
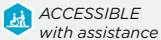





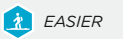




HIKING TRAILS


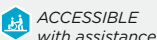
 **SKÄRDAMMEN RUNT – 0,9 km**  ACCESSIBLE with assistance
An accessible loop around the Skärdammen pond which offers a taste of the Skärалid valley. There are benches at spaced intervals and information boards about nature and cultural history.


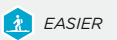
 **KOPPARHATTSRUNDAN – 4,0 km**  EASIER
The trail starts at the Skärdammen pond and takes you through the Skärалid valley and to the Kopparhatten viewpoint. Beautiful and varied with significant changes in elevation. In the valley the trail consists mostly of narrow boardwalks.


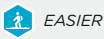
 **HJORTSPRÅNGSRUNDAN – 7,7 km**  HARDER
A longer trail through the Skärалid valley and on the mountain plateau. You'll pass the Liagården rest area, as well as the viewing points Lierna and Hjortsprånget. The trail is demanding with some very rocky and steep sections but well worth the effort.



 **LIAKROKSRUNDAN – 7,2 km**  EASIER
This trail meanders through quiet beech forests and passes both the Liakroken ruins and the Kopparhatten viewpoint. Can be shortened by using the white connecting trail. Some steeper sections, but otherwise an easy hike.

 **HÄRSNÄSRUNDAN – 4,9 km**  EASIER
An easy hike on gravel roads and trails through the beech forest around the Härsnäs ponds. Keep your eyes open for cultural remains among the trees while you enjoy the tranquility of one of the less visited areas in the national park.

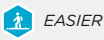
 **ODENSJÖPROMENADEN – 1,2 km**  ACCESSIBLE with assistance
A return trip to lake Odensjön from the entrance in Röstånga. Suitable for baby strollers and mostly accessible, apart from a short steep section near the tourist information.


 **NACKARPSRUNDAN – 4,3 km**  EASIER
A nice route with stunning views of lake Odensjön and surrounding talus slopes. The trail offers both open fields, valleys and forest, and it's well worth the effort to make a detour to the lake. Some elevation change but mostly easy terrain.

 **BLINKARPSRUNDAN – 7,2 km**  EASIER
A longer trail on gravel roads and trails through very varied terrain. It goes both in and outside the national park borders. The terrain is quite flat which makes it suitable for running. The trail starts at Röstånga football fields but can also be reached from the tourist information.

 **ODENSJÖUTSIKTEN – 2,6 km**  EASIER
This trail takes you from the Röstånga football fields to a nice little loop above lake Odensjön with beautiful views of the lake.

THE SKÅNELEDEN TRAIL

Röstånga-Skärалid – 7 km  EASIER
An enjoyable and easy hike on gravel roads and trails. Make a detour to the Härsnäs ponds for a lunch break.

Skärалid-Klåveröd – 5,7 km  HARDER
An eventful but demanding section of the Skåneleden trail, it passes Kopparhatten and goes through the Skärалid valley.

CONNECTING TRAILS

Sections that connect the hiking trails and make it easier to create your own route.

CONTACT

MANAGEMENT OFFICE
010 224 10 00 / soderasen@lansstyrelsen.se
NATURUM (visitor centre)
010 224 11 50 / naturum.soderasen@lansstyrelsen.se

GETTING HERE

ENTRANCE SKÄRALID naturum
N56 2°22,991" E13 15°9,118"
ENTRANCE RÖSTÅNGA tourist information
N56 0°10,857" E13 17°21,078"

REGULATIONS

The Swedish right of public access is restricted in protected nature. It is your responsibility to check what applies in the area you are visiting. In many cases nature comes first.

This means that the following is NOT allowed:

- » Make fires or camp in other than assigned places.
- » Collect dead branches or other wood as fuel for your fire.
- » Keep your dog loose - use a leash!
- » Fly drones.
- » Cycle, horse ride or drive motor vehicles on other than the assigned roads and trails.
- » Climb the talus slopes or cliffs.
- » Fish, except in lake Odensjön (fishing permit needed).
- » Play music or similar in a disturbing way.
- » Pitch hammocks or similar on trees.
- » Pick mosses, lichens or tree funghi, dig up plants or in other ways damage the vegetation.

The complete regulations are available on the website.



STAYING SAFE

The valley slopes are very steep, and some of the viewpoints lack fencing. Remember that you are going out in nature at your own risk. All trail marker poles in the park are equipped with rescue point plates. Their GPS positions are known both by the management and the police and if an accident occurs, you can simply state the number of the nearest rescue point. Unfortunately, the phone reception is poor in some parts of the park.

Always check the fire risk before grilling, making a fire or lightning your storm kitchen. Check information on the municipalities websites (Klippan for Skärалid & Liagården, Svalöv for Dahlbergs & Nackarpsdalen).

ACCESSIBILITY

Check the website for more information about accessibility in the park. Skärdammen runt is suitable for wheelchairs.

BABY STROLLER, BIKE OR ON HORSEBACK?

Check our map folders for information on cycling and baby stroller hiking. Cyclists and horse riders are welcome on all gravel roads as well as certain trails marked on the map. Please do not cycle or ride on any other than the assigned trails. In the nearby Klåveröd recreation area there are several designated mountain bike trails. The routes recommended in the cycling folder are also suitable for horse riding.



MAP

WHY DO WE PROTECT NATURE?

Nature is often protected for two reasons: to preserve natural value and to facilitate outdoor recreation. While the remaining nature doesn't increase, the amount of people who would like to visit it does. By showing respect to nature and treating it gently, you as a visitor and recreationist can contribute to the preservation of nature for many generations ahead.

A national park status is the highest level of protection given to Swedish nature, and it is only given to the areas with the very highest values. Söderåsen national park is one of the largest protected deciduous forest in northern Europe and is home to many threatened species. Here you will find hundreds of species of mosses, lichens and funghi. Some of them can not be found anywhere else in the country.

PLANNING YOUR VISIT

What is the purpose of your visit? Depending on what you are looking for, different parts of the national park might be more suitable. The area is big and there are lots of places to discover, both in and outside the national park borders.

KOPPARHATTEN
Spectacular views of the Skärалid valley from the highest point in the park.

HJORTSPRÅNGET AND LIERNA
Two beautiful and exposed lookout points with grand views of the valley and a wilderness feeling.

SKÄRALID VALLEY
The Skärån stream meanders through the valley between the famous talus slopes. You will find cold and clear water in the Rårödspågen spring and many rare species of lichens and moss.

NATURUM AND THE SKÄRDAMMEN POND
The naturum visitor centre lies next to the Skärdammen pond at the mouth of the Skärалid valley. Get information, visit the exhibition or take part in one of naturums activities. Here you can even find a cafeteria, a nature playground and fireplaces.

LAKE ODENSJÖN AND THE NACKARP VALLEY
Lake Odensjön lies in the far end of the Nackarp valley, surrounded by steep talus slopes and is popular for swimming. In the surroundings there is a network of gravel roads where you can run or cycle and in the Nackarp valley you find fireplaces.

THE HÄRSNÄS PONDS
Hidden in leafy deciduous forest you'll find the Härsnäs ponds. The animal life is rich here, with plenty of birds. The hike from the Härsnäs parking to the ponds is baby stroller friendly.

KVÄRK
In the Kvärk forest between the Dejebacken stream in the north and the Kvärkabäcken in the south you will get nature mostly to yourself. There are some forest roads but no marked roundtrails.






RALLATÉ
A modest hill of basalt – old lava – which is in fact the remains of a 110 million years old volcano.





FIREPLACES, REST AREAS AND WHERE TO CAMP

Bring your own firewood or coal to the fireplaces.


SKÄRALID    
Fireplaces, WC, tables & drinking water. Bring firewood/coal.


THE NACKARP VALLEY   
Fireplaces, picknick tables and dry toilets. Bring firewood/coal.

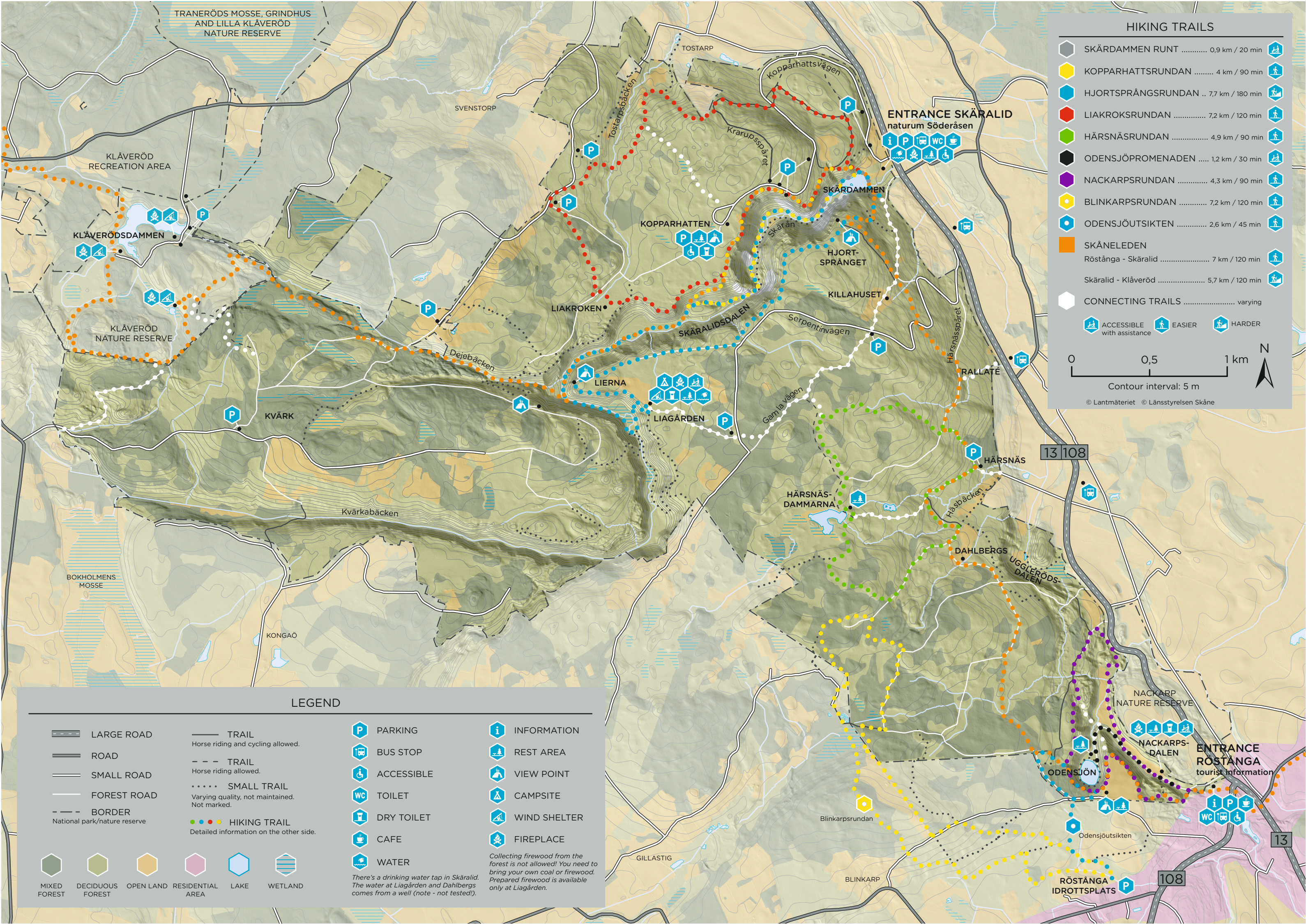
LIAGÅRDEN     
Fireplaces, picknick tables and dry toilets. You can sleep in the wind shelters or pitch a tent. Access to firewood and water from a well (the water is not tested).

DAHLBERGS    
Fireplaces, picknick tables, dry toilets and place to pitch a tent. Water from a well (the water is not tested). Bring firewood/coal.

KOPPARHATTEN  
Picknick tables and dry toilets. Fires or BBQ's are not allowed.

LAKE ODENSJÖN 
Picknick tables and shelter from the rain in the "fishing hut". No camping.

THE HÄRSNÄS PONDS 
Picknick tables. Fires or BBQ's are not allowed.



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
- SKÅNELEDEN
Röstänga - Skärvalid 7 km / 120 min
Skärvalid - Kläveröd 5,7 km / 120 min

CONNECTING TRAILS varying

ACCESSIBLE with assistance EASIER HARDER

0 0,5 1 km

Contour interval: 5 m

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LEGEND

	LARGE ROAD		TRAIL Horse riding and cycling allowed.		PARKING		INFORMATION
	ROAD		TRAIL Horse riding allowed.		BUS STOP		REST AREA
	SMALL ROAD		SMALL TRAIL Varying quality, not maintained. Not marked.		ACCESSIBLE		VIEW POINT
	FOREST ROAD		HIKING TRAIL Detailed information on the other side.		TOILET		CAMPSITE
	BORDER National park/nature reserve				DRY TOILET		WIND SHELTER
	MIXED FOREST				CAFE		FIREPLACE
	DECIDUOUS FOREST				WATER		
	OPEN LAND						
	RESIDENTIAL AREA						
	LAKE						
	WETLAND						

Collecting firewood from the forest is not allowed! You need to bring your own coal or firewood. Prepared firewood is available only at Liagården.