



Guide “Lilla Lövä Runt”

This is how it works:

- Along the track are poles with numbers
- In this guide you will find text corresponding the numbers
- Combine the text with what you see around you

The staff at Store Mosse National Park wish you a pleasant and informative walk.

If you do not intend to keep this guide, please put it back in the box, Thank you!

Walking Track: "Lilla Lövö Runt"

The Lilla Lövö Runt track is about 6 km long. Across the bog and in other wet parts there are board walks. We recommend good walking boots and warm clothes, depending on the weather situation. There are no shelters along the track.

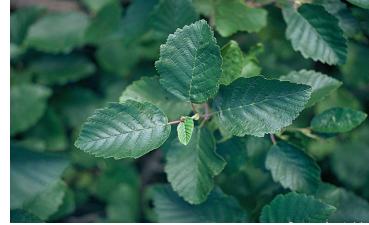
1 Start: Kittlakull, Railway crossing



Bog Arum
(*Calla palustris*)



Alder
(*Alnus glutinosa*)



Grey Alder
(*Alnus incana*)

Before you enter the stairs, take a look on your left side, along the ditch next to the railway line. Here is an abundance of the beautiful flower, Bog Arum, in early summer. On top of the bridge, look to the south and view the great open plains of Store Mosse. The jagged silhouette of Lilla Lövö is visible in the far distance. It also shows very clearly, that the bog is a raised bog, i.e. high in the centre and slanting down towards the edges. The area near us has been used for peat harvesting; the old peat graves are clearly visible. All along the edges, birch thrive.

Here, by the bridge was a peat factory situated during the days when peat was harvested. The factory was connected to the main railway by side tracks. A great number of peat bales were exported all over the world.

To the East, on the other side of road 151, peat for fuel was harvested. Peat was used as fuel for the train engines, during the Second World War. This peat is darker, heavier and more compact and it is usually extracted from deeper down in the bog.

If you are very lucky you might spot a Golden Eagle or a White-tailed Eagle in this area. During winter season, from December to March eagles are fed in the park on a regularly basis. For more information in this matter please contact the Visitor Centre, naturum.

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Hädinge Peat Factory

The stone remnants of the old peat factory are still visible. Hädinge Peat Factory started in 1906. In 1967 after a fire, it was shut down.

In the fifties, there were over 500 drying sheds for peat in the area, and up to 30 working men were employed during high season.

The peat was cut during summertime and stacked in long rows along the edges. The pieces were afterwards transported into the sheds for drying. When dry, they were taken

into the factory on rails, were they where torn to pieces and packed by machines into bales. The annual production came to 70 000 bales. The peat was mainly used for cattle and soil improvement.

The area around the old factory is more fertile than the surroundings. Here grow nettles, birch, alder, spruce and lush grasses. It might have been good soil from start, but alder trees produce their own nitrogen with their roots. Alders are so rich in nitrogen that they defoliate green leaves, which means that the nitrogen in the foliage feeds the soil and makes it very nutritious.

There are two species of Alder, Grey Alder and Common Alder. To distinguish them from each other, look at the leaves. Grey Alder has pointed leaves, Common Alder has not. The wood from Alder is soft and easy to work with. Alder wood was commonly used as material for wooden clogs and also in furniture. Alder is resistant to putrefaction.

Despite being a deciduous tree, alder produces cones. In this area one only finds common alder. Grey alder grow further north. As we continue walking we will see a dramatic change in vegetation. In the beginning we pass mainly birch and pine trees, as we walk along the old peat graves towards the open bog.

3



Crowberry
(*Empetrum nigrum*)



Tormentil
(*Potentilla erecta*)



Bog Rose-Mary
(*Andromeda polifolia*)

Covering the ground along the path are Cowberries, Bilberries, Crowberries, Cloudberries, Bog-Rosemary, Cranberries, Tomentil, Heather and the lichen, Cladina.

In the wet peat graves and ditches, *Sphagnum cuspidatum* grow. In early summer the white fluffy flowers of cotton grass are dominating the scenery.



Bottle sedge
(*Carex rostrata*)



Hare's-tail Cottongrass
(*Eriophorum vaginatum*)



Wood sandpiper
(*Tringa glareola*)
Foto. Lars Pettersson

Bottle Sedge Tall extensively patch-forming, stems bluntly 3 sided, to 1 m. Female glumes purple brown, bluntly pointed. Leaves greyish above, sometimes inrolled, ligules short, blunt. Fruits roundish. It grows in various damp environments as mires, bogs, ditches and beaches. It is one of those species that survive even in extremely poor surroundings.

Hare's-tail Cottongrass is the only cotton-grass with a single erect head. Very common. Grow in bogs, wet peat and acid soils. Often dominating the vegetation on bogs.

Wood sandpiper breed in the area. It has green legs. It is a wading bird that often sits in a tree guarding its territory, warning its family for intruders. Wood sandpiper is a characteristic bird of Store Mosse National Park. This species probably settled in this area as early as the end of the last ice age 14 000 years ago. They produce their eggs in the end of May, and sit on them about 22-23 days. Some days after hatching, the female leaves the family, and returns to tropical West Africa. The male stays behind and minds the young ones for another 4 weeks until they can fend for themselves.

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White-beak Sedge
(*Rhynchospora alba*)



Deer grass
(*Trichophorum cespitosum*)

White-beak Sedge up to 40 cm. Spikelets whitish to pale brown, in a flattish cluster. June –sept. Leaves 1-2 mm, often with bulbils at the base. Bogs, moors, wet heaths on acid soils.

Deergrass (*Trichophorum cespitosum*) Low tussock-forming, stems rounded, up to 35 cm tall, leafless except for a single short strap; spikelet eggshaped, solitary at the top of the stem; glumes redbrown to yellowish; May-June. Acid heaths, moors and bogs, often abundant

This is the beginning of the "real" untouched and raised bog. Take note of the rounded horizontal line. We follow the track straight out on the raised bog towards the island "Lilla Lövä". This part of the bog has a layer of peat and water about 5 metres deep, so please stay on the board walk. A raised bog consists of layers and layers of sphagnum mosses on top of each other. When it is extremely little oxygen in the acid ground there is no normal decaying of ground material. Most of the micro organisms that live of dead vegetation and transform them to soil, cannot survive without oxygen. The few bacteria that survive in this environment continue to work but, as the decaying is very slow, the bog continues to grow high.

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Dwarf birch
(*Betula nana*)



Downy Birch
(*Betula pubescens*)



Stunted Pine
(*Pinus sylvestris*)

Dwarf birch, a sprawling shrub up to 1 m height, rarely more, with hairless twigs. Leaves are small, 5-15 mm, rounded, deeply toothed, downy when young. Catkins are smaller than on other birches. It belongs to the north of Sweden but may be found on mires in all of Sweden. Along the route across the mire to Lilla Lövvö you have excellent possibilities to study this shrub. Dwarf birch was one of the earliest species that arrived here after the end of the ice age.

Downy Birch is common in the whole of Sweden. It grows mainly by mires, fens and along lake edges. It has no bosses around the base of trunk.

Silver Birch is also very common. May grow up to 25 metres height. It has bosses around the base of trunk.

Pine (Stunted), the tiny stunted pines that grow on the open bog, may reach an age of 70 - 80 years. Due to the poor nutrition of the bogland they grow extremely slow and stay very tiny. The difference in size may depend on the age and the amount of nutrition in the place where they grow.

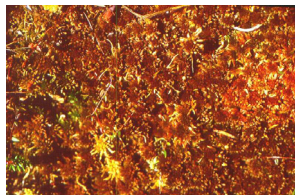
7



(*Sphagnum cuspidatum*)



(*Sphagnum magellanicum*)



(*Sphagnum fuscum*)



(*Sphagnum rubellum*)

The main vegetation of the raised bog consists of various peat mosses (sphagnum mosses). In the very wet hollows the green sphagnum cuspidatum grow. On top of the tussocks that may be as dry as a desert, sphagnum magellanicum, fuscum and rubellum grows.

Sphagnum magellanicum is the most common peat moss in the Park. It is a coarse and sturdy plant and the colour varies from yellowish-brown to red and green. Sphagnum fuscum is a bit finer in texture and more rust coloured. Sphagnum rubellum is tiny and delicate, often strongly reddish.

In Store Mosse National Park about 20 species of sphagnum mosses have been found. There are about 40 species in Sweden.

8



(Cladina rangiferina)



Heather
(Calluna vulgaris)



Crane berry
(Vaccinium oxycoccos)

On top of the very dry tussocks, the lichen *Cladina rangiferina* grow together with heather. As you come closer to Lilla Lövö, you will also find cross-leaved heath by the side of the track.

Cladina rangiferina is the main fodder for reindeers. The lichen grows in the very dry environments and on the driest tussocks in the wettest wetland. *Cladina rangiferina* looks bushy but has a clear main stem and offshoots in floors, equivalent to the yearly growth. All small branches also bend in the same direction. Color is grey.

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Golden plover (*Pluvialis apricaria*)

Foto: Lars Pettersson

Along this track one might spot the Meadow Pipit, Wood Sandpiper and the Golden Plover. If you hear the tiny whistle from the Golden Plover, take a break and scan the surroundings with your binoculars. It is often seen standing on a tussock nearby, keeping a check on you. The Curlew might also be around and during summer evenings Jack snipe and Bar-tailed Godwit might join the chorus. The Cuckoo is also common in this area.

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Sundew
(*Drosera*)



Cross-leaved Heath
(*Erica tetralix*)

Sundew; Great, Oblong leaved and Round leaved, those are the insectivorous perennial plants of Store Mosse National Park. They are very common along the track. Rosettes of untoothed undivided yellowish-green leaves covered with sticky red hairs, curving inwards to trap the insects on which the plant feed. Flowers are small white 5-petalled, in spikes on leafless stalks.

Those are plants typical of the poor nutritious raised bog, where the vegetation has lost contact with the ground water. The vegetation solely depends on nutrition from precipitation like snow and rain.

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Bog-bean
(*Menyanthes trifoliata*)



Bog Myrtle
(*Myrica gale*)

As we are closing in to Lilla Lövö vegetation becomes denser. Birch and pine has suddenly become taller. The reason for this is the wet fen surrounding the island. In Swedish this kind of wetland is called "Lagg". This "lagg" absorbs rich nutritious rainwater from the surrounding, higher situated area on firm land. The vegetation around the edges of the bog receives some of this nutrition and grows taller. In the lagg grow Bog-bean and Bottle sedge. Near the edge of lilla Lövö you may find Bog Myrtle.

12



Spruce bark beetle
(*Ips typographus*)



**Great spotted
Woodpecker**
(*Dendrocopus major*)
Foto: Lars Pettersson



Bracken
(*Pteridium
aquilinum*)

As we arrive on Lilla Lövö, the vegetation becomes completely different. Lilla Lövö is a hill of moraine and nutritious grounds in the middle of a bog. Spruce and pine grow tall. This attracts other sorts of wildlife too. Woodpeckers, tits and other small birds thrive. The great storm in January 2005 created this havoc of fallen trees. They will be left untouched, as they contribute to the biological diversity. A great number of insects thrive in all the dead wood, which in turn attracts lots of woodpeckers and other insect-eating animals. It is also beneficial to fungi and many sorts of lichen, that are dependant on dead wood in various stages for their survival.

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This rock consists of a mineral called metabasite. It is a metamorphic rock, also called greenstone, and it has a high Ph. Try a metabasite stone in your hand, it feels much heavier than a granite stone of the same size. However, most of Lilla Lövö consists of granite.

As we are near the end of Lilla Lövö, you will find a bare rock, climb up, and enjoy a nice view. This is a good picnic spot. But remember: Fires are strictly forbidden.

Rocknar

When we leave Lilla Lövö we cross a small forested bog. We climb up on a long narrow sand dune covered in trees. Those sand dunes are called "Rocknar" and stretch across the National Park. We will follow this rockne back to civilisation.

Rocknar consists of very fine sand with a particular grain size that the winds blow together for about 12 000 years ago. The sand comes from the floor of ancient Lake Fornbolmen which dried out. Look between the roots of the uprooted trees, or kick the ground, you will find the sand just under the surfaces.

The vegetation here is mainly pine, and they may be very old. There are some deciduous trees and a few spruce trees. In the area where we entered the rockne all trees were about the same size, that tells us that the forest here probably was cut down completely around 1940-50. New trees have since arrived.



Black Woodpecker

(Drycopus martius)

Foto: LarsPettersson

This is where the old forest starts; it is probably untouched since generations, with a good mixture of old and young trees. The black woodpecker reveals its presence by the holes at the base of old trees. That's where the black woodpecker has pecked for ants and other insects.

Cowberries, bilberries and various fungi are abundant some years. This is actually the old main transport route from Lövö to Kävsjö, north to south. Generations of people have walked here for thousands of years and the Rockne has probably looked about the same all those years.

The open bog on each side of us has grown about 2 metres in height during the last 1 000 years. It is mainly the peat moss, sphagnum magellanicum that has grown so strongly.

The view over the bog is excellent and if you are lucky you might spot a roe deer or an elk in the vicinity.

By the end of the Rockne, the track turns right, crosses a ditch and returns to the railway crossing via the first part of the track.