

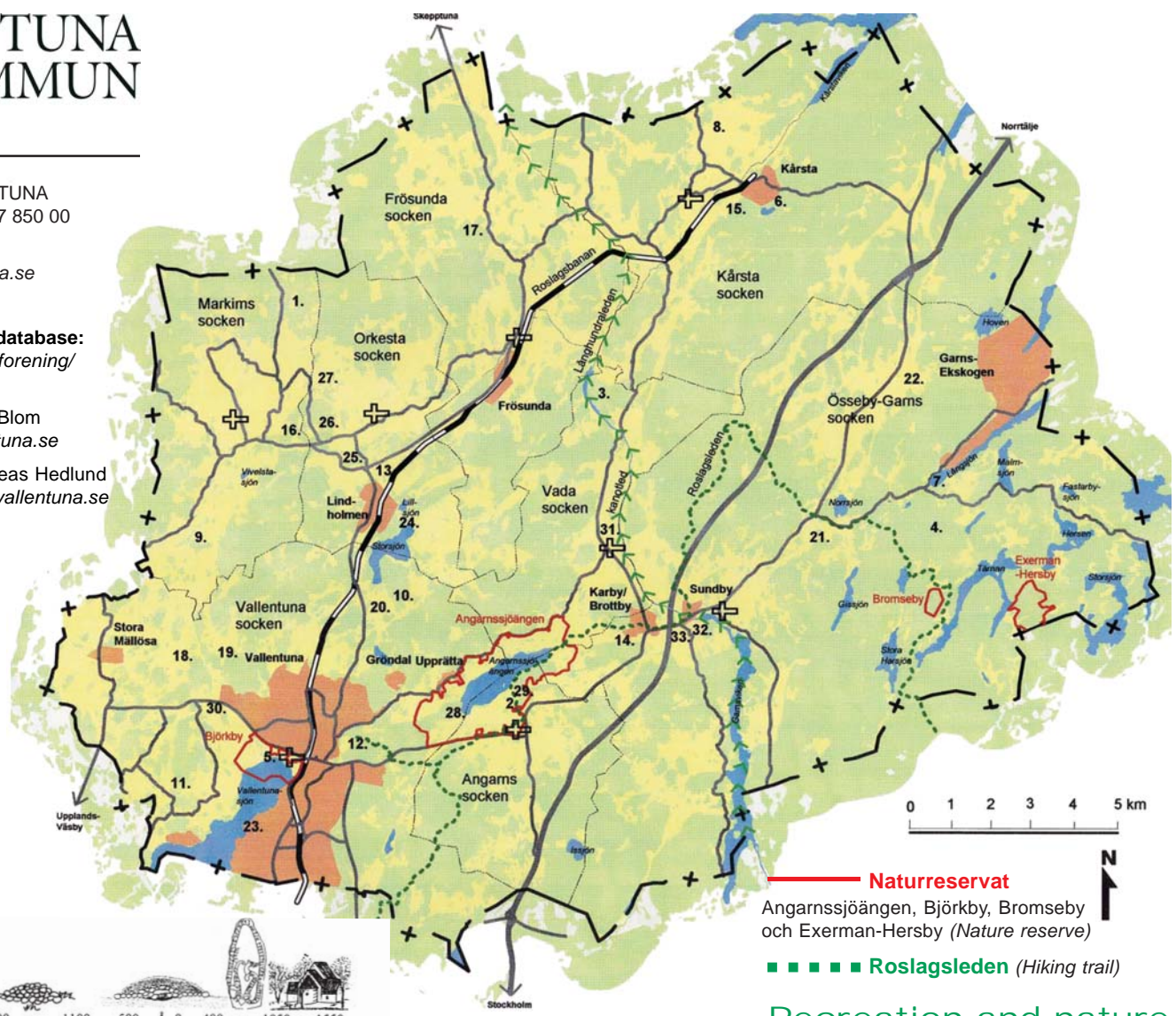
TUNA TORG 1  
SE-186 86 VALLENTUNA  
TELEPHON 08 587 850 00  
FAX 08 587 850 88

kommun@vallentuna.se  
www.vallentuna.se

\* The association database:  
www.vallentuna.se/forening/  
forening.asp

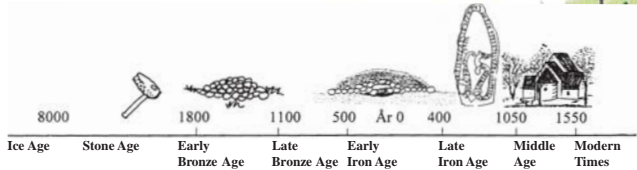
Infomaster: Sonia Blom  
sonia.blom@vallentuna.se

Webbmaster: Andreas Hedlund  
andreas.hedlund@vallentuna.se



**Naturreservat**  
Angarnssjöängen, Björkby, Bromseby  
och Exerman-Hersby (Nature reserve)

**Roslagsleden** (Hiking trail)



## Living cultural heritage – encounter history in the countryside

- During the **Stone Age** the landscape was similar to the outer archipelago and was seasonally inhabited for hunting and fishing.
- During the **Bronze Age** the country rose up from the water and the settlement spread. People continued to hunt and fish and began farming and raising livestock. At Angarnssjöängen you can see traces of settlements and a *rock carving* with two horses and a cart and two ships (no. 29).
- The countryside has many fascinating sites dating back to the **Iron Age** when the land slowly rose to its current level and villages emerged in locations where they can still be found today. Take a drive around the *Vallentunasjön* lake and see the rune stones at *Vallentuna church* (no. 5), *Arkils tingstad* (no. 23), and *Gullbron* (no. 30). Uppland's largest rock face with runic inscriptions is at *Granby* (no. 25), and there are many interesting sites along the *Långhundraleden* (no. 3) waterway, including *Vada sjökullar* (no. 31) with its burial mounds.
- There is one stone church from the **Middle Ages** in each parish and a church ruin in *Össeby* (no. 31). Sweden's oldest manuscript, *Liber ecclesiae Vallentunensis*, comes from Vallentuna church with the *Vallentuna calendar* from 1198. Also from the

Middle Ages is the ruin at *Vasakullen* (no. 24), which could be the site where Gustav Vasa, Sweden's first king, was born.

- The old seventeenth century **postal road** between Stockholm and Turku passes through Vallentuna; you can still follow its path today (no. 33).
- The **Roslagsbanan** railway came to the district in 1885, marking the beginning of Vallentuna's modern history. Firewood, bricks and agricultural products were loaded along the route to the fast growing urban centre of Stockholm. Coal, coke, machinery and malt beverages were shipped in the opposite direction. The railway still injects life and vitality into Vallentuna.

**For more information:**  
Visit the central library (Biblioteket) Monday – Saturday.  
**Visiting address:** Tuna torg 9  
**Tel:** 08 587 853 50  
**E-mail:** kultur@vallentuna.se  
bibliotek@vallentuna.se

Visit the the Recreation Administration (Fritidsförvaltningen - FF)  
**Visiting address:** Tuna torg 15  
**Tel. Switchboard:** 08 587 850 00  
**E-mail:** fritid@vallentuna.se

## Recreation and nature

The Recreation Administration (Fritidsförvaltningen - FF) is responsible for municipal recreation facilities, such as

- **Swimming:** *Kvarnbadet* (no. 5) offers heated outdoor swimming pools, one of which is a 50-meter pool. The complex opens in mid-May and closes in late August or early September. Or enjoy the beaches at our local lakes, *Långsjön* (no. 7) and *Bergsjön* (no. 6)
  - **Sports halls:** *Bällstaber*, *Karby*, *Tellus*, *Hammarbacken*, *Hjälmssta* and others.
  - **Sports grounds:** *Vallentuna IP* (sports ground) (no. 12), with track and field arena, football fields, exercise trails and two ice-skating rinks. There are also privately owned indoor tennis courts and a small sports hotel.
  - *Össeby IP* (no. 14), with track and field arena, football field and exercise trails.
  - **Youth centres:** *Nova*, the biggest drop-in facility for leisure time activities. There are also three smaller centres, see the website: [www.nova-uh.se](http://www.nova-uh.se)
  - **Hiking trail:** *Roslagsleden* goes from Danderyd, via Täby and Vallentuna, to Norrtälje.
  - **Canoeing:** Parts of *Långhundraleden* (no. 3) from the Viking era are among the province of Uppland's finest areas for canoeing. Hire canoes and accessories from the "FF".
  - **Nature reserve:** *Björkby* (no. 5), at the north shore of the *Vallentunasjön* lake, is a popular area for country strolls. In the spring you can see hundreds of protected pasqueflowers in bloom. *Angarnssjöängen* (no. 2), is the leading lake in the county for birds. Also
- in the area are many ancient monuments and a widely varied countryside. *Bromseby* and *Exerman-Hersby* (no. 4), two nature reserves on either side of the *Tärnan* lake in eastern Vallentuna, feature virgin forests and many rare plants.
- **Long-distance ice-skating:** Weather permitting, "FF" ploughs many kilometers of ice-skating tracks when the *Vallentunasjön* lake freezes over.
  - **Associations:** Vallentuna offers a wealth of associations for almost every interest.\*
- Examples of privately owned recreation facilities:**
- **Bowling hall** with 9 lanes, Tuna torg 2, basement.
  - **Centrum Bio**, a movie theatre at the junction of the streets *Banvägen* and *Centrumpassagen*.
  - **Golf:** Five clubs (no. 18-22).\*
  - **Riding:** This is a horse-lover's paradise, with seven riding clubs, the largest of which is *Vallentuna Ridklubb* at *Vallentuna Ridcentre* (no. 10) with just over 1,100 members. All riding clubs - see\*
  - **Shooting:** Four shooting clubs, indoors/outdoor shooting ranges.\*
  - **Private aviation:** The *Vallentuna Aviation Association* (*Aviatörförening*) has its private airfield (no. 30).\*
  - **Tennis:** Two tennis halls (no. 12 and 14) and a few outdoor courts.