



# MUDDUS/MUTTOS NATIONAL PARK

LAPONIA WORLD HERITAGE

*DEEP OLD-GROWTH  
FORESTS AND MIRES  
VAST AS OCEANS*



The Sámi poncho works perfectly to avoid snow getting down your neck when travelling through snowy forests.

NILS-OLA PARFFA, REINDEER HERDER,  
SIRGES

## *“NOT MANY REINDEER HERDERS GET TO SEE PENDULOUS LICHEN COVERED FORESTS NOWADAYS”*

“I’m more and more beginning to understand our elders who fought for our old-growth forests. Pendulous lichens are becoming scarce. The lichens are a lifeline for me and my reindeer. We have seen how harsh winters have led to great difficulties for the reindeer, but they have been able to survive thanks to the pendulous lichens.

Another great advantage with having reindeer in Muttos is that you avoid disturbances. When I started using this area I had never experienced having mostly oppas, untouched snow. I don’t have to deal with snowmobile tracks crisscrossing the area. We can plan our own tracks and direct the reindeer where we want them to go.

A few years ago we drove up to a place where we found really old pines. It was like entering a hall with pillars. We stopped there, had some tea and ate a sandwich while we watched the huge pines. It gave us a cozy feeling.

It is also spectacular to sit and look down the Måskosgårsså ravine. There is something special with a ravine so enormously deep, rocky and wide. When you work here you have to know the territory and know how to get around. In some places you have to use skis, and a good dog is an advantage. Then you’ll be fine.”

You hear them buzzing. Especially in the evenings. In Muttos it is the snow melt mosquitoes that you encounter. They have spent the winter as eggs and hatch into larvae in water as the snow melts, then turn into pupae which become mosquitoes ready to fly.





Coniferous  
forest  
53%

Mires  
45%

Water  
2%

## MUDDUS/MUTTOS NATIONAL PARK

- SURFACE AREA: 500 km<sup>2</sup>
- INAUGURATED IN: 1942
- NEAREST TOWNS: Jåhkåmåhkke/Jokkmokk, Bårjås/Porjus och Jiellevárre/Gällivare
- SÁMI VILLAGE ORGANIZATIONS: Sirges, Unna tjerusj and Gällivare forest Sámi village

## *WHERE FORESTS AND MIRES MEET*

Muttos is the land of vast mires and deep old-growth forests. It is known for its waterfalls, deep ravines, low mountains and forests where the trees have seen many generations of people pass by.

**In the Sámi language** the word for large mire is “áhpe”. It also means ocean. Here you will meet many of them, mires that feel like oceans. When they are frozen during the winter they are perfect migration routes both for people and animals. But Muttos is perhaps best known for its ancient forest. You will find both age-old trees and young pines due to logging and forest fires. In the southern part the whole area slopes down towards the Stuor Julevädno river, and ten deep ravines cut through the great forests. The ancient paths follow ridges, which at times are the only places by which one can travel. Discreet traces such as hearths and trapping pits show us that many have walked here before us. Nobody knows where the name comes from, but it could derive from the Sámi word mut-tát, meaning “suitable” or “adequate”. Everything necessary to live a good life is to be found here. Muttos became a part of the Lapponia World Heritage in 1996.

# VISIT LAPONIA

Muttos is part of Lapponia, a Unesco World Heritage Site, which also includes the national parks Sarek, Stora Sjöfallet/Stuor Muorkke and Padjelanta/Badjelánnda, together with Stubbá and Sjávnja nature reserves, among other smaller areas. It was created to preserve its nature and the living Sámi culture with its millennia-old roots in the landscape.



## 🔴 JULEVÄDNO

Down by the river Stuor Julevädno there is a fireplace right next to the water. Somewhat further along there is a system of trapping pits from hunting wild reindeer in times past. It makes a perfect tour for families with children or you who do not wish to walk so far.



## 🔴 MÅSKOSGÅRSSÅ

Måskosgårsså is a deep, dry ravine that suddenly opens up into a forest landscape, once formed by masses of water from the inland ice cap. In Muttos there are ten ravines in a row, but none of them as big as Måskosgårsså.



## 🔴 FORESTFIRES

Everywhere in Muttos you can see traces of past forest fires. The most recent big forest fire here was in 2006. Down by the river you can still follow the tracks of the fire and see the forest recovering.

## ◆ MUDDUSA- GAHTJALDAK

Gahtjaldak is Sámi for "the place where water falls". Here the river drops 42 meters down into the deep Gähppogårsså canyon. There is a cabin and nice camping sites only a short distance from the waterfall.



Photo: Daniel Olausson

## ◆ MUTTOSLUOPPAL

This is where the vast mires and the forest meet. On the ridge at Muttosluoppal there is a cabin for overnight stays and a birdwatching tower. The tower gives you a look-out over lakes, vast mires and mountains in the horizon.



Photo: Daniel Olausson

## ◆ MANSON

Manson is a small red cabin surrounded by the large old-growth forest. The trail runs by beautiful pine heaths and traces left by people walking by here for thousands of years.



## ◆ NAMMAVÁRRE

Nammavárre is one of the most homelike sites in Muttos. You spend the night in a small log cabin just by the lakefront. There is a camp-fire site on the shore just waiting to boil some coffee.



Photo: Tor L Tuorda

## ◆ ARVIDSSON

The cabin of the old park ranger Lennart Arvidsson, which is now open all year round, is off the beaten tracks and the trail system.



# WAYS IN

To visit Muttos is a fantastic and easily-accessible way to experience Laponia. You can make day tours, hike Muttosbálges/the Muttos Trail, or turn off into the forest and find your own way.



## 1 SKÁJDDE

The Skájdde entrance is the easiest way to reach Muttos. From road E45 there is a gravel road which leads here. Nearby there are several resting places and nice day hikes. This is also the entrance to the national park with a parking lot, toilets and information.



## 2 SÁRGGAVÁRRE

Sárggavárre means "the mountain with the tall, tall trees". From here you have direct access to the eastern parts of Muttos. A migration route for reindeer which has been used during a very long time also passed through here.



## 3 SUOLÁVRRE

When you walk from Urt-timjávrrre you will have the company of lichen-bearded spruce and tall pines. This is the closest way to walk straight in among the really old trees.



## 4 OARJEMUS STUBBÁ

A small mountain with an unbeatable view. This hike is suitable both for young and old, but don't forget your binoculars. Be aware of the fact that the top is a bird protection area from March to June. Take the opportunity to go skiing before then or go hiking in Aug-Oct.





## MARTEN (MARTES MARTES)

Often times you will only see their tracks running for miles.

Photo: Tor Lundberg  
Tuorda



## POPULAR DAY TOUR

It is seven kilometres to the powerful Muddusagahtjaldak waterfall from the entrance at Skåjdde.

Photo: Carl-Johan Utsi



## VIERRA

"Shoe hay" is our best substitute to socks. The sedge grass is harvested in late summer, processed, dried and braided together.

The best way to store the sedge is to make a vierra, a wreath of shoe hay which is easy to pack.



## A PINCH OF MARSH LABRADOR TEA

If you have forgotten to bring mosquito repellent along you can try marsh Labrador tea (*Rhododendron tomentosum*). It grows commonly in wet places such as mires and near lake shores. The white flowers have a strong smell and as long as we can remember have been used to repel insects and vermin.

Photo: Tor Lundberg  
Tuorda



## EXPLORERS

Muttos is the perfect place for children. There are waterfalls, mountain look-outs, rivers and big trees to hide behind.

Rallarstigen/T

Bårjås/Porjus

E45

To  
Jåhkåmåhkke,  
Jokkmokk

E45



To Gällivare

To Jiellevárre/  
Gällivare

Rallarstigen/The Navy Trail

Stuor Gárttojavrre

GABBAÁHPE

Stuor Muttos

TJÁHPPISVÁRRE

JÁGNÁVÁRRE

TJIEVRESÁHPE

OARJEMUS  
STUBBÁ

STUORVUOSSMA

BIRD SANCTUARY

ARVIDSSON

ALELDUSÁHPE

Muttos-  
jávrrre

MUTTOSLUOPPAL

MANSON

LIJNÁVÁRRE

GÁHPPÓÁHPE

MUDDUSAGAHTJALDAK /  
THE MUTTOS WATERFALL

NAMMAVÁRRE

Skájdde

Muttosádnno

MÁSKOSGÁRSSÁ

Stuor Julevädno/Big Luleå River

Liggá



0 1 2 3 4 5km

S



Sárggavárre



3





## OLD-TIMERS

The oldest living pine that has been examined in Muttos is nearly 800 years old, scarred by six forest fires. The old pines here have survived both fires and storms. It is seldom that the largest pines are the oldest. In order to become really old it is better to have been damaged by fire, become impregnated by resin and grow slowly. That protects against decay. Pines that grow fast are more easily affected by wood-decaying fungi.



## SKIING

Go skiing between slender spruces and gnarled, dried pines. Enjoy the silence. During the winter you can cross over mires which are impassable in the summer and reach areas where you can be sure to experience solitude.

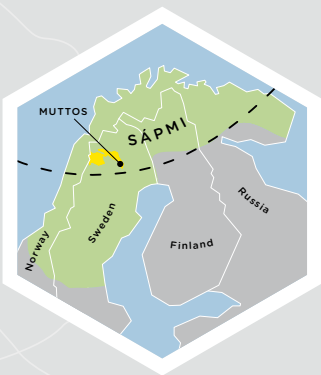


## A PLACE WITH A VIEW

Be next door to the birds and look out over the expanses from the famous Muttosluoppal birdwatching tower.

Photo: Daniel Olausson

uolávrre



## BIELLU

In the forest where you cannot see it is even more important to be able to hear where the reindeer are. Without bells it wouldn't be possible for forest reindeer herders to have their reindeer here. On a windless day in the silent Muttos you can hear a bell several kilometers.

# THE PATHS WE'VE WALKED

There are those who say that Muttos is untouched wilderness area. Yet there are traces here such as migration routes, house foundations, hearths and scarred trees that tell us that people have lived here since the last ice age.

**Several ridges stretch** through the national park. They followed the melting ice cover and wind their way through Muttos. Ancient trails follow these ridges, used by both men and animals. Along these ridges you can often find old árran, hearths. Often they are also found around the edges of mires. The mires have been important grazing areas for animals and wherever there are animals, people have also settled. There are four known areas with trapping pits in the national park, dug at locations where people have known that moose and reindeer have to pass through.

**We have a saying** that affirms that there are others as well as you and I who travel on these paths. That is why there is a custom of never stopping for a break on the trail itself, but resting off to one side. Neither should one pick rocks from an old árran hearth. They belong to someone else.

## PROPERTY OF THE WIND

**In Sámi, reindeer** are sometimes called “biekka oapmi”, property of the wind. Reindeer find both their summer and winter grazing lands in Muttos. The mountain Sámi villages move here with their reindeer for the winter, and in the summer it is the home for reindeer owned by forest Sámi villages. For the forest reindeer, the large mires have the same function as the breeze has in the mountains. The reindeer cool down on the open mires and there are fewer mosquitoes.

“A forest Sámi hopes for heat and a lot of mosquitoes. The mosquitoes are our best farmhands. Together with the heat they force the reindeer out on the large mires to graze. So when you see that good weather is coming, you go for it. You put your rubber boots on and go out on the mires to get your reindeer into the corral.”

PER-ERIK KEMI, GÄLLIVARE FOREST SÁMI VILLAGE.





Look for traces of bark harvesting, rectangular markings on trees which show that someone has harvested bark for food or storage material.



Bear, lynx and wolverine live in Muttos, but it is hard to get a glimpse of them in the dense forest. The chance of seeing moose or reindeer on the open mires is much greater.

# GOOD TO KNOW

**Self-service.** The cabins in Muttos are open throughout the year. They are self-service cabins with a simple but comfortable standard. You heat the cabins yourself with wood, fetch water, cook, wash and clean up after yourself. All the cabins have a simple set of plates and tableware. There are also blankets and pillows, but you need to bring your own sheets.

**Getting here.** There are three entrances to Muttos. The Skájdde entrance is reached from road E45 at Ligga, between Jokkmokk and Porjus. Eastern Muttos is reached through Sárggavárre (Sarkavare) and Urttimjávvre (Urtimjaur) located on the road to Messávvrre (Messaure).

**Plowed road.** The road from Liggá to Skájdde is cleared of snow on March 1st each year. It is not maintained during thawing time in the spring. The roads to Sárggavárre and Urttimjávvre are plowed all year-round.

**Workplace for the Sámi villages.** Avoid disturbing grazing reindeer when you are hiking or skiing. If possible, make a detour around the animals or sit down and wait until the herd has passed by.

## REGULATIONS



In Muttos you are the guest of nature. Since it is a national park there are certain rules for visitors. You are allowed to pick berries and mushrooms. Using dry branches you may also make a fire or a wind-shelter while hiking. You may put up a tent and camp in the same place for a few days. But you are not allowed to:

- deliberately disturb grazing reindeer and interfere with reindeer husbandry work
- litter
- damage or remove soil, rocks or plants but you can pick berries and edible mushrooms
- collect eggs and capture, harm or kill animals
- hunt and fish
- bring along dogs, except between January 1st – April 30th when you may bring your dog if it is kept on a leash.

**Reindeer husbandry rights apply here.** It gives reindeer herding Sámi the right to use land and water for themselves and their animals, for example to hunt, fish and drive snowmobile while working. The complete list of regulations may be found at [www.laponia.nu](http://www.laponia.nu)

# NOT JUST ANY FOREST

We are not used to seeing real forests, since there are almost none left. Old-growth forests are scarce today. A large number of insects, fungi, lichens and mosses require forest that have abided only to the laws of nature for centuries, without logging. Owing to the protection of Muttos we have the opportunity to see and listen to the following:

## 1. CLYPASTRAEA PUSILLA

You've probably never seen it. The beetle *Clypastraea pusilla* is considered to be the least common insect in Muttos. It was classified as extinct in Sweden before it reappeared after the great forest fire in Muttos in 2006. The fewer forest fires we have, the more species disappear.



## 2. CAPERCAILLIE

The Sámi word for capercaillie is simply "pine bird". In order for the birds to thrive, the pines should be a hundred years old or more. So it is natural that the capercaillie enjoy living here.



Photo: Peter Rosén

## 3. MUSIC

The Siberian jay greets you and wants to take your food. The migratory birds sing. Siberian tits, black-throated loons, owls and snipes. Muttos is a bird sanctuary. One of the reasons for founding the national park was to protect the whooper swan which was on the verge of

extinction. Today they are safe, thanks to Muttos and Sjävnja.



Photo: Jan-Erik Nilsson

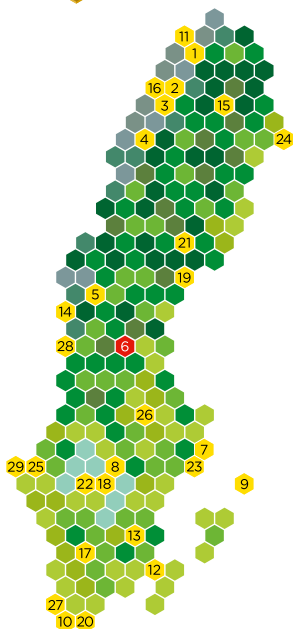


## 4. GHOST ORCHID

The ghost orchid is a beautiful and rare orchid that grows in old-growth spruce forests. Several years can pass between blossomings, so the ghost orchid has been considered somewhat mythical. When it blossoms, it does so with 2-5 yellow flowers. If you find one, you cannot mistake it for anything else.



# NATIONAL PARKS OF SWEDEN



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, demanding 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 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 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.

## LAPONIA

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