

HIKING TRAILS

SKÄRDAMMEN RUNT - 0,9 km

An accessible loop around the Skärdammen pond which offers a taste of the Skäralid valley. There are benches at spaced intervals and information boards about nature and cultural history.

KOPPARHATTSRUNDAN - 4,0 km

The trail starts at the Skärdammen pond and takes you through the Skäralid valley and to the Kopparhatten viewpoint. Beautiful and varied with significant changes in elevation. In the valley the trail consists partly of narrow boardwalks.

HJORTSPRÅNGSRUNDAN - 7,7 km

A longer trail through the Skäralid 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

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 a fairly easy hike.

HÄRSNÄSRUNDAN - 4,9 km

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

A return trip to lake Odensjön from the entrance in Röstånga. Suitable for baby strollers and mostly accessible, apart from a few more difficult sections, where assistance may be needed.

NACKARPSRUNDAN - 4,3 km

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

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

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-Skäralid - 7 km

An enjoyable and relatively easy hike on gravel roads and trails with some more demanding parts. Make a detour to the Härsnäs ponds for a lunch break.

Skäralid-Klåveröd - 5,7 km

An eventful but demanding section of the Skåneleden trail, it passes Kopparhatten and goes through the Skäralid 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"

MAP

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 fungi, 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 by the management and the rescue services. 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.

Starting a fire is only allowed in designated places (Skäralid, Nackarpsdal, Liagården, Dahlbergs). Always check the fire hazard before making a fire, grilling or using your storm kitchen.

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.

WHAT TO BRING

- » Clothing according to weather. Bring an extra layer - it's often a few degrees colder in the Skäralid valley.
- » Proper shoes, preferably waterproof. When it's freezing or has been raining the boardwalks are slippery. If you feel unsteady on your feet, ice cleats can be a good idea.
- » Food and water
- » Something to sit on
- » Trash bag
- » Map
- » Firewood or coal if you want to use one of the fireplaces.

BE PREPARED!

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 Skäralid 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 Skäralid 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 Dejebäcken 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 trails.

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 and Nackarpsdal.

SKÄRALID



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

THE NACKARP VALLEY

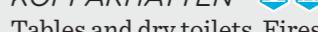


Fireplaces, tables and dry toilets. Bring your own firewood/coal.

LIAGÅRDEN & DAHLBERGS

Fireplaces, tables and dry toilets. You can pitch a tent or sleep in one of the wind shelters (3 at Liagården, 1 at Dahlbergs). Access to logs (to be cut), saw and axe, as well as water from a well (Note: the water is not tested).

KOPPARHATTEN



Tables and dry toilets. Fires or BBQ's are not allowed.

LAKE ODENSJÖN



Tables and shelter from the rain in the "fishing hut". Fires or BBQ's are not allowed.

THE HÄRSNÄS PONDS



Tables. Fires, BBQ's and swimming are not allowed here.

