

Roskilde to Helsingør – Description

The North Zealand Path A long distance path connecting Roskilde and Helsingør.

This is a verbal description of the route from Roskilde to Helsingør. The route is NOT yet fully signposted. It is signposted from Farum to Helsingør. Work is in progress signposting Roskilde to Farum.



Roskilde to Stenløse

The European Long Distance path E6 from Greece to Finland passes through Algade the main street in Roskilde. This

description will start where facing east Algade passes Hestetorvet (The horse market) on the right.

Joining the route: From the station cross the road and walk down the square Hestetorvet. At the bottom turn right onto Algade.

After 200m and just before the railway crosses the road turn left onto Kong Valdemarsvej and then very shortly right onto Universitetsstien. This is also the pavement for Kong Magnusvej until that road turns to the left. Continue straight ahead parallel with the railway. Continue until the path becomes Solvænget. Ignoring the road to the left go forwards until reaching a T-junction. Turn left onto Præstemarksvej and then the second right onto Ternevej. At the T-junction turn left onto Gammel Trekronervej. This road runs parallel with the very busy Østre Ringvej. At the end of the path turn right onto Østbyvej and cross Østre Ringvej. Go straight ahead on Trekronervej and after 100m turn left onto Slæggerupstien. The wood to your left is known as ‘1000 Years Wood’! Just before reaching Herregårdsvej turn right onto a path. Cross over Nanortalikvej and continue along the path. On reaching a stream turn left. Do not cross the stream.

Upon reaching a road, Slæggerupvej, turn right and follow it for the next 3km. The local authorities are in the process of making a path that will bypass much of this road. When it opens it will be included here. Turn left onto the narrow Krogager road leading into the village of Ågerup. Just before the buildings start take a grass path to the left and follow it round past some buildings, the churchyard and church (#). At the end turn left and take the first right. Almost immediately turn left in front of a Fakta supermarket. Follow this road, Højgårdsvej until it becomes a path and crosses a cycle track and another path (Lindebjergstien).. Turn right and follow this path for 1.5 km where it turns left past

Lindebjerg School in Grundsøllille. Take the cycle tunnel under the road. Follow this up to the right onto Store Valbyvej.

Walk through the village and take the second left (Kirkerupvej). Follow this for 1.3km and turn right at the junction. Turn right again at Kirkerup Church. After 1.2 km take a track on the left down to the bird tower on Grundsømaglesø (lake). The Danish Society for the Protection of Birds have created a nature reserve for this area and have done much to give you a good experience. If you detour left at the bird tower there are paths cut into the reed beds so that you may view the birds at close quarters.

At the tower turn right and follow the path along the lake. The path turns right and divides into two parallel paths. Take either path and just before meeting Store Valbyvej there is a small exhibition with benches and tables. At the road turn left. Take the first left where there are signs for two

different farm shops 'Min Butik' and 'Bondegården'. Turn left again after 50m and pass through farm buildings past the farm shops. After passing between the last buildings the track turns northwards, crosses a stream and meets Østrupvej at a T-junction.

Almost opposite a road, Birkevang, forks northwards on the right. This starts as a gravel track, becoming a footpath until finally it becomes an asphalt road in the village of Østrup Holme. Take the second right and at the end turn right. Go straight across at the crossroads until you reach a T-junction with Holmevej. Turn left and after 350m, at a 'Put and Take' sign take the second right into Brohaven. After crossing Værebros Å (river) (#) the road becomes Blæsenborgvej. As the road enters Stenløse it curves left. After the curve take the third right onto Viadukten and cross the railway.

Turn left on a path besides the railway that leads to the station.

Stenløse to Farum

From the station continue northwards and turn right onto the Pedestrian street. At the far end cross Præstegårdsvej and turn right then left onto Byvej, passing Stenløse Kirke (#) on the right. Upon reaching and crossing the very busy Frederikssundvej at the traffic lights turn left. Take the first right Stenlillevej. After 600m take the right fork onto Svaneværvej. On reaching house number 10 (on the right) go straight ahead ignoring the right turn. At the crossroads turn right and follow a cycle path down the road to the Sprangebæk stream.

Turn left alongside the stream and shortly after cross it. Follow the path until reaching Lillevangsvej on the right. Continue straight on for 100m and turn sharp left around Tornehøj. Ignore the road (Svinemosevej) that continues straight ahead. After 80m the road turns right. Follow the road until reaching a yellow house. Here take a path (signposted as a

cycle path) to the right and follow it around the yellow house, crossing Sprangebæk stream again until it joins a small road and finally joins up with Stenlillevej.

Upon entering Stenlille the road changes its name to Stenløsevej and continues northwards. Take the second left, Tværstræde, and keeping left join a path. Take the first path on the right and continue to and cross straight over Slagslunde Bygade into Klokkekildevej.

Upon reaching the woods after 1km turn right into them. Follow the path as it leaves the woods and heads north. At a T junction turn right and take the next path left. There is a bench here. At a junction of several paths and tracks go straight ahead (eastwards). After 500m turn left when a track crosses your path. After 350m take the left fork at a Y-junction. This leads you into Småøerne(#) (Small lakes) which is the source of the Mølleå river(#).

Turn right and follow the sign-posted Mølleå path. At the main road turn left for a few metres and cross the road continuing on a footpath that passes North of Bastrup sø (lake). Pass Bastrup Tower(#), where there are benches, and continue to the far end of the lake.

At a T junction turn right along a small road and 100m later left beside the river. At the edge of Nyvang woods follow the path to the right and upwards and then to the left. You are above the river itself. Follow the path passing Klevad marsh/bog on the left.

After 550m the path turns left then right and left until you reach a road at a T-junction. Cross Kalkværksvej and turn right (South) almost parallel with the path you have just come from. After 20m turn left on a path.

Follow the path, which follows the river, for 3km until you can see Farum Sø (Lake) through the trees. Take the right fork at a Y junction and follow the path alongside Farum Sø. After 1400m and

just after passing a churchyard turn left and proceed to Søvej. Turn right and after 40m right again. If the gates are closed you need to turn left and follow the bridlepath/cycle route around Farumgård farm. The path now passes through Farumgård farm(#) down to Farum lake. Please keep to the path. Upon reaching the gates to Farumgård turn right and follow the lake shore at Fiskebæk(#).

When you reach the railway turn right and walk downhill towards the river. Before reaching the railway deer can often be seen grazing on the left. The path reaches a bridge over the river. Cross this and turn left under the railway and motorway. On the far side of the open area use the foot tunnel to cross the busy road.

Farum (Fiskebæk (#)) to Allerød

Use the tunnel under Frederiksborgvej, go up the stairs and turn right on Frederiksborgvej. Take the first right (Dortesvej). Follow this as it turns left and becomes Perle Alle. At the end go forward, and slightly right on a path into Nattergalelunden (Nightingale Spinney). Continue on this path parallel with the Motorway taking the second right. At the crossing turn left until the path ends at a T-junction. Turn right and then right again into V.M. Amdrupsvej. Turn left along Elmevangsstien. Follow Elmevangsstien, crossing Vitus Beringsvej until you reach Furesøstien. Turn right at the T- junction.



The path bears left and follows alongside Furesø (#) lake. There are seats and tables along the path. At Høje Klint (High Cliff) there are good vistas over Furesøen. Immediately after the viewpoint you will meet Skovbakken.. Turn left up Skovbakken and continue until soon after passing the nursing home ‘Solgaven’ turn right. Follow the path to Stavsholt village pond and the Furesø museums (#). Turn left onto Stavsholtvej and after about 100m turn right onto Stavsholtstien.

This leads you past Solhøjgård, (#) the school farm, and under a viaduct. Continue northwards on this path (Stavsholtstien) until Duemosepark. Here take an immediate right into Hesselbækpark to continue in a northerly direction. Follow the path between two rows of yellow brick houses. At the Y junction at the end of the houses turn right and follow the path as it turns to the left, crossing Furesøgårdsvej. Follow the path past a pond, until it joins Nordøststien just before a tunnel under a main road.

Pass through the tunnel and follow the path until it ends. Turn left onto Stavsholt Gydevej. When the road turns left at the Nordtoftdal farm carry straight ahead along a gravel track. At the T-junction at Fuglsang farm turn left. Upon reaching the Asphalt road, Høveltevej, turn right onto a footpath parallel with the road. When the path ends cross the road and continue forward along Høveltevej. After about 200m turn left and follow a path past paddocks on the left and later hedgerows on your right. At the T-junction turn right until you reach Tivolihusene on Hyrebakken. Here enter Søndenskov (Southern wood) by turning right onto the woodland track, Tivolvej.

On leaving the woods turn left and after about 600m, where the road turns sharp left turn right into Kattehale Mose (#). Follow this path, which is actually the trackbed of a former

industrial railway connected to several brickworks (#) in this area, for 1.2km until reaching a barrier.

Leaving the path: Go past the barrier and continue on until reaching a roundabout (1.4km). Continue on and take the second right. This will take you through the town centre to the S-train station.

Joining the route: From the station cross the road and walk straight ahead down the pedestrian street. At Frederiksborgvej turn left. Keep on this road, crossing a roundabout, and after 500m a bridge over Nymøllevej. The road turns to run parallel with the railway and soon reaches a barrier a few metres later turn left onto a path for the foot tunnel under the railway.

Just before the barrier turn right to a tunnel under the railway. Follow the path round past a large builders merchants until reaching Sortemosevej. Cross over and turn left onto the cycle track for 250m. Turn right onto Sortemosestien. There is marsh and woods on the right. When you come to a red post take a very narrow footpath on the left (too narrow for prams). Follow this until you reach Ejnars Sti. Turn left and follow it and pass through the tunnel under Nymøllevej. Coming up the slope from the tunnel turn 180 degrees right and take the first left (Grønnemosevej).

Joining the route: From Allerød Station take the tunnel under the railway and cross Banevang. Go forward along Birkevej and take the first right, Tjørnevej. Continue along the path into the woods and when you reach a red post turn left onto Ejnars Sti. Follow this until you pass the tunnel under Nymøllevej. Continue forward and take the first left (Grønnemosevej).

Allerød – Fredensborg

Continue northwards along rønnemosevej. After 225m turn right and continue until you reach a major road, Kongevejen. Cross the road with care and you are now in Tokkekøb Hegn. Take the left fork, the one with a barrier, onto Vildtmestervej. Turn left at Egemosevej and continue until you reach Stumpedyssevej. Turn right along the asphalt road and the left after 300m onto Bomvej. After 500m there is a red post. Follow the footpath across the open landscape to a gate with Kongedyssen (#). Several lakes in this area were clay pits for brick clay. Pass through the gate and follow the path to the right.

Cross Dæmpegårdsvej, there are tables and benches her, and continue along Dønsevej. At a fork in the track keep left on Damvej then take a right turn, following Damvej, shortly after. Store Dønse Dam (#) is on your right and has several tables and benches. Take the first left then at the T- junction turn right and follow the path to a carpark besides Løjeltehus.

Continue across the carpark and at the red post continue northwards on a track. After 100m take the right fork and after 200m exit the woods at Bed and Breakfast Naturly. Cross the lawn and continue down the gravel driveway for 500m to a tunnel on the right. Go through the tunnel and continue alongside the road until Kirkeltevej.

Turn right onto Kirkeltevej and continue (Note the windmill (#) off to the left) until you reach Avderødvej. There are many fast cars on this narrow winding stretch of road. Cross over and continue along a footpath alongside a stream into Karlebo village. Upon reaching Karlebo Bygade turn right and then left into Hesselrødvej just before the church.(#) When Hesselrødvej turns right carry straight on. The road turns right and left where Dalsgårdvej joins from the right. Just before crossing a stream turn right onto a grassy track beside the stream. Upon reaching a farm track turn left and then after 20m. turn right. Follow this field track northwards. On reaching the Nivå river turn left to a bridge over the Nivå river, cross the bridge and continue along a, sometimes muddy, bridal path. After the riding stables turn very sharply left along a field track into Grønholt Hegn woods. After 500m take the right fork and turn right again after 500m. Soon you will leave Grønholt Hegn. Follow the field track into Grønholt village.

Turn right along Grønholtvej and 200m after passing the Grønholt Kirke (church) (#) and the former Rytterskole (#) on the right. turn left into Præstemosevej. After 500m the road turns left take the first woodland track on the left and enter Grønholtvang (also known as Gammel (old) Grønholtvang). After 125m at a very irregular crossroads carry straight on. 100m further on turn right onto a grass track. 350m further on, on your right hand and almost hidden from view are the remains of an old castle (#). At the end of the track turn left and pass under the railway line.

An interesting detour can be made here by turning right at the junction, On the right 30m down is a Vrang Eg (#) (Crooked Oak). Return to the junction and go straight ahead until the railway.

At the next T-junction turn right and you will meet an asphalt road. Turn left and almost immediately right. This track should be followed to the major road where a right turn is made. 400m later, at the Orchid nursery, turn right into Kratbjerg. Almost immediately take the first left then at the T-junction turn left and follow the asphalt path towards Fredensborg. At the main road, Kongevejen, cross the road to a red barrier in the woods and turn left.

Leaving the path: After 100m take a right turn and follow the path through a nursery school then alongside the railway to Fredensborg Station.

After 200m the path turns right and follows alongside, but below the main Hillerød to Helsingør road. At the end go up the slope and cross the main road at the roundabout into the pedestrian street Jernbanegade. Continue along Jernbanegade to the triangular green and Fredensborg Castle (#) is seen to the right. For the youth hostel turn left up Slotsgade and then right into Østrupsvej. The youth hostel is 150m down on the right.

Fredensborg – Mørdrup

Joining the path: From the station turn left towards the level crossing, turn right up the hill and cross the main road at the roundabout onto the pedestrian street Jernbanegade. The castle is at the end on the right..



Just before entering the castle main gate turn right into a car park. Here you will see red gates that you should pass through. Take the first gravel path on the left alongside castle buildings. At the end of the buildings take a left followed almost immediately by a right onto a semicircular path on the garden side of the castle. At the end of the semicircle take the last path right. You are walking alongside the Queen's private garden. Take the first left and after 200m the first right. Walk straight through Nordmandsdal (#) and turn right. After 70m take a small footpath left down to Esrum Sø (#).

Turn right and follow the lake until Kongebroen (#). Take the second path on the right passing in front of the red 'Tea Houses' (#) at an angle. Do not go between them. Follow the path for 600m until just before you have a view up to the castle turn left. After crossing a valley by steps you reach an exit gate from the park.

Pass through the gate and go right until you meet an asphalt path. Turn right and after 250m turn left onto a similar path. The path ends at Maglegårdsvej. Cross Maglegårdsvej and continue in the same direction along a very short connecting road leading to Endrupbyvej and turn right.

Where the road ends take a small footpath until you reach Endrupvej. Turn left and follow the road 1.5km until the road turns left. Take the track on the left. It has a sign "Fredet område" (Protected area) and an iron barrier. (at present painted blue). After 1km you reach Danstrupvej. Just a few metres to the right, across the road is the entrance to Danstrup Hegn with benches and tables.

Turn right then shortly after, left and follow the wide woodland track for 2.5km. When you reach a T-junction turn left and almost immediately right. Cross the busy main road, Hornbækvej, and you are entering Krogenberg Hegn.

Take the wide woodland track. When several paths cross after 1.5km carry straight on for a further 1km. Just prior to leaving the woods there is a shelter on the left and there is a drinking water standpipe further along the path. Continue along a gravel road, passing horse paddocks until reaching an asphalt road. Turn right and after 200m where the road turns right continue straight ahead into Nyrup Hegn. This former road is part of a cycle route ending in Espergæde. Carry on until you reach a red post- If continuing on the path turn left.

Leaving the path: Continue straight on also when the road merges with Skindersøvej. At the roundabout cross the current Kongevej and continue forward to a level crossing. This station, Mørdrup is unusual in that there are two platforms but only a single track. Turn left for Helsingør and right for Fredensborg and Hillerød. To reach Espergærde continue forwards through the village and turn right at the traffic lights. This leads you past the modern church and shopping centre to the station. Trains to Copenhagen and Sweden.

Mørdrup to Helsingør

Joining the path: From Espergærde station, by the Seven-11 kiosk/ticket office cross at the traffic lights and continue down Nørremarken, past the shopping centre and church. At the next set of traffic lights turn left through Mørdrup village until you reach the level crossing at Mørdrup station. From Mørdrup station cross the railway and go straight forward to a roundabout. Cross straight over and continue forward. At a Y-junction take the left fork (A designated cycle and foot-path). Continue forward until the red post. Turn right and you are back on the path.

This track was part of the original Kongevej (#).. Cross the main road, Skindersøvej, and after a further 400m at milepælshøjen (#) take the left fork. After a further 800m at a crossing of paths you can see a house n front of you. The left hand path leads to Gurre Church (#).

Carry straight on until reaching an asphalt road. Turn right and after 350m turn left into Teglstrup Hegn. The track passes very close to a red house. At a Y-junction after 400m take the right fork. Follow the wider, well-used path. After 500m it turns sharp left passing under two sets of electricity cables. and after a further 400m turn right at a crossing. Follow this track until you reach the asphalt road Esumvej. Turn left and cross the road at the car park. Walk through the car park, parallel with Esumvej until you reach a woodland track, Den Skrå Bomvej. Turn right into the woods and follow this track to its end. The route is marked with yellow marks. After 1km. the track and the route turns sharp left. Another smaller path, outside the route, continues straight ahead.

Den Skrå Bomvej ends at a junction between Kobberdam and Videløkke dam lakes. Take the right fork and the right again onto Gammel Hellebækvej. Follow this road until you reach the edge of the woods on the left. Here there is a large children's playground. Turn left just after the playground and follow a path along the woods edge. At the T-junction turn right.

The path shortly runs between the railway and a golf course. You are on a shelf (#) above the railway. Follow alongside, but above, the railway for the next 2.5km until Marienlyst Slot (Castle). There are many ravines here so the path twists and turns a lot. You may go down to the railway and follow a path alongside it but the view is much less spectacular. When you come to Folkeferies main building follow the road to the right and at a stone with 'Feriebyen' on it turn left. After crossing the ravine turn left back to the edge of the shelf, turn right and when you have to turn right at the next ravine you may be able to see the remains of the now dry Ophelia Spring at the bottom of the ravine. There is a shorter path that avoids following around the deep ravines but you would miss the ever changing vegetation and the magnificent views over the coast and to Sweden just across The Sound.

After passing the next ravine and some 100m short of Marienlyst Castle take a path to the left which is almost parallel with the main path. This leads via steps down to Slotsvej at the main gates to the castle. Turn 180 degrees and follow this road as it turns right to a main road and Marienlyst station. Cross the road and railway and turn right along behind the station. Take the first left Strandallen until you reach Strandpromenaden and turn right into it. To reach the Youth Hostel turn left and after about 300m it is on the right.

Marienlyst Hotel and Casino (#) are now just behind you. Follow Strandpromenaden to its end passing the beach and Helsingør north harbour on your left and Helsingør Camping and the Øresunds Aquarium (#) on the right.

On reaching Kronborgvej turn right. Kronborg Castle (#) can be seen in front of you. After crossing the railway you reach the Dancing Maids fountain (#). Cross the road (Allegade) and turn left past the Culture yards (#) and the inner harbour. Just opposite the Culture yards, the St. Mary monastery's garden wall is passed on the right. The Monastery is well worth a visit as is St Olai Church a little further down, set well back to the right. At the former Customs House (Toldkammeret) (#) cross the road to Helsingør station forecourt.