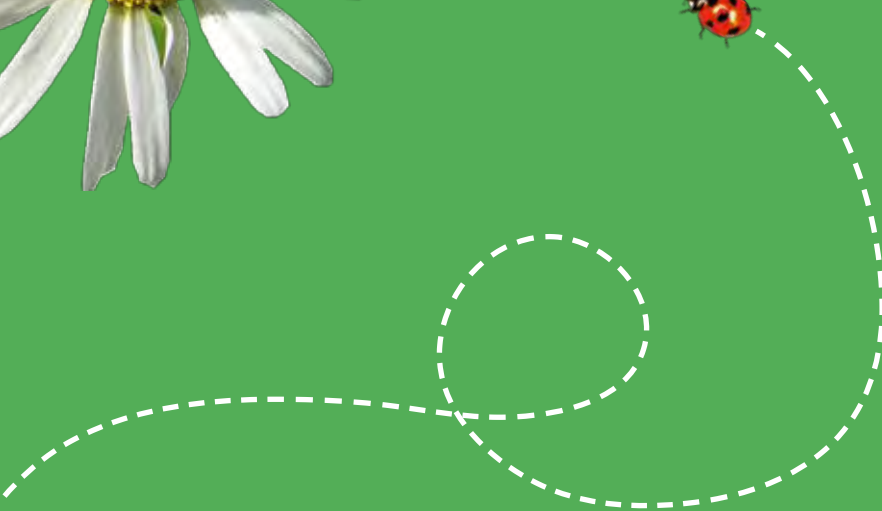




Outings Guide to 33 Protected Natural Areas

in Stockholm County



COUNTY ADMINISTRATIVE
BOARD OF STOCKHOLM



Outings Guide to 33 Protected Natural Areas in Stockholm County

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Foreword

Stockholm is a big city with a vibrant pulse. But that's not all: A world of nature lies virtually at its doorstep. A wealth of greenbelts and other natural areas is one of the Stockholm region's greatest assets. Within the city limits is a national urban park with a fantastic mixture of cultural heritage and natural settings. Just twenty kilometres from the city centre is Tyresta National Park with forests that stretch for miles and miles. The Stockholm Archipelago extends from the city centre far into the Baltic Sea.

All this natural wealth is freely accessible to both residents of and visitors to the region. The excellent opportunities for experiencing nature, for outdoor recreation and other activities are also important for the Stockholm region's attractiveness.

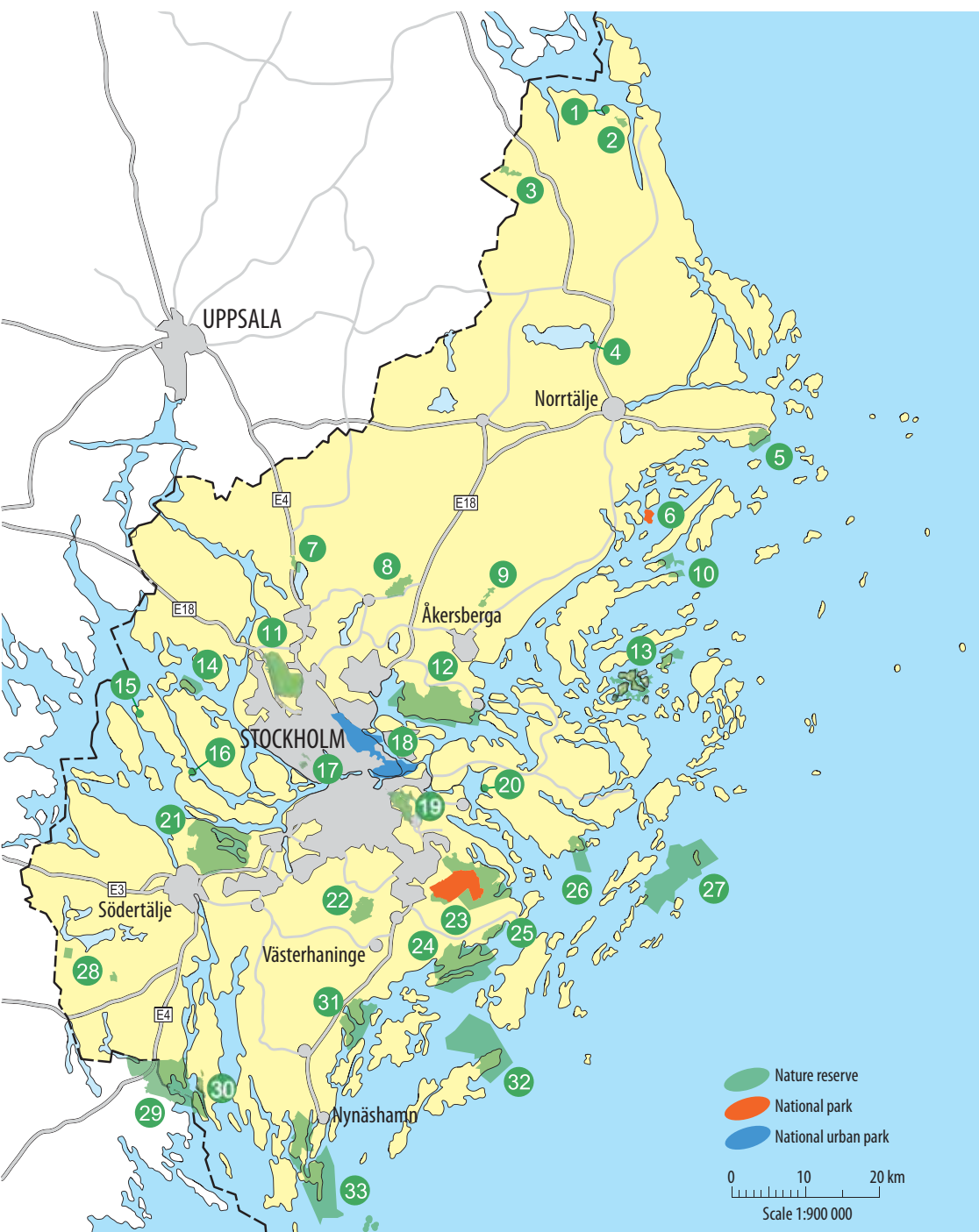
Many natural areas are protected as nature reserves or national parks, comprising part of our common heritage that everyone can visit and enjoy. This revised and expanded edition of the Outings Guide describes some of the finest of those natural areas. It is meant to provide both visitors and local residents with a handy reference as they explore the fantastic nature of the Stockholm region.

Welcome!

Per Unckel
Governor

A wealth of nature awaits

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1. Häverö prästäng

Häverö Prästäng Nature Reserve is located northeast of Hallstavik in the Municipality of Norrtälje. It is one of the few large meadow complexes in the Roslagen area that is maintained with traditional methods. Häverö Prästäng is known for its floral diversity and its beautiful location on the coast of Roslagen. In addition to the hay meadows, the nature reserve includes broad-leaved woods, mixed forest and shoreline meadows.

In combination with lime-rich soil, regular cutting of the meadow vegetation has resulted in great species diversity. In springtime, carpets of hepaticas and wood anemones spread out on the woodland floor. In the drier sections of the meadows grow cowslip, catsfoot and the orchid *Dactylorhiza latifolia*. In the shoreline meadows, which are bordered by hawthorn thickets, grow early marsh orchid, grass of Parnassus and greater yellow rattle. The broad-leaved woods are home to a rich birdlife, including such species as the icterine warbler, wryneck and lesser spotted woodpecker. Sometimes heard is the song of the wood warbler, which has been likened to the sound of a metal coin spinning on a marble surface. Running through the reserve are paths that invite the visitor to wander through the groves and wooded pastures.

Haymaking and meadow maintenance

The meadow is a type of ecosystem that was common in former times; but only fragments remain in the agricultural landscape of today. As with many other hay meadows, Häverö Prästäng was almost completely overgrown by the mid-1960s. When plans were discussed to build on the area, it was decided

instead to clear the overgrowth and restore the partly wooded meadows. Thus far, roughly five acres have been kept open with annual cutting.

The other parts of the nature reserve are grazed throughout the summer. In the spring, when the fresh growth of vegetation lifts the cover of fallen leaves from the ground, the meadows are tidied up by raking and burning all the leaves, twigs and branches that have fallen during winter. As July turns to August, and most of the flowers have blossomed and released their seeds, it is time to cut the meadow – a task formerly accomplished with scythes, but now performed mainly with a mowing machine. In addition, leaves and branches are gathered from standing trees to become fodder for livestock, a common practice in former times.

Meadows rich in species

For farmers of the past, natural meadows were a vital source of hay and leaf fodder to feed livestock during the winter months. The larger the meadowland, the more animals could be kept, and the larger the area of cropland that could be fertilized with stable manure after the winter season. Thus the old expression, “The meadow is the mother of the cropland.”

Natural hay meadows have a rich variety of species as a result of regular cutting, which prevents the most competitive plants from dominating. A single square metre of a meadow may contain 40–50 different plant species. The traditional agricultural landscape was full of

Cowslip

flowery meadows. But when agriculture was mechanized during the 19th century, most of the natural meadows were ploughed up.

Some of the old meadows are now grazing land, and only a tiny remnant of former meadowland is now being managed with traditional methods. The present total of **4800** hectares in Sweden can be compared with the nearly 1.2 million hectares at the close of the 19th century (1 hectare = 2.47 acres). The meadows that remain are often the result of active measures to conserve areas such as Häverö Prästäng that have a rich meadow flora.



The orchid *Dactylorhiza latifolia*, one of the species that blooms in the meadows of Häverö Prästäng.

BASIC FACTS

Häverö Prästäng is situated on a point of land extending into Singöfjärden Bay near Rotholmaviken, ten kilometres north of Hallstavik in the Municipality of Norrtälje. The nature reserve was established in 1973 and contains 44 hectares. A rock ledge on the northern shore of the reserve is a popular bathing spot. The land is owned by Häverö-Singö (Lutheran) Parish and the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Häverö Prästäng is far from any public transport. The nearest connection is in Herräng at the Ångsgården stop for **bus 642** from Hallstavik; from there it is a five-kilometre walk to the nature reserve.

By car: From Hallstavik drive toward Herräng. At the entrance to Herräng, take the road to Mörtö. After 600 metres, turn to the left and follow the signs to Prästängen.



2. Häverö-Bergby



The beautiful orchid, lady's slipper, blossoms in the woods of Häverö-Bergby during the month of June.

Häverö-Bergby is located west of Grisslehamn in the Municipality of Norrtälje. The area is a mixture of broad-leaved groves, spruce forest, grazing land, overgrown pastures, fens and reedbeds. The nature reserve is known primarily for the greatest abundance of the orchid, lady's slipper, in Stockholm County.

Häverö-Bergby is well worth a visit by anyone who is interested in orchids. The beautiful lady's slipper is especially attractive. It grows throughout much of the reserve and blooms in the thousands during the month of June. The sparse and light-filled woods, in combination with lime-rich soil, provide ideal growing conditions for the lady's slipper. Visitors may also discover many other orchid species, including broad helleborine, common twayblade, and the fly, frog, heath spotted, coralroot, bog, bird's nest and early marsh orchids.

Imperial cap and pig's ear

At the centre of the nature reserve lies Lövfjärden, an overgrown lake. From its perimeter, it is barely possible to see the remaining water

surface amongst the reeds. The woods north of Lövfjärden are dense and difficult to penetrate. The area south of the lake is more accessible for walking, and several patches of lady's slipper are located there. Even though the woods are not very old, the trees provide habitat to a number of mosses that are normally found in old-growth forest.

East of Lövfjärden are three small fens that are gradually filling in with vegetation. In these lime-rich fens grows the bird's-eye primrose with its pink blossoms. The nature reserve also has a wide diversity of fungi. Around 200 different species have been found here and some of them are rare, for example imperial cap (*Catathelasma imperiale*) and pig's ear (*Gomphus clavatus*).

Southernmost summer grazing camps

The area has an interesting history. The first human use of the land was probably for hay meadows sometime in the 13th or 14th century by the villages of Bergby and Norrby. It was most likely at the start of the 15th century that summer grazing camps were first established in the area. Sheds for storing hay and milking were located both to the east and west of Lövfjärden.

The summer camps were self-contained, with cheese and butter made on site from the milk of the grazing cows. The camps were of a north Sweden type, of which those at Häverö-Bergby were the southernmost examples.

Haymaking and the summer grazing camps were discontinued toward the close of the 19th century, but the area continued to be used for grazing. Some of the meadows were ploughed up to become small patches of cropland.

The area has been heavily used by humans, not only for grazing and haymaking, but also for the harvesting of wood for fencing and charcoal-making. It has been calculated that it took some 25,000 posts and wicker slats to



Fly orchid

build the six kilometres of farm fencing that ran through the area at the close of the 18th century. The forest has now reclaimed much of the ground, except for some cropland and wooded pasture that is kept open by means of grazing and regular cutting. Remaining at some locations are traces of the old meadow flora, as represented by such plants as common rockrose, Irish fleabane and the cow-wheat *Melampyrum nemorosum*.

BASIC FACTS

Häverö-Bergby Nature Reserve is located in the municipality of Norrtälje, four kilometres west of Grisslehamn. The reserve was established in 1983 and contains 124 hectares. The land is owned by the state, and the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Häverö-Bergby is located far from public transport lines. The nearest connection is at the Bergby general store, served by bus 643 from Hallstavik or Älmsta. From there it is a five-kilometre walk to the reserve.

By car: North from Älmsta to Bergby, then follow the signs to the reserve.



3. Grundsjömossarna

Situated in the northern part of Norrtälje Municipality, Grundsjömossarna Nature Reserve is a tract of woods and wetland that has the character of a wilderness area. It contains various types of wetland, including everything from nutrient-poor bogs to rich fens with flora influenced by abundant lime. The wetlands are surrounded by ancient forest.



The cloudberry is a characteristic plant of the marshland.

The name of the reserve is taken from Lake Grundsjön, a small body of water surrounded by open bogland of floating peat where one can find such plants as cranberry, marsh andromeda and white beak-sedge. South-east of the lake is a bog with pine trees, cloudberry bushes, and Labrador tea with its fragrant aroma. Stretching to the east and west are large areas of wetland with various types of fen, bog and marshland forest. The wetlands have never been drained and are soggy under foot; but a foot-path with sections of boardwalk makes it easy to explore the entire nature reserve.

Sparse stands of pine, birch and alder grow on the bogs and marshes, and the ground surface is generally dominated by downy-fruited sedge and various species of sphagnum moss. In some places the marshland vegetation is influenced by the presence of lime which gives rise to a highly diverse flora that includes

the narrow-leaved and early marsh orchids, broad-leaved cottongrass, and both alpine and yellow sedge grass. Lime also enriches the bog flora with such plants as the mosses *Campyllum stellatum* and *Scorpidium scorpioides*.

Natural forest with rare lichens and fungi

The woodland in the nature reserve consists partly of marshland forest in the transition zone between marsh and more solid ground, and partly of older coniferous forest on solid ground. In the western section of the reserve is an old spruce wood on boulder-strewn ground which also includes elements of aspen, linden and maple trees. In this forest can be found such rarities as the lichens *Evernia divaricata* and *Lobaria pulmonaria*. To the north and south of Lake Grundsjön are spruce woods of a mystical nature, with many dead trees in various shapes

and stages of decay that benefit wood-dwelling fungi and insect species. Growing on the wood of dead spruces are fungi such as *Junghuhnia collabens*, *Phellinus nigrolimitatus* and *Phellinus ferrugineofuscus*. On old aspens grow the fungus *Phellinus populicola* and the lichen *Collema subnigrescen*.

Owls and woodpeckers

Anyone who wants to experience the birdlife of a great forest will have much to discover in this nature reserve. Cranes nest near Lake Grundsjön, as do several pairs of snipe on the nearby fens. The fortunate may hear the strange call of the Ural owl. In the spring, the Tengmalm's owl and the pygmy owl can be heard. Dwelling in the woods around the fens are capercaillies, black grouse and hazelhens. The common woodpeckers of Sweden thrive in the nature reserve, and one may even see the more unusual species, the three-toed and lesser spotted woodpeckers.

Nowadays, there are few visitors to the somewhat remote nature reserve; but in former times, charcoal and other goods were transported across the frozen wetlands in wintertime. The outline of the old winter road can still be seen on the ground east of Lake Grundsjön. For those who wish to remain in the area overnight, the drier patches of raised woodland around the fens are suitable for tenting.



On the fens near Lake Grundsjön nest several pairs of snipe.

BASIC FACTS

Grundsjö mossarna Nature Reserve is located seven kilometres west of Hallstadvik in the northern part of Norrtälje Municipality. The reserve was established in 2001 and contains 205 hectares. The land is owned by the state, and the nature reserve is managed by the Stockholm County Administrative Board. A walking path including sections of boardwalk encircles the entire reserve.

TRAVEL DIRECTIONS

Bus 639 from Tekniska Högskolan in Stockholm goes to Hallstadvik. From there, take **bus 805** and get off at Västerbacken.

By car: Follow the Hallstadvik-Uppsala road to Västerbacken, where a few parking spaces are provided.



4. Norra Malma



Norra Malma Nature Reserve is located on the shore of Lake Erken in Svanberga, north of Norrtälje. The reserve consists of a wooded pasture that includes one of the largest stands of old oak trees in Stockholm County. There is also a large burial ground with stone mounds, earthen mounds and other ancient remains.

Erken is something so unusual as a lake that is rich in nutrients but whose water is clear. In the 1580s the lake was called Jerkan, a name associated with jewellery stones (*jark-nasteinar*) mentioned in the ancient Norse saga, *Edda*. Thus, the name Jerkan is believed to mean “clear, glittering, shining“. The lake is the second largest in Stockholm County, after Lake Mälaren, and possesses highly valuable natural features. They include an unusually large population of black-throated divers whose distinctive call can be heard in the still of early summer nights.

Centuries of haymaking

Perhaps the loveliest time to visit Norra Malma is just before the leaves unfold in spring, when hepatica, wood anemone and cowslip form carpets of blue, white and yellow on the ground among the oaks. The presence of the large oaks indicates that the land belonged to the crown during an earlier period of history. Those who visit the reserve on an evening in March have a good chance of hearing the call of a tawny owl nesting in one of the oaks' numerous hollows. Later in the year, jackdaws, stock doves and common mergansers also find well-protected

nesting places in the oaks. Five different species of bat, including the rare (in Sweden) noctule bat, use the hollow oaks as sleeping quarters.

The primary management objective for the nature reserve is to ensure a successive regeneration of the oaks. When an old oak falls to the ground, any new shoots that emerge are protected with nets; if none emerge, seedlings are planted.

Oak and hazel trees have grown for centuries in the area, which has been used for both grazing and haymaking. Hay and leaves were harvested every year before livestock animals were let in to graze. The supple trunks of hazel saplings were regularly harvested to be used for barrel hoops, among other things. Now grazing is used to prevent the area from becoming overgrown.

The oak – home to many species

Every large oak tree provides growing sites, dwelling places and a food supply to numerous plant and animal species. In addition to bats that dwell and birds that nest in the hollows, the oaks provide habitat to insects and other tiny animals. Wood fungi slowly decompose the trees from within, while lichens grow on the bark and branches. An oak may live for hundreds of years and provide habitat to 1500 different species, of which 500 are completely dependent on oaks for their survival.

BASIC FACTS

Norra Malma Nature Reserve is located on the shore of Lake Erken in the Municipality of Norrtälje. The reserve was established in 1955 and contains nine hectares. There is a bathing area just north of the reserve. The land is owned by Uppsala University and the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

From Norrtälje, the Norrmalma stop is served by **bus 637** to Singö and **bus 641** to Hallstavik.

By car: From Norrtälje to Svanberga, then turn at the sign to the nature reserve.



Before the leaves unfold in spring, hepaticas, wood anemones and yellow stars-of-Bethlehem (shown here) carpet the ground among the oak trees.



5. Riddersholm



Riddersholm is a large nature reserve near Kapellskär, an important harbour east of Norrtälje. It is set in a highly varied landscape, with forests, cropland, grazing areas, good bathing areas and beautiful views over the Åland Sea.

Just inside the parking area at the entrance to the nature reserve is Kvarnbacken, a birch grove where in mid-May the ground is covered with the yellow blossoms of cowslip. For centuries, Kvarnbacken was a meadow where hay and leaves were gathered as winter fodder for livestock. To the south, the birch grove gives way to an open pasture where bloody crane's-bill and meadow saxifrage grow amidst blue moor-grass that thrives in the lime-rich soil. Located beside Kvarnbacken are Kapellskär Youth Hostel and Riddersholm Manor. The area has been inhabited and farmed at least since the Middle Ages, when there were two villages here – Västersidö and Östersidö. At the start of the 18th century, the villages included a total of eleven farms; but they were all burned down by

Russian troops in 1719. The manor house was built the following year in Östersidö, with a long tree-lined walk to Norrsundet Pond which at that time was an inlet. The manor is still privately owned and is off-limits to visitors.

Kvarnudden

One of the area's finest attractions is Kvarnudden, the strip of land that separates Norrsundet Pond from Södersundet Inlet. There are remains of terraces and building foundations on Kvarnudden, named after the windmill (*kvarn*) which long ago was moved to Kvarnbacken. In spring, before the leaves have completely unfolded and sunlight still reaches the ground, Kvarnudden is carpeted white with wood anemones. Growing in abundance along the path



to the shore of Södersundet is dog's mercury, which is depicted on the Swedish 100-kronor note. Also growing here is early purple orchid, one of Sweden's stateliest orchids. There is a rich birdlife, including a large colony of great crested grebes that nest on Södersundet. Where the path divides, the left fork leads via a boardwalk to a large area of shoreline meadows that are still grazed. Among the plants growing here are seaside centaury, bird's-eye primrose and common butterwort.

Rich fen with many species

Gunnarsmaren, a lime-rich fen in the southern wood, has many unusual species and is worth a visit by the botanically interested. There are around seventy species of grass and wild flower in the fen, including dwarf milkwort, common butterwort, early marsh orchid, narrow-leaved marsh orchid, marsh helleborine and bog orchid.

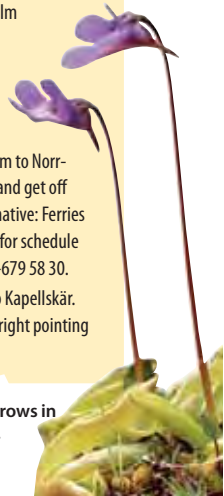
BASIC FACTS

Riddersholm is located just west of Kapellskär in the Municipality of Norrtälje. The nature reserve was established in 1998 and contains 350 hectares. Also located here is a youth hostel which is open year round; the telephone number is 0176-441 69. Next to the reserve is a campground with cabins for hire, showers, sauna, kiosk, reception and information desk; telephone 0176-442 33. There is a guest harbour for around forty boats on Södersundet Inlet. Several hiking trails and paths, totalling fifteen kilometres in length, course through the area. The nature reserve is owned and managed by Skärgårdsstiftelsen (Stockholm Archipelago Foundation); information via tel. 08-440 56 00, or at www.skargardsstiftelsen.se.

TRAVEL DIRECTIONS

Bus 676 from Tekniska Högskolan in Stockholm to Norrtälje. There, change to **bus 631** to Kapellskär and get off at the Riddersholms Gärd stop. Summer alternative: Ferries leave from Strömskajen in central Stockholm; for schedule information, ring Waxholmsbolaget at tel. 08-679 58 30.

By car: From Norrtälje, follow the E18 road to Kapellskär. Just before Kapellskär harbour is a sign to the right pointing the way to the nature reserve.



6. Ängsö



Ängsö became a national park in 1909 and is one of the oldest in Sweden. The island is located in a famous part of the Stockholm Archipelago known as Roslagen. The park was established in order to preserve a beautiful example of a traditional farm landscape with flowering hay meadows and wooded pastures.

The island is not very large, but it contains most elements of Roslagen's natural and human history. There is a network of easy, marked trails. In summer, when the ground is hard and dry, the larger trails are accessible even to wheelchairs and baby carriages. At Hemudden, where the ferries dock, there is a small visitors' centre with an exhibition on the island's natural and human history.

The meadows of Ängsö

In the past, the low-lying island of Ängsö belonged to a tiny village on Väringsö Island, near Vettershaga. Väringsö farmers rowed to Ängsö to gather hay, hence the name: Ängsö means "Meadow Island". After the hay was

hung on racks to dry, farm animals were left here to graze the stubble. The hay was taken over the ice by sledge in winter. Today, only one-sixth of Ängsö's 73 hectares are comprised of meadows. The largest is Stormaren, a damp meadow which used to be a channel of water between two smaller islands of roughly equal size. Among the plants that grow here are bird's-eye primrose and dwarf milkwort. Stormaren is surrounded by drier meadows that are carpeted with cowslip in May and June. It is worth a visit in early June to view the patches of the orchid *Dactylorhiza latifolia* that grow at Norrudden. Other orchids that grow on Ängsö are frog orchid, the greater and lesser butterfly orchids, common twayblade and bird's-nest orchid.

Nest-hole paradise

Österskogen Wood in the northeast section of the island was left to develop naturally when the national park was established, and in some places it now has the character of virgin forest. Both ospreys and buzzards build their nests here. Nest holes in the many hollow trees attract birds that require such dwellings, for example the pied flycatcher which is one of the island's signature species.

History of the national park

The purpose of establishing Ångsö National Park was to preserve it in a natural state for future generations. However, it was not understood that the lush and varied landscape had been formed by the activities of human beings. The crofter whose cows had trampled the soil to a pulp, and who had made hay of the rarest plants, had to stop farming the land when the park was established. As a result, areas that had been kept open for centuries were quickly over-



A large colony of great crested grebes nests on Hemviken Bay.

grown with shrubs and saplings, and spruces began to move into the broad-leaved woods. It was not until the end of the 1930s, that the mistake was realized. According to one report, "It is difficult for an academic institution and a government agency through their combined efforts to replace a single crofter." An extensive clearing operation was carried out and, since then, the ground has been kept open by means of grazing and haymaking.

BASIC FACTS

Ångsö National Park contains 73 hectares and is located in the Municipality of Norrtälje, about fifteen kilometres south of the town centre. People in wheelchairs can enter at Hemviken, where the ferries dock. Staying overnight is not allowed, except in privately owned boats. There are no shops or other establishments on the island. Guided group tours can be arranged for a fee via the park superintendent; tel. 0176-26 20 23 or 070-268 05 55. It is easy for boaters to find good moorage, but please remember that much of the area on the east side of the island is a bird sanctuary which is off limits to visitors from 1 February to 15 August every year; this includes offshore waters to a distance of 100 metres from the shoreline. The park is owned by the state and managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Ångsö can only be reached by boat. Blidösundsbolaget ferry company offers service from Stockholm city most days during the summer. Schedule information via telephone at 08-24 30 90, or at www.blidosundsbolaget.se. Information on taxi boats and other service providers is available from the Norrtälje Tourist Bureau; tel. 0176-719 90, or at www.ab.lst.se/utflyktsguide.



7. Fysingen

Located in the Municipality of Sigtuna, Fysingen Nature Reserve consists of Lake Fysingen and a surrounding landscape that shows the effects of traditional agriculture. Fysingen is one of the best bird lakes in Stockholm County. Near Åshusby is an area of ancient remains which include the magnificent royal burial mound called Nordians hög and a large burial ground for the less exalted.



Fysingen is a typical flatland lake with level shoreline meadows and extensive reedbeds. The meadows have been set aside as a bird sanctuary. The lake and its shoreline provide one of the best bird habitats in the county; roughly **100** different species nest here. Among them are the shoveler, great crested grebe, Canada goose and whooper swan.

Visitors may see marsh harriers flying low over the reedbeds, as well as other predatory birds such as the hobby, kestrel, goshawk and buzzard. The bittern's strange, booming call can be heard in late spring, and the thrush nightingale sings the summer nights away. The scarlet rosefinch and the grasshopper warbler are no strangers to the area. The tawny owl

and, usually, the long-eared owl nest around the perimeter of the lake every year. Fysingen is also an important resting place for migrating birds. Flocks of ducks, mergansers, geese and swans pause here to rest and restore their energy reserves during the spring and autumn migrations.

In recent years, the reserve has been made attractive and accessible for visitors. A bird observation tower with connecting boardwalk has been erected at the outer edge of the reedbed on the lake's northwest shore. Tussocks and reeds have been cleared from the meadows on the north shore of the lake and cows now graze there. In the wintertime, Lake Fysingen is ideal for ice skating and ice sailing.

Esker, burial ground and grazing land

Running parallel to the western shore of Lake Fysingen is Stockholmsåsen, an esker of stone rubble and sand that was deposited by a glacial river and left behind when the glacier began its retreat some **11,000** years ago. On the ridge, north of Ström, is a wooded pasture from which there is a beautiful view over Fysingen and the meadows on the lake's northern shore. On the crest of the ridge, just south of Åshusby, rises Nordians hög, believed to be a royal burial mound and one of the largest in Sweden; it measures **12 metres** high and **50 metres** in diameter.

There is also a burial ground of more than six hectares that contains over **190** ancient remains—stone mounds, small earthen mounds,

three-sided graves, a prehistoric stone ship monument, and some raised stones. The burial ground was established during the Early Iron Age and was used for that purpose until the onset of the Christian Era.

Running along the heights are three deep furrows that formed part of the road that ran between Ström and Åshusby during the Iron Age. The furrows were worn into the ground by centuries of passing feet and hooves.

Large numbers of pasque flowers bloom on Nordians hög and other open areas of the ridge during the month of May. Later in the summer bloom thrift, catsfoot, moonwort, field wormwood and the fragrant wild thyme. The ground vegetation is cut every year, which contributes to the area's species diversity.

BASIC FACTS

Fysingen Nature Reserve is located in the Municipality of Sigtuna, on the E4 road just east of Rosersberg. The reserve was established in 1984 and has a total area of 110 hectares. The shoreline meadows form a bird sanctuary between 1 April and 15 July of every year. The land is owned by the state, Sigtuna and private individuals; the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Bus 577 from Upplands Väsby or Märsta to the Åshusby Gård stop. **Bus 576** from Märsta to the Strömmens väg stop. A commuter train (*pendeltåg*) from Stockholm's Central Station stops at Rosersberg; from there it is a two-kilometre walk to the reserve.

By car: Driving north from Stockholm on the E4 road, turn off toward Märsta and then south toward Upplands Väsby. Watch for signs for road to Åshusby and/or a smaller road to Åholmen.



8. Angarnssjöängen

Not far from Vallentuna is Angarnssjöängen, which is known as one of the Stockholm region's finest bird lakes. But the area has much to offer everyone. The lake is surrounded by an open farm landscape which offers the visitor enticing walks along shoreline meadows, tree-clad heights and grazing land. The Angarn area has a long history of human settlement and there are many ancient remains.



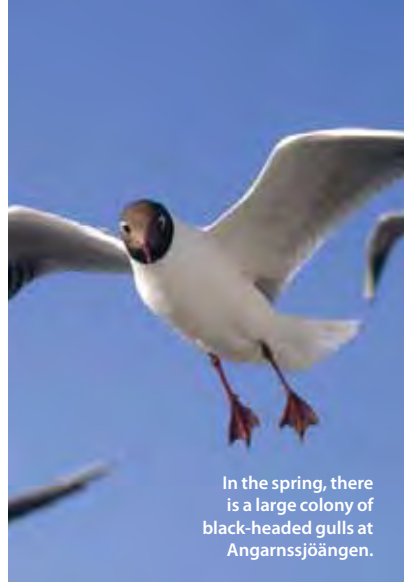
Byksberget, on the southeastern shore of the lake, provides an excellent viewpoint.

Most birdwatchers who visit the lake choose to observe from Midsommarberget which lies to the right of the path that leads from the Örsta entrance to the lakeside meadow. The hill offers a good view of the lake. Further to the east is a bird observation tower. In the spring, flocks of wigeon, teal, pintail and gadwall rest on the open waters. Whooper swans, cranes and many different species of wading bird also pause here to feed. Amidst the protective screeching of a large colony of black-headed gulls, a number of bird species nest here during spring and summer. Among them are the Slavonian grebe, coot and marsh harrier, as well as various ducks and songbirds. Dwelling along the margins of the lake are the osprey, honey buzzard and hobby. In the beginning of September when migrating birds return

to the south, large flocks of bluethroats can be observed, along with rustic buntings, Lapland longspurs, hen harriers and many species of wading bird.

Traces of the past

In the open farm landscape around the lakeside meadow are many interesting remains from the past. Humans have lived and worked the earth here for nearly 4000 years, since the Bronze Age. One of the oldest known remains in the area is a rock carving near Örsta, facing in the direction of what was once an inlet of the sea. The carving depicts two horses and two boats. Around 2000 years ago, the sea level was ten metres higher than it is today. That is why most of the grave fields, rune stones and other ancient remains are located on the heights of



In the spring, there is a large colony of black-headed gulls at Angarnssjöängen.

the current landscape. The villages around the lakeside meadow have been at roughly the same locations for over 2000 years. During that same period, the land has been planted with crops, hay has been gathered, and animals have grazed. Passing east of the lake in ancient times until the Viking Era was Långhundraleden Trail, one of the most important transportation routes in this part of Sweden; it connected Uppsala with the Baltic coast.

Restoration

Between 1851 and 1936, efforts were made to drain Lake Angarnssjön for cropland, but the drainage ditch filled in with time. The lake remained and, in the 1930s, attention was drawn to its rich birdlife. In the 1960s, there were plans to build a city of 50,000 at Angarn, but that proposal was never acted upon. Instead, Angarnssjöängen was set aside as a nature reserve in 1982. At that time, the lake had begun to fill in with a heavy growth of vegetation. By means of a floodgate at the lake's outlet, natural seasonal variations of the water level have been simulated, which has benefited the birdlife and halted further overgrowth. The meadows that surround the lake are grazed by cattle.

BASIC FACTS

Angarnssjöängen Nature Reserve is located a few kilometres east of Vallentuna. The reserve was established in 1982 and contains 455 hectares. Sjöängsslingan, the hiking trail that circles the lake, is 6.7 kilometres long and consists partly of boardwalk. The bird sanctuary (see map) is off limits to visitors between 1 April and 30 September. Roslagsleden Trail passes by to the southeast. Near the main entrance to the reserve at Örsta are a wind shelter, a fireplace and a nature centre with exhibits on the area's birdlife and natural history. The nature centre is usually open on weekends from May until Midsummer Day, and from August through September. The path from the entrance at Örsta is constructed so that people in wheelchairs can make their way to the lakeside meadow. The land is owned by the state, the City of Stockholm and private persons; the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Bus 625 from Danderyds Sjukhus to Örsta. Alternatively, take Roslagsbanan train from Östra Station in Stockholm to Vallentuna; from there, bus 665 to Kårsta and get off at Örsta stop.

By car: Follow the E18 road from Stockholm toward Norrtälje. Take the exit to Åkersberga and drive straight ahead to the roundabout; then follow the signs toward Gillinge and Angarn for 4.5 kilometres. After 200 metres past the Angarn church, turn left at the sign "Angarnssjöängens naturreservat"; follow that road to the entrance at Örsta. There are also parking areas at Skesta and Olhamra (see map).

9. Trehörningsskogen

Trehörningsskogen Nature Reserve is located north of Åkersberga, in a landscape that is a mosaic of old-growth spruce forest, hilly forested areas with lakes and valleys, pine-clad heights, steep cliffs, valleys, lakes and wetlands. The easiest way to reach the area is to walk north on the Roslagsleden trail from Domaruddens friluftsgård.



Trehörningsskogen includes some areas that convey an atmosphere of "troll forest". Dead trees are important for biological diversity.



At times, it can be difficult to get one's bearings in Trehörningskogen. It is best to follow the paths that run through the area to lakes Trehörningen and Oppsjön. There are rest places with wind shelters at both lakes. The reserve is largely unaffected by modern forestry. Amidst the spruce forest are many large aspens, and all fallen trees are left lying in the openings thus created.

Refuge for threatened species

Old forest that has not been affected by modern forestry contains many plant and animal species that are generally not found in a typical managed forest. Many of these are disappearing from forest landscapes everywhere in Sweden. A forest with trees of varying ages provides conditions for greater biodiversity than one in which trees of roughly the same age cover broad areas.

Among the cryptogams – mosses, fungi and lichens – are many species that are dependent on the availability of old trees or of dead trees in various stages of decomposition. The unusual wood fungus *Skeletocutis tschulymica* is one

species that has found a refuge in Trehörningskogen. Other examples are green shield-moss and the acrocordia lichen, which grow here in relative abundance. Among the bird species that frequent the forest are the three-toed woodpecker, capercaillie and hazelhen.

BASIC FACTS

Trehörningskogen lies in the municipalities of Österåker and Vallentuna, just north of Domaruddens Nature Reserve and outdoor recreation centre. The Trehörningskogen reserve was established in year 2000 and has a land area of 152 hectares. The land is owned by private persons and Stiftelsen Danviks Hospital; the nature reserve is managed by the Stockholm County Administrative Board, with partial financing by the European Union's LIFE environmental fund.



TRAVEL DIRECTIONS

Buses to the area include number 621 from Danderyds Sjukhus to the Skeppsöds Vägskäl stop (see map). From there it is a three-kilometre walk to the nature reserve.

By car: From Åkersberga to Domaruddens outdoor recreation centre (follow signs).

10. Östra Lagnö



Östra Lagnö is located on the northeast tip of Ljusterö Island in the Municipality of Österåker. From the smooth rock outcrops, there are magnificent views over the outer archipelago. There are also remnants of the central archipelago's traditional farm landscape. The area is part of the Sjölbottna-Östra Lagnö Nature Reserve.

When Östra Lagnö became a nature reserve in 1977, the beautiful farmland and its stone fences were becoming overgrown – a common sight among the former meadows, pastures and cropland of the archipelago. Parts of Östra Lagnö have been cleared in order to retain the character of the traditional farm landscape and its flora. Those areas are kept open by means of grazing and cutting, which results in excellent growing conditions for the cowslip, ox-eye daisy, harebell and other meadowland species. Bordering the open areas are broad-leaved woods of birch, aspen, hazel and old oaks.

Veins of ancient limestone run through the granite bedrock along

the northern shore of the nature reserve. That the rocks are rich in lime is indicated by the flora, which includes the orchid *Dactylorhiza latifolia* in both yellow- and red-blossomed variants. Other orchids in the reserve include the common twayblade, lesser twayblade and frog orchid. In the shoreline meadows grow bird's-eye primrose, greater yellow rattle, alpine bistort, thrift, adder's-tongue fern and silverweed.

The central section of the reserve consists of old, dense spruce forest with elements of oak, ash and birch. There are also spare pine woods and small patches of fenland. The woodland has an abundance of berries and mushrooms, and is easy to wander in. Toward the shoreline, the sparse pine woods give way to open



Turnstone



shores of bare rock that extend into the water. The reserve includes easily accessible hard-surfaced trails and toilet facilities adapted for the handicapped. There is also a fishing dock adapted for the physically handicapped.

Bathing, fishing and birdwatching

Brännholmen is a point of land at the northeast tip of the nature reserve which offers excellent opportunities for bathing, tenting and sports fishing. The rock ledges extending into the sea were polished smooth by the most recent ice-age glacier; they include veins of black diabase and light red feldspar.

The point offers a spectacular view over the waters of Svartlögfjärden Bay with its protruding rocks and islets. On Brännholmen there is an old, self-regenerating stand of yew trees, an evergreen species that can be identified by its lack of cones. Instead, the seeds are encased in meaty red perianths that resemble berries and are poisonous.

The reserve is an important nesting area for many bird species. The islet in the waters east of Skakroksudden has a rich birdlife, including

such species as the turnstone, oystercatcher and various gulls. Several birds of prey, and seabirds such as the eider, velvet scoter and long-tailed duck also rest and restore their energy reserves here before continuing on their migrations.

BASIC FACTS

Östra Lagnö is located on the northeastern tip of Ljusterö Island in the Municipality of Österåker. The area includes 65 hectares of land surface and is part of the Sjöbottna-Östra Lagnö Nature Reserve which was established in 1977. The reserve also includes Sjöbottna Island to the north. Skårgårdsstiftelsen both owns the land and manages the nature reserve; information via tel. 08-440 56 00 or at www.skargardsstiftelsen.se.

TRAVEL DIRECTIONS

Bus 621 from Danderyds Sjukhus to the Östanå ferry landing. Change to **bus 626** to Lagnö village; from there it is a three-kilometre walk to the nature reserve.

By car: From Stockholm via the E18 road to Norrtäljevägen, then the no. 276 road past Åkersberga to the Östanå ferry to Ljusterö. Follow signs to Östra Lagnö. Waxholmsbåt ferry to Sjöbottna during the summer season; foot passengers, only.

11. Norra Järvafältet

Norra Järvafältet is a large natural area shared by the municipalities of Järfälla, Sollentuna and Stockholm. It is a landscape of small farms and varied habitats, including dense evergreen forest, shady broad-leaved woods, pastures and open cropland.



Farming is conducted throughout the area in order to keep the landscape open. The grazing animals are cows, horses and sheep. Väsby Farm, in the eastern section, is surrounded by a beautiful and well-preserved agricultural landscape. Just south of the farm is a small wetland called Väsby Sjöäng which, together with Lake Ravalen to the north, attracts many different species of bird. Säbysjön to the west is a large flatland lake with a rich birdlife. There is a bird observation tower near the shore, and several other viewpoints. Grazing of the shoreline meadows has resumed for the benefit of the birdlife.

Lengthy human history

Humans inhabited the Järvafältet area as early as 2500 years ago, during the Bronze Age, and there are many interesting traces of human activity through the centuries. The landscape

BASIC FACTS

The area incorporates four nature reserves in three municipalities – Östra Järvafältet in Sollentuna, Hansta in Stockholm, Västra Järvafältet and Molnsättra in Järfälla. The total area is 1938 hectares. There are special trails for horseback riding. Getholmen in Lake Översjön is a bird sanctuary which is off limits to visitors from 15 April to 30 June. In Floras Trädgård and at Väsby Farm are many of the wild plants that grow amidst Norra Järvafältet's agricultural landscape. Many of the roads through the area are suitable for wheelchairs.

For more information on rest cabins, cafés, fireplaces, activities and more, contact any of the following: Municipality of Sollentuna, tel. 08-96 43 70
Municipality of Järfälla, tel. 08-580 285 00
Borough of Kista in Stockholm, tel. 08-508 010 00
Molnsättra Nature Reserve is managed by the landowner, the other reserves by the respective municipalities.

TRAVEL DIRECTIONS

Norra Järvafältet is easily accessible on foot or by bicycle. There are many underground and *pendeltåg* (commuter train) stations around the area, often within walking distance. The main entrances are at Säby Gård in Järfälla, Bögs Gård in Sollentuna and Hägerstalund north of Akalla. Several bus lines pass Järvafältet, including: no. 517 which runs from Spånga commuter-train station to the underground station in Kista; number 520 from Norrviken *pendeltåg* station to Viby; no. 542 from Kallhäll or Jakobsberg *pendeltåg* station; and no. 548 from Kallhäll *pendeltåg* station to Ångsjö Friluftsgård, exit at Molnsättra (limited weekend schedule). There are numerous parking areas near the entrances (see map). Vehicular traffic is prohibited within the area.

includes the remains of hill forts and burial grounds, as well as dwelling sites that have been in continuous use since prehistoric times. It is unusual to be able to experience a living small-farm landscape so near to Stockholm city.



Old evergreen and broad-leaved forest

Hazelhens and three-toed woodpeckers dwell in areas of old evergreen forest such as the one south of Fäboda. Still further south, in Hansta, is the largest uninterrupted broad-leaved wood in the Järvafältet area. It is especially valuable in that such tree species have probably grown here since the Bronze Age. Today, the wood consists of groves of oak and hazel, indicating

that it was used as a meadow during ancient times. Numerous insects occupy the old and dying trees in the wood, and there are many nesting holes for birds. The nutcracker and various species of woodpecker thrive here. In spring, the ground is covered with hepaticas, wood anemones and other early flowers.

12. Bogesundslandet

Bogesundslandet is located in the Municipality of Vaxholm and is one of the largest natural areas near the Stockholm urban region. The area is worth a visit by anyone who wishes to relax by walking, picking berries and mushrooms, or visiting Bogesund Manor.



Along with its large expanse of unbroken forest and extensive network of paths, Bogesundslandet was already known in the 1950s as a place “where city dwellers can find respite from traffic noise and the stress of everyday life”. The area has a varying nature, including saltwater beaches, woods, and traditional farm landscape. There are ancient remains from the Bronze and Iron ages, old farms, and a genuine “fairytale castle”. Bogesund Manor was erected in the 17th century by Per Brahe the Younger. In the 18th century, it was remodelled in the style of a medieval Norman castle with the distinctive appearance that remains today. The manor and its lands were appropriated by the state in 1946, following a well-publicized dispute and the enactment of a special law (“Lex Bogesund”) concerning neglect of real estate. The manor house is open for guided tours during summer. On the grounds surround-

ing the manor grow rare mushrooms such as *Lactarius circellatus* and the highly toxic death cap (*Amanita phalloides*).

Woods, pastures and walking trails

Bogesundslandet consists largely of coniferous forest. There are only small remnants of ancient forest – north of the wilderness lake, Dammstakärret, for example. It is a beautiful little lake surrounded by wetlands whose vegetation includes guelder rose and the fragrant Labrador tea, along with many different species of sphagnum moss. The broad-leaved woods comprise the most valuable natural habitat in the area. At Frösвик there is a large wood with small openings where icterine warblers and scarlet rosefinches sing from trees and bushes in the early morning hours. Other birds that usually nest in the area are the lesser spotted woodpecker, red-breasted flycatcher and hawfinch.



South of Frös vik is a small stand of 300-year-old linden trees. Montebelloparken at Tenö is another broad-leaved wood, with oaks, elms and lindens. Its groves have a rich flora that includes wood anemones, coralworts, unspotted lungworts and cowslips that carpet the ground in May.

Sundby and Söderby farms include open grazing land where common rockrose and maiden pink can be found. The wheatear scans the surroundings as it perches on boulders and heaps of field stone. The farms, which date from the Viking Era, were formerly separated by a sea channel that ran between the mainland and Bogön Island to the south. At Broknäs there is an oak-wooded pasture and a small, well-grazed meadow along the shore.

There are several recently improved walking trails at Bogesundslandet, varying in length from two to twelve kilometres. Information is posted at the parking areas. There is a rest cabin, other resting places and toilets adapted for the handicapped at Ellboda. At Askrike there are bathing and tenting areas. Other bathing areas are at Tenö and Fridhem. At Kvarnberget and

along the shore of Askrikefjärden Bay there are several good areas for fishing and for bathing from rock ledges.

BASIC FACTS

Bogesundslandet is located north of Stockholm and west of Vaxholm. As of 2007, the area is not legally protected; but it is in the process of being designated as a nature reserve. The total area is 3000 hectares. The National Property Board both owns the land and manages the area. There is an extensive network of walking trails. Bogesund Manor is open to the public for viewing during the summer (tel. 0734-34 36 02). Near the manor house are Bogesund Youth Hostel (tel. 08-541 750 60) and Askrike Camping Ground (tel. 08-541 350 13). There is a restaurant at the Vaxholm golf course.

TRAVEL DIRECTIONS

Bus 670 from Tekniska Högskolan in Stockholm passes the northern boundary of Bogesundslandet. **Bus 681** from Tekniska Högskolan goes through Bogesundslandet, passing the manor house and other points of interest. Check with SL (Stockholm public transport) for schedule and route information. From the Ropsten underground station, there is foot-passenger ferry service to Frös vik during summer. Information on the Internet at www.kronudden.com, or via telephone at 08-541 313 35.

13. Hjälmo-Lådna



Hjälmo-Lådna Nature Reserve is a large area west of Möja Island in the Municipality of Värmdö. It is one of the best preserved landscapes in the central archipelago, with plenty of tent sites and a summertime youth hostel. Several of the islands in the reserve are accessible by regular ferry service.

The islands and islets of the Stockholm Archipelago have been kept open for centuries by logging, haymaking, and the grazing of cows and sheep. Since the 1940s, however, much of the archipelago's farming has been discontinued, and the former fields and meadows have become overgrown. But farming is still being conducted on the islands of Hjälmo and Lådna. The Stockholm Archipelago Foundation (*Skärgårdsstiftelsen*) has purchased farmland that was about to be abandoned and leased it to active farmers. There is livestock farming with both cows and sheep on both Hjälmo and Lådna.

Old buildings in the island villages have been well-preserved. They include homes and

other buildings in shady gardens with fruit trees and lilac arbours. Narrow gravel roads wind among the houses, past fields and meadows, and through wooded areas. The network of roads has hardly changed during the past century. The boundaries of today's fields and wooded pastures are also largely the same as they were in the 19th century.

By rowboat to Lådnaön

From either of the two ferry landings on Lådna Island, one can walk to the southern shore and row over to Lådnaön in one of the boats made freely available for that purpose. On Lådnaön it is a walk of roughly one kilometre to Skomakarviken and a good tenting area on the north-



east shore with access to fresh water. There is also regular ferry service to the northern side of Hjälmo Island.

Lånnaön has excellent pastureland with such flowers as spotted cat's-ear, common rockrose and large thyme. On the shoreline meadows grow early marsh orchid and grass of Parnassus. There are also some ash trees that bear traces of pollarding; this was the practice in former times of harvesting leaves and twigs as winter fodder for livestock.

Kalholmarna

In the northeast section of the reserve lie the Kalholmarna islets, which in 1962 became the first land to be purchased by Skärgårdsstiftelsen. The Stora Kalholmen youth hostel perches on a high cliff by the shore, with a pine forest on rocky ground stretching from the back door. The youth hostel was the first to be established in the archipelago and is an excellent destination for anyone who would like to spend the night in a century-old recreational home.

BASIC FACTS

Hjälmo–Lånna lies west of Möja Island in the Municipality of Värmdö. The reserve consists of several islands and surrounding waters. Among the larger islands are Hjälmo, Lånna, Lånnaön and Träskö-Storö. The reserve's land area is 675 hectares. It was established in 1974 and enlarged in 1990. The youth hostels at Stora Kalholmen (tel. 08-542 460 23) and Gällnö (south of Hjälmo, tel. 08-571 661 17) are open during the summer season. On Träskö-Storö there are sauna facilities and an exhibition of the islands' history and cultural heritage. On Hjälmo there are guides who offer tours of the reserve and archipelago farming (tel. 08-571 661 33). Rowboats are provided free-of-charge for visitors who wish to cross the channel between Lånna and Lånnaön. Skärgårdsstiftelsen both owns the land and manages the nature reserve (Internet: www.skargardsstiftelsen.se; tel. 08-440 56 00).

TRAVEL DIRECTIONS

Waxholmsbåt ferry from Strömkajen in central Stockholm to Hjälmo and Lånna.

By bus from Stockholm to Boda or Sollenkroka on Värmdö Island; from there, regular ferry service to the nature reserve. Cinderellabåt ferries depart from Strandvägen in Stockholm to Stora Kalholmen. For private boats, there are good natural harbours on most of the islands.

14. Eldgarnsö



The broad-leaved woods of Eldgarnsö Island are dominated by oak, ash and elm.

Eldgarnsö Nature Reserve is located northeast of Färingsö Island in the Municipality of Ekerö. The reserve's central and eastern sections are dominated by broad-leaved woods. Elsewhere, the landscape is a mixture of open cropland, coniferous forest and shoreline meadows with extensive reedbeds. Eldgarnsö is known for its abundant growth of mistletoe.

There is a lot to discover on a walk around Eldgarnsö, a low-lying island which until the 18th century was two islands separated by a channel of lake water. The land was used primarily for two meadows, the smaller on the eastern side called Lillängen and the larger on the western side called Storängen. Growing in them today are broad-leaved woods of oak, ash and elm. Before the leaves unfold in the spring, mistletoe (a protected plant) can be seen growing in abundance amongst the tree crowns. There is a rich birdlife with species such as the honey buzzard, wryneck and ortolan bunting.

Following the island-encircling path east from the parking area, the first part of the reserve one encounters is an ancient oak-wooded pasture where unspotted lungwort, coralwort and spring pea grow. Later in the summer, the rare black bitter vetch grows here. The ground is kept open by grazing cattle, as a result of which several building foundations, a well and several heaps of field stone are clearly visible at Österudd. On the northeast side of the island grow the violet *Viola mirabilis* and the lesser butterfly orchid in the shadow of the broad-leaved trees.



There are several rare insect species on Eldgarnsö, most of them associated with the broad-leaved woods. Many of them are dependent on a specific host plant for survival. For example, one species of longhorn beetle lays its eggs on linden trees that have been infested with mistletoe.

Mistletoe

Mistletoe actually prefers a warmer climate than Sweden's. Like the above-mentioned longhorn beetle, the mistletoe that grows on Eldgarnsö is a relict species from a warmer climatic period. It has been able to survive here due to the relatively mild climate of Lake Mälaren valley. Mistletoe is a semi-parasite that extracts water and nutrients from the host tree's vascular system. It grows primarily on lindens, maples and fruit trees. Its seeds are spread via the droppings of birds that have eaten of the sticky white berries.

BASIC FACTS

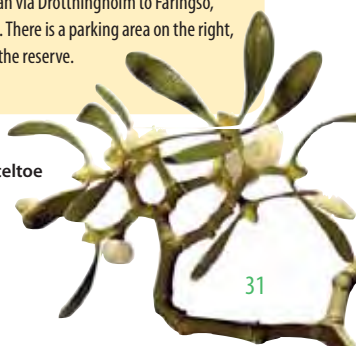
Eldgarnsö Island lies in Lake Mälaren on Näs fjärden Bay in the Municipality of Ekerö. It is separated from Färingsö Island by a narrow channel, and the two are connected by a car bridge. The nature reserve was established in 1979 and its land area is 191 hectares. The path around the perimeter of the island is six kilometres long. The land is owned by private persons and the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Bus 317 from Brommaplan in Stockholm to the Karlskär stop; from there it is a two-kilometre walk to Eldgarnsö.

By car: From Brommaplan via Drottningholm to Färingsö, Färentuna and Eldgarnsö. There is a parking area on the right, just past the entrance to the reserve.

Mistletoe



15. Väsby hage

Väsby Hage is located on the northwest shore of Munsö Island in Lake Mälaren. The nature reserve includes broad stretches of wooded pasture-land with majestic oaks that give the area its special character. The landscape varies from dense forest to open meadows and grazing land. Väsby Hage is easily accessible for walkers and well-suited to rambling. At Roparhällsudden there are excellent places for bathing from rock ledges.



Väsby Hage is well-suited to rambling.

Maps of Väsby village from the 17th century indicate that the area was used at that time for hay meadows. In the 18th century, grazing took over. The flora is highly diverse; among the flowers that bloom in mid-June are dropwort and fairy flax. Blue moor-grass (*Sesleria uliginosa*), an inconspicuous plant that is rather unusual in the Lake Mälaren valley, imparts a blue-violet colour to patches of ground when it blooms. Even more unusual are species such as tufted milkwort, dwarf milkwort and the tiny adder's-tongue fern. Much of the ground in Väsby Hage is grazed by cows and sheep, but there are also small hay meadows in some parts of the reserve.

Nutcracker and hawfinch

The diverse vegetation of the reserve provides habitat to a corresponding diversity of insect and bird species. The nutcracker occasionally makes itself heard with loud croaking noises as it searches for hazelnuts. The shy and retiring hawfinch, which cracks open the pits of cherries and other fruits with its powerful beak, is another species that one may come across in Väsby Hage.

BASIC FACTS

Väsby Hage is located on the northwestern shore of Munsö Island in the Municipality of Ekerö. The nature reserve was established in 1981 and its land area is 96 hectares. The bathing area Häslesandsbadet lies south of the reserve. The land is privately owned and the nature reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Bus 311 or 312 from Brommaplan in Stockholm to the Sjöängen stop; from there it is a walk of one kilometre to a gravel road with signs leading northward to the reserve.

By car: From Brommaplan to Drottningholm, Ekerö and Munsö islands. Turn right on a small road just before the ferry landing at Adelsö (follow sign to "Naturreservat").



Tufted milkwort



16. Huvududden



Huvududden is one of the most beautiful sections of Uppsalaåsen Ridge.

Huvududden Nature Reserve was formed in 1970 to protect the well-preserved esker (ridge formed of glacial meltwater deposits) that extends into Lake Mälaren north of Menhammarsviken Bay in the Municipality of Ekerö. Pines grow sparsely on the crest of the ridge, and spruce more densely on the slopes. A kilometre-long path leads through the wood to the furthest point of the ridge, where there are some prehistoric graves and splendid views of the lake and Färingsö Island. On the shore below are bathing areas and a popular grilling place.

One of the largest and best-known eskers in Stockholm County is Uppsalaåsen Ridge, which stretches southward from the city of Gävle to the Södertörn area. Huvududden is regarded as among the most beautiful sections.

Such ridges were formed when the most recent ice-age glacier began to retreat about 11,000 years ago. Within the glacier developed powerful streams of water carrying large quantities of sand, gravel and stones that were sorted and deposited at the outlet from the ice. As the glacier continued to melt and retreat, ridges of the deposited materials were formed. At some places, blocks of ice remained lodged in the ground after the glacier's retreat. These ice blocks later melted, leaving so-called kettle holes in the ground that can be seen today.

Huvududden was a strategic location as early as the Bronze Age, as evidenced by the row of graves on the crest of the ridge. The stone mounds covering the graves were clearly visible to anyone travelling through the area by boat. A winter road to Stockholm that passed across the lake ice, over Kårsödraget and onward south of Huvududden, was still in use in the 18th century.



Rich birdlife south of the reserve

Birders can combine a visit to Huvududden Nature Reserve with some birdwatching at Menhammarsviken Bay to the south. Bordered by reedbeds and biologically diverse shoreline meadows, the bay is one of the best birding sites of the Mälaren islands. Here, one can follow the rich birdlife year round. Smews can be seen when the ice breaks up in spring. In summer, the bittern emits its booming call from concealment in the reeds. Ducks rest and restore their energies here during the spring and autumn migrations, and in winter one may see buzzards and kestrels. From the observation tower at Skytteholm on the east shore of the bay, there are fine views over the reedbeds and shoreline meadows.

BASIC FACTS

Huvududden Nature Reserve is located north of Menhammarsviken Bay in the Municipality of Ekerö. The reserve was established in 1970 and contains 33 hectares. The land is owned by the state and the nature reserve is managed by Stockholm County Administrative Board.

TRAVEL DIRECTIONS

From Brommaplan in Stockholm, take **bus 311** to Slut or **bus 312** to Adelsö and get off at the Kersödrag stop. Those who prefer to begin at Menhammarsviken Bay should get off at the Bergviksvägen stop; from there it is a walk of 2.5 kilometres to the bird observation tower.

By car: From Drottningholm to Ekerö and Munsö islands; follow signs to the nature reserve. For the bird observation tower, turn right at Skytteholms kursgård just before the reserve.



17. Judarskogen and Kyrksjölöten



Judarskogen and Kyrksjölöten are two nearly adjacent nature reserves in Bromma. Lake Judarn is surrounded by forest and open grassland, while Lake Kyrksjön is bordered by broad-leaved forest. In both areas there are dramatic traces of the most recent ice-age glacier. The reserves are easily accessible via the nearby underground, and running through both are many small roads and footpaths.

At the centre of Judarskogen Nature Reserve is Lake Judarn, a name derived from the Swedish *ljuda*, to emit sound. The warty newt has long been present in Judarskogen, but may now have disappeared from the area, as it has done from many other former sites. Newts are threatened primarily by loss of habitat, in most cases ponds and other small bodies of water. The City of Stockholm has built two ponds by the lake in order to create favourable living conditions for newts and other amphibians.

Kyrksjölöten Nature Reserve is a forested area around Lake Kyrksjön. The path encircling the lake has recently been adapted for baby carriages. In the broad-leaved forest surrounding the lake are many fallen and standing dead trees that provide excellent habitat for birds, insects and wood-decaying fungi. The nature reserve also has a rich birdlife, including the goshawk, hawfinch and lesser spotted woodpecker. Among the bird species nesting on and around the lake are the little grebe, Slavonian

grebe, pochard and moorhen. The lake and the damp broad-leaved woods are important habitats for amphibians. Previously, all of the region's amphibian species were represented here. Today, however, the warty newt seems to have disappeared as it has done from Lake Judarn and surroundings. But the smooth newt, common toad, moor frog and common frog remain in the area. A small pond has also been built here for the benefit of amphibians.

Ancient remains and traces of ice-age glacier

Both nature reserves contain traces of the ice-age glacier that retreated from the area around 11,000 years ago. Of particular interest are the numerous sharp-edged boulders and the De Geer moraines. The latter are ridges of moraine deposits that can be up to several hundred metres long and six metres high.

Enormous tensions developed in the ice and the bedrock as the glacier retreated, with



powerful earthquakes as a result. The moraine ridges and large boulders are results of that process. The effects of glacial melting in the area were studied during the 1940s by the well-known geologist, Gerhard de Geer. Many geological excursions have been conducted here since then.

The most distinctly visible moraine ridges are those on the clay flatland north of Lake Judarn and near the colony gardens in the Kyrksjölöten reserve. Piles of boulders have accumulated at several places.

The nature reserves also contain stone mounds and other remains of human activity from the Bronze and Iron ages. Running through the reserves is Ryssmuren, “the Russian wall”, which according to tradition was built in the 18th century by Russian prisoners of war. However, recent research indicates that

it is actually an accumulation of stones cleared from cropland during the 19th century.

BASIC FACTS

Judarskogen and Kyrksjölöten are nature reserves located in the Bromma area of western Stockholm city. Judarskogen was established in 1995 and has a land area of 88 hectares. Kyrksjölöten was established in 1997 and has a land area of 43 hectares. The City of Stockholm both owns the land and manages the reserves; information at www.stockholm.se/miljo/naturreservat.

TRAVEL DIRECTIONS

Both nature reserves are easily accessible via public transport.

To Judarskogen: Take the underground's green line to Åkershov or Ångbyplan. **To Kyrksjölöten:** Via underground's green line to Åkershov; or bus 117 from either Brommaplan or Spånga station to the Bromma Kyrka bus stop.

18. National Urban Park

The world's first national urban park lies in the heart of Stockholm. The National Urban Park is a green oasis, with a unique mixture of cultural heritage and natural features. A stone's throw from the city centre, you can stroll in an old forest and bathe from a rock ledge by the waterside.



Hagaparken

The National Urban Park is a mosaic of many different types of nature. There are alder fens, spruce woods, shoreline forest, open meadows, and wooded pastures with very large ancient trees. There is also great biodiversity, with over **800** wild species of flowering plant and at least **100** species of nesting bird.

Shaped by royal influence

Since the 15th century, the land that is now the National Urban Park has been partly shaped by royal influence. Included within the park are three royal residences — Haga, Rosendal and Ulriksdal — and the unique parkland around Brunnsviken Inlet. The National Urban Park

also contains vestiges of past military activity; among them are the warship Vasa, and the naval installations on the islands of Beckholmen, Skeppsholmen and Fjäderholmarna. Some of the places now incorporated into the park have also served as sources of inspiration for many works of music and literature. The legendary Swedish troubadour, Carl Michael Bellman, described the pleasures of 18th-century Fiskartorpet and Haga in much-beloved ballads.

Södra Djurgården

Södra Djurgården, in particular, developed into a setting for “merry public life” during the reign of King Gustav III in the late 18th century.

Sweden's oldest amusement park, Gröna Lund, was established in 1883; and the world's oldest open-air museum, Skansen, was inaugurated in 1891. New attractions are continually being added, among them Junibacken, the Vasa Museum and the Aquaria Water Museum.

Södra Djurgården has the most majestic oak wood within the National Urban Park. In the spring, carpets of wood anemone blossom amongst the oaks, while stock doves and tawny owls nest in hollows of the oldest trees. In the eastern section lies Isbladskärret Fen, which has been restored to make an excellent site for bird-watching. Here, one may observe such species as the wigeon, pochard, grey heron, teal, moorhen, northern shoveler, great crested grebe, little grebe, gadwall and Slavonian grebe.

A bit of archipelago near the city

The Fjäderholmarna Islands are the easternmost outpost of the National Urban Park. They are within easy reach for daily outings via ferry from Nybrokajen or Slussen in Stockholm city. Here, one can experience a part of the Stockholm Archipelago with pleasant walking paths, excellent picnic settings, a boat museum and an aquarium featuring species of the Baltic Sea. The birdlife is abundant and diverse; among the species often seen here are the wigeon, common sandpiper, greylag goose, common merganser, red-breasted merganser, oystercatcher, lesser black-backed gull and barnacle goose.

Norra Djurgården

Norra Djurgården is characterized by a mixture of modern buildings and the largest natural area within the National Urban Park. Stockholm University and Stadion, the stadium built for the 1912 Olympics, are interesting examples of 20th-century architecture. Natural areas include Lappkärrsberget, Oxbergsbacken and Stora Vargjakten. Lappkärrret is an excellent little bird lake, regarded by many as the finest in the National Urban Park. At the centre of Norra Djurgården is the Stora Skuggan outdoor recreation area, with large expanses for play

and a 4-H demonstration farm where children can observe sheep, pigs, chickens and other animals.

Around Brunnsviken Inlet

Hagaparken, constructed during the time of Gustav III, is a very fine example of an English park. Here, one can relax on Pelousen, perhaps the most popular picnic lawn in Sweden,



Water lily in Bergianska Botanical Garden.

and experience all the beauty that Brunnsviken Inlet and its surroundings have to offer. Around the margins of the lawn are the Haga royal residence, Gustav III's Pavilion, the "Echo Temple", the ruins of an ancient castle, the well-known Copper Tents and the Butterfly House. The Bergianska Botanical Garden alongside Brunnsviken Inlet offers visitors the opportunity to learn about a wide variety of plants and their ecological functions. There are over 9000 plant species from every corner of the world. Edvard Anderson's Mediterranean Greenhouse, and Victoriahuset with its giant water lily pads, are special attractions.

Ulriksdal

Ulriksdal Palace in the northern section of the National Urban Park is the home of Sweden's oldest active theatre, Confidencen, which dates from the start of the 1750s.



BASIC FACTS

Ulriksdal-Haga-Brunnsviken-Djurgården National Urban Park, which is sometimes also called the Ecopark, was established by act of the Swedish parliament in 1995 after extensive efforts on the part of many individuals and voluntary organizations. Total area is about 2700 hectares, stretching north-south for some thirteen kilometres and including parts of Lidingö, Solna and Stockholm municipalities. It is managed primarily by Kungliga Djurgårdens Förvaltning, a property management division of the Swedish royal house. The National Urban Park is the region's single most important recreational area, with around fifteen million visits annually.

For information on most of the museums:

www.stockholmsmuseer.se and www.royalcourt.se

Skansen: www.skansen.se

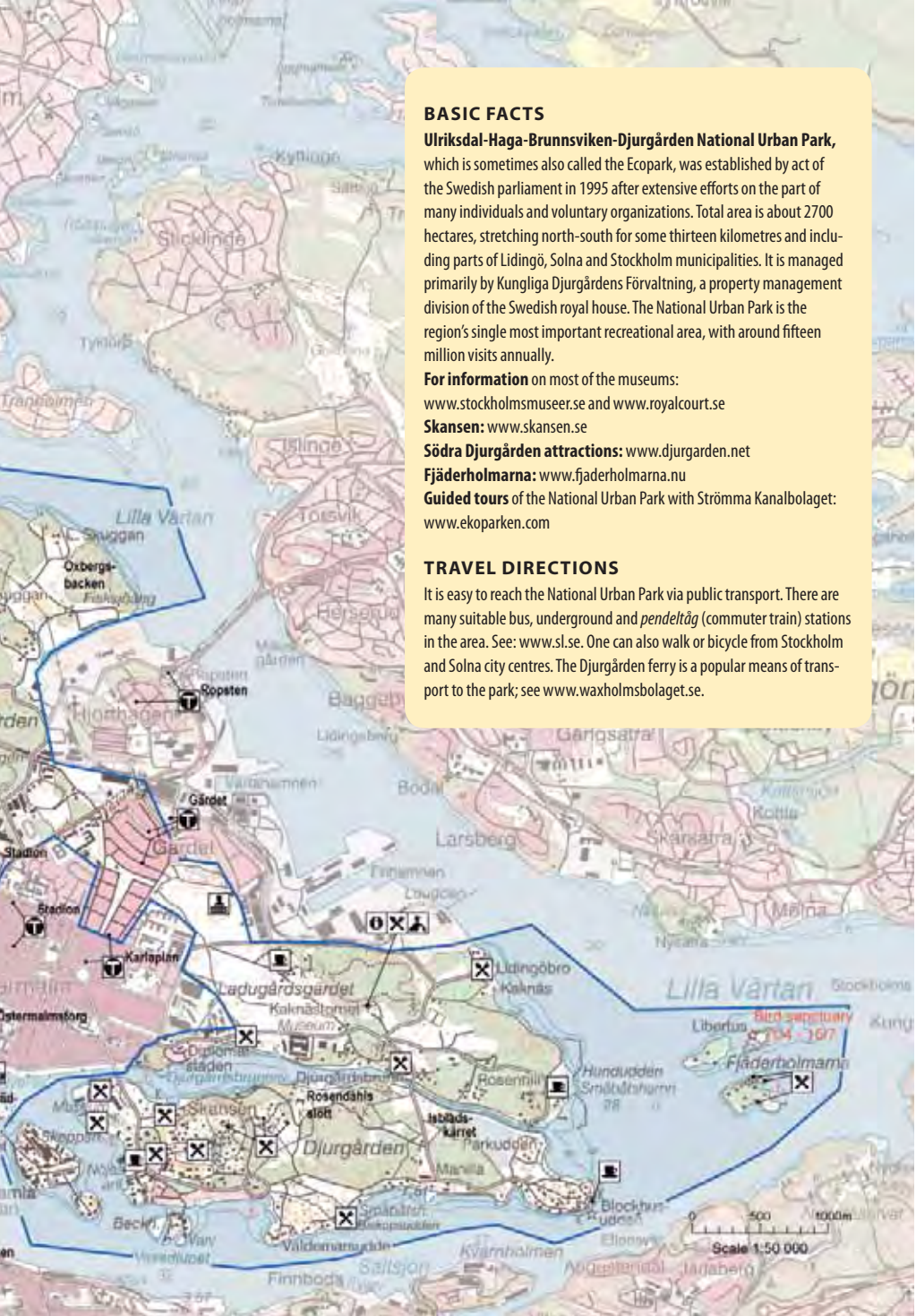
Södra Djurgården attractions: www.djurgarden.net

Fjärderholmarna: www.fjaderholmarna.nu

Guided tours of the National Urban Park with Strömma Kanalbogatet: www.ekoparken.com

TRAVEL DIRECTIONS

It is easy to reach the National Urban Park via public transport. There are many suitable bus, underground and *pendeltåg* (commuter train) stations in the area. See: www.sl.se. One can also walk or bicycle from Stockholm and Solna city centres. The Djurgården ferry is a popular means of transport to the park; see www.waxholmsbolaget.se.



19. Nackareservatet



Lake Källtorpssjön.
The nature reserve
is close to the city.

Nackareservatet is the name given to the large area of forest and lakes that straddles the border between the municipalities of Stockholm and Nacka. It has long been one of the Stockholm's most attractive areas for rambling and offers opportunities for many other activities, as well.

The reserve provides an invaluable retreat from the stress of daily life for many visitors throughout the year. It offers a variety of outdoor recreation, including walking, orienteering, skiing, ice skating, fishing, mushroom- and berry-picking, canoeing and kayaking, and bicycling. The lengthy Sörmlandsleden Trail starts at Björkhagen and leads eastward through the reserve's southern section. The area also includes several other small roads, paths and lighted trails. Among the most interesting attractions are the Hellasgården outdoor recreation centre and the bathing areas on lakes Källtorpssjön and Söderbysjön. In winter, a popular long-distance ice-skating path on Lake Källtorpssjön is kept open by ploughing.

Chain of lakes

The core of the reserve is a chain of lakes that stretches from Lake Ältasjön in the south, through lakes Söderbysjön and Dammtorpssjön, to Lake Järila in the north. The lakes

are surrounded by forest, and by former oak-wooded pastureland and open farmland that is becoming overgrown or being used for golf courses.

Lake Källtorpssjön is excellent for bathing, and as a nesting habitat for the black-throated diver and common sandpiper. Northwest of the lake are some brook ravines with, among other plants, the beautiful ostrich fern. Teals and great crested grebes nest on Lake Dammtorpssjön. There and in the western section of Lake Söderbysjön grow large populations of the water-soldier, an unusual plant whose dense leaf rosette floats to the surface when it blooms. The green hawk, a dragonfly that can be seen by the lakes on warm summer days, is dependent on the water-soldier for egg-laying sites. During winter, the tiny black-and-white dipper is sure to be seen along Nackabäcken Brook as it dives energetically in the cold water on the hunt for insects.

In the valley between lakes Söderbysjön



and Ulvsjön there is a beautiful wood of linden trees, where the toothwort, coralwort and the violet *Viola mirabilis* bloom in the spring. There is a good canoe/kayak route from Lake Dammtorpssjön through Lake Söderbysjön to Lake Ältasjön. From the lakeshores in the early mornings of late spring, one can experience at close hand the rich birdlife of the reserve, including the song of the nightingale. Along the chain of lakes, there are numerous traces of beavers' gnawing on tree trunks. Beavers fell both large and small trees, partly to gain access to nutritious shoots and buds.

At Erstavik Manor, east of the reserve, the coniferous forest opens onto one of Sweden's finest manorial landscapes from the late 18th century. The Manor is surrounded by cropland, wooded pastures and shoreline grazing meadows. Over 200 bird species have been observed here over the years, and the sea trout spawns in Erstaviksbacken Brook.

BASIC FACTS

Nackareservat actually consists of two municipal nature reserves, one in Nacka and the other in Stockholm. The reserves were established in 2005 and 2006, respectively, and their combined area is 705 hectares. Hellasgården is the area's outdoor recreation centre, with walking and jogging paths, bathing areas, ploughed ice-skating path, and food service. Sörmlandsleden Trail starts at the Björkhamnen underground station. The Lilla Holmen and Stora Holmen islets in Lake Källtorpssjön are bird sanctuaries during 1 April to 15 July of every year. The land is owned by private persons and the City of Stockholm, which also manages the nature reserve. Further information at: www.stockholm.se/miljo/naturreservat and/or www.nacka.se; www.hellaskgarden.se

TRAVEL DIRECTIONS

Via underground to Björkhamnen, Kärrtorp, Bagarmossen or Skarpnäck. **Bus 401** from Slussen to Hellasgården. **Bus 875** from Gullmarsplan to the Öringe stop.

By car: Via Ältavägen Road through Sickla.

20. Storängsudd

Storängsudd Nature Reserve is located on a point of land extending into Baggensfjärden Bay in the Municipality of Värmdö. The landscape alternates between open ground and shady groves of oak and hazel. Along the rocky shoreline in the summer, there is a good chance of finding a rock ledge of one's own for bathing and sunbathing.

Storängsudd is a small but attractive nature reserve that is at its most beautiful in the spring, when the orchid *Dactylorhiza latifolia* grows in clearings amidst the oaks and hazels. Along the southern margin of the wood can be seen the mottled colours of the fritillary, which originally came from Central Europe. It was brought to this country as a garden plant in the 17th century, but now grows wild as part of Sweden's natural flora. Its name in Swedish, *kungsängslilja*, was taken from Kungsängen ("royal meadow") in Uppsala where it was first discovered growing in the wild.

In the northwest section of the reserve, one can also find toothwort, coralwort, sand leek, spring pea and moschatel. In the spring grow lesser celandines and wood anemones in great abundance. In 1936, landowner Sten Westerberg wanted the area to be legally protected so that, as he explained: "If the entire archipelago should be exploited and littered with rubbish, I would like Stockholmers to have at least one reminder of how beautiful their archipelago once was."

Traces of coppicing

The land in the reserve was used in olden times for meadows by Stora and Lilla Kårnäs farms, and later by Beatelund Farm. In addition to haymaking, the area was also used for pollarding, i.e. the harvesting of leaves and twigs for winter fodder. But those uses had ceased by the end of the 19th century, and the area gradually became overgrown. Still remaining are some old linden trees that show clear traces of pollarding.

Today, the area is grazed by sheep. In the eastern section of the reserve is a burial ground with 25 known graves from the Late Iron Age. The graveyard may have been connected with the original Kårnäs Farm. Among the other remains are a large earthen mound, and stone mounds in both circular and rectangular shapes. In the northwest section of the reserve is an area with four graves and two ovens that are believed to have been left by Russians when they marauded along Sweden's Baltic coast in 1719.



Fritillary



There are groves of old broad-leaved woods on Storängsudd.

BASIC FACTS

Storängsudd is located on Baggensfjärden Bay in the Municipality of Värmdö, about three kilometres south of Gustavsberg. The nature reserve was established in 1936 and contains ten hectares. The land is owned by private persons, and the reserve is managed by the Stockholm County Administrative Board.

TRAVEL DIRECTIONS

Bus 428-430 from Slussen in Stockholm, or by connecting bus from Gustavsberg to the Beatelundsvägen stop. From there it is a three-kilometre walk to the reserve.

By car: Turn off toward Ingarö from Värmdöleden and, after ca. three kilometres, turn right on a small road and follow the signs to the reserve.



21. Bornsjön

Bornsjön Nature Reserve is set within a large and varied landscape southwest of Stockholm, just outside the city limits. To the north it is bordered by Lake Mälaren. In the centre of the reserve lies Lake Bornsjön, which is surrounded by estates, farms and a broad expanse of forest, in a living landscape with a lengthy history and cultural heritage.



Bornsjön, a protected lake in an area with a lengthy cultural heritage.

Bornsjön Nature Reserve offers opportunities for everything from cycle tours on narrow winding roads and walks in shady forests, to Sunday outings in oak-wooded pastures. A nature trail of eleven kilometres' length runs south of the lake. A suitable starting or destination point for the nature trail is the old cobblestone quarry at Bergaholm. The nature trail, alone, is worth a day's outing; but there is much more to discover, as well.

The Sturehov estate is beautifully situated on the southern shore of Lake Mälaren. The manor house, which dates from the end of the 17th century is surrounded by a beautiful park. Southwest of Sturehov lies a small hill fort named Skansberget, from which there is a view over Lake Bornsjön. A large broad-leaved wood stretches eastward from Sturehov along the shore of Lake Mälaren. Here, there is a rich springtime flora, with masses of wood anemone, hepatica, cowslip, yellow star-of-Bethlehem, moschatel and bird-in-a-bush.

At the furthest extremity of the Männö peninsula in the eastern section of the nature reserve is another ancient hill fort that is worth a visit. Here, one can follow a narrow path through a majestic spruce forest and across some alder fens with lush growths of ferns. Ditches and small clearings disclose that some areas of the forest were used for pastures and meadows just 100 years ago. Most of the Männö peninsula consists of alluvial deposits from a large ice-age stream with very large kettle holes (further details on page 35).



Wetlands and Bronze Age cairns

South of Skårby Farm and the old Södertäljevägen Road lies Skårbydammen, a wetland that was re-established in 1990 to capture nutrients running off from the surrounding farmland, and also to benefit birdlife. The parking area is a good location from which to observe the wetland birdlife, including such species as the pintail, shoveler and Slavonian grebe. At Skårby is one of the area's magnificent stone mounds (cairns) from the Bronze Age. In characteristic fashion, it lies on the crest of a hill with broad views.

Divers and warblers

The shy and retiring black-throated diver thrives at Lake Bornsjön because it is a protected natural area; several pairs usually nest here every year. Honey buzzards, ospreys and common mergansers also frequent the area. When it was discovered in the 1930s that the grasshopper warbler was nesting in Stockholm County, it was at a wetland north of Bergaholm. Its repetitive whirring song can be heard early on June mornings.

BASIC FACTS

Bornsjön Nature Reserve spreads over three municipalities – Salem, Botkyrka and Södertälje. The reserve was established in 1995 and is comparatively large, with an area of 3820 hectares. Lake Bornsjön and surroundings were originally purchased by the City of Stockholm in 1900 in order to protect the city's reserve water supply. Sturehov Manor is open to the public for guided tours during the summer months. The manor's café is open daily except Mondays during summer, and on weekends year round. Information via tel. 08-530 282 40 or at www.sturehof.se. The nature reserve is owned and managed by Stockholm Vatten (www.stockholmvassten.se).

TRAVEL DIRECTIONS

Bus 708 from Hallunda underground station or from Rönninge pendeltåg station to the Norsborgsvägen stop; from there it is a three-kilometre walk to Sturehov Manor. For the nature trail, get off at the Salems Kyrka bus stop. To visit the western section of the reserve, take **bus 751** from Södertälje to Brunnäng centre and change to bus 750 to Höganör, descending at the Ladvik stop.

By car: Via the E4 road from Stockholm toward Södertälje. After Hallunda, take Tumba/Alby turn-off, then turn left toward Södertälje again on the old Södertäljevägen Road which leads to the nature reserve. If driving from the south, take the Salem/Rönninge turn-off, then turn left under the E4 road and continue on to the reserve.

22. Paradiiset



Paradiiset Nature Reserve is located in Hanveden in the Municipality of Huddinge. A large tract of upland forest with the character of wilderness, it is a popular setting for outdoor recreation activities and has many valuable natural features.

The elevation of Hanveden is the highest of all the protected natural areas in Stockholm County. Just south of the reserve is Tornberget, at 111 metres above sea level the highest point in the county. It was also the first point at which land emerged from the sea that covered the region after the Ice Age. There are hundreds of Stone Age dwelling sites in the area, remains of the first inhabitants of what is now Stockholm County. Originally established along the rising coastline, these sites are now 50 to 80 metres above sea level, indicating that they are 7,000 to 10,000 years old.

Appreciated for its beauty and stillness, Paradiiset Nature Reserve attracts many visitors. Largely unaffected by modern forestry, the

forest has an unspoiled appearance. Sparse pine woods on rocky ground are common, but there are also areas of spruce forest, broad-leaved woods and wetlands. The area offers inviting opportunities for outings in the forest, Nordic skiing, mushroom- and berry-picking, nature study and sport fishing. At the old crofter's farm named Paradiiset is a rest cabin and parking area. Several marked trails, including Sörmölandsleden, lead from the croft into the forests of Hanveden. Along the trails are lakes, resting places, wind shelters and cabins. The cabin at Paradiiset croft can be hired overnight.

The old farmland at Paradiiset is now managed by means of grazing and haymaking. Here can be found such typical meadowland

BASIC FACTS

Paradiset Nature Reserve is located in the Municipality of Huddinge. It was established in 2002 and has a land area of 738 hectares. There are numerous marked walking trails. To book the cabin at Paradisetcroft overnight, contact Friluftsförbundet at tel. 08-774 85 99. The land is owned by the municipalities of Stockholm and Huddinge, and by private persons; the nature reserve is managed by the Municipality of Huddinge. Further information at www.natur.huddinge.se and/or www.paradiset-hanveden.se

TRAVEL DIRECTIONS

Bus 709 from Huddinge station to Bruket stop; from there it is a walk of 1.7 kilometres along Årtorpsvägen-Vandrarstigen to the Paradisetcroft.

Bus 865 from Handen or Huddinge Sjukhus to the Lissma Skola stop, from there it is a walk of 3.5 kilometres to the Paradisetcroft.

By car: On the 259 road between Huddinge and Haninge, turn off toward Ådran. After 1.6 kilometres, turn left on Årtorpsvägen. Follow that road to the Paradiset parking area. There are also parking places east of the nature reserve on the road to Öran.



species as alpine bistort, catsfoot and the sedge grass *Carex brizoides*. There is a rich diversity of butterflies, including a number of unusual species such as the mountain argus and the purple-edged copper.

Rocky forest land and old lakes

Some sections of forest in the nature reserve are essentially unspoiled, for example the trees on the rocky ground at Ormputten. The capercaillie population here is one of the largest in southern Stockholm County. Black grouse and hazelhens are also numerous. On summer nights one can hear the churring song of the nightjar.

There is a strong sense of the Swedish northland at Lake Öran, whose natural features are of great value. There are several nesting pairs of black-throated diver and osprey, and protection-worthy freshwater milieus. The call of the loon can also be heard at Trehörningen

where the Sörmlandsleden Trail passes by.

Ormputten is a small pond that is completely surrounded by a quagmire of dead and living plant matter, including peat, which oats on water. Caution is required here: One can easily sink through the floating mass of vegetation! The pond is in the final stages of being completely overgrown to become wetland. Ormputten has a naturally low pH and its water is the most acidic in Stockholm County.



At Paradiset one can find the king boletus mushroom.

23. Tyresta

Tyresta National Park is the centrepiece of a large wilderness area in the municipalities of Haninge and Tyresö, some twenty kilometres from the centre of Stockholm city. It is a landscape of virgin forest, wetlands and lakes. The national park is almost completely surrounded by Tyresta Nature Reserve which contains broad-leaved woods, buildings and active farms with grazing animals.

Tyresta is best known for its virgin forest, much of which is 120-350 years old. The oldest pine trees are around 400 years old. It is a rugged landscape, with pines growing on ridges surrounded by valleys with wetlands, lakes and more luxuriant forest. Large sections of Tyresta's forest are unspoiled, having been used in the past only for grazing animals.

Walking trails and rest areas

The village of Tyresta, located at the main entrance to the area, dates from the Iron Age. From here, one can walk all day to the Baltic Sea in the east and never leave the forest or cross a major road. The national park and the surrounding nature reserve are criss-crossed by a network of walking trails with a combined



Lake Bylsjön – one of several lakes in the forest of Tyresta



length of 55 kilometres and many prepared rest areas.

In the village, there is a rest cabin, a café, and National Park House with information on Tyresta and all of Sweden's national parks. There are also outdoor displays with information on Tyresta National Park. Starting just outside the village is an interpreted nature trail that winds for 2.5 kilometres through the virgin forest.

Forest fire

In August of 1999, a forest fire advanced through the southern and central sections of the national park and nature reserve. It continued for one week and, before it was brought under control, some 450 hectares had burnt down. The affected area lies between lakes Bylsjön, Årsjön, Långsjön and Stensjön, and both south and east of Lake Stensjön. A visit to the burnt area is interesting for those who would like to study the process of natural recolonization following a forest fire. But beware of falling trees!

BASIC FACTS

Tyresta National Park and Nature Reserve are located in the municipalities of Haninge and Tyresö, and are managed by the Tyresta Forest Foundation. The total protected area is 4340 hectares, of which 3000 hectares are forest. The land is owned by the state, the City of Stockholm and private persons. Tyresta village includes a café (closed Mondays), rest cabin, farm shop (open only on weekends) and National Park House (free entry, closed Mondays). National Park House is accessible to the physically handicapped. A trail from the village circles Lake Bylsjön; it is five kilometres long and accessible to baby carriages. The trail is also accessible to wheelchairs with large wheels or drive motors; persons in chairs with smaller wheels may need assistance. Some sections of the trail are steep.

Information: Tyresta Forest Foundation, tel. 08-741 08 76 (weekdays 8–10 a.m.); National Park House, tel. 08-745 33 94 or at www.tyresta.se

TRAVEL DIRECTIONS

Bus 807 or 809 from Gullmarsplan to Svartbäcken stop; alternatively, **bus 834** from Haninge train station. From Svartbäcken, it is just over two kilometres by foot to Tyresta village via a marked trail. Some trips of buses 807 and 834 continue on to Tyresta village.

By car to Tyresta village: Follow the no. 73 road (Nynäsvägen) and take exit toward Brandbergen, then follow signs to "Nationalpark".

From Tyresö, the park and reserve can be reached via several routes. There are parking areas at several places, including Prästängen, Storängen, Brakmaren and Ångsudden.

To Åva: Follow Nynäsvägen and take exit toward Dalarö. From Dalarövägen, turn off toward Åva. Parking and information at Stensjödäl.

24. Gålö

Gålö Nature Reserve is a well-known outdoor recreation area on the Baltic coast in the Municipality of Haninge. The area has much to offer visitors – walking, mushroom- and berry-picking, bathing, sport fishing and the simple enjoyment of nature.



Gålö receives many visitors during summer due to the excellent bathing on Skälåker, the longest sandy beach in the Stockholm Archipelago, and from the rock ledges along the shoreline of Oxnö Island. Throughout the year, the reserve's varied nature offers opportunities for walking along the beaches and in a landscape with a diverse cultural heritage. Several walking trails start at Skälåker and Stegsholm. Fish are abundant in the waters surrounding Gålö Island. Baltic herring, white-sh and the best sea trout fishing on the central coast of Sweden attract many sport fishermen. Several of the shallow bays in the nature reserve are very important as spawning and nursery areas for perch, pike, pike-perch and other fish species.

Stegsholm Farm in the northern part of Gålö is an estate with a history that dates back to the Middle Ages. During the late 1800s and the

early 1900s, Stegsholm and Gålö as a whole served as a reform facility for poor children of Stockholm city. Ownership of the island was taken over by the City of Stockholm in the 1940s and has since developed into a popular outdoor recreation area. The reserve is now owned by the Stockholm Archipelago Foundation (*Skärgårdsstiftelsen*).

First-class farm landscape

One of the Gålö reserve's particular attractions is the traditional farm landscape around Stegsholm. It is a small-scale mosaic of cropland, oak-wooded pastures, tree groves and shoreline grazing meadows that is suitable for walking, especially along the path that start from the Stegsholm parking area. In the woodland pastures grow plants such as snow gentian, moonwort and common rockrose. In the same pastures, one can also find several small,

very colourful species of wax-cap mushroom. In the flowery pastures there is also a variety of Lepidoptera species, including such rarities as the small blue butterfly, the narrow-bordered five-spot burnet moth and the new forest burnet moth. Growing in the shoreline meadows on Lännåkersviken Bay are some plant species that benefit from grazing, including strawberry clover, seaside centaury and red bartsia.

Shoreline ledges and giant potholes

At Nor in the centre of the Gålö peninsula are an ancient hill fort and some giant potholes that measure up to one metre across. The latter

were formed toward the end of the Ice Age by the action of rocks and the whirling waters of glacial streams. Just west of Nor is a beautiful, isolated pond with a rich birdlife that is worth a visit during springtime. For most of its length, the walking trail from Skälåker to Havtornsudd borders the shoreline, offering varied experiences of lush tree groves and the austere archipelago nature with its shoreline of gravel and rock ledges, its pine forests and broad views over the Baltic. Havtornsudd is a good place from which to observe the flocks of eider and long-tailed ducks that gather here during the spring migration.

BASIC FACTS

Gålö Nature Reserve is located ten kilometres east of Västerhaninge in the Municipality of Haninge. The reserve was established in 2006 and has a land surface of 1754 hectares. There are three main entrances – at Stegsholm, Skälåker and Oxnö – with information, parking and toilet facilities. There are walking trails that start at Skälåker and Stegsholm, and bathing beaches at Skälåker and Oxnö. Facilities at the seaside bathing area of Skälåker include campsites, tourist cabins and summertime food service; information via tel. 08-500 331 56 or at www.galohavsbad.com. There are also cabins for hire and food service at Badhusviken; tel. 08-500 331 20. A café is open at Stegsholm during summer. Year round grocery store and food service on Dalarövägen Road. The islands of Fågelgrundet, Mödomen and both Västra and Östra Fjäderholmen are bird sanctuaries during 1 April – 31 July. Skärgårdsstiftelsen both owns the land and manages the nature reserve; information via tel. 08-440 56 00 or at www.skargardsstiftelsen.se.

TRAVEL DIRECTIONS

Bus 845 from Västerhaninge to Gålö. All buses to Dalarö stop at the Gålö grocery store, just outside the northern boundary of the nature reserve.

By car: Travelling south on the no. 73 road (Nynäsvägen), turn off toward Dalarö. After ten kilometres, turn off toward Gålö.



25. Sandemar

Sandemar Nature Reserve is a beautiful manorial landscape in the Municipality of Haninge. It is located near the Baltic coast, alongside the road from Haninge to Dalarö. The reserve is best known for the rich birdlife of the shoreline meadows west of Sandemar Manor, and for the finest rich fens in the Södertörn area, situated east of the manor. In the southwest section, there are tree-clad points of land with rock ledges that are good bathing areas.

Visit Sandemar early on a June morning and follow the path from the parking area to the shoreline meadows. Soon you will come to a spectacular floral display, with an expanse of bright marsh marigold and hundreds of fritillaries. Continue on toward the sea and the broad open spaces of the shoreline meadows, which are grazed by cows and horses. If instead you turn to the right and cross the bridge, you will find masses of cowslip and the orchid *Dactylorhiza latifolia*, along with an excellent picnic site. From the hill known as Höggarnsberget, there is an excellent view in all directions.



Sandemar Manor dates from the 17th century and was one of the few such structures that was not laid waste when Russian troops invaded in 1719. Offshore from Sandemar lies Dalarö Skans, a fortress with a round tower that is a well-known seafarers' landmark.

Year-round birdlife

The local birdlife can be studied from the observation tower by the shoreline meadow. There is a diverse and abundant birdlife at Sandemar throughout the year. When wading birds pause here during their spring and autumn migrations, you can see ruffs, wood sandpipers and several other species of sandpiper. During winter, before the ice has formed, whooper swans and large flocks of tufted ducks lie on the open waters near the manor.

Bird's-eye primrose and early marsh orchid

East of Sandemar Manor is Södertörn's finest area of rich fens. There are several fens with lime-rich water that nurtures a special flora and a fauna that includes many species of mollusc. The grass of the fens is cut regularly. The pink bird's-eye primrose and the deep reddish-blue common butterwort grow on the fens in early summer; they are followed weeks later by early marsh orchid and fen orchid. Blossoming in July are marsh helleborine and grass-of-Parnassus; in former times, the blooming of the latter signalled to farmers that it was time to mow the meadows.



The shorelines of Sandemar are important for the birdlife.



BASIC FACTS

Sandemar is situated along the road from Haninge to Dalarö. The nature reserve was established in 1997 and contains 220 hectares. A large part of Sandemar is a bird sanctuary to which entry is not permitted from 1 April to 31 August. Please do not go near the manor park, as it is private property. The nature reserve is managed by the Stockholm County Administrative Board in co-operation with the landowners.

TRAVEL DIRECTIONS

Bus 839 from the Haninge terminal in the centre of Haninge toward Dalarö. Exit at Svärdsnäsvisken bus stop, or at Sandemar if headed for the rich fens.

By car: From the no. 73 road (Nynäsvägen), take exit to Dalarö. Follow road to Dalarö for about 15 kilometres, then turn right at the "Naturreservat" sign. For the rich fens, continue straight on the Dalarö road, past both the sign and the manor; turn right on a small road just past the gravel pit. There is a path from the parking area to the shore.

26. Björnö

Björnö Nature Reserve is located on and around the eastern tip of Ingarö Island in the Municipality of Värmdö. Its landscape is typical of the Stockholm Archipelago, with open areas of small-scale farming in hollows wedged between forest and rocky heights. The reserve, which is situated on a peninsula and includes nearby waters, is easily accessible even without a boat. The sparse forest consists largely of pines on rocky ground, but there are also dense spruce woods, swamps, pine bogs, and broad-leaved woods.

Many people visit Björnö to bask in the sun and bathe on the rocky shores. At Torpesand, there is an excellent sand beach with a view across Nämndöfjärden Bay. But Björnö also has much to offer at other times of the year. For those who enjoy walking and wish to experience more of the archipelago's nature, the reserve stretches to the northwest. There are numerous paths and gravel roads on the peninsula.

Outlying farmland

Previously, the area which today is protected as a nature reserve was outlying land belonging to Björnö Farm which lies on the main road about

one kilometre from the turn-off to the reserve. The land was used mainly for grazing, but it was also important to the farm as a source of lumber and firewood. During the 18th century, it was the site of four crofter's holdings with a total of thirty residents who lived mainly on what the small patches of cropland and pastures could provide. Among the many traces of past human toil that can still be seen are stone cairns and fences, rose bushes and abandoned fruit trees.

Flowering pastures of Näset

When The Archipelago Foundation purchased the land in 1981, much of the formerly open land had become overgrown. Today, lease-holding farmers keep the land open at Småångsgården, a new farm, by mowing and grazing animals. The orchid *Dactylorhiza latifolia* grows on the lovely and valuable pastures of Näset in late spring. Weeks later, in summer, silverweed colours the shoreline meadows gold. Also to be seen on the meadows are sea arrowgrass, marsh violet and the tiny adder's-tongue fern. At Slängen there is an area of oaks and hazels with an exquisite flora typical of woodland groves. Hepatica and mezereon blossom there in early spring, followed later by spring pea, coralroot and woodruff. The spring pea's fruit, which shines red in late summer, is very poisonous to humans but harmless to birds.



Spring pea



Björnö – an easily accessible area in the Stockholm Archipelago at the eastern tip of Ingarö Island.

BASIC FACTS

Björnö Nature Reserve is located on and around the eastern tip of Ingarö Island in the Municipality of Värmdö. The total area of the reserve is 340 hectares. Near the sand beach is a bathing area on a rock ledge which is adapted for the handicapped. There is an exhibition on Björnö's human history at Ramsviken in the eastern section of the reserve. To the southeast is an observation tower with a fine view of the archipelago. Among the suitable tenting sites is one at Näset in the northwest, where there are also rubbish bins and a freshwater pump. Landowner and manager of the nature reserve is the Stockholm Archipelago Foundation (*Skärgårdsstiftelsen*); information via tel. 08-440 56 00, or at www.skargardsstiftelsen.se

TRAVEL DIRECTIONS

Bus 428 or 429 from Slussen in Stockholm, toward Björkviks Brygga; get off at Björkviks Gård stop.

By car: From Värmdöleden, take exit toward Ingarö; there is a sign to "Naturreservat" just before Björkviks Havsbad.



27. Bullerö

At the outer edge of the archipelago is Bullerö Nature Reserve, named after the largest island and containing about 900 other islands, islets and rock outcrops. This is the Stockholm Archipelago at its best, with beautiful scenery, a fascinating history and superb bathing from rock ledges.



Bullerö, on the edge of the open sea, is the main island of the nature reserve.

The famous wildlife artist, Bruno Liljefors, purchased Bullerö Island in 1908, and the following year built a hunting cabin where he spent the summer months with his family. Many other Swedish artists visited Bullerö, including Anders Zorn, Axel Sjöberg and Albert Engström. Together with their host, they formed the so-called “Bullerö Gang” and with their paintings made the natural splendours of the archipelago widely known during the early years of the 20th century.

In 1967 the state purchased the entire area around Bullerö, with all its land forms, and protected it as a nature reserve. Today, the hunting cabin is a nature centre with an exhibition about the reserve and some reproductions of Liljefors's paintings. A 600-metre-long nature trail leads from the cabin to the island's village. A cultural heritage trail, somewhat longer and more hilly, starts from the village and ends at the cabin.

Island life in former times

Bullerö Island has been inhabited by humans since the end of the 17th century. Around 1830, a maximum of twelve persons were making their living from whatever the island and the rest of the archipelago could provide. During the 19th century, there were fourteen small fields in the hollows and small valleys where potatoes and root crops were grown. During summer, the livestock animals grazed on the crowberry bushes and heather of surrounding islands. The inhabitants of Bullerö sailed into Lake Mälaren with barrels of salted fish to exchange for cereal grains from farmers of the Uppland region.

Bullerö nature

The islands in the western section of the nature reserve are forested; the vegetation becomes increasingly sparser toward the east. Bullerö, whose name means “stony island”, is the largest

28. Vattgruvsmossen and Stora Envättern



The Vattgruvsmossen and Stora Envättern nature reserves are located in an area of forest and many lakes, south of Lake Yngern in the Municipality of Södertälje. The Sörmlandsleden Trail passes through the area, which is popular for mushroom- and berry-picking.

At the centre of Vattgruvsmossen Nature Reserve is a large, open bog that is surrounded by wetland forest where the ground vegetation includes bog myrtle and Labrador tea. Those who visit the area during the spring may chance to hear the mating calls of black grouse and the trumpeting of cranes. A marked trail encircles Vattgruvsmossen, and through it runs Sörmlandsleden Trail, with a pleasant resting place by Lake Stora Kobäcken.

Vattgruvorna are old iron mines adjacent to the nature reserve. Iron ore was mined there from the start of the 18th century until the

1860s. Eight deep shafts and numerous other remains, including building foundations and tailing mounds (mined rock of no commercial value), bear silent witness to the former mining activity. Vattgruvan, the deepest shaft, runs diagonally into the earth for over 100 metres. Great quantities of wood were required for the operation of the mine. The surrounding forest has been clear-cut in the past; but today, the trees are from 50 to 150 years old.

Stora Envättern

Stora Envättern is a nutrient-poor, undisturbed



forest lake. Its greatest depth is eleven metres, and its visibility depth is fully six metres. The lake's biodiversity is limited, but it contains perch, roach, ruffe and pike. Fishing is not permitted, however. A beautiful section of Sörmlandsleden Trail, including several fireplaces, skirts the lake's northern shore.

Around the lake are stands of trees that are up to 200 years old, which is unusual in the forest landscapes of today. Growing on deadwood in the old forest are such rare wood fungi as *Junghuhnia collabens*, *Phellinus nigrolimitatus* and *Hapalopilus salmonicolor*. South of the lake are some small wetland ponds surrounded by pine bogs with ground cover of sundew and cranberry. They are also growing sites for Sweden's smallest orchid, the lesser twayblade. One may chance upon a capercaillie at the bog called Långviksmossen, and ospreys can often be seen flying over the lake.

BASIC FACTS

Vattgruvsmossen Nature Reserve is located six kilometres west of Järna in the Municipality of Södertälje. The reserve was established in 1996 and contains 74 hectares. Waterproof footwear is recommended.

Stora Envätern Nature Reserve is located nine kilometres north of Gnesta. This reserve was also established in 1996 and has a land area of 109 hectares. Fishing in the lake is prohibited. The land is owned by Sveaskog forest company, and the nature reserves are managed by Stockholm County Administrative Board. Note: The two reserves are separated by a distance of about ten kilometres along the Sörmlandsleden Trail.

TRAVEL DIRECTIONS

To Vattgruvsmossen by commuter train (pendeltåg) to Järna, then by foot on Sörmlandsleden Trail or on bicycle via car route.

By car: Follow the no. 57 road west from Järna and turn right after passing the town limits; follow signs to nature reserve. Park at Vattgruvsmossen and continue on foot via Sörmlandsleden Trail.

Stora Envätern is far from any public transport.

By car: Follow road from Nykvarn to Järna and turn right at road sign "Gnesta 17". From there, drive six kilometres to Yngsviken, then continue two kilometres on foot via Sörmlandsleden Trail. Or, follow marked trail from the parking place.

29. Tullgarn



Tullgarn castle is situated in a beautiful coastal landscape.

At the centre of Tullgarn Nature Reserve is a castle by the same name, one of several royal dwellings in Sweden. The Tullgarn area is a manorial landscape with farmland, forest and coastal waters. It includes everything from cropland, wooded pastures and biologically diverse groves of oaks that are several hundred years old, to shoreline meadows, wetlands and evergreen forest. More than 800 different species of vascular plant have been found in the nature reserve, making Tullgarn one of Sweden's richest botanical sites.

The castle and grounds have an 18th-century quality, but the site has been occupied since the Middle Ages. Tours of the castle are offered during summer. The grounds contain nearly all of Sweden's broad-leaved tree species, along with a large apple orchard. The adjoining park, especially the English section from the 19th century, has an interesting flora with grasses and flowers from the mid-latitudes of Europe. The castle grounds and park are not included in the nature reserve but are open to the public.

Birds and wild boar on Tullgarnsnäs

Tullgarnsnäs, the point of land east of the castle, is worth a visit. (There is a parking area 200 metres west of the farm at Näset.) Along the path that loops around the point, there is an old broad-leaved wood with ancient oaks, and shoreline meadows that are grazed by cattle. Both the meadows and the shallow inlets are important bird habitats. The white-tailed eagle is often seen in the area. Only plants that are extremely tolerant of salt, such as common



glasswort, are able to grow on some sections of the shoreline meadows. Wild boars roam the area, leaving signs of their presence in the upturned ground where they have rooted in search of food.

Good walking opportunities

There is excellent walking along the Sörmlandsleden Trail which passes through the reserve. The section that runs south from the castle passes Västerviken Inlet, a good bird habitat, then continues on through pleasant oak-wooded pastures. From the hill south of the inlet, there is a spectacular view of Tullgarnsviken Bay.

Orchid fen

The lime-rich fen known as Skräddartorpskärrret, north of Lake Norasjön, has a valuable flora that includes such orchids as the musk orchid and the marsh helleborine; both are protected species.

BASIC FACTS

Tullgarn Nature Reserve lies in both Stockholm and Södermanland counties. It was established in 1984 and contains 1510 hectares. Sörmlandsleden Trail passes through the area. The castle is shown daily during 1 June – 31 August, www.royalcourt.se. In the "Orangeri" section of the castle grounds is Tullgarns Vårdshus, a restaurant and café with seating both outdoors and in the renovated stable, tel: 08-555 720 26, www.tullgarnshus.com. The reserve's land is owned by the state, and it is managed by the Stockholm Administrative Board in co-operation with the National Property Board.

TRAVEL DIRECTIONS

Bus LT 702 from Södertälje Hamn train station to Tullgarns Allé stop; from there it is a walk of about one kilometre to the castle.

By car: Heading south on the E4 road from Stockholm, take the exit to Trosa and Vagnhärads, then follow signs to "Tullgarns Slott". There are parking areas at several places, including the castle and Näset. The turn-off to Näset is several hundred metres before (i.e. north of) Tullgarns Allé.

30. Södra Mörkö

Located amidst a beautiful coastal landscape in the southern part of Mörkö Island in the Municipality of Södertälje are three nature reserves: Eriksö, Kålsö and Slessberget. Grazing land and shoreline meadows are the predominant features of Eriksö and Kålsö, while Slessberget is a tree-clad hill with spectacular views of the surrounding area.



On Eriksö Island, one can wander in a traditional farm landscape.

The coastal landscape of Eriksö has been strongly influenced by a history of traditional farming. It is a mixture of small fields and meadows, woods and rocky outcrops. Eriksö has beautiful scenery and is very suitable for rambling. There are numerous oak trees, many of them several hundred years old and thereby important sources of habitat for plants and animals. The pastureland is biologically diverse, with plants such as alpine bistort, fairy flax and yellow rattle. Situated along the shore between Boviken Bay and Klubbsundet Channel are shoreline meadows with numer-

ous plant species such as strawberry clover and seaside centaury. Boviken Bay, which is almost entirely cut off from the Baltic Sea and also borders the neighbouring Kålsö Nature Reserve, is an important nursery area for pike-perch. The northern and southern sections of Eriksö Island are dominated by older coniferous forest that includes some old oaks.

Kålsö and Slessberget

Kålsö is a peninsula just north of Eriksö Island. Kålsö consists of broad-leaved woods that have been used for grazing, oak-wooded

pastures and shoreline meadows — all interspersed with bare rock outcrops that offer splendid views of the inner archipelago's bays and channels. The broad-leaved woods contain numerous oaks, lindens, elms and maples; and the ground vegetation is luxuriant with species such as broad-leaved sermountain, woodruff, unspotted lungwort and the violet *Viola mirabilis*. Here can be heard the songs of the scarlet rosenfinch and the icterine warbler. Wild boars can be seen on both Eriksö Island and Kålsö.

Slessberget, or Slesshagsberget as it is sometimes called, lies north of Kålsö and is a distinctive hill that rises above the surrounding landscape. On its eastern heights are the remains of an ancient hill fort. From the crest of the hill there are splendid views over the southern part of Mörkö Island. A walk in the reserve's steep terrain imparts a sense of enchanted forest. The trees between the moss-clad cliffs are old and tall. Here and there grow knotty dwarf pines, and boulders lean against each other on the steep slopes. At some places there are large aspens and dead standing spruces that attract woodpeckers and other birds.

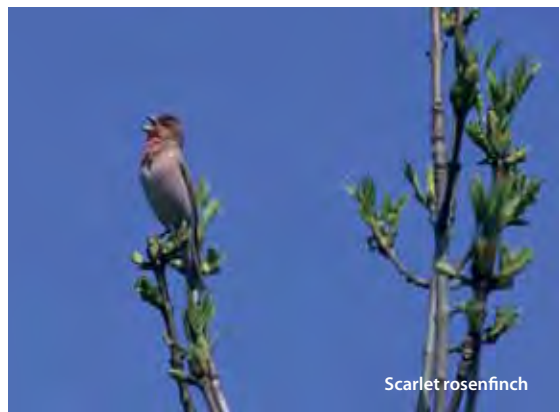
BASIC FACTS

The three nature reserves are located in the Municipality of Södertälje. Eriksö was established in 1998 and has a land area of 285 hectares. The land is owned by Sveaskog forestry company and the nature reserve is managed by Stockholm County Administrative Board. Fishing in Boviken Bay is prohibited during the period from 1 April – 31 July. Kålsö was established in 1992 and has a land area of 141 hectares. The land is owned by private persons and the nature reserve is managed by Stockholm County Administrative Board. Slessberget was established in 1992 and has a land area of 32 hectares. The Swedish Lutheran Church both owns the land and manages the nature reserve.

TRAVEL DIRECTIONS

Bus 784 from Södertälje centre to the Idala stop; from there it is three-kilometre walk south to Slessberget.

By car: On road to Mörkö, turn right (south) at Idala and road sign to nature reserve, then on to Eriksö. There are parking areas at all three reserves.



31. Häringe-Hammersta

Häringe–Hammersta Nature Reserve is located on two coastal peninsulas that straddle the border between the municipalities of Haninge and Nynäshamn. It is an area of manor houses, giant oaks, broad-leaved woods, coniferous forest and saltwater bays. The bright and varied landscape is excellent for rambling and bicycling.



The architecture of Häringe Manor dates from the 1770s, and today it is a conference centre. The beautiful landscape south of the manor is open, with trees and blackthorn bushes growing on islands of uncultivated land amidst farm fields. There are excellent walking paths around the peninsula. At Häringenäs there are splendid views over the archipelago and the mainland. Beneath the maples and lindens of Byholmen bloom woodruff, spring pea, toothwort and the violet *Viola mirabilis* in the spring.

Bobäcken is a lake with an outlet to Håstholmsviken Bay. The area has a rich birdlife, especially in the spring when large flocks of migrating ducks and swans rest here. These assemblies usually attract white-tailed eagles,

which often patrol the area from the sky. Bobäcken Lake is an important spawning and nursery area for the bream, crucian carp, tench and related species.

Around the lake grow some of the reserve's old oaks. The section of the peninsula toward Häringenäs is dominated by coniferous forest that is easily accessible for walking. There is an abundance of wildlife, and during an early morning stroll one often encounters roe deer, badgers, foxes and European hares.

Giant oaks and fascinating caves

Throughout the reserve, there are large areas of broad-leaved forest with old trees. Especially notable in the western section of the reserve are the oaks that have lived for many centuries.

BASIC FACTS

Häringe-Hammersta

Nature Reserve is located in the municipalities of Haninge and Nynäshamn. The reserve was established in 1990, and has a land area of 1050 hectares. Haninge Manor is now a conference centre with restaurant; information via tel. 08-504 204 40 or at www.haringeslott.se. Hammersta Gård café and farm shop; information via tel. 08-500 494 10. Most of the roads in the nature reserve are closed for car traffic. Boats are not allowed on lakes Böbacken and Maren or Muskån Brook. Skärgårdsstiftelsen both owns the land and manages the nature reserve; information via tel. 08-440 56 00 or at www.skargardsstiftelsen.se.

TRAVEL DIRECTIONS

Bus 847 from Västerhaninge to the Häringe Grindar or Hammersta stop.

By car: Turn off from the no. 73 road (Nynäsvägen) where road signs point to Häringe and Hammersta.



The broad-leaved wood at Hammersta is one of the most botanically diverse in Stockholm County. Growing in the shade of the trees are such grasses as wood barley, wood melick, lesser hairy-brome and *Poa remota*. More familiar plant species include ivy, giant bellflower and ransoms (wood garlic).

South of Hammersta Farm lie the ruins of Hammerstahus Castle from the 14th century. The reserve also contains four burial grounds and three hill forts. On the west side of Fru-

berget is a steep slope with a cave called Frugrottan or Frubergsgrottan. To enter, it is necessary to climb up to the ten-metre-long and five-metre-high cave, and it can be somewhat difficult to find the entrances. A torch (flashlight) can be useful in the darkness. According to local tradition, Frugrottan is named after a mistress of Hammersta Farm who tried to hide from pursuers in the cave with her animals and other valuables, but was disclosed by a crowing cock.

32. Utö

Utö is situated in the southern section of the Stockholm Archipelago. In the centre of the reserve is a village associated with Utö's old iron mine. The landscape is dominated by evergreen forest, wooded pastures, areas of lime-rich soil with luxuriant vegetation, and a beautiful rocky shoreline along the open sea to the east.



The windmill west of Gruvbyn has stood on its hill since 1791.

In certain parts of Utö Island, the bedrock contains primeval limestone. There is a vein of limestone that runs mainly through the northern section of the island, where it nurtures the growth of numerous plants, including the orchid *Dactylorhiza latifolia*, meadow saxifrage and rue-leaved saxifrage. The richest flora is at Kroka, near the northern tip of Utö. Kroka is not only of interest from a botanical standpoint; it is also a good locale for birds, especially when the wind blows hard from the west and northwest during autumn. Then, small migrating birds and their predators are blown in toward the island coast. Utö is also known as an excellent butterfly site. During midsummer,

for example, large apollo butterflies flutter above the rocky ground north of Tremaskogen Wood. The larvae of the apollo butterfly live on orpine, a plant that grows in rock crevices. The apollo butterfly is a protected species.

Mining town for 700 years

Included in the nature reserve are old mines that remain in silent witness to the removal of iron ore from Utö for 700 years, beginning in the 12th century. Several buildings have been preserved from the mining town of the 18th and 19th centuries. The typically small and simple wooden houses along Lurgatan Street are the best preserved in the town of Gruvbyn. On the hill west of the town is a sightworthy windmill that was built in 1791. For mineral enthusiasts, the waste heaps from the old mines are



Apollo butterfly



fascinating to explore. Yellow pyrites (“fool’s gold”), blue tourmaline and red garnets are among the minerals that can be found amongst the waste. But all stones must be left where you find them!

Bicycles, kayaks and bathing

Along the northern shore of Utö, there are many fine bathing areas with shallow waters, good beaches for children, and rock ledges that slope to the water’s edge. One of the most easily accessible of those bathing ledges is at Rävstavik. There is a fine beach at Barnens Bad just north of Gruvbyn, where the ferries from the mainland dock. The town offers a wide variety of services, including a guest harbour, shops, bakery, restaurant, conference centre, youth hostel, and kayaks and bicycles for hire.

BASIC FACTS

Utö Nature Reserve is one of the offshore islands in the Municipality of Haninge, located east of Mysingen Bay in the southern section of the Stockholm Archipelago. The reserve covers a large area of the archipelago, including the entire northern section of Utö, the islands of Mysingsholm, Östra and Västra Runmaren, and some islands east of Utö. The nature reserve was established in 1974 and contains 665 hectares. The reserve is owned and managed by the Stockholm Archipelago Foundation; information via tel. 08-440 56 00, or at www.skargardsstiftelsen.se Information is also available from the Utö Tourist Bureau via tel. 08-501 574 10, or at www.utoturistbyra.se.

TRAVEL DIRECTIONS

Bus 846 from the Västerhaninge train station to Årsta Bryggja, from which the Waxholmsbolaget ferry provides year-round service to Gruvbryggan at Utö. During summer, there are also ferries from Strömkajen in central Stockholm which cruise via Saltsjöbaden; the trip takes about three hours one way. In winter, limited ferry service is provided from Dalarö, which can be reached by bus 839 from the Handen train station (*pendeltåg*).

By car: From the no. 73 road (Nynäsvägen), turn off at “Fors trafikplats” and continue on to Årsta Bryggja.

33. Kåringboda and Järflotta

Kåringboda Nature Reserve is located on a scenic peninsula that borders Nynäsviken Bay southwest of Nynäshamn. Giving the peninsula its character are forested heights, cultivated valleys, and narrow inlets of the Baltic Sea that are both large and shallow. Just south of Kåringboda lies Järflotta Nature Reserve. Both reserves offer inviting opportunities for mushroom- and berry-picking, bathing and forest walks.



Sand beach with sea pea at Järflotta Nature Reserve.

The entire area is a living landscape of small-scale farming, with meadows, wooded pastures, ditches, forest margins and heaps of field stone — all providing habitat for plants and animals that are endangered or have disappeared in areas where modern farming prevails. Grazing animals keep the wooded pastures and shoreline meadows of Kåringboda open. Previously, there were several small farms on the peninsula. Today, it is Långholm Farm which alone keeps the landscape open.

Warmth-loving ivy

For the botanically interested, there is much to discover on the peninsula. The orchid *Dactylorhiza latifolia* grows in great abundance amongst the wooded pastures in late spring. In the shoreline meadows around Långholm Farm grow common carline thistle, maiden

pink and common milkwort. Ivy, a warmth-loving plant, grows in the broad-leaved woods on the hillsides. There is a network of marked trails in the northern section of the peninsula, while the southern section is more unspoiled. At the southern tip of the peninsula, a small channel separates Kåringboda from Järflotta Island.

To Järflotta by boat

Järflotta is accessible only by boat. Järflotta Farm is set amidst a combination of open farm landscape and woods of birch, oak and hazel that contain a rich birdlife. Elsewhere, the island is dominated by pine forest on rocky ground and excellent sandy beaches. It is especially the beaches on Sägsviken Bay and on the southern side of the island that attract many visitors in the summer.



BASIC FACTS

Karingboda and Järflotta Nature Reserves are located southwest of Nynäshamn. The reserves are comparatively large, with a combined land area of 1795 hectares. Järflotta was established in 1968 and Karingboda in 1974. There are many sheltered natural harbours for private boaters. The land is owned by private persons and Skärgårdsstiftelsen, which also manages the reserves. Information via tel. 08-440 56 00 or at www.skargardsstiftelsen.se.

TRAVEL DIRECTIONS

Bus 848 or 852 from Nynäshamn to the Järflottavägen stop; from there it is a walk of ca. one kilometre to Karingboda Nature Reserve. By car: From the no. 73 road (Nynäsvägen) turn off toward Torö and follow signs to nature reserve. Järflotta is accessible only by private boat or water taxi. For taxi information, contact Nynäshamn Tourist Bureau at tel. 08-520 737 00.

Nature conservation in Stockholm County

In Stockholm County there are two national parks, over 230 nature reserves and two cultural heritage reserves. Of these, 33 are presented in this outings guide. Both county administrative boards and municipalities are entitled to establish reserves. County reserves are primarily intended to protect areas of national or regional importance, while municipalities concentrate more on natural areas of local interest.

The work of county administrative boards with new nature reserves is guided by regional environmental objectives and national objectives specified by the government and parliament. Currently, the nature conservation efforts of the Stockholm County Administrative Board are largely focused on protecting forests with highly valuable natural features, and also wetlands, natural areas near towns and cities, and certain parts of the archipelago.

Nature reserves, national parks and other protected areas

The most common form of legal conservation protection in Sweden is the *nature reserve*. The purpose of setting aside nature reserves is to preserve biological diversity and valuable outdoor recreation areas. The purpose of

cultural heritage reserves is to preserve valuable areas – often consisting of old farmland – that have been influenced by farming and other human activities.

The most legally binding form of protection is that of *national parks*, whose purpose is to preserve large uninterrupted areas within certain types of landscape in their natural conditions. National parks are established by the government and parliament; there are currently 28 in Sweden.

Sweden's first, and thus far only, *national urban park* was established in 1995.

In order to protect sensitive animal life, *bird and seal sanctuaries* may be established. It is forbidden to enter such areas during certain times of the year. *Natural monuments* may be designated in order to protect an exceptional natural object such as an ancient tree. *Habitat protection* may apply to relatively small areas which provide living conditions for endangered plant and/or animal species, or which deserve protection for some other reason.

Natura 2000

Natura 2000 is a network of protected natural areas within the European Union, by which Sweden and other member-states undertake to



NATURA 2000 AREAS

The areas presented in this guide which are included, entirely or in part, in Natura 2000 are:

Häverö prästäng, Häverö-Bergby, Grundsjömossarna, Norra Malma, Riddersholm, Ängsö, Angarnssjöäng, Trehörningsskogen, Norra Järvafältet, Bogesundlandet, Väsby hage, Huvudd, Judarskogen-Kyrksjölöten, Nackareservatet, Storängsudd, Bornsjön, Paradiset, Tyresta, Gälö, Sandemar, Bullerö, Vattgruvsmossen-Envättern, Tullgarn, Södra Mörkö, Häringe-Hammersta, Utö and Käringboda-Järflotta.



Ängsö National Park, with trees from which leaves and twigs are harvested for livestock fodder as in bygone times.

preserve areas that are valuable in a European context. There are some **240 Natura 2000** areas in Stockholm County. They have been selected due to the presence of habitats, ecosystems or particular species of plants and/or animals which are especially worthy of protection.

The member-states are responsible for ensuring that their **Natura 2000** areas are properly managed and protected from damage. Prior to being added to the network, many of the areas were already protected as nature reserves or national parks. Of those that were not, some are due to become nature reserves or be protected by some other type of conservation measure.

Proper management

Many of the valuable features of Swedish nature reserves and national parks require careful management. Grazing animals are often needed to preserve the natural and cultural heritage values of an agricultural landscape. The efforts and commitment of numerous land-owners and farmers is therefore essential to the preservation of valuable features.

Some forests have been set aside entirely for conservation purposes and may not be logged. In other protected areas, commercial forestry may be permitted if it does not interfere with outdoor recreation and nature conservation.

FACTS ABOUT PROTECTED AREAS IN STOCKHOLM COUNTY

- As of year 2007, there are two national parks, 236 nature reserves and two cultural heritage reserves in Stockholm County.
- Total protected area is 40,000 hectares, which is six per cent of the county's total surface area and twice that of the Municipality of Stockholm.
- With 6048 hectares (14,945 acres) including water surface, the county's largest nature reserve is that of Störö-Bockö-Lökaö near the large island of Möja in the Stockholm Archipelago.
- The smallest nature reserve, with only 0.6 hectare (1.5 acres) is Fäviksgrundet in the Municipality of Norrtälje.
- The northernmost reserve is the small island of Långgrundet, north of Singö Island in the Municipality of Norrtälje. The southernmost is Öja-Landsort, located offshore from Nynäshamn.
- The oldest protected area in the county is Ängsö National Park, one of the initial group of national parks established on 24 May 1909. They were also the first national parks in Europe, which is why National Park Day is celebrated on the 24th of May every year in all of Europe.

Most of the nature reserves and national parks in Stockholm County are managed by the county administrative board, municipalities or The Archipelago Foundation.

Sweden's National Parks

The main purpose of national parks is to preserve especially valuable natural areas for future generations. According to Swedish law, the country's national parks shall preserve characteristic or unique landscapes in their natural states, while providing enjoyable experiences of nature in beautiful surroundings that include forest and open countryside. There are hiking trails in most national parks, and some have information centres and overnighting facilities. The Swedish Environmental Protection Agency supervises the management of Sweden's national parks, and issues proposals for new parks.

Decisions to establish new parks are the responsibility of the Swedish parliament. The first nine national parks in Sweden, and also in Europe, were established in 1909. Sarek



and Padjelanta in Lapland are the two largest national parks, each with an area of some 200,000 hectares. Almost ninety per cent of the total surface area of Sweden's national parks consists of mountain landscapes. Among the other types of ecosystem included are virgin coniferous forest, broad-leaved woods, wetlands, archipelagos and traditional farm landscapes.

Specific regulations vary among the national parks; but the basic rule of conduct is that one must not disturb or destroy any feature of the natural environment; this is the same rule that applies to Sweden's right of public access (see p. 76) to the countryside. In several parks it is not allowed to light fires, set up camps, or to allow dogs to roam unleashed. It is not permitted to gather stones or plants; but, as everywhere in the Swedish countryside, it is allowed to pick berries and mushrooms. Apart from the national parks, there are a great many nature reserves and other protected areas. Just over eight per cent of Sweden's surface area is subject to some form of legal protection.

Protected plants and animals



Pasque flower



Fieldfare chicks



Common frog

Among the plants of Stockholm County which may not be gathered or damaged in any way are hepatica, pasque flower, ivy, mistletoe and all species of orchid. The following plants may be gathered for personal use, but may not be dug up or collected for sale: cowslip, lily-of-the-valley and all species of clubmoss.

All wild birds and mammals, including bats, their eggs and dwellings may not be hunted, with the exception of certain species which may be hunted in accordance with the Swedish Hunting Act.

All of Sweden's frogs, toads and lizards are protected. The most common species may be taken up by hand to study, but may

not be removed from the site; these are the slow worm, viviparous lizard, common frog, moor frog, common toad and smooth newt. It is also permitted to remove a small number of eggs or fry to study the animals' development; but they must later be returned to the original site.

All snake species are protected. It is, however, permitted to capture and move adders from one's own property or, if no other solution is available, to kill them.

A complete list of protected species (scientific and Swedish names, only) is published on the web site of the Stockholm County Administrative Board: www.ab.lst.se.

The right of public access

The Swedish countryside is freely available to everyone. But it is necessary to treat nature with care and to show consideration for both people and animal life. "Do not disturb, do not destroy" is the basic principle that applies to the right of public access.

It is permitted to walk, bicycle, ride horses, ski and remain temporarily at the same place as long as no damage is done to crops, forests or other sensitive areas. But residents' privacy must be respected; it is not permitted to enter or cross the grounds of private homes or farmyards.

It is permitted to cross fenced grazing land and similar areas, as long as fences are not damaged and grazing animals are not disturbed. Gates must be closed properly so that animals cannot escape.

One may travel by water, bathe and temporarily moor boats anywhere except, for example, at private beaches and docks. Special rules may apply for boating – speed limits, for example.



Horseback riders must exercise special care.

There is great risk of damage to the ground, especially when riding in groups. Do not ride on marked jogging, ski and hiking trails, or on soft and easily damaged ground.

It is permitted to set up a tent for one full day at a reasonable distance from dwellings, on ground that is not used for farming. If camping with a group for longer periods of time, permission should be obtained from the landowner.

Fires are permitted if there is no risk of grass or forest fire. Extinguish them thoroughly. Fires are often prohibited during dry weather. Fires are never permitted on rocks, as they may cause irreparable damage.

It is not permitted to operate cars, motorcycles, mopeds or any other type of motor vehicle on bare ground. Nor is it permitted to operate motor vehicles on private roads that are posted with signs prohibiting such traffic. Parking along a roadside is normally permitted if it does not violate traffic regulations, damage the ground or disturb the landowner.

It is permitted to pick wild berries, flowers and mushrooms, and to gather fallen branches and dead brush from the ground. But twigs, branches, bark and leaves may not be taken from living trees. Of course, it is not allowed to remove bushes or cut down trees. Some plants are legally protected; see page 75.



Littering outdoors is strictly forbidden.

Glass, tins and bottle caps can injure both humans and animals; plastic bags can cause great suffering to animals that swallow them.

Dogs are not allowed to run loose in either wooded or open areas during 1 March – 20 August. Dogs must also be kept under control at other times of the year in order to prevent harm or disturbance to wildlife.

Hunting and fishing are not included in the right of public access. But fishing with hand gear is allowed in Lake Mälaren and along the seacoast. For all other waters, a fishing licence or other type of permit is required. All wild birds and mammals, along with their eggs, young and dwellings are protected, and may only be hunted as specified in the Swedish Hunting Act.

Note that the right of public access may be restricted in nature reserves and national parks. Every such area has its own set of regulations. It may, for example, be forbidden to light fires.

Read more about the right of public access at: www.allemansratten.se

List of Species

(English, Swedish and scientific names)

Plants

Adder's-tongue fern	Ormtunga	<i>Ophioglossum vulgatum</i>
Alder	Al	<i>Alnus glutinosa</i>
Alpine bistort	Ormrot	<i>Bistorta vivipara</i>
Ash	Ask	<i>Fraxinus excelsior</i>
Aspen	Asp	<i>Populus tremula</i>
Birch	Björk	<i>Betula spp.</i>
Bird-in-a-bush	Stor nunneört	<i>Corydalis solida</i>
Bird's-eye primrose	Majviva	<i>Primula farinosa</i>
Bird's-nest orchid	Nästrot	<i>Neottia nidus-avis</i>
Black pea	Vippärt	<i>Lathyrus niger</i>
Bloody crane's-bill	Blodnäva	<i>Geranium sanguineum</i>
Blue moor-grass	Älväxing	<i>Sesleria uliginosa</i>
Bog myrtle	Pors	<i>Myrica gale</i>
Bog orchid	Myggbloomster	<i>Hammarbya paludosa</i>
Bog rosemary	Rosling	<i>Andromeda polifolia</i>
Bog whortleberry	Odon	<i>Vaccinium uliginosum</i>
Broad-leaved helleborine	Skogsknipprot	<i>Epipactis helleborine</i>
Broad-leaved sermountain	Spenört	<i>Laserpitium latifolium</i>
Carline thistle	Spåstisel	<i>Carlina vulgaris</i>
Catsfoot	Kattfot	<i>Antennaria dioica</i>
Cloudberry	Hjortron	<i>Rubus chamaemorus</i>
Clubmoss	Lummer	<i>Lycopodiaceae spp.</i>
Common butterwort	Tätört	<i>Pinguicula vulgaris</i>
Common reed	Vass	<i>Phragmites australis</i>
Common rockrose	Solvända	<i>Helianthemum nummularium</i>
Common twayblade	Tvåblad	<i>Listera ovata</i>
Coralroot	Tandrot	<i>Cardamine bulbifera</i>
Coralroot orchid	Korallrot	<i>Corallorrhiza trifida</i>
Cowslip	Gullviva	<i>Primula veris</i>



(Cow-wheat species)	Natt och dag	<i>Melampyrum nemorosum</i>
Cranberry	Tranbär	<i>Vaccinium oxycoccos</i>
Dog's mercury	Skogsbingel	<i>Mercurialis perennis</i>
Dropwort	Brudbröd	<i>Filipendula vulgaris</i>
Dwarf milkwort	Rosettjungfrulin	<i>Polygala amarella</i>
Early marsh orchid	Ängsnycklar	<i>Dactylorhiza incarnata</i>
Early purple orchid	S:t Pers nycklar	<i>Orchis mascula</i>
Fairy flax	Vildlin	<i>Linum catharticum</i>
Fen orchid	Gulxyne	<i>Liparis loeselii</i>
Field wormwood	Fältmalört	<i>Artemisia campestris</i>
Fly orchid	Flugblomster	<i>Ophrys insectifera</i>
Fritillary	Kungsängslilja	<i>Fritillaria meleagris</i>
Frog orchid	Grönkulla	<i>Coeloglossum viride</i>
Garden speedwell	Strandveronica	<i>Veronica longifolia</i>
Giant bellflower	Hässleklocka	<i>Campanula latifolia</i>
Grass-of-Parnassus	Slätterblomma	<i>Parnassia palustris</i>
Greater butterfly orchid	Grönvit nattviol	<i>Platanthera chlorantha</i>
Greater yellow rattle	Höskallra	<i>Rhinanthus serotinus</i>
Harebell	Blåklocka	<i>Campanula rotundifolia</i>
Hare's-tail cottongrass	Tuvull	<i>Eriophorum vaginatum</i>
Hazel	Hassel	<i>Corylus avellana</i>
Heath spotted orchid	Jungfru Marie nycklar	<i>Dactylorhiza maculata</i>
Hepatica	Blåsippa	<i>Hepatica nobilis</i>
Irish fleabane	Krissla	<i>Inula salicina</i>
Ivy	Murgröna	<i>Hedera helix</i>
Labrador tea, marsh tea	Skvattram	<i>Rhododendron tomentosum</i>

Birds

Barnacle goose	Vitkindad gås	<i>Branta leucopsis</i>	Grey heron	Häger	<i>Ardea cinerea</i>
Bittern	Rördrom	<i>Botaurus stellaris</i>	Greylag goose	Grågås	<i>Anser anser</i>
Black grouse	Orre	<i>Tetrao tetrix</i>	Hawfinch	Stenknäck	<i>Coccothraustes coccothraustes</i>
Black-headed gull	Skrattmå	<i>Larus ridibundus</i>	Hazelhen, hazel grouse	Järpe	<i>Bonasia bonansia</i>
Black-throated diver	Storlom	<i>Gavia arctica</i>	Hen harrier	Blå kärrhök	<i>Circus cyaneus</i>
Bluetthroat	Blåhake	<i>Lucinia svecica</i>	Hobby	Lärkfalk	<i>Falco subbuteo</i>
Buzzard	Ormvräk	<i>Buteo buteo</i>	Honey buzzard	Bivråk	<i>Pernis apivorus</i>
Canada goose	Kanadagås	<i>Branta canadensis</i>	Icterine warbler	Härmsångare	<i>Hippolais icterina</i>
Capercaillie	Tjäder	<i>Tetrao urogallus</i>	Jackdaw	Kaja	<i>corvus monedula</i>
Common merganser	Storskrake	<i>Mergus merganser</i>	Kestrel	Tornfalk	<i>Falco tinnunculus</i>
Common sandpiper	Drillsnäppa	<i>Actitis hypoleucos</i>	Lapland longspur	Lappsparv	<i>Calcarius lapponicus</i>
Coot	Sothöna	<i>Fulica atra</i>	Lesser black-backed gull	Silltrut	<i>Larus fuscus</i>
Crane	Trana	<i>Grus grus</i>	Lesser spotted woodpecker	Mindre hackspett	<i>Dendrocopos minor</i>
Dipper	Strömmare	<i>Cinclus cinclus</i>	Little grebe	Smådopping	<i>Tachybaptus ruficollis</i>
Eider	Ejder	<i>Somateria mollissima</i>	Long-eared owl	Hornuggla	<i>Asio otus</i>
Gadwall	Snatterand	<i>Anas strepera</i>	Long-tailed duck	Älfågel	<i>Clangula hyemalis</i>
Goshawk	Duvhök	<i>Accipiter gentilis</i>	March harrier	Brun kärrhök	<i>Circus aeruginosus</i>
Grasshopper warbler	Gräshoppsångare	<i>Locustella naevia</i>	Moorhen	Rörhöna	<i>Gallinula chloropus</i>
Great crested grebe	Skäggdopping	<i>Podiceps cristatus</i>			



Bloody Crane's-bill

Lady's slipper	Guckusko	<i>Cypripedium calceolus</i>
Large thyme	Stortimjan	<i>Thymus pulegioides</i>
Lesser butterfly orchid	Nattviol	<i>Platanthera bifolia</i>
Lesser celandine	Svalört	<i>Ranunculus ficaria</i>
Lesser hairy-brome	Strävlost	<i>Bromus benekenii</i>
Lesser twayblade	Spindelblomster	<i>Listera cordata</i>
Lily-of-the-valley	Liljekonvalj	<i>Convallaria majalis</i>
Linden, lime	Lind	<i>Tilia cordata</i>
Long-spiked glasswort	Glasört	<i>Salicornia europaea</i>
Maiden pink	Backnejlika	<i>Dianthus deltoides</i>
Marsh helleborine	Kärrknipprot	<i>Epipactis palustris</i>
Marsh marigold	Kableka	<i>Caltha palustris</i>
Marsh violet	Kärrviol	<i>Lathyrus palustris</i>
(Meadow grass species)	Storgroe	<i>Poa remota</i>
Meadow saxifrage	Mandelblomma	<i>Saxifraga granulata</i>
Mezereon	Tibast	<i>Daphne mezereum</i>
Misteltoe	Mistel	<i>Viscum album</i>
Moonwort	Läsbräken	<i>Botrychium lunaria</i>
Moschatel	Desmeknopp	<i>Adoxa moschatellina</i>
Musk orchid	Honungsblomster	<i>Herminium monorchis</i>
Narrow-leaved marsh orchid	Sumpnycklar	<i>Dactylorhiza traunsteineri</i>
Norway maple	Lönn	<i>Acer platanoides</i>
Norway spruce	Gran	<i>Picea abies</i>
Oak	Ek	<i>Quercus robur</i>
(Orchid species)	Adam och Eva	<i>Dactylorhiza latifolia</i>
Orpine	Kärleksört	<i>Sedum telephium</i>

Ostrich fern	Strutbräken	<i>Matteuccia struthiopteris</i>
Ox-eye daisy	Prästkrage	<i>Leucanthemum vulgare</i>
Pasque flower	Backsippa	<i>Pulsatilla vulgaris</i>
Purple loosestrife	Fackelblomster	<i>Lythrum salicaria</i>
Quaking grass	Darrgräs	<i>Briza media</i>
Ramsons, wood garlic	Ramslök	<i>Allium ursinum</i>
Red bartsia	Strandrödtoppa	<i>Odontites litoralis</i>
Rue-leaved saxifrage	Grusbräcka	<i>Saxifraga tridactylites</i>
Sand leek	Skogslök	<i>Allium scorodoprasum</i>
Scots pine	Tall	<i>Pinus sylvestris</i>
Sea arrowgrass	Havssälting	<i>Triglochin maritimum</i>
Seaside centaury	Kustarun	<i>Centaurium littorale</i>
Silverweed	Gåsört	<i>Potentilla anserina</i>
Slender sedge	Trädstarr	<i>Carex lasiocarpa</i>
Spotted cat's ear	Slätterfibbla	<i>Hypochaeris maculata</i>
Spring pea	Vårärt	<i>Lathyrus vernus</i>
Strawberry clover	Blåsklöver	<i>Trifolium fragiferum</i>
Sundew	Silesår	<i>Drosera spp.</i>
Toothwort	Vätteros	<i>Lathraea squamaria</i>
Tufted milkwort	Toppsjungafrulin	<i>Polygala comosa</i>
Unspotted lungwort	Lungört	<i>Pulmonaria obscura</i>
(Violet species)	Underviol	<i>Viola mirabilis</i>
Water-soldier	Vattenaloe	<i>Stratiotes aloides</i>
White beak-sedge	Vitag	<i>Rhynchospora alba</i>
Wild thyme	Backtimjan	<i>Thymus serpyllum</i>
Wood anemone	Vitsippa	<i>Anemone nemorosa</i>
Wood barley	Skogskorn	<i>Hordeum europaeus</i>
Wood melick	Lundslok	<i>Melica uniflora</i>
Woodruff	Myska/myskmadra	<i>Galium odoratum</i>
Wych elm	Alm	<i>Ulmus glabra</i>
Yellow anemone	Gulsippa	<i>Anemone ranunculoides</i>
Yellow star-of-Bethlehem	Vårlok	<i>Gagea lutea</i>
Yellow-rattle	Ängsskallra	<i>Rhinanthus minor</i>
Yew	Idegran	<i>Taxus baccata</i>

Nightjar	Nattskärra	<i>Caprimulgus europaeus</i>
Northern shoveler	Skedand	<i>Anas clypeata</i>
Nutcracker	Nötkräka	<i>Nucifraga caryocatactes</i>
Ortolan bunting	Ortolansparv	<i>Emberiza hortulana</i>
Osprey	Fiskgjuse	<i>Pandion haliaetus</i>
Oystercatcher	Strandskata	<i>Haematopus ostralegus</i>
Pied flycatcher	Svartvit flugsnappare	<i>Ficedula hypoleuca</i>
Pintail	Stjärtand	<i>Anas acuta</i>
Pochard	Brunand	<i>Aythya ferina</i>
Pygmy owl	Sparvuggla	<i>Glaucidium passerinum</i>
Red-breasted flycatcher	Mindre flugsnappare	<i>Ficedula parva</i>
Red-breasted merganser	Småskrake	<i>Mergus serrator</i>
Turnstone	Roskarl	<i>Arenaria interpres</i>
Ruff	Brushane	<i>Philomachus pugnax</i>
Rustic bunting	Videsparv	<i>Emberiza rustica</i>
Scarlet rosefinch	Rosenfink	<i>Carpodacus erythrinus</i>

Slavonian grebe	Svarthakedopping	<i>Podiceps auritus</i>
Smew	Salskrake	<i>Mergus albellus</i>
Snipe	Enkelbeckasin	<i>Gallinago gallinago</i>
Stock dove	Skogsduva	<i>Columba oenas</i>
Tawny owl	Kattuggla	<i>Strix aluco</i>
Teal	Kricka	<i>Anas crecca</i>
Tengmalm's owl	Päruggla	<i>Aegolius funereus</i>
Three-toed woodpecker	Tretåig hackspett	<i>Picoides tridactylus</i>
Thrush nightingale	Näktergal	<i>Luscinia luscinia</i>
Tufted duck	Vigg	<i>Aythya fuligula</i>
Ural owl	Slaguggla	<i>Strix uralensis</i>
Velvet scoter	Svärta	<i>Melanitta fusca</i>
White-tailed eagle	Havsörn	<i>Haliaeetus albicilla</i>
Whooper swan	Sångsvan	<i>Cygnus cygnus</i>
Wigeon	Blåsand	<i>Anas penelope</i>
Wood sandpiper	Grönben	<i>Tringa glareola</i>
Wood warbler	Grönsångare	<i>Phylloscopus sibilatrix</i>
Wryneck	Göktyta	<i>Jynx torquilla</i>

Amphibians and reptiles

Adder	Huggorm	<i>Vipera berus</i>
Common frog	Vanlig groda	<i>Rana temporaria</i>
Common toad	Vanlig padda	<i>Bufo bufo</i>
Moor frog	Åkergröda	<i>Rana arvalis</i>
Slow worm	Kopparödla	<i>Anguis fragilis</i>
Smooth newt	Mindre vattensalamander	<i>Triturus vulgaris</i>
Viviparous lizard	Skogsödla	<i>Lacerta vivipara</i>
Warty newt	Större vattensalamander	<i>Triturus cristatus</i>

Insects

Apollo butterfly	Apollofjäril	<i>Parnassius apollo</i>
Green hawk	Grön	<i>Aeshna viridis</i>
dragonfly	mosaiktröslslända	
Mountain argus	Midsommarblåvinge	<i>Aricia artaxerxes</i>
Narrow-bordered five-spot burnet moth	Bredbrämad bastardsvärmare	<i>Zygaena lonicerae</i>
New forest burnet moth	Liten bastardsvärmare	<i>Zygaena viciae</i>
Purple-edged copper	Violettkantad guldvinge	<i>Lycaena hippothoe</i>
Small blue	Liten blåvinge	<i>Cupido minimus</i>

Mammals

Badger	Grävling	<i>Meles meles</i>
Beaver	Bäver	<i>Castor canadensis</i>
European hare	Fälthare	<i>Lepus europaeus</i>
Noctule bat	Stor fladdermus	<i>Nyctalus noctula</i>
Red fox	Räv	<i>Vulpes vulpes</i>
Roe deer	Rådjur	<i>Capreolus capreolus</i>
Wild boar	Vildsvin	<i>Sus scrofa</i>

Fish

Baltic herring	Strömming	<i>Clupea harengus</i>
Bream	Braxen	<i>Abramis brama</i>
Crucian carp	Ruda	<i>Carassius carassius</i>
Perch	Abborre	<i>Perca fluviatilis</i>
Pike	Gädda	<i>Esox lucius</i>
Pike-perch	Gös	<i>Sander lucioperca</i>
Roach	Mört	<i>Rutilus rutilus</i>
Ruffe	Gärs	<i>Gymnocephalus cernuus</i>
Sea trout	Havsöring	<i>Salmo trutta trutta</i>
Tench	Sutare	<i>Tinca vulgaris</i>
Whitefish	Sik	<i>Coregonus spp.</i>



Narrow-bordered
five-spot burnet
moth

Fungi, lichens & mosses

Acrocordia lichen	Liten punktclav	<i>Acrocordia cavata</i>
Death cap	Lömsk flugsvamp	<i>Amanita phalloides</i>
Green shield-moss	Grön sköldmossa	<i>Buxbaumia viridis</i>
Imperial cap	Kejsarskivling	<i>Catathelasma imperiale</i>
Pig's ear	Violdgubbe	<i>Gomphus clavatus</i>
Salmon bracket	Laxticka	<i>Hapalopilus salmonicolor</i>
Sphagnum mosses	Vitmossearter	<i>Sphagnum spp.</i>
Wax caps	Vaxskivlingar	
	Aspgelélav	<i>Collema subnigrescens</i>
	Ringlav	<i>Evernia divaricata</i>
	Blackticka	<i>Junghuhnia collabens</i>
	Avenboksriska	<i>Lactarius circellatus</i>
	Lunglav	<i>Lobaria pulmonaria</i>
	Gränsticka	<i>Phellinus nigrolimitatus</i>
	Ullticka	<i>Phellinus ferrugineofuscus</i>
	Stor aspticka	<i>Phellinus populicola</i>
	Ostticka	<i>Skeletocutis tschulymica</i>

LEGEND

 Nature reserve described herein	 Well / Fresh water	 Bird observation tower
 Other nature reserve (not described)	 Camping place / Tent site	 Ancient monument
 National park	 Caravan park	 Point of interest
 No-access area during all or part of the year	 Youth hostel	 Handicap-adapted
 Hiking trail	 Hotel	 Outdoor recreation centre
 Fence	 Rest area	 Golf course
 Information	 Rest cabin	 Skating
 Parking	 Wind shelter	 Shower
 Telephone	 Fireplace	 Sauna
 WC/lavatory	 Rubbish bin	 Road barrier
 Privy / Rubbish disposal	 Bathing area	 Filling station
 Café	 Viewpoint	 Archipelago boat / Taxi boat
 Restaurant	 Boat rentals (rowboat / canoe / kayak)	 Bus stop
 Shop / Kiosk	 Bicycle rentals	 Tube station
 Natural harbour / Guest harbour	 Foot bridge	 Railway station

PUBLIC TRANSPORT

Stockholm Transport (buses, underground, commuter trains)

Tel. 08-600 10 00. Internet: www.sl.se

Waxholmsbolaget (ferries).

Tel. 08-679 58 30. Internet: www.waxholmsbolaget.se

Note: When telephoning from outside of Sweden use prefix +46.

1 hectare = 2.47 acres

REGULATIONS

Although some nature reserves and national parks may have special provisions, the following regulations generally apply to most protected natural areas in Sweden:

- Dogs must be leashed. Extra care is required when visiting areas where animals are grazing freely.
- Fires are permitted only at designated fireplaces.
- At some locations there are bird sanctuaries that no visitor may enter at certain times, usually during spring and summer. Such restrictions must be respected.
- In some areas, farming and other activities are being conducted by landowners and others. Visitors are required to show appropriate consideration.

Regulations for the areas included in this guide are displayed at the various locations, and can also be read on the website of the Stockholm County Administrative Board at www.ab.lst.se/natur (Swedish only).

There is much to discover in Stockholm County for those who are interested in exploring nature. The archipelago and the Baltic coast, ancient agricultural landscapes with meadows and wooded pastures, and natural areas on the edge of the capital city.

There are over 200 protected natural areas within the county, primarily nature reserves and national parks. With words, maps and photos, this guide presents 33 of the most interesting areas to visit – all the information that residents and visitors need to discover our county's beautiful nature.

Additional copies of this guide are available free of charge from the County Administrative Board of Stockholm. Orders via www.ab.lst.se/utflyktsguide or call tel. 08-785 47 45.

The guide is also available in PDF-format and may be downloaded from www.ab.lst.se
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