



# TIVEDEN NATIONAL PARK

## TRAIL STENKÄLLERUNDAN

Stenkällan. Photo: Fredrik Wilde

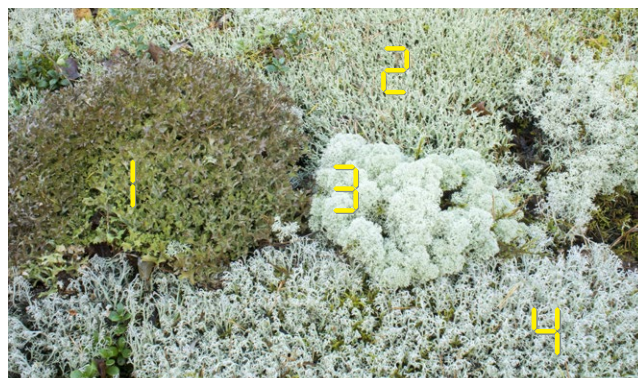


1.5 hour  
2,2 kilometers

### RATHER SHORT BUT DEMANDING TRAIL

Trail Stenkällerundan will take you to dramatic old-growth forests with traces of forest fires and to large boulders that the ice sheet left behind.

Trail Stenkällerundan is the most well-trodden trail in Tiveden. In the wetter parts of the forest, spruce thrives best while pine predominate up on the barren heights, where the ice sheet during the last ice age ground mountain peaks to smooth rocks. Make a detour to the top of the mountain Stenkälleklack, with magnificent views far and wide. The south part of the trail is a little easier to walk and extends along the lake Stora Trehörningen. Maybe you will see the black-throated diver dive for fish. At Älgasundet you can see the circular raised portion of an old charcoal kiln, where charcoal was produced. Be careful where you go, there are plenty of cliffs and steep passages along parts of the trail!



Many different lichens grow on dry rocky areas:  
1 Iceland lichen, 2 yellow reindeer lichen, 3 *Cladonia stellaris*,  
4 grey reindeer lichen.

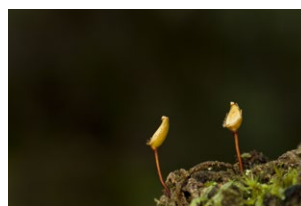
### SAFETY AND REGULATIONS

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

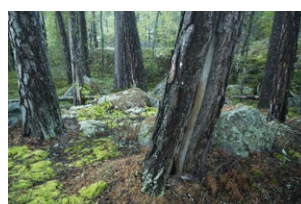
You will find the complete regulations at: [www.sverigesnationalparker.se/tiveden](http://www.sverigesnationalparker.se/tiveden)



The old forest is very rich.  
*Buxbaumia viridis* is one of the mosses that thrive in damp, rotting wood.



"Stenkällan", consists of a formation of two enormous boulders that have been admired by tourists since the late 1800s.



On the barren rocky ground, only pine trees survive. Many of the older pines have wounds after forest fires, a "fire scar".

### CONTACT

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Photo: Fredrik Wilde



