



# TIVEDENS NATIONALPARK

## TRAIL OXÖGABERGSRUNDAN

Capercaillie, Foto: Fredrik Wilde



4 hours  
6,7 Kilometers

### FAIRLY LONG AND PARTLY DEMANDING TRAIL

The Oxögaberg Trail takes you on a slightly longer trek through the Tiveden old-growth forests, from mossy, wet spruce forests and marshy valleys to typical capercaillie forests and barren rocks. The most difficult stretch is between the main entrance and Stigmanpasset.

The path winds in between rift valleys and faults that were formed a thousand million years ago during the continental shift. The Stigmanpasset pass is a typical rift. No one knows whether any bandits (stigman) in fact did pose a threat to passers-by in ancient times. Looking up, you will see how the inland ice sheet has smoothed the hilltops. Large boulders were broken off and transported by the ice. These so-called errant boulders ended up scattered around the landscape. The trail passes several small lakes and tarns. The water in these forest lakes is brown and low in nutrients. You will also pass a former tar-making ditch.

### SAFETY AND REGULATIONS

Please keep in mind that freedom to roam is limited within the National Park. Special regulations apply.

You may:

- light a fire or barbecue only in designated areas (including outdoor kitchens and heating equipments)
- drive a motorized vehicle only on roads
- park your vehicle only in designated parking areas, but caravans, mobile homes etc. is **not** permitted between 00.00–06.00
- bring your dog, but you must keep it on a leash
- pitch a tent in designated areas for one night (6 pm to 10 am)
- ride a bike, but only on roads and trails designated for bikes
- ride a horse, but only on roads and designated bridle paths
- pick berries and edible mushrooms, but **no** other plant life
- **not** disturb animal life
- **not** fish
- **not** damage living or dead trees and bushes
- **not** drive a boat, jet ski or other motorized vehicle

You will find the complete regulations at: [www.sverigesnationalparker.se/tiveden](http://www.sverigesnationalparker.se/tiveden)



Photo: Elisabeth Karlsson

Our largest wild gallinaceous bird, the capercaillie, prefers the open pine forests of Tiveden. They need good access to bilberries, their favourite food. They consume the entire plant, berries, leaves, sprigs and all.



Photo: Fredrik Wilde

The old spruce forest is covered in a carpet of moss. Although the fallen trees are dead, they are teeming with life in the form of lichens, fungi, mosses and larvae.



Photo: Fredrik Wilde

The "outdoor church" goes back to the period between 1726 and 1870 when the Swedish Church banned prayer meetings not organised by the Church. These forbidden services were held on this rock.

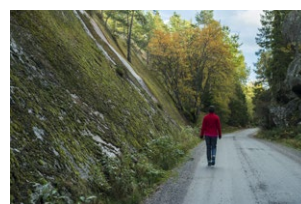


Photo: Fredrik Wilde

The trail passes through a narrow rift valley at Stigmanpasset.

### CONTACT

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