



Photo: Alexander Persson

## THE LAKE DISTRICT SJÖRIKET SKÅNE - WHERE NATURE, HISTORY AND FLAVOUR MEET

Welcome to Sjöriket Skåne - a vibrant landscape where mirror-like lakes, lush forests and historic environments merge with taste experiences you won't forget easily.

A string of lakes spreads out here, surrounded by coniferous forest clad heights and hills in the north, and lush beech forests, flowering meadows and open fields in the south. A landscape that invites you to both adventure and quiet moments.

History is deeply rooted here. The forests harbour memories of the Snapphanar, and as early as 9,000 years ago, the Barum woman wandered between the lakes. Her grave finds are among the oldest in Sweden. Around Lake Ivö you will also find fossils of ancient marine reptiles and traces of prehistory in every rock.

The bedrock here has long been a source of life. For centuries, diabase and both black and red granite was quarried in these parts - stones that ends up in streets and buildings far beyond the borders of Skåne.

Today, hiking trails wind through the landscape - from beech forests to stone quarries, from rune stones to cultural environments. Here you will encounter birdsong and crafts, outdoor life and local food traditions.

Sjöriket Skåne is also Sweden's most apple-rich area. The apple orchards are part of the soul and landscape - and juice, cider and food crafts have made the area a tasteful destination.

Welcome to Sjöriket Skåne, where the water whispers, the forests narrate, and the flavours remain.



Photo: Knoester & Co

## DISCOVER THE LAKE DISTRICT SJÖRIKET SKÅNE'S NATURE RESERVE – 19 PLACES TO FALL IN LOVE WITH!

Deep forests, glittering lakes and winding paths await you. Here you can hike, cycle, paddle or just enjoy the silence of nature. Explore magical beech forests, dramatic rock formations and rippling rivers where each reserve offers its own unique charm.

Whether you are looking for adventure or relaxation, there is a place for you. Let the nature of Sjöriket Skåne become your sanctuary - experience the magic all year round!

### NATURE RESERVES:

Bökenäset, Oppmanna  
Balsberget  
Kjugekull  
Skärnsås  
Sporrakulla  
Dalshult  
Grävlingabackarna  
Brotorpet  
Nåsums Bokskogar  
Djupadal's Naturreservat  
Ivöklack, Ivö  
Ungsmunnarna, Ivö  
Flötö, Ivö  
Svartetorp, Vånga  
Brinkahagen – Möllerödsnäs, Barum  
Östaforsbruk, Östafors  
Nytebodaskogen  
Lilla Nyteboda  
Wanås



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Photo: Anna Lundin, Bäckaskog Slott

## DISCOVER THE FAIRYTALE CASTLES OF THE LAKE DISTRICT SJÖRIKET SKÅNE - HISTORY, CULTURE & NATURE IN PERFECT HARMONY!

Step into the wings of history and experience two of Skåne's most unique castles! Bäckaskog Castle dates back to the 13th century and offers exciting stories about monks, kings and warriors. Have a stroll through the lush castle gardens, enjoy culinary experiences and stay overnight like a king.

At Wanås Castle, history and modern art meet in a magical environment. Discover the internationally acclaimed sculpture park, walk in the lush surroundings and enjoy locally produced delicacies from the farm.

You can admire Råbelöf and Karsholm from a distance; these private manor houses today house operating activities in hunting, forestry and agriculture.

Welcome to explore the beautiful manor houses of Sjöriket Skåne and their vivid history!

## BIKE THROUGH THE LAKE DISTRICT SJÖRIKET SKÅNE - ADVENTURES FOR ALL CYCLISTS

Experience Sjöriket Skåne on two wheels! There is something for all cycling lovers, from leisurely rides on country roads to challenging MTB trails and gravel roads. For those who want to explore the woods, there are special courses such as Lerjevallen, Vångabacken's top and Ryssberget, where nature offers both technical and beautiful challenges. The Skåne Cycle Route also passes through the area and offers cyclists a fantastic route to follow; from charming country lanes to scenic views.

Pack your bike and discover Skåne's best cycling routes - an unforgettable journey awaits!



Photo: PerMagnus Persson

## TASTE THE SJÖRIKET SKÅNE - NATURE'S PANTRY AWAITS YOU

In the Sea Kingdom of Skåne, flavours grow wild and close by! Pick blueberries, lingonberries and mushrooms in deep forests. Enjoy apples, pears and plums from lush orchards and taste the game meat from nature's own pastures. Here, the monks at the Bäckaskog Monastery began farming in the Middle Ages, in a landscape where the lakes protect the crops from frost.

Today, local farmers and growers manage the legacy of sustainable animal husbandry, small-scale agriculture and carefully managed fruit and berry farms; all so that you can enjoy authentic, locally produced flavours from the farm straight to the table. Welcome to taste the best of the Lake district Sjöriket Skåne!



Photo: Nicolas Rügenheim, Från Stråde, Vånga



## FLAVOURS FROM THE LAKE DISTRICT SJÖRIKET SKÅNE - A CULINARY JOURNEY WITH LOCAL DELICACIES

Welcome to Sjöriket Skåne where every meal is an experience. Imagine fried apple with wild boar pork and a freshly baked apple pie with homemade ice cream or custard; classic, traditional Swedish food with a twist. Here you will find everything from charming farm shops to luxurious gourmet restaurants. The ingredients come directly from local growers and the forest's own pantry.

Enjoy a chef's tasting menus or experience a personal dining experience with your own chef. There is a wide range of eateries in the area, from gourmet restaurants to small local gems. What the restaurants and cafés typically have in common is that they cook everything with care and love from scratch. The result? A taste experience that highlights the best from the region's farmers, growers and nature.

Scan for info!

Tips on restaurants, cafés:



Tips on farm shops:



## ART AND HISTORY IN THE LAKE DISTRICT SJÖRIKET SKÅNE - A JOURNEY THROUGH CREATIVITY AND TIME

Experience art and culture in Sjöriket Skåne, where creativity flows at Ifö Center. In the old factory premises, you can experience contemporary art, and in the unique outdoor gallery art and buildings meet in an inspiring way. Wanås Art and Sculpture Park, internationally known for its sculptures exhibited in nature, is a must for art lovers.

Join us on a historical journey to the Ifö Industrial Museum and the kaolin quarry on the island of Ivö, or discover the Stone Museum in Immeln which tells the story of the black gold of the quarries. Afterwards you can hike the exciting loop in Immeln: from the centre of the village to Gedenryd's old quarry where stairs and piles of scrap rock provide a unique nature experience. The trail is 5.2 km long, but you can cut it in shorter sections that are just as suitable for hiking.



## ÖSTRA GÖINGE GOLF CLUB – A GREEN OASIS

A combination of social interaction, being immersed in nature and the joy of playing golf is felt in virtually every swing.

This is a place where everybody feels at home, from beginners to professionals.



Photo: Micke Ovevsson

## WINTER MAGIC IN THE LAKE DISTRICT SJÖRIKET SKÅNE – A PLACE FOR ADVENTURE AND PEACE!

Imagine a winter day in Sjöriket Skåne, where snow-capped hills and glittering lakes invite you to magical experiences.

In the Vångabacke you will find perfect downhill skiing opportunities. Whether you are a beginner or an experienced skier, here you will find all the equipment you need to set off on your adventure. Do you want to extend your stay? Book a room at one of the charming manor houses or cozy hostels for an unforgettable overnight stay. When the lakes have frozen and the ice is thick enough, a world of long-distance skating opens up on mirror-like lakes such as Immeln, Oppmanna, Ivö and Råbelöv. Or why not try winter fishing with exciting jiggling in the quiet and beautiful winter scenery?

For the bold, refreshing winter swimming awaits; a healthy way to really feel alive!

And the cross-country skiers? They can enjoy well-groomed trails in Immeln, Tågaröd and around the ÖGGK golf course in Knislinge.

Come and experience the winter magic – the best of winter awaits you in Sjöriket Skåne!



Photo: Johan Månsson



Photo: Malin Lundqvist

## THE BEST SWIM OF SUMMER - AND THE BRAVEST OF WINTER! SWIM YOUR WAY THROUGH THE LAKE DISTRICT SJÖRIKET SKÅNE

Sjöriket Skåne offers swimming experiences for all senses - all year round. Here, glittering lakes, child-friendly sandy beaches compete with quiet forest lakes.

In summer, Lake Immeln attracts visitors with its swimming spots such as Breanäs, Mjönäs and Immeln village. Lake Råbelöv offers cooling dips at Balsby, Österslöv and Ekestad. At Lake Oppmanna in Kiaby, calm bays perfect for the whole family await. And around Lake Ivö there is something for everyone - here you will find bathing opportunities both on the island of Ivö and on the west and east sides of the mainland. From shallow beaches to more adventurous swims, variety is half the experience.

And when winter arrives? That's when Sjöriket Skåne turns into a paradise for ice bathing. A quick dip in the icy water awakens the body, sharpens the senses and gives a sense of presence that stays with you long afterwards, a refreshing encounter with nature that you will never forget.

Whatever the season - Sjöriket Skåne offers impressive swimming experiences.



Photo: Johan Månsson

## SUSTAINABLE TOURISM: LEAVE THE LAKE DISTRICT SJÖRIKET SKÅNE IN A BETTER SHAPE THAN YOU FOUND IT

In Sjöriket Skåne, tourism is not only about experiencing nature but also about giving back. Sustainable tourism means that we travel in a way that benefits both nature, the local community as well as future generations.

Here's how you can contribute:

- Leave the place in better condition – pick up trash, even if it's not yours.
- Choose sustainable alternatives – support local businesses, live climate-smart and travel by bike or public transport.
- Show respect for nature and culture – follow trails, find out about rules in nature reserves and keep your distance from wildlife.
- Only make fire where it's allowed – use designated fireplaces and check current fire bans.
- Share responsibly – inspire others to travel sustainably through your experiences.

In Sjöriket Skåne, we can together create tourism that not only preserves but even improves nature and benefits those who live here. Welcome to experience – and care for – Sjöriket Skåne!

## THE RIGHT OF PUBLIC ACCESS – YOUR KEY TO NATURE

The right of public access gives you freedom in nature, as long as you show consideration. It is not allowed to walk across private properties, cultivated land, or enclosed areas, and to harm animals, plants, or the environment.

It's easy to do the right thing – and the nature experience becomes even better for everyone!



Experience and  
Activity Map

# 52

## CHANCES TO FALL IN LOVE WITH THE LAKE DISTRICT SJÖRIKET SKÅNE

Sjöriket skåne



## LAKE DISTRICT SJÖRIKET SKÅNE – LOVE AT FIRST SIGHT!

Whether you're seeking tranquility by a mystical lake, an action-packed paddle trip, fossil hunting with the children, a delicious meal, or a piece of history, it's all here. All nestled in a landscape where time moves slowly – but the experiences are powerful.

Front page photo:  
Aerial view - Breanäs Hotel

Back side:  
Beech forest Vånga - Barum - PerMagnus Persson

COLLABORATORS

KRISTIANSTAD

Sparbanken Skåne



# Experience SJÖRIKET SKÅNE

# 52 CHANCES TO FALL IN LOVE WITH SJÖRIKET SKÅNE - DO YOU DARE TO TRY THEM ALL?

- ☐ 1. Visit Sweden's only preserved barn for hop drying and enjoy a delicious fika you'll never forget.
  - ☐ 2. Hike the dramatic Stenrundan in Lake Immeln and finish with a historic visit to the Stone Museum – rocky but magnificent!
  - ☐ 3. Glide along in a canoe on one of the lakes Immeln, Ivö or Råslången – paddle your way to inner peace. Or at least go for a swim.
  - ☐ 4. Wizz down the top of Vångaberget on a mountain bike – and feel the adrenaline working overtime.
  - ☐ 5. Pedal your way through the Sjöriket Skåne's "Strade Rosa" (our lovely red gravel roads) and enjoy the fantastic nature!
  - ☐ 6. Enjoy a vineyard hike among vines and tastings on the island of Ivö.
  - ☐ 7. Try a scenic long hike from Sibbhult to Breanäs; 17 km of enjoyment and exhaustion at the same time.
  - ☐ 8. Take the ferry from Barum to Ivö; feel the mythical winds around Skåne's largest island and lake.
  - ☐ 9. Cast out your rod and fish in Lake Immeln; a bite guarantee is not included but the nature experience sure is.
  - ☐ 10. Paddle through the "Rännan" in Lake Oppmanna; a trip through a swamp paradise full of life.
  - ☐ 11. Find strength and peace in the Health Garden at Arkelstorp's Brunn; your inner yogi will thank you.
  - ☐ 12. Visit Gudahagen and travel 1,000 years back in time; explore mystery in the form of ancient relics and the feeling of the Viking Age combined!
  - ☐ 13. Challenge your friends to disc golf in Immeln or Bromölla; but don't damage the trees!
  - ☐ 14. Climb the magical boulders in Kjugekkull; an internationally renowned climbing Mecca.
  - ☐ 15. Stroll through the Wanås Sculpture Park where you find art, nature and a café in perfect harmony.
  - ☐ 16. Dare you? Do the cannonball from the diving tower in Immeln; the most classic nuisance of summer.
  - ☐ 17. Have a winter dip; it's ice-cold, invigorating, healthy and a little crazy.
  - ☐ 18. Grill sausages and throw a frisbee in Lerjevalen's outdoor recreation area; family-friendly and for free.
  - ☐ 19. Play a round on ÖGGK's hilly golf course accompanied by the little river called Helge.
  - ☐ 20. See Sjöriket Skåne from the back of an Icelandic horse; it's safe, beautiful and springy.
  - ☐ 21. Grill marshmallows under the stars at one of our wind shelters – camping romance deluxe.
  - ☐ 22. Go fossil hunting around lake Ivö; in the footsteps of the dinosaurs.
  - ☐ 23. Cook over an open fire at one of our campsites; everything gets mrier when your hair smells of bonfire smoke.
  - ☐ 24. Stay comfortably in a glamping tent at the lake Immeln; adventure meets luxury with a lake view.
  - ☐ 25. Lie down in the moss in the northern parts of Sjöriket Skåne; the John Bauer vibes are guaranteed.
  - ☐ 26. Compete with your pals; who can visit the most nature reserves in Sjöriket Skåne?
  - ☐ 27. Sneak up to the birdwatching tower at Arkelstörpsviken at dawn – the birdlife wakes up with a soundtrack you won't find on Spotify.
  - ☐ 28. Admire gigantic street art at Ifö Center in Bromölla; internationally renowned murals with a wow factor.



Scan for more inspiration!



- ☐ 29. Test riding the MTB trail in Lerjevällen; and feel the lactic acid in every muscle cell.
- ☐ 30. Lace up your hiking boots and tackle one of the winding trails of Sjöriket Skåne.
- ☐ 31. Camp deluxe at "your own" forest lake; solitude has never felt more luxurious.
- ☐ 32. Find your favourite spot along the hiking trail Skåneleden between Bökestad and Östafor.
- ☐ 33. When the apple trees bloom in Sjöriket Skåne it becomes pure Nangijala. Take a picture. Then take a breath.
- ☐ 34. Hike along our bird-rich lakes; bring your binoculars - and patience.
- ☐ 35. Shop for freshly harvested produce in one of the Sjöriket Skåne farm shops; literally from farm to table.
- ☐ 36. Watch game in the enclosure at Filkesboda and fill your lunchbox with natural meat from one of our farm shops.
- ☐ 37. Try the shooting cinema at Karsta Gård; who hits the wild boar first?
- ☐ 38. Look out for the Snapphanar in Kullaskogen and Sporrakullagård; that's authentic history!
- ☐ 39. Book some wakeboarding at Bromölla Cable Park; that's what we call speedy water sports.
- ☐ 40. Enjoy swimming and hanging out on the beach at Korsholmen, Strandängen and Ivetofta; no wonder they have become classic spots.
- ☐ 41. Book a tasting menu at one of our famous restaurants; enjoy food tours without having to leave Sjöriket Skåne.
- ☐ 42. Drive between Barum and Vånga when the beech forest bursts out in green; maybe the most beautiful road in Sweden?
- ☐ 43. Find your own swimming cove at lake Blistorp; here you are guaranteed to swim in private.
- ☐ 44. Try orienteering at FK Göingarna's home track in Tågaröd; you get a map, a compass - and pulse.
- ☐ 45. Play boules at Immeln's lakeside in Breanäs; there is always vacation somewhere.
- ☐ 46. We say dinosaur skeleton - but it's the limestone that does the trick. The light refracts and colors Lake Levrasjön turquoise. Magical, isn't it?
- ☐ 47. Visit Kastagropen - where the Snapper chief Lille Mads gave his fiery speech from the pulpit. Take the stand and speak to the forest.
- ☐ 48. Search for the remains of Bäckaskog castle's monastery and ponder on what the monks might have talked about 800 years ago.
- ☐ 49. Try orienteering with a headlamp in the dark, in Breanäs; there will be laughter, sweat and a sense of adventure.
- ☐ 50. Try rowing on lake Ivösjön; perfect for practicing teamwork and getting lactic acid in your forearms.
- ☐ 51. Take a dip at the quarries near Oppmanna or Vångaberget; these are natural rock pools for real summer thrills.
- ☐ 52. Adventure awaits - Balsberget offers dramatic nature and breathtaking views. Hidden deep within the mountain lies one of Skåne's largest caves, and from the summit, you're rewarded with a magical view over Lake Råbelöv.

Sjöriket skåne