



Guide Wibecksleden

This is how it works:

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

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

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

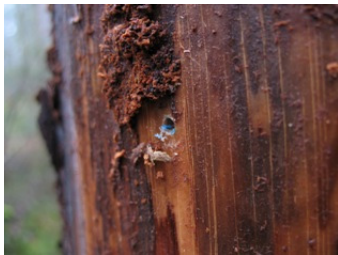
Wibecksleden

This walk is 600 metres long one way. At the end there is a platform with tables and chairs, and a nice view overlooking the Great Quagmire. The track is adapted for wheel chairs and prams. There are a couple of rest places along the route. The track is named after Professor Edward Wibeck born in 1877. Mr Wibeck was a pioneer in protecting nature, and he was fighting hard to protect the bird life at Lake Kävsjön and its surroundings.

1

This uprooted spruce tree fell in the great storm of “Gudrun” in January 2006. As long as the root is connected with the tree trunk, it cannot fall back and is not a hazard to anyone. Sand and gravel that are attached to the root system, and in this way comes to the open surface, is a vital necessity for birds like capercaillies. They eat pine needles and need small stones or gravel to grind the needles down to small bits, as they do not have any teeth.

2



Standing dead pine

This pine is dead since many years ago, and now it contributes to the biological diversity by serving as a home to lots of small insects. Take a very close look at the trunk and you can see small tiny holes. They are the escape holes of bugs that have hatched inside the tree. The patterns visible on the tree trunk are traces of the larvae when it slowly gnawed its way forward, feeding on all nice titbits between the wood and the bark...

3



In an old log of a dead tree one finds an abundance of life. Actually much more than when the tree was alive. Fungi, insects, mosses and lichen benefit from the leftovers, and live off the nutrition of the dead tree for many years. Finally the tree will disintegrate completely. The parts of the tree have returned to the soil where it fell down, or has been eaten by other organisms and the life cycle is completed.

Some examples of the use of dead wood;

Food: Fungi live off dead wood. Insects eat bark, wood, fungi, larvae and other insects. Birds eat insects and larvae.

Home: for lichen, mosses, ants, bees, insects and birds

Protection: Against drought, coldness, wetness and as hibernating place for insects, gastropods and worms.

4



Pine
(*Pinus sylvestris*)



Black woodpecker
(*Dryocopus martius*)
Foto: Lars Pettersson

Black woodpecker; has been searching for ants and other insects when it pecked those large holes in this old pine. The black woodpecker is the largest woodpecker we have in Sweden. It may reach about 50 cm in length, is completely black, except for a red cap on its head. It pecks a new hole almost every year, in this way he provides other birds with second hand flats. The Black woodpecker is dependant of big trees, preferably aspen or pine for its survival.

5



Chaga
(*Inonotus obliquus*)



(*Piptoporus betulinus*)

Chaga: This black conk on the trunk of a birch is in fact a fungus. The fungus itself is hard and brown and is found inside of the hard black surface. It has been, and still is, used for medical purposes, (all sorts of stomach problem), in Russia and Eastern Europe. If crushed in hot water it can be used as tea, it tastes not bad at all. It has also been used as medicine against cancer during a long period of time.

Piptoporus betulinus: This fungus has an antibiotic effect. The Ice Man, who was found recently in the Alps after 5000 years under the ice, had a bit of this fungus in his necklace. One way of using it, is by putting it in hot water, making tea. According to the test panel it was not a gastronomic sensation.



Usnea filipendula



Hypogymnia tubulosa



Platismatia glauca

Old trees may be the home of many different species of lichen. Notice that lichen and mosses grow mostly on the side of a leaning tree that is exposed to rain water. Lichen gets most of its nourishment from rainwater or water that seeps on the surface of a tree trunk. Lichen consists of a symbiosis between algae and fungi; this was found out only 100 years ago. Please note that just under the Chaga fungi no lichen grows. Perhaps the Chaga produces something that the lichen dislikes. Certain lichens are very sensitive to air pollution, and they only grow in places with clean air.

6 Wet woods and woodpeckers



Bog Myrtle (*Myrica gale*)



Lesser spotted woodpecker
(*Dendrocopos minor*)

Foto: Lars Pettersson

At this place near the edge of the ditch, Bog Myrtle grows. It is a low shrub up to a metre high. It has an aromatic smell from glands on leaves and twigs. Twigs are reddish brown and shiny. Leaves are greyish, narrow and oval. Flowers in catkins, males are orange and female red, on separate plants. If you grind the leaves you get a strong smell. Spread it on your skin and use it as protection against mosquitoes. Bog Myrtle has also been used for cleaning wounds, head ace, scabies and swellings as well as spicing up the schnapps.

The wet area consists mainly of swampy birch woods and a large amount of dead wood. Here is a good chance of observing the lesser spotted woodpecker searching for insects in the dead wood trunks. Lesser spotted woodpecker is the smallest of woodpeckers in Sweden. It's length is only 14 – 15 cm. The size is comparable to a chaffinch. To be able to breed successfully this species need an area of about 40 to 50 hectares of unspoilt deciduous woods. Today it is estimated to be only about 5 000 pairs left in Sweden. The favourite environment for this bird is old untouched, deciduous woods. When breeding it pecks a hole in an old decayed tree trunk at about 5 meters height.

During summer, lesser spotted woodpecker has a rather comfortable life, enjoying an abundance of ants, flies, butterflies, beetles and dragonflies. How ever, during winter

season it has the same problem as its relatives, the three toed woodpecker and the white backed woodpecker, as they have to find their food in old dying or dead deciduous trees. This is a serious problem as the forestry of today have a tendency of “cleaning up”, to much, not leaving any dead wood in the forests and woods, beneficial to birds and insects. However, in Store Mosse National Park the lesser spotted wood pecker thrive.

7



(*Sphagnum girgensohnii*)



(*Polytrichum commune*)

In the ditch several species of Sphagnum moss grow and next to it further in among the trees the moss Polytrichum commune grows.

Polytrichum commune is one of the largest mosses in size in Sweden. It has a sturdy stem and fibres from it can be used for making brushes. The leaves are similar to needles, due to a wide nerve with a top side covered in lamella. This makes them much thicker than leaves from other mosses. Polytrichum commune can dominate huge areas in poor nutritious fens and swamps. However, it is a very variable species and it can grow in many different surroundings. Some of the plants that are most different from others have been sorted into their own species.

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 moss, 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, piling up on each other, and after a few thousand of years it results in peat. In this fen and in the ditch in the wettest parts grow Sphagnum cuspidatum, a species that usually grow in water.

8



Cross-leaved Heath
(*Erica tetralix*)

Grows along the path from here to the end of the track. It is a very low evergreen plant. It has pink flowers in bunches.

9

The end of the track with tables and chairs are situated on a little island of moraine, surfacing in the middle of the swamp. This area is more nutritious than the surroundings. The huge spruce trees tell us this. The large open area you can see is the Great Quagmire. It is a carpet of roots woven together, floating on top of the waters of Lake Kävsjön.

Until 1840 this might have been a little island sticking up in Lake Kävsjön, that's the year the surface of Lake Kävsjön was lowered about one metre. Due to poor conditions for the population in Sweden, people needed more land to farm. Sedges and grass were cut and harvested, when it was too wet for horses to pull the carriage, people carried the harvest ashore on their own backs.

This is the end of the adapted trail, now it is the same way back. We hope you had an enjoyable and informative walk.



The old pine was standing, on guard, a monument from old days, keeping an eye on visitors in the park. It fell during the winter 2008.