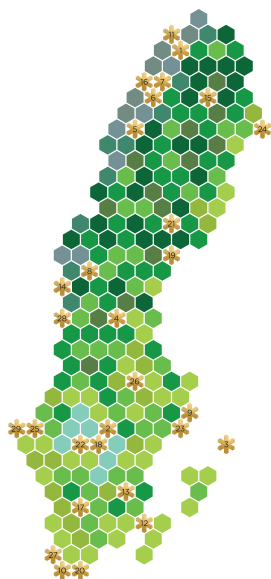




NATIONAL PARKS OF SWEDEN



1. ABISKO – An easily accessible mountain valley with unusually rich flora.
2. GARPHYTAN – 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 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 – 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.

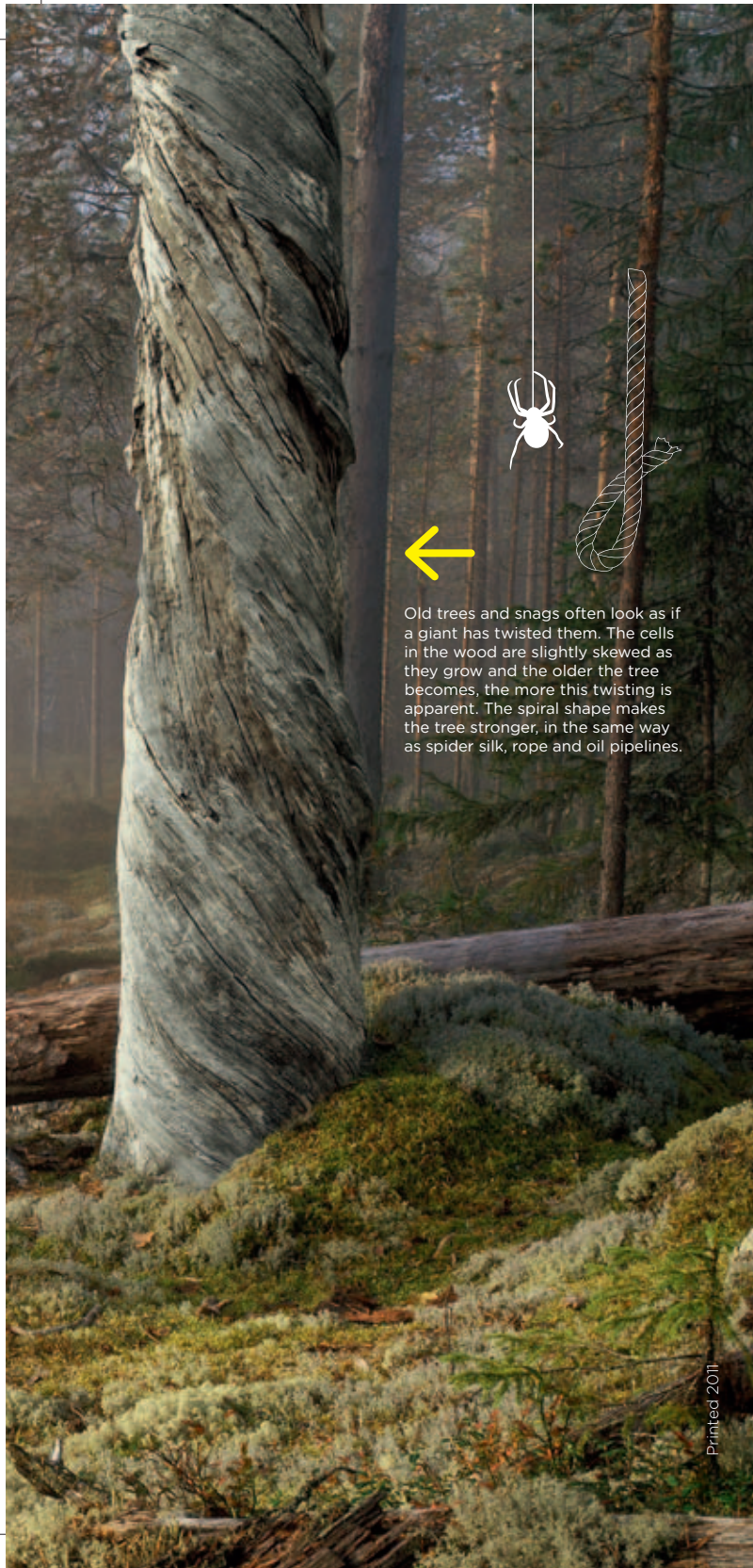
naturvardsverket.se

Responsible for
Sweden's national
parks.



HAMRA NATIONAL PARK *ANCIENT WOOD- LANDS, QUIET WETLANDS AND WILD RAPIDS*





Old trees and snags often look as if a giant has twisted them. The cells in the wood are slightly skewed as they grow and the older the tree becomes, the more this twisting is apparent. The spiral shape makes the tree stronger, in the same way as spider silk, rope and oil pipelines.

Printed 2011



AS THINGS USED TO BE

"The most remarkable of woodland, one that should still be found in Sweden's woodlands."

This is how Hamra's woodlands were described by a researcher in 1903. Unmanage woodland was unusual even back then.

Since Hamra National Park was founded in 1909, unmanage woodland has become increasingly rare. Walking between the old pines is a journey back in time, to the woodland as it once was. Around the woodland, a large area of wetland opens out, where the cranes dance in magnificent tranquillity in the spring. Areas of unbroken wetland are now uncommon, as are untamed rapids, the freshwater pearl mussel and truly undisturbed dark and starry skies.

Welcome!



MOSQUITO
Culicidae



NON-BITING MIDGE
Chironomidae



BITING MIDGE
Ceratopogonidae



THE NATIONAL PARK IN BRIEF

- AREA: Around 1 400 hectares (after expansion in 2011)
- FOUNDING YEAR: 1909 (then 28 hectares)
- CLOSEST VILLAGES: Fågelsjö, Los and Hamra
- COUNTY: Gävleborg
- LANDSCAPE: Dalarna
- HABITATS: Woodland, wetland and watercourses.

OLD GROWTH WOODLAND IN A WETLAND LANDSCAPE

Hamra National Park lies in an undulating landscape of softly rounded bedrock. It is actually a relic of Scandinavia's once dramatic mountain chain, which has been eroded over millions of years. Wetlands stretch out between the hills.

Hamra is most famed for its woodlands. The oldest area of the National Park is one of very few areas of central Sweden that is untouched by axe or chainsaw. Even at a distance, it is obvious that there is something special about this small old growth island. Flat-crowned pines, sprawling spruces and snags distinguish the old growth woodland's silhouette. There are pines that are over 400 years old and which bear traces of five woodland fires. Much of the old growth woodland's flora and fauna live in old and dead trees.

Almost half of the National Park is wetland, where you can walk for hours over bogs, fens, streams, tarns, quaking bog and pine-covered islands. Such large areas of wetland, unbroken by roads and ditches, are now rare. The wetland is popular with birds and walkers because it is so large and pristine.

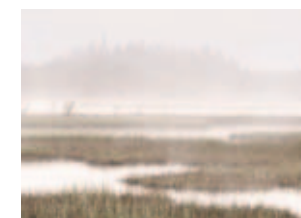
THREE ENTRANCES SIX POINTS OF INTEREST

Moving between the three entrances of the National Park is quickly done by car. Each entrance has a picnic area, toilets and signed trails. There are walking trails of varying difficulty, from the wide boardwalk to the lake of Svansjön, which is suitable for prams and wheelchairs, to the much longer Hamraleden on which you will have to clamber over logs and stones.



HUVUDENTRÉN

This is the start of the old growth woodland path (Urskogsslingan) that passes through the older part of the National Park, where the woodland is oldest.



MYRENTRÉN

There is a fine view across the wetland from the look-out tower. This is also the start of the long wetland path (länga myrslingan) that passes through areas inhabited by black grouse, crane and sphagnum moss.



SVARTÅENTRÉN

The polished rock along the river is perfect for picnics, or for watching for otters or white-throated dippers in the whirling water.

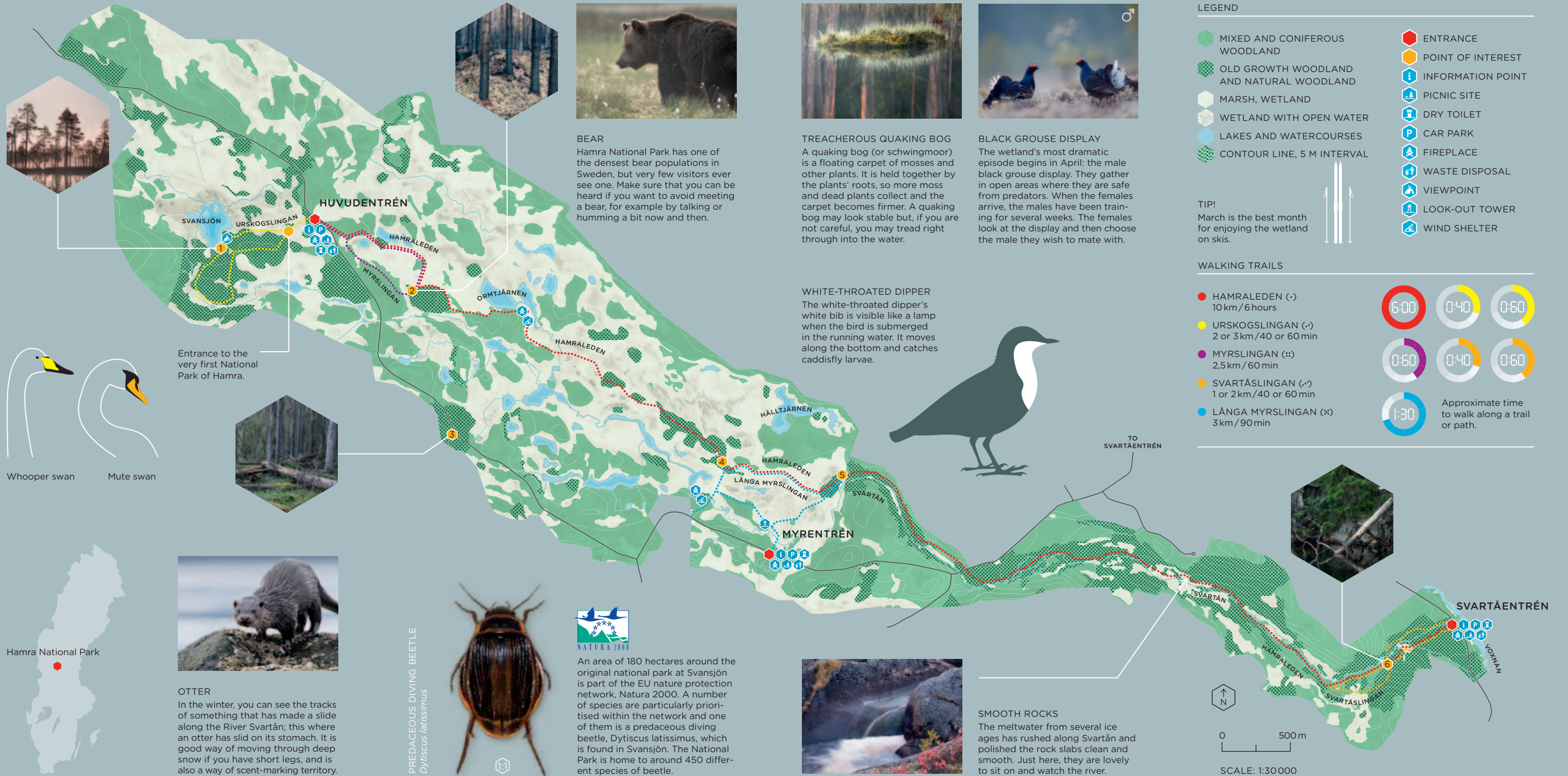
CONTACT INFORMATION/GETTING HERE

www.hamranationalpark.se
gavleborg@lansstyrelsen.se

Telephone: +46 (0)26 17 10 00
www.lansstyrelsen.se

Address:
Länsstyrelsen Gävleborg
801 70 Gävle

Hamra National Park is accessible from Road 45 between Orsa and Sveg, via a turnoff to the east from Fågelsjö. Follow the signs and you will be there after 5 km.



1 VIEWPOINT AT SVANSJÖN

A visit to the viewpoint provides a good overview of the lake's history and its inhabitants.



2 FOREST FIRE AREA

This is where there was a woodland fire in 2009, which attracted many new species. What does the woodland look like now?



3 SVARTÅVALLEN OLD GROWTH WOODLAND

Step into a small but magical woodland, with thick carpets of moss and huge spruce trees.



4 RUINED CHARCOAL KILN

Once upon a time, smoke rose from a charcoal kiln here.



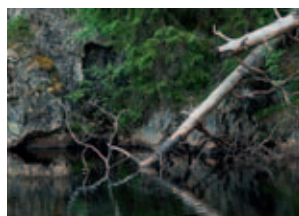
5 THE ORIGIN OF SVARTÅDALEN

Svartån's river valley was created by the ice ages, the effects of which are still visible as tarns and smooth rock slabs along the river.



6 THE BEDROCK BASIN

Svartån's largest basin, gouged out of the bedrock by ice, is by the footbridge.



DEAD WOOD THAT IS FULL OF LIFE

Eating live wood is not very easy, only a few species are able to do so, but once the wood is dead, thousands of species are ready to chew, peck and suck the nutrients from it. Around a third of the woodland's species are dependent on dead wood.

Life can continue to thrive in a fallen tree for a long time. As time passes, different fungi, animals and plants take their turn to extract the nutrients in which they are specialised. Finally, everything has taken its share and the tree is gone. Walking through Hamra National Park, you will see snags and fallen trees at every stage of decay. This is why many specialist species can find food and shelter here. There are more than 450 different species of beetle. You may not see so many of those, but the Eurasian three-toed woodpecker is often visible as it searches for beetle larvae in old spruce trees. You may also hear the soft whistles of a Eurasian pygmy owl that has moved into an abandoned woodpecker hole.

Dead trees are one of the secrets of the old growth woodland. Old trees are another; trees on which the bark has become rough and hanging lichen has grown long. On these, Calicium lichens find protective niches and the Siberian jay hides its food stores in the tangled lichens.

STONES THAT BRING LIFE TO THE WATER

River Svartån is one of few watercourses that have not been used for log driving, so the stones have been left in jumbled disarray. This is one of the reasons why the river is home to plenty of fish and small aquatic animals. This is because the stones provide good shelter and mating grounds, as well as causing the water to rush and bubble so that it is aerated. The longest-lived animal in Sweden is found where Svartån flows into Voxnan: the freshwater pearl mussel. Normally, they live about as long as people, but sometimes they can be much older – the Swedish record is 280 years.



Tracks bored by a beetle, *Callidium coriaceum*.

EURASIAN THREE-TOED WOODPECKER
Picoides tridactylus



FRESHWATER PEARL MUSSEL
Margaritifera margaritifera

OUTDOOR ACTIVITIES FOR EVERY SEASON

The coming of **spring** is celebrated by the birds and the sun long before the snow has melted in May. There are drumming woodpeckers and the woodland is full of humming, peeping, stirring life. It is a wonderful time to walk in the woodlands or to camp beside Svartån and go fishing in Voxnan.



Summer is when the National Park has the most visitors. Early marsh-orchids flower in the small fens along Svartån in June, but this is when the insects are at their peak, so a mosquito hat is a good idea. In August, the cloudbberries ripen in the wetlands.

Birches brighten the **autumn** landscape with small explosions of bright yellow. The hum of mosquitoes has silenced and the air is clean and sharp. The dark evenings are great for sitting around a campfire.



In the **winter**, the snow is often very deep and the National Park is soft and sparkling. There are few visitors in the winter, but it is a splendid time to experience the landscape, and it is also easy to ski over the streams and wetland.

REGULATIONS

Special rules apply within the National Park. The complete set of regulations regarding your rights to travel through and visit the National Park can be found on separate signs at each entrance.

- You may pick berries, flowers and mushrooms for your own use.
- You are allowed to camp for two nights in the same place, however not within the original national park. The tent should always be pitched where it cannot be seen from the entrance points or from the footpaths.
- You may only light fires at the designated places with wood you have brought with you or which is provided.
- You may only drive motor vehicles on public roads.
- You must not damage or remove either living or dead plants, mosses, liverworts, lichens and trees.
- Keep your dog on a lead.
- You may only fish in Voxnan and a fishing permit is required.

FIVE THINGS YOU SHOULDN'T MISS



The National Park may seem endless to people who don't have several days to spend here. Here are five suggestions for a visit to Hamra.

1.

BEAR / BEAR TRACKS

Spotting a bear is not very easy, but if you look around you can almost always find their tracks. There may be claw marks in the trees, excavated anthills or even an old den.



2.

LOOK-OUT TOWER ON SVARTÅMYRAN

From the tower at the entrance to the wetland, you can see the black grouse display in April, or the cranes arriving with wild spring calls.



3.

CARNIVOROUS PLANTS

The sundew's small rosettes look harmless, but the red tentacles ensnare insects that they then dissolve and digest. This provides the plant with extra nutrition so it can grow on nutrient-poor soils.



4.

BEDROCK BASINS

Meltwater from the ice ages has eroded deep basins in the rock along Svartån. The biggest of them is located a few hundred metres upstream of the Svartå River Entrance.



5.

A FALLEN TREE

A fallen tree is the basic food for many species in the old growth woodland. A beetle larva may have bored through the wood in curling patterns.

