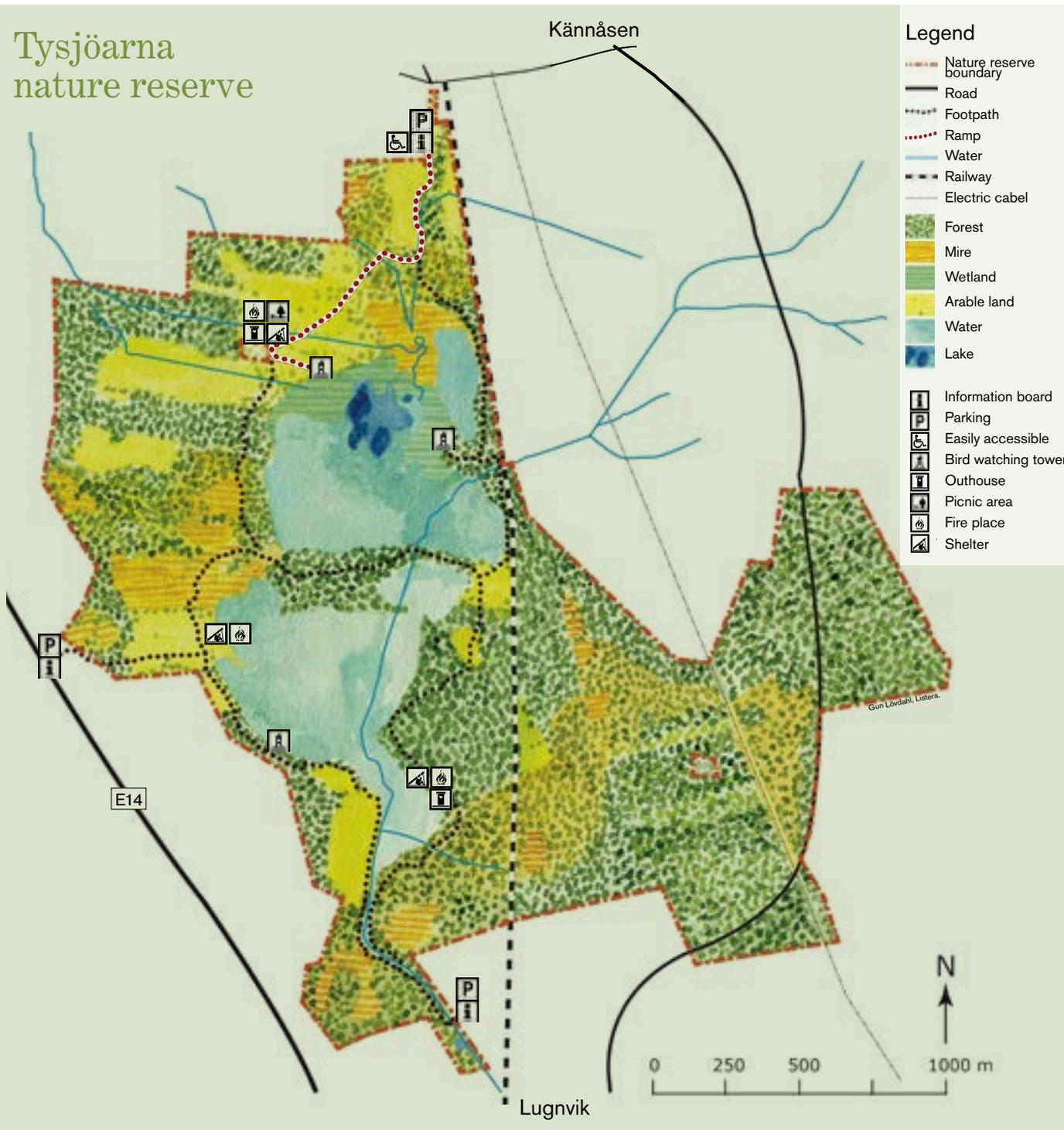


# Tysjöarna nature reserve



## Find Tysjöarna

To reach the north lake, take the E14 highway westwards from Östersund and take off at the Lit/Åskott exit. Drive towards Kännåsen and turn right just before the railway onto a small dirt road to a parking area. You can reach the south lake from the E14 highway or from Lugnvik industrial area. From Lugnvik, follow the Tysjövägen road to its end and park by the information board.

Please keep in mind that the Swedish Right of Public Access is restricted in nature reserves. You may not:

- travel through or stay in areas where trespassing is forbidden (the entire calcareous mud area and lakes) during the period 15 April to 31 July each year
- bring unleashed dogs during the period 15 April to 31 July each year
- capture, disturb or harm mammals, birds, amphibians and reptiles, or damage their nests and spawning-grounds or collect eggs
- pick and collect species of all kinds, except for berries and mushrooms
- climb in trees with nests or knowingly be closer than 100 metres to birds of prey, lairs or burrows
- damage the ground, stone blocks, vegetation, standing dead trees or other dead wood
- light fires, except at designated places or with your own firewood
- drive motor vehicles off-road

Manager of the nature reserve:  
 Jämtland County Administrative Board  
 +46 (0)10-225 30 00, [lansstyrelsen.se/jamtland](http://lansstyrelsen.se/jamtland)



Text and photo: Jämtland County Administrative Board, 2014. Photo: Naturcentrum AB, Stephan Schneider, Håkan Sjölin and Georg Nystrand. Print: Taberg Media Group.



# Tysjöarna nature reserve





# Welcome to Tysjöarna nature reserve

**Colourful flowers and singing birds compete for the attention of visitors. A mosaic of forests, wetlands, old arable land and open water allows for an array of species to thrive here. It is also one of the largest calcareous mud fields in the world. Whether you are an avid bird watcher, want to watch the spawning grayling or just want to take a walk, Tysjöarna is the ideal area for you.**

### Popular resting place

Two mirrors of open water and vast calcareous mud fields. This seems to be an irresistible combination for waders and ducks. In April the air around Tysjöarna is filled with cranes singing and swans trumpeting. In May and June the calcareous mud fields and beaches at both lakes are full of long-legged waders. Among other birds, you can watch the little ringed plover, temminck's stint and little stint stepping around in the shallow waters. In June the bird chorus fades, the migrating birds have

continued northwards and nesting pairs concentrate on their offspring. If you search through the reed beds and open water with binoculars, you can watch wigeon, teal, lapwing, redshank, slavianian grebe and common terns.

### Calcareous and dry

The area is extremely calcareous and a nearly 90 hectares large calcareous mud field is exposed around the lakes. The mud has been carried out into the lake by the many streams that lead there. For millennia, the streams carried limestone from the limestone rich soils and created large limestone fields at the bottom of the lake. In some places the mud is 25 metres deep. The fact that the fields are exposed is mostly due to human activities.

The land around Tysjöarna is very fertile and the farmers always enjoyed good harvests. But frost, humidity and fog made it difficult to farm and to get the hay dry. In 1892 the area was drained, swamps were dried and the lakes almost emptied. The result was more arable land, both to the west and east of the lakes. You can still see traces of agriculture, particularly in the northwest, where both barns and old fields tell their own story.

During 2013 - 2015, the County Administrative Board is working to restore water levels in the area.



### Calcareous wetlands and forests

In addition to the large calcareous mud fields, there are also several springs, fens and marshes. Because of the high mineral content, the fens can develop a very special flora with discerning plants that do not thrive anywhere else, including many orchids. Lady's slipper orchid, fly orchid, marsh orchid, broad-leaved helleborine and are just a few of the 16 different kinds of orchids you can find at Tysjöarna. Other rare species found here and that need lime-rich waters to thrive include two rare mosses, the fern-leaved hook-moss and wright's bryum moss.

To the east are old forests, with thick trunks, blueberries and soft mosses. Parts of the forest are known as lime coniferous forest. Here the heads of plants like lady's slipper, twayblade and forest keys can be clearly seen among all the greenery.



### Visitor friendly

The reserve has trails, shelters, outhouses and bird watching towers. There are three entrances, one to the west, one in the north and one to the south. The north entrance is suitable for families and disabled people, or anyone who prefers not to get their feet wet. From here, you can follow a one kilometre long ramp, which passes a picnic area and ends with a bird watching tower (both suitable for visitors with disabilities). A seven-kilometre long path runs around the lakes but you can take the path between the lakes and halve your hike. There is no trespassing over large parts of the reserve during the nesting season and you must keep to footpaths, foot-bridges and towers to avoid disturbing the birds.

