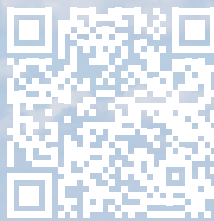




HIKING ROUTES

HIKING IN AND AROUND ASSENS



VISITASSENS



Get inspired for your hiking holiday – discover scenic trails along the stunning coastline of the Little Belt. With well-marked hiking routes, breathtaking viewpoints, cozy accommodations, ferry connections, and welcoming locals from Funen, Assens and the entire island offer the perfect hiking experience.





THE BEST CHOICE FOR YOUR HIKE

Assens is a fantastic place to go hiking. It's easy to navigate, and the vast majority of the trails lead through scenic natural landscapes.

Assens is located on the west coast of Funen, right in the heart of Denmark. You can reach everything within a couple of hours – or simply stay here and enjoy your holiday with highlights such as:

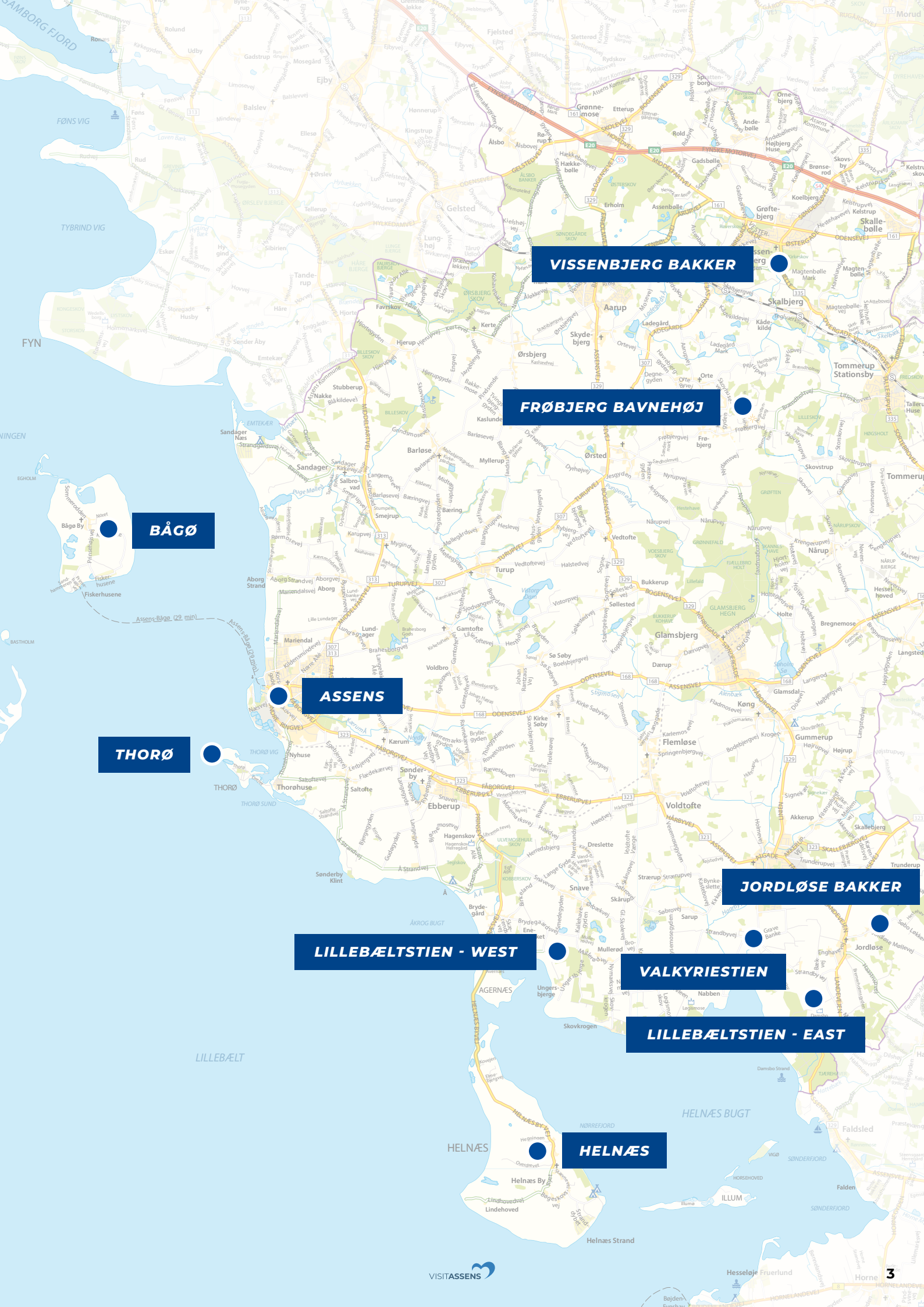
- Beautiful, family-friendly beaches
- Rolling hills
- Deep forests
- Unique attractions
- Charming towns with proud traditions
- Activities and cultural experiences

OVERVIEW OF HIKING ROUTES

Whether you prefer short walks or longer hikes, we have suggestions for half- or full-day hikes that will take you out into nature and to some of our most beautiful spots.

- **Bågø** page 4
- **Helnæs** page 6
- **Thorø** page 8
- **Lillebæltstien** page 10
- **Assens and surroundings** page 12
- **Valkyriestien** page 14
- **Jordløse Bakker** page 16
- **Vissenbjerg Bakker** page 18
- **Frøbjerg Bavnehøj** page 20

Read more, explore the routes, and set off on an adventure wherever it suits you.



VISSENBJERG BAKKER

FRØBJERG BAVNEHØJ

BÅGØ

THORØ

ASSENS

JORDLØSE BAKKER

LILLEBÆLTSTIEN - WEST

VALKYRIESTIEN

LILLEBÆLTSTIEN - EAST

HELNÆS

BÅGØ

A UNIQUE ISLAND FOR YOUR HIKING HOLIDAY!

ABOUT BÅGØ

Bågø is home to just 25 residents and is located in the Little Belt, about a 30-minute ferry ride from Assens.

The island can be windswept and has a harsh climate during winter, but in springtime it transforms into an idyllic getaway. With its rich natural surroundings, Bågø offers peace and harmony for nature lovers — perfect for spending several days immersed in the outdoors.

Bågø lies within a bird protection area, providing excellent opportunities for birdwatching, especially from the two birdwatching towers on the island.

Bågø offers flat trails with beautiful views of the Little Belt, Funen, and Jutland. The hiking routes take you through the island's charming village with well-preserved farms, and out into stunning natural areas and bird reserves.

BÅGØ VILLAGE

At the heart of the island lies the cozy and well-preserved Bågø village, which dates back to the 1200s. The original village layout is still intact, with large farms on both sides of the broad village street. No formal land redistribution ever took place here, though five farms have been moved due to fires or lack of space. Over time, various services such as a grocery store, dairy, and blacksmith were added among the farms. Though no longer in operation, their buildings can still be identified. The village also hosts a small local history museum.

BÅGØ CHURCH

The church was built in 1861 and placed so that the Count of Wedellsborg, who had made a significant

- Red route: 4 km.
- Blue route: 4,5 km.
- Green route: 2 km.
- Yellow route: 5 km.

financial contribution, could enjoy an unobstructed view of it. The church's interior is simple, but a few elements stand out such as the richly ornamented chandeliers and the model ship *Fredericus Quartus*, donated by a man from Copenhagen as penance for having "run off" with a girl from Bågø.

GETTING TO BÅGØ

Bågø is accessible by ferry from Assens, and the crossing takes approximately 30 minutes. The ferry carries around 50 passengers and a small number of vehicles.

AUDIO GUIDE FOR THE HIKE

For an enhanced experience, take nature guide Christian Heller from Assens Municipality along with you via his audio guide, which is part of the podcast series *Natur til tiden* (Nature in Time). The audio guide is in Danish only.

THE 4 HIKING TRAILS ON BÅGØ

There are four marked hiking routes on Bågø, all starting from the nature center in the middle of the island. The trails lead through varied landscapes with rest areas and scenic views from the birdwatching towers.

Trail conditions: Some of the paths are footpaths, and their accessibility may vary with the seasons and vegetation. People with limited mobility or families with strollers are advised to use the paved roads.

Along the trails, you'll find informational signs that share the island's natural and cultural history. On the Bågø map, you can see the four routes, marked in the landscape with yellow, blue, green, and red triangles on posts.

Find the routes on Google Maps.





Assens-Bågø (29 min)

HELNÆS

THE MOST BEAUTIFUL PENINSULA

ABOUT HELNÆS

Helnæs is a stunningly scenic peninsula with wonderful sea views and impressive landscapes.

As you drive along the narrow causeway leading to Helnæs, you're greeted by breathtaking surroundings. The Helnæs peninsula covers 13 km² (or 1,312 hectares), and it's an incredibly exciting area to explore.

BIRDLIFE AND PLANTLIFE

Helnæs features a wide range of natural habitats, making it home to a rich variety of plants, birds, insects, and butterflies.

In the grasslands of Bobakkerne and the coastal meadow called Maden, you can find protected plant species like sea holly (*Eryngium maritimum*) and early marsh orchid (*Dactylorhiza incarnata*). On a summer day, you might spot all three of Denmark's swallow species: barn swallow, house martin, and sand martin. In winter, thousands of geese rest at Maden — unless the sea eagle is out hunting.

AUDIO GUIDE FOR THE HIKE

For an enhanced experience, take nature guide Christian Heller from Assens Municipality along with you via his audio guide, which is part of the podcast series *Natur til tiden* (Nature in Time). The audio guide is in Danish only.

ART AND ANTIQUES

Drop by the antique shops and art galleries on Helnæs:

- Helnæs Antik
- Galleri Langager
- Galleri Knadring

— The northern route: 2 km.

— The southern route: 2,7 km.

BEACHES AND COASTLINE

Helnæs is a great spot for kitesurfing, windsurfing, or kayaking—and you're guaranteed the most beautiful views while you're on the water.

There are also several excellent beaches on Helnæs:

- **Helnæs Strand**, also known as "Helnæs Sommerland," located at the southeastern end of the peninsula
- **Helnæs Fiskerhuse**, on the eastern side in a shallow bay area along Helnæs Bay
- **Feddert**, which isn't technically on Helnæs but just a stone's throw away—on the mainland, just north of the peninsula before the causeway

THE 2 HIKING TRAILS ON HELNÆS

Helnæs features two marked hiking trails that allow you to experience its beautiful landscape:

- **The northern route:** This trail takes you on a scenic walk through the hills of Bobakkerne. Note that the terrain is not suitable for those with limited mobility or for strollers.

Length: 2 km

- **The southern route:** Starts from the parking area in the middle of Helnæs Made and leads through a varied landscape of meadows, fields, small ponds, and ends with access to a beach.

Length: 2,7 km



Find the routes on Google Maps.



- Parking
- Fire pit
- Shelter
- Beach
- Toilet
- Info
- Picnic
- Viewpoint
- Camping

— Gravel road (car traffic allowed)
- - - Hiking trail

THORØ

A HISTORIC AND SCENIC PENINSULA

ABOUT THORØ

Thorø is a roughly 65-hectare peninsula located just off the coast of the old fishing village, Thorøhuse.

The island is known for its beautiful and untouched nature, and if you're lucky, you might spot both porpoises and seals from the shoreline.

The peninsula is accessible only on foot via a footbridge from the parking lot at Thorøhuse Community House. The sandy strip connecting Thorø to Thorøhuse is called Drejet.

Thorø is owned by the Copenhagen Teachers' Association, and visitors are kindly asked to stick to the marked hiking trails only.

HARALD PLUM'S ISLAND

Thorø is also known for its connection to Harald Plum, who owned the island from 1917 to 1929 and left many fascinating traces in the landscape.

At the western tip of the island stands a granite cross. It was erected by Harald Plum in 1928 in memory of three skeletons discovered during gravel excavation in the 1920s. The burial is believed to date back to the early prehistoric period.

You can listen to the podcast *Legender fra Baghaven* ("Legends from the Backyard") to hear the story of Harald Plum, the merchant boy from Assens.

THE 2 HIKING TRAILS

Thorø offers two marked hiking trails that let you experience its scenic surroundings:

— Thorøhuse – Assens: Approx. 3 km.

■ ■ ■ Around Thorø: Approx. 3 km.

Thorøhuse – Assens: A 3 km route between Assens and Thorøhuse, offering a blend of culture and nature. It's an easy walk suitable for most hikers.

Surface: The trail is a footpath, which can be uneven and occasionally muddy. It's not suitable for strollers or wheelchairs. During periods of partial flooding, you can follow Thorøhusevej up to the old railway line as an alternative route.

Points of interest on this trail:

- The nature area Jordbassinerne.
- The shipwreck 'Verka'.
- The historic fishing village of Thorøhuse.
- The peninsula of Thorø.

You can start your hike in either Assens or Thorøhuse:

- In Thorøhuse, the trail begins at the back of the parking lot by Thorøhuse Community House.
- In Assens, the trail starts inside 'the Jordbassinerne' area. Enter through the gate at the end of Rylevej.

At both ends of the trail, you have the opportunity to extend your hike through beautiful natural landscapes.

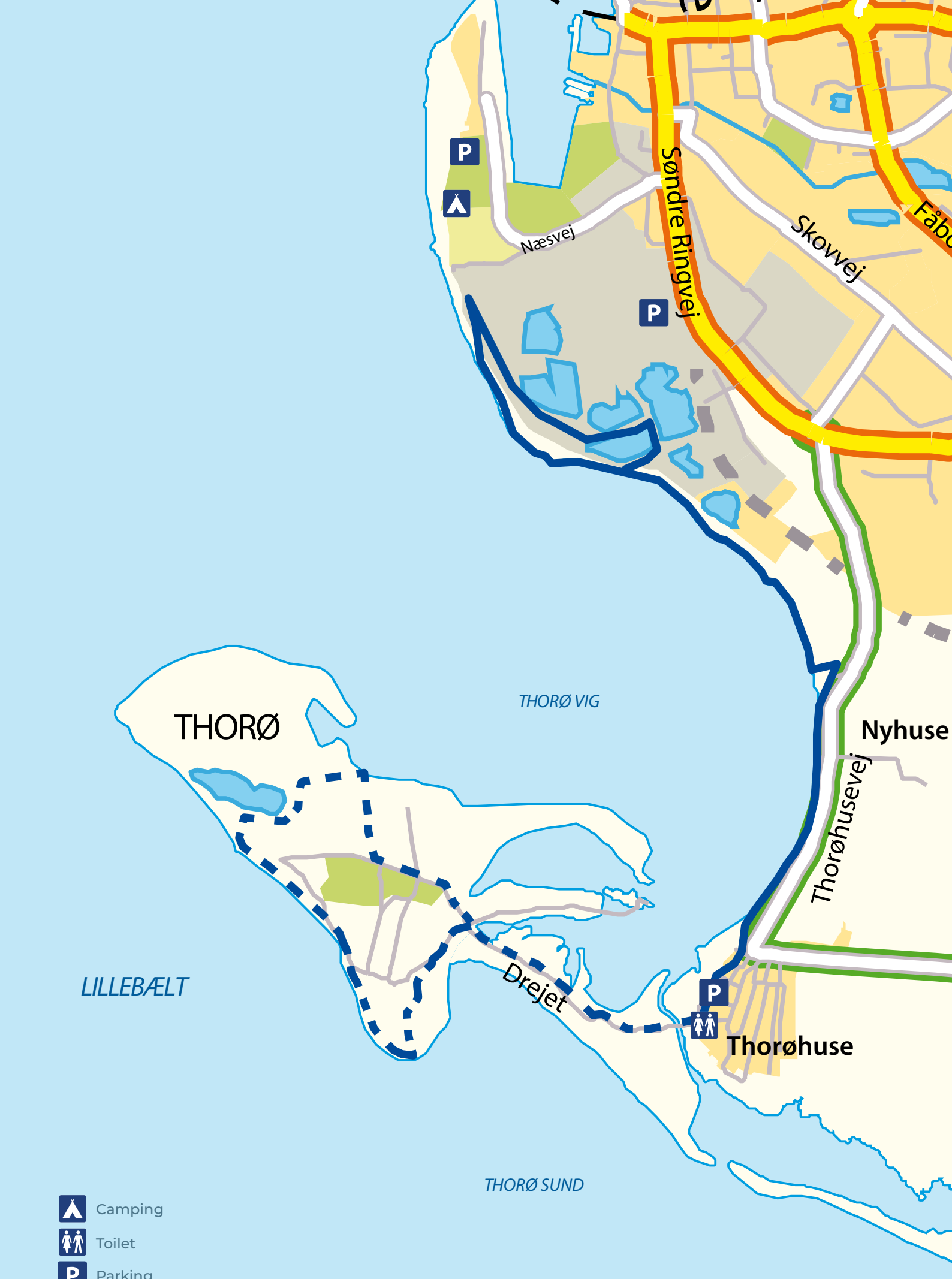
- In Assens, explore the 40-hectare nature area 'Jordbassinerne'.
- In Thorøhuse, continue your walk out onto the Thorø peninsula.

Around Thorø: In the past, Thorø was a true island, and it was possible to sail all the way around it. However, due to the movement of sand caused by sea currents from the early 1970s to the mid-1990s, the sandy connection across Thorø Sound grew, and Thorø is now landfast with Thorøhuse.

Surface: The trail around Thorø is a gravel path and may be uneven.

Find the routes on Google Maps.





-  Camping
-  Toilet
-  Parking

LILLEBÆLTSTIEN

A SCENIC HIKING TRAIL

ABOUT LILLEBÆLTSTIEN

Lillebæltstien (The Little Belt Trail) is a publicly accessible hiking route near the coast, stretching across both public and private lands. This picturesque trail offers a unique blend of natural beauty and cultural landmarks.

The trail is marked with pictograms featuring white hikers on a blue background.

As you walk, you'll encounter a variety of landscapes, including beaches, open fields, forests, and villages. You'll also pass several manor houses and even a vineyard. There are many idyllic spots where you can enjoy the view and a packed lunch.

PARKING

Parking is available at Å Strandvej, the recreational area at Løgismose forest, Damsbo beach, and at Nabben.

ACCOMMODATION

You'll find campsites in both Å and at Løgismose beach, offering grassy areas for tents as well as cabins for overnight stays.

THE 2 HIKING ROUTES

Lillebæltstien is actually two separate trails: one in the west and one in the east.

Lillebæltstien - West: The western part runs from Å to Løgismose beach.

- **Lenght:** Approx. 10 km.
- **Surface:** The trail is a footpath that may be uneven and muddy at times.

Lillebæltstien - East: The eastern part stretches from Nabben to Damsbo beach.

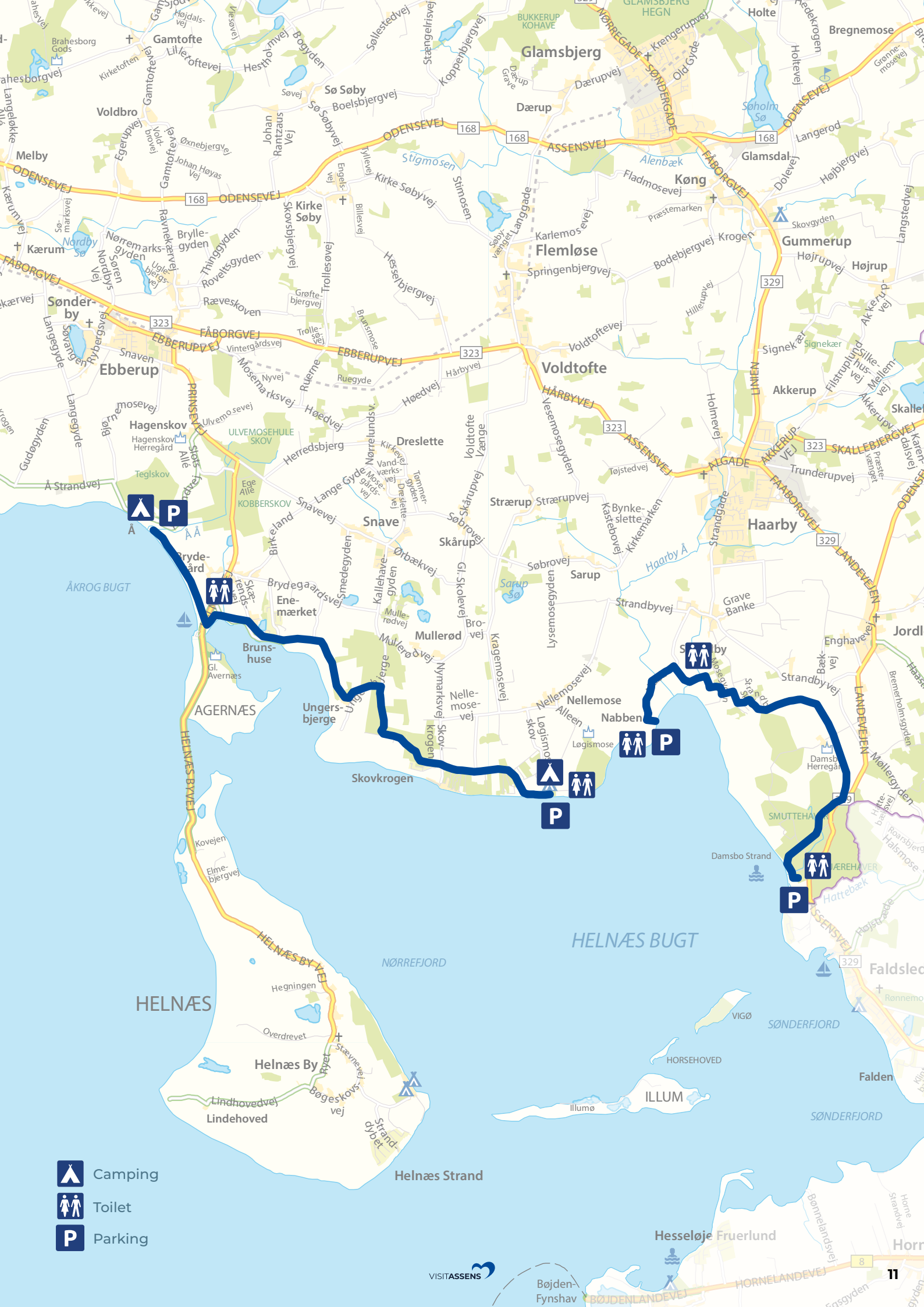
- **Lenght:** Approx. 8 km.
- **Surface:** The trail is a footpath that may be uneven and muddy at times.

— Lillebæltstien - West: Approx. 10 km.

— Lillebæltstien - East: Approx. 8 km.

Find the routes on Google Maps.





-  Camping
-  Toilet
-  Parking

ASSENS AND SURROUNDINGS

4 FANTASTIC HIKING TRAILS

JORBASSINERNE (THE SOIL BASINS)

Discover a man-made natural area close to town – a lovely nature experience with beautiful views.

From 1884 to 2006, Assens sugar factory produced sugar from sugar beets. The beets arrived covered in soil, which had to be washed off before production. The soil was then deposited in the area southwest of the factory.

Before 1884, the area was a flat coastal meadow, just half a meter above sea level. Each year until the factory's closure in 2006, enough soil was deposited to fill 10 Olympic swimming pools. Over the course of 120+ years, the approximately 40-hectare area was raised so it now sits 10 meters above sea level.

Take the longer trail (yellow route) around Jordbassinerne to get close to the water's edge. Explore the wildlife and natural surroundings.

Or enjoy the shorter 2 km hike (red route), where you reach the highest point and truly get a sense of how elevated you are above the sea. Take in the stunning view!

- **Yellow route length:** 3 km
- **Red route length:** 2 km
- **Surface:** Primarily gravel paths, with some road sections and wetlands.

VANDSPORET (THE WATER TRAIL)

Take a nature trail through the landscape of Assens, offering diverse experiences and insights into the fascinating world of water. Water covers 71% of the Earth's surface and is essential for all life.

Along Vandsporet, you'll find information boards sharing knowledge about water and the rich local flora and fauna.

- Jordbassinerne (yellow): 3 km.
- Jordbassinerne (red): 2 km.
- Vandsporet: 8,5 km.
- Kærum Å stien: 2 km.
- Brunebjergstien: Approx. 5 km.

- **Length:** Approx. 8,5 km.
- **Surface:** Primarily gravel paths, with sections on roads and through wetlands.

KÆRUM Å STIEN (KÆRUM Å TRAIL)

The Kærum Å Trail offers numerous outdoor and nature experiences, stretching from the heart of Assens to Melby Forest.

The path winds along the river, through Assens' city parks with the old watermill, past lakes, a dog forest, apple orchards, and recreational areas with fire pits and shelters.

- **Length:** Approx. 4,5 km.
- **Surface:** The trail from Assens to the bridge over Kærum Å is suitable for strollers and wheelchairs.

BRUNEBJERGSTIEN (THE BRUNEBJERG TRAIL)

In the Brunebjerg area, you'll find a network of trails. These vary in terrain – some wind through hilly landscapes, while others are flat and even.

The route leads through the charming city park and forest area. After crossing Fåborgvej, the trail passes Assens Stadium. From there, it follows Kærum Å under the ring road and continues out toward Brunebjerg. The trail proceeds along the path marked "Mod Melbyskoven" (Toward Melby Forest).

The trail is part of the national "Heart Trail" network.

- **Length:** Approx. 5 km.
- **Surface:** The trail from Assens to the bridge over Kærum Å is suitable for strollers and wheelchairs.

Find the routes on Google Maps.





Assens-Bågø (29 min)

Mariendalsvej

Mariendalsvej

Lille Lundager

Mariendal

MIDDELFARTVEJ

Lundager

Kildensmindevej

307
313

Nørre Allé

Brah

Kors-gade

Melby Huse

ØSTRE RINGVEJ

168

Info icon

P

P

P

P

Møllerhuse

Kærumå

P

Kærumvej

Egebjergvej

Follesled

THORØ

THORØ VIG

Nyhuse

Thorøhusevej

Eg e-
ma rk s-
ve j

Saltoftevej

Saltofte

Drejet

Thorøhuse

Saltofte Strandvej

gyden

- Camping
- VisitAssens
- Toilet
- Shelter
- Parking

VALKYRIESTIEN

VALKYRIESTIEN (THE VALKYRIE TRAIL) AT STRANDBY BÆK

This trail runs partly parallel to Lillebæltstien – East (see pages 10–11).

The trail winds through the wetland area around Strandby Bæk near Haarby. Bring your binoculars and enjoy birdwatching at the picnic shelter, and spend the night in the nearby shelter.

- **Lenght:** 1,2 km.
- **Surface:** An easy walk suitable for most hikers. The trail is a natural footpath that may be uneven and muddy at times. It is not suitable for strollers or wheelchairs.

THE WETLAND

This area was established as part of Denmark's national wetland restoration scheme, a government-funded program aimed at reducing nitrogen discharge into the sea by restoring the natural water cycle.

Over time, the area will evolve into a mosaic of wet and dry zones, creating valuable habitats and favorable conditions for both plant and animal life. Small lakes have been created to provide wet habitats for amphibians and insects.

The wetland covers a total of 30 hectares and retains approximately 3 tons of nitrogen annually.

In the southern part of the wetland, there is an opportunity to stay overnight in a shelter. The site includes a shelter, fire pit, and composting toilet, and is directly connected to the Valkyrie Trail.

A HISTORY DATING BACK TO THE VIKING AGE

Valkyriestien is named after the area's special significance to the Vikings, who frequented this region between approximately 600 and 1000 AD.

From nearby inland villages, Viking craftspeople made their way to Helnæsbugten (Helnæs bay) to participate in the building and maintenance of longships used for trade and warfare both at home and abroad. This demanding work left many traces: archaeologists have found nails, fittings, tools, and large amounts of slag, showing that ironworking took place on a significant scale.

Other discoveries offer a more personal look into Viking life: glass and amber beads, bronze brooches, and iron Thor's hammers likely belonged to individuals who once walked these grounds. In a well, archaeologists uncovered a wooden handle carved in the shape of a dragon's head. And from a discarded layer of earth, a small clay figure shaped like a person was found — perhaps once a child's toy, long forgotten.

- Lenght: 1,2 km
- Part of The Tittle Belt Trail

Find the route on Google Maps.





Pond



Meadow



Forest



Watercourse



Livestock enclosure



Lillebæltstien



Valkyriestien



Info



Parking



Picnic shelter



Shelter



Composting toilet



Footbridge



Cattle grid

JORDLØSE BAKKER

THE FUNEN ALPS

ABOUT JORDLØSE BAKKER (JORDLØSE HILLS)

Jordløse Bakker is located between Haarby and Vester Hæsinge.

This hilly area forms the northernmost part of the winding ridge known as “The Funen Alps” (De Fynske Alper).

The landscape was shaped during the last Ice Age, which ended around 11,500 years ago. The hills were formed by large deposits of gravel and sand left behind by the retreating glacier (specifically the so-called Young Baltic Ice). This glacier moved from the more active southwestern region near the Lillebælt, toward the more stagnant central Funen area in the northwest. Meltwater spread sand and gravel across the terrain, creating the rolling hills. From the hilltops, you’ll find wide and stunning views across the Funen countryside and out toward the Lillebælt.

Jordløse Bakker is an ancient grazing area (overdrev), which supports a unique flora adapted to grazing conditions.

The hills are alive with buzzing insects, butterflies, and birds. The air is scented with heather and wildflowers. You’ll find species such as pasqueflower, spiny restharrow, and heath sedge growing here.

There are several high points in Jordløse Bakker offering breathtaking views. One of them, Sandbjerg, can be reached via a natural footpath.

- The Village path: 4 km.
- - - The Country path
- The Country path: 16 km.

THE 2 HIKING ROUTES IN JORDLØSE BAKKER

There are two distinct routes. The Country Path can be shortened or extended in several places.

The Village path: This 4 km route includes marked points with information boards where you can learn more about the area — and even scan QR codes for additional content. The trail starts at the church and guides you through the history of the village of Jordløse: from a community of tenant farmers and smallholders, through its time as a cooperative, station, and trading town, to the present day, where community spirit and green transition are central to village life.

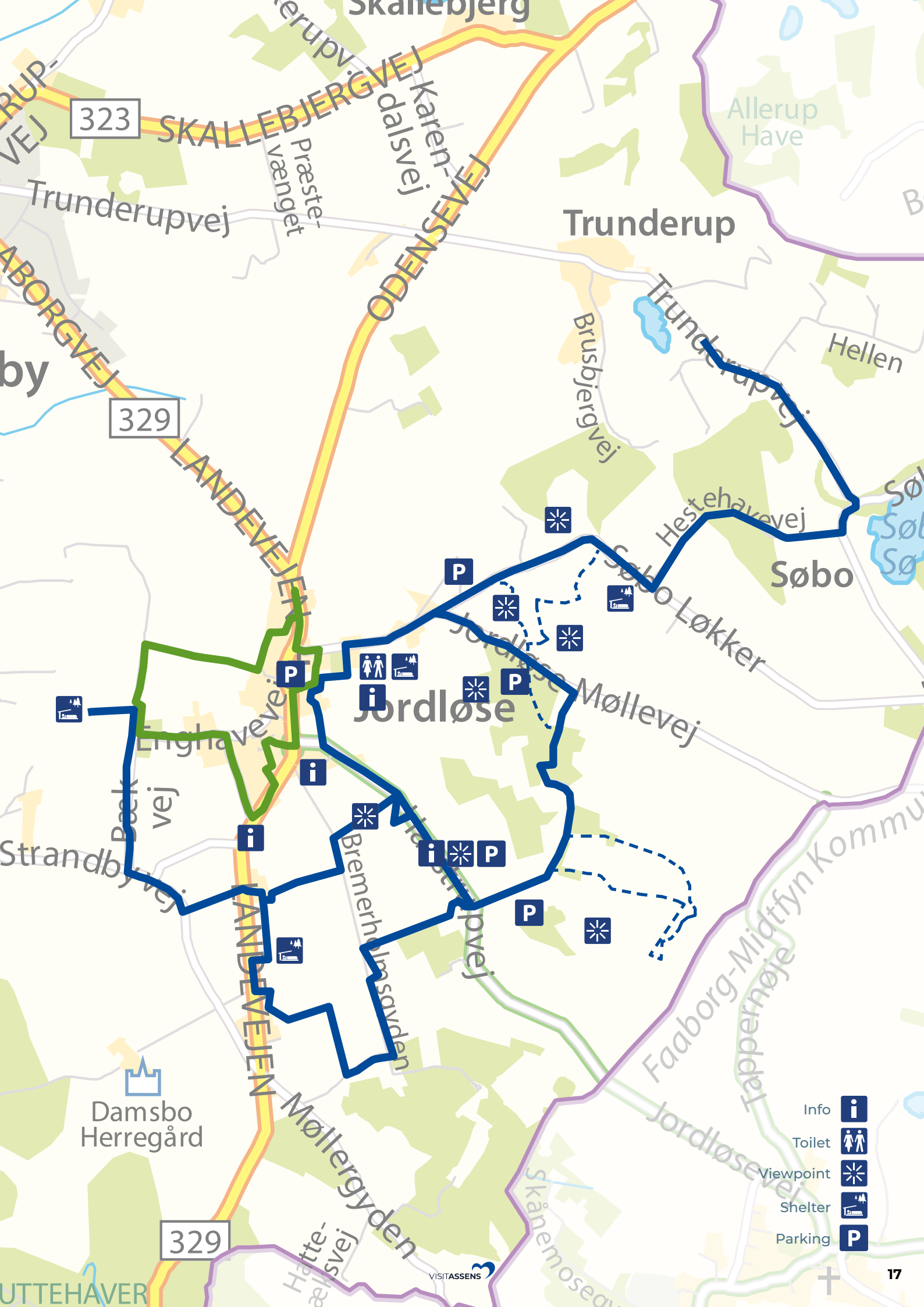
- **Lenght:** 4 km.

The Country path: This 16 km route can be broken into shorter segments. Along the way, you’ll find information boards at marked points, each with QR codes for more details. The trail begins at the “Risbjerg Landbrug” parking area and leads through cultivated farmland and the protected area of Jordløse Hills — now managed as open grazing land for livestock.

- **Lenght:** 16 km.



Find the routes on Google Maps.



323

329

329

Trunderup

Søbo

Jordløse

Damsbo Herregård

- Info
- Toilet
- Viewpoint
- Shelter
- Parking

VISITASSENS

VISSENBJERG BAKKER

5 HIKING TRAILS IN DENMARK'S MOUNTAINS

ABOUT VISSENBJERG BAKKER (VISSENBJERG HILLS)

Experience a scenic area at the top of Funen, filled with breathtaking views and unique hiking trails. This dramatic landscape was shaped by powerful glaciers, forming an impressive terrain of rolling hills, steep slopes, and deep ravines.

From the hilltops, you can clearly see the contrasting egg-shaped hills to the south, including the protected areas of Frøbjerg Bavnehøj and Brændholt mountain.

Vissenbjerg Bakker and the ravine known as Afgrunden are protected and have been designated as a geological area of interest.

While you're here, consider visiting:

- Terrariet Reptile Zoo
- The Museum of the Koelbjerg Man and the Ice Age

PARKING

Parking and access to all five trails are recommended from Lergyden, near the lake in Vissenbjerg.

ACCOMODATION

In the area, you can stay overnight in shelters, at Fugleviglund, or at Vissenbjerg Storkro.

- Yellow route: 2,5 km.
- Red route: 3 km.
- Blue rute: 3 km.
- Green rute: 4 km.
- ■ ■ Hjertestien (Heart Trail): 3,5 km.

THE 5 HIKING TRAILS

Yellow route – around the lake: Take a relaxing walk around the lake and enjoy the calm water while observing the rich birdlife. This easy route is perfect for families and offers beautiful scenery in the heart of Vissenbjerg Hills.

- **Lenght:** 2,5 km.
- **Difficulty:** Easy

Red route – mountain climb: For those seeking highlights and a bit of challenge. Follow moderately steep trails and be rewarded with panoramic views from Udsigten (The View Point).

- **Lenght:** 2,5 km.
- **Difficulty:** Intermediate

Blue route – around the hills: This trail leads you into glacial formations, where dense forests and open landscapes create a varied hiking experience. This route also includes a climb to Udsigten (The View Point).

- **Lenght:** 3 km.
- **Difficulty:** Intermediate

Green route: Choose this quieter but longer route, which takes you past Afgrunden (The Abyss) and Under Bakkerne (Beneath the Hills).

- **Lenght:** 4 km.
- **Difficulty:** Easy

Heart Trail – the hillside trail of Assens: Discover the dramatic terrain of Vissenbjerg Bakker. The route takes you through hilly landscapes, past wooden sculptures and through Vissenbjerg forest — a natural forest in wild development. The trail passes through diverse nature and rich bird habitats near Afgrunden and the old clay pits.

The trail is part of the national "Heart Trail" network.






- **Lenght:** 3,5 km.
- **Difficulty:** Easy

Find the routes on Google Maps.



-  Parking
-  Info
-  Fire pit
-  Picnic
-  Shelter
-  Fishing pond
-  Museum
-  Viewpoint



- Yellow route: 2,5 km 
- Red route: 3 km 
- Blue route: 3 km 
- Green route: 4 km 
- Heart Trail: 3,5 km 

FRØBJERG BAVNEHØJ



FUNEN'S HIGHEST POINT

ABOUT FRØBJERG BAVNEHØJ (THE BEACON HILL)

From the top of Frøbjerg Bavnehøj, a breathtaking view awaits you. The hill was formed at the end of the last Ice Age and has served as a gathering place since ancient times.

At 131 meters above sea level, Frøbjerg Bavnehøj is the highest point on the island of Funen. The protected area includes two hills: the main hill, Bavnehøjen, and Den Lille Høj (The Little Hill), which reaches 122 meters.

Both hills are part of a characteristic dead-ice landscape, featuring flat-topped hills with steep sides and pronounced meltwater gullies. You'll recognize the hills by their flat summits and sharply sloping sides.

The name Frøbjerg is believed to derive from the Norse fertility gods Freyr and Freya, and it's thought that the hill may have been a sacred site in prehistoric times. From the Middle Ages up until the early 1800s, Frøbjerg Bavnehøj was part of a chain of beacon hills (bavnehøje), where bonfires were lit — especially in times of war — to send signals across the country.

A flock of sheep grazes the area. The animals are calm, but please respect them by keeping your distance —

walk around the herd and avoid getting between them. Dogs are not allowed inside the fenced-in area.

There are fire and barbecue areas where you can cook, and the site also offers toilet facilities, a small exhibition space, and a picnic shelter.

PARKING

There is a parking area at the base of Frøbjerg Bavnehøj.

THE HIKING ROUTE

You can follow a direct trail to the top. It's short but steep — your reward is a stunning view across the hilly central region of Funen.

Alternatively, you can take the marked route, which is less steep. This trail leads you past the festival grounds and also up onto Den Lille Høj.

- **Lenght:** Approx. 1,5 km.
- **Surface:** The trails are steep and can become slippery when wet, so please be cautious. Strollers and wheelchairs can use the access road from the parking area to the festival site.

