



SÖDERÅSENS
NATIONALPARK
*BREATHTAKING
HEIGHTS*



Among the cliffs, trees live, grow old and die in peace. A true primeval forest?



Grey wagtail

The purseweb spider - Sweden's only tarantula



Mosses and lichens thrive on boulders and rocks in the talus slopes. Lichens that like warmth live on sunlit slopes. Mosses prefer shadowy slopes facing north.



MOUNTAINS THAT CRACKED

Skåne's flatland? Not here! Here you will find expansive views across deep joint valleys that cut into the mountain ridge. A completely different experience awaits you down in the valleys. There you are surrounded by cliffs with massive talus slopes as you hike along rippling waters in lush greenery.

Bedrock moves. Movements of continental plates gave rise to Söderåsen's dramatic natural surroundings. Already when the supercontinent Pangea broke up, the foundation for Söderåsen's elongated and raised shape was laid. Time passed and Skåne came to be characterized by active volcanoes and dinosaurs. In a later collision between Africa and Europe Söderåsen rose further and was fractured.

At first there were only deep, narrow cracks. But then the ice ages arrived. For thousands of years water trickled into cracks and cavities in the cliff walls. The water froze and the ice expanded, breaking loose rocks. The deep cracks widened into winding valleys. Today there are enormous talus slopes here made up of rocks and boulders. The cliffs are still visible at the top.

Crowded inside the tree are beetle larvae. They chew and eat and slowly grow bigger.



The larvae had better watch out for hungry woodpeckers!

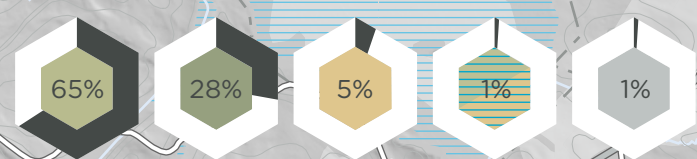


The tinder fungus makes the wood soft and porous. Most of the fungus lives inside the tree in the form of thin threads.

Mosses and lichens decorate the trunks with shades of green and grey.



Beetles can be very picky. Not all trees are good enough to be babysitters.



65% DECIDUOUS FOREST
 28% MIXED FOREST
 5% OPEN LAND
 1% MARSHLAND
 1% TALUS SLOPE

LARVAE MUNCH ON TREEHOLE MOULD...
 ...but the adult beetles feed on pollen from flowers in the open grasslands.



KLÄVERÖD NATURE RESERVE

KVÄRK

TRACK ANIMALS
 At dawn and at dusk, chances are best for seeing wild boar, deer, moose or roe deer. Remember to be as quiet as you can!

TARANTULA IN TALUS SLOPES
 The heat loving purseweb spider thrives in the sunlit talus slopes. It is Sweden's only tarantula.

A HARMLESS SNAKE
 Unless you are a frog. The grass snake has no fangs, but smells awful if you touch it!

LIFE-GIVING DEAD WOOD
 When old trees in the deciduous forest die, they become habitat for animals, plants and fungi. That is why you can not use wood from the forest for your fire.

NATIONAL PARK FACTS

- Acreage: 1 625 hectares
- Established: 2001
- Nearby villages: Röstänga, Ljungbyhed
- County/Province: Skåne
- Type of nature: Broad-leaved deciduous forest



Contour interval: 5 m

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 © Lantmäteriet Geodatasamverkan

Towards Röstänga sports field
 Towards Röstänga sports field

HIKING TRAILS

- SKÄRDAMMEN RUNT 0,9 km / 20 min
 - KOPPARHATTSRUNDAN 4 km / 90 min
 - HJORTSPRÅNGSRUNDAN .. 7,7 km / 180 min
 - LIAKROKSRUNDAN 7,2 km / 120 min
 - HÄRSNÄSRUNDAN 4,9 km / 90 min
 - ODENSJÖPROMENADEN 1,2 km / 30 min
 - NACKARPSRUNDAN 4,3 km / 90 min
 - BLINKARPSRUNDAN 7,2 km / 120 min
 - ODENSJÖUTSIKTEN 2,6 km / 45 min
 - THE SKÅNELEDEN TRAIL
 Röstänga - Skåralid 7 km / 120 min
 Skåralid - Klåveröd 5,7 km / 120 min
 - CONNECTING TRAILS varied
- ACCESSIBLE with assistance EASIER HARDER

SYMBOLS

- PARKING
- BUS STOP
- ACCESSIBLE
- WC
- DRY TOILET
- CAFÉ
- WATER
- INFORMATION
- REST AREA
- VIEWPOINT
- CAMPSITE
- WIND SHELTER
- FIREPLACE

Skåralid has a drinking water tap. There's well water at Liagården and Dahlbergs (not tested).

- MAJOR ROAD
- ROAD
- SMALL ROAD
- FOREST ROAD
- BORDER National park/nature reserve
- TRAIL Horse riding & cycling allowed.
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- FOOTPATH Varying quality, not maintained. No markings.

1 KOPPARHATTEN

View of the 90-metre-deep Skäralidsdalen valley. The name dates back to the 19th century and means “the copper heights”.



2 SKÄRALIDSDALEN

Rippling brook on the enchanting valley floor. Surrounded by high cliffs and massive talus slopes with rocks and boulders.



3 HJORTSPRÅNGET

Narrow cliff shelf that juts out in the deep rift valley. People hunted deer here as far back as the Stone Age.



4 LIERNA

View of Korsskär, where three valleys meet. There is a sense of wilderness here, with extensive forest in the heart of the national park.



5 RALLATÉ

Remains of a volcano 110 million years old. What is visible today is a small hill of basalt, petrified lava.



6 ODENSJÖN

A spring-fed lake surrounded by high talus slopes. The water is cold and clear. Is the lake really bottomless?



NATURE FOR USE AND ENJOYMENT

Everywhere, there are traces of people! Half of the land in the national park has been cultivated at some time. You can find old stone walls, cairns and croft ruins.

Many people have made their living from the barren countryside for thousands of years. People harvested wood and timber from the forest, which also was heavily grazed by sheep, goats, cows and pigs. On the valley floor, there were meadows where people reaped hay, and up on the ridges they farmed small patches of land.

At the end of the 19th century, people began coming here for the sake of enjoyment. The newly built railway and tourist hotel facilitated their visits.



CLEAN WATER

In the valleys, you encounter rippling water, both from brooks and springs. The springs bubble up at the base of the talus slopes. Ferns and mosses appear amid the damp greenery.

The mountain ridge beset by geological collisions, has plenty of cracks. Clean groundwater emerges here as springs. This water once rained down on Söderåsen. On its way down through soil and rock, it has been cleansed. When the subterranean lakes fill up, the water returns to the surface, filling the brooks and lakes.

Fish and aquatic insects that need clean water thrive here.



TEEMING WITH LIFE

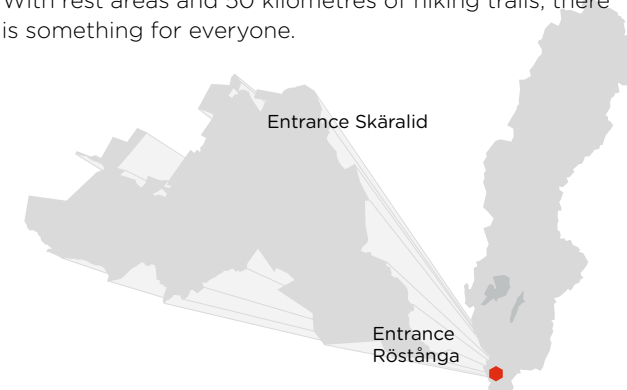
...in old trees that are half dead? Yes, as a matter of fact! Take a closer look and you will see its inhabitants. Maybe a beetle is peeking out through a small hole. Or, can you hear the sound of larvae gnawing away inside the tree?

Healthy trees are hard to chew, but decayed wood is yummy. Fungi move into the weakened tree and make the wood soft. The pantry is open for hungry, small, creeping creatures. The beetle larvae are good at chewing wood. When they have eaten their fill, they transform into beetles and leave the tree.

Adult beetles instead eat pollen in flowering grasslands. Love also blooms there! After mating, the female beetle searches for a tree with soft wood. There she injects her eggs into the trunk. When the eggs hatch, the small larvae will have to look after themselves.

TWO ENTRANCES SIX DESTINATIONS

You can get here by train and bus or by car. Experience the enchanting valleys and dizzying views. A short visit of an hour or perhaps an overnight stay? With rest areas and 50 kilometres of hiking trails, there is something for everyone.



CONTACTS



ENTRANCE SKÄRALID

Visitor centre naturum: +46 10 224 11 50
naturum.soderasen@lansstyrelsen.se
Skäralid 747
264 53 Ljungbyhed
www.soderasensnationalpark.se
Skåne Administrative Board

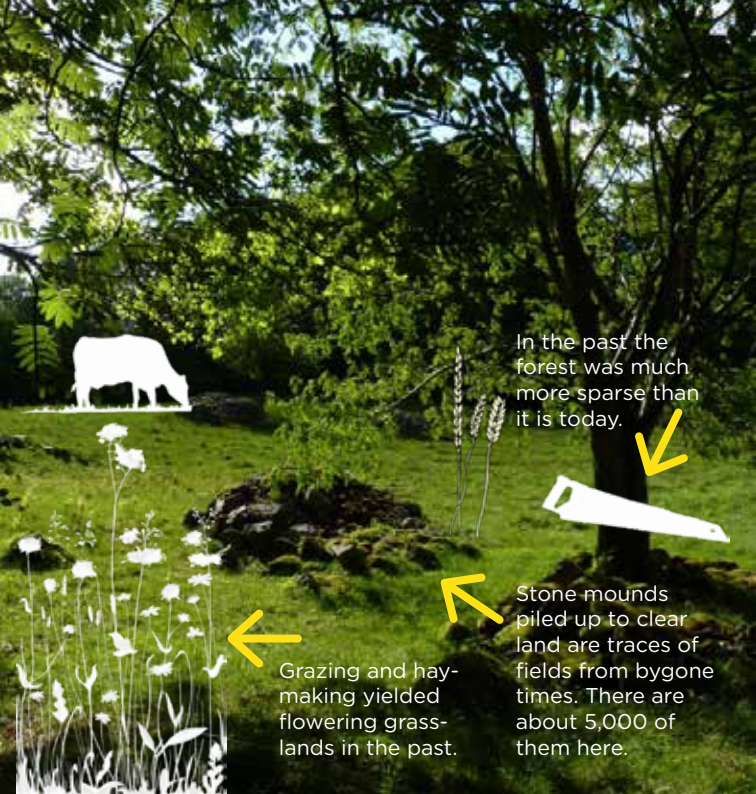
Visitor centre. In the naturum, there are exhibits and activities for grown-ups and children. You can get tips on attractions and hikes in the national park. There is a cafeteria and outside, you will find a natural playground.



ENTRANCE RÖSTÅNGA

Tourist information: +46 435 78 10 78
turistinformation@svalov.se
Nackarpsdalsvägen 4
268 68 Röstånga
www.soderasen.com
Svalöv Municipality

Tourist information. Here, you can get tips on activities, lodging and places to eat in the area. You will also find a bicycle rental as well as a large selection of brochures and maps of the area.



In the past the forest was much more sparse than it is today.

Stone mounds piled up to clear land are traces of fields from bygone times. There are about 5,000 of them here.

Grazing and hay-making yielded flowering grasslands in the past.



The brook is replenished with chilled spring water.

Ferns. The steep-sided valleys retain humidity, promoting lush vegetation.

Dragonfly larvae grow up in the water.

FOUR SEASONS... A THOUSAND FACES

Leafing; in spring the beech forest is a luminous pale green.



Deep and bewitching **summer greenery;** the valleys offer refreshing coolness.

Autumn glow; the blazing colours of the deciduous forest warm the heart.



Winter drama; cliffs and talus slopes stand out in full splendour.



REGULATIONS



The special rules that apply to the national park are on signs at every entrance. Here are some:

- Dogs must always be kept on a leash.
- You may only pitch a tent and build a fire in designated places.
- You may only bike, ride on horseback and operate a motor vehicle on designated roads.
- You must not damage plant and animal life or collect wood.
- You must not climb talus slopes and cliffs.
- You must not fly drones.

SIX CHALLENGES

HAVE YOU...

...SEEN A TALUS SLOPE?

A steep slope of boulders and rocks. Still, it's not just mosses that live here; trees do, too. Best observed on the sides of Skäralsdalen valley and around Odensjön lake. Highly dangerous to climb on.



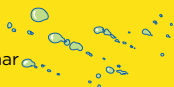
...FOUND A LIVING DEAD TREE?

Trees or stumps with fungi and mossy bark. Do you see the small holes in the trunk? What could have made them?



...LISTENED TO THE WATER?

Hear the brooks and springs murmuring down in the valley. When it is windy, water laps along the shores of Odensjön lake and Härnsäsdammar ponds. Remain silent and just listen for a while.



...DISCOVERED TRACES OF HUMAN LIFE?

Do you see something really old made of stone? Maybe a stone wall, a mound of rocks piled up to clear the land or croft ruins such as Liakroken?



...PETTED A MOSS?

Mosses usually are soft and green and grow on both trees and rocks. Do some mosses feel softer than others? Can you find 5 shades of green around you?



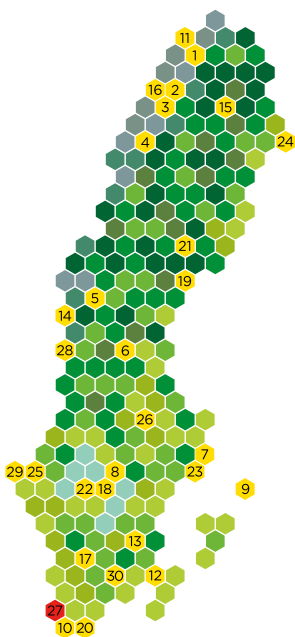
...VISITED NATURUM?

Admission to the visitor centre in Skäralsid is free. Lots of tips on what you can see and do outside. Get more knowledge and inspiration from our exhibition. Did you find the dinosaur track?





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 / BADJELÄNDA - 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.
30. ÅSNEN - Archipelago with hundreds of islands and old beech and pine forests.

naturvardsverket.se

Responsible for national parks in Sweden.

