


Hälsans Stig is a walking-friendly loop in central Strömstad. You'll pass several historic buildings, such as the Town Hall and Skagerack. Points of interest include Lejonkällan and Jättegrytan. The trail goes through Strömsdalen with its beautiful plantings and passes near the open-air museum Fiskartorpet, a peaceful oasis. Hälsans Stig is a collaboration between the National Association for Heart and Lung Health and the municipality.

QUICK FACTS

- Hälsans Stig 7,5 km
- Indistinct trail

Difficulty Level: Easy
Terrain: Paved walkways
Start and End Points: Strömstad Info Center in the city center
Marking: High-placed signs on lamp posts and similar structures. The markings point to crosswalks; use these
Other Information: There is a playground and an outdoor gym at Kärleksudden




More info about the trail

Manager
Strömstad Municipality



Symbol description

- Start - End point
- Outdoor Gym
- Parking
- Harbor
- Swimming area
- Toilet
- Bench / Rest area



The map in pdf format

