

# CAST OFF! - on nature's terms



Travelling by boat makes it possible to explore a multitude of beauty spots in the archipelago.

Welcome to Kosterhavet and Ytre Hvaler national parks, a unique natural marine environment shared by Sweden and Norway. Boating in the national parks provides wonderful opportunities to experience the magnificent archipelago and sea. As a traveller at sea, you can contribute to preserving the parks' valuable nature for the future!

In the national parks, you can go fishing, diving, swimming, or stay over as well as many other activities associated with the coast and archipelago. Please remember, however that as a visitor in a national park you are nature's guest. Everyone who visits the area has a responsibility for ensuring that the plants and animals are not disturbed and that the habitats do not deteriorate. By boat you can enjoy the open sea and the secret bays and narrow straits of the archipelago. During the

summer the boat traffic is very lively. Speed limits are in place in specific areas, lower speed reduces noise and the risk of damage to the sea bed from surge and propellers. You are not allowed to lay anchor where the sea bed is particularly sensitive. There is a ban on going ashore on some islands at certain times, this is to give sea birds and seals peace and quiet when they have their young.



Boating has many faces. The national parks are there to protect the nature conservation values and to ensure that everyone has the opportunity to enjoy the sea and archipelago environments!

# UNDER THE SURFACE

Ytre Hvaler and Kosterhavet national parks have a beautiful coast and archipelago, but also a spectacular underwater landscape. Shallow waters, steep cliffs, forests of seaweed, meadows of eelgrass and corals are just a few examples of the habitats which are hidden under the sea surface. It is the many and varied habitat types as well as the high salt content of the water which create the conditions for this unusual species richness; there are more than 6000 species in these waters. Many are rare and several are threatened. Prawns, crabs, Norway lobsters and common lobsters are all fished commercially within the parks. Now and

again porpoises travel through the Koster and Hvaler Trench on the hunt for herring and mackerel. The sea bed is undulating with deep faults and the maximum depth is 462 metres (Hvalerdjupet). The coral reefs that can be found in several places provide protection and food for a multitude of marine animals and are the most species rich underwater habitat in the parks. The national parks have an interesting geology and history; remains from shipping and fishing in the olden times are clear to see in everything from lighthouse stations to simple overnight shelters for fishermen on islands and islets.



**Sea hare**  
A large sea slug which can be up to 7 cms long. Eats seaweed and is common on shallow sea beds.



**Common shore crab**  
Curious and always hungry. Crushes shells and mussels with its strong claws.



**Goldsinny wrasse**  
Small fearless fish, easily recognised because of the black spot on the tail fin.



**Bladderwrack**  
Large brown seaweed which holds itself upright in the water with special air bladders.

Shallow sea beds are sensitive to surge and propeller movements. The vegetation on the sea bed can come loose and make the water murky. Low speed in shallow waters reduces this risk.

Here is an overview of the national parks' regulations. For the full list of regulations, see [www.kosterhavet.se](http://www.kosterhavet.se) and [www.ytrehvaler.no](http://www.ytrehvaler.no) or the information signs in the national parks.

## WHAT CAN I DO?

	KOSTERHAVET	YTRE HVALER
<b>Fishing</b>	Yes, but fishing regulations apply *	Yes, but fishing regulations apply **
<b>Snorkel and dive</b>	Yes	Yes
<b>Stay overnight in a boat</b>	Max two nights at the same place	No specific regulations
<b>Camp</b>	Max two nights at the same place. Prohibited during the day on some islets 1/7-15/8. Koster; only on campsites	Max two nights. Akeroya and Storesand are recommended as campsites
<b>Go ashore on islets</b>	Yes, but respect the bird and seal protection areas, see map	Yes, but respect the bird and seal protection areas, see map
<b>Anchor in sea bed protection areas</b>	No	No, but anchoring when moored on land is allowed
<b>Allow an engine to idle or use an engine driven generator</b>	No	No specific regulations, but "unnecessary disturbance" is not allowed
<b>Drive a jet ski</b>	Only in navigation channels	No
<b>Pull up a boat or moor on sandy beaches</b>	No. At least 50 m distance is required for mooring. Obs the anchor bans at Koster	No specific regulations
<b>Pull up a canoe or kayak onto the beach</b>	Yes, if it does not block the beach	No specific regulations
<b>Light a fire</b>	Yes, at specially designated places	Yes, but not on exposed rocks. Obs general fire ban 15/4 - 15/9
<b>Cycle and ride</b>	Yes, on roads	Yes, on specified tracks and roads
<b>Take a dog on a lead</b>	Yes	Yes
<b>Pick mussels and oysters</b>	Yes, but not oysters	Yes
<b>Disturb or move plants and animals</b>	No	No
<b>Pick berries, mushrooms, flowers</b>	Yes, but not protected species	Yes, common species
<b>Take away or rearrange stones</b>	No, areas of shingle etc. should be protected	No, not larger stones

\* [www.lansstyrelsen.se/vastragotaland/amnen/Fiske/Fiskebestammelser/](http://www.lansstyrelsen.se/vastragotaland/amnen/Fiske/Fiskebestammelser/)  
\*\* [www.fiskeridir.no/fritidsfiske](http://www.fiskeridir.no/fritidsfiske)

Jet skis – a controversial issue. In Sweden you can drive in the navigation channels. In Norway it is forbidden to drive jet skis.



## TELEPHONE NUMBERS

### SWEDEN

- SOS Alarm .....112  
(police, fire brigade, ambulance, search and rescue etc)
- The Coast Guard ..... +46 31 727 91 00  
Region West, control centre
- The Coast Guard ..... +46 526 120 64  
Strömstad
- Police/Sea Police .....+46 77 114 14 00  
(non emergency)
- Swedish Sea Rescue .....+46 705 80 81 47  
Society Strömstad
- Medical advice .....+46 771 11 77 00

### NORWAY

- Emergency number:  
Fire .....110  
Police .....112  
Hospital .....113
- Norwegian Sea Rescue Society  
Main office ..... + 47 06 757  
RS-Horn Flyer, Skjærhalden ..... + 47 916 79 642
- Sea assistance  
Telenor Maritime Radio ..... + 47 22 77 43 50
- Norwegian Coastal Administration  
Region SørØst ..... + 47 07 847



The national parks need to be managed and kept free of rubbish and pollutants. The Kosterhavet work boat (at the top) is often seen out on a job. In Ytre Hvaler, it is the Skjærgårdstjenesten (at the bottom) which provides this service.

## MORE INFORMATION

**County Governor of Østfold**  
Tel: + 47 69 24 70 00

**Kosterhavet management**  
The County Administrative Board of Västra Götaland, Tel: + 46 31 60 50 00  
out of hours: + 46 526 200 03

**Skjærgårdstjenesten**  
Tel: + 47 99 68 59 52 /  
+ 47 480 73 476

**Norwegian Nature Inspectorate (SNO)** Tel: + 47 73 58 05 00

**Ytre Hvaler National park centre**  
Skjærhalden  
Tel: + 47 69 37 50 00 /  
+ 47 908 68 703

[www.kosterhavet.se](http://www.kosterhavet.se)  
[www.ytrehvaler.no](http://www.ytrehvaler.no)

# GREEN BOATING IN THE NATIONAL PARKS

A healthy marine environment is important for boating and "green" boating is important for the marine environment! As a skipper, there is much you can do to minimise your impact and emissions into the air and the water: make sure that pollutants such as oil, petrol or chemicals do not leak into the water and use emptying sta-

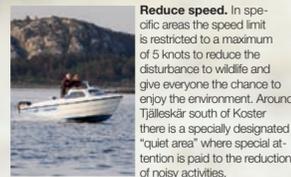
tions for boat toilets. It is also important not to leave litter. Plastic, string, fishingline, glass and other types of rubbish are lethal to seals, birds, fish and other animals. Remember that anchors can damage the sea bed – avoid dragging and use permanent buoys wherever possible. Respect the anchor bans.

cheeky stowaways - and what can you do about them!

Stowaways on the hull and propellers increase fuel consumption! With a simple work and environmental awareness you can keep the hull clean – this saves both money and the environment. Choose environmentally friendly antifouling paint and wash the boat at a special boat washing facility. Alternatively keep the hull clean without toxic paint – scrub with a sturdy scrubbing brush once or twice during the season and you can keep the stowaways at bay.



## CONSIDERATION - best for everyone!



**Reduce speed.** In specific areas the speed limit is restricted to a maximum of 5 knots to reduce the disturbance to wildlife and give everyone the chance to enjoy the environment. Around Tjaleskär south of Koster there is a specially designated "quiet area" where special attention is paid to the reduction of noisy activities.



**Consider the seals.** Around 2500 common seals live in Kosterhavet and Ytre Hvaler, the majority on the Swedish side. Seals suckle their cubs on land. It is therefore important that the females are not disturbed and flee into the water before the young have finished suckling. Please respect the seal protection areas.



**Nesting in progress.** Many of the sea birds characteristic of the area nest in the parks' bird protection areas. Peace and quiet is important so that breeding birds do not abandon their eggs and chicks. Keep your distance from protected areas and avoid disturbing flocks of birds out on the water!



**No damage thanks!** Some underwater habitats are very fragile. In the parks there are several sea bed protection areas, where it is forbidden to anchor, fish with a trawl or use other equipment which may damage the sea bed.

## GREEN DRIVING

**Drive economically.** By driving a motor boat in the right way you can reduce your fuel consumption by up to 40 percent. If you have a boat which is designed to plane – make sure you drive it either under or just over the so called planing speed threshold. When planning, reduce speed to save fuel. Keeping the hull and propeller free from fouling growth, adjusting the boats trim tabs and adjusting the angle of the engine are other ways to reduce fuel costs and the impact on the environment.

**Use the best fuel.** Older petrol-driven two stroke engines discharge huge amounts of unburnt fuel into the water and the air. By using alkylate petrol you reduce the most harmful discharges by 80-90 percent. For diesel engines the environmentally friendly alternative currently is diesel in environmental class 1.

**Check the engine.** Changing spark plugs at the start of the season does the trick for the engine and also for the environment. The engine runs more smoothly and efficiently and uses less fuel.

Check the pipes or seals to ensure no fuel or other discharges are leaking. Are you planning to buy a new engine? Ask for one with a catalytic converter!

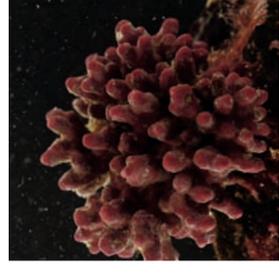
**Choose environmentally friendly oil.** Make sure you have biodegradable oil (bio oil) if your engine runs on an oil-petrol mix – it makes a huge difference to the environment. Check the oil and fuel filters at the start of every season.

**Distribute the weight correctly.** How you and the crew sit in the boat, where the luggage and heavy items such as the battery are stored is significant. Ensure that the boat is evenly loaded, this reduces fuel consumption – and also makes driving safer and more comfortable.

**Use the right products for your boat.** Make sure you use the most environmentally friendly boat products when taking care of your boat. For the cooling system during the winter – use the less poisonous propylene glycol instead of the usual glycol.

# NATIONAL PARKS OVER AND UNDER THE SEA

Ytre Hvaler and Kosterhavet national parks cover a marine area of almost 800 square kilometres. Ytre Hvaler's information centre is in Skjærhaldden on the islands of Hvaler while Kosterhavet's visitor centre (naturum) is planned to be on the islands of Koster. The naturum in Sweden will be implemented by entrance points at Resö, Rossö, Tjällmö/Saltö and in Strömstad. Kosterhavet national park is managed by a local management organisation which includes representatives from the County Administrative Board, local commercial fishermen, the District Councils of Tanum and Strömstad, Göteborg University and local communities (Kosterhavet Partnership). Ytre Hvaler national park will have a local management organisation with representatives from among others Fredrikstad and Hvalers District Councils and Østfold County Council.



Maerl, a calcareous alga



Tisler, Ytre Hvaler



Grazing animals in the archipelago



Adventure for everyone



A sand star



Cuckoo wrasse

