



Grey-headed Woodpecker

Picus canus

A grey-green bird with a small red spot on its forehead. 27-32 cm. Often found in aspen groves, nests in old, coarse deciduous trees and like ants.



Drooping Wood-reed

Cinna latifolia

A rarity found in stony, shaded stream gullies. In Skuleskogen it grows at the bottom of Slåttdalskrevan. Has a distinctive toffee scent. Protected and shall not be picked. 50-120 cm.



Pine Marten

Martes martes

Skuleskogen is perfect for the Pine Marten. This skilled hunter likes old forest and stony terrain. Its diet consists of birds' eggs, rodents and hares. The typical paw prints are a diagonal double print. Size 36-56 cm.



Flat-headed Pine Borer

Chalcophora mariana

This 3 cm beetle is black with shiny copper and brass coloured stripes along the body. It likes sun-exposed rocky pine forests with lots of dead wood. In Sweden it is only found along the High Coast, for example in Skuleskogen National Park and Mjältön Nature Reserve.



Animal tracks and signs

Many animals can be found in the national park, particularly those living in old coniferous forests. You can follow the tracks of Red Squirrels and Mountain Hares, or be joined at the camp fire by some curious birds.

Woodpeckers' domain

Spruces and old pines are rich in insects. You may see the galleries of wood-boring insects and foraging marks from woodpeckers. Grey-headed Woodpecker, Black Woodpecker, Lesser-spotted Woodpecker and Three-toed Woodpecker all thrive in Skuleskogen.

Other birds living here is Capercaillie that feed on the pines in winter, and Hazel Grouse, Black Grouse and Crested Tits. In the more deciduous valleys nest Northern Wrens, Wood Warblers and Blackcaps.

Tracking animals

Animals can move undisturbed in Skuleskogen. If you visit the park in winter, you will be able to study their tracks in the snow. The Lynx is found in rocky terrain. Its prey, the Mountain Hare, browses birch buds and pine shoots at the edge of rocky pine forest. Moose, Red Fox, Stoat, Pine Marten, Eurasian Beaver, and Red Squirrel are examples of other animals whose tracks can be seen in the national park.



Humans in Skuleskogen

Apart from the alleged band of robbers, no one has ever lived permanently in Skuleskogen. However, signs of humans are not uncommon. Traces of summer farms and cairns, as well as stumps from historical felling can be seen here.

Coastal cairns

During the Bronze Age people raised mounds of stones over the dead. These were often placed near the shore line. Perhaps it was to show approaching strangers on the water that this stretch of coast was inhabited. These cairns are found 30-50 metres above sea level today, in the forest between Näskefjärden and Kälsviken.

Summer farms

For several hundred years people moved out here with their animals during the summer. Cows, goats and sheep grazed freely in the forest. Some summer farm buildings remain at Näskebodarna and there used to be ten buildings at Skrattabbortjärn. Many of today's park trails follow the old trail they used.

Band of thieves

There are many stories of robbers that used to dwell here. At that time the forest was much larger than today and it was a strategic location for those hiding from the law.



Rules

Regulations control what is allowed to do in the national park. Listed below are some of these. Complete regulations are found at skuleskogen.se

Note that within the national park it is forbidden to:

- Make a fire in other than correct fire places (May 1 to Sept 30) using supplied firewood
- Break branches, fell or injure dead or living trees, and use picked branches for fires
- Tent in other than designated areas and a maximum of three nights (May 1 to Sept 30)
- Bring a dog that is not on a leash
- Cycle, except along the coastal trail between the south and north entrances
- Fish in lakes and streams
- Drive a motorised vehicle on land or a jetski on the water
- Disturb animals and dig up, pick or injure plants
- Horse ride
- Undertake competitions and other organised events without permission from the County Administrative Board
- Fly a drone

The national park comprises 3 062 hectares and the land is owned by the Swedish State. Västernorrland County Administrative Board manages the park.

Graphical design: Enetjärn Natur AB
Text: Tomas Staafford
Maps: Metria Geoanalysis, Informationsfabriken AB
Photos: Claes Grundsten, Jörgen Wiklund, Owe Källström, Torbjörn Arvidsson, Kjell Ljungström
Translation: Annova, Tim Hipkiss

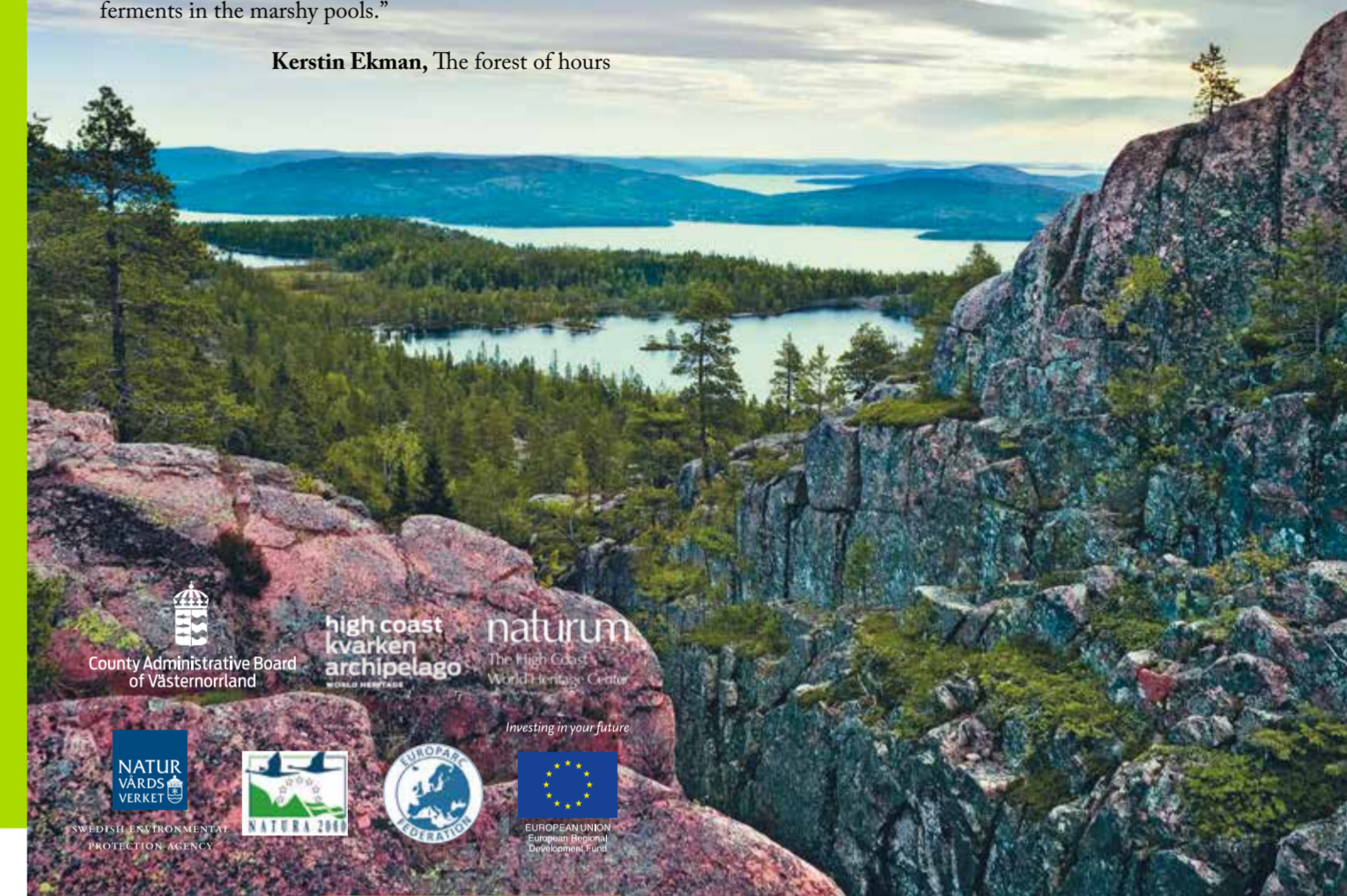
County Administrative Board of Västernorrland
SE-871 86 Härnösand
+46 (0)611-34 90 00
High Coast World Heritage Center
SE-870 33 Docksta
+46 (0)613-70 02 00
Folder revised 2022

www.skuleskogen.se



"Strands of time run through the forest. The high fields of scree are solidified waves of stone, long swells of unmowing time. Tall trees, once whispering in the wind, have sunk into the peat bogs, where time ferments in the marshy pools."

Kerstin Ekman, The forest of hours



Skuleskogen – where mountains meet the sea

This is a forested landscape that reveals what the countryside of our ancestors looked like. In the olden days, Skuleskogen formed the boundary between the northern Nolaskog region and the Sunnanskog area to the south.

In folkloric tales trolls and giants lived in these forests. Little by little, they hid themselves away beneath stones and roots, beyond the land of the living. Even the band of robbers that dwelled here have long disappeared.

However, there is still much to discover in Skuleskogen!

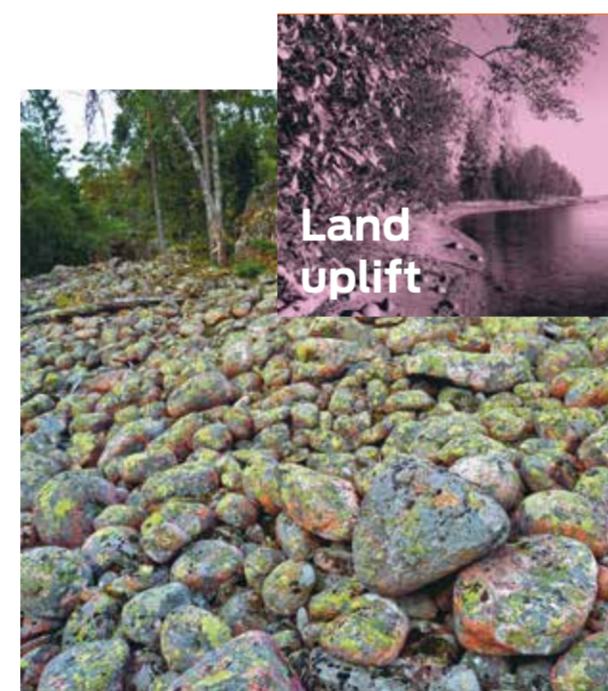
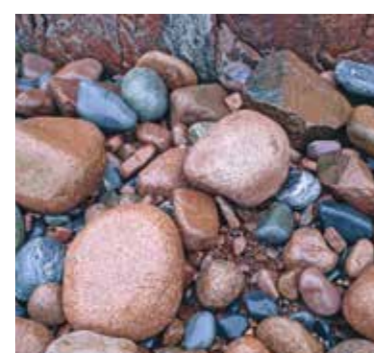
The national park boasts magnificent hills and valleys, an exciting history with the world record in land uplift, and ancient forests with rare species of lichens, beetles and woodpeckers.

Welcome to Skuleskogen National Park!

Skuleskogen was established in 1984 as Sweden's nineteenth national park. The park is part of the majestic High Coast, a World Heritage Site, where the Baltic Sea is at its deepest and its islands at their highest.

The red-coloured Nordingrå granite cliffs, the land uplift coast, and the coniferous forest of the borderland between north and south characterise the national park. Trails and sights of interest can be reached from the three entrances or from the sea.

Skuleskogen is like a textbook in physical geography, where you can see how ice sheet, land uplift and waves formed the land of Sweden.



Land uplift

Nowhere else has the land been so pressed down by an ice sheet. When the ice melted at the end of the last ice age, the land began to rise again. This land uplift is still happening, at almost one meter per a hundred years.

Till-capped hills

Ten thousand five hundred years ago, waves crashed against small sea islets. Since then, these islets have risen to become mountains. Till was left on the tops where the waves never reached, and spruce grow here today.

These hills are called till-capped hills. And the highest shoreline is the name of the line between the bare cliffs that were once rinsed by waves and the tops with their hat of soil. It is visible at many places in the park.

Cobble fields

After the retreat of the ice sheet Slåttdalsberget was a long, shallow ridge. Stones were washed away and sorted by the waves. They were polished and accumulated along the hillsides into cobble fields.

The park's largest cobble field is located east of Slåttdalsberget. The stones are covered with beautiful lichens. In some stone fields you find ancient beach ridges created by waves and ice movements after the ice age.



A botanical borderland

Botanists have been fascinated by Skuleskogen and the High Coast since the eighteenth century. In the national park you find both alpine plants and southerly plants associated with broadleaved woodland.

Southerly plants in the North

Ångermanland has long been known as a province where many species reach their northerly limits. This makes Skuleskogen very botanically exciting.

Norway Maple and the odd Hazel grow in the spruce forests on south-facing slopes. In May you find Liverleaf flowers beside the trail to Kälsviken. Wall Lettuce, Herb-Robert, and Wood Fescue are other southerly plants that grow in the park.

Alpine plants in the South

Alpine plants can be found on Skuleskogen's north facing slopes and in the ravines. Alpine Saw-wort, Alpine Catch-fly, and Alpine Blue-sow-thistle grow on exposed sites. The Three-leaved Rush, common on exposed sites in alpine regions, grows in the ravine at Slåttdalskrevan and on the summit of Slåttdalsberget.



The forest

In Skuleskogen, you will find one of the coastal region's few remaining large, ancient forests. You can walk here for days, enjoy luxuriant wet spruce forest, or climb the hills and study the insect-gnawed trunks of old pines.

Long-bearded spruce forest

Lofty spruce forests grow in the sediment-rich valleys. Skuleskogen gives an impression of virgin forest, despite that some of it was felled during the second half of the nineteenth century.

One of the national park's rarities is the beard lichen *Usnea longissima*. It is a protected species that can be found draped on old spruces that grow on north-facing slopes with high and even humidity.

The extreme pine forest

Half of the national park consist of hills with flat boulders and sparse pine forest. Some trees are over 500 years old and bear scars after forest fires. During the winter the vegetation suffers from wind and ice. But the summer is warm in this open and sunny forest.

The rare and large Flat-headed Pine Borer is one of the insects that enjoys this warm habitat. It might be a remnant from a warmer era thousands of years ago.



Lynx lynx

The lynx is a shy cat living in rocky areas. The paw print is rounded and the position of the toes somewhat asymmetrical. 80-110 cm stride.



Beard lichen

Usnea longissima
This epiphytic lichen is a rare species associated with old forests with a high and even humidity. It is found on the north facing slopes of Nylandsruten and Krypen. 2-400 cm.



Liverleaf

Hepatica nobilis
In Skuleskogen and other parts of the High Coast you often find Liverleaf growing on mulch-rich ground in lush forests. In May they bloom beautifully alongside the path at Kälsviken. Small plants of 5-15 cm.



Three-toed Woodpecker

Picoides tridactylus
Appears dark with a white stripe along its back. Lacks red plumage. It eats large amounts of spruce bark beetles and pecks characteristic rings around spruce stems to get hold of the delicious sap. 2-24 cm.

Skuleskogen National Park



Recommended excursions:

Slåttdalskrevan

The main attraction of Skuleskogen is Slåttdalskrevan, a deep gorge through the mountain. It is located in the middle of the park and can be reached from all three entrances. The nicest hike is from the West entrance. You start at high altitude and hike through old forests and over bare cliffs with amazing views. This trail is 6 km one way. A shorter alternative but with more uphill is to hike from the North or South entrance. That is about 4 km one way. Keep in mind that the terrain in Skuleskogen is very strenuous and hiking here might take longer time than you think. Pack water and some snacks and take your time. On both sides of Slåttdalskrevan you find cliffs with magnificent views, perfect for a break!

High Coast Trail

The High Coast Trail is a hiking trail between Hornöberget at the High Coast Bridge and Varsberget in Örnsköldsvik. The trail passes right through the national park between the South and North entrance. The walk is rather demanding, with large differences in altitude. One of the main sights of the national park is the ravine at Slåttdalskrevan, which you will experience midway along the trail. There is a cabin at Tärnättvatnen where you can stay overnight.

Tärnättholmarna

Tärnättholmarna is an alternative for those who do not like uphill slopes. Here you find nice sandy beaches and some cabins for resting or staying overnight. It is most easily reached from the North entrance. Make a detour to the beard lichens (signposted from the path), and take a break at the beach in Salsviken. Tärnättholmarna can also be reached by boat or kayak.

Skrattabbortjärnen

This small lake is at the centre of the national park. A small stand of Hardfern grows beside the path between Skrattabbortjärn and Fjällävdalsmyran. Norrsvedjedodarna at Skrattabbortjärn once had about ten summer farm buildings. Today, there is a cabin where you can spend the night. This lake can be reached from the West entrance or through Ävdalen from the South entrance.

Nylandsruten and Långtjärnhällorna

At the national park's West entrance you find a wheelchair-accessible path to a deck with magnificent view over the park. There is also a trail leading to the next mountain, Långtjärnhällorna. From these flat rocks, you will overlook the main part of the park, and the beautiful valley between Mossaberget and Stampberget. Keep in mind that the snow season is long on high altitudes around the west entrance.

Winter

Cross-country skiing through the sparse pine forest in the central part of the park is a wonderful experience. The excursion begins at West entrance (290 m.a.s.l.), and is best on hard snow in March - April. You can spend the night in the cabin at Skrattabbortjärn. In some steeper parts of the park snowshoes are recommended, e.g. through Slåttdalskrevan.

