Do you want to experience Småland at close range?
Then we recommend good shoes, a good packed lunch and a detailed walking map. Bring along pleasant company or enjoy being by yourself in silence, tranquillity and nature.

The Höglandsleden trail is 454 km long and shows the highlands of Småland at their very best. The trail traverses meadows and pastures, large forests and birch groves, passing traditional Swedish round pole fences, cairns (stone formations) and glittering lakes. At the same time, the walk is an instructive trip through different epochs. There are geological formations from the Ice Age and ancient monuments from both the Iron and Bronze Ages. Along the way you will pass traces of peasant society and changes wrought by forestry, but you will also get a picture of modern life in the countryside.

For 62 kilometres, the Höglandsleden trail goes through Nässjö Municipality, and in addition to many historical attractions, here you will find the highest point in the southern Swedish highlands: Tomtabacken, which rises 377 metres above sea level!

Parts of the Höglandsleden trail coincide with the E6 European walking trail. The trail also connects with a number of Swedish trails: Sevedleden (east), Änebyleden and Östgötaleden (northeast), Vildmarksleden (southeast), Sigfridsleden (southwest) as well as Gislavedsleden and Järnbärarleden (west).

With a starting point at the Nässjö railway hub, there are all kinds of opportunities to experience a piece of Sweden on foot.
1. Lövhult – a gem all year round

Just a few kilometres from Nässjö station you will find Lövhult, where nature lovers and amateur and elite level athletes meet – on nature’s terms. The nature reserve covers 220 hectares and encompasses spellbinding forests, living pastures, meadows that are characteristic of Småland Province, and rippling watercourses. The exercise trails, measuring 3, 5, and 10 km are used extensively in both summer and winter. In the unlikely event of a lack of snow at this high altitude, the trails are prepared with artificial snow. Other facilities here include a hill for sledging, a riding school, a horse jumping field, bridle paths and an asphalt trail suitable for wheelchairs, roller skis and inline skates. Both the campsite and the youth hostel are open all year round. You can grill hot dogs at the barbecue site provided, or have coffee, soft drinks, sweets and ice cream in the Motionsgården recreation centre.

2. Lövhult West Bråna

The large village and beautiful pastures give you a glimpse of the cultivation landscape that once dominated our area. The meadow is still mowed using a scythe, exactly like 100 years ago. This is one of the municipality’s few forest meadows, with birch, mountain ash (or rowan), aspen, Swedish whitebeam, small leaved lime, beech, hazel and goat willow – as well as a wealth of beautiful flowers. Take the opportunity to refresh your knowledge of Swedish flora!

3. Lake Spexhultasjön

Take a well-deserved break by going for a swim in one of the municipality’s largest lakes. Lake Spexhultasjön is part of the River Emån’s water system and is the source of water supply for the town of Nässjö. The lake is more than three square kilometres in size, but its deepest point is only four metres.

4. Torsa Stenar

The Torsa stones comprise an impressive Iron Age monument that is shrouded in myths. The large burial site with round stone formations, square graves, stone circles, dolmens and bauta (memorial menhir) stones was established in 400–700 A.D. Drakaröret, Sweden’s largest three-pointed stone formation marking a grave, is also here. According to folklore, it was best not to visit at night, because the dragon (draken) would be here, guarding its gold.

5. Huluberget Hill

From Huluberget, which is the second-highest point in southern Götaland (the southern region of Sweden) and stands 364 m above sea level, the view extends for miles. Bring along your camera, climb up into the 10 m high viewing tower and discover whether you can see even further. There are also large expanses of bogs in this area.

6. Vikskvarn Mill

Step into a bygone mill epoch. Only ruins of the old Vikskvarn mill remain. A river running through the ruins has exposed the Almesåkra formation, sedimentary rock that is 700–800 million years old and of geological interest. This has made the mill ruins a classic study location for bedrock geology. The mill is located in a picturesque rift south of Lake Almesåkra. It is also possible to go swimming here!

7. Lövhult East Äskhult Säteri Farm

Äskhult säteri gives you a glimpse of the Middle Ages, when inhabitants of Swedish manor farms were exempt from land dues to the Crown. The earliest written mention of Äskhult säter dates from 1381. It was previously divided up into three farms: Norra and Södra Äskhult and Äskhultamålen. Äskhult is the last farm before the border to Eksjö Municipality.