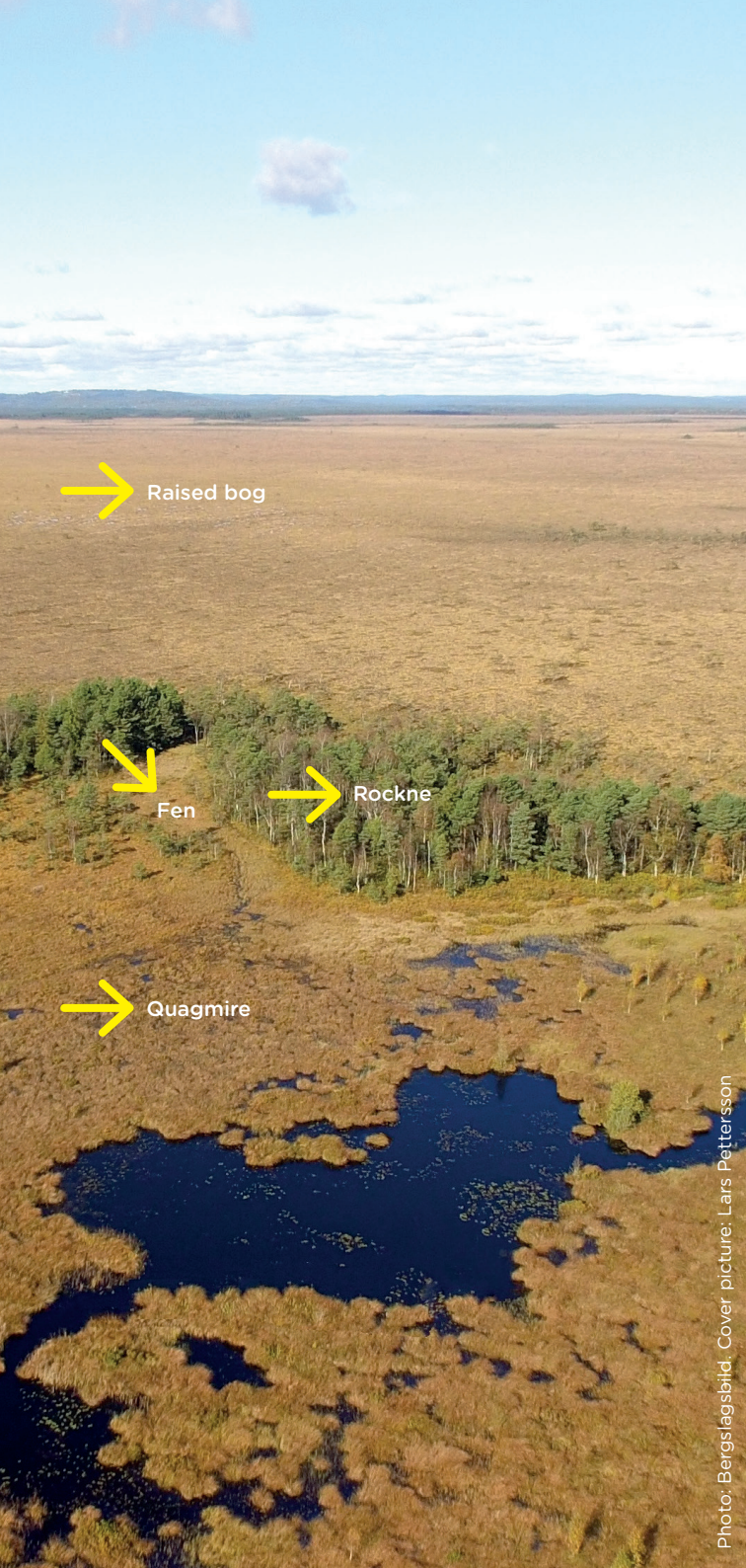




STORE MOSSE NATIONAL PARK *SOUTHERN SWEDEN'S LARGEST MIRE*



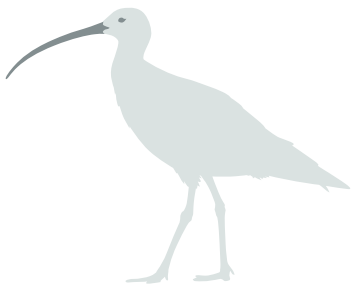


→ Raised bog

→ Fen

→ Rockne

→ Quagmire



The curlew, *Numenius arquata*, is the symbol of Store Mosse National Park, and is common on the open mire. Whimbrel, *Numenius phaeopus*, and jack snipe, *Lymnocyptes minimus*, are two rare but characteristic birds in the National Park.

STORE MOSSE

Northern Europe was covered in ice for a hundred thousand years. The great spring arrived 14 000 years ago. The ice melted and a huge lake spread out over the western part of Småland. It was warm and people began to migrate into the area. They fished and hunted reindeer.

As the land rose in the north, the water receded, but the people stayed. They continued to hunt and fish. Only a few small areas of open water were left with fens in between 7 000 years ago. The weather became cooler and peat moss spread out over the fens.

Today there are thick layers of peat moss covering the old lake floor. Small pools of water glitter here and there. Along the shoreline the vegetation feels unstable and bouncy under one's feet. People still walk among the old sand dunes. They are not dressed like Stone Age hunters, but their adventures are every bit as exciting as they discover Store Mosse National Park. The protected landscape covers almost 77km² of bogs, lakes, forest and pastures.



Natural size



Do you enjoy looking at things that are barely visible? If so, keep an eye out for tiny Geyer's whorl snails, *Vertigo geyer*. They are under two millimetres long and extremely rare — but can be found in the Björnekullakärret fen.



Fair and rare. The fragrant orchid, *Gymnadenia conopsea*, thrives in the mineral-rich fen, Björnekullakärret. Did you know that there are close to 30 000 orchid species in the world? Photo: Lars Pettersson

MIRES

A mire is a type of wetland where water and land are at the same level. Mires are so wet that dead plants do not decompose completely. Over time the dead plants form thick layers and become peat.

Mires are generally divided into two main types: bogs and fens. Whether it is a bog or a fen is determined by where the water comes from. Precipitation for bogs and groundwater for fens.

RAISED BOGS

Bogs are formed when peat moss, *Sphagnum*, starts growing on wetlands. The *Sphagnum* plant has hollow cells in its leaves. The hollow cells allow the peat moss to retain rain water to such an extent that the peat moss can sometimes grow higher than the surrounding area — becoming what is known as a raised bog. Raised bogs are most common in rainy areas, such as the western part of Småland. Not many large plants grow on the raised bog due to the poor nutrition but a multitude of birds appreciate the open spaces which provide favourable breeding grounds.

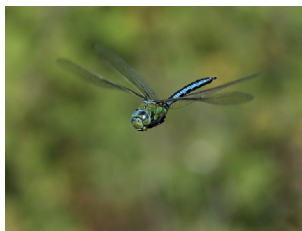
FENS

The water becomes rich in minerals as it seeps through the ground. Wetlands created in such water are called fens. These are not favourable conditions for peat moss, but many other plants such as orchids thrive. The fen located between the mainland and the raised bog are called a lagg.

ROCKNAR

When the glacier retreated and the huge ice lake dried up, the sandy lake floor was exposed. The wind blew the sand into sand dunes 8,000 years ago. The climate became wetter, and fens and bogs started growing. When pines started to grow on the sand dunes, they stopped the sand drift. These fossil sand dunes are called “rocknar”. Many of the trails in Store Mosse follow these “rocknar” and are easy to walk.

INHABITANTS IN THE NATIONAL PARK



DRAGONFLY, *Odonata*

Skilled hunters with exceptional vision. Can fly forwards and backwards hover in the air and reach speeds of almost 35 kilometres an hour!
Photo: Lars Pettersson



MOOSE, *Alces alces*

You are likely to see the king of the forest when visiting the National Park. To improve your chances, we suggest an early morning at the lookout tower at Kvarnö. Photo: Kenneth Johansson



CRANBERRIES, *Vaccinium oxycoccos*

We have no idea how many kilometres of cranberry vines there are in Store Mosse. but the C-vitamin rich berries are ripe in September and ready for visitors to pick.



PEAT MOSS, *Sphagnum*

Store Mosse is built up of peat moss. There are 45 species of peat moss in Sweden in various green, yellow, red and brown colours.



CRANE, *Grus grus*

As March approaches, the first cranes arrive to Store Mosse from their winter. They build their nests surrounded by water, making it hard for predators to reach them.
Photo: Lars Pettersson

NATURUM VISITOR CENTRE

Nature is an adventure — and it starts here

Naturum Store Mosse is the National Park's information centre and gateway to nature. Come inside and be inspired by the exhibition. Use the magnifiers in our lab room to investigate the small things in nature. Take a look at Lake Kävsjön's bird and animal life through the telescopes. Have a seat next to the fire and read a book from our library. We have coffee and tea available for you to enjoy with the snack you bring along.

Naturum is built to look like an old peat barn, stretching out over the quagmire. You will meet professional guides in naturum who organize guided tours and activities. Naturum is open all year-round on weekends and school holidays, and daily during the summer months. Naturum can also be booked at other times for conferences, weddings, birthdays, etc.

We invite you to come in and have a look before exploring the National Park!

EQUIPMENT

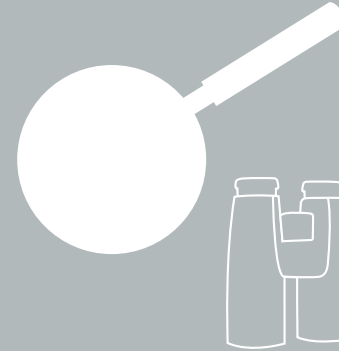
A visit to Store Mosse does not call for full wilderness gear; here are some ideas to enhance your visit.



Once out on the bog, the wide open expanses make themselves felt. The wind can be strong, and there is no shade to protect you from the sun. Windproof clothing and headgear will be useful. And remember to bring a bottle of water.



Take a picnic or a snack along — the National Park has several rest areas where you can enjoy them. No excursion is too short to enjoy a Swedish fika!



Many of the sights in the National Park are very small or very far away, which means a magnifying glass or binoculars might be useful.



The bog offers easy walking on flat ground. The trails are board walks over the bog, otherwise on firm ground. We recommend sturdy shoes. You only need gumboots if it has been very wet and rainy for some time. The planks may be very slippery during the winter months, so we recommend studded footwear during that time of the year.



ACTIVITIES

SNOWSHOE WALKS DURING THE SUMMER

Imagine crossing the wet bog without difficulty. With snowshoes on your feet it is possible. A popular tour goes to a remote bog lake where a nice refreshing dip in the water awaits. More information at naturum.



GUIDED TOURS

From the Ice Age to the present — 14,000 years in 45 minutes. We offer everything from a free 10-minute mini tour in naturum to full-day guided tours in the National Park. We adjust the information according to the visitors' interests and ages. Please contact naturum about the various options.



STAY IN THE HEART OF THE NATIONAL PARK

Södra Svänö and Lövä are situated inside the National Park. You can stay and live as people did a hundred years ago — without electricity, TV or showers. You cook on a wood stove and fetch water from a well. Make a reservation through website "Swedish Tourist Association" or contact naturum.



LOOKOUT TOWER

Do you want to see the bog from above? There are several bird watching towers that gives you a bird's-eye view. The large bird-watching tower located next to the main entrance has a lift to the first floor to increase the accessibility.



Photo: Bergslagsbild



DISCOVER A HUNTER OVER THE MARSH
The marsh harrier, *Circus aeruginosus*, hunts small rodents around Lake Kävsjön, Lake Häradsösjön and Blådöpet. You are likely to see one from the large bird-watching tower (near naturum). It spends the winter around the Mediterranean and West Africa.



Photo: Lars Petterson

THE EAGLE LOOKOUT
The lookout is situated along the road between Kittlakull and Östra Rockne.

EAGLE FEEDING STATION
We feed birds of prey during the winter months. From the eagle lookout during the winter, one can see the golden eagle, *Aquila chrysaetos*, and the white tailed eagle, *Haliaeetus albicilla*, as they eat from the feeding table.



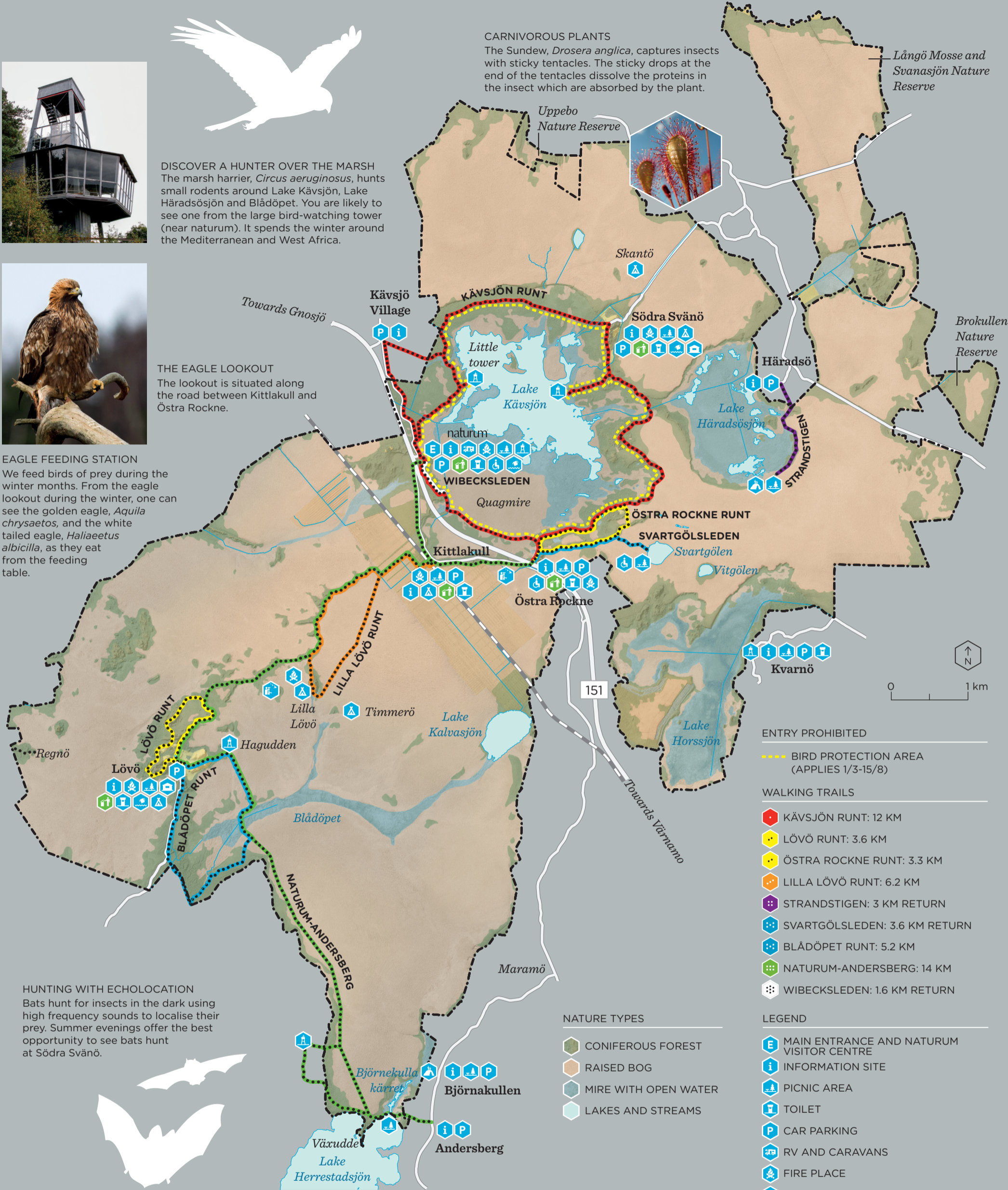
CARNIVOROUS PLANTS
The Sundew, *Drosera anglica*, captures insects with sticky tentacles. The sticky drops at the end of the tentacles dissolve the proteins in the insect which are absorbed by the plant.



Långö Mosse and Svanasjön Nature Reserve

Uppebo Nature Reserve

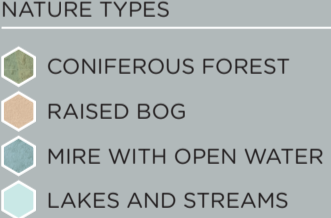
Brokullen Nature Reserve



HUNTING WITH ECHOLOCATION
Bats hunt for insects in the dark using high frequency sounds to localise their prey. Summer evenings offer the best opportunity to see bats hunt at Södra Svänö.



CROSS-SECTION OF STORE MOSSE
A schematic illustration of the area's various soil types: bog peat, fen peat, mud and sand. Read more about laggs, raised bogs and "rockne" inside the folder.

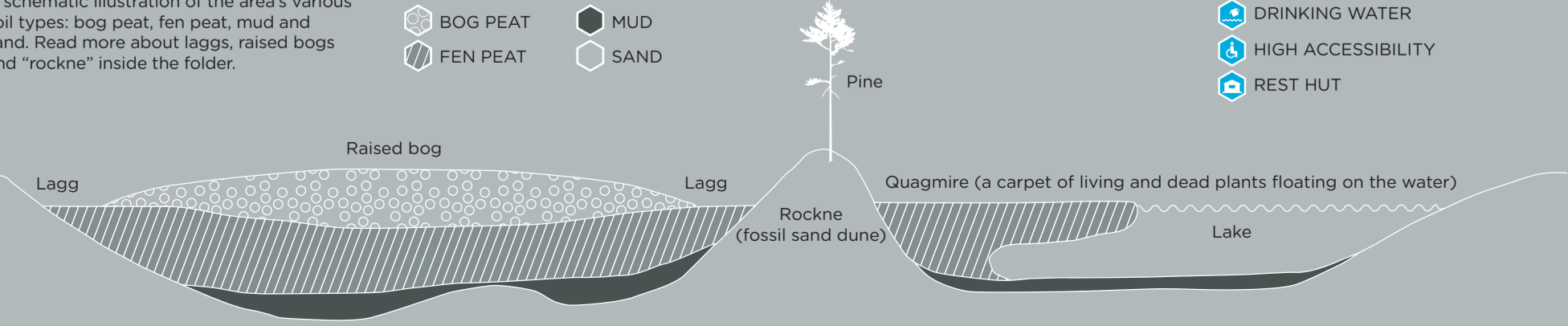


ENTRY PROHIBITED

--- BIRD PROTECTION AREA (APPLIES 1/3-15/8)

- WALKING TRAILS**
- KÄVSJÖN RUNT: 12 KM
 - LÖVÖ RUNT: 3.6 KM
 - ÖSTRA ROCKNE RUNT: 3.3 KM
 - LILLA LÖVÖ RUNT: 6.2 KM
 - STRANDSTIGEN: 3 KM RETURN
 - SVARTGÖLSLEDEN: 3.6 KM RETURN
 - BLÅDÖPET RUNT: 5.2 KM
 - NATURUM-ANDERSBERG: 14 KM
 - WIBECKSLEDEN: 1.6 KM RETURN

- LEGEND**
- MAIN ENTRANCE AND NATURUM VISITOR CENTRE
 - INFORMATION SITE
 - PICNIC AREA
 - TOILET
 - CAR PARKING
 - RV AND CARAVANS
 - FIRE PLACE
 - RUBBISH BINS
 - LOOKOUT
 - LOOKOUT TOWER/VIEWING POINT
 - CAMPING
 - DRINKING WATER
 - HIGH ACCESSIBILITY
 - REST HUT

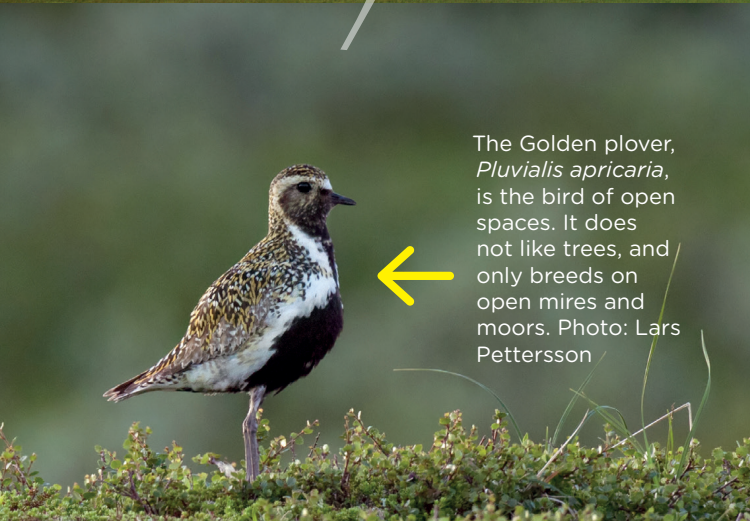




The cultural landscape at Lövä. Photo: Mattias Bokinge.



Lake Kävsjön and the quagmire.



The Golden plover, *Pluvialis apricaria*, is the bird of open spaces. It does not like trees, and only breeds on open mires and moors. Photo: Lars Pettersson

ISLANDS IN THE BOG

People have lived around Store Mosse for at least 10 000 years. The stones at the Hanö burial ground are from the Iron Age, and are the oldest traces of human settlements in the area. There were working farms at Lövö and Södra Svänö until the middle of the 1900s.

Some of the houses still remain, and are today used by visitors who wish to spend the night in the National Park. The old fields, meadows and pastures are still grazed by cattle, which keeps the landscape open and benefits wild flowers.

THE LAKES THAT DISAPPEARED

Sweden's population grew rapidly in the 1800s and there was a shortage of food. More land was needed for farming and grazing. By lowering the lakes, more land was made available for farming. Lake Kävsjön was much larger before it was lowered in the 1840s. Lake Häradsösjön and Lake Horssjön were almost completely drained. Many wading birds thrived on the newly made wet meadows.

These meadows have now become overgrown. Work has started to regulate the water level in Lake Kävsjön in order to restore the rich birdlife that existed on the old wet meadows.

RESTORING NATURAL VALUES

People have always had an impact on nature, and Store Mosse is no exception. During the 1900s peat was harvested from the bog. This caused the bog near the railway line to dry out. Trees started growing on the dry bog, which made rare bird species leave the area. Through an EU project called "Life to ad(d)mire", great effort has been made to restore the natural setting of the old peat cutting areas. In order to encourage the birdlife and flora in the national park and to help visitors experience the nature found there, Store Mosse is managed and restored on an ongoing basis.

STORE MOSSE ALL YEAR ROUND



REGULATIONS

The Swedish right of access does not fully apply in the National Park. In Store Mosse National Park it is prohibited to:

- damage living or dead trees or shrubs, including breaking off twigs
- pick or dig up plants, flowers, moss, lichens and wood-living fungi
- damage or disturb animal life
- camp or set up a wind shelter anywhere except at designated places
- use a tent or wind shelter more than three nights at the same place
- light a fire, including BBQs, anywhere except at designated places
- bring unleashed dogs or other pets
- park or use a caravan or RV between midnight and 6 a.m. anywhere except at designated places
- put up posters, marking tape or similar signs
- riding is prohibited except on roads and in car park
- launch or land drones or other aircraft.

Full regulations are available at www.storemosse.se

RECOMMENDATIONS FROM OUR GUIDES!

From a three-hour excursion to a three-day adventure.



3 HOURS

Visit naturum and get inspiration from the exhibition. Walk to the large bird-watching tower with a view of Lake Kävsjön and its birdlife. Interested in a fairy tale adventure? Walk along the Path of the Forest Trolls — 500 metres.

Take a selfie at Guldkronan “the Golden Crown”. When leaving make a short stop at the footbridge over the railway line near Kittlakull and admire the view over the raised bog.

1 DAY

Start at the foot bridge over the railway line near Kittlakull. Walk the trail Lilla Lövä runt 6.2 km.

Visit naturum and the large bird-watching tower. Walk along the Path of the Forest Trolls. Visit the bird-watching tower on the western shore of Lake Kävsjön.

3 DAYS

DAY 1: Start at Södra Svänö. Do the trail Kävsjön runt and on the way take a detour to Svartgölen. Visit naturum and the large bird-watching tower — continue to Södra Svänö and spend the night there. The length of this trail is 13 km.

DAY 2: Drive to Häradsö and do the Strandstigen trail. Continue to the lookout tower Kvarnötornet and look for moose. Drive to Andersberg and visit the fen Björnekullakärret. Drive to Lövä via Herrestad and spend the night at Lövä.

DAY 3: Early morning start at the bird-watching tower Hagudden, and continue along the trail Blåöpet runt 5 km. From Lövä head north and walk the trail Lilla Lövä runt and then return to Lövä — 11 km.

CONTACT

www.storemosse.se

storemosse@lansstyrelsen.se

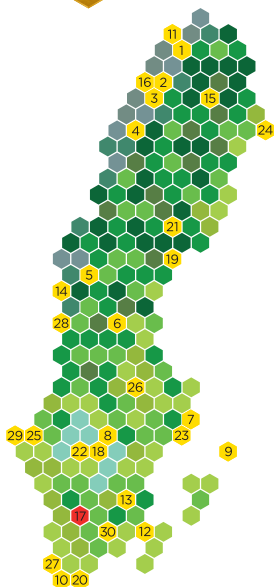
Phone: +46 10 223 61 30

Address: Store Mosse National Park, 335 74 Hillerstorp, Sweden





NATIONAL PARKS OF SWEDEN



1. ABISKO An easily accessible mountain valley with unusually rich flora.
2. STORA SJÖFALLET / Stuur Muorkke Impressive peaks, glaciers and ancient pine woodlands.
3. SAREK Magnificent, demanding wilderness in a unique mountainous landscape.
4. PIELJEKASE 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.
30. ÅSNEN Archipelago with hundreds of islands and old beech- and pineforests.

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naturvardsverket.se
Responsible for Sweden's national parks.

