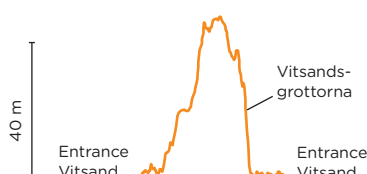




TIVEDENS NATIONALPARK

TRAIL TÄRNEKULLERUNDAN

View from Tärnekullen. Photo: Fredrik Wilde



hour
1,3 Kilometers

SHORT BUT DEMANDING TRAIL

Right next to the long, white sandy beach of Lake Stora Trehörningen lays the mountain Tärnekullen. It is part of the dramatic landscape that characterizes Tiveden National Park.

The trail Tärnekullerundan takes you to the top of Tärnekullen. Here, you will experience the typical rocky landscape of the National Park, with old, gnarled pines and thick layers of lichens on the ground. The trail also passes thru an area with boulders and caves, "Vitsands-grottorna". In the wetter parts of the forest, a deep-green layer of mosses covers the ground. Young and old trees mix with dead tree trunks, which have become home to a multitude of species. The area here at Vitsand consists of a sharp rift valley that stretches north from the lake Stora Trehörningen. Within the National Park, the landscape is intersected by such sharp and distinct fissure valleys, which have made it difficult for people to travel in the area and even more difficult to harvest the forest. Thanks to this, today we can find large, species-rich old growth forests here in Tiveden.

SAFETY AND REGULATIONS

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

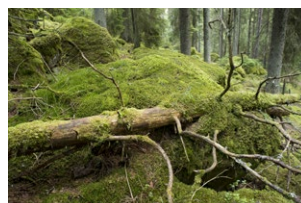
You may:

- 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



"Vitsands-grottorna" consists of boulders that was brought here by the last ice age, approximately 10,000 years ago. The ice moved like a big plane and tore off large rocks and boulders from the bed-rock, which was then transported with the ice over distances.



On the ground you find dead, lying trees. The picture shows a tree that have turned into a home for a variety of mosses, lichens, fungi and insects.



In Tiveden thrive grouse, who has lost a feather in the hair moss.



In coniferous forests you often find the delicate little chickweed wintergreen, which bloom in May-June.

CONTACT

Örebro County Administrative Board
orebro@lansstyrelsen.se
+46 (0)102248000
www.sverigesnationalparker.se

Photo: Fredrik Wilde

