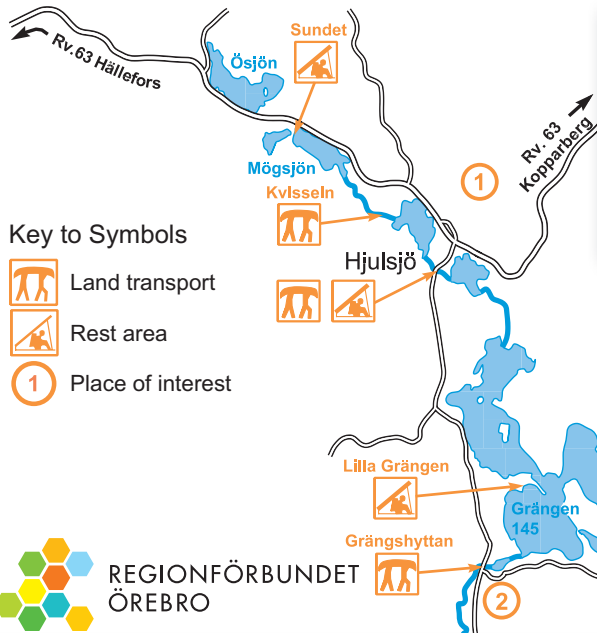




Canoe Route

Rastälven



Rastälven Canoe Route

Mögsjön–Grängshyttan	12 km (7.5 miles)
Grängshyttan–Gammelhyttan	11 km (6.8 miles)
Gammelhyttan–Norra Fåsjön	7 km (4.3 miles)
Norra Fåsjön–Nora	13 km (8 miles)
Mårdshyttan–Öskevik	6 km (3.7 miles)
Öskevik–Nora	12 km (7.5 miles)

Key to Symbols

- Land transport
- Rest area
- Place of interest



Rest Areas

Rest areas along the canoe route of fer shelters, fire rings and outhouses. Firewood is usually available, but can be depleted due to heavy usage. If possible, bring your own wood. It is of great help to the management if you take your rubbish with you when you leave the rest area.

Sundet. Rest area in the northwestern part of the lake. Very nice resting place and tenting area.

Hjulsjö. Rest area is strategically placed, since a land transport is here. Tenting.

Lilla Grängen. Rest area is also swim area with nice sand bottom. Limited tenting.

Lindesbysjön. On a cape on south lake Lindesbysjön. Beautiful rest area, accessible from the lake. Good tenting possibilities.

Rosenlund. Rest area by dam intakes in Rastälven. Limited tenting surfaces.

Norra Fåsjön. Well-situated rest area. Good tenting. Just before outlet into Fåsjön.

Stora Holmen. Rest area is on the north cape of the island, with great views. Best tenting is on the west side of the island. Outhouses at both places. Paths on and around the island.

Grönvällsön. Peninsula with great rest area. Beautiful views to the south over Usken. Extra fire ring with tree stump seating. Tenting.

Killingön. Toilet and fire ring on the north end of island. Sloping terrain. Better tenting on west side. Paths on and around the island.

Fransåsen. Rest area just before outlet into Norasjön. Tenting.

Land Transport

To mark the transport of canoes by land, signs have been posted at the launch and take-out. The path for land transport is marked with blue or orange arrows. Trolleys should be used along Arbogaån. Please follow the posted signs and respect private property.

Kvisseln. 200 m. Take-out and launch on west bank.

Hjulsjö. 950 m. with trolley. Take-out on west bank before the shelter. Launch at Hjulsjö swim area.

Grängshyttan. 3 km along road, with trolley. Take-out on the west side before the bridge. Launch downstream from rapids by the farm. Follow signs.

Björkborn. 400 m. Take-out on the south bank. Launch on the same side before the stone bridge.

Nyhyttan. 900 m. Take-out on east side of lake near the road. Launch on the west bank of the creek.

Gammelhyttan. 1000 m. Take-out on east side before destroyed bridge. Launch by the little red treatment plant.

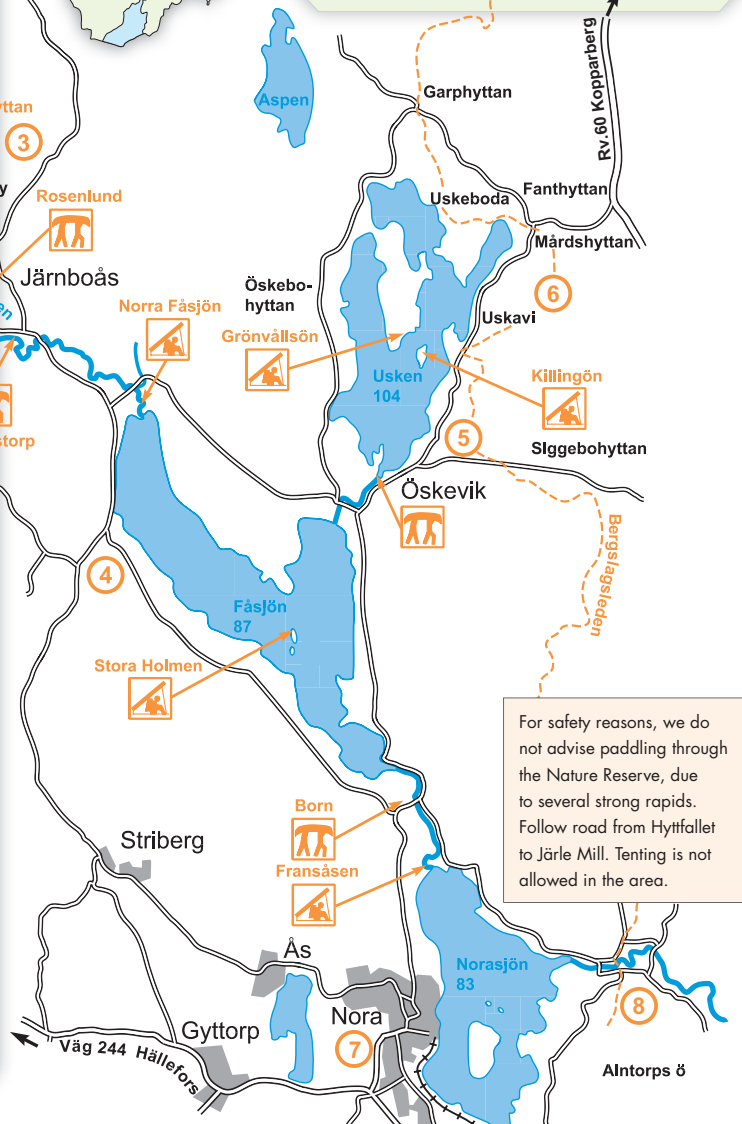
Kopparrhyttan. 200 m. Take-out on the east side, just before the dam. Launch on the same side.

Rosenlund. 100 m. Take-out on the east side, just before the dam. Launch on the east side of the power plant, or walk along the road and launch after the next land transport.

Göranstorp. 100 m. Take-out on east bank. Launch south of the power station.

Öskevik. 1500 m along road, with trolley. Take-out/launch by the swim area at Fåsjön's north outlet. Take-out/launch at Usken's south outlet.

Born. 400 m along road, with trolley. Take-out and launch on east bank.



Canoe Route Information

Rastälven consists of a charming mix of small lakes and short river sections, broken up by rapids. The road follows the river well, so your trolley will be useful in getting by the rapids.

The river edges forward through an open, changing "Bergslag" landscape with forests, bogs, farming areas, small towns and villages.

Long Voyage

Because the northernmost lake, Ösjön, is near the lake Norr-Älgen, which in turn connects to the Svartälven canoe routes, it is possible for the long journey enthusiasts to be satisfied. It is possible to start on the northern Svartälven at Tyfors and finish down south at Hjälmarén.

Shorter Voyages

Even as Rastälven can be used as part of a long trip, it is perhaps best used as a series of short trips through changing landscapes. By choosing appropriate starts and finishes, different trips can be highly appreciated. A comfortable paddling pace gives an average speed of about 4-6 km per hour.

Starting at Sundet

Sundet, at the north end of Mögsjön, is a wonderful starting point. There is a shelter, fire ring, outhouse, dry toilet and good tenting possibilities. If you choose to camp here, you'll experience a fine first day of paddling to Grängen and then to the very nice swim and rest area by Lilla Grängen. This is a good place to camp and save energy for starting the next day with a 3 km land transport from Grängshyttan to Kräftbo, just north of Sängen.

Starting at Usken

Uskavigården is by Usken, and is a good start for journeys south through Usken, Fåsjön, Norasjön and Järleån. The trip from Norasjön till Väringen is in the brochure "Järleån." Uskavi is also a good starting point if, after Usken and Fåsjön, you want to paddle upstream Rastälven a bit.

Uskavi has camping, lodging, food and coffee service and a kiosk. Besides canoes, there is also a trailer for hire that carries 8 canoes. Transport help to other start areas can be arranged.

Starting at Norasjön

Trängbo camping by Norasjön works not only as a start place for voyages south on Järleån, but also north through Norasjön, Fåsjön and Usken, or from Fåsjön up to Rastälven. Trängbo camping has canoe rentals, a kiosk, coffee service, WC, showers and tenting.

Maps

Topographic map 615 Hällefors, 616 Lindesberg.

Fishing

Fishing licenses for Rastälven are needed and are sold at several local places. The Nora Tourist Office has more information: +46 (0) 587-811 20.

Canoe Routes in Örebro County

Rastälven is 1 of 6 canoe routes. Others are Nittälven, Svartån, Arbogaån, Järleån and Svartälven. Regionförbundet Örebro is responsible for the canoe routes.

Canoe Rentals

A list of rental agencies can be found at www.regionorebro.se/naturochfriluftsliv.

More Information

Kopparberg Tourist Office, +46 (0)580-805 55, www.ljusnarsberg.se; Hällefors Tourist Office +46 (0)591-120 01, www.hellefors.se; Nora Tourist Office, +46 (0)587-811 20, www.nora.se; Lindesberg Tourist Office, +46 (0)581-811 70, www.lindesberg.se; Regionförbundet Örebro County, +46 (0)19-602 63 00, www.regionorebro.se.

The Great Outdoors Online

More information on outdoor activities in Örebro County can be found at www.regionorebro.se/naturochfriluftsliv. Here you will find updated information on overnight camping along the canoe routes and the Bergslag Trail. You can even download stage routes and read tips and follow useful links to activities and places of interest.

Places of Interest 1 (see map)

1. Cultural district of Hjulsjö
2. Grängshyttedeforsen Nature Reserve
3. Gammelhyttan. Smelt house area.
4. Konunga-Stollen
5. Siggebohyttan mining estate
6. Lejakärret with orchids
7. Cultural district of Nora
8. Järleån Nature Reserve

