



Guide

Svartgölsleden

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 wishes you a pleasant and informative walk.

Please return this leaflet to the box after use. Thank you!

Svartgölsleden/Östra Rockne

1

The track to Svartgölen starts from the parking area at Östra Rockne. Östra Rockne is situated along road 151 about 2 km east of the main entrance to Store Mosse National Park. From start, the track follows firm ground and at the end a wide wooden ramp adapted for wheelchairs and prams takes you on to the bog, to a little pond, called Svartgölen.. There is a platform with tables and sitting places, perfect for a picnic. The distance is 1 800 metres one way. At Östra Rockne parking area there are simple toilet facilities.



Crane (*Grus grus*)

Foto: Lars Pettersson



Golden Eagle (*Aquila chrysaetos*)

Foto: Lars Pettersson

To the North West you can see a small peat bog, and a bit further away “The Great Quagmire”. In the distance the open waters of Lake Kävsjön are shimmering. The area in and around Lake Kävsjön are protected due to the rich bird life from March 1 to September 30, so please keep to the walking tracks. More than 250 species of birds have been spotted over the years, and about 140 species have been breeding in the area.

The Crane gives character to the park during summer season. They breed at various places in the area. With a bit of luck you may spot a family of cranes walking by, searching for food. Golden Eagle is a frequent visitor, especially during winter season as they are fed regularly from November to December. For more information concerning eagles, please contact naturum.

2

Ridges of various height and length cross the landscape. The ridges are called “Rocknar” in local Swedish. They were created about 12 000 years ago by the wind. “Lake Fornbolmen” the ancient old lake that had been created by the melt water from the glaciers was drained of water due to land uplift. The very fine sand from the lake floor became visible, and the ice cold winds blow the sand together into Rocknar.

Between the dunes the area later on became swampy, and developed into the raised bog of today. The ridges that raises over the bog are usually covered in pine forest. On the ground grow different wild berries like bilberries and cowberries.

During fungi season the Yellow Chantarelle may be in abundance, or for that matter, the Gypsy Mushroom, (*Rozites caperata*). Both of them are very delicious to eat. There are also a large number of Boletus or various Leccinum fungi. They are all fungi that thrive on sandy grounds.



Gypsy mushroom (*Rozites caperata*)



Profile of a Sand dune "Rockne"

If you take a closer look at the pines, notice that some have dead wide branches low down on the trunk. This tells us that the landscape on the dunes was more open long time ago. The sun light came further down making it possible for those branches to spread out.

Imagine that you suddenly were transported a couple of thousands years back in time. The sand dunes were in the same position as today but a great deal higher over the surfaces of the bog.

During the last 1 000 years the peat layer of Store Mosse has grown about 2 metres in height.

Spruce came to this area about 1 000 years ago. If you take away the spruce, this area probably looks the same as it did thousands of years ago. It is on those dry sand dunes that people has been travelling for years. Imagine if sand dunes could tell their stories...



European spruce bark beetle
(*Ips typographus*)



Ant beetle (*Thanasimus formicarius*)

3

At the bottom of an uprooted tree the fine grained sand of the dunes becomes visible. It also shows very clearly that the top layer of soil is very thin. Spruce prefers a more rich soil than pine, but despite that, an occasional spruce has managed to root itself here as well.

It is a dramatic end of a long life when an old tree falls. A large number of animals have used the tree as shelter, feeding place, or nesting, over the years. Suddenly a new empty place opens up and there are many other organisms that now have the opportunity to take over.

Dead wood host a very large number of organisms and they will multiply dramatically. Fungi, insects, parasites, worms, vascular plants, mosses, and lichen take over and use the nutrition now available from the tree. Depending on what species and other circumstances, it may take between a few to up to several hundreds years for a tree to disintegrate completely.

A beetle that the Swedish public has heard much about from news media lately is the Spruce bark beetle. It lives on/of weakened and/or newly dead spruce. This has been in abundance due to the last year's heavy storms in this part of Sweden. When these beetles become abundant they also attack standing live spruce trees, and cause a great economic damage.

How ever, some do like this beetle, for instance the ant beetle which is the main predator on spruce bark beetle. Both as an adult beetle and as a larva they eat spruce bark beetle.



Timberman (*Acanthocinus aedilis*)



Pine shoot beetle (*Tomicus piniperda*)

4

Due to several reasons a tree may die while still standing upright. There may have been disturbances in the ground, causing the roots to either dry up or get swamped. When a tree has been weakened, there are a great number of insects, plants or fungi that may attack the tree. Later on predators and other plants come to feed on those insects or plants, and even on the tree itself. In a trees life span, there are always some organisms, helping to disintegrate the tree until it is all gone. Some common beetles that prefer pine trees are timber man and pine shoot beetle. The larva of timber man also feeds on the pine shot beetle.



Heather (*Calluna vulgaris*)



Dwarf birch (*Betula nana*)

5

This is the starting point of the footbridge that takes us over the bog to the pond Svartgölen. It is about 500 metres to Svartgölen and there are picnic facilities next to the water. Along the way, there are 3 resting points with benches inviting you to have a break and admire the bog. As you leave the sand dunes, you will notice that the pines become smaller and smaller. This is due to the poor nutrition in a raised bog.

Nutrition from the vegetation on the sand dune is brought by the rain water to the edges of the bog making it more nutritious. Further out on the bog plain the pines become very small and tiny. They might only reach 1 metres of height, and the age might be up to 60 – 70 years.

The depth of the bog in this area is about 5 meters, that's down to the old sandy lake floor of Fornbolmen. Those 5 metres consist of peat mosses, ("Sphagnum moss") that has been preserved for thousands of years.

Sphagnum mosses, there are about 45 different species of Sphagnum mosses in Sweden and in Store Mosse National Park there are about 20. A sphagnum moss has the shape of a tree, with a stem in the middle and branches sticking out from the sides and on top there is a head. Sphagnum mosses are the main vegetation of a peat bog, this is what becomes peat after some thousands of years.

The living conditions in a peat bog are very poor, there is very little oxygen and nutrition, and very few plants can survive in this harsh environment. There is a minimum of decomposition, plants are just left, piled on top of each other, and after a few thousand of years it results in peat.

Sphagnum mosses are also antiseptically to an extent (helps to kill of those bacteria that were still alive).



Great Sundew (*Drosera anglica*)



(*Sphagnum cuspidatum*)



(*Sphagnum rubellum*)

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Sundew; The vicious predators of Store Mosse. Sundews are abundant on the open bog plains at Store Mosse National Park. It must be a hard life for a small insect to avoid all dangers from spiders, bird's and other predators, let alone to keep away from blood thirsty little sun dew plants.

Sundews produce small droplets on the flower, which attract insects. The insect gets entangled by the sticky hairs and the plant absorbs the nutrition from the insect in a chemical process. It is thanks to this process that sundews survive in the very poor environment on a raised bog.

All species from *Drosera* can be used to curdle milk. Used as a poultice, it has a healing effect on the skin. The plant is also an effective treatment for whooping cough.

In this area you might hear or see the bird, wood sandpiper. It usually breeds here, and during breeding season, if disturbed, it anxiously flies around, keeping a check on the visitors. Wood sandpiper is a very characteristic bird of Store Mosse. It has green legs and a long beak, and it is one of a few waders that you might see sitting in a tree.

7

Svartgölen is about 4 metres deep. The vegetation on the bottom consists mainly of various sphagnum mosses. Svartgölen is one of very few lakes in the county of Jönköping that is totally empty of fish. You are much welcome to take a bath in the lake, we can guarantee that no Pike will bite you...it is easier to get in than to get up, but next to the large pine tree, beside the platform there are some roots under water to climb on.

Take a closer look at the trees around the lake. You can see that all around the waters edge, trees are standing tall, and further away from the water they become smaller and smaller. The pond drains the land on the edges, causing more oxygen to enter. This starts the humification, and the soil becomes richer with nutrition, making the trees grow tall.

Now, have your picnic and enjoy the view over Svartgölen.