

About Romboleden

Welcome to hike the Romboleden!

Throughout the Middle Ages, people made pilgrimages to the grave of Saint Olav in Trondheim, Norway. The reasons for the pilgrimages were many, and the ways to get there were varied. People walked, rode, or traveled by boat. The plain north of Lake Mälaren was known in earlier times as Rombo-land. The pilgrimage route is therefore named Romboleden.

The route connects places with known, older, transport and pilgrimage traditions and is the result of a collaboration between parishes within the Church of Sweden, municipalities, local heritage associations, village communities, and parish guilds.

Today's pilgrimage is often described as an outer and inner journey with a focus on rest, health, spiritual and existential well-being. Questions about life choices and the meaning of life unite many modern hikers with the historical pilgrim.

Nature

Gain new strength and inspiration by being close to nature and following the pilgrim's seven keywords: slowness, freedom, simplicity, carefreeness, silence, sharing, and spirituality.



Foto: Hali Liddell

This feels like an opportunity in our time. Along the Romboleden, you will experience the fantastic and varied nature of Mälardalen, Bergslagen, Dalarna, and Härjedalen, as well as the sea in Trondheim. Mostly through forest roads and village roads, but sometimes through pure mountain hiking in pathless terrain. We hope your hike will be full of experiences. You determine the difficulty level yourself by choosing your stages.



Culture

The Romboleden trail is 900km long and is the Sweden's longest pilgrimage route and also the oldest in the Nordic countries, which runs from Köping to Trondheim.

The Romboleden trail entrances are the local churches where possible, just like in the Middle Ages when the road chapels offered shelter overnight. The churches tell us about our common cultural heritage.

In Bergslagen, the cradle of modern Sweden stood with clear traces of Gustav Wasa. People have been walking on the mountain pasture paths in Dalarna since ancient times. In Härjedalen there are traces of ancient times while modern industrialization is clearly visible.

Pilgrim pass


The pilgrims of the past often had a pilgrim's passport that confirmed that the priest had given permission to leave the parish. With the pilgrim's passport, they could travel freely in Europe by showing the passport in each parish. You can get your own pilgrim's passport at most of the entrances along the route.



Foto: Sofia Portström

More information

 **Facebook**
Romboledens vänner

 **Instagram**
#romboleden, @romboleden

www.romboleden.se

Here you will find local contacts and suggestions for stages where you can use public transport.



www.naturkartan.se/romboleden

We suggest that you download the app Naturkartan on your phone and bring it on your hike. For safety, don't forget a map and compass!



Romboleden

Västmanland | Dalarna |
Härjedalen | Tydalen i Norge

