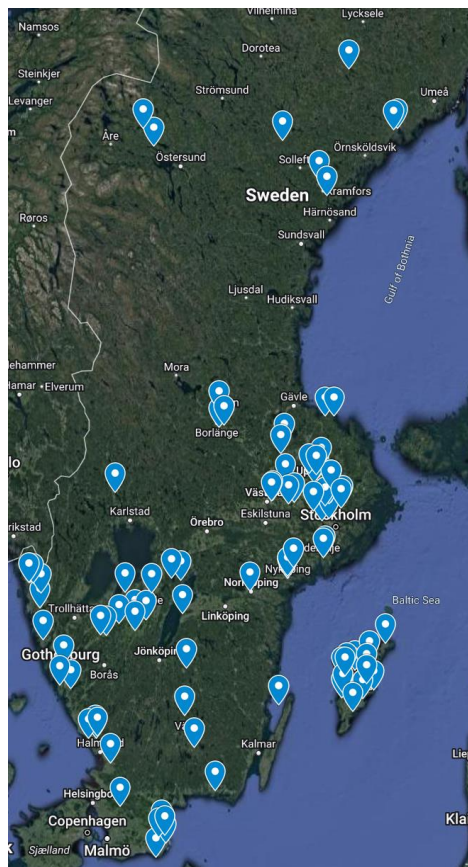


Holy places in Sweden

The list was originally published in the now out-of-print books *Heligt landskap* and *Drömtidens portar*, and is organized by landscape in alphabetical order.

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1. Blekinge:

1. Björketorpstenen (Björketorp stones):

<https://maps.app.goo.gl/dSEpi2UvjYNBMzPS9>

Three majestic stones several meters high placed in a triangle in one of Sweden's most imagination-provoking and impressive ancient monuments. One of the stones has a runic carving in the form of a magical protection formula that ends with the famous sentence "I track mishap".

The stones are located approx. 7 km east of Ronneby, exit towards Tving from the E22-road. Drive this road for approx. 500 m. On the right-hand side, there is a small parking space.

2. Bohuslän:

Greby gravfält (Greby grave field): <https://maps.app.goo.gl/TBXEUTS8wsx1gM5R9>

Here there are more than 200 graves in the form of round and oblong mounds, most built between 200 and 400 AD. About 20 of them are decorated with raised stones that are several meters high. The burial ground is right on the edge of Grebbestad and is kept open with mowing.

Turn off E6 exit 106 towards Grebbestad, drive road 163 and turn left at the sign "Gravfält" just at the entrance to Grebbestad. There's a small visitor parking where the cemetery begins.

Heliga vägen i Backa (Sacred road in Backa):

<https://maps.app.goo.gl/wnd1Vjo9bLdPeqBz7>

Along the kilometre-long old ceremonial road are eight large and around 30 smaller outcrops filled with fantastic rock carvings. Among the unique motifs are so-called sun chariots and the most famous figure, the "Shoemaker", who is 150 cm tall, has a large erection and an axe in his right hand. Could it be the Celestial Primordial Shaman?

The area is just north of Brastad. Turn off E6 exit 101 towards Lysekil, drive road 162, turn left just after Brodalen at the sign "Hällristning", drive 2 km, and turn right again at the sign "Hällristning". This is the holy way. Small parking spaces are available at several of the carved outcrops.

Pilane gravfält (Pilane grave field): <https://maps.app.goo.gl/2QjMzMrRfGatmFcg7>

About 90 graves lie here below a mountain that protects from the worst winds coming from the sea. The burial ground located at Tjörn is used annually as an

arena for modern sculpture exhibitions "Pilane skulptur". The place feels in need of balancing ceremonies.

Turn off E6, exit 90. Follow signs for Tjörn and then for Kyrkesund. Sign to the graveyard just before Kyrkesund. Parking space is available.

Stenehed: <https://maps.app.goo.gl/C3eYtFyWScrn5Zir5>

In addition to burial mounds from the 1930s and a shipwreck, there is a unique and imaginative row of nine raised stones that may have functioned as a kind of solar calendar and perhaps also marked a ceremonial path.

Turn off E6, exit 103, towards Hällevadsholm. The cemetery is signposted from central Hällevadsholm. Parking space is available.

Storebergslabyrinten (The Storeberg labyrinth):

<https://maps.app.goo.gl/WBZJAgmxqs8v82dS7>

In the middle of Gothenburg on Storeberg's top above Gamlestaden is a clearly visible stone labyrinth facing north.

The Old Town is easily reached by tram or car. From Gamlestadstorget, it is a walk of just over a kilometre past the sports field and through the gates to Kviberg's cemetery. From there you can see the stairs and the path up to the top. It is fine to park at the sports field.

Tanums hällristningar (Rock art in Tanum):

<https://maps.app.goo.gl/y4h6yw5Ln876m8Ew9>

One of Sweden's most famous world heritage sites and ceremonial centre with a multitude of petroglyphs. The oldest images were created in 6,000 years ago and the youngest just over 2,000 years ago. The most powerful furnace can be found in Vitlycke, where there is also a museum and a restaurant. On the top of the mountain above the large outcrop in Vitlycke are two large cairns that act as a kind of guardian over the entire region.

Turn off E6 exit 105 towards Tanumshede, follow signs for Vitlycke rock carving museum and turn off at the church in Tanumshede.

Other impressive carvings can be found just south of Vitlycke on Aspeberget and in Litsleby. The waterfall carving is next to road 163 about 1 km east of the E6. It is unique in terms of uniformity of motif and execution, which suggests that the carvings may have been made over a relatively short period of time. Very unusual is the motif of a woman who has a hollow between her thighs.

Ulmekärrslabyrinten (The Ulmekärr labyrinth):

<https://maps.app.goo.gl/oVQtULBQgiCppty7>

Far north of Grebbestad, next to a small burial ground at Ulmekärr, is a well-laid and easy-to-navigate stone labyrinth that is 18 meters in diameter and faces southwest. Locally, it has gone by the name Trolleborg Castle.

Turn towards Havstenssund by the church in Grebbestad. The labyrinth is on the left side of the road after 1.5 km. small parking space available.

3. Dalarna:

Frostbrunnssdalen: <https://maps.app.goo.gl/JxaqEReTmdQub67Z6>

Far to the west of Stora Tuna church is the Frostbrunnssdalen nature reserve – a deep ravine formation with lush and leafy vegetation and an intense bird life. At the bottom of the valley, crystal-clear spring water flows in huge quantities to later flow into the Dalälven. Water's direction is north. The site and water have traditionally been used for healing purposes. The valley is named after the god Frö and has been a place of worship for probably 3,000 years.

The well-signposted path into the nature reserve starts west of the parking lot at Stora Tuna church (Tunavägen between Romme and Borlänge).

Källslätten: <https://maps.app.goo.gl/utV6S5wwYLTkLUEh8>

A man-made garden in the middle of the big forest a mile outside Falun. Meadows, pasture and an old orchard date back to the work of medieval monks. The premise for all this was the area's cold spring, which gave Källslätten its name. There is also an extraordinary spiritual dimension here. After many years of decay and overgrowth, the area is reclaimed with mowing and cattle grazing and protected as a Natura 200-area.

Turn off road 293 towards Nybo about 5 kilometers from Falun. Follow signs towards Källslätten. From the parking lot there's about a kilometer to walk.

Torsångs kyrka (Torsång church): <https://maps.app.goo.gl/jiqS5HiLYbjzfYmC8>

The name Torsång can be interpreted as Thor's meadows and the area has been populated since the older Stone Age. Torsång's church, which is Dalarna's oldest church, squats on an isthmus where three waters meet: Ösjön (part of Runn), Lillälven (which connects Runn with Dalälven) and Dalälven, which right here makes a mighty 90-degree turn to the south. This is Dalarna's oldest church. The church walls are built of grey stone in an almost astonishing diversity in terms of size and colour shades to represent all Dalarna's rock types. Among the exterior

decorations, a standing male figure on the west gable is especially noticeable. Since the church stands on an old cult site, popular tradition knows that it is Thor, the Thunderer, who adorns the church gable.

Torsång is less than a mile south-east of Borlänge.

4. Gotland:

Bro kyrka: <https://maps.app.goo.gl/fedmSzLWrw7VkGAJA>

Several image stones are built into the church walls. The one at the church gate has several sun wheel and/or moon wheel symbols. Additionally, the ship that during the night brought the sun from west to east and made a new day. The church is located 10 km northeast of Visby next to road 148. At Gotland's ancient hall inside Visby and at the Bunge museum there is a large collection of pictographs with mythical motifs from pre-Christian Nordic tradition. One of the strangest and most awe-inspiring picture stones in the Fornsalen comes from Smiss in När parish and depicts a seated woman with parted legs holding a viper in one hand and a snake in the other. Above the woman, we can see a triskelion composed of three intertwined serpents. The woman is probably Nerthus/Njård, who gave the parish its name.

Fröjel-labyrinten (The Fröjel Labyrinth): <https://maps.app.goo.gl/sBzSqDWimZeRTZPa7>

Next to the church on road 140 in Fröjel is a 12-ring stone labyrinth facing north. The labyrinth appears to have been built in direct connection to a water spring and the church was obviously built on a very old cult site. The name Fröjel can be interpreted as Fröja's alder, i.e., Freya's sacred place.

Galgberget (The gallows mountain): <https://maps.app.goo.gl/mraFkPBKqSx5F8BR6>

Just outside the city walls in Visby is the city's old execution site with its three stone pillars that held up the gallows where criminals were executed by hanging right up until the middle of the 19th century. A rather chaotic place where death feels very close and where evil spirits can be felt. Signed exit from Lummelundavägen. Just below Galgberget is perhaps Gotland's most famous stone labyrinth, visited by many but in need of healing ceremonies.

Grogarnsberget: <https://maps.app.goo.gl/b1vfMLsDhV4MhWny9>

Above Katthammarsvik, this place must be designated as a holy mountain, there is an old ancient castle up on the mountain and from here, and the visitor has a lovely view to the east towards Östergarnsholm. The sea eagle is one of the area's characteristic birds that can bring messages.

It is possible to cycle or drive all the way up Grogarnsberget. Signposted road starts in Katthammarsvik.

Gålruns gravfält (Gålrum grave field): <https://maps.app.goo.gl/wTGeqB8GWcZmKqr19>

The road between Lau and Ljugarn passes straight through the burial ground, about 5 km from Ljugarn. The burial ground, which has been used for at least 1,500 years, includes a large Bronze Age mound - Digerrojr - seven shipwrecks, a number of stone formations and about a hundred smaller graves. The place is claimed by mowing and grazing and invites peaceful meditation.

Höglint: <https://maps.app.goo.gl/syoPiBHGAzsCmaJR7>

This dramatic and steep cliff with a wonderful view towards Visby and out over the sea, it has a long history as a sacred place. Particularly attractive are the natural caves on the ledge known as Getsvältan.

Follow signs towards Höglint from route 140 just south of Visby.

Laikarhaid med Sangelstainen (The singing stone in Laikarhaid):

<https://maps.app.goo.gl/ThRd3hdVjAJmOgUD7>

Both on and just outside the moor, there are ancient remains such as burial mounds and shipwrecks. In solitary majesty, a little way into a pasture, the Sangelstein (the singing stone) rests like an altar on the moor. It makes a tinkling, singing sound when struck with a small stone. The Sangelstein also has 19 bowl pits, several of them strikingly large and well-polished. Just over a mile to the north, south of lake Bästeträsk, lies Ojnarekogen (the giving birth forest) with its sacred springs and living stories about the forest's sacred essence. This forest, which has been threatened for a long time by a planned large-scale limestone quarry, has now been protected as a Natura 200-area.

Laikarhaid with Sangelsteinen is a few kilometers outside Lärbro along the road to Hellvi.

Langhammar: <https://maps.app.goo.gl/A4SaWXFLd16tw9xP8>

In northern Fårö there are two huge “rauk” areas - Digerhuvud and Langhammar - areas that are well worth a visit just for the rauks. On the high embankment above the rakes in Langhammar are two graves from the Bronze Age. The larger one stands out clearly and attracts the visitor's attention - it is a place that wants to be active and has a rare energy. It is located just north of the large information board that is set up next to the parking lot where the road to Langhammar ends. There is also a small information board about the graves set up by the Swedish Antiquities Authority. About 50 meters further north is the large grave.

Rannarve: <https://maps.app.goo.gl/2VgiSARg61dGPbD38>

Just north of Klintehamn, there are four ships together in a straight north-south line. A magnificent facility! Turn off road 140 at the Preem pub in Klintehamn, turn right onto Norra Kustvägen and then follow the signs for Rannarve and Fornminne.

Tjelvars grav (Tjelvar's grave): <https://maps.app.goo.gl/s3ToALXDnhKbriyh7>

The primordial hero Tjelvar, who is said to have brought fire to Gotland, is associated with this 16-meter-long ship set that sails straight west into the Dreamtime. The ship was restored in 1938 and a small stone coffin with burnt bones and potsherds was found in its stern. Signed from road 146 a few miles south of Slite.

Trullhalsars gravfält (Trullhalsars grave field):

<https://maps.app.goo.gl/yPS8NbNH1ghTbiU97>

From road 146 between Anga and Gothem, a signposted road leads towards the village of Hammars, the sea and the graveyard. Along this road are several large Bronze Age cairns, among them the peated and very imposing Bjärs pile. The burial ground itself opens up like a sacred room in the forest with its over 300 graves in a claimed and inviting landscape. Here there are cairns - many of them with cold masonry foundations - stone rows, standing stones, lying piled stones, etc. One of the standing stones has a bowl pit and one of the piled stones is a singing stone. Definitely one of Gotland's most powerful places!

Uggårda rojr: <https://maps.app.goo.gl/zLZKgemtQ2e4yb8s7>

With at a height of seven meters and a diameter of 45 meters, this is Gotland's largest Bronze Age cairn. On the moor, there are six more large burial mounds, which make it a grand sacred room with the sea within hearing and sight. There are also boulders with bowl pits that may have marked a ceremonial path. Drive the road towards Ronehamn. Turn off towards Uggårde a few km before Ronehamn.

Vibble stencirkel (Vibble stone circle): <https://maps.app.goo.gl/UaUgsvsygSwzhUEPA>

This contemporary stone circle was dreamed up and built by the stonemason Linus Alfredsson. It consists of 12 upright granite stones several meters high that were taken from a quarry in Skåne. In the middle of the stone circle is a piled up stone block of 30 tons that was transported here from northern Gotland. A stream flows straight through the stone circle, which has a diameter of 60 meters. Linus summarizes the project as "Stones in cooperation for global balance." Turn off road 140 towards Nygård's manor about 5 km south of Visby.

Drive through the avenue and you will see the stones inside the sheepfold on the left side of the road.

5. Halland:

Asige: <https://maps.app.goo.gl/1s1X2xnZf3gBDxfz6>

Located in a very beautiful part of Halland with a pleasant mix of fields and pastures, ridges and valleys, forests and meandering streams. The village's original name may have been Asarna's eke, i.e. the sacred grove of the Asar, and here, within a limited area, there are several different types of sacred places and monuments: large mounds, megaliths, ceremonial roads, burial grounds, tridents and a holy spring. Asige church, which is located in the middle of the village, has very likely been placed in the middle of the monuments and perhaps right where the former sacrificial grove was just above the Suseån. From E6 exit no. 48 towards Slöinge, it is 4 kilometers to Asige. Turn left at the four-way intersection in Slöinge towards Asige.

Asige stenar (Asige sacred stones): <https://maps.app.goo.gl/YTA1yo3R1kCHMm9q7>

Possibly the ceremonial centre of the area. Today, there are two pairs of raised building stones set up right next to the road between Asige and Årstad, just a few hundred meters north of Asige church. Three of the stones have petroglyphs in the form of bowl pits and circles/sun symbols. From the sunstone, a wide view can be seen of the Asige heath and slopes down towards the church. The monument has been called Hagbard's gallows after a medieval walking legend about the tragic love story between Prince Hagbard and the king's daughter Signe, which led to Hagbard being hanged and Signe burning herself inside her farm. One of Oden's nicknames is Harbard (=Graybeard) and the Hagbards name may suggest that this was an ancient place of sacrifice. Well signposted with a parking space.

Hagbards kulle (Hagbard's hill): <https://maps.app.goo.gl/xVwk5PytNL8qfJxA6>

A few kilometers north of Asige church along the road towards Årstad is Särestad's burial ground with around 40 raised stones, around ten mounds and the impressive large mound Hagbard's hill. Well signposted with a parking space.

Li gravfält (Li grave field): <https://maps.app.goo.gl/wKkTha5zhVsSuEEYA>

Halland's largest burial ground from the Iron Age is located along the ancient route through Halland, on the western slope of the sand ridge Fjärås Bräcka. The burial ground contains more than 120 raised headstones – the tallest is over five

meters high called King Frode's stone. Turn off E6 exit 58 towards Fjärås, follow signs towards Fjärås Bräcka.

Signes källa (Signe's well): <https://maps.app.goo.gl/bzXqb1cygFzbzPJXA>

A few kilometers south of Asige church is Signe's spring in the Suseån valley. According to medieval legends, it should have sprung up when Signe's mother saw with horror how her daughter's farm was burning and the horse was stamping in the soft sand. More likely, the name simply means the Signes spring showing that it has been used for ceremonial purposes.

Smörkullen: <https://maps.app.goo.gl/MmjTSj3zBCtYyV8s9>

The top of the mountain is 52 meters above sea level and offers a magnificent view of the Halland coastline and the Kattegat. Smörkullen was formerly part of a chain of Vårdkaseberg along the coast. When a boatman's widow was digging near the summit in 1859, she made a sensational find - an ornate gold bowl that turned out to be around 3,000 years old. It can now be viewed in the gold room at the History Museum in Stockholm. The find as well as the presence of bowl pits on the top of the mountain indicate that Smörkullen was a cult place of rank. It is not very easy to get to the top due to poor maintenance of stairs and ladders. Smörkullen is just south of Falkenberg. Turn off E6 exit 49 towards Skrea, before the church turn left towards Boberg, then right towards Grimsholmen. The hill is on the right of the road. Small parking space by the information board.

Treuddarna i Öinge: <https://maps.app.goo.gl/4W3WLB8Be1LNMstR7>

A few kilometers east of Asige church in a forest edge on the road to Öinge are two huge and turfed tridents with sides that measure over 30 meters, making them Sweden's largest tridents. A trident is a three-sided stone setting with concave curves/sides that connect with the world tree "Yggdrasil". The three prongs represent the three roots of the world tree that reach down to Urd's well, Mimer's well and Hvergelme in Nifelhel. Something definitely happens to the consciousness of the visitor who stands at the intersection of the three promontories, i.e. the place of the "tribe" in the world tree. Well signposted with parking space.

Vallda Sandö: <https://maps.app.goo.gl/93cuwUVnxNfpuLfe8>

Vallda Sandö is a nature reserve on a mountainous peninsula west of Vallda in Kungsbacka. The reserve is 349 hectares in size and has been protected since 1972. The area consists mostly of coastal meadows, rocks, outcrops, heather heaths and shallow coastal meadows with rich birdlife. The sanctity of the place

is reinforced by the large Bronze Age cairns built along the ridge of the mountain. The part of the peninsula called Kalven is the most powerful with three cairns that lie in a line. Turn off the E6 in Kungsbacka towards Vallda and follow the signs towards the nature reserve Vallda Sandö. From the car park, a hike of just over a kilometre awaits you to the cairn.

Örelids stenar (Örelid stones): <https://maps.app.goo.gl/HPFUxpRf3yytyvZPA>

In the 1830s there were over 100 raised stones on the ridge and the oldest written sources speak of a forest of stones on this burial ground from the Bronze Age and the Early Iron Age. Nowadays, there remain 36 raised stones deployed along a 200 meter long north-south stretch. There are bowl pits on one of the stones. The burial ground also contains four large mounds. Follow the sign from road 15 towards "Gravfält" opposite Tjärby church. The path to the cemetery starts from the parking lot.

6. Jämtland:

Glösa rock art: <https://maps.app.goo.gl/K2LQap1PLdQwRGqR6>

At Glösabäcken's descent, there are around 40 petroglyphs, the majority of them depicting moose. Some elk cows are pregnant, others are giving birth to calves, and some are carrying the sun. Perhaps we are dealing here with the primal elk that gave birth to the world. Next to the image caves, there is a small exhibition space about rock carving culture and a reconstructed Stone Age village. Inside the forest, there are other traces of Stone Age people in the form of large trap pits. Turn off the E14 towards Näliden/Alsen, about four miles west of Östersund. Turn right in Glösa and follow the sign towards rock carvings and parking lot.

Gärde rock art: <https://maps.app.goo.gl/PnfGpsxnZGNQiMdj6>

The rock carvings at Gärdeforsen, about two kilometers north of Glösa, are fewer but significantly larger - one of them in life size. The Gärdes carvings may well be some of the very oldest petroglyphs in Scandinavia. On the slabs, there are imaginative moose tracks carved in together with human footprints. The fact that the footsteps of man end at an elk carving, can be a way of describing the shaman's transformation from man to animal. The tracks undeniably invite the modern visitor to a meditative walk on the slab. A footbridge over the rapids makes it easy to get to the image slabs. Right next to it, is a timber-framed cabin and a theatre stage with spectator benches for the village team's annual village play.

Turn off the E14 in Krokomb and take road 340 towards Hotagen; turn left towards Änge; keep left in Änge towards Offerdal; turn left towards Tångeråsen/Gärde; follow signs to petroglyphs and parking lot.

7. Lappland:

Lögdån/Lögdeälven (Lögde river): <https://maps.app.goo.gl/TBCo6HLZrUEDmq3z5>

Lögdeälven is a forest river with free-flowing water and a length of approximately 20 miles. The spring flows are in the upland forest and wetland area Stöttingsfjället in southern Lappland and the outflow into the Bothnian Sea occurs at Lögdeå in Ångermanland. This entire river should be considered a sacred watercourse and in the river's valley, there are traces of early human activities such as stone carvings, trap pits and tool making (e.g. from rose quartz). The entire river and its many tributaries are part of Natura 2000 and has statutory protection against future hydropower development. On either side of this river, a couple of miles upstream from Fredrika, are two sacred mountains of a very special kind.

Basteberget (Sacred mountain): <https://maps.app.goo.gl/31GQdebg6rUobt658>

The name is probably a derivation from the Sami word for holy: basse or passe. At the top, there is indeed an old stone ceremony site. From Fredrika, it is approximately 25 kilometers to Basteberget. Drive the road towards Nordanå/Lycksele; pass the village of Lögdå and the bridge over the Lögdeälven. Turn left four kilometres after the bridge onto a small dirt road that leads back to the west side of the river. Drive to the end of the road; there is Basteberget. The mountain can be difficult to access as there are no beaten paths to the top. However, a trodden and signposted path leads down to **Lögdåkullforsen**, which is well worth a visit and a ceremony.

Lögdåkullen (Lögdå mountain): <https://maps.app.goo.gl/dbbuD4TZTV4v3vCK7>

Lögdåkullen also has a ceremony site at the top in the form of a so-called reclining hen – a large stone block that rests on top of three smaller stones. The boulder on Lögdåkullen sends out very strong signals linked to the sacrificial site on Basteberget. Both mountains also have a clear energetic connection through Lögdåkullforsen, which lies in the middle between them. The sum of these three sacred places is a contemplative space that spontaneously places the visitor in an altered state of consciousness. 300 hectares of the area around these mountains is set aside as a nature reserve - a direct result of the extensive forest fire that ravaged the area in 1970. The best way to get to Lögdåkullen is to drive the road towards Nordanå/Lycksele from Fredrika for about 23 kilometers.

Lögdåkullen is then on the left side of the road. Unmarked and unclimbed. No organized parking space. It may be wise to bring a guide with local knowledge.

8. Skåne:

Ales stenar (Ale megaliths): <https://maps.app.goo.gl/USLeJR7UwM69Mofr8>

This is perhaps Sweden's most famous mega power site where it, with its 59 raised boulders, towers 32 meters above sea level on Kåsehuvud just above the fishing harbor Kåseberga. It has the shape of a ship or bosom, and is 67 meters long and 19 meters wide. Drawings of Ale's stones from the 18th century show that, alongside the large monument, there were also two smaller shipwrecks. Surveys with ground-penetrating radar also show that the facility has a more complex structure than what is visible above the ground surface. The large monument is said to have been built during the Nordic Iron Age, but the site has obviously been used ceremonially much earlier, for upwards of 5,000 years. The monument has been restored on several occasions during the 20th century and one cannot be sure that the stones are in their original places. The stone ship is oriented in a southeast-northwest direction, which means that from inside the monument at the winter solstice you can see the sun rise out of the sea directly over the "stern stone" and see it set directly over the "stern stone" at the summer solstice. An excellent place to hold a ceremony or sit outside. Follow the signs for Kåseberga from road 9 between Ystad and Simrishamn. Parking space in Kåseberga village or fishing port. Clearly signposted footpaths to the monument from Kåseberga.

Bredarör cairn: <https://maps.app.goo.gl/RorUMrqLgxohnrWU9>

The so-called royal tomb originally dates from the Bronze Age but has had to be reconstructed in modern times. The reason was that for a long time it had to function as a quarry for the area's farmers and then fell into a deplorable condition. Bredarör is located inside Kivik's community and today consists of a stone cairn with a diameter of 75 meters. In the middle is a burial chamber with ten large stone slabs; eight of them have a variety of carved images in the form of sun wheels, zig-zag lines, axes, horse-drawn ceremonial chariots and human processions.

Havängsdösen (The Haväng dolmen): <https://maps.app.goo.gl/eAj14S9fTsEniMCHA>

This tomb is roughly 5,000 years old and is undoubtedly built in a place of very special energy just above the seashore and with the opening to the east. The doze itself was never intended for human eyes; it had been covered with a large mound of sand which, however, was blown away during a strong autumn storm

at the beginning of the 19th century. Since then, the stone chamber tomb has been exposed. During an excavation in 1869, human skeletons and a flint ax were found. You can lie down straight inside the burial chamber and let yourself be sucked into the dream track of the place. Turn off from road 9 between Kivik and Brösarp. The road ends in a parking lot with information boards. STF's hostel is also located here.

Järrestadsristningarna (Järrestad petroglyphs)

<https://maps.app.goo.gl/STNMRAxyv545D9zS7>

Skåne's best-preserved petroglyphs can be found on a smooth rock outcrop in a pasture area about one kilometer north of the village of Järrestad. There are roughly 500 figures carved into an area of 200 square meters. Among the motifs is a large male figure, the so-called Dancer, who has been provided with several bird attributes and probably represents a shaman. Unfortunately, the Dancer has been damaged since someone tried to "enhance" it or make a cast. Other motifs include over 200 soles of feet, ships, riders on horseback, animal figures, wheel crosses, spirals, snakes and a large number of bowl pits. To stand barefoot in some of the soles of the stones can be an excellent way to balance yourself in relation to the seasons, the sun and the earth. The village of Järrestad can be reached via road 9 or 11, approx. 7 km west of Simrishamn. The rock carvings are located approximately one kilometre north of the village, a few hundred meters from the road towards Gladsax. After the vandalism of the Dansaren, there is no signage for the carvings themselves.

Sacred wells: <https://maps.app.goo.gl/jpuUoYEWfKj56VLA>

In Scania there are a large number of springs that have been used ceremonially and for healing. Here are some of them that still hold water. **St. Olof's springs** are only a few hundred meters from the churches in St. Olof and Hallaröd.

Jungfrukällan in St. Olof is signposted from Olofskällan. **St. Magnhild's** spring is located right next to Skåne's Nature Center in Fulltofta. **Onsvalakällan** (named after the black storks, Oden's swallows) is most easily reached by driving from Höör towards S. Rörum, after about 5 km there is a small blue sign on the right side of the road with the text Onsvalakällan 1.5 km - just follow the marked Skåneleden from there.

Stenshuvud mountain: <https://maps.app.goo.gl/GxkBNefZW8LUArbC7>

Named after the mythical giant, called Sten. Stenshuvud (Sten head) rises 97 meters above sea level just south of Kivik. Since 1986, 380 hectares at Stenshuvud have been protected as a national park – one of Sweden's most species-rich and diverse national parks with lush deciduous forests of beech,

hornbeam, oak, and hazel as the main characteristic trees. The mountain is at its most magnificent in the spring and early summer when the white sedge fields spread out and the nightingale sings. Several stories about the giants' halls and gardens in Stenshuvud have survived into our time as echoes from times when the people here regarded the mountain and its inner essence as living beings with whom it was important to be on good terms. Drive road 9 south from Kivik and follow the signs towards the national park. Naturum with maps and other information is located by the large parking lot.

Söderåsens nationalpark med Odensjön: <https://maps.app.goo.gl/KdrW4REPw3tpWoRX7>

The national park covers 1,625 hectares where Skåne shows its wildest and most varied side with a dynamic mix of lush deciduous forests, mighty precipices with high cliffs, ravines with flowing streams and magnificent views. People have practiced agriculture and forestry here for a couple of thousand years and left numerous traces behind. The national park includes the unique (**Odensjön**) Oden Lake, a circular lake with a diameter of 150 meters. It is located in a crater surrounded by steep slopes and resembles a large eye looking out into the infinity of the cosmos. Perhaps Odin's hidden eye? Old legends claim that a pair of giants, Blink and Börta, have their castle deep in the lake, which according to other stories is supposed to be bottomless (in fact it is 20 meters deep). Söderåsen National Park is reached from road 13 between Klippan and Höör and has two entrances – in Skärålid (Naturum Söderåsen) and in Röstånga community at the tourist office. The easiest path to Lake Odense also begins there. Parking spaces are at the entrances.

9. Småland:

Blå Jungfrun: <https://maps.app.goo.gl/vPKTdMmtc6bodaTB7>

The goddess in Kalmarsund is blue at a distance and red at close range. Often, she is shrouded in mist. Associated with numerous legends. Gifted with special power. The Witches' Blåkulla, the great sea of the Baltic Sea. On the south-west side of the island is a 16-turn stone labyrinth of considerable age and just below the top there are caves with traces of people that are several thousand years old. The island has been protected as a national park since 1926. Summertime boat traffic is organized to Blå Jungfrun from Oskarshamn and Byxelkrok.

Fagertofta grave field: <https://maps.app.goo.gl/7tymYqpPhyo7wPm76>

Also called the **Domsätet** with roughly 40 stone-marked graves from the Iron Age, most of them circular so-called judge's rings, and an impressive trident with two upright boulders at the intersection of the arms, probably a symbol of

the World Tree. Next to a mighty cairn, which may have been constructed during the Bronze Age, lies a stone circle consisting of six piled stone blocks ("lying hens"). The northern raised block sings if you hit it with a rock. A very important feature of this sacred room is the east-flowing sacrificial spring located on the west slope above the burial field. It is called Midsommarkällan and has been used for healing purposes above all on Midsummer night. Sacrificial coins at the bottom of the well indicate that it is still used for similar purposes. The court is located roughly four kilometers northeast of Nässjö. Turn off road 31 onto road 953 towards Solberga, then turn right onto a small dirt road just after Fagertofta at the sign "Gravfält 1".

Hultaklint mountain: <https://maps.app.goo.gl/JEDTiTC7ukC1eArh9>

The highest point on this mountain is 290 meters above sea level and provides an expansive view of the forest landscape in southwestern Småland. At the top is a large stone block as a kind of altar. It may have been a sacrificial stone and is still used today ceremonially. On the west side, Hultaklint plunges steeply into Klintsjön, which is a spring lake and according to local tradition should be bottomless (well, 22 meters deep is not bad either). On the slopes down towards Klintsjön is Singoalla's cave – a ten meter long and narrow passage formed by a collapsed giant boulder. This cave is very suitable for outdoor sitting and other transformation ceremonies. To get to Hultaklint, turn off road 30 about one mile south of Lammhult (just under three miles north of Växjö) towards Berg/Lädja, then there are signs for "Singoalla's cave" and Hultaklint. Small parking lot and information board at the end of the road.

Inglinge mound: <https://maps.app.goo.gl/m7NFeTvodei3Frub8>

Storhögen is located on the outskirts of Ingelstad by Lake Torsjön. It is adorned with a tombstone and an ornamented stone ball and was erected around the year 500 on a burial ground that has been in continuous use since the Bronze Age. Here there are around 130 ancient remains in the form of burial mounds, various stone structures and shipwrecks. The Ingling mound itself, which is six meters high and has a diameter of 37 meters, has not been excavated and we do not know over whose grave it has been constructed. The name may be related to Ing, i.e. Frej. The erected stone at the top is oriented according to the cardinal directions. From Växjö, it is just under two miles south to Ingelstad, where it is well signposted to the large mound and the burial ground. Parking space available.

Svanås linden grove:

The grove at Svanås's manor probably has its origins in a sacrificial grove that may have been originated more than 1,000 years ago. There are also a number of Bronze Age graves and stone cairns on the estate's property. The lindens form a circle of lush greenery around a small stone circle in the middle, inviting silence and contemplation. Svanås manor is about 17 kilometers south of Lammhult. Turn off road 30 at the sign towards Svanås, turn right in Svanås between the barn and the garden, and park in a marked spot by the fence of the manger garden building.

10. Södermanland:

Linnbacke: <https://maps.app.goo.gl/K9TdqiDQivQZdej57>

An oblong wooded hill has landed like a spacecraft in the flat surroundings on the southern outskirts of Nyköping. Since 1963, this ridge has been included in a nature reserve so that "its natural and cultural values can persist and be maintained". Just inside the entrance to the nature reserve, at the north end of Linnbacke, is a stone labyrinth that is dated to the Iron Age. It faces southwest where the sun sets at the winter solstice. On the western slope of the ridge is a burial field and there is an old tradition that the wetland below the ridge must have been a place of sacrifice for Frey and Freyja.

Turn off the E4 at the southern entrance to Nyköping, drive towards Oxelösund, turn left at the roundabout towards Idbäcken's industrial area, park at the shopping center's parking lot, follow the pedestrian and cycle path under Oxelösundsvägen, it passes right past the entrance to Linnbacke.

Släbro rock art: <https://maps.app.goo.gl/Ky9zKSJj2h3DauK4A>

On the western outskirts of Nyköping, obliquely above the meandering course of the Nyköpingsån, there is a world-unique rock carving site. The carvings were probably carved into the outcrops during the Bronze Age when this was a seashore, but were newly discovered as recently as 1984/85. These are more than 400 separate images, all of which are made up of more or less abstract patterns, reminiscent of beetles and jellyfish and filled with lines and dots. The pictures have probably evoked in a trance state and perhaps they are attempts to describe the various aspects of the cosmic web. The students in the adjacent Släbro School act as sponsors for the rock carvings and annually put on a play at the rocks.

Turn off E4 towards Skavsta/Eskilstuna, drive straight ahead through the first roundabout towards Eskilstuna (road 53), turn left in Oppeby at the sign for rock carvings. Park at Släbro school. The petroglyphs are located between the school and Nyköpingsån.

Sorunda with King's mound, Ullevi backe, Ullevi udd and rock art in

Grimsta: <https://maps.app.goo.gl/5CF9BzCAAdDJ8kZx76>; <https://maps.app.goo.gl/rjheGDjutV25ShcE9>

Sorunda just north of Nynäshamn is described as a "parish in itself" and here there is a considerable collection of holy places. Right next to Sorunda church we find the large burial mound called Kungshögen and just over a kilometer from there the strange forest islet Ullevi hill with Ullevi udd. Here there are burial grounds from the Iron Age with over 130 ancient remains, including two shipwrecks and a number of burial mounds. The name can be derived from the ancient sky god Ull which indicates that the place has a very long history as a place of worship. Very powerful! At Grimsta, a few kilometers south of the church, there is a rock carving with bowl pits and ships. Take road 225 to Sorunda either from E4 in Södertälje or from road 73 at Ösmo. Park by the church. Kungshögen is right behind the parish hall. Hiking approx. About 1 km to Ullevi hill and Ullevi udd. There is an information board at the church. The rock carving in Grimsta is located 3 km south of the church next to the gravel road towards Grimsta which turns off from the main road towards Stora Vika. Small information sign on the dirt road.

Uppså kulle (Uppså mound): <https://maps.app.goo.gl/LCeJJ4Th7yxWtdg8>

About 15 kilometers north of Nyköping we find Södermanland's largest burial mound with a diameter of 55 meters and a height of nine meters. When it was built in the Iron Age, it served as an impressive landmark and mark of power at the strategic entrance to Runnviken, which was then part of the Baltic Sea. According to legends, the cruel and merciless king Ingjald Illråde is buried here, but there is no evidence whatsoever for this. The mound has never been excavated. Rather, the legend suggests that Uppså hill harbors forces that can be experienced as chaotic and upheaval. Turn off the E4 towards Tystberga (exit 135), follow the signs for Nyköping, turn at the sign for Uppså kulle, drive past Lövlund, turn at the gravel road that is signposted Uppså kulle. Parking space and information board at the end of the road.

11. Uppland:

Altunastenen: <https://maps.app.goo.gl/v3xdeYaXgCVy51sv9>

The runestone's images exert a strange attraction on the viewer: Thor's fish net with the giant Hymer showing how the Midgard Serpent has just nibbled on Thor's baited ox head. Perhaps it is also the eagle at the top of the world tree and Odin on horseback that have been carved into the stone that is now placed at Altuna church. Turn off road 254 between Heby and Fjärdhundra towards Altuna church. The rune stone stands next to the church. Parking space at the cemetery.

Boglösa rock art area: <https://maps.app.goo.gl/ZKHNBmqbPbHWkXjt5>

Just a few kilometers southeast of Enköping is this area with an unusually dense concentration of rock carvings that were carved during the Bronze Age and are therefore between 2,500 and 3,500 years old. Here you can find, for example, the peculiar "chair" on Stora Rickebyhällen and the unique and four-metre-long Brandskog ship. **Stora Rickebyhällen** is right next to the road to Enköping. Here there are roughly 30 ships, 40 soles of feet, several female figures and some so-called circular crosses, which probably have to do with the phases of the moon. Several of the figures are carved very deeply into the rock - this applies, for example, to the many soles of the feet, which are mostly directed towards the northwest, i.e. the setting of the sun at the summer solstice. Today's visitors reach **Brandskogskeppet** through some 800-meter long forest walk from Enköpingsvägen. Past-time visitors probably came gliding by boat directly to the slab, which was then located by the shore in an archipelago landscape. The ship is being paddled to the southeast by six humanoid figures. Both the bow and the stern are decorated with animal heads - probably moose heads. Below the stern, a giant figure in human form can be seen carrying the ship. Could it be Father Heaven? And is the ship that brought the sun through the underworld during the night to the next day's dawn?

To the Boglösa area: turn off the E18 towards Grillby, drive towards Boglösa church, then the carving premises are located along the road towards Enköping.

Brillingestenen (Brillinge sacred stone): <https://maps.app.goo.gl/LFDzfbSY1U8VQaxL8>

In a small forest grove on the outskirts of Uppsala, very close to gas stations, fast food outlets and grocery stores, is this large stone block that is equipped with at least 136 bowl pits and which has also gone by the name of Brillinge's altar. Until the last decade, the boulder was surrounded by an agricultural landscape. The many bowl pits show that the stone has been used very

extensively in ceremonial contexts – and is still being used. In some places, the stone makes a ringing sound when tapped with a smaller stone, but it is not a purely singing stone.

The Brillingesten is completely unmarked but still easy to find. The grove with the altar is next to the BMX track, opposite to the gas station (Circle-K). From E4 exit 188 to road 55 (Bärbyleden) towards Enköping, keep left at the first roundabout towards Circle-K, Max etc. (Österleden) and then directly to the right at the second roundabout (Tennisvägen). Parking on the right by the BMX track.

Broborg sacred mountain: <https://maps.app.goo.gl/NJndVLVbosLahhTf6>

This mighty ancient fortress radiates its balancing power over a large area in the Knivstat region. It is a meeting place for heaven and earth. The castle has had double walls that were built from enormous quantities of stones transported there. On at least two occasions, the castle has burned down and the temperatures have become so high that the stones have vitrified. Myths about Grimsa, the daughter of a Viking chieftain, are linked to the place. The mountain was seen as sacred even before the stone walls were constructed. Below the mountain is a large boulder with bowl pits and a trinity spring where the water flows north. The place has an interesting interplay with Vallbyåsen a little over a kilometer to the south.

To get to Broborg: Drive route 77 from Knivsta towards Rimbo. Turn left after about 11 km where it is signposted to Fornborg. After 1.2 km you will find Broborg with parking on the right.

Gamla Uppsala: <https://maps.app.goo.gl/fF62SeaM9hoXdbo97>

The majestic great tombs were built in Old Uppsala during a relatively short period of time around the year 600. From the same time originate the strange ceremonial paths that were discovered only a few years ago during archaeological excavations in connection with the construction of the tunnel for the railway tracks past Old Uppsala. The ceremonial roads run north-south and east-west, respectively, and have been marked with strong posts where traces of various animal sacrifices have been found. The burial grounds in Gamla Uppsala stretch over a large area and have been largely cleared over the years. New excavations have shown that a very large hall building stood just north of the present church; however, the actual pagan temple that Adam of Bremen wrote about has not yet been found. It may have been where the church stands or somewhere else in the vicinity. The more the archaeologists dig in Old Uppsala,

the more the place seems to grow in importance as a centre of both power and religion from the 6th century and several centuries to come. Gamla Uppsala is well signposted from the E 4.

Grönlundsbacken: <https://maps.app.goo.gl/HhNAJLmoYKN9gGvq9>

In the ancient agricultural landscape on the Hållnäshalvön in Norduppland, there are countless traces of the area's early inhabitants. The cultural reserve **Lingnåre** with a reconstructed small-scale agricultural landscape from the Iron Age is well worth a visit in itself, but for those who continue the road through Sikhjälma village, even more powerful experiences await. Just after the village, on the left side of the road towards Sikhjälma fishing harbour, there is a cattle-grazed burial ground called Grönlundsbacken. It is an inviting landscape room with around 50 graves in the form of walled cairns, stone circles and a nave that is oriented in a northeast-southwest direction. The location thus appears to have been calibrated in relation to the sun and moon. The road past Grönlundsbacken ends in Sikhjälma harbor and there begins the path that leads to the **Kapplasse** nature reserve, which offers a wonderful view to the north over the Bothnian Sea. The Kapplasse rock itself, where Lasse is said to have once stood with his lantern to guide the fishing boats into the harbor, has also been locally called Körkan, which could possibly indicate a traditional ceremonial use. Be that as it may, for me the red Kapplasse rock is definitely a holy place.

From Skärplinge: take the road towards Hållnäs, then turn left towards Sikhjälma, drive through the village towards Sikhjälma harbour. There is a parking lot near Grönlundsbacken and where the path to Kapplasse begins. Clear information boards.

Gysinge med Sevedskvarn: <https://maps.app.goo.gl/ui5PaKWb6Y5dW4rc8>

Downstream of the archipelago landscape in Färnebofjärden in northernmost Uppland, the Dalälven narrows to a powerfully flowing watercourse in the rapids at Gysinge and Sevedskvarn. Here the river had to give power to iron mills and grain mills to form today a roaring fund for PRO's folk high school, which is housed in the grand mansion and the old mills. There is also a Naturum (Natural room) here because Gysinge forms the gateway to the Färnebofjärden National Park with its species-rich flora and fauna. The water flows freely, and the Dalälven at Gysinge does that, as a whole, it is one of Sweden's most regulated waterways. The rapids are sacred places that can put the visitor in direct contact with the great cosmic flow. At Sevedskvarn, one can be more to themselves than inside Gysinge, but it may be wise to avoid the height of summer, which can be terribly mosquito-ridden in these areas.

The best way to go to Gysinge is to turn off road 56 and drive the old road over Sevedskvarn.

Gåseborg mountain: <https://maps.app.goo.gl/AjzihrVCY4Jknv99>

The mountain with its ancient castle is located in the Görvåln nature reserve in Järfälla municipality. The castle was built during the same time as Runsa ancient castle further north along the fairway to Sigtuna, i.e. in the 4th - 5th centuries. The 45 meter high mountain has steep mountain sides on three sides, offers a breathtaking view of the Mälars landscape and attracts mountain climbers and ornithologists alike. Right next to the top there are several energy-related "hot spots". Below the mountain there is a meadow framed by old giant oaks. The meadow also has a spring located next to a hawthorn tree. Many experience the spring as the spiritual center of the place. It is easy to get to Gåseborg both from the north (Jakobsberg) and from the south (Hässelby/Lövsta). From Jakobsberg: drive Viksjöleden and turn onto Hummel-moravägen; parking space on the left a little before Sandudden/Lövholmen. From there about 15-20 minutes walk. Follow the signs towards Gåseborg.

Hansta (sacred forest): <https://maps.app.goo.gl/C9VbiGijARXeYMLg7>

The Hansta forest just north of Akalla was supposed to be felled to make room for a completely new district as an extension of the development and the subway from Kista-Husby-Akalla. This was in the early 1980s and the plans sparked a backlash on several fronts. Among all the activists were also shamans who on Solhylleberget performed several magical ceremonies to stop the construction. Deforestation was stopped and Hansta became a nature reserve (1999). The ceremonies of the 80s and 90s raised the spiritual potential of Hansta.

It is excellent to get to Hansta using the subway to Akalla and then a walk towards Hägerstalund/Hanstaskogen. By car: Turn onto road 275 from E4 (exit 172) or E18 (Hjulstakorset), then turn at the sign "Hägerstalunds vårdshus". Parking at the inn.

Hågahögen (The Håga mound): <https://maps.app.goo.gl/o6Wavq99dSVkDh8a8>

According to many testimonies, this is the most powerful place in the Uppsala cluster. It is also called King Björn's mound and was built 1,500 years before the large mounds in Old Uppsala. No King Björn has been buried here, but the excavations in 1902-1903 still showed that this is one of Scandinavia's richest Bronze Age graves. Traces of fire and sacrificial animals on the mound show that the site served as a ceremonial center for hundreds, perhaps more than 1,000 years. And there is more of interest here than the pile itself. In an oak grove about 200 meters to the west is a ringing stone with several large and deep bowl

pits. The stone gives off a metallic sound when struck with a smaller stone. Turn off Enköpingsvägen (road 55) on the western edge of Uppsala towards Flogsta and follow Flogstavägen, Ekebydalsvägen and Hågavägen. Not very well signposted. Parking space next to Hågahögen.

Ingbo källor (Ingbo wells): <https://maps.app.goo.gl/i8Ba6GNtr8QuXF5KA>

The mighty spruce forest in Norduppland contributes to creating a sacred and meditative space around Ingbo springs where everything slows down; pulse, movements, thoughts. The springs are located on the Östahalvön, which juts out into Färnebofjärden on the border of the national park. Ingbo springs are already mentioned in the 12th century and at the lower spring there was a mill which is reconstructed today. The three crystal-clear springs flow roughly four million liters of water every day, which the visitor can see "boil up" through the sandy bottom. During the height of summer, there can be unimaginable amounts of biting mosquitoes here.

Find the springs: Turn off road 56 just south of Tärnsjö towards Östa and Färnebofjärden national park. Turn right after about 5 km towards Ingbo springs and drive 300 m to the parking lot. From there, an easy gravel road about 100 m to the lower spring.

Lena church: <https://maps.app.goo.gl/NBgHYLSersYkUEJj9>

Placed on a ridge a couple of miles north of Uppsala just above the confluence between Vendelån and Fyrisån. To the west of the church is a burial ground with 30 ancient relics. All this suggests that the church, like many other churches from the early Middle Ages, is built on an ancient holy site. The special thing about Lena church is the altar cabinet from 1491 which puts Jesus' grandmother Anna in the center. She has the crowned Mary on her lap and Mary in turn has the baby Jesus on her lap. The Anna figure is an expression of surviving fertility ceremonies and beliefs about Mother Earth. During the so-called walking days in spring, people in these regions carried cult images of Mary around the fields to pray for a good year's growth.

Drive road 290 from Uppsala towards Österbybruk (exit 189 from E4), turn left towards Lena church just before Vattholma. Parking at the church. The burial ground is south of the church just outside the cemetery.

Just a few kilometers northwest of the church is the **Kunsta Trefaldighetskälla**. Drive north from the church towards Vattholma, turn left towards Björklinge; after 250 meters the road passes the Kunstabäcken and there in the creek ravine is the spring, 25-30 meters north of the road. In summer, it can cover itself with

a blanket of forget-me-nots, but underneath the water flows with such force that it "boils"; cold, clear and good.

Nordians hög (Nordian's mound): <https://maps.app.goo.gl/d4UdBH1tKPJLkhpv8>

There has not been a Nordian king, but the monument, located in Åshusby in Rosersberg, is rather named after the great man Nore and his settlement Norhusa. Nore also appears in Nordic myth as the father of Vilmeid, who in turn was the origin of "all sorcerers". It points to Nore's mound being a place associated with the greatest magic. On the crest of the 12-meter high and 50 meter wide mound stands a large rectangular stone block oriented according to the cardinal directions. This undeniably feels like a meeting place between heaven and earth. Between the mound and lake Fysingen there is a large burial field that has been cut into the edge by agriculture and gravel but still contains 180 graves. At the southern end of Fysingen is **Hammarby trefaldighetskälla** just below Hammarby church. The spring restored a couple of years ago and provided with a baptismal font and stone benches to sit on.

To Nordians hög: drive the old Uppsalavägen from Upplands Väsby past Rosersberg, turn right towards Almunge (by Norrsunda church) and just after the bridge over the E4 right again towards Skånela. Then turn right in Åshusby at the Nature Reserve sign and follow the small dirt road to the parking lot. The mound is clearly visible from the dirt road.

To Hammarby trefaldighetskälla: park at Hammarby church in Upplands Väsby; take the barred path north, past the pump houses, the spring to the right of the path.

Runsa fornborg med Färjkarlstorp (Runsa ancient castle):

<https://maps.app.goo.gl/jFhqVM3DFzK1BBHM9>

From Runsa fornborg north of Upplands Väsby, the visitor has an expansive view of Mälarfjärden Skarven all the way to Sigtuna. The strategic location by the old waterway was probably one of the main reasons why a grand man's estate was built here in the 4th century, when Runsaberget was still an island. Excavations in the present show that there was a large hall, various workshops, and a so-called cult house. Perhaps the sanctity of the mountain was also an important reason for the settlement. Today, the entire mountain can be experienced as a "hot spot", and this also applies to the huge shipwreck on the burial ground below the mountain. The stone monument is 43 meters long, has 28 stones and lies in a northeast-southwest direction, i.e., where the sun rises at the summer solstice and sets at the winter solstice. If a straight line is drawn through the shipwreck to the southwest, it will reach Färjkarlstorp's burial

ground after 1.5 kilometers. There are several huge cairns and a smaller shipwreck. Runsa and Färjkarlstorp are energetically intimately connected to each other. These are mega-places with enormous and sometimes very shattering forces.

To get to Runsa: drive towards Stäket from Upplands Väsby, turn right towards Runsa just before Ed's church; end of road after 6 km at Runsa castle; parking by dirt road on the right. From there on foot about one kilometer to the "stone ship" and then another few hundred meters to the ancient castle. Färjkarlstorp is one kilometer to the southwest; follow the small dirt road south from Runsa castle and then the marked path.

Rösaring (Rösaring sacred road and grave field):

<https://maps.app.goo.gl/ACVHc7RXYoHDoVsA7>

The 540-meter-long ceremonial road on a high gravel ridge in Upplands-Bro municipality was only rediscovered in the late 1970s - something that must be described as a sensational discovery. The partially paved road begins at the remains of a cult house and ends at the largest burial mound in Rösaring's burial ground. The road has a north-south stretch and whoever walks it at 12 noon (midday) on the winter solstice then walks right into the sun - an incomparable experience. On the burial ground is a peaty stone labyrinth that has given the place its name. Walking the ceremonial road in Rösaring is usually described as walking straight into the non-ordinary reality. A mega place with a capital M!

Get here: Turn off the E18 at the Bro traffic stop (exit 148), follow road 269 towards Bro but do not turn towards Bro Centrum, but continue over the railway and turn left just after the railway bridge. Follow signs towards "Lindormsnäs". After about 5 km: turn right towards Låssa church and Rösaring. Continue on the road past the church for one km to the parking lot on top of the ridge.

Spjuthällen rock art: <https://maps.app.goo.gl/mEAL1FYLz7sFnMTe7>

At the edge of a field just over a mile northwest of Uppsala lies a seemingly inconspicuous rock outcrop which, upon close contact, turns out to contain a completely unique petroglyph. It consists of eleven long spears with marked tips. The carvers have utilized grooves left by the ice sheet in the rock and therefore the spear lies completely parallel in a northern direction. The carvings were rediscovered in 1947 by a farmer who stopped for a coffee break at the stove. Shamanic visitors usually use the spear as a tool to travel into the Dreamtime. There are no signs to Spjuthällen apart from a small information sign from the National Antiquities Authority (Riksantikvarieämbetet) next to the pit itself.

Best way to get there: drive Gävlevägen (old E4) north from Uppsala, turn left in Svista towards Bälinge, drive past Bälinge and turn left in Åloppe towards Agersta; after 500 meters one should follow the edge of the field on foot (on the right side of the road just before the first house) to the northwest for about 300 meters. The car can be parked 200 meters further on the Agersta road.

Svinnegarns trefaldighetskälla (Svinnegarn sacred well):

<https://maps.app.goo.gl/Dz7iUvpzGG2mEnPf8>

A boulder with bowl pits shows that the spring has been used for ceremonial purposes for a very long time. In the Middle Ages, it became widely known as the trinity spring and people from all over the Nordic countries made pilgrimages here. Towards the end of the 1700s, the Trinity Eve at Svinnegarnskällan had developed into a large folk festival with several thousand visitors, many of them drunk on alcohol instead of health-giving spring water. The church and state made several attempts to close the spring to curb the rowdy life, but it was always reopened, and it was only during the 20th century that the cult of the spring eventually withered away. Today, the spring gives a gloomy impression with a very weak flow and warning signs that the water is not drinkable.

The river is located next to road 55, about 8 kilometers south of Enköping and 500 meters south of Svinnegarn's church. Signposted path from the 55. Small parking at the 55, larger parking at the church.

Vada kullar, eller Sjökuallarna (The Vada mounds):

<https://maps.app.goo.gl/7wAH4qG3sPHuCcaK7>

A large burial ground just north of Vada church in Vallentuna municipality. Here there are over 100 ancient remains from the younger Iron Age when the Långhundraleden towards Uppsala passed here. Today it has shrunk to one stream – Helgöån/Husaån. On the burial ground there are three large mounds in the south-north direction, many smaller graves, and cairns and three three-points (trident). Today, the area is claimed by sheep grazing.

From road 268 you turn in Karby towards Vada church (2 km), where you can park. The burial ground and the road to it are clearly visible from the church.

Vallbyåsen (The Vallby ridge): <https://maps.app.goo.gl/8nJykcFYKACcJx5w7>

Vallbyåsen is part of the same cluster of sanctity as Broborg a few kilometers to the north. Along the ridge are several rows of stones, perhaps to mark a ceremonial path. Here is very strong course! 300 graves have also been relocated to Vallbyåsent, from the Bronze Age onwards.

From Knivsta: take road 77 towards Norrtälje, after 11 km, before Lilla Vallby there are parking spaces on the left with information boards. The path to Vallbyåsen starts on the other side of the road.

Valsgärde gravfält (Valsgärde grave field):

<https://maps.app.goo.gl/wz2WCtrTSWNdgEFS8>

Valsgärde cemetery is three kilometers north of Gamla Uppsala on road 290. On a single-vegetated moraine hill by Fyrisån there are about 80 graves, in 15 of them the dead were buried in boats that were pulled up on land. The magnificent grave gifts in the form of shields, swords, helmets and horses show that it is the male heads of the wealthy elite who were given their resting places here, resting on eiderdown bolsters. The graves were placed here because the place was already considered sacred, and the intention was that this sanctity would be shared by the dead. A remarkable detail is that a woman has been buried in the burial mound that forms Valsgärde's highest point. Obviously a very powerful woman. Maybe a clerk?

Take road 290 north from Gamla Uppsala. Well-signposted exit road. Small parking lot.

Örnsten (The Eagle Stone): <https://maps.app.goo.gl/SUhrh8Lialj8nHHZ8>

Örnsten is placed close to Grönlundsbacken on the Hållnäshalvön in Norduppland, inside the Hållnäs-kusten nature reserve. The specific stone structure known as the Eagle Stone is located on a knoll with a magnificent view of the Bothnian Sea. It resembles a compass rose and consists of ten rows of stones that converge in a remaining centre stone. However, it is hardly a compass, but rather a variant of medicine wheel or power circle, i.e., a stone formation constructed for magical ceremonies, perhaps for good fishing and favourable weather. Today it is a very fine place for balanced contemplation.

From Skärplinge take the road towards Hållnäs church, turn towards Fågelsundet in Hjälmsjö, then turn right in the village of Hållen towards the nature reserve. Follow the dirt road and signs for three kilometers to the end of the road where the path to Örnsten joins.

Örsta rock art: <https://maps.app.goo.gl/vQxPQgnH6J632cQZ6>

is located on a north-sloping rock outcrop in the Angarnssjöängen nature reserve, approximately five kilometers east of Vallentuna. The carving contains two ships (one 3.6 meters long) and above them two facing horses, one with a probable chariot with spiral wheels around bowl pits. Typical Bronze Age carving.

Turn off road 268 at Örsta and the sign for Angarnssjöängens nature reserve. From the car park there is a signposted road towards the rock carving. 300 meters to walk.

12. Värmland

Fryken-sjöarna <https://maps.app.goo.gl/4s9MxcQPUGwaSMtg7>

Along the three Fryken lakes, there are over 100 burial mounds and cult sites dating back to the Bronze Age. The name Fryken is a derivation of Frigg and Fryksdalen is the same as Frigg's valley. The deep Frigg lakes (at most 135 meters) stretch in a north-south direction and open via the **Norsälven** into Lake Vänern. Norsälven has previously been called Fryka and Fryksälven, so this watercourse is also part of the sacred water system. The vast majority of the ancient remains, which also contain bowl pits, are located on the eastern side of the lakes adjacent to estuaries.

On the headland below **Östra Ämtervik's church**, we find **Herrestad's burial ground** with about 30 burial mounds and a couple of larger cairns right by the water. On the **Lappnäsudden** by Övre Fryken, there are a couple of magnificent burial cairns on the outermost cape with a fantastic view to the north and a burial field with about 30 cairns and the remains of a so-called cult house with the dimensions 20 x 8.5 meters - the largest cult house found in Värmland. The original cult house has probably been used in connection with funerals and during various initiation ceremonies. From Lappnäsudden you can see the sacred mountain **Tossebergsklätten** rising like a giant on the other side of Fryken. The mountain, which reaches a height of 343 meters above sea level, is called Gurlita klätt in Gösta Berling's saga by Selma Lagerlöf. It is supposed to be the home of a giant bear that can only be felled with a bullet of silver and church-bell ore made on a Thursday night at the new moon. The mountain's name may be related to the Norwegian word for elves - tusser - or the old name for giants - turs. Göran Tunström, who grew up in Sunne, writes in his book *The Thief* "The highest thing is to see God. The second highest thing is to stand on Tossebergsklätten and look out over this world".

The old pilgrimage route to Trondheim passed along the Frykensjöarna. From Östra Ämtervik's church where Selma Lagerlöf is buried (her home Mårbacka is only a few kilometers away), it is a short walk to Herrestad's cemetery. Follow the signs past the cemetery. Lappnäsudden is a few kilometers north of Ivarsbjörke. Turn off the road towards Torsby at the sign for Lappnäs. Follow the small dirt road to the parking lot/turning point at Hygge and follow the signposted path towards the burial ground. The Tossebergsklätten on the

western side of Övre Fryken is reached via the E45 one and a half miles north of Sunne.

13. Västergötland:

Ekornavallen: <https://maps.app.goo.gl/hA6UJn58qfuUNZUq8>

The burial field, located about 15 km north of Falköping, contains five stone chamber graves from the Bronze Stone Age, two burial mounds from the Early Bronze Age, and a few other stone formations: judge's rings, raised stones and a trident. There are nearly 300 bowl pits on the roof blocks of the chamber tombs and some of the raised stones. All in all, this shows that the rampart has been in continuous use as a place of worship for nearly 3,000 years. Just below Ekornavallen flows the Hornborga River, which a few kilometres later reach Hornborgasjön. It is a magnificent experience during spring evenings to hold a ceremony or contemplate at Ekornavallen at the same time as thousands of cranes come to land at Hornborgasjön.

The road between Falköping and Varnhem runs close to Ekornavallen. Well signposted. Plenty of parking space.

Finnestorp: <https://maps.app.goo.gl/g6xAF4fZ7F6mwzme8>

Some holy places are located next to marshes and other wetlands and then the water itself symbolizes the transition to the non-ordinary reality. That is the main idea behind the so-called moss sacrifices where people have left gifts to Nerthus/Njörd, Frigg, Freya. When weapons have been placed in the water, they have first been deliberately damaged and rendered unusable in reality. One of these places of splendour is Finnestorp, a couple of miles west of Falköping. There are several magical markers here: two watercourses that flow together, a bridge overflowing water, a crossroads and a border between old districts, now municipalities. Archaeological excavations of the last decade have yielded numerous finds related to mounted warriors. Most striking is a gilded belt buckle that shows Odin looking down into Mimer's well where he has just placed one eye to take a sip of the potion of wisdom. The finds originate from the migration period, a time of great upheavals and power struggles. Here, too, horses and some people seem to have been sacrificed to the powers. Today, the sacred site is "masked" with neutral ordinariness – a damp and bushy landscape alongside a seemingly ordinary stream.

Turn off road 47 between Falköping and Grästorps in Borga, follow signs for Larv and then for Floby. Offermossen is located where the road crosses

Katebrobäcken. A few hundred meters before the bog (counting from Larv) there is a parking lot with an information board about the site and the excavations.

Ingemo källa (Ingemo sacred well): <https://maps.app.goo.gl/iyK9AWXqidX3T5mx5>

It is a Visigothic saint, St. Ingemo, who was given the name of this old healing spring. Here the folk ceremonies were kept alive well into the 20th century. In a record from the end of the 17th century, it is said that the spring was worshiped as a goddess. Today, no traces of the grove and the stone circle that once existed on the site are visible. The spring, which is located in a seemingly ordinary meadow slope, is paved with stones and covered by a limestone slab. The water is fresh and clear.

The spring can be a bit tricky to find: Drive south from Skövde on road 26; left towards Korsberga after about 15 kilometers; left again onto dirt road after 2.5 kilometers; after another kilometer the spring is on the right of the road just after a residential building. A small wooden sign with the text "Ingemo källa" marks the path.

Kinnekulle med S:ta Brigidas källa (Kinnekulle mountain with Brigid's well): <https://maps.app.goo.gl/qgHwdtwMqTyonaV89>

Kinnekulle lies like a giant mountain at the edge of Lake Vänern, and when Linné was here in 1746, he was so enthralled that he shouted: "A place among the most remarkable in the kingdom". There are 18 separate nature reserves on Kinnekulle and the entire area of 5,000 hectares is part of Natura 2000. The top of the massif is called Högkullen, which unfortunately has been equipped with a frightening lookout tower. Those who visit Kinnekulle to take part in the sanctity of the mountain have more to pick up at the two springs located by Husaby church. In one, St. Sigfrid's well, Olof Skötkonung as the first Swedish king was baptized by the English monk Sigfrid in 1008. The other, St. Brigid's well, is named after the Irish nun Brigida who never visited Kinnekulle but lived and worked in Kildare, Ireland. It lies as if in a sacred grove, surrounded by stately ash, elm and maple trees and radiates a magnificent feminine power.

Turn off road 44 in Götene or Skälvum, follow signs for Husaby. Large parking lot at Husaby church. Brigidakällan is located approx. 200 meters south of the church on the slope below the ruins of the bishop's castle. There is a marked path.

Nycklabacken (Nycklabacken grave field): <https://maps.app.goo.gl/Up1vJNq2JASatUCp6>

Just outside Herrljunga we find one of Västergötland's mega-sites – the large Nycklabacken burial ground with its burial stones. The name is probably a derivation of *mykil*, meaning great and mighty. The burial ground includes nearly 200 ancient remains in the form of mounds, stone deposits, tridents and around 30 raised stones, several of them over three meters high. The entire burial ground feels like a welcoming park landscape where it nestles on a hill just south of Fölene church with a view of the river Nossan. This north-flowing stream may well be named after Freja's daughter Hnoss.

Turn off road 181 approx. 5 km west of Herrljunga towards Fölene church. The cemetery is on the right of the road. Signed. Parking spaces are scarce, but there are some by the church and from there you can walk to the cemetery.

Rane stenar: <https://maps.app.goo.gl/2R5zKR4zFbcudHc69>

This megalithic monument, located just outside the community of Tidän in the north-flowing Tidän valley, also goes by the name Askeberga Shipyard. It consists of 24 stone blocks that are up to three meters high but lack both bow and stern stones and are thus not a typical ship setting. The 55-meter-long construction, which is oriented in a straight north-south direction, rather suggests a long house - perhaps built for the spiritual essence of the place as a house of the spirits? The name Rane is one of Oden's many nicknames. The fact that the nearby lake Östen was previously called Oden's lake and that Odensåker's church is also in the area supports the theory that the monument is connected to an Oden cult.

Turn off road 200 inside the community Tidän towards Horn, shortly afterwards turn onto the dirt road towards the monument. Well signposted. Small parking lot.

Skaga stavkyrka (Skaga stave church): <https://maps.app.goo.gl/CqpyeBxEEvg7nD6E7>

The first version of the church was built at the beginning of the 12th century on an old cult site with a holy spring just west of Lake Unden. When Tiveden was depopulated after the ravages of the Black Death, the church fell into disrepair and was only found in the 16th century by two bear hunters. It was upgraded and developed into a health-giving cult place of rank. In the 18th century, it was described by the bishop of Skara as an "abominable temple of idols" and the church's authorities pushed through its demolition in 1826. It was not until 1960 that it could be resurrected again - in a similar style to the original church. However, this second version of the church burned to the ground in 2000 but was quickly rebuilt. What we can visit today is thus the third version of Skaga

stave church. And the spring remains! Turn off the road between Älgårås and Uddenäs towards Skagen/Skaga stave church. Parking lot next to the church.

Södra Härene ödekyrka (abandoned church):

<https://maps.app.goo.gl/CDZL9gc6dC3jJ49K6>

Great drama is associated with this place, which is located next to the north-flowing Nossan. The first version of the church was already erected in the 12th century, most likely on a site that was already considered sacred; perhaps there was a sacrificial grove here. The church was looted and burned down by Danish troops in 1612. A new church was quickly built on the same site but after nearly 300 years of use it was struck by lightning during an intense thunderstorm in 1905. The church burned down for the second time. Only the old stone walls remained, and the congregation had a larger stone sanctuary built a few hundred meters further north. Funerals, however, continued to be held at the deserted church right up until 1984. Today, a gothic and somewhat ghostly atmosphere rests over this place. An excellent location for ceremonies and outdoor seating! Turn off from E20 about 6 kilometers north of Vårgårda towards Eggvena. The ruin is clearly visible from E20. Parking is available at the old cemetery.

Tivedens nationalpark: <https://maps.app.goo.gl/DtFrwUFH7PVKbd6XA>

The name is a compound of Tyr (sky god) and wood (=forest) and thus denotes the divine forest, and this is in the true sense of the word a wild, dramatic and diversely changing landscape. Here there are ancient sacrificial springs, sacred mountains and ceremonial sites and, not least, a forest unaffected by the industrial forestry that developed after the Second World War. The national park was established in 1983 and expanded in 2017 so that today it covers just over 2,000 hectares. The official purpose of the national park is for the forest to develop into primeval forest and function as a vast sanctuary for plants and animals. Since 2013, wolf is also included in this diversity. A network of hiking trails of varying difficulty starts from the national park's visitor centre. The terrain is very hilly and can be demanding to hike in. To get in touch with the spiritual dimension of Tiveden, it can be enough to go into the forest anywhere, sit by a fir or pine tree on a mountain ridge and just pay attention and take against. The whole area is sacred, but there are some "hot spots" that stand out from the surroundings, for example Trollkyrkeberget, whose name indicates an ancient ceremonial use, and Stenkälla, an old sacrificial well surrounded by huge boulders over ten meters high.

The roads to Tiveden National Park are well signposted. Turn off from E20 in Finnerödja or Laxå or from road 49 between Askersund and Karlsborg.

Ålleberg mountain: <https://maps.app.goo.gl/uzhGo3katDVnKqk49>

One of Västergötland's most fabled and well-visited holy places. The mountain is named after its female protector Ålla, who is an aspect of Mother Earth. It is said that when Ålla shakes its bolsters, it snows over Falbygden. Inside the mountain, Ålla is said to be guarding a huge gold treasure (gold = wisdom in Norse myth), and that story was certainly given renewed force by the magnificent gold collar that was found in 1827 by two farmers below Ålleberg's steep northern slope. The gold collar can today be viewed in the gold room at the Historical Museum in Stockholm. Other stories about Ålleberg are about the twelve blue horsemen who, in their golden armor, sleep deep inside the mountain - ready to wake up and intervene when times of trouble threaten Falbygden. On the north side of Ålleberg, on the other side, water comes out in seven different springs. The most famous of them is the Hokällan, where many Falköping residents still collect extra good and fresh drinking water, which is said to be excellent for making tasty coffee. From Ålleberg you can see the sister mountain Mösseberg with its large ancient castle just north of Falköping and the gangriffs at Karleby. Just below the mountain is the pedestrian Firse sten, an impressive grave monument that was built 5,000 years ago. Most of Ålleberg (close to 200 hectares) has been protected as a nature reserve since 2002. It is fine to drive right up to the top, where there is a popular restaurant next to the gliding facility.

The mountain is located just outside Falköping and can be reached from road 47 towards Jönköping. Well signposted. Plenty of parking space.

14. Västmanland:

Anundshög (Anund's mound): <https://maps.app.goo.gl/qyKGiaNqCpdoEeyC9>

The antiquities area in Badelunda was designed by powerful people who wanted to astonish both their contemporaries and their posterity. Here, in the 9th century, one of Sweden's largest burial mounds, Anundshög, was built, which is nine meters high and has a diameter of 64 meters. In addition, two large combined ship-sets pointing straight into the large mound, three smaller ship-sets, eleven more burial mounds, ten round stone-sets, a stately runestone by a stone-lined processional path and, a few kilometres south at Tibble, a labyrinth built of between 2,000 and 3,000 stones. Most of these constructions are significantly older than Anundshögen. The two large ships are located in a northeast-southwest direction. For many visitors, it feels obvious to approach the great mound by meditatively walking through the two stone ships and perhaps stopping for an extra moment precisely at the intersection between the two

monuments. Strong and tangible earth-megin! The rune stone by the processional route, which may originally have been over 200 meters long, is provided with an image that is unparalleled on Swedish rune stones – a female figure and a male figure that are intertwined.

It is easy to find Badelunda - well signposted towards "Anundshög" from the E18 just east of Västerås

Labyrinten vid Tibble (The Tibble labyrinth):

<https://maps.app.goo.gl/ATWKtdZBQSpawZup6>

Turn towards Tibble just under a kilometer before Anundshög at the sign marked "Labyrinth".

15. Ångermanland:

Häxberget (The Witches' mountain): <https://maps.app.goo.gl/8LKTjPCjaZhFoWwGA>

Hexberget is also called Halshugberget. Here, on June 1, 1675, 71 people were executed by beheading, accused of sorcery and Blåkullafärder (witchcraft). The bodies of those executed – 65 women, two men and four boys – were burned and dumped in a bay in Lesjön below the mountain, which was later named Kärringviken. This tragedy and its threads into the present are depicted in the novel *Vägen till Bålberget* (2013) by Therese Söderlind. In Sandslån, on the other side of the river, there is a small summer-open witch museum which is also built around this witch process. At the top of Häxberget, since 1975, there has been a devout memorial site where visitors are greeted by signs with the text: "This is an execution site - no barbecue site! Here people have met a cruel death. Honor their memory – act with respect!" The two large boulders have the following inscription: "A witch's bonfire burned here in 1675. Women died. Men judged. The faith of the time affects man." Today, this place has been transformed into a sacred place, a place of stillness and meditation.

Turn off road 90 approximately 3 kilometers north of Bollstabruk at the sign "Häxberget 4". Small parking space by the information board. Clear path up to the top, about 400 meters.

Lunde: <https://maps.app.goo.gl/q5WyqiuyzcZd5Vz5b7>

The memorial site for the shots in Lunde on 14 May 1931 when five workers were killed by the machine gun fire of the military can also be considered and treated as a sacred place. The memorial sculpture by Lenny Clarhäll was inaugurated in 1981 on the 50th anniversary of the military's fatal intervention against the workers' demonstration train which was a protest against the hiring

of strike breakers at the ports in Ådalen. Bo Widerberg's film Ådalen 31 contains a strong and realistic depiction of the demonstration and the shooting. The events in Ådalen eventually led to a ban on using the military against civilians. At this memorial site it is easy to feel anger, hatred and despair but beyond these of course there is knowledge, learning and power, This is definitely a place to revere and cherish.

Turn off road 90 in Lunde towards Sandöbron. Turn right before the bridge at the sign for "Minnesmärke".

Nämforsen och Rödochrarummet (Nämforsen rock art area):

<https://maps.app.goo.gl/qw4dXRJD6v2eWh7F7>

Nämforsen by the Ångermanälven, with its more than 2,000 known carvings, is one of Sweden's most powerful rock carving sites. What makes the place extra interesting is that it is included as an integral part of a larger area called the Rödochrarummet. Upstream of Nämforsen, within an area of 2x3 miles, there are relatively newly discovered rock paintings in about 15 places - and new paintings are being discovered continuously. The images originate from the era of hunters and gatherers, which has made moose the dominant motif. The moose was sacred, as was the red ochre used to colour the images. When the carvers carved their images at Nämforsen, the water flowed freely, and it was here that the river met the sea. Today, the river channel below the power plant is dry - it is only in summer that some "tourist water" is released during the day. Whoever meditates on the rock images has the opportunity to catch a glimpse of the cosmological stories and conceptual world of the Stone Age hunters. This is a place that holds great and cosmic knowledge. Nämforsen's petroglyphs are located on the edge of Näsåker's community, where one comes from road 90 between Sollefteå and Junsele. Everything is well signposted. During the summer months, the RockArt visitor center is open during the day. Here you can also find information about the rock paintings in the Rödochra room. Such can also be obtained from the county museums in Östersund, Härnösand and Umeå. Some photo locations can be difficult to find without a local guide.

16. Östergötland:

Himmelstalund: <https://maps.app.goo.gl/ws31DmrCFZu4iEZY6>

In Norrköping there is one of the largest concentrations of rock carvings in northern Europe - the vast majority made during the Bronze Age in connection with the Motala stream between Glan and Bråviken. It is about a dozen premises with roughly 7,000 carvings within a few kilometres. In the open-air area Himmelstalund there are almost 1,700 carvings. Here motifs such as ships,

animals, swords, spears, people, soles of feet and so-called sun crosses dominate. In 2013, a carving of a four-wheeled cart was discovered, the first of its kind in Östergötland. Most striking is probably the so-called Björnhällen, which got its name from the bear tracks that are depicted on the mountain's crest. The 27 track stamps give the impression that a bear has really wandered over the slab. In one place, two bear paws have been joined with the soles of human feet, perhaps to represent a shamanic port shift. Himmelstalund's petroglyphs are located in central Norrköping, clearly signposted from Riksvägen.

Omberg: <https://maps.app.goo.gl/LVZfY7C9eHj33KLV6>

Like a slumbering giantess, Queen Omma lies next to Lake Vättern - one mile long and three kilometers wide. Omberg, with its diverse flora and fauna, its springs and caves, its rippling streams and steep cliffs, its proximity to the easily moving waters of Lake Vättern, is characterized by great worldly beauty. But the visitor also quickly senses its inner beauty and the presence of all sorts of invisible beings – chief among them the Grand Councilor herself, Queen Omma. The mountain is traditionally regarded as a living and conscious being, and when the characteristic veils of fog envelop the top of the mountain, people in the area say that the mountain is alive. Omma has been regarded as the wife of Ome, which is one of Odin's nicknames, and it is perhaps not so far-fetched because Odin's bird, the raven, is also the character bird for Omberg. Omma then becomes the bird goddess, full of wisdom. Up on Omberg, there are the remains of three ancient castles from the migration period: Hjässan in the south, Borggården in the middle of the mountain and Omma's castle at the northern tip of Borghamn. Since the whole of Omberg is sacred, it is unfortunate that it lacks legal protection in many ways. There are only five small nature reserves on the mountain; the rest of the area has been subjected to insensitive felling and new plantings. The effect of the fact that the largest land owner, state-owned Sveaskog, has designated its lands as an "ecopark" is so far very unclear.

Omberg can be seen from afar: turn off E4 at Ödeshög (exit 106), drive road 50 towards Vadstena. To get to Stocklycke on the southern side, turn left at Alvastra; to get to Hjässatorget turn left four km further north; to get to the north end, continue on road 50 and turn left towards Borghamn.