

## Frösundagården \* Start & Stop

The former school house of the village now functions as a parish house and pilgrimage centre. Here you will find more information about the trails and related activities. For opening hours, please see [www.vallentunaforsamling.se](http://www.vallentunaforsamling.se)

### Getting here:

From the "Stockholms östra" station, take the "Roslagsbanan" local train nr 27 bound for Kårsta. Get off at Frösunda. The journey takes approximately 45 minutes. You can also get off at Lindholmen and follow the trails in the opposite direction. For a journey planner, please visit [www.sl.se](http://www.sl.se) and click on "Visitor".

By car: take the E18 heading north. Turn at Arninge, then follow the signs for Vallentuna, Lindholmen and Frösunda. Please leave your car in the parking lot by the Frösunda church, or by Lindholmen railway station. The trails are intended for walking only.

### The right of public access

Please remember that the right of public access to private grounds also includes obligations. You are not allowed to walk across cultivated fields or through private gardens – always keep to the sign-posted trails. Please use the garbage bins outside the churches or take your litter with you. Remember and respect the fact that the trails are passing through areas where people live and work.

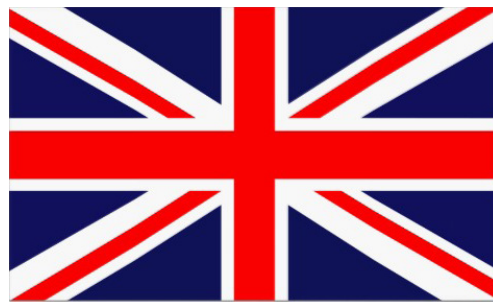
### Nature, Culture and Spirituality

The parishes of Markim, Orkesta and Frösunda bear visible witness to the life, work and faith of their inhabitants for a thousand years and more. Rune stones, ruins and village graveyards tell the stories of dramatic events as well as every day routines of long ago. The medieval churches along the route offer timeless spaces of tranquility and peace.

To walk on foot as a modern day pilgrim, means walking with your all your senses wide open. Inga from Snåttsta, Ulf from Borresta and Livsten from Torsholma are three local 11th century personalities who have travelled these roads before us. They have given their names to our three pilgrim trails. Pilgrim Vallentuna is a joint venture involving local churches, local authorities and local folklore, history and nature societies. The project is sponsored by the Swedish Board of Agriculture and the European Union Rural Development Programme.

Nature, Culture and Spirituality are our key words – as a visitor you are invited to choose the perspective that suits you best.

More information about guided walks and the opening hours of our Pilgrimage Centre at Frösundagården can be found on [www.vallentunaforsamling.se](http://www.vallentunaforsamling.se)



# PILGRIM VALLENTUNA

## Inga-leden – the Inga Trail 19 kilometers

*The Inga trail starts at the Pilgrimage centre in Frösunda, just a few hundred meters from Frösunda railway station. The trail mainly follows country roads and lanes accessible to wheel-chairs and baby strollers. A shorter section follows a track that later re-connects to the road – an alternative route for wheelchairs and strollers is marked on the map.*

### 1. The Frösunda Church

Engraved on the rune stone by the church is the cross that was chosen to be the logo of Pilgrim Vallentuna. The stone was found hidden in the church yard in 1991. The cross is surrounded by symbols of the Holy Trinity. On the altar triptych inside the church, the two major pilgrim saints of Scandinavia are depicted: St Olav of Norway and St Bridget of Sweden.

### 2. The Orkesta Church

This Romanesque style church was erected at the end of the 12th century. The mural paintings inside depict biblical stories from the Creation to the Last Judgment.

### 3. The Rune stones of Ulf

The two rune stones just outside the church entrance, tell the story about Ulf from Borresta who took part in at least three viking raids against England in the early 11th century. Ulf was a wealthy magnate who turned pious in his old age and had several prayers pleading for the mercy of God engraved in runic characters on his later rune stones.

### 4. The Village Graveyard of Vaxtuna and the Köö Burial Mound

The Iron age villagers were anxious to keep their buried family members well within sight of their homes. The corpses were burned and the ashes placed in stone circles. The early Christians kept their village graveyards, but the practice of burning the dead ceased due to the new faith. The Köö burial mound is believed to be the grave of a great magnate whose name has been lost. The mound was excavated in the 17-hundreds – the first archaeological excavation in Sweden.

## 5. Snåttsta

Snåttsta was the home of Inga, who had the story of her family's life and fate recorded on four rune stones and a slate. The engravings end with the same prayer: "May God help their spirits". She became a widow at an early age and then lost her only son. When she died her mother Gerlög inherited Snåttsta.

## 6. The Markim Church

Markim Church was built in the early 13th century and is visible from all the villages in the parish, surrounding the plain. The rune stone behind the church was smashed to pieces that were later found in and around the church and pieced together again. The runes tell the story of Tällenäv and Tor who erected the stone to commemorate their father Frösten.

## 7. The Rune Stone of Björn

Who was Björn from Granby? Murdered by Vigmund and remembered by Torsten and Ragnfrid who engraved the story of his fate on the rune stone that still stands by the wayside where it was erected a thousand years ago. The inscription ends with the prayer: "May God help his spirit and soul better than he deserved."

## 8. Granby

The rune slate at Granby is one of the longest runic engravings in Sweden, containing 185 runic characters. It commemorates Finnvid who owned the entire estate on his own. That Finnvid was a mighty and wealthy magnate is indicated by the size of the ruins of the foundation of his mansion: 40 x 14 meters.

## 9. Orkesta Community Centre

Across the field the Söderby farm can be seen, situated in the direction of Frösunda. In the farm yard two rune stones are situated that have been moved from their original position by the old stone bridge. The bridge marks the position of the medieval country road to Frösunda.

## Ulfs-leden – the Ulf Trail

### 11 kilometres

*The Ulf Trail starts at the Pilgrimage centre in Frösunda, just a few hundred meters from Frösunda railway station. The trail mainly follows country roads and lanes accessible to wheel-chairs and baby strollers. A shorter section follows a track that later re-connects to the road – an alternative route for wheel-chairs and strollers is marked on the map. The trail passes stops 1, 2 and 3 on the Inga trail and then carries on to stop 10, the Markim Mission-hall, which is only included in the Ulf Trail.*

## 10. The Markim Mission-hall

The Mission-hall was built in 1890 by parishioners who were inspired by the pietistic revival movements of their time. Through joint efforts they managed to erect a building where they could practice their faith freely. The hall housed a large Sunday school, youth club, women's sewing circle and a choir. Next stop on the Ulf Trail is number 7, the Rune Stone of Björn, followed by stops 8 and 9.

## Livstens-leden – The Livsten Trail 6 kilometres

*The trail following the footsteps of Livsten, includes both country lanes and narrow foot paths. It starts and finishes at the Pilgrimage Centre Frösundagården.*

### A. Frösunda Church

Two famous Scandinavian pilgrim saints are depicted on the 15th century altar triptych inside the church: St Olav of Norway and St Bridget of Sweden. The miracles following the death of king Olav in 1030, drew pilgrims from all over Scandinavia to his grave by the Nidaros Dome in Trondheim. St Bridget made her first pilgrimage to Nidaros, and later walked to Santiago de Compostela and to Rome. She stayed in Rome until the pope approved of her request to found a new religious order, still bearing her name – the Bridgettine Order.

### B. Forest glade with ant-hill

"Going slowly" is a key to being a pilgrim. Be attentive to what you can see, hear and smell! The ants communicate via pheromones or odorants. They make their own highways through the forest and are effective scavengers, clearing away old pine tree needles and the remains of dead animals.

### C. The Well of S:t Olav

The broken concrete rings by the road-side are covering what was once a holy well dedicated to S:t Olav – one of the many S:t Olav wells that can be found all over Scandinavia. According to the legend, a spring of life-giving water broke forth from the site where the dead body of S:t Olav first was hidden.

### D. The Runic Engraving of Livsten

Livsten built several bridges "as penances for his and his family's sins", according to the runes. He lived at the Torsholma farm, and probably kept his Viking ships by the island of Helgö. We can tell he was a Christian by the crosses he engraved, but also by the fact that one of his sons bears a Christian name: Nicholas.

### E. The Meadow of Klas

In May the meadow is scattered with purple pasque-flowers and yellow cow-slips. Other flowers follow during the summer. The meadow was probably named after Nicholas, the second son of Livsten. "Klas" is the Swedish nick-name for S:t Nicholas – the patron saint of all sea-farers.

### F. The Harbour of Livsten

The small stretch of water seen to the left, where the trail turns right toward Frösunda, may be the remains of the harbour where Livsten kept his ships. This was once the site of the mighty waterway Långhundaleden that connected the city of Uppsala with the Baltic sea.