



# TIVEDENS NATIONALPARK

## TRAIL STIGMANSRUNDAN

Wetland at the tarns *Vringelirövarna*. Photo: Fredrik Wilde



### A FAIRLY SHORT BUT DEMANDING TRAIL

The Stigman Trail is a slightly longer alternative for visitors who want to reach Stenkällan, one of the most visited sites in the National Park. The trail passes through one of the many areas of genuine old-growth forest.

Old-growth forests are extremely diverse. The trees are different ages, and there are dead trees and parts of trees that in turn function as habitats for a number of species from lichens to larvae, a favourite food of the many types of woodpecker in Tiveden. You will notice how the forest alters as you move from dry areas of lichen-covered rock and gnarly old pines to humid spruce forests where the ground is covered in moss. The walk can easily turn into a geology lesson; you will notice how the inland ice has smoothed the hilltops. Further down are the boulders and rocks it deposited around the landscape. The rift valleys were formed long before that, a thousand million years ago. The Stigmanspasset pass is an example of such a rift valley.

### 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)

  
**3** hours  
4,2 Kilometers

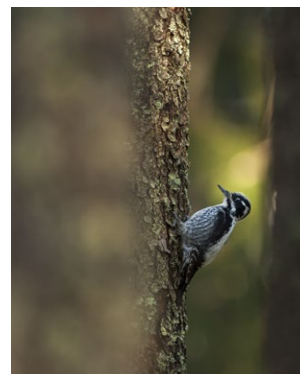


Photo: Fredrik Wilde

The Three-toed Woodpecker prefers old, dead trees and is therefore unusual in our modern industrially logged forests.



Photo: Fredrik Wilde

In the cave under the boulders at Stenkällan you will find a guest book. Please write a note about your visit.

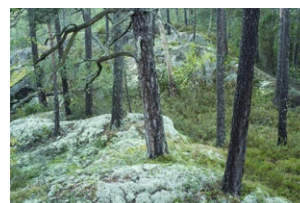


Photo: Fredrik Wilde

Pines survive best on the barren rocks. They grow slowly, and although they look thin, they may be several hundred years old.



Photo: Elisabeth Karlsson

The path leads through a narrow rift valley at Stigmanspasset.



Photo: F. Wilde

You will only find *Phellinus pini* tree fungus conks on pines that are more than 150 years old.

### CONTACT

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