Textual commentary to the map on the previous page.

1. Hamptjärnsberget
2. Tjälamark
3. Tjälamarksberget
4. Tjälamarksbäcken (Lillbäcken)
5. Heden
6. Kullabäcken
7. Högklinten
8. Kullavägen/Lappmarksvägen
9. Kulla (the Kulla inn used to be located here)
10. Rättberget
11. Lake Piparbölesjön
12. Salomonsbesök
13. Vindelälvsåsen
14. Tombolo – gravel ridge linking an island to the mainland
15. Lake Hissjön
16. Axelmyrberget – good example of how the sea has ground the rock into various shapes
17. Offerstensberget
18. Lillsjöberget
19. Haddingen
20. Krogberget
21. Hadden
22. Lake Tavelsjön
23. Lappmarksvägen, road from 1745
24. Hemberget
25. Dragtjärnen, Dragtjärnsberget
26. Great variety of tall herbs between the Kassjövägen road and Vallberget
27. Strandvallar
28. Stortavelsjön, originally Stortaveltjänn
29. Liltavelsjön, originally Liltaveltjänn
30. Kodräparhöle
31. Vallberget
32. Vallbergsrottan cave
33. Tavelsjöberget, cave
34. Torrberget
35. Approach to Vännforsen
36. Långforsen in the Vindelälven river; recreation area with hiking trails
37. Selet with a path to the outlook tower at Selsknösen
38. Vännforsens nature reserve
39. Rönnbäck

More information:
Tourist Centre: 090 – 16 16 16
Umeå Fritid: 090 – 16 16 00
Internet: www.umea.se
www.visitumea.se

Fine fishing in several lakes along Tavelsjöleden
The Tourist Centre or Umeå Fritid can tell you where you can buy a fishing licence.
**Tavelsjöleden**
will allow you to experience nature in all its varied splendour – sandy heaths with pine trees, brooks and lakes, unusual plants, caves and high hills with fantastic views.

The highest crest of Tavelsjöberget is 284 metres above sea level – one of the highest spots in Umeå municipality. Keep a look out and have your camera at the ready when you look over the Tavelsjön lake – you just might see the Tavelsjö monster!

Visit the **outlook tower on Vallberget**, a hill that is good for rock climbing too! The cave Vallbergsgrutan is located close by.

The trail is marked out, making it easy for you to find your way. There are picnic areas where you can stop to have a snack. You can have a swim in the Hissjön lake or the Tavelsjön lake by Sundlingska gården, Sand.

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**Hamtjärnsberget – Hamptjärnsstugan**
Tavelsjöleden passes by the Hamptjärnsberget hill. Here there are three windbreaks/huts with an open fireplace. Hut no 2 has a ramp for wheelchairs. In the winter there are prepared skiing tracks. Hamptjärnsstugan can be rented and is open on Sundays for a period in the autumn and on Sundays throughout the skiing season.
Information: Friluftsfrämjandet 090-12 14 20, Tourist Centre 090-16 16 16.

**Sundlingska gården at Sand**

**Torrbergsstugan**
Windbreak. Picnic area. Refreshments during snowmobile season. Skiing tracks. Torrbergsstugan can be rented for group accommodation. Information: 090-16 16 00.

**Långforsen – recreation area**
Tavelsjöleden links up with the Vindelälvsleden trail at Vännfors. Långforsen is one of the longest rapids along the Vindelälven river. Along a stretch of 3 kilometres, the water falls almost 16 metres. There are fine picnic areas located here.

**Vännforsens nature reserve**
Located by the Vindelälven river, this is pretty Norrland countryside in all its untamed beauty.

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**Windbreaks and picnic areas:**
(number in brackets)
1. Hamptjärnsberget (4)
2. Rättberget (1)
3. Hadden (1)
4. Hemberget (1)
5. Stortavelsjön (2)
6. Vallberget (2)
7. Tavelsjöberget (4)
8. Mullkärlen (2)
9. Torrberget (2)
10. Rönnbäck (1)

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**Suggested hikes**
(see numbers on map):

- E – 1: Regiment – Hamptjärnsberget, 5 km.
- 1 – 17: Hamptjärnsstugan – Hissjö; 10 km.
- 17 – 21: Hissjö – Haddingen; 5 km.
- A – 37: Parking place at Tavelsjöberget – Torrberget; 5 km.
- 35 – 30: Tavelsjöberget – Stortavelsjön; 4 km.
- B – 35: Kassjövägen – Tavelsjöberget; 5 km.

**All distances are one-way.**