



THE ROUTE IS
CO₂ CALCULATED



WELLBEING ROUTE FOR BODY, MIND, & SOUL

TORSÅS & SÖDERMÖRE
SWEDEN



SUSTAINABLE VACATIONING
DO WELL & FEEL WELL



DO YOU ALSO WANT TO FEEL WELL,
EXPERIENCE A SUSTAINABLE VACATION,
AND DO SOMETHING GOOD?



#WELLBEINGVACATION

HERE IN THE COUNTRYSIDE...

Driving along the blossoming and winding gravel roads will bring you closer to a more simple and natural life. Here you will find peace for your mind and experience things that contribute to the wellbeing of your body and soul. Here you can become one with nature and fall in love with the beautiful landscape between the sea and forest.

This wellbeing route is for you who are looking for inner peace, recovery, care for your body and want to contribute to the wellbeing of animals, nature and the surrounding society.

In Torsås and around Södermöre, you can experience beautiful and varied natural and cultural historical places, flowering meadows, lush forests and fields, and a beautiful, soul-opening coastal landscape. Choose if you want to experience it on your own or together with our wellbeing guides.

Along the route you can provide yourself with local food from the surrounding farm shops and make use of the "right of public access" to freely roam and explore and to even spend the night outdoors. You can also choose to be taken care of by our caring hosts and spend the night at our cosy wellbeing accommodations.

This wellbeing route gives you a suggestion of a one and a half day experiences with the opportunity to variate your activities according to your wishes. Perhaps you are an early bird or a stargazer, or maybe both? Whatever you prefer, we hope you will find inner peace, harmony, and balance, by your own, or together with others.

#wellbeingiswelldoing



WELLBEING IN TORSÅS & SÖDERMÖRE



Vacationing in line with wellbeing

Wellbeing tourism is sustainable tourism that creates harmony and balance for body, mind, and soul. There is an intention to do good, with a positive impact on people; both on you as a guest and our hosts, but also on the surroundings, our planet, in the present and in the future. When you do good, you feel good and develop a state of wellbeing.

Why to choose wellbeing companies

Wellbeing companies aim to conduct their activities in harmony and balance with the outside world. They are open, honest, and aware of how their activities affect society and the environment. They are also involved in the community and have knowledge of the most important local issues.

A wellbeing company protects and cares about the wellbeing of the local population, its staff, and its guests, taking traditions, natural and cultural heritage into account. It gladly spreads its knowledges to more people and meet you and others with kindness and joy. More wellbeing-companies and places that do good can be found in our atlas at homesofwellbeing.com.



Good to know about the wellbeing route in Torsås & Södermöre

Length of the route from the first stop: about 85km. You can choose our recommended gravel and countryside roads or a shorter, more direct route via the main roads. Of course, you can also choose your own path!



Type of route: One or multi-day
Approx. time required day 1: 9h, 55km
Approx. time required day 2: 6h, 30km

Best mode of transport:

Electric or biogas car.

Charge your EV in: Skörebo, in the centre of Torsås & outside Söderåkra.

Refuel biogas in: Söderåkra.

Options: By bike or by foot if you have time to plan for several nights.

Pack your bag with: sleeping clothes, ecological hygiene products, yoga mat, hiking shoes, comfortable clothes, towel, swimwear, picnic blanket, bag for your shopping's along the way, portable stove sunglasses, water bottle and camera.

Keep in mind that you may need to book activities and accommodation in advance. If you want to experience the route on your own, you can look at the activity cards on our website wellbeingtourism.com



EXPERIENCE ON YOUR OWN
OR WITH A WELLBEING HOST



1ST STOP

FOREST BATHING IN GULLABOSKOGEN

Approximate time required: 2.5-3 hours.

Wellbeing destination: Gullaboskogen, Skörebo

Recommended starting point: Skörebo 107, Gullabo. **GPS:** 6255915, 553230

Wellbeing host: Liselotte Johansson, wellbeing forest bathing guide

Start the day by activating your senses with a tranquil forest bath. The healing and calming energies of the forest helps you lower your heart rate, stimulates your breath, and sets the mood for the day. Around the village of Gullabo you will find well marked hiking trails that guide you along lush gravel roads, forest paths, over aromatic fields, through beautiful forest pastures, past picturesque reds cottages and beautiful old farms.

You will come across many cultural historical remains, sacred places, and memories from the past. Pack your backpack with a nutritious Swedish fika, a yoga mat, and a pillow.

Choose a hiking trail and find a place where you feel safe and embraced by nature - where the energy of the forest meets your body with positive emotions.

Forest bathe and discover on your own or let yourself be taken care of by our wellbeing guides who will take you and your company along on a mind-opening experience together with others. Make new acquaintances, gather by a cosy campfire, and enjoy a tasteful meal.

Remember to book the guided tours beforehand. Feel free to explore more wellbeing offers on our website.

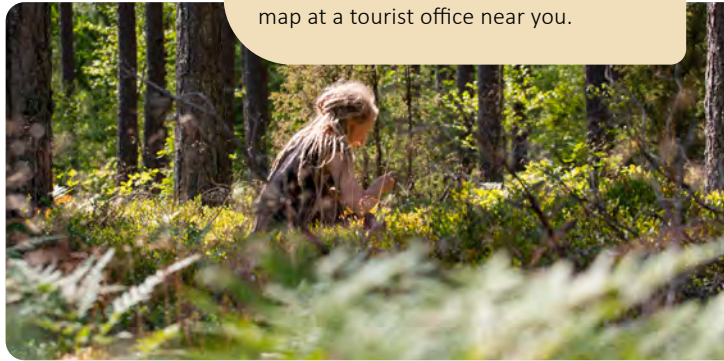


Foto Joanna Kohnen Länsstyrelsen Kalmar län

Around the Gullabo forests

Wherever you go in Gullabo, there are plenty of natural and cultural historical remains. Picturesque crofts and farms, winding paths and trails, mysterious caves, and sacred places. Feel the presence of mother nature and the spirits of the forest. They might kindly accompany you throughout your tour.

There is a lot to explore! Visit Dackes cave, lake Transjön, Emma's croft or the rocking stone. Visit farm shops, pop-up flea markets, arts, craft shops and much more. Pick up a visitor's guide and a map at a tourist office near you.



2ND STOP

LAKE IGLASJÖN

Address: Iglasjön, Torsås | **GPS:** 6247191, 551010

At Iglasjön you can enjoy a truly relaxing and energizing bath, or just pause on the jetty and let your feet dangle into the water. After driving along winding countryside roads, through traditional Smålandic villages with flowering roadsides, the forest opens, the sky lightens up, and the imposing, yet tranquil lake presents itself in between the trees.

Enjoy the stillness, the space, and the comforting sounds of nature. The seemingly dark, and still water will give you a comforting, warm and nursing feeling, as if mother nature is caring for you. Despite its rich, dark colour, the water is clean and fresh; during the summer months the water is usually a little warmer. The small beach and sandy bottom invites you to a mindful and slow walk into the water.

Bathing in a Smålandic lake is different, it fills your soul with an empowering feeling and inner peace. If you rather just enjoy the beautiful view you, lay down on the jetty and let your fingertips slide through the water. Maybe you get a visit from a water dancing insect or a little bird who with its song will brighten up your presence.

At the small campfire and barbeque place you can warm your snacks, boil tea water or cook your lunch. There are also benches, picnic tables and a dry toilet. There is also a shorter hiking trail around the lake. Before your visit to Iglasjön, remember to shop some local and organic products such as fika, produces for your snack or lunch, from the surrounding farm shops. Visit our website for more information.





FIND YOUR ACCOMMODATION
ON [HOMESOFWELLBEING.COM](https://www.homesofwellbeing.com)

3RD STOP

STUVENÄS & ÖRAREVET'S COASTAL LANDSCAPE

Wellbeing destination: The coastal landscape along Örarevet

Approximate duration: 1.5 hours + with the possibility for overnight stay

Rekommenderad starting point: Stuvenäsvägen 1, Söderåkra

GPS: 6258554, 569510 | **Wellbeing host:** The local wellbeing accommodation

The route now leads you further through rural villages, along flourishing fields, towards the coastal landscape of Kalmar strait. Here you are welcomed by a beautiful cultural historical venue. This is also your final destination for the day. Here you can choose from several different activities that contribute to the inner, and outer wellbeing of your body, mind, and soul.

Explore the various walking and hiking trails along the coast, such as the Kalmarsunds trail. From here you can visit Fulvik's sandy beach, stroll along the "quiz trail" or take an energizing walk in the nature reserve Örarevet.

The beautiful diverse beach and meadows are the result of a successful interactions between humans, animals and nature during thousands of years. Moreover, there are various ancient remains such as cairns, tar valleys and other cultural sites around this area

If you plan the wellbeing route as a multi-day experience, you can book a room in one of our cosy wellbeing accommodations in the area. Our conscious and caring hosts take care of you so you can relax and rest with a clear conscience. Explore more wellbeing offers via our website.

4TH STOP

FULVIK BEACH

Wellbeing destination: Fulvik & nature reserve Örarevet

Approximate duration: 1- 3,5 h (depending on the activities you choose)

Address: Örarevet, Söderåkra. **GPS:** 6257734, 569629

If you choose to spend the night on one of our wellbeing accommodations nearby you can start your morning with a walk to the beach and take a refreshing dip in the sea or during winter time, in a heated outdoor pool. Take the opportunity to practice your morning meditation or yoga session in a beach meadow or on the sun warmed sandy beach.

Next to the beach there are several walking paths and hiking trails, here you can roam around freely and explore the beautiful the coastal landscape and nature experiences the nature reserve Örarevet has to offer.

Facilities & accessibility

- Changing room
- Barbecue & fireplace
- Toilets & outdoor shower
- Visitor information boards
- Footbridge along the beach
- Long jetty with bathing ladders
- Swings and water slide

The bathing area is shallow, and some parts of the beach and the nature reserve are partly accessible for with strollers, walkers, and wheelchairs. During the wintertime the trails may be wet and soft. Dress accordingly to the weather and to the season, with warm clothes and waterproof shoes.



NATURE RESERVE ÖRAREVET

Mornings at the seaside are special. We invite you get up early to meet the sun and walk along the Kalmarsunds trail down to the beach and to the adjacent nature reserve Örarevet.

Örrarevet's esker got its characteristic appearance sculptured though the weather, wind and waves carved the landscape, shaping it during hundreds of the years. Out in the reserve you can find a varied, rare flora and fauna. Bring your binoculars if you like bird watching. If you are lucky, you might even glimpse some seals, sunbathing on the rocks around Örarevet.

The further south you walk the narrower the esker's ridge gets; at the far end you are completely surrounded by the sparkling sea. In the middle of the reserve you will find an interesting collection of stones, "the labyrinth" and a

cosy barbecue area with enough space for friends and family. Bring some snacks for your Swedish fika break and remember to take along a bag for your waste. Tip! Many of our wellbeing hosts offers take-away fika or food that you can take along on your excursions.

Trails & walking paths

- From Stufvenäs to Fulvik beach: About 800 m.
- From the beach to the southernmost the tip of Örarevet: 2 km
- Total number of km from Stufenäs to Örarevet: 2.8 km
- The bike & car route from Stufenäs to Fulvik & Örarevet is about 3.4 km (via E22 N).
- Kalmarsundstrail from Stufenäs - Bröms is about 50 km.
- The whole trail is about 200 km long.





VISIT A TOURIST OFFICE NEAR
YOU FOR MORE INFORMATION!

5TH STOP

SÖDERMÖRE FARM SHOPS

Wellbeing destination: From Södermöre to Kalmar

Recommended starting point: Söderåkra, via road E22 N

Route length: 30-40 km, depending on which farm shops you choose to visit

After a morning outdoors, the route continues further towards the farm shop area Södermöre. From Stuvénäs you drive on to the "old main road" E22 along the coast. Between rich fields and pastures you can glimpse the sparkling sea. Here you can truly follow the local food from farm to fork.

Around Södermöre you will find various farm shops: small shacks, charming market stalls with lovingly handwritten signs and self-service, traditional barn-shops, as well more modern, yet carefully renovated venues, serving fika or smaller meals. It's up to you, which ones you choose to visit! Just remember to pause during the day to recharge your body and soul with a nourishing lunch.

Along the farm shop route, you will find lovingly crafted food products from animals grazing on natural pastures such as cheese, yogurt and other dairy products, as well as refined products such as nordic grains, jams, juices, chutneys, breads and pastries. And depending on the season, a colourful variation of fruits and vegetables, from beets, cabbages, strawberries, to potatoes and kale.

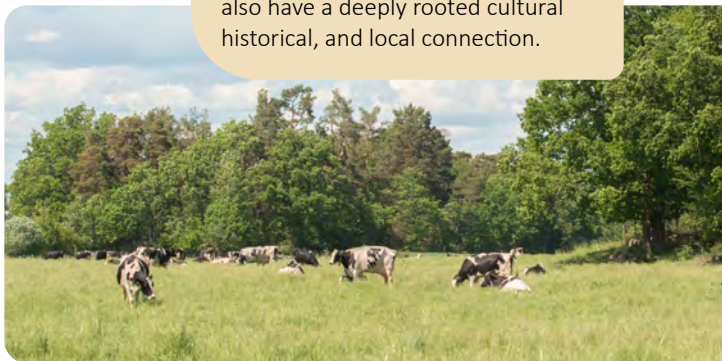
Get inspired by unique local products where you can feel, see, and experience exciting flavours from heritage grains, naturally cultivated crops and other products from the surrounding natural pastures. Here you get to taste the local cultural heritage and the genuine Smålandic flavors!



A journey towards a sustainable future - Södermöre farm shop area

With great knowledge and awareness, crops and produce are cultivated with great respect and care for nature and environment, biodiversity, social equity, and for the surrounding community.

Here, farmers and producers work together to build and maintaining a healthy soil for our current, and future generations. Some of them also have a deeply rooted cultural historical, and local connection.



SLOW TRAVELLING

You can reach the destinations along the wellbeing route via different roads. The main roads will take you more directly and faster to the destinations, while the pace along the winding countryside and gravel roads, will invite you to slow down. The route through the woods will take a little longer but will offer you interesting and beautiful views along the way.

Slowing down gives you more time to contemplate and take in the beautiful surroundings, though it also minimizes your carbon footprints. The slower you travel; by foot, or by bike, the more sustainable your journey will become.

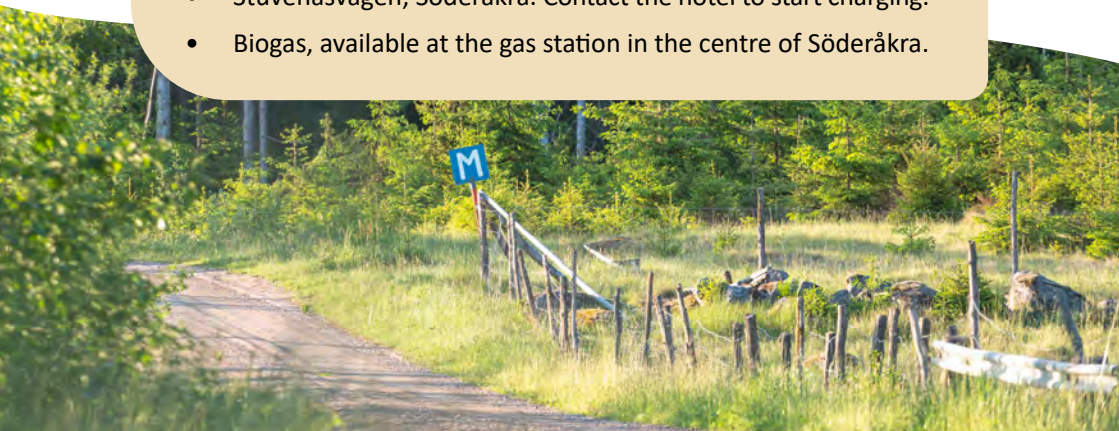
The route and the roads between the destinations have carefully been selected so that you can experience and take in the diverse sceneries of south east Småland in a more sustainable way that also contributes to the wellbeing of your body, mind and soul.

Places with historical remains, nature reserves, hiking trails and other points of interests, invite you to experience the route during all seasons. You may of course choose alternative paths that fits your means of transportation and your possibilities to get around. Remember to pick up a map and a visitor's guide at a tourist office near you.

Biogas & charging stations

If you need to charge your electric car (EV) or refuel your biogas car along the wellbeing route, you can so do here:

- Skörebo, private charging post. Please call the wellbeing host Liselotte Johansson to be able charge +46 (0)76 340 05 02.
- Torsås municipality town hall. Bring your own charging cable.
- Stuvensvägen, Söderåkra. Contact the hotel to start charging.
- Biogas, available at the gas station in the centre of Söderåkra.





TRAVEL SUSTAINABLY

To experience and explore without using fossil fuels in your means of transportation is an important part of the journey towards a sustainable future.

Biking or walking is by far the most climate-smart way to transport yourself. If the travel requires longer distances, the two best strategies are to use public transport, or have a vehicle using its full capacity through carpooling, for example.

If you drive your own vehicle, please choose biogas, electric vehicles, or other fossil-free alternatives. In Torsås municipality, you can both charge your electric car and refuel with biogas. Remember to drive mindfully. Pay great respect and care towards people,

animals, nature, and the environment. Drive along roads, and park where you won't harm the ground or greenery. Drive smoothly at a steady speed, remember to avoid accelerations or hard braking (beyond the necessary), and check your tire pressure.

Below you will find a CO₂ calculation and a comparison between different types of vehicles and fuels. The numbers based on our recommended route with a total distance of 85 km.

* Please note that the figures are an average calculation of emissions, they may be slightly higher or lower depending on the number of passengers, load, type of road and vehicle. Emissions for electric cars are in this case calculated on the average in the Nordic countries.

CO₂ calculation for the recommended wellbeing route 85km*

Type of vehicle/ gramm CO ₂	EV	Biogas	Bio Diesel	Diesel	Petrol
Small car	1 190	2 635	5 100	10 115	15 385
Medium car	1615	3 485	6 715	13 345	20 315
Large car	2 125	4 590	8 755	17 595	26 775

MEET NATURE WITH CARE



The right of public access offers you unique opportunities to experience nature by bike and by foot, when hiking through pastures and forests, when you want to cook outdoors and even sleep under the stars.

Through the right of public access, you are invited to responsibly enjoy all the good and beautiful nature has to offer. It is a freedom under responsibility which means that you meet animals, nature and people with care and consideration. A good guideline is "do not disturb- do not destroy".

- Avoid walking on afforestation and arable land where crops can be damaged.
- Close gates and electric fences when walking through pastures.
- Avoid walking near houses and plots not to disturb, ask if you are unsure.
- You may camp a few days on durable ground. Show great care for animals, nature, and others.
- **Biking, riding & driving:**
You are welcome to bike and ride in nature and on private roads. Show extra care when the ground is moist or wet and particularly sensitive. Driving a motor vehicle is not included in the right of public access, as it can harm nature.

- **Take care of nature:** Take your rubbish home and leave your resting place clean, if you happen to find other rubbish, you are welcome to pick it up.
- **Campfires & outdoor cooking:**
You may light a fire and cook in nature where it is safe, under safe conditions. Choose prepared barbecue areas and fireplaces or use a portable stove. Please notice that there may be a fire ban during dry periods, find out what applies in each respective municipality.
- **Show consideration:** You may pick allowed flowers, berries, and mushrooms, yet in many places, there are rare and protected plants, insects and animals that must not be picked or disturbed. Keep a close eye on your dog, keep it tethered between March and August.
- **Right of public access - deviations:**
In most places, the right of public access applies. However, in the nature reserves, special regulations may apply. Read about what specifically applies to protected areas.

Large parts of the nature reserve Örarevet is protected. Feel free to take photos but please leave nothing but your footprints.





1. Forest bathing

2. Lake Iglasjön

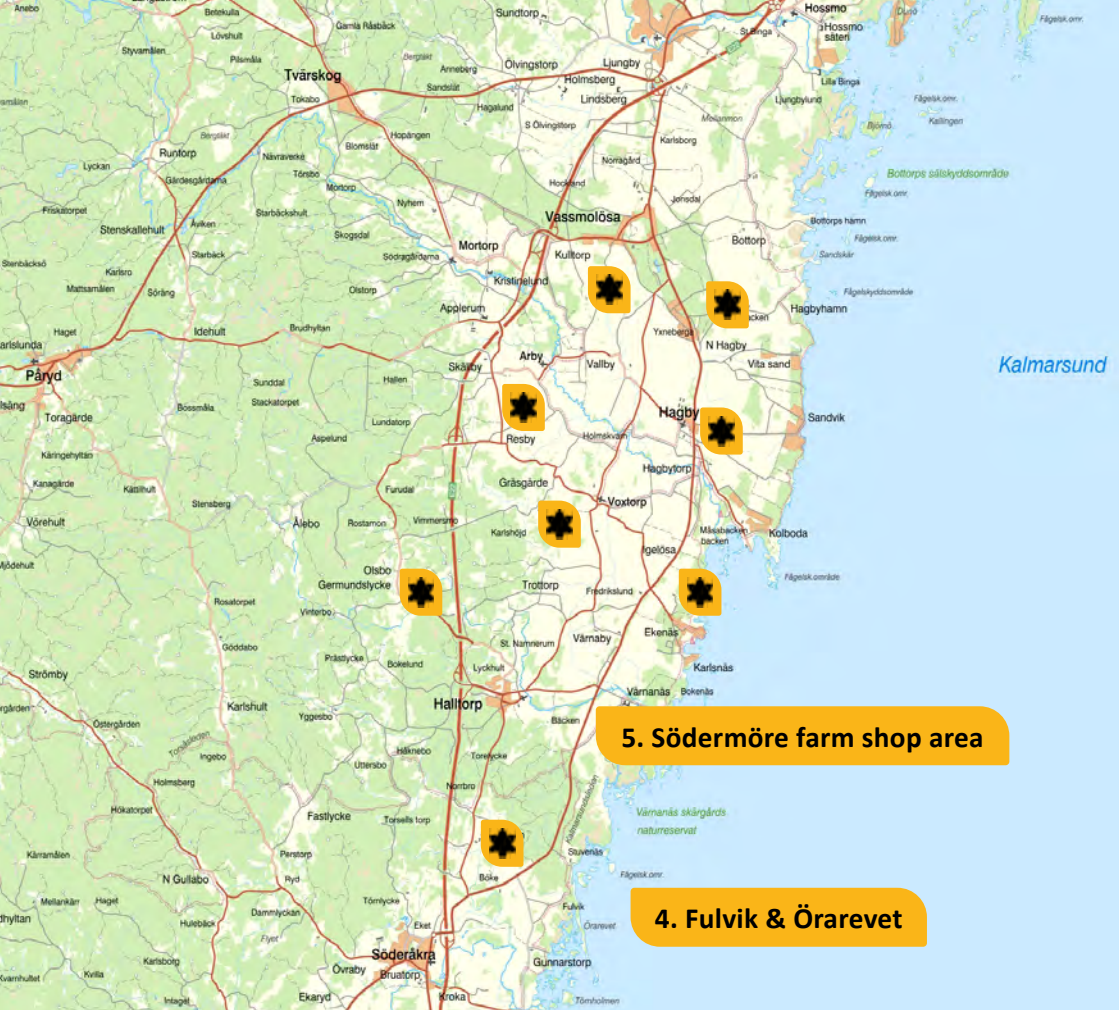
3. Stuvénäs

THE WELLBEING ROUTE IN TORSÅS & SÖDERMÖRE - DAY 1

Recommended route from Skörebö, via Magdegårde, Råbäcksmåla through Fagerhyllan towards Bränderås and further on to Hallasjö and lake Iglasjön. Later, continue past Skörgöl towards Gettnabo and Bergkvara, further towards Söderåkra to Stuvénäs via E22N.

- 1. Stop 1:** Forestbathing in Gullabo forest, by your own or with a wellbeing guide.
- In between:** Experience the diverse agricultural landscape of Småland, bike or drive along pleasant country roads.
- In between:** Visit local farm shops to buy produces and other food products for your lunch stop.
- 2. Stop 2:** Take a swim, rest & cook your lunch at the fireplace at lake Iglasjön. With accessible dry-toilet.
- 3. Stop 3:** Take care of yourself or let yourself be taken care of at our enjoyable wellbeing accommodations near the coast.

The dashed lines are only guidelines, feel free to explore the county roads on your own!



THE WELLBEING ROUTE IN TORSÅS & SÖDERMÖRE - DAY 2

Recommended route from Stuvensås to Fulvik beach and to the nature reserve Örarevet. The farm shops in Södermöre can be found close by the towns of Böke, Ekenäs, Voxtorp, Germundslycke, Kolboda, Arby, Yxneberga, Hagby and Vassmolösa.

4. Stop 4: Morning activities near Fulvik beach or the nature reserve Örarevet.

In between: Take a fika break or enjoy a good lunch at one of the farm shops.

5. Stop 5: Visit the farm shops around Södermöre, experience local produces and crafted food products from Småland. The farm shop area is stretching from Söderåkra and north on towards Bottorp.

More farm shops than those marked on the map above can be found on the County Administrative Board of Kalmar County's website: [Farm shops & crafted food products in Kalmar County.](#)



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BEING A WELLBEING VISITOR

Protect our nature & respect the right of public access
Save on our valuable resources & travel sustainably
Support the local community & all wellbeing hosts
Buy products that contribute to biodiversity

#HOMEOFWELLBEING

www.wellbeingtourism.com



Linnæus University 

 **energi kontor**
sydost

 **Länsstyrelser**
Kalmar län

 **wellbeing**
tourism

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