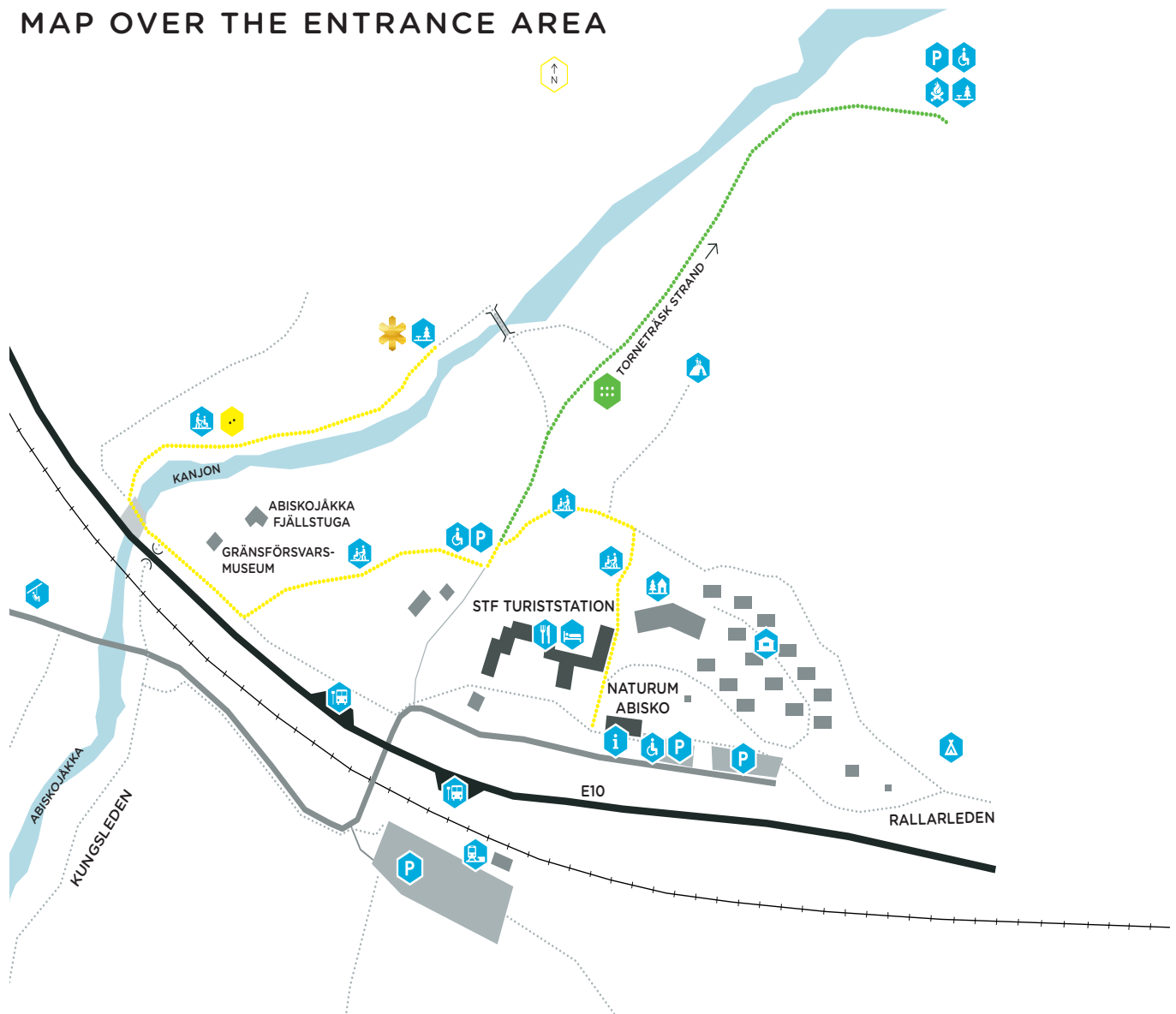


ACCESSIBILITY IN ABISKO NATIONALPARK

In Abisko, nature is near. In this folder, we describe how accessibility in the national park is adapted in different ways.

MAP OVER THE ENTRANCE AREA



WELCOME!

In Abisko National Park, the County Administrative Board has constructed trails, plankways, car parks and stopover sites to make nature more accessible. In this folder you will find information about the existing accessibility adaptations. Feel free to contact us with questions or suggestions. You can also contact naturum Abisko Visitor Centre for more information.

LEGEND



Accessibility adapted trail to the canyon, the national park symbol and a stopover site.



Trail/ road to accessibility adapted stopover site with fireplace on the shore of Lake Torneträsk.

Other marked trails are not accessibility adapted. More information about them is provided in the national park folder.



Information point at the entrance to Naturum.
The car park is to the right of the building.

ENTRANCE AREA

The entrance to the national park is signposted from the E10 and the train station. There is a parking space marked for disabled users on the gravel parking area east of naturum Abisko, and one at the entrance to the tourist station. In front of naturum there is an information point displaying national park information. There are signposts, a sound system, folders and a three-dimensional model of the area. The push buttons for the sound system are about 1.4 metres above the ground. The surface consists of schist, stone dust and rows of paving.

At the west gable wall of the Naturum building there is an accessibility adapted stopover site. There are tables and benches with arm and back supports, see the picture to the right. One of the tables has space along one side for 2–3 wheelchairs.

INSIDE NATURUM ABISKO

At the entrance to naturum there is a ramp and a door-opener. Inside there are exhibits and a staffed reception desk. There is a lift and a ground-floor WC. Naturum is open from mid-June until the end of September and at times during the rest of the year.

More information at the website www.naturumabisko.se.



Close-up of the audiovisual interpretive board.



Stopover site in a sunny area at naturum.



Entrance to naturum.

TOUR SUGGESTIONS

Here we describe two excursions in the national park that are accessibility adapted in different ways. On these two pages you can read about the yellow marked trail, and on page 6 about the green marked trail.

FRÅN NATURUM

If you want to take the “yellow route” all the way from Naturum, you find the first signpost just west of Naturum. From there you head north along a small asphalt road. You pass the tourist station on your left and the hostel Keron on your right. The road slopes slightly downhill. **1**.

After 80 metres the road ends in a T-junction. You continue northwards on to a gravel trail **2** that winds down a natural slope for about 50 metres **3**. The incline is up to 8 per cent and there is no rail. Every 10 - 20 metres there is level ground, a so-called rest landing.

Below the slope you continue westwards **4**. The trail slopes slightly downwards, with a maximum incline of 5%. After about 100m, you pass a narrow, occasionally steep path on your right. It leads to a hilltop viewpoint. After a further 200m you pass a steep path on your left which leads to the tourist station. Now the trail begins to slope upwards. There are two rest landings about 30m apart. You cross the gravel road leading down to the shore of Lake Torneträsk, after which you see a parking space in front of you **5**. The trail you are following continues past the parking space. From naturum to here is about 400m, and then it is another 500m to the national park symbol and stopover site.

Please see next page for the continued trail description.

TO THE CANYON

The yellow route takes you to the Abiskojokk canyon (see front cover) and to the national park symbol and a stopover site. There are two alternative routes that get you there.



FROM THE PARKING SPACE

If you want to skip the first stretch from Naturum (see previous page) and you possess a permit for disabled parking, you can go by car to the car park that lies west of the tourist station, along the road to the shore **5** then follow the trail from there. It is about 300m to the canyon, and a further 200m to the national park symbol.

The gravel trail begins right next to the car park. The first 200m slope at most 5%, and there is an edge restraint along the 1.4m wide trail **6**. After that you come onto the so-called Navy Trail. Here there is a 90m upward slope with an incline of up to 8%. There are two rest landings 30m apart. You pass the Abiskojaikka mountain cabin and Abisko on your right you have the Border Defence Museum. Where the trail levels out there is an artistically decorated pedestrian tunnel under the E10 **7**. Here you can listen to Sámi juoiggos singing that is started by a motion detector in the tunnel opening.

To get to the canyon, you do not go through the tunnel, but continue westwards on the Navy Trail. Then when you get to the stream, the trail becomes narrower for 20m – 1.2m at its narrowest. You have an excellent view of the canyon and the stream **8**.

On the other side of the stream, the trail turns northwards. Here you find the start of a 200m long and 1.9m wide wooden deck **9** which runs alongside the stream as far as the national park symbol. The rail alongside

the deck has an extra hand rail at a height of 0.7m. The deck slopes upwards at 8% in some places. When heading north it slopes mostly downwards. There are rest landings but they are not very clear. After 120m there is a viewpoint with a bench. Just north of it, there is a narrower plankway loop, closer to the stream.

At the national park symbol – the “Gold Crown” – you can take a photo of yourself there with Njullá mountain in the background. There is a stopover site here where you can have a snack while enjoying the view **10**.

You return the same way. From the parking space the distance is in all about 1 km there and back. From naturum it is 1.8 km there and back.





SHORE OF LAKE TORNETRÄSK

If you are using a car with a special permit for disabled parking you can go by car from the entrance area down to Lake Torneträsk. A gravel road leads there, beginning west of the tourist station. If the road barrier is down, contact the STF Abisko tourist station.

To get to the shore without a car, you follow the green trail markings which begin at the first signpost outside Naturum. You follow the same stretch as the first section of the yellow route. At the parking space, you turn off northwards and continue about 1 km along the gravel road to the shore. The road has a varied incline, is partially uneven with coarse gravel, and there are no benches along the way.

From the parking space down at the shore there is a 30m long and 0.9m wide gravel trail leading to the stopover site **1**. Here you find an accessibility adapted fireplace and three benches, one of them with a back and arm support **2**. There is also information about Lake Torneträsk. You have a wonderful view of Lake Torneträsk as well as The Gateway to Lapland (Čuonjávággi) in the east (can be partially obscured by bushes). The Swedish Tourist Association STF has a sauna near the stopover site which may be rented.



TRAVEL AND ACCOMODATION

Most people get to Abisko National Park by car, coach or train. You may visit the park at all times of year. Remember that large parts of the area are not cleared of snow, so it is more difficult to move around in winter.

MORE INFORMATION

kirunalapland.se
nationalparksofsweden.se
naturumabisko.se

BY TRAIN

If you are travelling by train and using a wheelchair, you can book a special seat and assistance from train personnel when embarking and disembarking via the wheelchair lift. From the train station for Abisko tourist station, it is about 400m to the main entrance. You must cross the E10 and then travel up a small road with a fairly steep incline. If you contact STF you may be able to book transport to and from the train.

BY BUS

The coaches of the regional operator Länstrafiken Norrbotten are equipped with wheelchair lifts or ramps. The bus stop is called Abisko Turist E10. From the bus stop, it is 200m to the naturum, along a road which slopes steeply upwards. When taking a bus to Kiruna you must cross the E10 to get to the bus stop.

BY AIR

The nearest airport is in Kiruna, 100 km from Abisko. During your flight, the airline you are travelling with is responsible for you as a passenger. For assistance at the airport, contact Swedavia.

BY CAR

Abisko National Park lies 1,300 km from Stockholm. The highways E4 and E10 lead here. When you arrive at Abisko National Park the turn-off is well signposted. In the car park closest to Naturum there is a special space for vehicles with a parking permit for disabled users. There is a further parking space at the entrance to the tourist station.

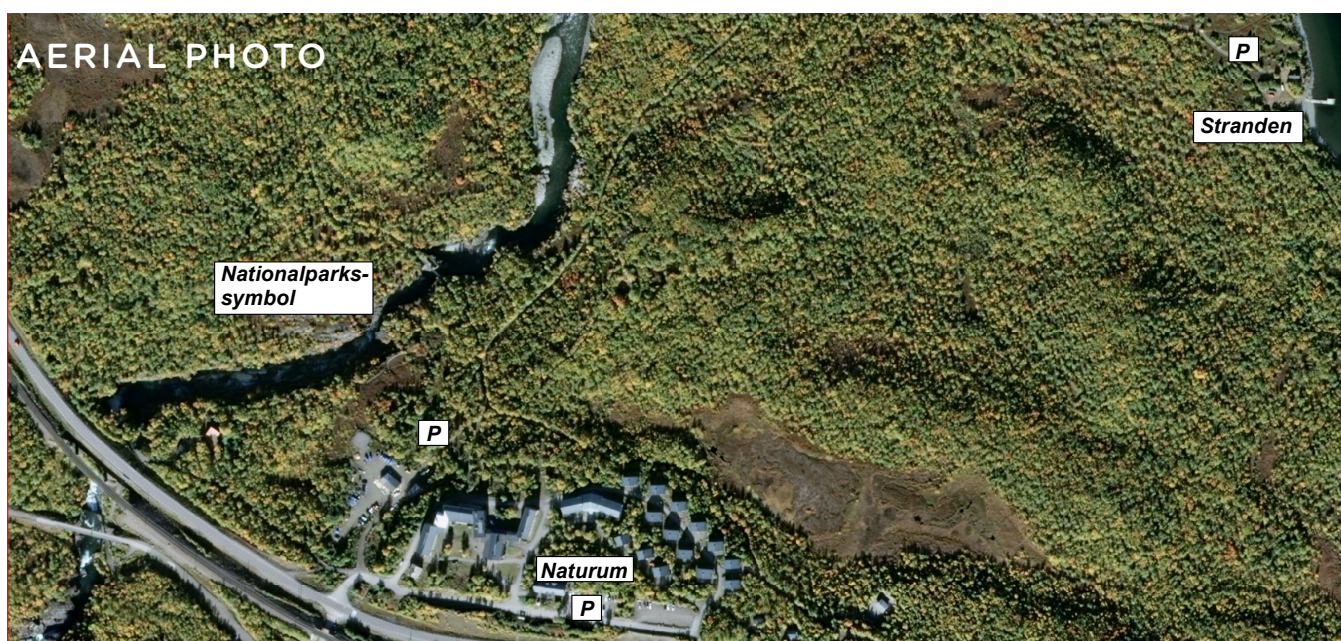
WHERE CAN I STAY?

At the entrance area there is a tourist station with hotel rooms, a hostel, tent pitches and cabins. At the Abiskojaure cabins, 14 kilometres south, there is an accessibility adapted cabin. In winter there is a snowmobile trail to Abiskojaure. For more information, get in touch with the Swedish Tourist Association (STF). In the village of Abisko, there are a number of accommodation options.

TOURIST INFORMATION

Kiruna Lapland Tourist Centre provides information about accommodation and travel to, from and within the Kiruna area.

AERIAL PHOTO





NATIONAL PARKS OF SWEDEN

Sweden's national parks welcomes everyone. Our goal is for as many as possible to be able to visit us. Therefore, the managers of every park are working to improve the accessibility. But every area has different conditions and possibilities, and everything can't be made accessible for all. Always find out how things are before your visit.

CONTACT

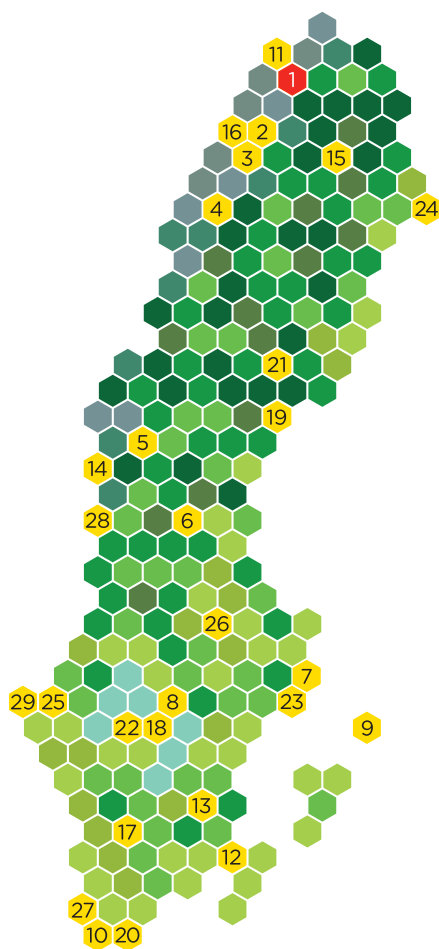
The County Administrative Board of Norrbotten manages Abisko National Park on behalf of the Swedish Environmental Protection Agency. E-mail: skyddadnatur.norrboten@lansstyrelsen.se

Naturum Abisko is the County Administrative Board's visitor centre in Abisko National Park.

E-mail: naturum.abisko@lansstyrelsen.se

Phone: +46-(0)980-78860.

SWEDEN'S 30 NATIONAL PARKS



1. ABISKO An easily accessible mountain valley with unusually rich flora.
2. STORA SJÖFALLET / STUOR MUORKKE Impressive peaks, glaciers and ancient pine woodlands.
3. SAREK Magnificent, challenging wilderness in a unique mountainous landscape.
4. PIELJEKAISE Expansive, pristine woodlands of mountain birch.
5. SONFJÄLLET A low mountain with natural woodland and plenty of bears.
6. HAMRA A rare complex of natural woodland, wetland and watercourses.
7. ÄNGSÖ Genuine agricultural landscape with grazing animals and haymaking.
8. GARPHYTTAN This old agricultural landscape is a sanctuary for many songbirds.
9. GOTSKA SANDÖN Unique, beautiful island with miles of sandy beaches.
10. DALBY SÖDERSKOG Leafy woodland on the plains of Skåne.
11. VADVETJÄKKA Sweden's northernmost national park is a mountain with deep caves.
12. BLÅ JUNGFRUN An island of legends, with smooth rocks, deciduous trees and beautiful views.
13. NORRA KVILL One of the few old growth type woodlands in southern Sweden.
14. TÖFSINGDALEN Valley with ancient pine woodlands, rich in boulders and rushing waters.
15. MUDDUS / MUTTOS The land of vast wetlands and old growth woodlands.
16. PADJELANTA / BADJELÄNNDA Rolling mountain moors and big lakes, far from the nearest road.

17. STORE MOSSE The largest wetland area in Sweden south of Lapland.
18. TIVEDEN A wooded landscape with a wilderness feel.
19. SKULESKOGEN Coast with magnificent views and the world's highest isostatic lift.
20. STENSHUVUD Coastal hills, broadleaved woodlands, inviting heathlands and beaches.
21. BJÖRNLANDET Mountains, cliffs and woodlands with traces of old woodland fires.
22. DJURÖ Archipelago in Western Europe's biggest inland sea.
23. TYRESTA Pristine woodland just south of Stockholm.
24. HAPARANDA SKÄRGÅRD Archipelago with sandy beaches and shallow waters.
25. TRESTICKLAN Roadless wilderness with expansive views from pine-covered ridges.
26. FÄRNEBOFJÄRDEN A mosaic of broadleaved woodlands and water in Nedre Dalälven.
27. SÖDERÅSEN Deciduous woodland, scree slopes, running water and a rich flora and fauna.
28. FULUFJÄLLET By Sweden's highest waterfall, old growth woodland meets mountainside that is white with lichen.
29. KOSTERHAVET Species-rich area of sea and archipelago with Sweden's only coral reef.
30. ÅSNEN Archipelago with hundreds of islands and old beech- and pineforests.

MORE INFORMATION:
www.nationalparksofsweden.se



Länsstyrelsen
Norrbotten