



# TIVEDENS NATIONALPARK

## TRAIL TREHÖRNINGSRUNDAN

At the lake Stora Trehörningen. Photo: Fredrik Wilde



The Trehörningen Trail is the longest trail in the National Park. It is nearly ten kilometres long and takes you all the way around Lake Stora Trehörningen, passing all the National Park entrances.

This trail includes most of the nature types in the National Park, from old-growth forest and rocky areas to sandy shores and wetlands steeped in the fragrance of wild garlic. Long stretches lead along the lake shore with spectacular views of Lake Stora Trehörningen. You will pass remains of human industry such as 100-200-year-old charcoal burning activities. There are also clear signs of the passing of the most recent inland ice sheet in the form of groves on smooth flat rocks or giant's kettles. Remember to respect the landowners where the trail crosses private land! The terrain between Vitsand and Ösjönäs is flatter and easier to walk.



Photo: Daniel Gustafson

Step off the path southeast of Ösjönäs to view the giant's kettle that was formed during the most recent inland ice when ice rivers rushed through cracks and cavities in the ice sheet. The high water pressure caused loose rocks to drill holes in the rock.

### 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: Fredrik Wilde

Goldeneye is but one of the many sea bird species you will spot on the lake. In Närke province it is commonly known as "squeaky wings" because of the whining noise of its wingbeats.



Photo: Elisabeth Karlsson

The remains of a charcoal stack in the form of a small raised circle can be seen between the path and the Långudden headland.



Photo: F. Wilde

Phegopteris connectilis

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