



SIMRISHAMN – MALMÖ – HELSINGBORG

Sydkustleden

Information and maps for a 260-kilometre coastal bicycle route



Höllviken



Malmö



Create memories on the Sydkustleden Route!

The Sydkustleden Route meets the Sydostleden Route to the east, and the Kattegattleden Route to the west. These three national tourist cycle routes form a unified route of 900 kilometre through the south of Sweden. Together, they feature plenty of diversity, lots of experiences, and bike rides you'll always remember!

This brochure assumes that you will be biking from Simrishamn to Helsingborg, but you can naturally get on and off the trail whenever you want.

Plan your bike tour today. Get out into the fresh air, and feel the freedom!

Share your experiences on #sydkustleden



Between Ystad and Svarte



Råå





Section 1 Simrishamn–Ystad

Section length
53km

Total ascent
131m

Simrishamn, the diminutive “capital” of the Österlen region, offers plenty to experience, despite its size. In this section, you’ll be riding past billowy fields, along the coast, and through typical Österlen villages. Stop in Brantevik to visit the Maritime Museum (Sjöfartsmuseet) and see Hoppet, the sailing ship the community helped build. Catch a performance at the Skillinge Summer Theatre housed in a traditional barn.

Make sure to take a detour to see the impressive Ale’s Stones, Sweden’s answer to Stonehenge, as well as the fishing village of Kåseberga. The gleaming white sands of Sandhammar beach is also worth a visit. This is also where you can catch the Sydostleden trail northward, all the way up to Växjö.

If your legs ache, relax at the Ystad Saltsjöbad (saltwater baths), one of the finest spas in Sweden, with a luxurious hotel and excellent restaurant.

Tip! Download the Simrishamn 900 app, and get to know the people, places and event in the history of this town.

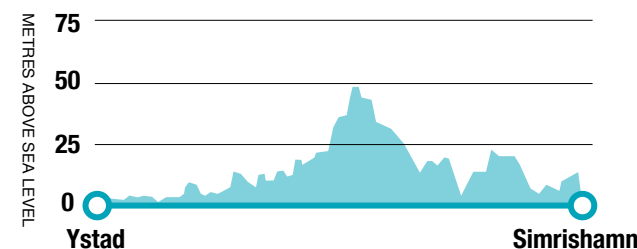
Our favourites along Section 1

- **Österlen Museum** – Always free admission to the current exhibitions and the lovely garden.
- **Autoseum** – One of the finest automobile and motor museums in Europe.
- **Nordic Sea Winery** – Guided tours of Sweden’s largest vineyard.
- **Sandhammaren** – Arguably the finest beach in Sweden.
- **Kåseberga and Ale’s Stones** – An old fishing village with lots of cosy restaurants. Hike up to Ales Stones, which date back to the fifth century.



Section 1

For a more detailed map, see pages 21–23.



Download GPX files
and read more at
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Section 2 Ystad–Trelleborg

Section length
47km

Total ascent
93m

No other town in the Nordic countries can show such a complete picture of a setting from the past. There are more than 300 semi-timbered houses here, as well as the oldest and best-preserved convent or monastery (founded in 1267) and Sankt Maria Church with its tower watchmen. Ystad has several interesting museums to visit, such as the Art Museum, Charlotte Beilin's Museum and the Ystad Military Museum. If you're interested in the cinema and TV detective Wallander, don't miss the Ystad Studio Visitor Centre.

When you bike this section, the sea is constantly with you as you ride through old, picturesque fishing villages and enjoy some of the many places that offer a refreshing swim.

Along the beautiful stretch from Mossby to Hörte Harbour, the route follows the sea, past both golf courses and spas.

Finally, don't miss Smygehuk, the southernmost cape in Sweden and a unique site with enchanting views, both from ground level and from the Smyge Lighthouse.

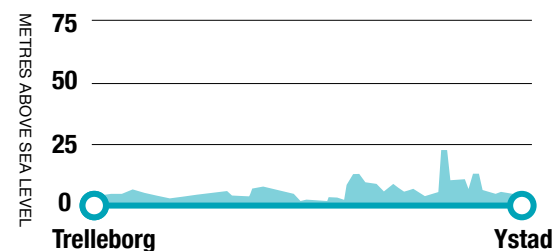
Our favourites along Section 2

- **Ystad Art Museum** – The collection has a special focus on art in relation to Skåne and Denmark.
- **Mossbystrand and Beddingestrand** – Beautiful beaches between Ystad and Trelleborg that are great for bathing.
- **Abbekås Harbour** – A fishing village dating back to the 19th century. There are activities and points of interest for both tourists and boating enthusiasts.
- **Hörte brygga** – White Guide rated inn with local produce and homestyle food, all lovingly prepared.
- **Smygehuk** – The southernmost point in Sweden has a harbour and a cosy fishing village.
- **Gislövs Harbour** – Harbour with old-time fishing boats from all over Skåne.



Section 2

For a more detailed map, see pages 23–26.



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Section 3 Trelleborg–Skanör/Falsterbo

Section length
27km

Total ascent
10m

You are cycling on historic ground where people have lived for thousands of years. History lives on in the land as attested to by the many Bronze Age mounds and dolmens that you'll be passing. In medieval times, these villages flourished thanks to herring fishing, and their history is preserved in museums, as well as in churches, fortifications and old houses.

When you get to Höllviken, we recommend heading out to the Falsterbo peninsula and its blindingly white sandy beaches. The peninsula is also one of the best places in the world for birdwatching.

The bright-coloured cabanas are typical of this area, and are used by the local population.

Park your bicycle and go down to the beach to look for amber, which is washed up on shore along the coast when winter storms wreak havoc to the natural order of things. You may very well find your own stone amongst the seaweed!

Our favourites along Section 3

- **Trelleborgen** – A reconstructed circular rampart from the Viking period, with one-quarter of the fortification built on its original site.
- **Amber Museum** – Where you can learn more about this stone that floats and burns.
- **Birdwatching on the peninsula** – On a good day in Falsterbo during a migration period, you can see thousands of birds. Rovfågelsträckan in Skanörs Ljung is a famous place to watch birds of prey.
- **Skanör Harbour** – a seaside gem with a great bathing beach and a lovely town with lots of restaurants and cafés.
- The beaches in **Kämpinge**, **Ljungskogen**, **Skanör** and **Falsterbo** are first class and should not be missed.

Section 3

For a more detailed map, see pages 26–29.



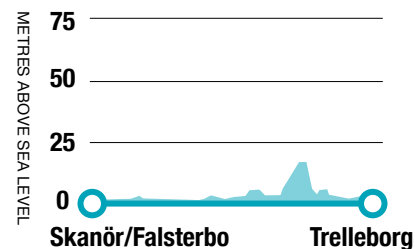
Skanör/
Falsterbo

Höllviken

Trelleborgen

Ljungskogen
beach

Trelleborg



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Section 4 Skanör/Falsterbo–Malmö

Section length
51km

Total ascent
115m

In this section, you'll be biking through open countryside, passing farm shops selling local produce. The contrast between fields of crops and the skyline of Malmö rising ahead is truly striking.

Malmö is well-known for the diversity of its food culture, which includes everything from Michelin-rated restaurants to excellent street food. As Sweden's unofficial falafel capital, at least one meal here is a must.

At Ribersborg Beach, popularly known as "Ribban", there is a wonderful boardwalk and a venerable old bath house. From here, it's not far to the most well-known landmark of the city, the 54-storey Turning Torso.

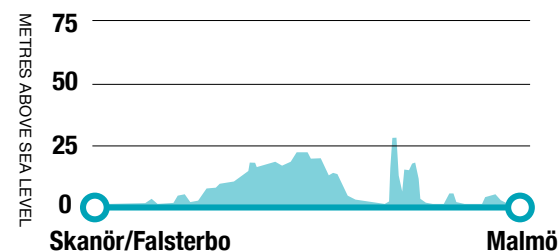
Malmö is a world-class biking city, so explore Malmö, enjoying the diversity, parks, open-air markets and more.

Our favourites along Section 4

- **Open-air Museum** – Don't miss the sculpture park along Highway 100 in Höllviken.
- **Foteviken Museum** – An open-air museum that depicts what a town of the Viking period could look like.
- **Öresund Bridge abutment** – An almost 16 km bridge-tunnel system that connects Sweden and Denmark.
- **Ribersborg Bath House** – A popular place for Malmö residents to take a swim, and the largest and best-preserved bath house in the Nordic region.
- **Slottsträdgården Park** – One of the top destinations in Malmö. Get inspired by the floral splendour and enjoy a coffee and pastry break in the café.
- **Västra Hamnen** – A unique neighbourhood with a unique style of architecture that stresses sustainability. Don't miss the famous Malmö landmark, Turning Torso.

Section 4

For a more detailed map, see pages 28–31.



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Section 5 Malmö–Landskrona

Section length
57km

Total ascent
129m

Along this section, you'll enjoy sea breezes on one side and horse paddocks on the other. Just north of Malmö, you'll find Spillepengen, a green area that contrasts with the city behind it. Its shallow sea waters are an important place for teeming flocks of birds to rest on their journey or spend the winter. Take an opportunity to test the mountain bike loops in this area.

There are plenty of good bathing locations on the way to Landskrona. Stop at Lomma Beach or Långa bryggan in Bjärred, which extends 600 metres out into the sea. Here you can enjoy a delicious meal and take a swim.

In Löddeköpinge, Borgeby Castle and the VikingaTider open-air museum, both just a stone's throw from the route, and right next to the church in Löddeköpinge stands a fully intact classic Skåne windmill, or mölle, as we say here in Skåne.

The little village of Barsebäckshamn is popular amongst boating enthusiasts and landlubbers, alike, and is well worth a visit to sit and enjoy the harbour inn for a while.

Our favourites along Section 5

- **Alnarpsparken** – This park, with one of the largest collection of plants in Sweden, is well worth a visit at any time of year.
- **Lomma Harbour** – a lively harbour environment with a marina and a fine sandy beach.
- **Långa bryggan** – walk out on this 600-metre-long pier with the Öresund bridge as a backdrop.
- **Barsebäckshamn** – Barsebäckshamn is an old fishing village located in a cultural heritage area, and dates back to the 15th century.
- **Ven** – A 30 minute boat ride from Landskrona will take you to the wonderful island of Ven, which is 10 kilometres around.



Tip! Don't miss Ven, the little island between Sweden and Denmark. The entire island has been declared a nature conservation area. This idyllic isle features truly magnificent natural beauty, cosy harbours and much of the legacy and story of the famed astronomer, Tycho Brahe. The best way to experience Ven is on a bicycle, which easily takes you to all the restaurants and farm shops. Ven also has a world-famous distillery, a host of artists and design jewellery craftspeople, and all this is just waiting for you!

Ferry service
between Landskrona
and Ven

Landskrona

Ålstorp

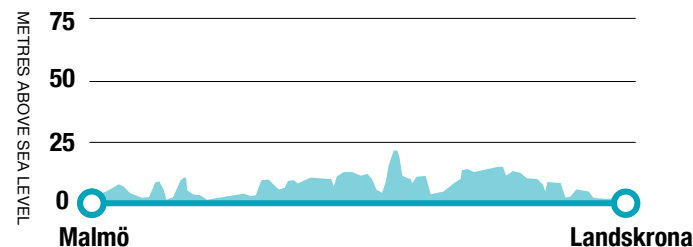
Barsebäckshamn

Bjärred

Lomma

Malmö

Öresund Bridge



Section 5

For a more detailed
map, see pages 30–34.



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Section 6 Landskrona–Helsingborg

Section length
27km

Total ascent
77m

It's less than 30 kilometres from Landskrona to Helsingborg, but you'll get to experience plenty along this section. Landskrona offers beautiful architecture and a wide range of cultural sights. At the centre of town is Citadellet, one of the best-preserved 16th century fortresses. Bike down to Lagunen to take a swim and watch the skateboarders' impressive display in the adjacent skating park.

Passing Ålabodarna, you'll soon be in Borstahusen, an idyllic fishing village founded in the 1770s.

Glumslövs backar are an enchanting hilly plateau north of Landskrona that was formed by glaciers. It includes the Hilleshøgs dalar (valleys) nature preserve, which is definitely worth visiting.

Helsingborg is a city with something for everyone, from nature experiences and history to the excitement of a modern city.

From here you can continue your bicycle journey on the Kattegattleden Route, all the way to Gothenburg

Our favourites along Section 6

- **Allotment gardens in Landskrona** – The oldest allotment garden is Swedish. Truly a floral oasis.
- **Borstahusen** – A fishing village that goes back to the 18th century and enjoys a view of Ven. In the harbour area is the Pumphuset art hall, museum and restaurant.
- **Hilleshøgs dalar** – This nature preserve is located at the edge of Landskrona, and has an amazing view of Öresund Sound. A perfect place for a walk along the Skåneleden hiking trail.
- **Örenäs Palace** – Built in 1914, and Örenäs offers guests accommodations in a unique palace and grounds.
- **Wallåkrabygden** – Visit the potters and ceramic artists of the hill country, and check out the housewares, spices and vegetables.
- **Råå** – With its cobblestones and 19th century town houses, Råå is worth visiting.



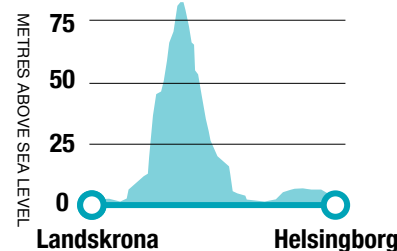
Helsingborg

Råå

Glumslöv

Borstahusen

Landskrona



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Allemansrätten – the Swedish right to roam, use it responsibly and with care

Sweden has a special right to roam, gather wild berries and even camp for a night in most places. This gives cyclists a unique opportunity to bike even in woods and on private roads and paths. This right, however, comes with a good deal of responsibility. It is important to remember, for example, that you are not allowed to bike on people's yards, planted areas or on fragile land.

Adapt your biking after natural surroundings when choosing route and ways to bike. When you are biking near a house, show consideration to those living there.

Remember also that allemansrätt is restricted in national parks and nature preserves, and there are special rules here governing biking. In certain cases, biking may be prohibited or restricted to certain paths. Signs and bulletin boards in these areas should show you what is allowed. You can also obtain more information about these rules from the municipality (kommunen) or county administration (Länsstyrelsen).



At sydkustleden.se, you can download GPX files and plan your bicycle trip



Find us on Facebook and Instagram at [sydkustleden_sydkustleden](https://www.facebook.com/sydkustleden). Share your experiences through [#sydkustleden](https://www.instagram.com/sydkustleden)



Using the train is a great idea. You can bring your bicycle for a small fee, as long as there is space. Visit [skanetrafiken.se](https://www.skanetrafiken.se) or download their app to purchase tickets and check the departures that suit you



If you need an ambulance, rescue services or the police, call 112



Do you have any comments or questions? Feel free to e-mail us at sydkustleden@skane.se

Don't forget to take these along on your bicycle trip



- Helmet
- Filled water bottle
- Coffee in a thermos
- Snacks for energy, like chocolate and nuts
- A map or downloadable GPX files
- Saddle bag

- Comfortable clothes and a change of clothing
- Sunglasses and suntan lotion
- Sitting pad
- Bicycle pump and puncture repair kit
- Plasters
- Someone you really like

Bicycle maps

Symbols

Sydkustleden

- Bicycle path, paved
- Bicycle path, gravel
- ⋯ Mixed traffic, paved
- ⋯ Mixed traffic, gravel
- Section division point

Connecting bicycle routes

- - Kattegattleden
- - Sydostleden

Points of interest

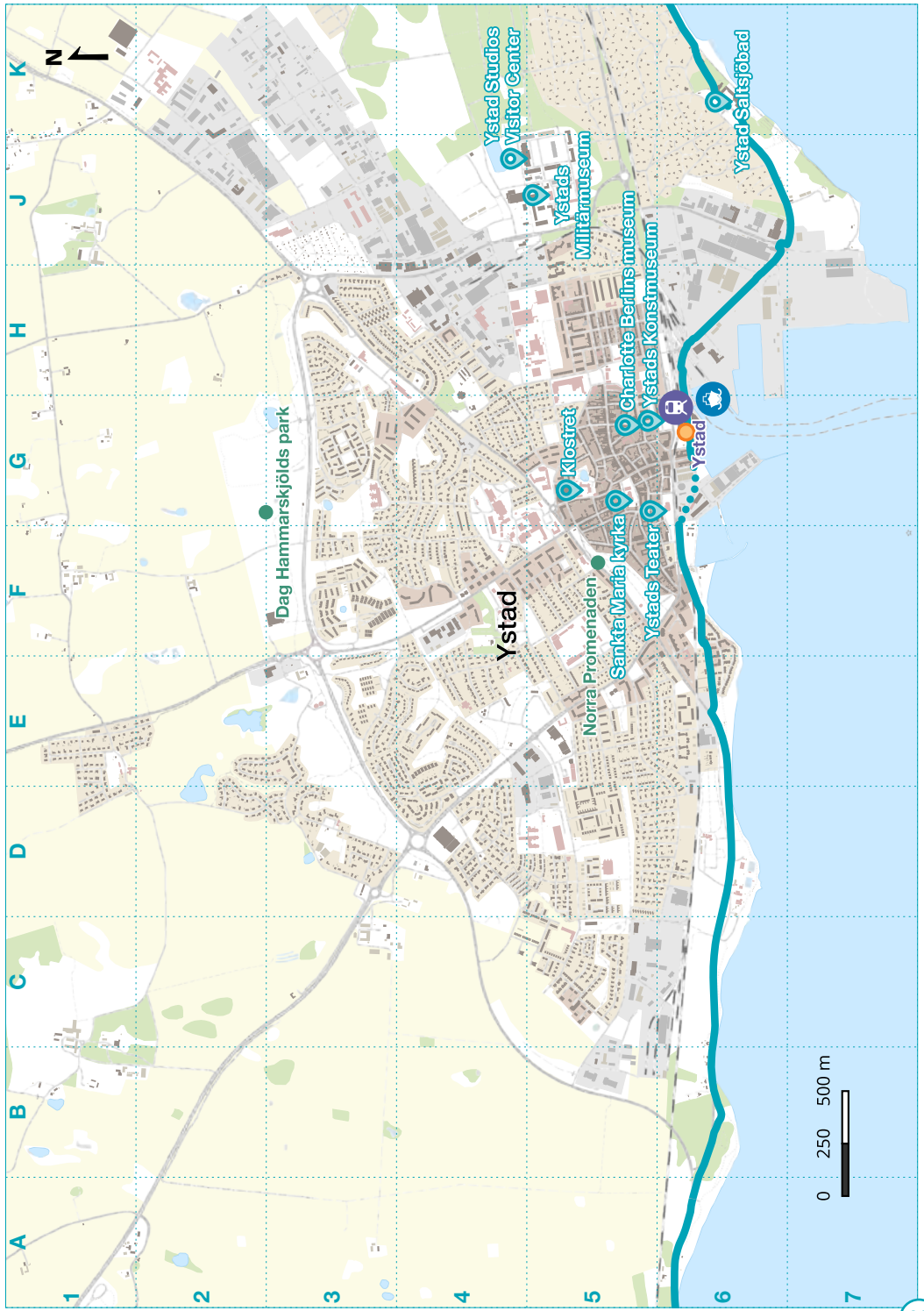
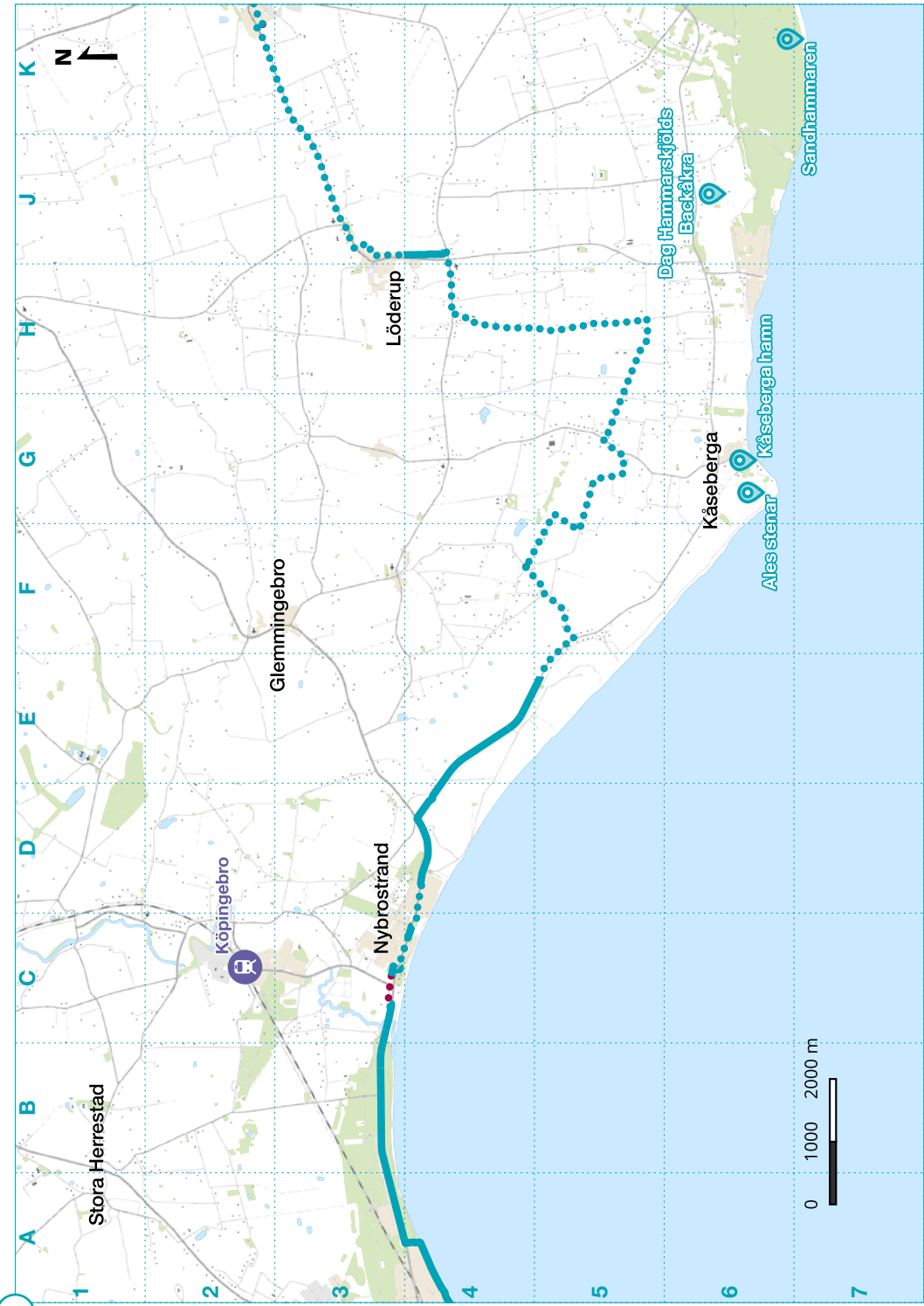
- Green area
- ⦿ Ferry berth
- ⦿ Railway station
- Ferry service
- Railway

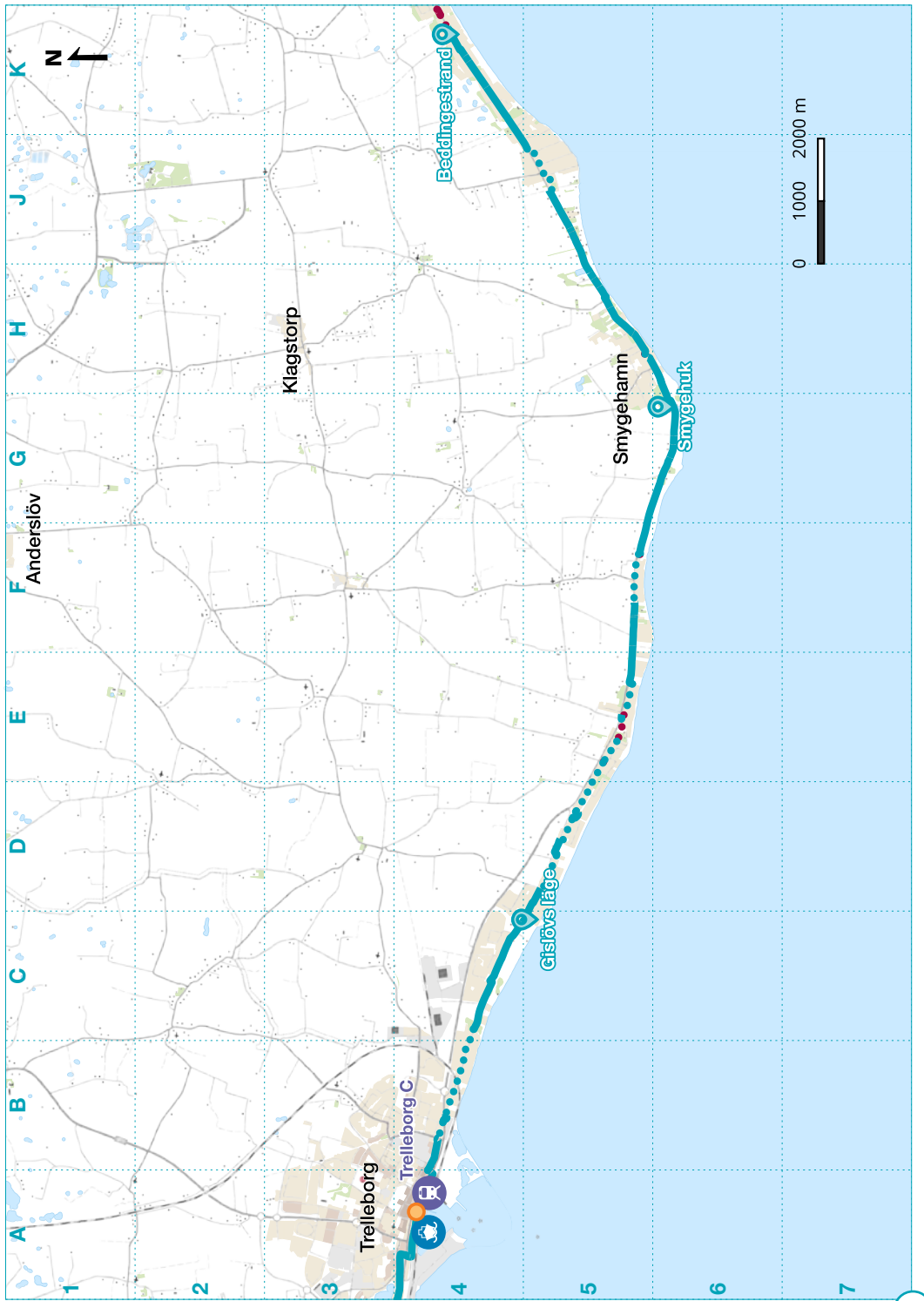
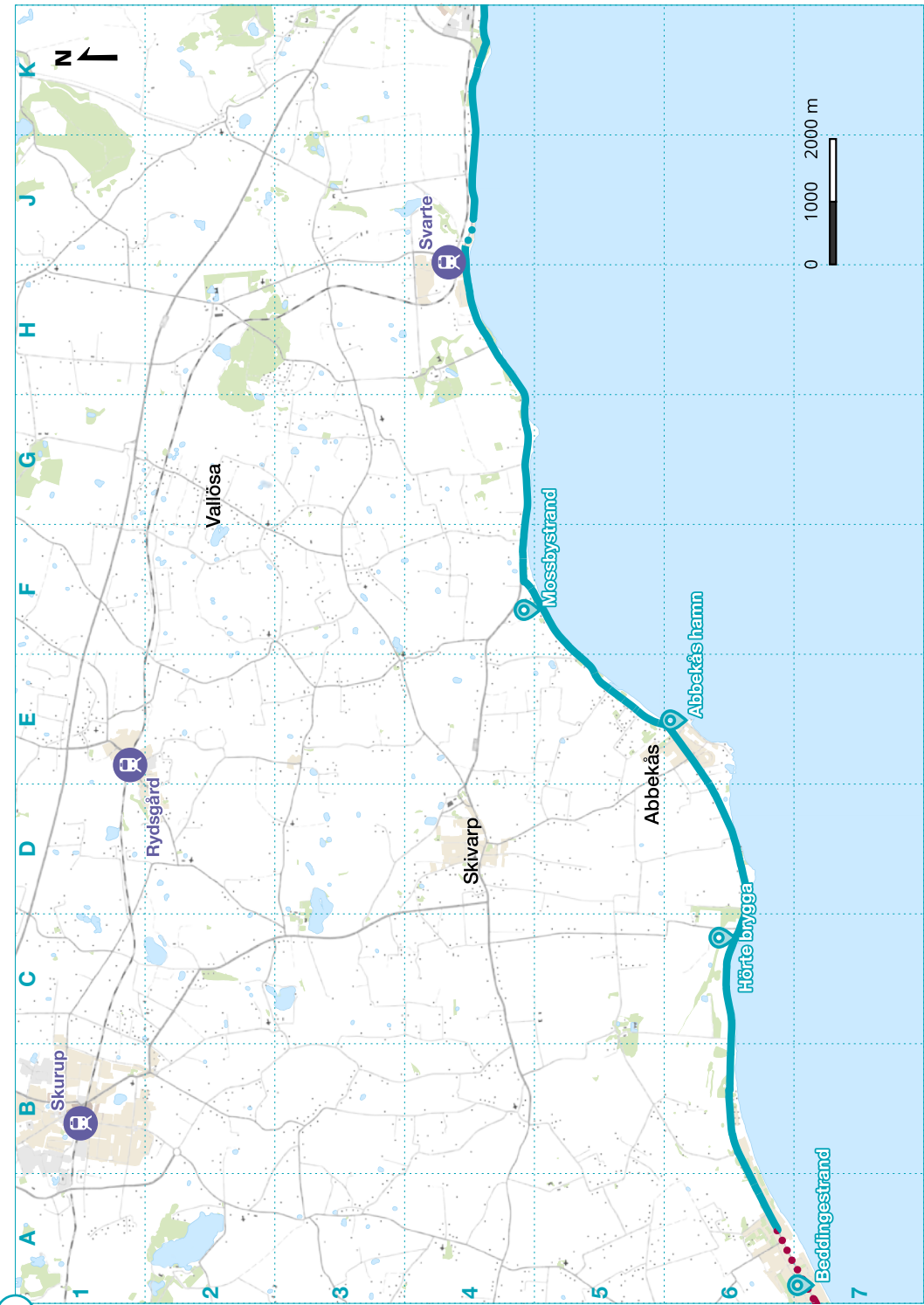
Urban areas

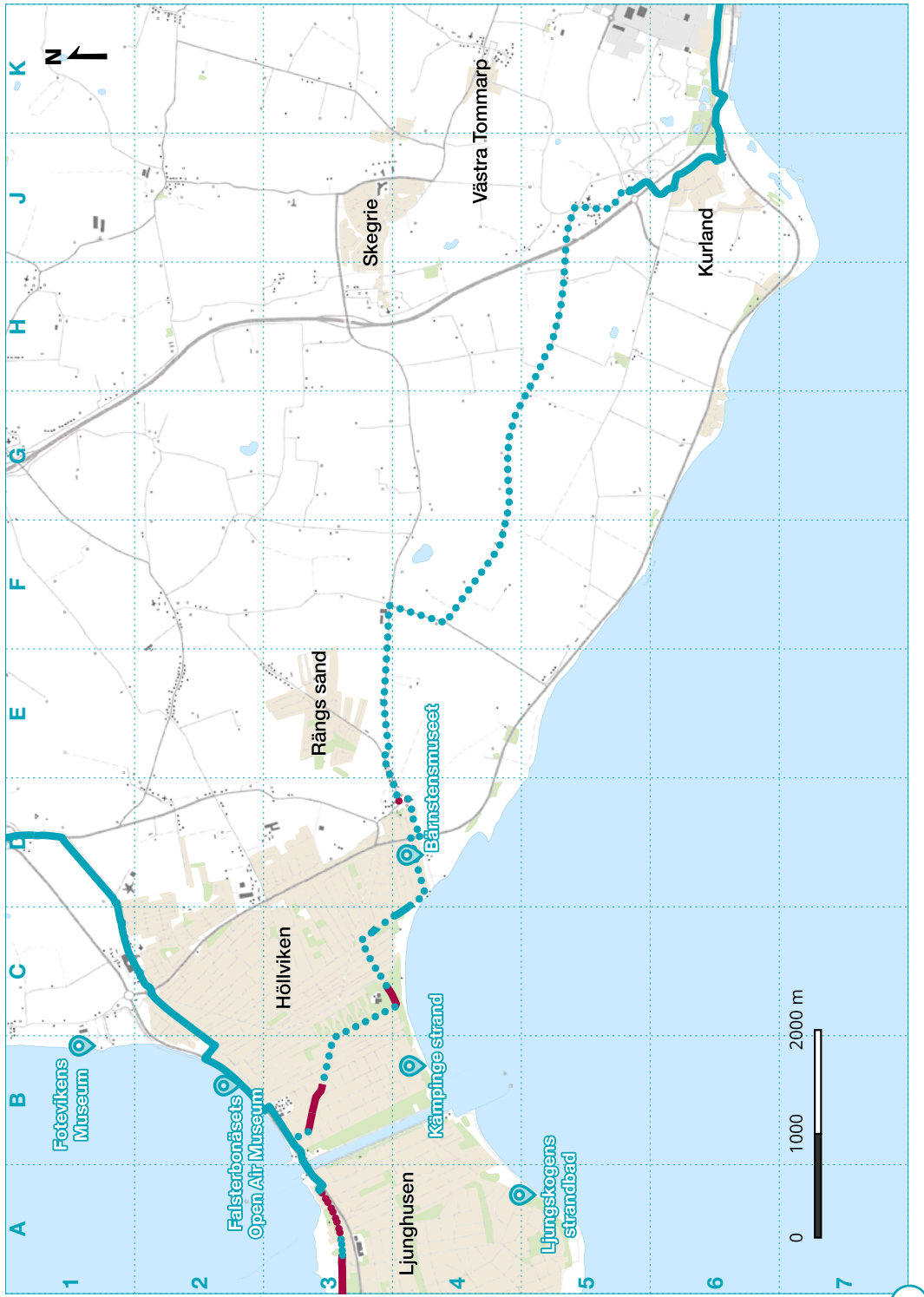
- Low settlement
- High settlement
- Closed settlement
- Industrial zone
- Forested areas
- Water
- Park, squares and open countryside
- Fields

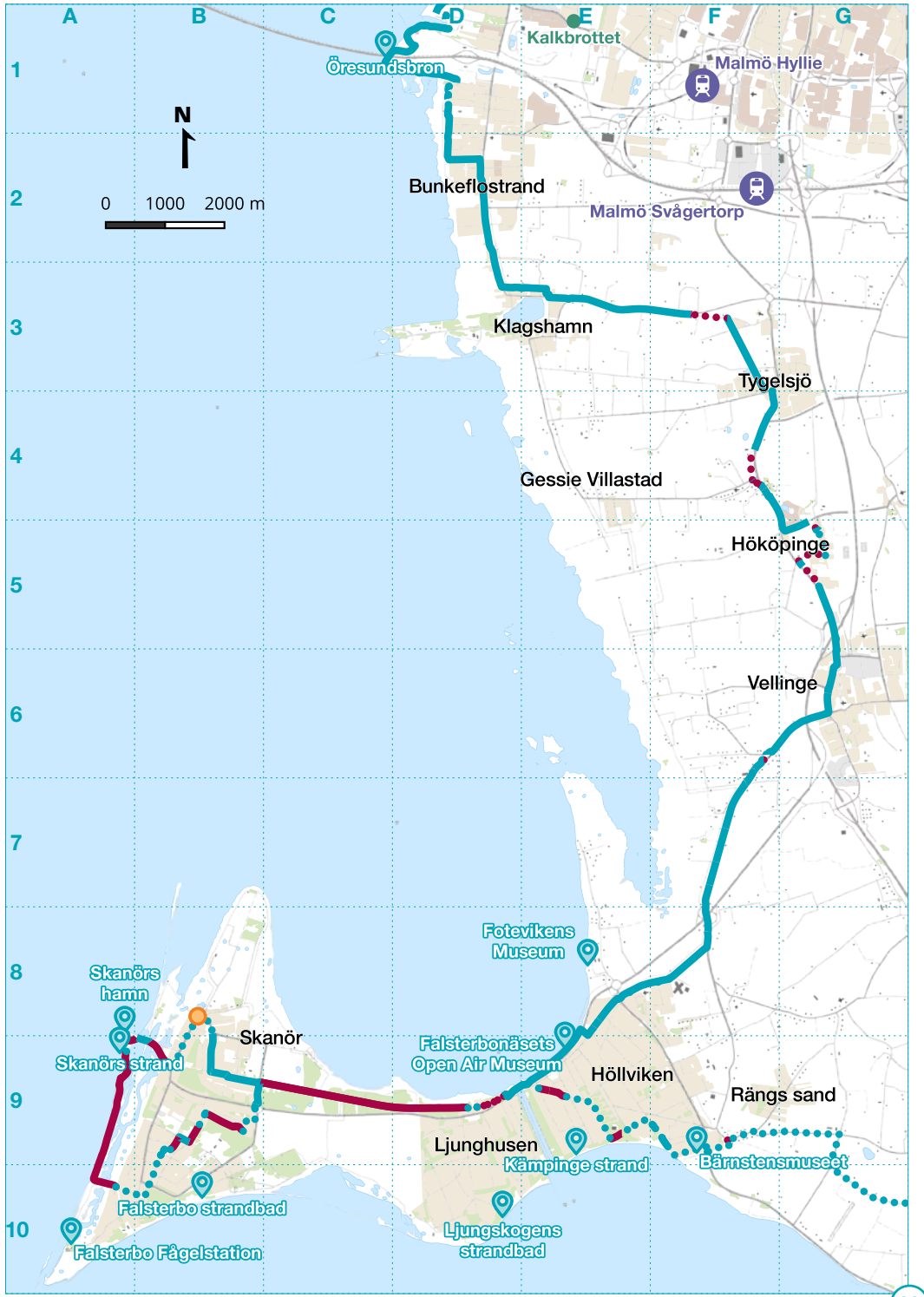
Source map: ©Lantmäteriet, Geodatasamverkan
 Road and railway information: Swedish Transport Administration,
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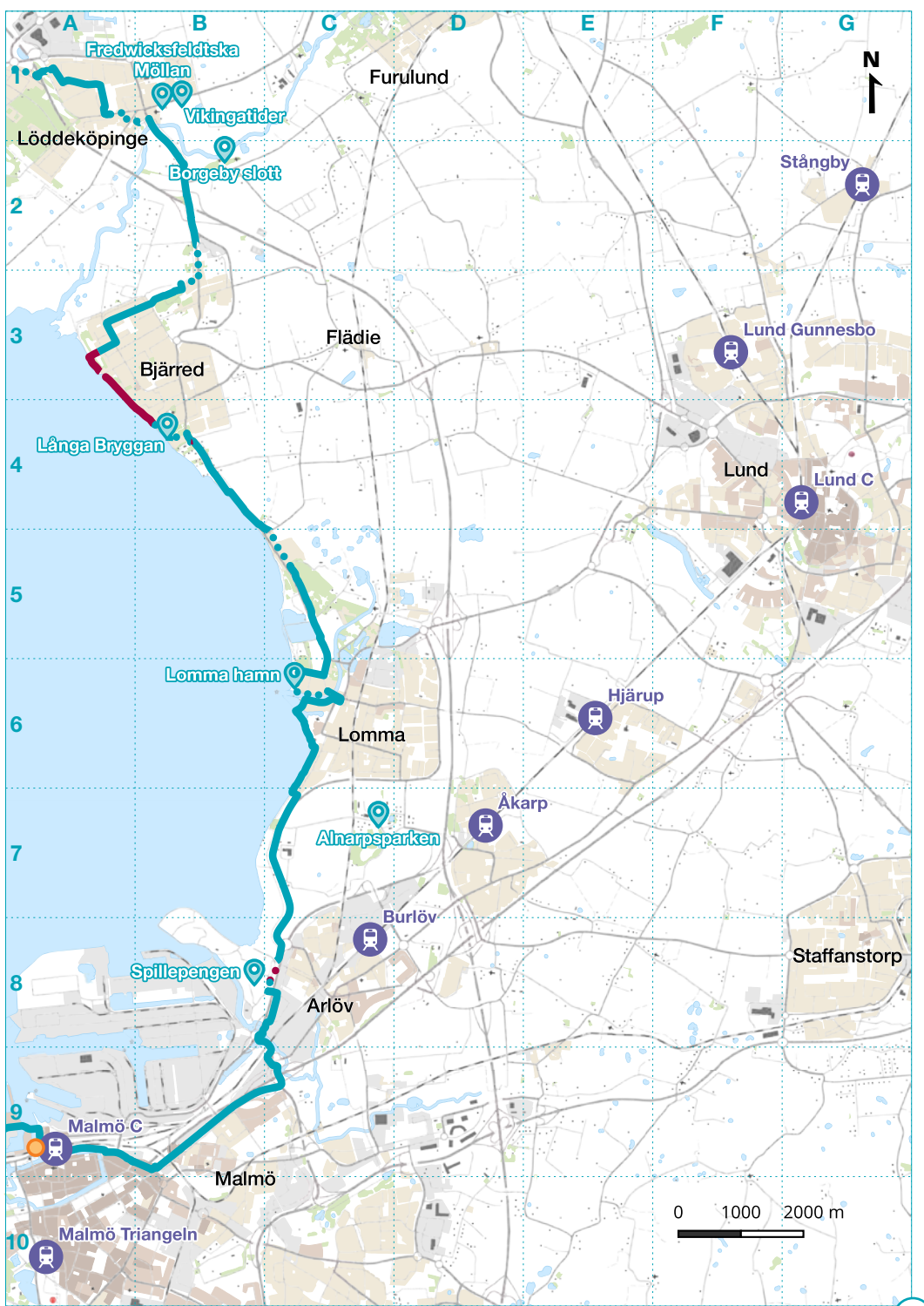
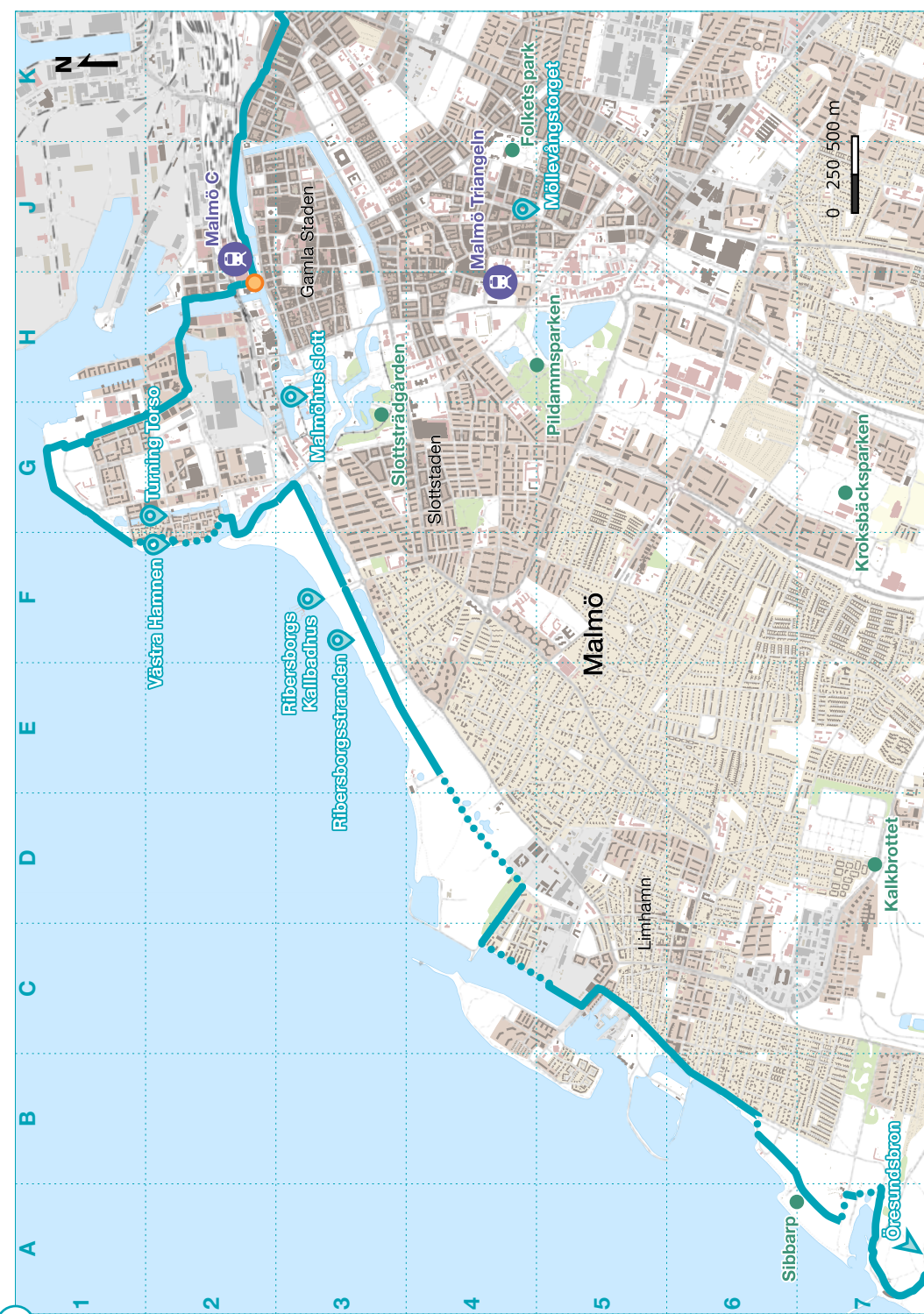




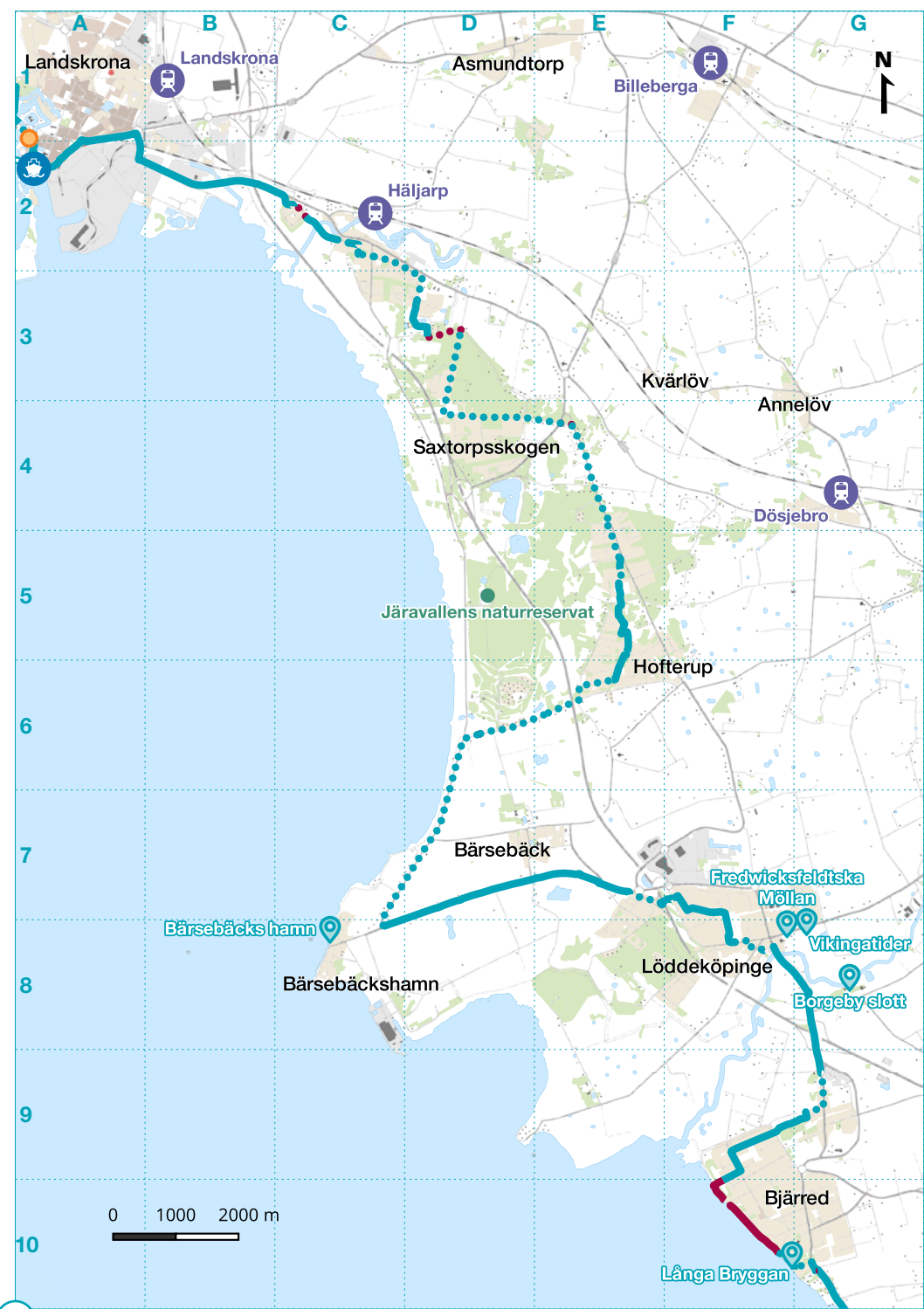




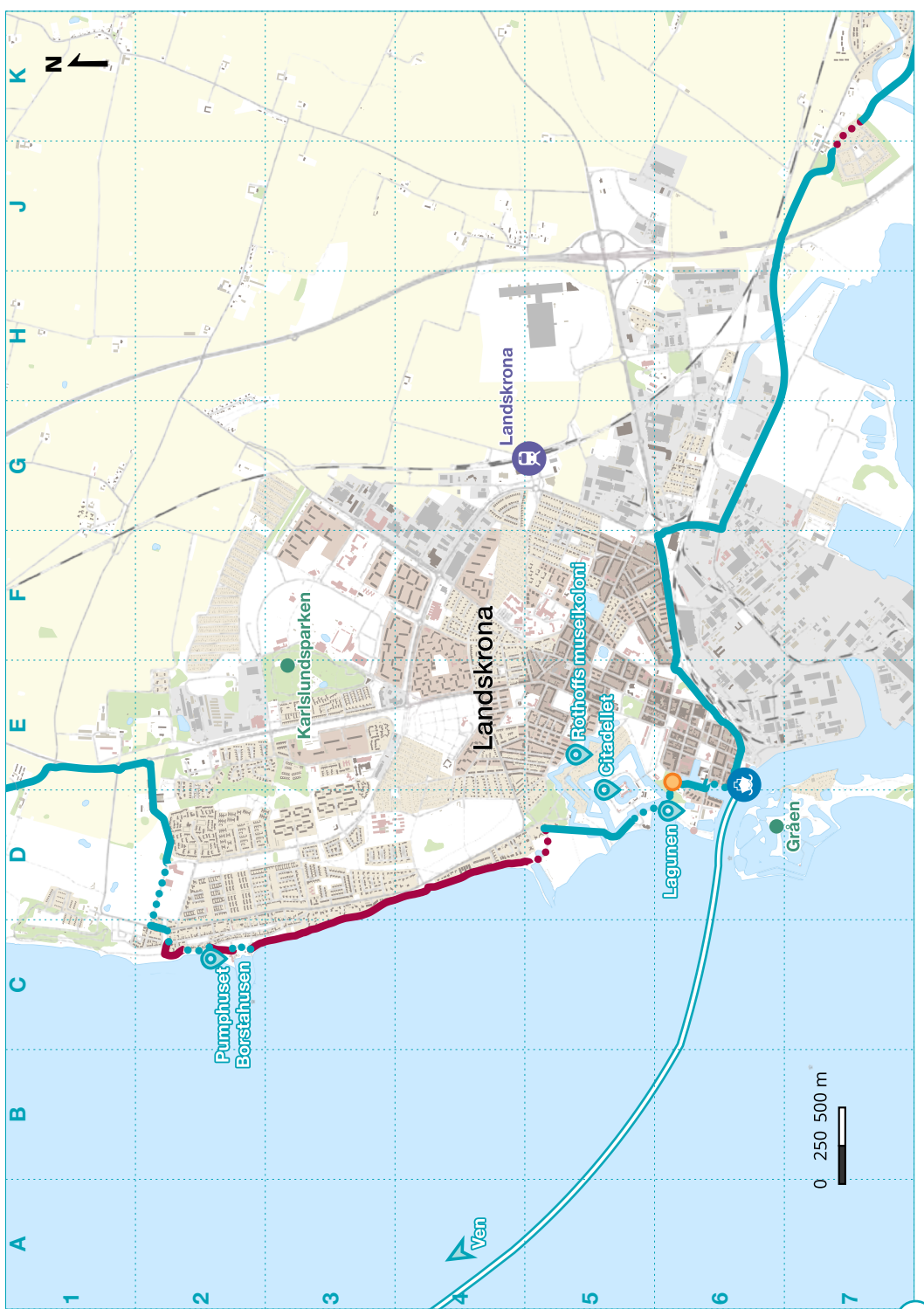




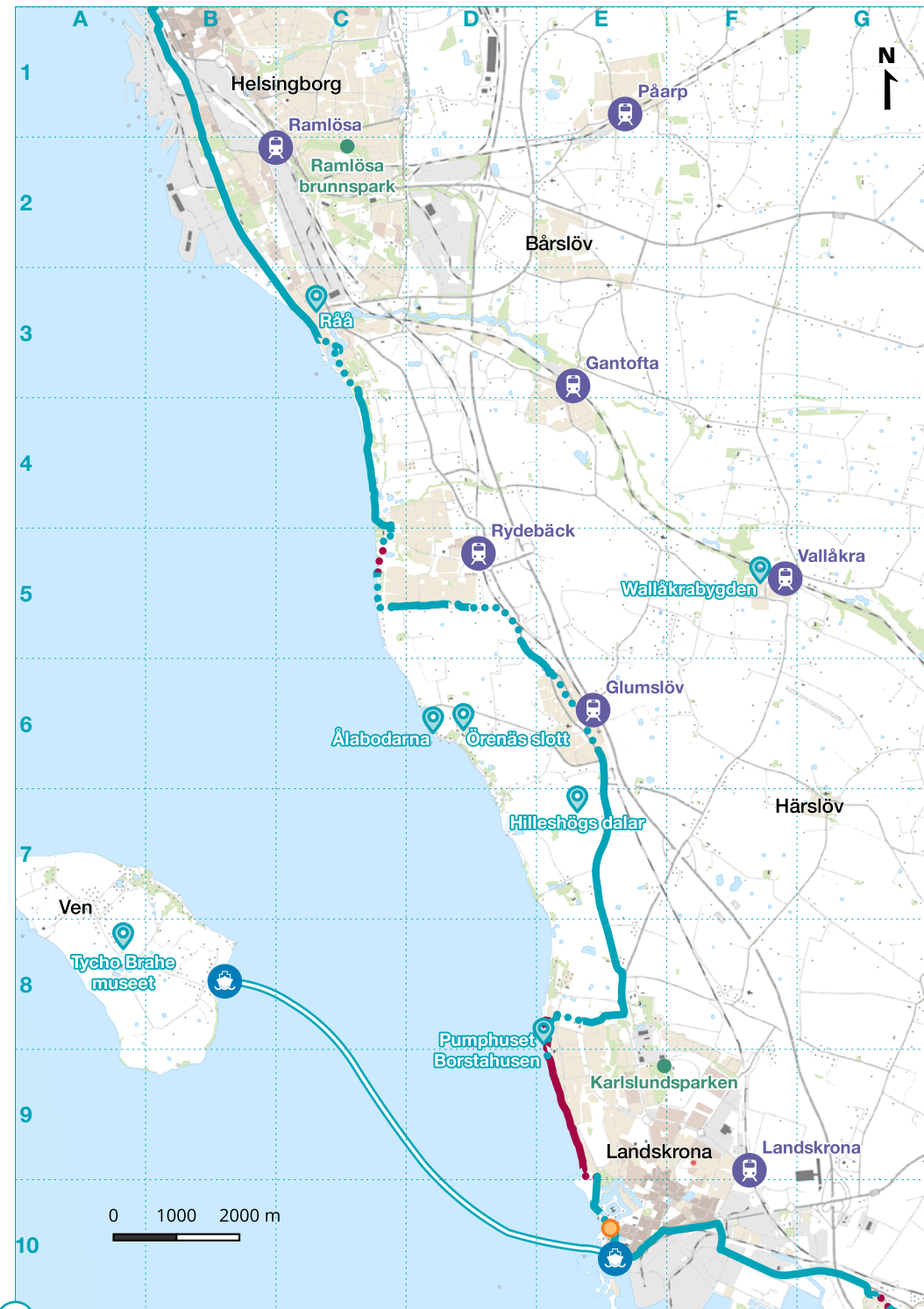
SECTION 5: MALMÖ-LANDSKRONA



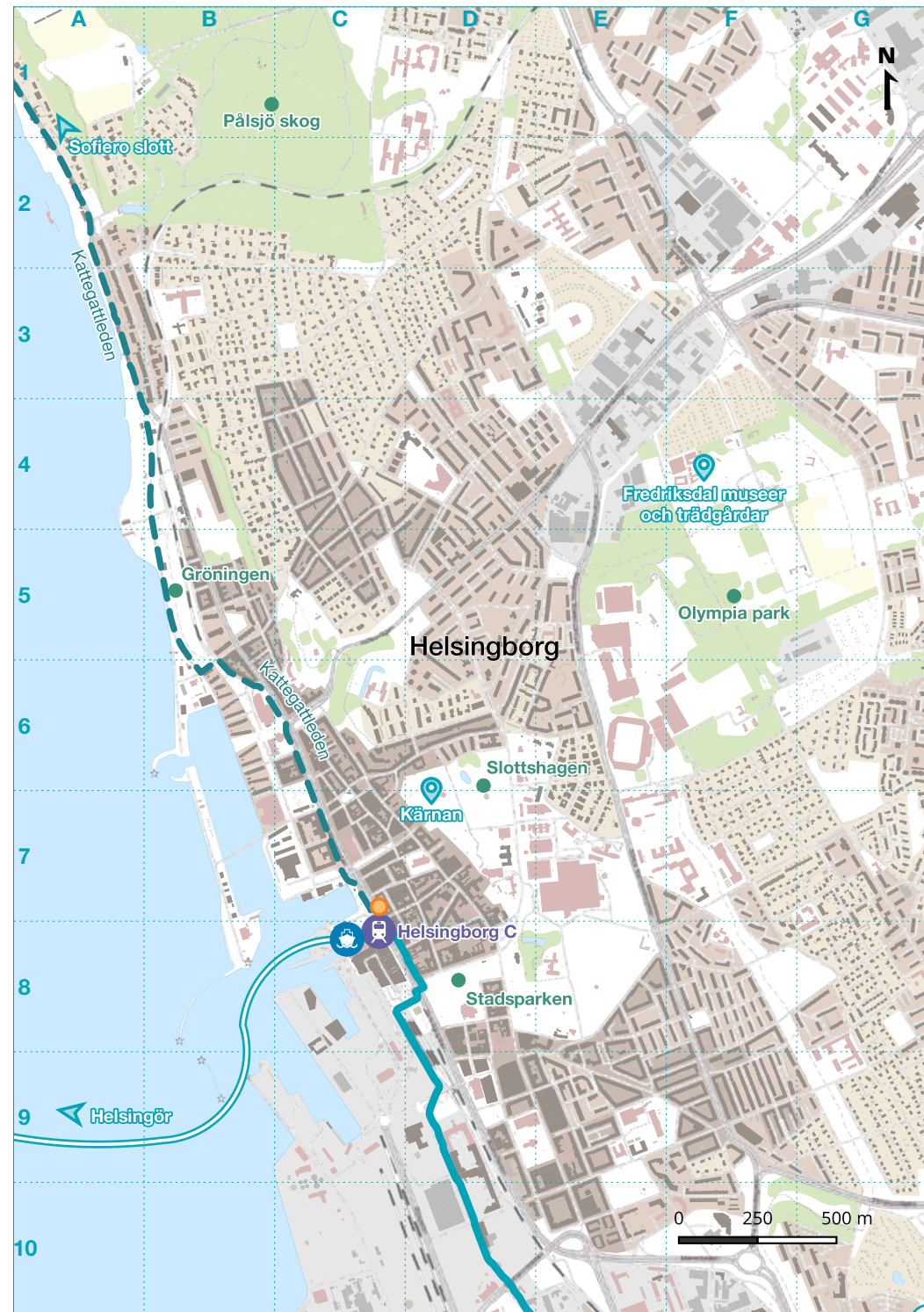
CITY MAP: LANDSKRONA



SECTION 6: LANDSKRONA–Helsingborg



CITY MAP: HELSINGBORG





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