindome as the access point and Blåvättnera/Älvsåker as the trailhead. Before travelling, check the current first-stage route and waymarking, as the southern end has been rerouted and adjusted over time.

Mistake: planning the northern half like the southern half

The early stages near Gothenburg, Mölndal, Jonsered, Kungälv and the surrounding transport network are much easier to join, leave and resupply from. From roughly stage 18 onwards, especially around Kynnefjäll and the stages towards Nornäs, Vassbotten and Håvedalen, the route becomes much more self-sufficient.

Fix: carry more food, allow more margin and do not assume there will be shops, accommodation or easy public transport near every stage end. The far northern stages are best planned as backpacking stages with a tent and enough supplies to bridge service gaps.

Mistake: relying on wind shelters as guaranteed accommodation

The vindskydd shelters are one of the pleasures of Bohusleden, but they are free, basic and first-come-first-served. A shelter may already be occupied, be less convenient than expected, or be impractical if your day ends short or long of the planned stage point.

Fix: carry a tent even if the plan is to use shelters most nights. Use shelters as a bonus rather than the only overnight strategy, and check current shelter information before setting off, especially for a full thru-hike.

Mistake: underestimating water and food carries

Bohusleden passes many lakes and wet areas, but that does not mean reliable drinking water is always exactly where it is needed. Dry granite ridges and upland sections can require more care in summer, while the northern stages have longer gaps between services.

Fix: leave each resupply point with a realistic food margin and enough water capacity for dry stretches. Check water availability before committing to remote stages, particularly in warm weather and on the ridgier northern sections.

Mistake: treating the official stages as compulsory daily distances

The 27 stages vary from short sections such as Stensjön to Skatås, Kåsjön to Jonsered, Grandalen to Bottenstugan and Porsås to Nornäs, through to longer days such as Blåvättnera to Stensjön, Hasteröd to Vassbovik and Vassbotten to Håvedalen. Some walkers will naturally combine short southern stages; others will need to slow down in wet or remote terrain.

Fix: build an itinerary around transport, resupply and overnight options, not just the stage count. Combining stages is usually easier in the south; in the north, the limiting factor is often where it is sensible to sleep, refill and exit if needed.

Mistake: assuming “moderate” means easy underfoot

Bohusleden has no alpine terrain and the high point at Björnerödspiggen is only 222 m, but the walking is not always fast. Boggy ground, spänger, wet forest paths, slippery granite and long stretches through forest can slow progress, especially after rain.

Fix: plan daily distances conservatively, particularly through Svartedalen, Kynnefjäll and the later northern stages. Waterproof footwear, poles and a tolerance for wet feet are more useful here than mountain-specific kit.

Mistake: ignoring insects and wet conditions in summer

High summer can bring mosquitoes and midges, especially around lakes, bogs and still forest areas. Wet ground is common after rain, and boardwalks can be awkward or slippery.

Fix: carry insect protection in summer and keep waterproofs accessible rather than buried in the pack. Late June is popular because the daylight is long and insects are often still manageable, but conditions still vary year to year.

Mistake: depending only on orange waymarks

The orange paint blazes are generally the main navigation system, but forest routes can be affected by reroutes, forestry work, weather damage or indistinct junctions. This is especially relevant where the trail crosses forest roads, boardwalks and open rocky ground.

Fix: carry an offline map or GPX as well as following the waymarks. Check the current stage pages before departure for reroutes, and do not rely on an old GPX file without comparing it to current trail information.

Mistake: leaving transport planning until the end

The start near Gothenburg is straightforward, with Lindome commonly used as the rail gateway, and several southern stages are reachable by public transport. The northern wilderness stages are much harder to access without a car, and bail-out options can be limited.

Fix: plan entry and exit points before setting off, especially for section hikes north of Svarteborg and around Kynnefjäll. From Strömstad there is onward bus and train service towards Uddevalla and Gothenburg, but live times should be checked before travelling.

Mistake: using the headline distance too literally

Bohusleden is usually treated as about 340–350 km, with the official rounded figure commonly given as around 350 km. Different sources may quote slightly different totals because of reroutes, extensions and whether the access from Lindome is included.

Fix: use the 27 stage distances and current route information for day-by-day planning rather than budgeting time from a single headline total. For a full hike, allow 17–21 days at a steady pace, or longer if adding rest days, side trips or a more relaxed shelter-based itinerary.

Mistake: saving all the hard planning for the final week of the route

The final third contains some of the most rewarding sections, including Kynnefjäll, Älgafallet on stage 23 and Björnerödspiggen on stage 26. It is also where poor resupply assumptions, fatigue and wet weather have more impact because services are thinner and transport is sparser.

Fix: enter the northern stages with food, fuel, dry spare layers and a clear exit strategy. Keep enough flexibility in the schedule to wait out bad weather or shorten a day if boggy ground and boardwalks make progress slower than expected.

Final Advice

Bohusleden is best suited to walkers who enjoy self-sufficient forest travel more than high mountains or serviced village-to-village hiking. The walking is not technical, but the length, wet ground, insects and remoteness of the northern stages make it a real backpacking route rather than a casual stroll between towns.

The main planning priority is the split between the accessible south and the much quieter north. Stages near Gothenburg, Kungälv and the early trailheads are straightforward to join by public transport and work well as day walks or short sections. From roughly stage 18 onwards, plan as though shops, indoor beds and easy exits may be limited: carry enough food, a reliable shelter, and a realistic plan for water and bad weather.

A tent is strongly recommended even if intending to use the free vindskydd shelters. They are first-come-first-served, can be full, and should never be treated as guaranteed accommodation. Wild camping under allemansrätten is one of the strengths of the route, but it also means travelling lightly, leaving no trace and choosing camps responsibly.

For many hikers, the most rewarding part is the northern half: Kynnefjäll, Älgafallet, the long forest stages around Nornäs and Vassbotten, and the climb to Björnerödspiggen before the final approach to Strömstad. These stages give Bohusleden its wilderness character, but they are also where poor preparation is most likely to cause problems.

As a full thru-hike, Bohusleden offers a satisfying two-to-three-week journey from the forests south of Gothenburg to the Norwegian border. As a section hike, it is especially practical in the southern stages, where public transport access is much easier. Walkers short on time should not feel obliged to complete every stage in one trip; linking the central and northern stages into a longer backpacking section can give a stronger sense of the trail than rushing the whole route.

Before setting off, check current stage information, waymarking changes, open shelters, public transport times and summer water availability, especially on dry granite ridges. Go prepared for wet feet, boggy spänger, mosquitoes and long quiet stretches, and Bohusleden becomes one of Sweden's most rewarding lowland long-distance trails.