

Discover the Gyllenhielm Trail!

1 ÅRBY COTTAGE (Årbystugan)

Årby Cottage was originally an old farmhouse from the 1700s. South-east of the farmstead is a rune stone, and next to the stone are some Iron Age graves.

2 ÅRBY NATURE RESERVE (Årby naturreservat)

The trail passes Årby Nature Reserve, which comprises woods, farmland and pasture. Here, especially in the areas between farmland and forest, we find many plants and animals that suggest the land has been farmed for very many years. The nature reserve is endowed with many ancient remains, including several burial grounds from the Iron Age.

3 BURIAL GROUNDS (Gravfält)

Here we find the foundations of a house terrace from the Iron Age. At some point a longhouse stood here, comprising a dwelling house and stables. South of the terrace is a string of stones, probably the remains of an animal enclosure. The area includes burial grounds from both the Early and Late Iron Age.

4 GLÖMSTA RIDGE (Glömstaåsen)

Glömsta Ridge is adorned with 100-year-old oak trees, large juniper bushes, asp woods, spruce woods, open grasslands, forest fringes with varied fauna and flora and rocky outcrops. The land is kept open by grazing cattle. Here you can also see burial grounds with about 85 Iron Age graves.

5 TORSHÄLLA CANAL (Torshälla kanal)

At the end of the 1500s, King Charles IX of Sweden decided that a canal should be built between the lakes Mälaren and Hjälmaren. At the beginning of the 1600s, Sweden's first fully functioning canal was completed between Lake Mälaren and Eskilstuna, although after just 20 years it began to fall into decay. During the 1800s, a new canal was constructed, completed in 1860. The locks were renovated in 1999. Today the canal is trafficked by vessels such as the canal boat m/s St Olof.

6 KRÅKE COTTAGE (Kråketorp)

Here we find the remains of an old soldier's cottage known locally as 'Krokens', named after one of the soldiers who lived here at the end of the 1800s.

7 HILLTOP VIEW

Enjoy the wonderful views from this hilltop. From here you can see both Torshälla Ridge (Torshällaån) and Lake Mälaren.

8 MEMORIAL AT BARNRÖS HILL (Offerkastet vid Barnrösberget)

The story behind the name of this place tells of a farmer who long ago was travelling by sledge from Eneby to Sjötorp at Lake Mälaren. Before he left, one of his children sneaked out and hid under the skin rug in the sledge. On the return journey, the father found his child frozen to death at this place. The child had fallen out of the sledge without the father noticing, and froze to death. Since then, people have made offerings of sticks and stones at this place.

9 SLÄTVIKEN

The bay at Slätviken has a small and very beautiful beach.

10 VIEWPOINT AT LAKE MÄLAREN

Mälaren is the third largest lake in Sweden. The lake is home to zander (or pike-perch), eel, European perch, European cisco and signal crayfish. Looking towards Sundbyholm you can see part of the Ridö-Sundbyholm Archipelago Nature Reserve. The cultural landscape of the islands is rich in broad-leaved deciduous forest. Osprey and White-tailed Eagle (or Sea Eagle) can sometimes be seen here.

11 TÄRBY STRONGHOLD (Tärby borg)

You get a great view from here. Tärby Stronghold is one of many ancient strongholds found in the area around Lake Mälaren. The strongholds formed a line of defence against attacks and were built in the period 300–600 A.D. Here we also find two stone circles, which are burial grounds from the Iron Age. They are comprised of stones formed in a circle or an oval.

12 OSTRA KNALL

You can enjoy the beautiful sandy beach at Ostra Knall. A naval battle took place here in 1229 between King Eric XI of Sweden and Councilor of the Realm Canute Holmgerrson. King Eric lost the crown and fled to Denmark. Canute proclaimed himself King Canute II of Sweden. Eric returned to Sweden in 1234 and defeated Canute.

13 GOLF COURSE

The golf course has a restaurant and offers accommodation. The club house is called Löfgård and was already mentioned in the 1300s under the name Leegård. Over the years, the building has been a manor house, home to monks and squires, and even an agricultural school.

14 TROTTLING TRACK

In addition to races, the trotting track at Sundbyholm is used for conferences, trade fairs, concerts and parties.

15 SUNDBYHOLM AND SUNDBYHOLM RIDGE NATURE RESERVE (Sundbyholms och Sundbyholmsåsens Naturreservat)

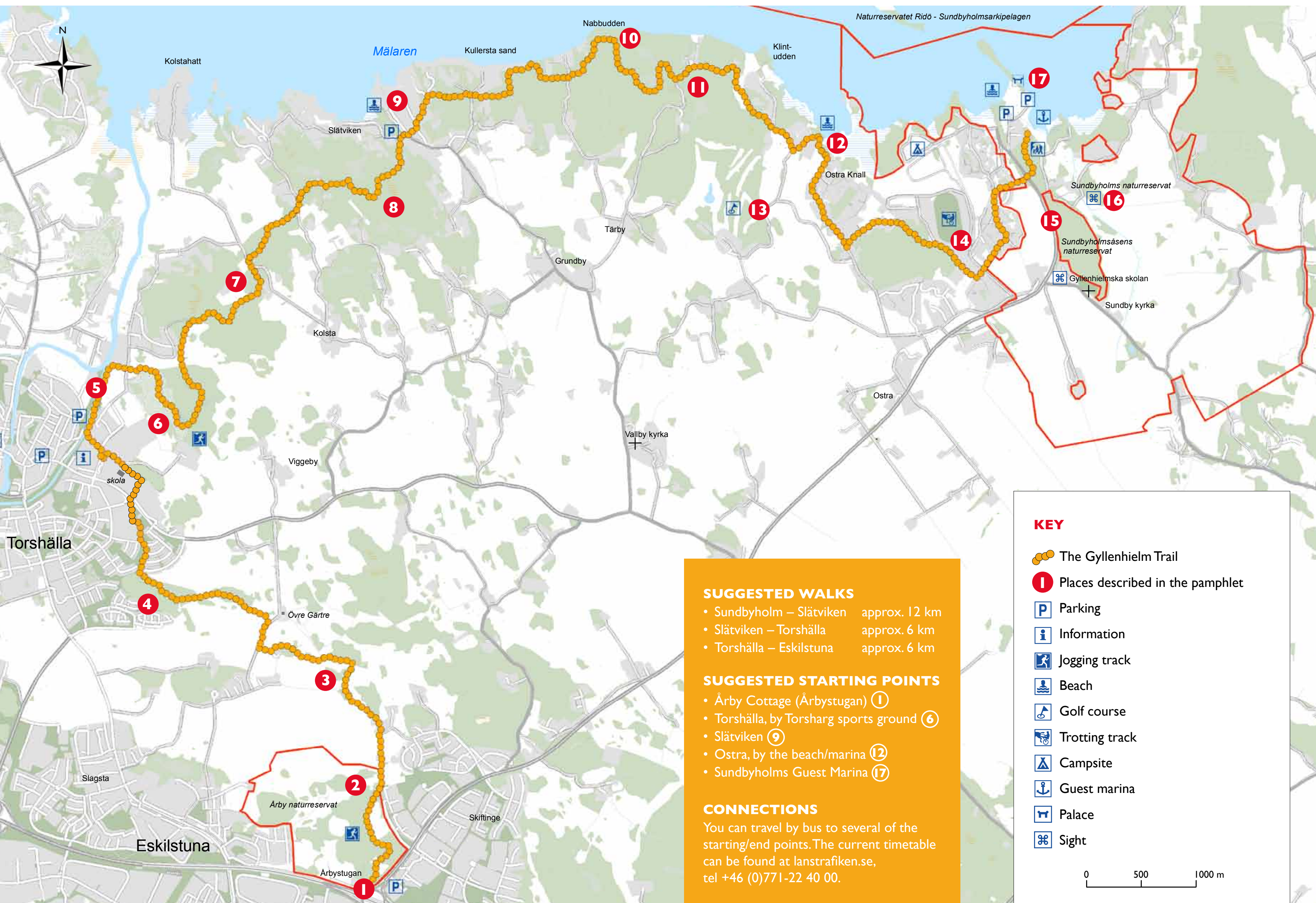
Sundbyholm Nature Reserve is a beautiful and varied agricultural landscape with a history that stretches back to the Bronze Age. Farmlands dominate the reserve, but there are also many types of forests. Here you will find rugged pine forests and airy greenery in one of Sweden's northernmost beech forests. Around the lake, where haymaking and grazing have long since ended, shoreline alder forests and broad belts of reeds are now taking over. In the middle of the Sundbyholm Nature Reserve is the Sundbyholm Ridge Nature Reserve.

16 THE SIGURD STONE CARVING (Sigurdsristningen)

This stone carving is the largest in Södermanland and is dated about 1040. The images illustrate the myth of Sigurd Fafnesbane and the runic characters speak of who financed the stone and a bridge. The inscription reads: "Sigrid, mother of Alrik, daughter of Orm, made this bridge for the soul of Holmger, father of Sigröd, her husband."

17 SUNDBYHOLM PALACE (Sundbyholms Slott)

At the palace you will find a sandy beach, a playground, barbecue areas, walkways and trails, a restaurant and a small shop, a hotel, a campsite, a harbour, a guest marina, a café and log raft rental. You can spend the night, enjoy a good meal, hold a conference or organise a party at Sundbyholm Palace. In the Middle Ages the estate belonged to the monastery of the Order of Saint John in Eskilstuna. During the reign of King Gustav I of Sweden the property was transferred to the crown, and at the end of the 1500s King Charles IX of Sweden gave the property to his illegitimate son Carl Carlsson Gyllenhielm. In 1639 Gyllenhielm began the construction of the palace that stands today. The palace has been owned by the Municipality of Eskilstuna since 1939 and is leased out.



KEY

- The Gyllenhielm Trail
- Places described in the pamphlet
- Parking
- Information
- Jogging track
- Beach
- Golf course
- Trotting track
- Campsite
- Guest marina
- Palace
- Sight

SUGGESTED WALKS

- Sundbyholm – Slätviken approx. 12 km
- Slätviken – Torshälla approx. 6 km
- Torshälla – Eskilstuna approx. 6 km

SUGGESTED STARTING POINTS

- Årby Cottage (Årbystugan) 1
- Torshälla, by Torsharg sports ground 6
- Slätviken 9
- Ostra, by the beach/marina 12
- Sundbyholms Guest Marina 17

CONNECTIONS

You can travel by bus to several of the starting/end points. The current timetable can be found at lanstrafiken.se, tel +46 (0)771-22 40 00.

0 500 1000 m

The Gyllenhielm Trail



Carl Carlsson Gyllenhielm

– the founder of Sweden's first primary school

Carl Carlsson was born in 1574 in Nyköping to Karin Nilsson, the daughter of a priest. His father was Duke Charles, who later became King Charles IX of Sweden. Carl Carlsson received military training and was made a nobleman by his paternal uncle, King John III of Sweden. In 1597 his father gave him the Sundbyholm estate. When he was made a Baron in 1615 he received the name Gyllenhielm.

Early in life, Carl Carlsson Gyllenhielm was assigned military commissions and led the Swedish troops in the war against King Sigismund III Vasa in Livonia. He was captured in 1601 and spent 12 years in a Polish prison. Following his release, he was appointed Councillor of the Realm, Admiral of the Realm and eventually Governor-General of Swedish Ingria by Queen Christina of Sweden. He married Christina Ribbing in 1615.

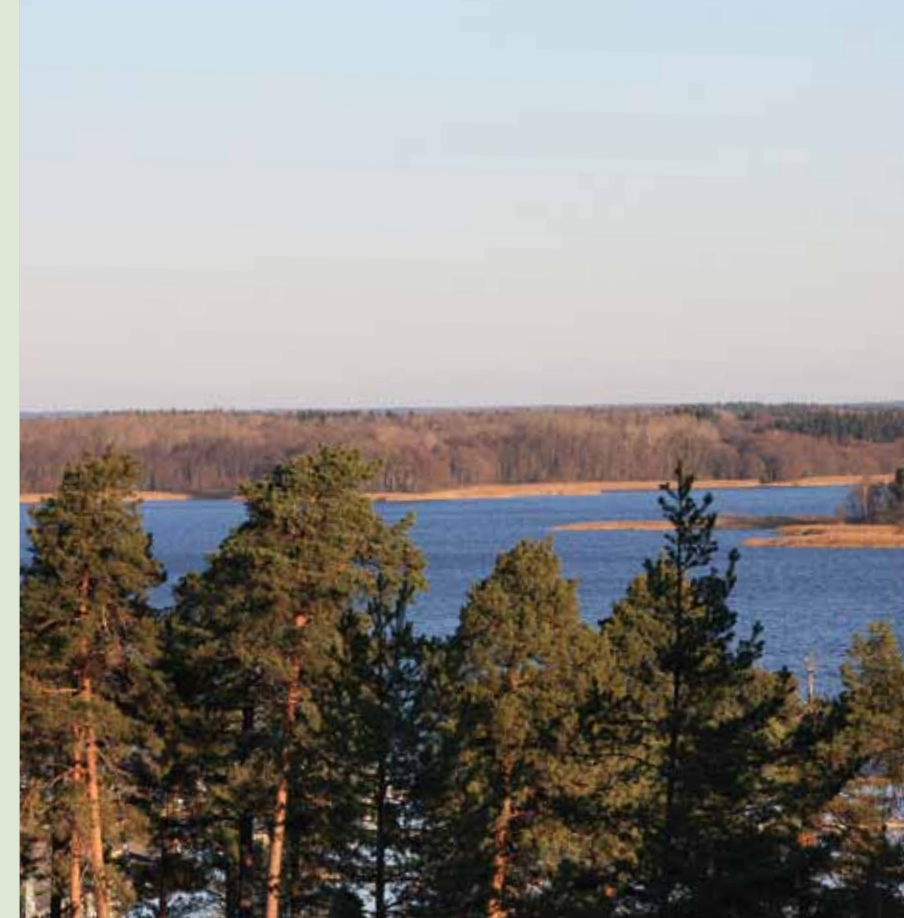
After his release, Gyllenhielm showed his gratitude with a large donation to Sundby Parish to establish a school at Sundby Church. A place where all children – regardless of social class – could be taught reading, writing and arithmetic. Particularly gifted children could be supported by Gyllenhielm's donation for further studies in Strängnäs or Uppsala.

The school was inaugurated in 1631, and on a map from that time is marked as just north of Sundby Church. Each day Gyllenhielm sent a barrel of soup to the school – Sweden's first school meals.

The old schoolhouse now found near Sundby Church dates from the 1800s. This is the third schoolhouse in the area and was still used for teaching up until 1987.

Carl Carlsson Gyllenhielm also founded an ironworks and two glassworks, and was a stakeholder in several other works. These works, together with income from his agricultural lands, enabled the construction of his large palaces in Sundbyholm and Karlberg in Stockholm.

Gyllenhielm died at Karlberg in 1650, aged 76 years, and was buried at Strängnäs Cathedral.



Welcome to the Gyllenhielm Trail!

The Gyllenhielm Trail stretches from Årby Cottage to Sundbyholm Guest Marina. The entire trail is 24 km (15 miles), although you need not walk the full length.

The trail passes through woods, over rocky knolls and alongside fields. In the summer you can even stop for a swim at Sundbyholm, Slätviken or Ostra Knall. The natural surroundings are also very beautiful in the spring and the autumn.

Fill your backpack with a hearty packed lunch and enjoy the natural beauty of a hike along this trail. Orange colour markings on trees and posts show you the way.

P.S. The trail is named after Carl Carlsson Gyllenhielm who, among other things, grounded Sweden's first primary school near Sundby Church. Read more about him in this brochure.

Respect the environment

The Swedish right of public access affords us great freedom to enjoy nature. However, we still have a responsibility to protect the environment and to respect private property. If you make a stop to eat a packed lunch, be sure to take your rubbish with you. Always respect bans on lighting fires. Do not disturb birds and animals. Be particularly careful in the spring and early summer, when many birds have their young.



More information

Culture and Recreation Department
Eskilstuna Municipality
eskilstuna.se/vandringsleder
kultur-fritidsforvaltningen@eskilstuna.se

Eskilstuna Tourist Information
eskilstuna.nu
info@turism.eskilstuna.se
Tel +46 (0)16-710 70 00