

# LIFE IN THE OLD GROWTH WOODLAND

An old growth or virgin woodland has grown naturally and creates its own order. Trees can be ancient, and when they die they fall over, sometimes in a real jumble. This is what woodlands looked like before people started practising forestry. Many plants and animals are only able to survive in old growth woodland.

## OLD GROWTH WOODLAND SPECIES IN HAMRA



Several hundred years ago, there was almost only old growth woodland in northern Sweden. Many species are adapted for life in old and dead trees and find it difficult to survive in modern, farmed woodlands.

1. Ural owl
2. Heller's notchwort
3. Creeping lady's-tresses - a protected orchid
4. Lungwort
5. Diamond willow fungus
6. Bark-gnawing beetle



# NATIONAL PARKS OF SWEDEN



1. ABISKO - An easily accessible mountain valley with unusually rich flora.
2. GARPHYTTAN - Old agricultural landscape that is a sanctuary for the dormouse and spotted nutcracker.
3. GOTSKA SANDÖN - Unique, beautiful island with miles of sandy beaches.
4. HAMRA - A rare complex of natural woodland, wetland and watercourses.
5. PIELJEKAISE - Expansive, pristine woodlands of mountain birch.
6. SAREK - Magnificent, demanding wilderness in a unique mountainous landscape.
7. STORA SJÖFALLET - Impressive peaks, glaciers and ancient pine woodlands.
8. SÄNFJÄLLET - A low mountain with natural woodland and plenty of bears.
9. ÄNGSÖ - Genuine agricultural landscape with grazing animals and haymaking.
10. DALBY SÖDESKOG - 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 - The land of vast wetlands and old growth woodlands.
16. PADJELANTA - Rolling mountain heaths 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 sense of wilderness.
19. SKULESKOGEN - Coast with magnificent views and the world's most rapid 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.

[naturvardsverket.se](http://naturvardsverket.se)  
Responsible for Sweden's national parks.



# HAMRA NATIONAL PARK

## DISCOVER THE OLD GROWTH WOODLAND IN AN HOUR





# WELCOME TO THE OLDEST PART OF HAMRA NATIONAL PARK!

It was here, in 1909, that an emissary from the Swedish parliaments came looking for an old growth woodland that would be conserved for posterity as a national park. At that time, almost all the woodland around here was ancient and clad in lichen. So why did he choose this area? Partly because it is like an island, surrounded by lakes and wetland. This island has become more and more special, as the surrounding woodlands have been changed by commercial forestry.



**1** VIEWPOINT BY SVANSJÖN  
You can stop here to rest your legs and learn about the lake's history and its inhabitants.



**2** THE OLD NATIONAL PARK  
The border of the old national park is marked by the entrance from the 1960s. There is a bench from which you can observe the distinctive silhouette of the woodland.

## URSKOGLINGAN (••) 2 or 3 km



Urskogslingan takes you right into the old growth woodland, with its irregular silhouette, large old trees, hollow silver-coloured pines and its special flora and fauna. The first 500 metres to the viewpoint at Svansjön are wheelchair-friendly, with a wide boardwalk.

### WETLAND HAYMAKING

People used to scythe many of the National Park's wetlands for winter hay for their livestock. This can be seen where they are level and grass-covered.



### FIRE SCARS

After a woodland fire, trees can display fire scars. This is a pine with a typical long opening in the bark at the foot of the tree.

### SIBERIAN JAY

The Siberian jay is typically found in old growth woodland because it prefers not to fly over open spaces. It hides its food stores in bundles of lichen.



### MARSH CLUBMOSS

The creeping, pale green marsh clubmoss grows on the shores of Svansjön. It needs regular flooding and has become rare in Sweden due to river regulation and eutrophication.



### BEAR

Hamra National Park has one of the densest bear populations in Sweden, but very few visitors ever see one. Make sure that you can be heard if you want to avoid meeting a bear, for example by talking or humming a bit now and then.



### ROUND-LEAVED SUNDEW

The sundew's small red rosettes have the ability to both feel and move. The sundew uses them to ensnare insects, which it then dissolves and digests, enabling it to grow on nutrient-poor soils.

### HUVUDENTRÉN



### WIND-FELLED TREES

Hurricane-strength winds swept over Hamra in November 2001, and a short while later trees lay jumbled over one another in a broad corridor.



### HANGING LICHEN

Hanging lichens are draped like yarn from tree branches. All they need is clean air and plenty of time; hanging lichen grows no more than a centimetre a year. This means that metre-long hanging lichens have been there for a century or so.

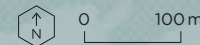
### NÄCKROSTJÄRN

An idyllic tarn surrounded by old growth woodland. It is often as smooth as a mirror. Sundew grows here.



### HOLE-NESTING BIRDS

The woodland's hollow trees and trunks of rotting wood are good for the birds that live in holes, such as woodpeckers, owls and tits like the willow tit, crested tit and coal tit (pictured above).



### KEY

- OLD GROWTH WOODLAND AND NATURAL WOODLAND
- MARSH, WETLAND
- LAKES AND WATERCOURSES
- POINT OF INTEREST
- HAMRALEDEN 10 KM (••)
- MYRSLINGAN 2,5 KM (••)

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